



The University of Richmond

2020-2022 Biennial Review

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In accordance with The Drug- Free Schools and Campuses Regulations (EDGAR Part 86), The University of Richmond continues to conduct a biennial review of alcohol and other drug programs and services. Pursuant to EDGAR Part 86, all institutions of higher education receiving federal funds or financial assistance must develop and implement a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees. Each institution must conduct a biennial review of the program's effectiveness and the consistency of the enforcement of sanctions.

DESCRIPTION OF ALCOHOL AND DRUG PROGRAM ELEMENTS AND POLICIES

The mission of the University of Richmond is to educate in an academically challenging, intellectually vibrant, and collaborative community dedicated to the holistic development of students and the production of scholarly and creative work. A Richmond education prepares students for lives of purpose, thoughtful inquiry, and responsible leadership in a diverse world.

The University recognizes that alcohol, tobacco and other drug (ATOD) misuse creates harm for the individual, for the persons impacted by the actions of the individual, and the larger campus community.

While the University's efforts are primarily focused on students, as they are a high-risk population, resources and support are available for faculty and staff through the [Employee Assistance Program \(EAP\)](#) offered through Cigna. Cigna EAP provides confidential information and services on counseling, treatment and rehabilitation programs for employees. In Fall 2021, the University began providing onsite counseling to employees at no additional cost. The onsite behavioral health counselor can assist employees navigating the EAP program to allow for a deeper level of engagement. The onsite counselor is available Wednesdays from 10 am – 2 pm on the third floor of the Well-Being Center.

PROCEDURE FOR DISTRIBUTION OF EDGAR PART 86 OF THE DRUG FREE SCHOOLS AND COMMUNITIES ACT TO THE UNIVERSITY COMMUNITY

The University's Alcohol and Drug Policy is distributed to faculty, staff and students on a semi-annual basis. An email notification is sent in January and September each year after the "add/drop" period for classes concludes.

THE IMPACT OF COVID ON ALCOHOL, TOBACCO AND DRUG PREVENTION EDUCATION & AWARENESS PROGRAMS

The COVID-19 virus had a significant impact on education and prevention programs across campus as many staff members' work was redirected to COVID-19 response, education and prevention. In the Fall of 2020, the University returned to in-person education with many restrictions to campus operations. The University opened in the red phase of the physical distancing framework which prohibited registered student events with alcohol. Many students also opted to attend classes remotely instead of in-person instruction. In October of the same year, the University moved to the orange stage of the physical distancing framework allowing University sponsored events outdoors with a maximum capacity of 100 people. As we closed out the fall 2020 semester and transitioned into the spring 2021 semester, per the Governor of Virginia, social gatherings were restricted to 10 individuals. In March of 2021, the Governor's orders restricted gatherings to 10 indoors and 25 outdoors.

In the 2021-22 academic year, COVID still impacted the work done by members of the Advisory Committee as many staff were still focused on COVID-19 response, education and prevention. As with the fall semester, COVID restrictions were ever changing and impacting the campus community.

A description of the education and prevention interventions can be found below.

ALCOHOL, TOBACCO AND DRUG PREVENTION EDUCATION & AWARENESS PROGRAMS

The University uses the prevention model developed by the National Academy of Sciences Institute, which states that programs should be tailored to meet the needs of three prevention populations: interventions aimed at all students (universal); students who are part of high-risk environments (tailored) and students that have been identified as needing additional intervention (indicated). This approach to prevention education creates an environment in which students can make choices about alcohol that protect them from impairment problems and long-term health consequences.

Universal prevention interventions target all students in the campus community and include large-scale alcohol-free events (Spider Nights); large-scale wellness initiatives (OkSOBERfest); registering alcohol events held in apartments with Residence Life; and registering fraternity lodge parties with the Center for Student Involvement.

Tailored prevention interventions target sub-populations within the campus community and include new student orientation programming; The WELL 100 course; risk management training for fraternity and sorority life; TIPS training for those that want to host registered parties; and outreach programs.

Indicated prevention intervention targets individuals cited for violating the University's Alcohol, Tobacco and Drug Policy and includes sanctions education.

NEW STUDENT ORIENTATION

In Fall 2020, New Spider Orientation was held virtually and no education on alcohol, tobacco and other drugs was provided.

#SquadGoals: Being a Super Spider (Fall 2021)

This training addressed the following topics: sexual assault and inter-personal violence prevention, consent, bystander intervention, warning signs of alcohol overdose, Safe Spiders Protocol, and how to place an individual into the recovery position.

WELLNESS GRADUATION REQUIREMENT

Alcohol Edu for College Students & Sexual Assault Prevention for Undergraduates: Prior to arriving on campus, first year and transfer students complete both Alcohol Edu for College and Sexual Assault Prevention for Undergraduates. Alcohol Edu for College is an interactive online program designed to reduce the negative consequences of alcohol. The online course delivers a personalized experience to students dependent upon their current drinking choices, and is proven effective in reducing high-risk drinking behaviors like heavy-episodic drinking and pre-gaming while promoting bystander intervention.

WELL 100 - WELL 100 (Introduction to College Life at the University of Richmond) was implemented in Fall 2021. WELL 100 enhances the first-year experience and gives students a stronger start to their Richmond education. WELL 100 is a 14-session course on various health and well-being topics, such as ATOD prevention and bystander intervention. The class sessions are interactive and discussion-based, with recorded lectures/content/homework done in advance.

The ATOD seminar of the WELL 100 course builds upon the information learned in the Alcohol Edu for College course with a focus on harm reduction, recovery support services and prevention.

WELL 101 – In addition to the WELL 100, students are required to take WELL 101 courses focusing on various wellness topics. One of the WELL 101 topics includes Thriving in College: Recovery Ally Training (RAT). RAT was created to build upon the 3-hr Recovery Ally Training. Content and activities resonate with students who did not have experience with addiction or recovery including the brain science of habit loops (behavioral and anxiety/emotional) readings related to emerging adulthood/identity, impact and types of trauma, social media addiction, and polysubstance use. Additionally, definitions and pathways of recovery are presented to address what we are learning about our student population's specific risk factors and recovery motivations. This course creates conversations between students and a relationship with a recovery specialist as a powerful vehicle for informing program development and expanding cultural awareness and openness.

OUTREACH AND EDUCATION

Health Education & Health Promotion Programs: The University of Richmond prevention and education programs are based on the belief that effective programs are evidence-informed, comprehensive, and coordinated across the University. [The Well-Being Unit](#) provides education and prevention programs to students through lectures, interactive workshops, classroom discussions, within student organizational meetings, in residence-hall programs

and to high-risk student groups such as, fraternities and sororities, and first-year students. The programs are interactive and tailored to meet the needs of each particular group. The programs focus on social norming, alcohol poisoning, low-risk drinking and bystander intervention.

URWell Peer Educators - URWell Peer Educators serve an important role at University of Richmond to engage their fellow Spiders in promoting healthy behaviors through outreach and educational programs. The peer educators are trained in facilitation skills, active listening, and health promotion content areas such as violence prevention (ex: bystander intervention, consent, healthy relationships, etc.), sexual health, alcohol, tobacco, and other drugs (ATOD), mental health, cultural sensitivity, and more.

OkSOBERfest 2021: A weeklong series promoting ATOD risk reduction, sober curiosity, and recovery allyship. Events included a Don't Fly Solo Resource Fair, Nature's "High" Nature walk, Recovery Space Open House and Yoga, Sip (Tea) and Paint Night and Spider Nights: Spooky Soiree. These events were attended by 200 students.

BASICS (Brief Alcohol Screening and Intervention for College Students) Program: A two-session, harm reduction-focused opportunity for students to talk one-on-one with a counselor, receive normed feedback about their substance use and determine their own goals for change. This program is for students that voluntarily wish to make a change to their behavior.

TIPS Training: Residents of University Forest Apartments (UFA) and Gateway Village that plan to host events with alcohol are required to attend the [TIPS for Hosting an Event with Alcohol and Events Registration](#) training. All residents of the apartment must attend the training if they plan to host an event with alcohol. Residents of UFA and Gateway Village receive an email from their Resident Advisor containing the training information. The Area Coordinator(s) for UFA and Gateway provide the training and track attendance.

University of Richmond Police Department: [URPD](#) officers are available to present educational seminars on alcohol and substance misuse, driving under the influence, self-defense and other safety related programming.

RISK Management Training for Fraternity and Sorority Life: All new members (within their first month of membership*) and new executive board members will go through risk management training on a yearly basis. This training covers:

- Overview of University of Richmond policies and procedures,
- Highlights of the key national organization rules and regulations,
- High level alcohol and bystander education pertinent to hosting events as a Greek organization
- Job responsibilities and basic event management best practices

* New members who join in the fall will be trained during the following spring semester.

SANCTIONS COURSES

Students that are sanctioned for a violation of the University's Alcohol, Tobacco and Other Drug Policy will be required to participate in an alcohol and drug education program. The purpose of these programs is to engage the student in a discussion about alcohol use and misuse, encourage harm reduction and to provide safety and resource information.

A student may also have additional requirements beyond the completion of educational sanctions courses. More detailed information on sanctions can be found in the [Alcohol, Tobacco and Other & Drug Policy](#).

A description of the sanction education courses is listed below.

Alcohol Edu for Sanctions: An online course designed to help students who have violated the campus alcohol policies make safer and healthier choices. Students must complete Part 1 and Part 2 of the course to fulfil the sanction requirement.

BASICS (Brief Alcohol Screening and Intervention for College Students) Program: BASICS is an evidence-based program that helps students make better alcohol-use decisions and reduce their risks for alcohol-related harm. Students that participate in the BASICS program will receive at least two non-confrontational, non-judgmental sessions with a staff member. Students will receive normed feedback about their substance use and determine their own goals for change.

Marijuana 101: An on-line course for marijuana violations. Six lessons cover a variety of key issues such as marijuana dependence, marijuana's effects, mental-health issues and synthetic marijuana use. Students must complete Part 1 and Part 2 of the course. There is a 14-day intersession between Part 1 and Part 2.

Alcohol or Drug Evaluation: Under certain circumstances, students are required to undergo an alcohol and/or drug assessment. A Substance Abuse Counselor from an off-campus facility completes the assessments. The recommendations from the evaluation are shared with the Substance Misuse Prevention Coordinator and the student is encouraged to complete any recommendations described in the evaluation.

ENVIRONMENTAL MANAGEMENT STRATEGIES

Environmental management is based on the fact that an individual's behavior, including their use of substances, is shaped through multiple levels of influence: intrapersonal (individual factors), interpersonal (group) processes, institutional factors, community factors and public policy. Prevention directed at the environment generally relies on public policies and other community-level interventions both to limit access to substances and to alter the culture and contexts within which decisions about substance use are made.

ADVISORY COMMITTEE ON ALCOHOL & DRUGS

The goal of the Advisory Committee on Alcohol & Drugs is to guide education, prevention and compliance issues related to alcohol and other drugs on campus. This committee will:

- Review and recommend policy, structural and program changes that focus on alcohol, tobacco and drug education and prevention on campus;
- Share information about alcohol and drug programming, concerns, statistics and outcomes on campus;
- Promote conversations and collaborations across campus related to alcohol and drug issues; and
- Evaluate the ATOD session of the WELL 100 course on an annual basis to ensure the course adequately reflects the challenges and issues facing University of Richmond students.

SMOKE, TOBACCO, VAPE -FREE CAMPUS WORKING GROUP

In 2019, the University was awarded an \$8000 grant from the Tobacco-Free Generation College Initiative sponsored by the CVS Foundation and the American Cancer Society. The grant was awarded to colleges and universities to accelerate and expand the adoption and implementation of [smoke-and tobacco-free policies](#). The initial goal was to become a tobacco-free campus by August 2020. There was solid momentum to achieve this goal, however, due to COVID-19, the momentum slowed, and the goal has moved to 2024. A comprehensive

implementation, communication, and educational plan has been developed and a working group of key stakeholders has been convened.

TOBACCO CESSATION PROGRAM

The Well-Being unit offers [tobacco cessation](#) free to faculty, staff and students that want to quit using tobacco and nicotine products. The Well-Being Unit has Tobacco Cessation Specialists that will assist and support members of the university community as they transition to a tobacco free life style. Individuals interested in participating in the cessation program should contact quit@richmond.edu.

COLLEGIATE RECOVERY PROGRAM

The UR culture of wellbeing recognizes the need to support all members of the campus community as they consider and make healthy life choices or changes surrounding addictive behaviors and substance use. Peer Specialists who have lived experience facing and overcoming addiction and understand the special challenges of doing so on a college campus can support recovery in invaluable and essential ways. A collegiate recovery program needs to be non-judgmental, non-critical, respecting of privacy, and participation should be individually-motivated and driven. Spiders Support Recovery seeks to provide peer-led supports and activities that will allow students in recovery from Substance Use Disorder, and those wishing to learn more about a recovery lifestyle, to thrive academically and socially on the UR campus, and beyond.

[Spiders Support Recovery \(SSR\) - Meeting and Event Information:](#)

SSR Meetings are open to anyone in the UR Community wishing to learn more about addiction and recovery or seeking to find out more about making changes around substance use or addictive behaviors. Our space is non-judgmental and we respect each individual's privacy and right to determine his/her own pathway in recovery.

12 Step Meetings – The 12 Steps were created by the founders of Alcoholics Anonymous to establish guidelines for the best way to overcome an addiction to alcohol. AA's profound success led numerous groups (Narcotics Anonymous, Marijuana Anonymous, Al-anon, Families Anonymous, Gamblers Anonymous) to adapt the 12 steps to allow individuals struggling with other issues to access recovery. Although the 12 Steps are based on spiritual principles, they are not affiliated with any denomination and individual members are free to define their own concept of a "higher power." Working the 12 Steps can facilitate a change in one's overall mindset and outlook and break free from the hold of addiction and need for substance use for the long term.

SMART Recovery - Self-Management and Recovery Training (SMART) is a support program that teaches people how to control addictive behavior by focusing on underlying thoughts and feelings. Participants in SMART learn skills to manage their cravings and urges for the long term. SMART tools can be applied to any behavioral or substance challenge and are accepting of a moderation or harm reduction approach as well as complete abstinence.

All Recovery - "All Recovery" meetings welcome anyone who struggles with addiction, is affected by addiction, or seeks and supports a recovery lifestyle. Participation in an All Recovery meeting allows individuals to discuss, connect and focus upon universal solutions to making their lives better, regardless of specific behavioral or addiction-related concerns.

Seeking Safety – Seeking Safety groups help participants develop healthy coping skills to use so as not to become overwhelmed emotionally. It is an evidence-based model that has proven success in helping individuals who are stuck in a cycle of trauma and addiction. UR’s Seeking Safety meetings are open to anyone and introduce one coping skill each session to add to an overall recovery or wellbeing tool kit.

Recovery Ally Training – Spiders Support Recovery seeks to ensure UR students do not have to choose between their recovery and an education at UR. This 3-hour training helps faculty, staff and students reveal the science behind addiction and recovery – with specific attention to the college-aged and UR population.

Recovery Scholars Seminar – Through participation in the Collegiate Recovery Expansion Grant, UR students in recovery are able to take part in a Recovery Scholars Program. Weekly seminar-style meetings are conducted in partnership with VCU, UVA, and Longwood and can include students from across the state of Virginia. Led by Recovery Specialists, these semester-long seminars address a variety of topics designed to inform, build, and strengthen recovery.

Book Groups– Spiders Support Recovery holds periodic, topical book groups for individuals and small groups within the UR Community. Examples include: Atomic Habits (by James Clear), It Takes a Family (Debra Jay), The Listening Path (Julia Cameron), and Living the Hero’s Journey (Will Craig).

Recovery Coaching – A Peer Recovery Specialist (PRS) is someone who has lived experience and is in recovery from addiction or a substance use disorder. The Recovery Specialist is not a counselor, but creates a private, safe, nonjudgmental space where it is possible to discuss alcohol and substance use in order to learn more about addiction, investigate available resources, and determine what a path in recovery can look like. A PRS respects no two people are the same, patterns and reasons for substance use vary, and each individual’s decisions must be their own for them to be successful.

Spiders Support Recovery Dedicated Space: A dedicated, safe lounge and meeting space is one of the hallmarks of a Collegiate Recovery Program and has been a commitment of the Health and Well-Being Unit in the following locations:

- Wilton Center – Utilized for meeting, gathering, programming space
- Well-Being Center – Utilized for staff office, lounge space, and coaching location

Spiders Support Recovery Institutional Monetary Commitment:

For the next two years (FY23 and FY24), the Health and Well-Being Unit plans to continue to develop, formalize, and expand support for students in recovery and those seeking recovery-related resources for substance use, behavioral, or mental health challenges. The Health and Well-Being Unit will to continue to fund expand recovery efforts for students. This commitment enhances the 2-year grant of \$50,000 from Virginia Commonwealth University Collegiate Recovery Program funded by the Department of Behavioral Health Developmental Services through the US Department of Health and Human Services.

Substance Use Disorder Treatment and Consultation Team (SUDS):

The Substance Use Disorder Treatment and Consultation Team (SUDS) uses a collaborative/integrated approach to offer a web of support by providing education, resources, and clinical care centered on substance use, mental health, & recovery needs, to empower students on their journey to well-being. The SUDS team is made up of staff from the student health center, CAPS and Health Promotion.

SPIDER NIGHTS

Cultural Advisors (CAs) are student leaders on campus who live in the residence halls and work with residents and residence life staff to make the halls safe, welcoming, and supportive communities for all students. Cultural Advisors promote learning and understanding across cultural differences, share information about campus resources on diversity and inclusion, and facilitate connections between and among residents. They also coordinate the weekly [Spider Nights](#) program that occurs every Saturday night.

[Spider Nights](#) programs are designed and hosted by the Cultural Advisors to give students a choice of activities besides a traditional party scene. Spiders Nights programming is free for students and all events include food and prizes. Typical events include Bingo, carnival night, video game tournaments, craft nights, casino nights, movie nights, trips off-campus to trampoline parks, and indoor rock- climbing. Spider Nights also sponsors the final event during first year orientation.

The events are advertised on d-flyers, Facebook and Instagram.

	2020-21	2021-22
Fall Participation	530	1051
Spring Participation	334	305
Total Participation	884	1356
	<i>Programs were held virtually due to COVID</i>	<i>Some attendance restrictions in place due to physical distancing framework</i>

SUBSTANCE FREE HOUSING

Residence Life and Student Housing offers [substance-free housing](#) for those students who wish to minimize their exposure in their living environment to alcohol and alcohol-related behavior, illicit drugs, and smoking materials. Students living in these communities agree not to use alcohol or drugs in their residential community, nor bring the effects of those substances back into the hall.

Students who choose to live in this community will make a commitment to themselves and others to abstain from the use of alcohol, tobacco, drugs and other substances through and by supporting other community members in their decision to live a healthier, substance-free life. Students that fail to uphold the expectations will be relocated to another housing assignment.

2020-21

34 beds were held for male-identified students in Marsh Hall and 22 beds were held for female identified

students in Moore Hall.

2021-22

21 beds were held for male-identified students in Marsh Hall and 19 beds were held for female identified students in Moore Hall.

Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) offers a wide range of short-term services to currently enrolled, full-time, degree-seeking students. CAPS utilizes an [Individualized Care Model](#), which is a multi-tier system of services that meets students where they are in the change process, while promoting autonomy and empowerment. Students may choose to see a CAPS counselor regarding their substance use.

CAPS Client Data – Number of students that requested services for substance misuse

- 2020-2021
 - Alcohol use= 32 (4.4%)
 - Marijuana use=32 (4.4%)
- 2021-2022
 - Alcohol use=36 (4.3%)
 - Marijuana use=23 (2.7%)

UNIVERSITY POLICIES

The University of Richmond does not condone the illegal or otherwise irresponsible use of alcohol. In accordance with federal and state law, the University prohibits the unlawful possession, sale, use or distribution of alcohol on University property. All members of the University community and third-party users of University facilities are responsible for knowing and acting in accordance with the applicable laws and University policy concerning the purchase, possession and storage of alcoholic beverages.

Federal and state law prohibits the illegal manufacture, distribution, possession or use of drugs, narcotics, pharmaceuticals and drug paraphernalia and the University does not condone such conduct.

The use of, or addiction to, alcohol or other drugs is not considered an excuse for violations of applicable law and University policies, and will not be a mitigating factor in the determination of appropriate disciplinary sanctions.

The commitment to promote the health, safety and well-being of the University community is further supported by University policies for student and employees. Below are the links to applicable policies and procedures:

[Alcohol & Drug Policy:](#)

[Policy for events with Alcohol on Campus](#)

[Standard of Student Conduct](#)

[Safe Spiders Protocol](#)

[Student Athlete Alcohol and Drug Policy](#)

[Drug Free Workplace](#)

STUDENT CODE OF CONDUCT

[The Standards of Student Conduct](#) applies to conduct that occurs on the campus of the University, on or in off-campus buildings or property of the University, and at University sponsored activities, including off-campus

education programs and activities, or on public property.

Each student shall be responsible for their conduct from their first day on campus through the actual awarding of their degree (even though the conduct may occur before classes begin or after classes end) as well as during the academic year and during periods between terms of actual enrollment. Students who have accepted admittance to the University but have not yet enrolled are expected to conduct themselves according to the Standards. The Standards of Student Conduct shall apply to a student's conduct even if the student withdraws from the University while a disciplinary matter is pending.

NUMBER OF RESPONDENTS CHARGED (PER TYPE OF VIOLATION):

2020-2021

Charge	Not Responsible	Not Responsible/Unfounded	Responsible
Illegal Activity - Possession/Use of Drugs	1	0	6
Other Regulations - Open Container in Public	1	0	5
Other Regulations - Public Consumption/Alcohol	1	0	12
Other Regulations - Public Intoxication	0	0	1
Other Regulations - Underage Consumption	1	0	13
Other Regulations - Underage Guest/Alcohol	2	0	0
Other Regulations - Underage Possession	3	1	39
Other Regulations - Unregistered Event	11	0	3

No cases went before the Student Conduct Council in the 2020-21 academic year.

2021-22

Charge	Not Responsible	Not Responsible – SCC*	Not Responsible/ Unfounded	Responsible	Responsible – SCC*
Illegal Activity - Possession/Use of Drugs	4	1	0	21	3
Other Regulations - ATOD Policy	0	0	0	1	0
Other Regulations - Open Container in Public	0	0	0	5	0
Other Regulations - Public Consumption/Alcohol	0	0	2	1	0
Other Regulations - Public Intoxication	0	0	0	3	0
Other Regulations - Registered Event Violation	1	0	0	3	0
Other Regulations - Underage Consumption	0	0	0	18	0
Other Regulations - Underage Possession	1	0	0	29	0
Other Regulations - Unregistered Event	6	0	0	22	0

*Student Conduct Council

ANNUAL SECURITY REPORT STATISTICS

Use of illegal drugs and the unlawful use of alcohol by students and employees on University property is prohibited. Violators are subject to University sanctions as well as prosecution through the appropriate legal channels. For employees, by law, the University workplace is drug-free. No one is allowed to use, make, sell, distribute, possess, or be under the influence of any controlled substance (including alcohol) while at work.

The University of Richmond Police Department has the primary responsibility for the enforcement of state and federal laws pertaining to alcohol, tobacco and other drugs.

The University's Annual Security Report is published each fall and articulates policies regarding alcohol and controlled substances. The report also includes crimes statistics for the last three years including referrals and arrests for drug and alcohol violations.

[2020 Annual Security Report](#)

[2021 Annual Security Report](#)

ARRESTS & REFERRALS IN CALENDAR YEARS 2020-2022

Alcohol Law Violations: Violations of laws or ordinances prohibiting the unlawful manufacture, dispensing, possession, use or distribution of alcohol.

Drug Law Violations: Violations of state and federal laws relating to the unlawful possession, use, manufacturing, distribution, or sale of illegal or controlled substances.

	CY 2020	CY 2021
Liquor Law Arrests	0	0
Liquor Law Referrals	66	86
Drug Law Arrests	0	0
Drug Law Referrals	7	3

SUMMARY OF PROGRAMMING STRENGTHS & AREAS FOR GROWTH

Strengths

The University's [Guiding Lights](#) direct the University's strategic planning process. With these priorities as guiding lights, UR is poised to build on its already remarkable strengths to be known as the best small university in the world. President Hallock's [five guiding lights](#) for the University include:

- **Academic Excellence.** How can we ensure we provide an unparalleled academic experience that is rooted in a liberal arts education with a robust, diverse set of offerings and is fueled by world-class mentoring, teaching, and research?
- **Belonging.** How can we help all Spiders feel like they belong in our web and are able to fully participate in academic and campus life?
- **Access and Affordability.** How can we make a Richmond education more accessible and more affordable to more Spiders?
- **Well-Being.** How do we further support the holistic development of our Spider community? How can we incorporate dimensions of well-being into what we do at UR?
- **Experiential Learning and Community Engagement.** How do we provide meaningful real-world opportunities for Spiders to learn from and engage with our local and global community?

These guiding lights also reflect the commitment and engagement to ensuring students receive education and prevention around various areas of well-being including alcohol, tobacco and other drug education.

The University of Richmond has made significant progress in substance misuse education and is poised to build on its successes. The University of Richmond is a leader in prevention education by mandating that students complete the WELL 100, 101 and 102 (sexual assault prevention) courses. Successful completion of the requirements is mandatory for graduation. The ATOD class of the WELL 100 course provides students with awareness, education and risk reduction skills to assist them in making informed choices about their personal alcohol use. According to survey data from the WELL 100 course, the course session on alcohol, tobacco and other drugs was ranked as the second most beneficial class session. (Survey response rate 428 students).

The University has made a commitment to providing a collegiate recovery program. Since the grant funding began in November 2019, the University has made significant strides in building a recovery community that supports students and their ally's across campus. The programs and services available to students in recovery have expanded and the University has committed to financially supporting the work of the grant.

The Well-Being Center is a comprehensive and integrated facility that includes all campus health care in one location, providing easy access for students and designed to be a collaborative high-impact environment to support student learning, student well-being, and student success. The Well-Being Center plays a critical role in the health and well-being of our campus community. The Well-being Center impacts retention and graduation rates of our students by providing affordable and convenient health and wellness services and programs delivered by professionals attuned to the unique stressors and needs of college students. The Center's staff and resources focus on the "upstream" approach by providing programs and activities that are associated with healthful decision making and prevention. By instilling positive habits ranging from nutrition and sleep to stress management and sexual health, students are less in need of the "downstream" services associated with intervention and rescue. The fact that all the services for health and wellness are simply located together eliminates a lot of barriers for students to access services. The University supports programs, systems, and processes to support behaviors known to improve academic performance. The Well-Being Center strives to support a lively environment of diversity and inclusion for students with its open and welcoming spaces.

Areas for Growth & Development

Program Documentation: Lack of consistent documentation of ATOD programs makes it challenging to accurately capture all ATOD prevention and education efforts across all departments. Departments that engage in ATOD education and prevention need to provide on-going documentation for inclusion in the biennial review.

Assessment & Evaluation Data: As we begin to collect data on student's substance use beyond the first year, it is imperative that we have a data set that accurately reflects student's substance use. The ability to assess multiple data sets (CORE, Alcohol Edu, Healthy Minds etc.) to better identify trends in student alcohol and other drug use behaviors and examine how data can inform our work on campus. The data collected from these survey's will be important in identifying key performance indicators for programming and development of a social norms campaign that addresses alcohol and other drug use among the highest-risk student groups.

As we begin to look at programming, it is important to determine program effectiveness to asses student's willingness to implement harm reduction techniques. The University has sufficient information on conduct and arrest rates but no data on how effective programming is in terms of behavior change.

Increased response rate for CORE: The CORE Survey was administered in the fall 2019 semester. Despite efforts to have a large survey return, only 247 students responded to the survey (12% response rate). The goal is to increase the response rate to 17%. Due to COVID 19, the CORE survey was pushed back another year and will be administered in fall 2023.