

2012 - 2014

BIENNIAL REVIEW

UNIVERSITY OF CALIFORNIA, SANTA BARBARA
ALCOHOL & DRUG PROGRAM

INTRODUCTION

The University of California, Santa Barbara (UCSB) strives to create a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. UCSB's Alcohol & Drug Program emphasizes the elimination of harmful use, high-risk behavior and related violence. To this end, the program works collaboratively with campus departments, faculty, staff, students, administration, law enforcement, medical providers, and community members. UCSB administrators and staff members participate in and provide leadership to the UCSB Alcohol and Other Drug Workgroup, the UCSB Alcohol and Drug Steering Committee and the Isla Vista Alcohol and Other Drug Workgroup, all of which work together on comprehensive and collaborative prevention efforts for the UCSB campus and nearby communities.

Situated about ten miles from downtown Santa Barbara, UCSB is bordered by the ocean and the community of Isla Vista. The population of Isla Vista is approximately 20,000, within one square mile, making it one of the most densely populated areas in California. The average age of Isla Vista residents is 21 years. The residential campus has approximately 18,000 undergraduate and 3,000 graduate students. The combination of an excellent climate, the ocean, easy bicycle access and student-dominated Isla Vista has made UCSB a very popular campus.

Over the years, UCSB has encountered a national reputation as a party school. In 2012 UCSB was not ranked in Playboy Magazine as a party school and was ranked #5 by The Princeton Review. UCSB continued to remain off the Playboy Magazine ranking of party schools in 2013, yet as a party school in The Princeton Review ranked UCSB as #2 for 2013 and #3 for 2014. The party scene in Isla Vista is an ongoing concern and contributes to the party school image, drawing hundreds and often thousands of out-of-town partygoers and guests most weekends throughout the year.

HISTORY

In 1979 Vice Chancellor Edward Birch recommended the development of an Alcohol Task Force to assess the nature and degree of alcohol use by UCSB students. As a result, in the fall of 1980, the campus established an Alcohol Awareness Program. This program was the first of its kind in the University of California system and one of the first in the nation.

Components of this initial program included:

- Clinical Services: individual assessment / referral and support groups
- Educational Services: staff training and student training / placement as Peer Health Educators (PHE)
- Alcohol Work Groups: continued quarterly meetings for program review, recommendations and evaluation

In 1999, UCSB adopted the Higher Education Center's Environmental Management Model for reducing alcohol and other drug abuse on college campuses. The model is based on the strategy that environmental change takes place primarily within three spheres of action: the institution of higher education, the surrounding community, and state-level public policy. In 2002, UCSB responded to "A Call to Action: Changing the Culture of Drinking at U.S. Colleges," a report by the Task Force of the National Advisory Council with leadership from the National Institute of Alcohol Abuse and Alcoholism (NIAAA), National Institutes of Health, and U.S. Department of Health and Human Services. By implementing its recommendations and prevention programs, UCSB consistently follows the NIAAA's tiered system in implementing science-based and effective prevention strategies as they are updated and revised.

Accordingly, UCSB continues to have a strong campus-wide Alcohol and Other Drug (AOD) Workgroup and an administrative AOD Steering Committee that work together to guide campus prevention efforts, and to affect community and state-level public policies in conjunction with other community agencies such as the Santa Barbara County Alcohol, Drug, and Mental Health Services and the Santa Barbara Fighting Back Program. UCSB is now recognized as a central figure in coordinating AOD prevention for the adjacent community (Isla Vista) and the greater Santa Barbara community.

Additionally, the strategies implemented by UCSB's Alcohol & Drug Program are influenced by the Institute of Medicine's National Research Council's "Reducing Underage Drinking: A Collective Responsibility." The goal of this document is to inform, create and sustain a broad societal commitment to reducing underage drinking. UCSB is committed to partnering with the appropriate national, state, local, and community agencies that are in a position to prevent underage drinking.

SOURCES OF FUNDING FOR ALCOHOL AND DRUG ABUSE PREVENTION AT UCSB

In the early 1990s, the U.S. Department of Education's Fund for the Improvement for Post-Secondary Education supported an institution-wide grant. From September 1991 through August 1993, these monies were used at UCSB to create curriculum infusion projects, social marketing campaigns, and to help fund various alcohol-free events. These funds were granted again as a consortia grant from September 1994 through June 1997. In collaboration with health educators from eight University of California campuses, the primary focus of this grant was to compile *best practices* and to create a *strategic plan* for the implementation of recommended strategies.

The California Department of Health Services funds Tobacco Prevention and Cessation Services at colleges and universities across the state. Since 1990, the Santa Barbara County Public Health Department's Tobacco Prevention Settlement Program has provided UCSB with extramural funding to provide both tobacco prevention and cessation services to students. These services include education; intake and assessment; counseling; relapse prevention; monitoring and evaluation of individual progress; follow-up and ongoing support; and referral services. Over the years, UCSB has increased tobacco prevention education through curriculum infusion and peer health education.

The California Office of Traffic Safety has also played an important role in funding the prevention efforts of UCSB's Alcohol & Drug Program. In January of 1994, UCSB was awarded with a Driving Under the Influence / Biking Under the Influence Awareness / Enforcement grant (through June of 1996). These funds helped to increase education and enforcement regarding binge drinking, driving under the influence, and biking under the influence. The Office of Traffic Safety also funded UCSB with another two-year grant to implement programs to decrease alcohol abuse and alcohol impaired

driving by university students. The funds from this grant (2003-2005) were primarily used to promote alcohol-free alternative activities.

In 2003 UCSB received funding as a participant in a ten-year research study. The study, entitled "Safer California Universities: A Multi-Campus Alcohol Problem Prevention Study," was funded by the National Institute on Alcohol Abuse and Alcoholism and led by Dr. Robert Saltz and a team of researchers at the Prevention Research Center (PRC) in Berkeley, CA. The purpose of the study was to evaluate the impact of comprehensive and community-based campus interventions, using a risk-management approach. Funding for the Safer California Study ended in Fall 2011. Survey data from the Fall 2011 Safer California study indicated that 45.1% of UCSB's undergraduates engage in binge-drinking behavior. With the national average at 40%, UCSB's high risk drinking rate reduction continues to be a main objective of the Alcohol & Drug Program services. 81.1% of UCSB students reported that they have consumed alcohol in the past thirty days. Approximately 22.2% of all students reported some form of public misconduct at least once during the past quarter as a result of drinking and 46.9% of all students experienced some kind of serious personal problem due to alcohol use at least once in the last quarter. According to the survey result from Fall 2011, UCSB students drank more and had more personal problems related to their drinking than students at other University of California campuses. One significant statistic however, indicates that UCSB has one of the lowest rates of self-reported "drinking and driving incidents" among UC campuses.

In 2004, the UCSB Alcohol & Drug Program was awarded a portion of the California State Incentive Grant (SIG) through the County of Santa Barbara. This three-year grant enabled UCSB to implement a Screening, Brief Intervention, Referral and Treatment (SBIRT) service at UCSB's Student Health Service which continues today under the ongoing support of Student Health Service. A SAMHSA approved protocol, SBIRT involves a timely brief intervention that is relevant and encouraged for college students, and has been shown to be an effective way to reduce the frequency and amount of alcohol consumption on college campuses.

In 2009 UCSB received funding from Santa Barbara County Alcohol, Drug, Mental Health Services to expand alcohol and drug prevention outreach efforts on campus and in the Isla Vista community. The goals of this grant were to reduce binge and pre-event drinking. A targeted safety campaign was developed to address the safety needs in the community by encouraging students to "Just Call 911" in case of alcohol or drug related medical emergencies. This contract from SB County ADMHS continues to provide The UCSB Alcohol and Drug Program with resources to develop and implement cutting edge and peer-based prevention and education programs.

The UCSB Alcohol & Drug Program received a grant from the U.S. Department of Education in September 2008 for the prevention of high risk drinking and violent behavior among college students. This grant was used to expand the College Alcohol and Substance Education (CASE) group programs and the Skills, Assessment and Motivation (SAM) group programs, as well as assist in the national publication of course curriculum. CASE and SAM are multi-week psycho-educational programs that provide risk reduction strategies and attend to students' misperceptions of risk. In July 2009 the UCSB Alcohol & Drug Program was awarded a Model Program grant from the US DOE to establish and evaluate group interventions specific to high risk and very high risk drinking among college students. Although these grants have ended, the CASE, SAM and INSIGHT programs continue to serve UCSB students through support from a partnership of various campus departments including Student Health, Dean of Students, Housing & Residential Services and the Office of the Vice-Chancellor for Student Affairs.

1 UCSB ALCOHOL & DRUG PROGRAM GUIDING STRATEGIES

The UCSB Alcohol & Drug Program endeavors to be comprehensive and utilizes the following recommended strategies from the Higher Education Center's Environmental Management Model:

- Education
- Early Intervention (Counseling, Referral, and Treatment)
- Environmental Interventions
- Enforcement
- Evaluation

UCSB has added a sixth "E" called "Everybody's Involvement"

The subsequent sections will describe these elements in further detail.

2 ALCOHOL & DRUG PROGRAM GOALS AND DISCUSSION OF GOAL ACHIEVEMENTS

The UCSB Alcohol and Drug Program works towards the following objectives:

1. Reduce the percentage of UCSB students who report negative consequences associated with alcohol and other drug use, including public misconduct, sexual assault, and other serious personal problems.
2. Reduce the percentage of UCSB students who report "high-risk drinking" over the next five years
3. Reduce the percentage of UCSB student medical visits, criminal citations and arrests resulting from alcohol and other drug use.
4. Reduce the percentage of UCSB students who misuse alcohol and other drugs as demonstrated by student surveys.

ONGOING PROGRAM GOALS AS OF 2014

The following goals remain as ongoing campus programming initiatives:

- Increase outreach and education efforts through peer-based alcohol and drug internships.
- Increase education geared to first year and transfer students.
- Increase dissemination of information regarding current drugs of concern to the college population and environment.
- Increase methods of supporting specific populations at risk (i.e. Greek, Athlete, First Year)
- Increase Collegiate Recovery Program (Gauchos for Recovery) efforts to support students considering or already engaging in recovery and sober living lifestyles.
- Increase the number of alcohol-free events for students.
- Increase communications and information provided to parents regarding policies, programs and services to support student health and safety with regard to alcohol and drug use.
- Decrease negative media coverage of UCSB as a "party school."
- Increase campus and community safety and health promotion.

- Support community collaborations (e.g., with Santa Barbara County, Santa Barbara City College; local law enforcement; Santa Barbara County hospital and treatment providers; Isla Vista property and business owners).
- Increase the consistency of enforcement and compliance with alcohol and drug policies.
- Consistently issue appropriate sanctions for alcohol and drug violations and offenses.
- Continue to support good communication between law enforcement and the student community.

The next few pages discuss UCSB's achievements in the areas of education, early intervention, environment, enforcement, evaluation, and everybody's involvement.

EDUCATION ACHIEVEMENTS

OBJECTIVE: FOCUS EDUCATIONAL EFFORTS ON SAFETY

- **First Year Requirements**

New Student Requirement- Part 1: Web-Based Alcohol and Drug Educational Assessment Tools

All incoming first year and transfer students are required to complete AlcoholEdu, an online alcohol and drug education program and Haven, a sexual assault prevention course. These courses include sections on alcohol, drugs, and sexual violence and were developed specifically for college students, providing personalized health information, interactive tools, and coping strategies that are up-to-date and scientifically accurate. The topics covered in the course affect the entire campus and will help students make safer and more responsible choices for themselves and the community.

New Student Requirement- Part 2

GauchosFYI, Part 2 of the First Year Requirement, was launched in 2012 as a requirement for all undergraduate first year and transfer students. GauchosFYI requires that all first year students attend one 90-minute staff/peer facilitated workshop within the first 4 weeks of Fall Quarter. GauchosFYI is offered in interactive groups and incorporates a specially developed curriculum for the UCSB campus/community that targets safety topics including alcohol and drug responsibility, mental health, Isla Vista safety, sexual assault prevention, and health and wellness. Future plans include development of additional GauchosFYI programs for other classes and student groups.

- **Orientation Presentations**

Freshmen and transfer students, and parents, attending Orientation hear direct messages from UCSB administrators and staff about alcohol and drug use, Isla Vista safety, campus policies and standards, local laws and ordinances, the consequences of policy violation, community membership, and student responsibility. In addition, parents are provided with information about the dangers of high risk drinking and drug use among college students and how to talk to their children about the risks of alcohol and drug use. Both students and parents are informed of Alcohol & Drug Program resources and services available to students. The Alcohol and Drug Program participates as a facilitator of the "Your Student's First Year Experience" presentation offered to parents as an additional orientation program.

- **E-Newsletters**
Weekly e-mails are sent to UCSB students from the Alcohol and Drug Program. These e-mails include information on alcohol and other drugs such as tips for responsible drinking, information and facts about recreational drug use, alcohol-free events, classes, etc.
- **Parent Education on Alcohol and Drugs**
Workshops are provided to parents through Summer Orientation and articles are published in quarterly parent newsletters to help parents recognize and intervene if their children exhibit signs of alcohol or drug problems. The UCSB Alcohol & Drug Program website is regularly updated to include articles that educate parents and encourage communication with students around topics involving alcohol and drugs.
- **Licensee Education on Alcohol and Drugs (LEAD) Training**
UCSB staff who work in university departments that hold events where alcohol is served are provided with training. Trainees are educated on topics including: criminal & civil liability, laws regarding furnishing alcohol to minors, and verifying legitimate ID for the purposes of furnishing alcohol.
- **Life of the Party Peer Leaders**
Life of the Party is UCSB student group that encourages UCSB students to party safely. The Life of the Party Peers provides in-person education (tabling at events, talking with students), written educational materials (brochure, newspaper articles) and online information (social media, email). This campaign includes a website (<http://LifeoftheParty.sa.ucsb.edu/>) that provides harm reduction tips and safety information. The Life of the Party program is partially supported through a contract with SB County Alcohol, Drug & Mental Health Services.
- **Just Call 911 Campaign**
The Just Call 911 campaign is safety initiative that encourages students to call 911 when in, or witnessing, an alcohol and drug related emergency. Student interns work with UCSB and the local community to raise awareness about the warning signs for alcohol poisoning and drug overdose through an incentivized key tag campaign as well as other educational materials. Students are reminded that calls made for the safety and well-being of others may not result in disciplinary action, and that the welfare and safety of the students and the community is the priority. Just Call 911 is partially supported through a contract with SB County Alcohol, Drug & Mental Health Services.
- **Alcohol and Drug Education for Fraternity and Sorority Members**
To retain recognition by UCSB, all Greek Chapters must adhere to the following standards:
 - All social events conducted on property owned, rented, or otherwise used as chapter facilities with more than 30 chapter members or individuals present must be alcohol-free.
 - Social events that include alcohol must be held at licensed and insured third party vendors.
 - Mandatory educational workshops for members on hazing, sexual assault, and alcohol and other drugs.

- **Academic Classes (curriculum includes alcohol and drug education)**

The following academic courses are offered at UCSB annually:

- Education 109M: Introduces physiological, psychological and sociological factors that promote health and prevent disease including alcohol, narcotic drug and tobacco abuse, nutrition, chronic and infectious diseases, reproductive health and stress management. This course is offered as part of the Teacher Education Program.
- Education 191 W: Students in this 4 unit class study best practices in health promotion, positive development and universal prevention. Through lecture, discussion and activities, students learn how to enhance well-being through research-based interventions, including individual skill development and engagement in healthy environments. Through Individual skill development, students learn and practice health and life skills. Health skills include healthy eating and living; sexual health and relationships; alcohol; and wellness. Life skills include emotional, cognitive and interpersonal behaviors that enhance well-being. Students also learn about creating and sustaining healthy supportive environments through collaborative work with peers, staff, faculty, parents and community members. Students have the opportunity to strengthen their newly learned skills by applying them to daily life and by joining the Health & Wellness Corps.
- The Education Department offers CNCSP 291B which addresses causes, prevention, and treatment of drug and alcohol abuse. This class is graduate level and is designed to meet the requirements for licensure as a psychologist in the State of California.
- Exercise & Sports Studies 2 is a survey course in Psychopharmacology. The course gives students an understanding of the biological factors affecting the action of psychoactive drugs. The course covers the most widely used abusive drugs: alcohol, opiates, nicotine, cannabis, hallucinogen, stimulant and performance enhancing drugs. This course also spends time covering the various drug interactions with recreational and prescription drugs in the college environment.
- Sociology 176D deals with such topics as the demographic patterns of drug usage, socialization into and out of drug subcultures, criminalization and decriminalization of various drugs, and drugs as they pertain to women, youth, and minorities. Cross-cultural approaches to drug use and treatment modes are also discussed.
- “Making the Most” is an interactive workshop that helps new students transition to our campus environment by presenting resources and allowing them to hear from current Gauchos about their experiences. The presentation uses Prezi, video, and a live student panel to address questions that audience members submit via text message. Based on the common issues that students encounter in their academic, social, and personal transitions, “Making the Most” covers many topics including student life, health, safety, sexual assault prevention, mental health resources, and alcohol/drug safety.

- **Health & Wellness Programs – (involving alcohol and drug education)**
 - Health & Wellness Volunteer Corps is a group of students that volunteer to help educate students and community members on a variety of health and wellness topics ranging from alcohol and other drugs, to stress management, positive emotions, happiness, healthy eating, eating disorders, nutrition, body image, sexual health, and relationships.
- **Tobacco Education**
UCSB provides tobacco education in health education classes, at informational tabling fairs, during special events, through informative presentations, and in individual counseling sessions at Student Health Service. All University of California campuses, labs, and centers have Smoke-Free and Tobacco-Free policies. UCSB continues to offer Tobacco Cessation services to students. UCSB also offers tobacco cessation services to staff and faculty.

Student contacts through educational strategies (2012-2014):	
27,962	(Student Health)

EARLY INTERVENTION ACHIEVEMENTS

OBJECTIVE: INCREASE INTERVENTION COUNSELING AND TREATMENT

- **Brief Motivational Interviewing**
Brief Motivational Interviewing continues to be one of the guiding frameworks of the strategies to reduce high-risk drinking among UCSB students. UCSB health professionals and residential life staff are among the many people on campus being trained each year to provide brief non-judgmental interventions with students, a technique that has proven to be effective among college students in reducing alcohol use. By asking a few well-chosen questions about alcohol use, brief motivational interviewing helps change behavior by encouraging self-reflection. The NIAAA’s, “A Call to Action” manual states: “Students who receive brief, personalized motivational enhancement sessions, whether delivered individually or in small groups, reduce alcohol consumption. This strategy can also reduce negative consequences such as excessive drinking, driving after drinking, riding with an intoxicated driver, citations for traffic violations, and injuries”. At UCSB, the Alcohol and Drug Program staff regularly train faculty, staff, student health doctors, counselors, coaches, resident directors and assistants, health educators, and teaching assistants to use motivational interviewing in their interactions with students.
- **Distressed Student Protocol and Referrals**
UCSB has a robust and collaborative approach to identifying and responding to students in psychological distress, including students who are abusing alcohol and/or drugs. The Student Behavioral Intervention Team (SBIT) a committee of clinical and non-clinical mental health professionals meet weekly to review student cases that have been referred to non-confidential staff by roommates, friends, faculty, family, staff, law enforcement, or other sources. Referrals are frequently made to UCSB’s Alcohol & Drug Program (ADP) for assessment and follow-up by ADP clinicians, licensed social workers, CAPS professionals

or Student Health professionals. SBIT also refers UCSB students to off-campus in-patient and out-patient treatment programs, as well as to long-term counseling with specialists in the community.

- **Confidential Counseling**

UCSB's Alcohol & Drug Program provides free and confidential counseling to students who seek out services, are referred by someone else, or are concerned about a friend's use of alcohol or drugs. Depending on individual need, counselors provide assessment, counseling, education, and referral to other professionals on campus and in the community (such as psychiatrists, psychologists, physicians, alcohol and drug treatment programs, health specialists, and health educators).

- **Alcohol and Drug Group Programs**

- **College Alcohol & Substance Education Program (CASE)**

The CASE Program began operating out of UCSB's Student Health Service in Fall 2005. Since then, the program has moved to a University owned building (Embarcadero Hall) in Isla Vista. Enrollment in CASE generates multiple visits per student over a period of several weeks. CASE is an early intervention program intended to help college students develop the skills necessary to reduce their drinking and make safer choices. The program acknowledges that abstinence from alcohol is the only no-risk alternative and the only legal option for those less than 21 years of age. At the same time, CASE encourages underage college students who choose to drink to do so with the least possible risk and harm. The CASE program employs evidence-based interventions in a multi week, psycho-educational group format. The CASE groups are led by licensed professionals and University graduate students who facilitate weekly groups and deliver a skills-based alcohol and drug curriculum. CASE students are required to keep a journal of their alcohol and/or drug use which is then discussed during CASE classes in the context of encouraging responsible choices. Students who complete CASE learn how to estimate their blood alcohol concentration (BAC), prevent blackouts, and respond to alcohol and drug emergencies. They also learn about the relationship between alcohol and sexual assault; tips for moderation; laws and ordinances; and refusal skills. Implementation of CASE has resulted in a significant increase in the number of UCSB staff working on alcohol and drug prevention. CASE is currently being funded by the program fees paid by students and contributions from the Division of Student Affairs, Student Health, the Dean of Students and Housing & Residential Services.

- **Skills, Awareness & Motivation (SAM)**

The SAM Program is designed for students who have completed the CASE program and experience additional alcohol or drug problems (e.g., a second violation of alcohol and drug policy in residence halls, multiple parent notification letters, and at-risk students identified by key university personnel). The SAM program focuses on students who meet the criteria of high risk and may also be assessed to have co-occurring mental health issues (such as anxiety, depression, or sleep problems). These students may also receive individual appointments to supplement the group process. Sessions integrate education into the discussion and may include collaborative referrals to medical and/or other mental health professionals. Sessions and groups may also include weekly written assignments designed to educate and increase personal awareness.

- Screening, Brief Intervention, and Referral to Treatment (SBIRT)**
 UCSB Alcohol and Drug Program integrates the SAMHSA endorsed Screening, Brief Intervention and Referral to Treatment program into daily services at Student Health. The SBIRT program operates as a referral is aimed at reducing alcohol use and related injuries, illnesses, and deaths. Medical providers work with the SBIRT counselor to take advantage of the opportunity to help identify alcohol problems, promote patient education and intervention, and provide referrals for formal evaluation and treatment.
- Social Worker Service**
 UCSB students in crisis are eligible for free Social Work Services through Student Health. Social Work Services collaborates with the Alcohol and Drug Program to coordinate care for students struggling with alcohol and drug use, as well as locate alcohol and drug treatment services.
- National Alcohol Screening Day**
 NASD is an annual event that provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders. UCSB participates in the event in April as well as organizing additional screening events each academic quarter. NASD is a program of Screening for Mental Health (SMH), and is conducted in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA) of the U.S. Department of Health and Human Services.
- 21st Birthday Celebrations**
 UCSB students turning 21 receive an e-mail from the vice chancellor for student affairs containing happy birthday wishes, encouragement to celebrate responsibly, and safety tips. Additionally, a video message specifically created by Alcohol and Drug Program peer educators, is designed for the UCSB population and offers tips on safe celebrating. Anecdotal data, coupled with self-reported student appreciation confirms that the reception of this e-mail by students has been positive.
- Support Groups**
 The Alcohol & Drug program regularly develops support groups to meet the needs of students. Examples include: The Family and Relationships Group, The Marijuana Responsibility and Support Group and GLOW, a support group for the LGBTQ population facilitated in coordination with the UCSB Resource Center for Sexual and Gender Diversity.
- Recovery Support Services**
 In Fall 2012, The Alcohol & Drug Program launched Gauchos in Recovery, a student led program to support students who are either considering, or already engaging in, a sober lifestyle. Services include peer mentorship, coordination of campus resources to assist students in returning to campus from a leave of absence and/or maintaining academic success and safety.

Student contacts through AOD counseling services (2012-2014):	
5007	(Student Health)
2770	<i>Clinical visits (new)</i>
1799	<i>Group program contacts (CASE, SAM, Insight)</i>
250	<i>SBIRT contacts</i>
188	<i>Tobacco cessation contacts</i>

ENVIRONMENTAL ACHIEVEMENTS

OBJECTIVE: INCREASE PROMOTION OF UCSB'S PREVENTION INITIATIVES

- **Community Education Efforts**
UCSB's Alcohol and Drug prevention programs work collaboratively with our partners in the community, including Santa Barbara County's ADMHS Program, Santa Barbara medical providers, the Santa Barbara Sheriff's Department and The California Highway Patrol,
- **Press Releases**
UCSB regularly provides press releases to both campus and community media. As a result, numerous articles have been published promoting prevention initiatives and applauding efforts.
- **Alcohol-Free Event Promotion**
Alcohol-free events are promoted regularly through the UCSB student newspaper, The Daily Nexus and the Associated Students newspaper The Bottom Line.
- **UCSB Alcohol & Drug Program Web Site**
A website dedicated to the UCSB Alcohol & Drug Program was launched in 2006. The website highlights program initiatives, policies, and information relevant to the entire UCSB community. The website has been continually updated to reflect the most current information.

OBJECTIVE: UTILIZE EXISTING CAMPUS AND COMMUNITY EVENTS TO INCREASE SAFETY PROMOTION WHILE DECREASING PERCEPTIONS OF UCSB AS A 'PARTY SCHOOL'

- **Policy**
New students/parents are notified about AOD and sexual assault policies before arrival on campus. This is accomplished through Summer Orientation, student and parent handbooks, and various campus websites.
- **Convocation Message**
Normative, civility, and Isla Vista safety messages have been incorporated into New Student Convocation since fall 2000.
- **Women, Gender & Sexual Equity**
Work has been done with the campus Women, Gender & Sexual Equity department to raise awareness regarding the correlations between alcohol, violence, and sexual assault.
- **Privately-owned Residence Hall**
The University has maintained a relationship with the one remaining privately-owned residence hall located off-campus and helps to establish consistent policy enforcement and connections for student residents to UCSB services in these halls.

OBJECTIVE: INCREASE ALCOHOL-FREE OPTIONS FOR STUDENTS

- **Late Night Alternative Social Programming**

UCSB's Office of Student Life supports efforts to provide student fee funds to registered student organizations planning to host alcohol-free late night weekend events. Many campus organizations partner with OSL to present and promote safe, alternative events.

- **Greek Life: Alcohol Free Housing and Activities**

The UCSB Greek Life program adheres to National Panhellenic and Inter-Fraternity policies and procedures. National Panhellenic Sororities have adopted and instituted alcohol-free housing policies. Two of our current Inter-Fraternity Council chapters are also required to maintain alcohol-free housing

All UCSB Greek lettered organizations must have alcohol-free events at chapter facilities. If alcohol is present, it may only be done so at a third party vendor with a licensed and insured liquor distribution license.

OBJECTIVE: TAKE REASONABLE PROTECTIVE MEASURES TO GUARD AGAINST FORESEEABLE HAZARDS AND RISKS IN THE SCHOOL ENVIRONMENT

- **Halloween**

Since the late 1980s, UCSB has communicated annually with students about Halloween safety and security, and discouraged outside visitors and out-of-town college students through a media campaign. Beginning with Halloween 2004, UCSB restricted public parking on campus while still allowing UCSB students with special Halloween permits to park their cars on campus during the Halloween weekend. This has facilitated the clearance of Del Playa (a street in Isla Vista known for open parties) making it safer for pedestrians. Over the last few years, UCSB has worked very closely and collaboratively with Santa Barbara County to plan for Halloween impacts on the community, limit public parking, and to issue joint press releases. Since Halloween 2008, UCSB in association with Associated Students has worked collaboratively with students to revise and hone safety messages about Halloween to improve their effectiveness, and to increase the number of student-to-student efforts to provide education about Halloween safety. Associated Students hosts a special Halloween website to inform students and the community about Halloween-related safety information. UCSB also sent messages to all students about Halloween via email and continued the practice of sending information and public notices to other colleges and universities discouraging out-of-town students from coming to Isla Vista for Halloween.

- **Floatopia**

Floatopia was an event that originated in 2004. Between 2004 and 2007 the maximum number of participants was 1,000 people. This event occurred Spring quarter on the beach just adjacent to Isla Vista, and was named such to describe the main activity of floating on the ocean on rafts and other home-made or store bought devices while partying. In 2008 there were 1,000 attendees and this number ballooned in 2009 to approximately 12,000 people attributable to social networking sites. As a result, many legal citations, arrests, and emergency medical transportations were made requiring a surge in the amount of police and medical professionals needed. Additionally, there were many concerns about the

environmental impact of having a population that large on the beach at one time, leaving ample trash behind. Before Floatopia could occur in 2010, Santa Barbara County passed an ordinance to ban consumption of alcohol on the beaches below Del Playa Drive. UCSB officials supported the passage of the new ordinance by the Board of Supervisors. Enforcement strategies continued and have resulted in an alternative event occurring in Isla Vista on Del Playa Street now known as DelTopia. Santa Barbara County continues to close the beaches to the public as a precaution on the weekend designated through social media for these activities. UCSB also closes its beaches in concert with the County closure.

- **Isla Vista Alcohol and Other Drug Work Group:**

This group comprises community members, students, landlords, business owners, UCSB administration, and representatives from both Santa Barbara County, and the Isla Vista Foot Patrol and meets and collaborates regularly throughout the academic year.

ENFORCEMENT ACHIEVEMENTS

OBJECTIVE: INCREASE METHODS FOR CAMPUS CONDUCT AND POLICY COMPLIANCE

- **Extension of Jurisdiction**

UCSB has continued to apply extension of jurisdiction over student conduct in cases where UCSB students have been involved in violence, threats of violence, stalking, hazing, sexual harassment, sexual assault and conduct that threatens the health or safety of the community (including serious cases of drug use and/or drug dealing). In recent years, several students have been formally suspended for hazing incidents. Several students involved in violent incidents have been placed on disciplinary probation and/or sanctioned with referrals to counseling or treatment programs for anger management.

- **Parental Notification**

Since 2002, UCSB has monitored alcohol and drug offenses in Isla Vista and areas adjacent to campus. In 2002, the campus began sending letters of concern to students and notifying parents in cases where a UCSB undergraduate is arrested or cited for an alcohol or other drug offense. UCSB's Alcohol and Other Drug Task Force and Work Group, the Isla Vista Community Safety Work Group, and the Isla Vista AOD Workgroup recommended adoption of this effort after reviewing successful parent notification processes on other university campuses. Parent notification is one of many strategies employed by UCSB to reduce negative consequences of high-risk drinking. Parent notification is also a powerful tool by which to engage the parents of UCSB students with the university in efforts to reduce high-risk drinking behaviors in Isla Vista. The Parent Notification program requires students with a repeat offense in Isla Vista to see an alcohol and drug counselor on campus for an assessment and consultation.

OBJECTIVE: SUPPORT LAW ENFORCEMENT, COMMUNITY, AND COUNTY EFFORTS

Law Enforcement / Public Safety

The Isla Vista Foot Patrol, jointly staffed by the Santa Barbara County Sheriff's Department, the California Highway Patrol, and UCSB Police has a zero tolerance policy regarding alcohol and drug violations. Driving under the influence (DUI) is a very high priority and all officers are specially trained in that area. These officers patrol Isla Vista on foot, on bicycles and in cars and routinely give citations and/or make arrests.

- Community Safety Ordinance**
 This new ordinance was approved by the Santa Barbara County Board of Supervisors in summer of 2002 and actively supported by the university. The Community Safety Ordinance allows the Isla Vista Foot Patrol to close down parties that create a public nuisance; that is, parties where three or more crimes are occurring (e.g., minor in possession of alcohol, assaults, etc.), objects are being thrown, slam dancing is taking place, or a keg is in view from the street. This new ordinance has been used successfully so far without the need for issuing citations for failure to comply.
- Social Host Liability Ordinance**
 In Spring 2010 a social host liability ordinance was passed in Santa Barbara. This ordinance holds individuals responsible for hosting, or knowingly providing a place for underage drinking to occur. Violation of this ordinance results in civil penalties ranging from \$500 to \$2,000, depending on whether it is a repeated offense. This ordinance came into effect in December of 2010, following a community education campaign. Only a handful of citations have been issued since this ordinance went into effect.
- Property Owner Notification**
 Property owner notification was implemented with support from the university and the community by the Isla Vista Foot Patrol in February 2003. Under this program the Foot Patrol notifies rental property owners and managers when certain instances of unacceptable or unruly behavior occur at their Isla Vista properties. Letters are sent when there are chronic problems such as large parties where minors are being served alcohol or numerous noise violations. A number of property owners have issued warnings to their tenants while others have increased security at their properties.
- Relationships and Communication**
 UCSB facilitates the fostering of better relationships between students and Isla Vista Foot Patrol through participation in town hall meetings, hosting of student focus groups, and encouraging student participation in the AOD Workgroup.

Students cited or arrested for AOD-related offenses (2012-2014):	
380	on campus owned property (UCSB Police)
AOD-related Fatalities (2012-2014):	
N/A	on campus owned property (UCSB Police)
AOD-related incidents of vandalism (2012-2014):	
N/A	data not collected
AOD-related disciplinary sanctions imposed on UCSB students (2012-2014):	
1597	in university owned residence halls
70	in privately owned residence halls
126	through Campus Judicial Affairs
AOD related disciplinary sanctions imposed on employees (2012-2014):	
0	staff (Labor Relations)
0	faculty (Academic Personnel)

EVERYBODY'S INVOLVEMENT ACHIEVEMENTS

OBJECTIVE: SUPPORT COMMUNITY AND COUNTY EFFORTS

- **Santa Barbara City College (SBCC)**
UCSB continues to collaborate with SBCC on a variety of alcohol and drug and safety initiatives in Isla Vista. SBCC representatives sit in on UCSB community and prevention meetings. The Alcohol & Drug group programs are available to SBCC students who violate alcohol and drug policies in privately-owned residence halls or who elect to satisfy a court mandate through participation in these UCSB programs.
- **Isla Vista Safety Meetings**
UCSB continues to participate in meetings with representatives from the Isla Vista Foot Patrol, Santa Barbara County, UCSB Police Department, and Santa Barbara City College. The meetings focus to improve the safety and quality of life in Isla Vista through improved communication about safety issues and changes to, and enforcement of, local ordinances and policies.
- **Isla Vista Alcohol and Drug Workgroup**
UCSB attends quarterly meetings organized by Santa Barbara County Alcohol, Drug, Mental Health Services along with representatives from Santa Barbara County Sheriff's Department, Isla Vista Foot Patrol, Santa Barbara City College, Isla Vista Teen Center and UCSB student leaders. The IV AOD Work Group provides a collaborative opportunity to determine priorities regarding issues involving alcohol and drugs in the Isla Vista community. Attention has been placed in recent years on initiatives to develop more alcohol-free alternative activities for the Isla Vista student population as well as ways to strengthen the cooperation between the student population and the Isla Vista families.
- **Keg Tracking**
The I.V. AOD Council pursued an important change in California State law. Prior to this change, kegs purchased in Isla Vista were identified by an easily removable paper tag. The I.V. AOD Council and the university asked that the state Alcohol Beverage Control agency to institute a more permanent identification and tracking system on kegs to allow law enforcement to more easily identify people who have purchased kegs and hold them accountable for how the kegs are used. Resultant changes in keg tracking in Isla Vista have resulted in fewer parties with kegs.
- **Licenses to Sell Alcohol in Adjacent Community**
UCSB, local law enforcement, and other agencies routinely protest the addition of any new alcohol permits in Isla Vista.

OBJECTIVE: INCREASE STUDENT INVOLVEMENT

- **Student Involvement**

TOWN HALL: The UCSB community regularly invites participation from undergraduate and graduate on task forces and workgroups to share their candid perspective on current issues pertaining to alcohol and drug use among UCSB students on campus and in the Isla Vista community. An annual Town Hall meeting is scheduled during which time students, faculty, staff, university police and community members have an open forum to discuss alcohol and drug related issues affecting all members of the campus and community.

ALCOHOL AND DRUG WORKGROUP: A quarterly meeting is held at Student Health Service with campus and community leaders to discuss current and timely events and issues surrounding issues of alcohol, drugs and safety. Associated Students representatives, as well as interested students, are always present at these quarterly meetings.

ALCOHOL AND DRUG –PEER INTERNSHIPS: Student internships are available to students interested in working with Alcohol and Drug program staff and clinicians, to promote safety, personal and community responsibility with regard to alcohol and drug use.

EVALUATION ACHIEVEMENTS

OBJECTIVE: DEVELOP METHOD(S) FOR EVALUATING ALL AOD PROGRAMS

- **Group Program Evaluation**

The CASE program underwent a two-year evaluation, conducted by Professor Merith Cosden of the UCSB Gevirtz Graduate School of Education. The evaluation process began as the program was launched in the fall of 2005, and concluded in Fall 2006.

The research found significant decreases in drinking and drinking-related consequences as a result of participation in the CASE Program. Overall, there were decreases from intake to follow-up in students' average number of drinks in a typical week, most drinks in a single day, number of drinking days per week, and number of times intoxicated in the past month. Also, fewer students engaged in binge drinking or experienced blackouts, while a majority of students reported use of one or more harm-reduction strategies taught through CASE.

Students who continued to exhibit problem drinking were further examined. Two specific risk factors, family history of substance abuse and drinking to blackout in high school, predicted significantly higher levels of drinking and a greater likelihood of experiencing drinking related consequences prior to program participation. Even though these students showed some improvement after participating in CASE, their level of drinking remained higher than that of students without these risk factors. In response, the CASE staff has expanded the curriculum to serve this higher risk population. The new, research-driven curriculum enhances psycho-educational learning while enriching group-facilitated interaction. This new group curriculum, called Insight, continues to be influenced by the evaluation results offered by Professor Merith Cosden of the UCSB Gevirtz Graduate School of Education.

- Safer California Colleges and Universities: A Multi-Campus Alcohol Problem Prevention Study (*additional explanation of prevention strategies*)**

This nine-year study, which began in 2003, is funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The study was designed to help identify the most effective ways of preventing heavy alcohol consumption by college students. All UC's with undergraduate students as well as some CSU's participated. The study evaluated the effectiveness of the "Life of the Party" campaign, which utilizes a "risk management" approach to preventing alcohol-related problems. There two main goals of this study were: to prevent heavy drinking by students; and to minimize the danger that heavy drinking poses to intoxicated students and those around them. The program hoped to identify situations and places where heavy drinking occurs, and then prevent or minimize the risks. The research measured alcohol consumption and problems on campuses, half of which were randomly assigned to carry out the experimental programs and half of which were assigned to continue with their usual programs and policies. UCSB was selected as the control group for the first four years and was an intervention site from 2007 to 2011.
- National College Health Assessment (NCHA)**

This national college health assessment was administered to students by UCSB in Spring 2011 Results of this survey allow UCSB to compare UCSB student responses to a large national sample of college students surveyed at other institutions. The survey includes questions about alcohol and drug use and asks students to rate their exposure to education and information provided by their institution about alcohol and drug issues.
- Peer Health Education Evaluation**

Initiated in 2003, an evaluation of the Peer Health Education program evaluated the impact of the different elements of the program on the knowledge, attitudes and behaviors of UCSB students with respect to alcohol and drug use. The study concluded in Winter 2007. Students who had contact with Peer Health Educators (PHEs) were significantly more likely over time than other students to report less alcohol consumption and fewer related negative consequences. Results indicate that PHEs play an important role in promoting healthy behaviors in the areas of alcohol and drug use.

3A ALCOHOL & DRUG PROGRAM STRENGTHS

UCSB continues to make progress towards its goals in AOD prevention by striving to create a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. UCSB continued to work with the U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Prevention to implement its environmental management approach and the NIAAA protocols for clinical management.

The strengths of the UCSB Alcohol and Drug Prevention Program are:

- Program Expansion:** The ADP is an independent program under the auspices of Student Health Service and been proactive in developing programs and initiatives that have resulted in an increase in the outreach and education efforts for UCSB students and community members.

- **Staff Expansion:** Since 2001, the number of staff dedicated to issues involving alcohol, drugs and addictive behaviors has grown from 1.5 to 10 in 2012.
- **Community Collaboration:** UCSB is committed to community collaboration and allocates time and resources to maintain its relationship with agencies and departments such as Goleta Valley Cottage Hospital, Santa Barbara County Courts, the County of Santa Barbara Alcohol and Drug and Mental Health Department, Isla Vista Foot Patrol, UC Police Department, the Santa Barbara County California Highway Patrol, and Santa Barbara City College.
- **Counseling:** In addition to the services provided by UCSB Counseling and Psychological Services (CAPS), UCSB's Alcohol & Drug Program is committed to the highest level of therapeutic and psychological services regarding issues involving alcohol and addictive behaviors. UCSB currently employs five licensed clinicians and two licensed interns who deal expertly in the areas of alcohol and drug abuse. Free and confidential counseling and referrals are available to students. In addition, there are Alcoholics Anonymous meetings on campus three times per week, along with numerous other meetings in the community.
- **Education/ Outreach:** The Alcohol & Drug Program offers the CASE, SAM, and Insight group programs which educate students in strategies to reduce the negative consequences associated with alcohol consumption. The Alcohol & Drug Program has incorporated outreach initiatives into the services it has available. ADP staff provides guest lectures, student workshops and staff trainings as well presentations for community groups. In addition, ADP staff contributes to the field by providing presentations at both state and national conferences.
- **Evaluation Efforts:** UCSB is making strides in incorporating evaluation in its AOD prevention efforts. For example, the program has forged a relationship with UCSB Graduate School of Education faculty and graduate students who periodically conduct evaluation of the CASE program.
- **Student Involvement:** Funding from the county of Santa Barbara has allowed ADP to hire and train five student interns who assist with alcohol and drug campaign development and implementation. These students play a large role in determining how alcohol and drug prevention education is delivered to campus and the Isla Vista Community.
- **Targeted Outreach to High Risk Areas of Campus:** Alcohol & Drug Program staff work to identify areas of campus in need of additional outreach and education. ADP clinicians and managers work collaboratively with staff and managers in these areas to determine needs and respond pro-actively with targeted interventions.

3B ALCOHOL & DRUG PROGRAM WEAKNESSES

Although UCSB has made strides in its alcohol and drug prevention programs, there still remain many challenges and areas which need considerable attention.

- **Policy Development:** UCSB currently has extension of jurisdiction over off-campus conduct for violence, threats of violence, stalking, hazing, sexual assault, and harm to self or others. Though the campus does not have the ability to subject students to campus discipline for off-campus conduct such as arrests for public intoxication or citations for minor in possession, in recent years harm to self or others has been interpreted to include some alcohol and drug-related conduct such as serious drug use, and manufacture/distribution of drugs allowing the university to intervene and apply consequences in some cases.
- **Unflattering Public Reputation:** UCSB is still considered a “party school” by current students, the media, and prospective students. The campus must consistently address this by promoting its excellence in education and its desire for a safe and healthy campus.
- **Evaluation:** The Alcohol & Drug Program should develop systematic and consistent methods for evaluating its programs on a regular basis so as to determine program effectiveness and efficiency and to develop informed recommendations for program improvement.
- **Standardized Data Collection Methods:** The methods by which data on ADP programs are collected and recorded must be standardized and consistent in order to provide accurate records on which to base program evaluations made.
- **Parent Education:** Additional materials can be developed and disseminated to educate parents about ongoing and current issues in the field of alcohol and drug prevention and intervention in the college environment. Continued efforts can be made to encourage consistent communication between parents and students around issues involving alcohol, drugs, addictive behaviors, peer pressures and community and personal responsibility.

4 PROCEDURES FOR DISTRIBUTING AOD POLICY TO STUDENTS & EMPLOYEES

Content and distribution of UCSB's Substance Abuse policy are in compliance with the Drug-Free Schools and Campuses Act.

- **Distribution to Students**
 - Copies are emailed to each student at the beginning of each academic year
 - The policy is also located within various campus websites, including the online General Catalog and the student handbook.
- **Distribution to Staff and Faculty**
 - Copies are distributed to staff and faculty members through the campus D-List email listserv at the beginning of each academic year.
 - The policy is also located within various campus websites and printed in the Personnel Policy and Procedure Manual.

5 COPIES OF POLICIES DISTRIBUTED TO STUDENTS AND EMPLOYEES

The UCSB Substance Abuse Policy & Implementation Guidelines for students and employees at UCSB can be found at <http://my.sa.ucsb.edu/catalog/Current/UniversityPolicies/subsabuse.aspx>

The policy is also located within various campus websites and included among the policies highlighted for new employees at their mandatory New Employee Orientation conducted by Human Resources.

USE LEVELS, ATTITUDES & PERCEPTIONS ABOUT AOD PROBLEMS ON CAMPUS

For an executive summary of the November 2011 California Safer Schools Survey for UCSB, please see attachment A.

For an executive summary of the Spring 2013 National College Health Assessment for UCSB, please see attachment B.

RECOMMENDATIONS FOR REVISING UCSB ALCOHOL & DRUG PROGRAM

On an annual basis, UCSB's AOD Workgroup meets three times per quarter and reviews existing efforts, considers campus and community needs, and examines recent research data to determine goals, objectives and new initiatives to be implemented in the current year.

The AOD Workgroup receives primary leadership from the Alcohol & Drug Program Steering Committee which includes UCSB's senior associate dean of students, UCSB's campus physician, UCSB's behavioral health director, and the director of UCSB's Alcohol & Drug program.

The following list demonstrates potential areas of growth, needs, and areas that would strengthen our AOD prevention efforts

1. Increase availability of AOD assessment and screening services for UCSB students, staff, and faculty. Increase dissemination of information and training regarding Screening, Brief Intervention and Referral to Treatment protocols.
2. Increase education regarding AOD treatment resources both on- and off-campus for UCSB students, staff, and faculty.
3. Increase the use of science-based prevention strategies on the UCSB campus and in adjacent communities for students, staff, and faculty.
4. Increase outreach and early intervention efforts for UCSB students, staff, and faculty.
5. Expand the programs that address the needs of specific university populations, such as First year students, LGBTQ students, athletes, students in recovery and fraternity and sorority members.
6. Improve the methods and protocols for the collection of data within each ADP program.
7. Evaluate all ADP programs regularly and incorporate the recommendations for improvement that result from evaluations.
8. Increase the involvement of UCSB students in workgroups and other on-going groups that meet to discuss and determine priorities for prevention and education.
9. Increase outreach and education to parents regarding ongoing and current information concerning alcohol, drug and addictive behaviors in college environments.

ATTACHMENT A

2011 CALIFORNIA SAFER UNIVERSITIES – STUDENT SURVEY EXECUTIVE SUMMARY

The **2011-2012** Safer California Universities Study survey was conducted by a team of researchers led by Dr. Robert Saltz at the Prevention Research Center (PRC), a center of the Pacific Institute for Research and Evaluation (PIRE). Survey Sciences Group conducted the data collection in support of this study. The main purpose for this research is to collect data on alcohol and other drug use on collaborating campuses within the University of California and California State University systems. *Given the change in sample sizes of each campus from one survey year to the next, a difference between 2010-11 and 2011-12 of 5% on any of the items is relatively small and non-significant.*

This executive summary is designed to present highlights from the survey data in a conventional format. Some features of the Safer California Universities study are unique, however. For example, whereas many surveys measure alcohol or drug use in the past year, our emphasis on behavior while on campus leads us to measure use or problems just during the academic year (since the semester or quarter began).

Key Findings from students at **University of California Santa Barbara Undergraduates**

Key findings on the use of alcohol

	Yearly %									
	2011	2010	2009	2008	2007	2006	2005	2004	2003	
Annual prevalence: Students who consumed alcohol in the past year	88.9	88.2	87.6	85.4	89.0	87.3	88.8	88.5	88.5	
30-day prevalence: Students who consumed alcohol in the past 30 days	81.1	80.0	80.0	78.0	81.6	79.9	79.5	78.1	79.9	
Underage students (less than 21 yrs) who consumed alcohol in the past 30 days.	75.9	75.1	75.9	73.0	77.6	75.6	76.4	74.5	75.2	
Binge Drinking*: all students who reported binge drinking in the previous two weeks	45.1	50.6	49.3	51.5	53.8	49.8	51.1	46.2	NR	
Binge Drinking*: of <i>drinkers</i> who reported binge drinking in the previous two weeks.	55.6	63.3	61.6	66.1	66.0	57.7	64.4	58.6	65.2	

* Binge Drinking: A binge is defined as consuming 5 or more drinks for males and 4 or more drinks for females in one sitting.

NR (not reported)

Following are some key findings on the use of illegal drugs

- 42.8 % of the students have used marijuana in the past semester/quarter (“semester/quarter prevalence”).
- 15.0 % of the students have used an illegal drug other than marijuana in the past semester/quarter (“semester/quarter prevalence”).

The most frequently reported illegal drugs used in the past semester/quarter were:

- 42.8 % Marijuana (pot, hash, hash oil)
- 6.2 % Cocaine (crack, coke, rock, snow)
- 8.2 % Ecstasy (X, MDMA)
- 4.6 % Other Hallucinogens (LSD, mushrooms)

Following are some key findings on the consequences of alcohol and drug use:

- 22.1 % reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past semester/quarter as a result of drinking.
- 46.9 % reported experiencing some kind of serious personal problems (such as alcohol overdose, being hurt or injured, sexual assault) at least once during the past semester/quarter as a result of drinking.
- 59.7 % reported experiencing some kind of minor personal problem (such as missing class, having a memory loss, having a hangover, vomiting) at least once during the past semester/quarter as a result of drinking.

With regard to students' perceptions of other students' use:

- 58.8 % of students believe their friends on campus use alcohol once a week or more.
- 86.5 % of students believe male students on campus use alcohol once a week or more.
- 76.0 % of students believe female students on campus use alcohol once a week or more.

Sample Demographics

- 23.0 % were freshmen
- 21.4 % were sophomores
- 27.4 % were juniors
- 28.2 % were seniors
- 0.0 % were other
- 67.5 % were under 21 years old
- 55.0 % were female
- 61.8 % lived off campus
- 98.8 % were full-time students

ATTACHMENT B

2013 AMERICAN COLLEGE HEALTH ASSOCIATION, NATIONAL COLLEGE HEALTH ASSESSMENT– STUDENT SURVEY EXECUTIVE SUMMARY

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, www.acha-ncha.org.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

This Executive Summary highlights results of the ACHA-NCHA II Spring 2013 survey for University of California Santa Barbara consisting of 777 respondents. The overall response proportion was 21.6%.

E. Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use - reported use for all students within the past 30 days

compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Alcohol

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		18.1	15.6	16.9
Used, but not in the last 30 days		9.8	7.9	8.8
Used 1-9 days		54.3	60.6	57.8
Used 10-29 days		17.3	15.6	16.1
Used all 30 days		0.4	0.4	0.4
Any use within the last 30 days		72.0	76.5	74.3

Perceived Use		
Male	Female	Total
5.2	1.2	2.7
1.6	0.6	1.2
46.2	34.7	38.3
39.0	52.4	47.6
8.0	11.1	10.2
93.2	98.2	96.1

Cigarette

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		64.3	70.2	68.3
Used, but not in the last 30 days		19.8	17.6	18.3
Used 1-9 days		10.7	9.1	9.6
Used 10-29 days		2.8	1.6	2.0
Used all 30 days		2.4	1.6	1.8
Any use within the last 30 days		15.9	12.2	13.4

Perceived Use		
Male	Female	Total
10.0	4.0	6.2
17.1	10.8	12.8
48.6	52.2	50.7
19.9	20.3	20.1
4.4	12.7	10.2
72.9	85.3	81.0

Marijuana

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		40.9	43.9	43.1
Used, but not in the last 30 days		21.8	20.7	21.0
Used 1-9 days		24.2	24.2	24.2
Used 10-29 days		9.1	8.1	8.3
Used all 30 days		4.0	3.1	3.4
Any use within the last 30 days		37.3	35.4	35.8

Perceived Use		
Male	Female	Total
6.3	1.6	3.4
2.8	2.4	2.8
48.8	40.7	43.3
34.9	41.9	39.2
7.1	13.4	11.4
90.9	96.0	93.8

Findings continued

Tobacco from a water pipe (hookah)	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		55.5	55.4	55.6	10.8	4.4	6.7
Used, but not in the last 30 days		27.2	31.3	29.8	15.1	11.2	12.6
Used 1-9 days		15.0	11.9	12.9	59.8	65.5	63.3
Used 10-29 days		1.2	1.4	1.3	11.2	16.3	14.5
Used all 30 days		1.2	0.0	0.4	3.2	2.6	2.9
Any use within the last 30 days		17.3	13.3	14.6	74.1	84.5	80.7

All other drugs combined*	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		55.5	67.1	63.3	10.3	3.8	6.1
Used, but not in the last 30 days		24.4	17.7	20.1	17.1	11.9	13.8
Used 1-9 days		18.1	14.4	15.4	56.0	57.4	56.5
Used 10-29 days		0.8	0.8	0.8	13.9	22.6	19.6
Used all 30 days		1.2	0.0	0.4	2.8	4.4	4.0
Any use within the last 30 days		20.1	15.2	16.6	72.6	84.4	80.1

* Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

1.4 % of college students reported driving after having 5 or more drinks in the last 30 days.*

13.2 % of college students reported driving after having any alcohol in the last 30 days.*

*Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. Students reporting 0 drinks were excluded from the analysis. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		48.2	44.0	45.4
< .10		61.5	52.7	55.6
Mean		0.09	0.10	0.10
Median		0.08	0.09	0.09
Std Dev		0.07	0.08	0.08

Findings continued

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		35.9	53.8	47.9
5		13.1	11.5	12.0
6		9.6	10.3	10.0
7 or more		41.4	24.3	30.0
Mean		6.42	4.73	5.29
Median		6.00	4.00	5.00
Std Dev		4.71	2.69	3.59

* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Male	Female	Total
N/A don't drink		18.1	15.0	16.3
None		30.3	40.8	37.3
1-2 times		31.1	27.3	28.6
3-5 times		14.6	13.7	13.8
6 or more times		5.9	3.2	4.0

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	Percent (%)	Male	Female	Total
Antidepressants		2.4	2.0	2.1
Erectile dysfunction drugs		1.6	0.6	0.9
Pain killers		11.1	5.5	7.3
Sedatives		6.3	4.2	4.8
Stimulants		14.2	14.5	14.2
Used 1 or more of the above		19.8	18.7	18.9

Findings continued

College students reported doing the following most of the time or always when they "partied" or socialized during the last 12 months:*

	Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		26.6	35.2	32.5
Avoid drinking games		11.9	27.2	22.2
Choose not to drink alcohol		15.2	18.1	17.2
Determine in advance not to exceed a set number of drinks		30.1	39.7	36.5
Eat before and/or during drinking		80.9	83.1	82.3
Have a friend let you know when you have had enough		26.1	41.5	36.4
Keep track of how many drinks being consumed		55.6	63.3	60.8
Pace drinks to one or fewer an hour		7.2	21.5	16.8
Stay with the same group of friends the entire time drinking		69.9	84.7	79.8
Stick with only one kind of alcohol when drinking		19.1	40.7	33.5
Use a designated driver		75.8	86.4	82.7
Reported one or more of the above		94.9	98.6	97.3

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:*

	Percent (%)	Male	Female	Total
Did something you later regretted		40.0	46.1	44.1
Forgot where you were or what you did		42.9	45.9	44.6
Got in trouble with the police		6.3	2.4	3.6
Someone had sex with me without my consent		2.4	3.5	3.1
Had sex with someone without their consent		0.9	0.2	0.5
Had unprotected sex		19.0	19.8	19.4
Physically injured yourself		20.0	22.8	21.8
Physically injured another person		1.4	1.7	1.6
Seriously considered suicide		2.9	1.9	2.2
Reported one or more of the above		57.3	62.6	60.8

*Students responding "N/A, don't drink" were excluded from this analysis.