

U.S. DEPARTMENT OF EDUCATION

DRUG-FREE SCHOOLS AND CAMPUSES REGULATIONS

2014 - 2016

BIENNIAL REVIEW

UNIVERSITY OF CALIFORNIA, SANTA BARBARA

Prepared by:

Jacqueline Kurta, MFT, PsyD.

Director
Alcohol & Drug Program

&

Syreeta Elie

Program Coordinator
Alcohol & Drug Program

BIENNIAL REVIEW

UNIVERSITY OF CALIFORNIA, SANTA BARBARA
ALCOHOL & DRUG PROGRAM

The Drug-Free Schools and Communities Act of 1989 (Public Law 101-226, 20 U.S.C. § 1011i), and its implementing regulations (34 C.F.R. Part 86) requires that an institution of higher education that receives Federal funding certify that it has adopted and implemented a drug and alcohol abuse prevention program (DAAPP) to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities.

The Biennial Review, conducted every two years, is intended to determine effectiveness of DAAPP, ensure that sanctions developed are consistently enforced, identify and recommend revisions as needed and offer recommendations for future alcohol and drug prevention program implementation.

INTRODUCTION TO UNIVERSITY OF CALIFORNIA, SANTA BARBARA (UCSB)

Situated about ten miles from downtown Santa Barbara, the UC Santa Barbara campus 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 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.

HISTORY OF UCSB ALCOHOL AND DRUG PREVENTION/EDUCATION EFFORTS

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. Strategic elements of this original Task Force continue to date.

Components of this initial program included:

- Clinical Services: individual assessment / referral and support groups
- Educational Services: staff training and student training / Peer Health Education
- Alcohol Work Groups: regular 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. This comprehensive "Call to Action" continues to inform and guide college prevention efforts to this day. 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 to meet the needs of the UCSB community.

UCSB is recognized as a central figure in coordinating AOD prevention for the adjacent community of Isla Vista and the greater Santa Barbara community. UCSB continues to have a strong campus-wide coalition of campus and community partners that work together to guide campus prevention efforts and to affect community and state-level public policies in conjunction with such community agencies as Santa Barbara County Behavioral Wellness, Santa Barbara County Department of Public Health, the Santa Barbara Mental Wellness Program and the Santa Barbara County Fighting Back Coalition.

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 & RESEARCH FOR UCSB ALCOHOL AND DRUG PREVENTION EFFORTS

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. Lessons learned and programs implemented during this timeframe continue to inform practices and policies on the UCSB campus and in the community.

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 and continues to provide free cessation services for all students.

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. The knowledge gained from these grants informed the creation and ongoing work of the Alcohol and Drug Program Peer Health Education programs and 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. According to the survey results 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 had one of the lowest rates of self-reported "drinking and driving incidents" among UC campuses. The "Safer California University Program" practices continue as a part of the UCSB environmental prevention efforts.

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. The SBIRT screenings and brief interventions are integrated into all prevention and intervention strategies offered by the Alcohol and Drug Program.

In 2009 UCSB received funding from Santa Barbara County Alcohol, Drug, Mental Health Services (now called Santa Barbara County Behavioral Wellness) to expand alcohol and drug prevention outreach efforts on campus and in the Isla Vista community. The goals of this grant, which continues to support UCSB ADP activities, 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 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 Just Call 911 campaign is a very visible and well recognized program on the UCSB campus and in the Isla Vista community.

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 as well as assist in the national publication of course curriculum. These multi-week psycho-educational programs 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 program continues to serve UCSB students through a coalition 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 (ADP) GUIDING STRATEGIES

The UCSB Alcohol and Drug Program, part of UCSB Student Health, is dedicated to creating a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. UCSB ADP emphasizes the elimination of harmful use, high-risk behavior and related violence and works collaboratively with campus departments, faculty, staff, students, administration, law enforcement, medical providers, and community members. UCSB ADP coordinates the efforts of multiple campus and community partners to provide prevention, education and intervention services for students regarding alcohol and drugs.

UCSB ADP PROGRAM OBJECTIVES (AS OF DECEMBER 2016)

1. Reduce the percentage of UCSB students who report negative consequences associated with alcohol and other drug use, including interpersonal violence, sexual assault, and other serious personal and academic concerns.
2. Reduce the percentage of UCSB students who report "high-risk drinking"
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 prescribed and non-prescribed drugs.

UCSB ADP PROGRAM GOALS (AS OF DECEMBER 2016)

- 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, Transfer, marginalize and disconnected)
- 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.

2. UCSB ALCOHOL & DRUG PROGRAM SERVICES AND INVOLVEMENTS

The UCSB Alcohol & Drug Program strategies continue to be informed by the following recommended principles from the Higher Education Center's Environmental Management Model:

(https://safesupportivelearning.ed.gov/sites/default/files/sssta/20130315_enviromgnt.pdf)

- Education
- Early Intervention (Counseling, Referral, and Treatment)
- Environmental Interventions
- Enforcement
- Evaluation
- Everybody's Involvement (UCSB added this sixth "E")

The next pages discuss the UCSB Alcohol and Drug Program's work in the areas of education, early intervention, environment, enforcement, evaluation, and everybody's involvement.

EDUCATION:

OBJECTIVE: FOCUS EDUCATIONAL EFFORTS ON SAFETY

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/violence prevention course. These course were developed specifically for college students, providing personalized feedback, interactive tools, and healthy 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: In-Person Safety Workshop

GauchosFYI, Part 2 of the First Year Requirement, was launched in 2012 as an added requirement for all undergraduate first year and transfer students. Gauchos FYI requires attendance at one 90-minute staff/peer facilitated workshop within the first 4 weeks of Fall Quarter. Gauchos FYI incorporates a specially developed curriculum for the UCSB campus/community that targets safety topics including alcohol and drug responsibility, mental health support, Isla Vista safety, sexual assault prevention, and campus/community resources.

- **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 information, 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 staff participate as a facilitator of the "Your Student's First Year Experience" presentation offered to parents as an additional orientation opportunity.

- **“Making the Most”** is an interactive workshop required of incoming students during summer orientations 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.
- **Parent Education on Alcohol and Drugs**
Workshops are provided to parents during 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.
- **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 safety and is thematically designed to supplement campus programming and alternative alcohol-free activities
- **Life of the Party Peers**
Life of the Party (LOTP) is a UCSB student group that encourages UCSB students to party safely if they choose to use alcohol and drugs. The Life of the Party Peers provide in-person education (tabling at events, outreach presentations), written educational materials (brochure, newspaper articles) and online information (social media, email). The LOTP website (<http://LifeoftheParty.sa.ucsb.edu/>) provides harm reduction tips and safety information.
- **Just Call 911 Campaign**
The Just Call 911 campaign is safety initiative that encourages students to call 911 when involved 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 from the University, and that the welfare and safety of the students and the community is the priority.
- **Alcohol and Drug Education for Fraternity and Sorority Members**
The Alcohol and Drug Program staff and peers develop presentations and workshops designed for the Greek community regarding education, safety and supportive services regarding alcohol and drug use. ADP works with the UCSB Office of Fraternities and Sororities to schedule these trainings, and to direct services and support to chapters/houses that are identified needing additional education.
- **Tobacco Cessation and 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 free Tobacco Cessation services and nicotine replacement products to all students. UCSB also offers provides information regarding tobacco cessation services to staff and faculty through appropriate campus resources.
- **Academic Classes (curriculum includes alcohol and drug education)**
The following academic courses are offered at UCSB annually:

- Education 191 W: Students in this 4 unit class study best practices in health promotion, positive development and universal prevention. They learn how personal, family, school, community and environmental factors are related to academic, physical, emotional, and social well-being. Students will learn how to enhance their own and others' health and well-being through research based interventions, including individual skill development and engagement in healthy environments. 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.
 - Exercise & Sports Studies: Several ESS classes integrate information about alcohol and drugs, pharmacological interactions, scientific research and campus resources. Guest speakers from the Alcohol and Drug Program and other campus resources are integrated into the curriculum as additional sources of education and support for students.
 - 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.
- **Annual Alcohol and Drug Town Hall**
The UCSB Alcohol and Drug Program organizes an annual Town Hall meeting during Spring Quarter for students, faculty, staff, university police and community members to have an open forum to discuss alcohol and drug related issues that are affecting all members of the campus and community.
 - **Peer Education Network (PEN)** – UCSB ADP is a founding program and guiding force for the PEN program which coordinates consistent training, messaging and collaborative educational programming across Student Affairs peer health and advocacy programs.

Health & Wellness Program – UCSB ADP is a close partner and collaborator with the UCSB Health & Wellness Program which promotes the mental, physical and social health of all students by enhancing individual skills and positive relationships with families, peers and the UCSB/Isla Vista community. The Health & Wellness program follows a comprehensive research-based framework to foster healthy campus learning environments that nurture optimal student development, resilience and well-being, focusing on alcohol and drugs, sexual health, sleep, well-being and nutrition.

Student contacts through educational strategies (2014-2016):

8681 (Health and Wellness)

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 on topics including: criminal & civil liability, laws regarding furnishing alcohol to minors, and verifying legitimate ID for the purposes of furnishing alcohol.

EARLY INTERVENTION:

OBJECTIVE: INTERVENTION, COUNSELING, TREATMENT and REFERRAL SERVICES

- **Individual 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).
- **Harm Reduction Approach and Brief Motivational Interviewing**

The Harm Reduction Approach, combined with Brief Motivational Interviewing, continues to be the guiding framework of the UCSB ADP intervention strategies to reduce high-risk drinking and unsafe substance use 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 reduce negative consequences from alcohol and substance use. 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, athletic coaches, resident directors, health educators, teaching assistants and Graduate Division student advisors to integrate the harm reduction philosophy and implement motivational interviewing techniques into their interactions with students.
- **Alcohol and Drug Group Education Program**
 - **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. 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 training and education for UCSB staff, and contributes to robust alcohol and drug prevention efforts. CASE is currently being funded by Student Health service, program fees paid by students and an annual contributions from UCSB Housing, Dining and Auxiliary Enterprises.
- **SBIRT (Screening, Brief Intervention, and Referral to Treatment)**

UCSB Alcohol and Drug Program integrates the SAMHSA endorsed Screening, Brief Intervention and Referral to Treatment program into daily services at Student Health, the CAPS department

and The Student Mental Health Coordination Team services. The SBIRT program operates as an “on call referral” and is intended to capture the potential for a “teachable moment” regarding alcohol/drug use and related negative consequences which could include injuries, illnesses, relationship difficulties, academic concerns, etc. The timely referral can help identify alcohol problems, promote patient education and intervention, and provide referrals for formal evaluation and treatment.

- Student Mental Health Coordination Services: Distressed Student Protocol**
 UCSB has a collaborative approach to identifying and responding to students in 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, UCSB Social Work Team, UCSB psychiatry team, Counseling and Psychological Services (CAPS), UCSB Disabled Students Program and other campus resource for assessment and follow-up. SBIT also may refer students of concern to off-campus in-patient and out-patient treatment programs or to long-term counseling with specialists in the community.
- UCSB Social Work Service (Student Health)**
 All UCSB students are eligible for free Social Work Services through Student Health. Social Work Services assesses and coordinates care for students struggling with myriad concerns, some of which may involve alcohol and drugs, mental health, financial issues, social relationships, roommate concerns and academic issues.
- Alcohol and Drug Screenings**
 UCSB ADP organizes screening opportunities on campus and in the Isla Vista community to provide students with some self-assessed information about substance use. UCSB has participated in the **National Alcohol Screening Day program**, which is conducted in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance Abuse and Mental Health Services Administration (SAMHSA). Additional efforts are made to offer more frequent screenings in more locations on the campus and in the community of Isla Vista.
- 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 and connections to additional community support systems and services.

Student contacts through AOD counseling services (2014-2016):	
2759	<i>Clinical visits</i>
1408	<i>Group program contacts (CASE, SAM, Insight)</i>
232	<i>SBIRT contacts</i>
63	<i>Tobacco cessation contacts</i>

ENVIRONMENTAL INTERVENTIONS

OBJECTIVE: INCREASE PROMOTION OF UCSB'S PREVENTION INITIATIVES

- **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.
- **Community Education Efforts**
UCSB's Alcohol and Drug prevention programs work collaboratively with our partners in the community, including Santa Barbara County's Behavioral Wellness Program, Santa Barbara medical providers, the Santa Barbara Sheriff's Department and The California Highway Patrol.
- **21st Birthday Celebrations**
UCSB students turning 21 receive an e-mail from the Vice Chancellor for Student Affairs containing happy birthday wishes and encouragement to celebrate responsibly.
- **Social Media and Community Media Outlets**
UCSB ADP regularly provides social media announcements regarding campaigns, safety and prevention efforts and alternative events. UCSB also regularly provides press releases to both campus and community media which has resulted in an effective partnership between the campus and community safety efforts.
- **Collaboration with Law Enforcement –**
The Alcohol and Drug Program schedules regular opportunities for students and other community members to get together with local law enforcement to engage in conversations about safety and risk reduction strategies for UCSB and Isla Vista.
- **UCIV**
UCIV is a student-initiated, volunteer program established by UCSB Associated Students (A.S.) Public Safety Commission to facilitate public safety and well-being and to impact culture change in Isla Vista, by organizing volunteers to patrol the streets of Isla Vista on Friday and Saturday nights throughout the academic year, with particular attention to the major weekend events.

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

- **Orientation Programs-First Year and Transfer Students**
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.
- **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 comprehensive 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.

- **Deltopia**

Deltopia is an annual “non-sanctioned” street party/event that takes place on Del Playa, the street adjacent to the beach in the community of Isla Vista. In 2010, Santa Barbara County passed an ordinance to ban consumption of alcohol on the beaches below Del Playa Drive on weekends that appear on social media as party/event weekends. Campus and community organizations collaborate to offer safety information and resources on these weekends. Efforts are made to dissuade out of town visitors on such weekends. The Alcohol and Drug Program. And other campus partners including UCIV and Health & Wellness Program set up “hydration and snack” tables along Del Playa and at other significant intersections in Isla Vista to provide healthy alternatives.

- **Extravaganza**

Extravaganza is an annual UCSB music festival held in Harder Stadium that takes place towards the end of spring quarter. The event is planned, promoted, and run by the Associated Students Program Board. As of 2011, the festival policies changed and is now only open to UCSB students, staff, and faculty as a way of creating a safer event. Student groups, sponsors, and activities line the sides of the stadium and strict policies are in place regarding alcohol and drug use and other safety precautions. Attendees must comply with a mandatory pat down and bag search (carried out by Community Service Organization officers) before entering the stadium, and Alcohol and Drug Program peers offer water and snacks as an additional health and safety measure.

OBJECTIVE: INCREASE “ALTERNATIVE” OPTIONS FOR STUDENTS

- **Alcohol-Free Event Promotion**

Alcohol-free events are regularly promoted through the UCSB’s daily newspaper, The Daily Nexus, as well as the Associated Students’ Bottom Line publication and the Santa Barbara Independent.

- **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.

- **Major Event Alternative Programming**

Beginning in 2014, The Office of Student Life, in partnership with the Office of the Chancellor and Associated Student Program Board, has organized concerts in the Events Center and late night events at the Recreation Center that are available to UCSB students only. These initiatives have been very successful in reinforcing the “keep it local, keep it safe” messaging that UCSB has been promoting for several years, in an effort to limit the out of town visitors and associated legal and environmental consequences that had occurred during past large events and gatherings.

- **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. 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.

Recreation Center Collaborations

The UCSB Recreation Center develops a regular schedule of evening and weekend events to offer students alternative socializing opportunities.

First Fridays

IV ARTS, a campus/community collaboration creates a regularly schedule of music, art and interactive activities on the first Friday of each month throughout the academic year. These events are free and open to the public, and offer alternative socializing opportunities for students and residents.

Trivia Nights

Local business and food establishments host regular “trivia night” activities that focus on alcohol and drug safety information, and provide students and community members with alternative socializing opportunities.

Yoga Nights

The Alcohol and Drug Program, in collaboration with Recreation Center and the Health & Wellness Program, develop a quarterly schedule of free yoga instruction as an alternative evening event for students.

OBJECTIVE: TAKE REASONABLE PROTECTIVE MEASURES TO GUARD AGAINST FORESEEABLE HAZARDS AND RISKS IN THE CAMPUS and COMMUNITY ENVIRONMENTS

Campus and Community Safety Information

The Alcohol and Drug Program provides regular updates and educational information regarding safety on the campus and in particular, in the community of Isla Vista. Particular attention is given to the natural environmental hazards of the cliffs overlooking the Isla Vista beaches, as well as the open spaces, parks and bluffs that are common throughout the Isla Vista community. The ADP Life of the Party peer group creates materials, including videos, to emphasize the need for caution around the cliffs, as well as personal safety during social events and parties. Recommendations are regularly offered by Life of the Party, Office of Student Life, Associated Students and other student groups regarding “keeping it local” so that out of town guests are dissuaded from attending UCSB and Isla Vista events.

Orientation Programs includes information regarding these same safety concerns during all orientation programming during the summer for parents and incoming students, and this information is also repeated during the Gaucho FYI workshops that are required for all incoming students during early weeks of Fall Quarter.

ENFORCEMENT:

OBJECTIVE: INCREASE METHODS FOR CAMPUS POLICY COMPLIANCE

- **Campus 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.

- **Campus 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 that students with a repeat offense in Isla Vista make a free and confidential appointment with an alcohol and drug counselor on campus for an assessment and consultation.

Additional campus policies regarding alcohol and drug use, and related violations, are outlined in the policies of the following programs and departments.

- Campus Code of Conduct- Policy
<https://judicialaffairs.sa.ucsb.edu/CMSMedia/Documents/CodeofConduct2012.pdf>
- Housing, Dining and Auxiliary Enterprises-Policy
https://static.housing.ucsb.edu/judicial/Residence_Hall_Policies.pdf
- Fraternity and Sorority-Policy
<https://www.sa.ucsb.edu/osl/GreekLife/Policies/Alcohol.aspx>

Intercollegiate Athletics

http://static.psb.in.com/k/6/q5ezvvmc4fi73/2016_17_UCSB_ICA_Drug_Education_and_Prevention_Program_Policy_and_Procedures_Final.pdf

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.

- **UCSB Community Service Organization**

The CSO Escort Program is a free service provided to all students, faculty and community members during the evening and early morning hours. The objective of the escort service is to provide a safer mode of transportation through campus and Isla Vista. The escort service is based on the "buddy" system which is to simply provide another person to travel with you to your destination.

- **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 (2014-2016):	
227	on campus owned property (UCSB Police)
AOD-related Fatalities (2014-2016):	
N/A	on campus owned property (UCSB Police)
AOD-related incidents of vandalism (2014-2016):	
5	in university owned residence halls
AOD-related disciplinary sanctions imposed on UCSB students (2014-2016):	
1082	in university owned residence halls
204	in privately owned residence halls
140	through Campus Judicial Affairs
AOD related disciplinary sanctions imposed on employees (2014-2016):	
0	staff (Labor Relations)
0	faculty (Academic Personnel)

EVERYBODY'S INVOLVEMENT

OBJECTIVE: ENCOURAGE CAMPUS and COMMUNITY COLLABORATIONS

- **Alcohol and Drug Steering Committee**
The AOD Steering Committee meets quarterly to identify and prioritize education, prevention and intervention efforts regarding alcohol and drug use on the campus and in the adjacent community of Isla Vista. The Steering committee is made up of the Associate Vice Chancellor-Office of Student Life, Executive Director of UCSB Student Health Service, UCSB Behavioral Health Director and Director of the UCSB Alcohol and Drug Program
- **Santa Barbara City College (SBCC) Mental Health Coalition**
UCSB continues to collaborate with SBCC on a variety of alcohol and drug and safety initiatives in Isla Vista and SBCC representatives participate in Isla Vista 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 Behavioral Wellness, 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 are routinely involved in discussion regarding the addition of any new alcohol permits in Isla Vista.
- **Isla Vista Community Network:** The UCSB Alcohol and Drug Program participates in these regular monthly meetings to foster and maintain a committed network of people and organizations who strive to improve and enhance the quality of life in Isla Vista. The participants build and strengthen relationships with one another, share information and resources, and initiate cooperative action in response to current and emerging needs in Isla Vista.

- **Fighting Back Steering Committee**—The UCSB Alcohol and Drug Program participates as a member of the Fighting Back Santa Barbara Steering Committee. This coalition brings together members of the community to achieve resilience against substance use, reductions in violence and promote a healthy and safe environment for our youth and families.

EVALUATION

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

In 2005, as part of the Department of Education Models grant, 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 grant funded 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 continued to expand the curriculum to serve this higher risk population. The new, research-driven curriculum enhances psycho-educational learning while enriching group-facilitated interaction. As a result of the evaluation results, UCSB ADP has developed more individualized intervention approaches for students exhibiting high-risk behaviors and experiencing serious negative consequences. The curriculum for the CASE program continues to be updated each year to reflect the priorities and needs of the students and the community. Attention is given to including collaborative information from other Student Affairs programs that addresses interpersonal violence prevention, mental health safety, bystander intervention, Isla Vista safety tips and issues of personal and community responsibility.

- **Safer California Study Survey**
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. Although the "safe California Survey" is no longer administered at UCSB, the concepts of environmental prevention that were introduced continue to be implemented by the Alcohol and Drug Program and law enforcement partners.
- **National College Health Assessment (NCHA) (ATTACHMENT A)**
This National College Health Assessment is administered to UCSB students every other year and offers a comparison of UCSB student responses with 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.

3. ALCOHOL & DRUG PROGRAM STRENGTHS

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

- **Program Expansion:** UCSB ADP is a service offered through Student Health 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.
- **Community Collaboration:** UCSB is committed to community collaboration and allocates time and resources to maintain its relationship with agencies and departments such as Santa Barbara County Superior Court system, the County of Santa Barbara Behavioral Wellness Program, The Cottage Health System, 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. All ADP clinicians are Marriage and Family Therapists, licensed by the State of California and specially trained in alcohol and drug counseling, education and intervention support. Free and confidential counseling and referrals are available to students. In addition to the Alcoholics Anonymous meetings help in Isla Vista each week, there are numerous community support meetings on campus, along with numerous other meetings in the community.
- **Education/ Outreach:** 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 into its AOD prevention efforts. The program has forged a relationship with UCSB Graduate School of Education faculty and graduate students who periodically conduct evaluation of alcohol and drug programs. In additional, the Student Affairs Annual Report incorporates evaluation results from ADP efforts and services.
- **Student Involvement:** Funding from the county of Santa Barbara has allowed ADP to hire and train student interns to 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.
- **Recovery Services** – In 2012, the Alcohol and Drug Program started the Gauchos for Recovery Program to assist students in recovery, contemplating recovery and/or supporting someone in recovery. Weekly support meetings are available to all students and community members, and peer-led coaching and professional counseling is available to students. Gauchos for Recovery also partners with an independent sober living environment in Isla Vista call The Haven at Santa Barbara.

4. 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. In recent years, harm to self or others has been interpreted in certain circumstances to include some alcohol and drug-related conduct. Policies that involve safety and personal responsibility and well-being continue to be topics of discussion in task forces, work group and town hall meetings.
- **Public Reputation:** UCSB is still viewed as a “party school” by some media outlets and public forums. The campus continues to actively address this concern 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.

5A. PROCEDURES FOR DISTRIBUTING AOD POLICY TO STUDENTS & EMPLOYEES

UC Santa Barbara provides confidential programs and services for academic and staff employees and students who have become dependent on or are abusing alcohol, other legal substances or illegal substances. The illegal use, possession, or distribution of alcohol or illegal substances in the workplace, on University premises, at official university functions, or on university business is prohibited. The Substance Abuse Policy and Implementing Guidelines were developed to meet the requirements of the Drug-Free Schools and Communities Act and the Drug Free Workplace Act. They apply to all academic and staff employees and students.

- **Distribution to Students**
 - Copies are emailed to each student at the beginning of each academic year and throughout the year
 - The policy is also located within various campus websites, including the online General Catalog (UCSB GOLD) and the student handbook.
<http://www.policy.ucsb.edu/policies/policy-docs/substance-abuse.pdf>

- **Distribution to Staff and Faculty**
 - 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.

5B. COPIES OF THE DOCUMENTS DISTRIBUTED TO STUDENTS & EMPLOYEES

- <http://www.sa.ucsb.edu/policies>
- <https://www.sa.ucsb.edu/policies/substance-abuse-policy>
- <http://www.policy.ucsb.edu/files/docs/policies/substance-abuse.pdf>
- https://www.sa.ucsb.edu/parents/Campus_Policies__Procedures.aspx
- <http://www.hr.ucsb.edu/policies>

6. RECOMMENDATIONS FOR REVISING UCSB ALCOHOL & DRUG PREVENTION AND INTERVENTION PROGRAMS

The UCSB Alcohol and Drug Program receives primary leadership from the Alcohol & Drug Steering Committee which meets quarterly to determine goals and priorities for the campus and community efforts

The following list demonstrates areas of focus to strengthen UCSB's alcohol and drug prevention and intervention efforts.

1. Institute a campus/community needs assessment
2. Create a task-force or campus-based coalition to review programs and regularly update the DAAPP and Biennial Review.
3. Increase frequency and availability of AOD assessment and screening services for UCSB students, staff, and faculty both on the campus and in the Isla Vista community.
4. Increase dissemination of information and training regarding Screening, Brief Intervention and Referral to Treatment protocols.
5. Increase education regarding AOD treatment resources both on and off campus for UCSB students, staff, and faculty.
6. Increase the use of science-based prevention strategies on the UCSB campus and in adjacent communities for students, staff, and faculty.
7. Increase education, outreach and early intervention efforts for UCSB students, staff, and faculty.

8. 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.
9. Improve the methods and protocols for the collection of data within each ADP program.
10. Evaluate all ADP programs regularly and incorporate the recommendations for improvement that result from evaluations.
11. Increase the involvement of UCSB students in workgroups and other on-going groups that meet to discuss and determine priorities for prevention and education.
12. Increase outreach and education to parents regarding ongoing and current information concerning alcohol, drug and addictive behaviors in college environments.

ATTACHMENT A

2015 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 2015 survey for University of California Santa Barbara consisting of 1063 respondents. The overall response proportion was 21.3%.

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		16.6	15.4	16.0
Used, but not in the last 30 days		9.9	11.5	11.3
Used 1-9 days		52.8	57.9	55.6
Used 10-29 days		20.1	15.1	16.8
Used all 30 days		0.5	0.0	0.3
Any use within the last 30 days		73.5	73.0	72.6

Perceived Use		
Male	Female	Total
5.9	2.8	4.0
1.3	0.9	1.1
48.1	39.6	42.7
37.4	47.5	43.8
7.3	9.1	8.3
92.7	96.3	94.9

Cigarette

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		69.8	73.7	72.2
Used, but not in the last 30 days		15.9	16.3	16.2
Used 1-9 days		11.1	8.1	9.2
Used 10-29 days		2.4	1.3	1.7
Used all 30 days		0.8	0.6	0.7
Any use within the last 30 days		14.3	10.0	11.6

Perceived Use		
Male	Female	Total
15.3	8.4	10.9
16.1	16.0	15.9
50.7	52.8	52.2
13.7	16.4	15.4
4.3	6.4	5.6
68.6	75.7	73.2

Marijuana

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		38.9	43.1	41.9
Used, but not in the last 30 days		17.2	25.0	22.2
Used 1-9 days		24.1	22.9	23.1
Used 10-29 days		14.5	6.4	9.2
Used all 30 days		5.4	2.5	3.5
Any use within the last 30 days		44.0	31.9	35.9

Perceived Use		
Male	Female	Total
7.0	4.0	5.1
4.3	2.7	3.6
49.6	41.0	43.9
31.5	40.9	37.5
7.5	11.4	9.9
88.7	93.3	91.3

Findings continued

Tobacco from a water pipe (hookah)	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		62.1	63.2	62.9	15.5	6.6	9.9
Used, but not in the last 30 days		26.6	28.3	27.6	16.6	13.2	14.5
Used 1-9 days		9.7	7.2	8.1	56.0	61.8	59.4
Used 10-29 days		1.1	1.0	1.0	8.8	16.5	13.9
Used all 30 days		0.5	0.3	0.4	2.9	1.9	2.3
Any use within the last 30 days		11.3	8.5	9.5	67.8	80.2	75.6

All other drugs combined*	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used		55.1	65.6	61.5	11.2	6.5	8.2
Used, but not in the last 30 days		22.7	17.3	19.3	14.4	13.4	13.8
Used 1-9 days		18.7	15.5	16.8	56.4	56.4	56.4
Used 10-29 days		2.4	1.0	1.5	13.1	19.9	17.6
Used all 30 days		1.1	0.6	0.9	4.8	3.7	4.1
Any use within the last 30 days		22.2	17.1	19.2	74.3	80.1	78.0

* 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).

■ 0.2 % of college students reported driving after having 5 or more drinks in the last 30 days.*

■ 10.1 % 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		50.3	47.5	48.5
< .10		61.1	55.5	57.5
Mean		0.09	0.10	0.10
Median		0.08	0.08	0.08
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		34.8	54.2	47.3
5		13.2	16.2	15.2
6		8.8	10.2	9.6
7 or more		43.2	19.4	27.9
Mean		6.26	4.59	5.18
Median		6.00	4.00	5.00
Std Dev		3.72	2.82	3.27

* 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		17.6	17.4	17.8
None		32.5	41.4	38.1
1-2 times		26.7	27.8	27.3
3-5 times		19.5	11.2	14.1
6 or more times		3.7	2.2	2.7

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		1.6	1.6	1.6
Erectile dysfunction drugs		1.1	0.6	0.8
Pain killers		3.8	4.7	4.5
Sedatives		4.3	3.3	3.7
Stimulants		14.2	12.4	13.1
Used 1 or more of the above		18.1	17.5	17.8

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		33.8	35.7	35.0
Avoid drinking games		17.1	26.6	23.3
Choose not to drink alcohol		17.3	22.3	20.8
Determine in advance not to exceed a set number of drinks		29.2	45.0	39.2
Eat before and/or during drinking		79.7	86.5	83.9
Have a friend let you know when you have had enough		28.0	46.2	39.6
Keep track of how many drinks being consumed		53.5	71.5	65.2
Pace drinks to one or fewer an hour		13.7	22.8	19.7
Stay with the same group of friends the entire time drinking		74.8	87.8	83.0
Stick with only one kind of alcohol when drinking		29.6	43.4	38.5
Use a designated driver		79.3	85.3	82.9
Reported one or more of the above		95.1	98.2	97.1

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

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		37.8	43.0	41.0
Forgot where you were or what you did		40.6	37.9	38.9
Got in trouble with the police		7.1	3.5	4.8
Someone had sex with me without my consent		3.1	4.4	3.9
Had sex with someone without their consent		0.7	0.4	0.5
Had unprotected sex		22.6	22.6	22.7
Physically injured yourself		18.1	18.8	18.5
Physically injured another person		3.4	0.9	1.8
Seriously considered suicide		2.7	2.4	2.5
Reported one or more of the above		61.0	58.6	59.3

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