

2022-2024
Biennial Review
University of California, Santa Barbara



University of California Santa Barbara 2022-2024 Biennial Review

Alcohol and Other Drug Prevention Certificate
University of California, Santa Barbara
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Alcohol and Other Drug Prevention Certification

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for students its and employees that, at a minimum, includes

1. The annual distribution to each employee, and to each student who is taking one or more classes of any kind of academic credit except for continuing education units, regardless of the length of the student's program of study, of:

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of any drug or alcohol counseling, treatment or rehabilitation or re-entry programs that are available to employees or students
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

2. A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:

- Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention program and policies, if they are needed
- Ensure that its disciplinary sanctions are consistently enforced.

The University of California Santa Barbara
MC7002
Santa Barbara, CA 93106

Michael Miller
Interim Vice Chancellor for Student Affairs

Signed by:

6944B6207C884D2
Interim Vice Chancellor for Student Affairs

8/1/2025

Date

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History/Overview of UC 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 in excess of 18,000 undergraduate and 3,000 graduate students. The combination of an excellent climate, the ocean, easy bicycle access and Isla Vista has made UCSB a very popular campus.

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. In 1980, UCSB established an Alcohol Awareness Program, 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, including peer health education, substance use work groups, education and prevention services, continue to date and have been supplemented by the addition of clinical assessments, intervention services and counseling support.

UC Santa Barbara is recognized as a central figure in coordinating alcohol and other drug prevention for the adjacent community of Isla Vista and the greater Santa Barbara community. UC Santa Barbara continues to have a strong coalition of campus and community partners that work together to guide campus prevention efforts and impact community and state-level public policies in conjunction with such community agencies and partners such as Santa Barbara County Behavioral Wellness, Santa Barbara County Department of Public Health, the Santa Barbara Mental Wellness Program, the Santa Barbara County Fighting Back Coalition, Santa Barbara City College, the Isla Vista 805 Healthy Communities Coalition and numerous other local non-profit agencies.

The UC Santa Barbara campus and community provide comprehensive alcohol and other drug prevention initiatives, programs and services that focus on policy, environmental management, education, intervention, prevention, recovery services, research and assessment.

Introduction

The Drug-Free Schools and Communities Act of 1989 and its implementing regulations (34 C.F.R. Part 86) requires that any institution of higher education that receives Federal financial assistance must adopt and implement a program to prevent the illicit use of drugs and alcohol abuse by students and employees on school premises or as part of any of its activities.

1. In accordance with federal law, the UC Santa Barbara campus annually, and regularly, provides every employee and student with the drug and alcohol use policies and the implementing guidelines that includes:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on any University property or at any University activities
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol
- A description of the applicable legal sanctions under local, state and federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of any intervention, counseling, treatment, and recovery programs available
- A clear statement and description of the disciplinary sanctions UC Santa Barbara will impose on students and employees, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

2. On a biennial basis, UC Santa Barbara undertakes an internal review of its drug and alcohol abuse program to do the following:

- Determine the program's effectiveness and implement changes to the program if changes are needed;
- Determine the number of drug and alcohol-related violations and fatalities that 1) occur on the institution's campus or as part of any of the institution's activities 2) are reported to campus officials.
- Determine the number and type of sanctions that are imposed by the institution as a result of drug and alcohol-related violations and fatalities on the institution's campus or as a part of any of the institution activities
- Ensure that the sanctions are consistently enforced.

This 2022-2024 Biennial Review of UC Santa Barbara's alcohol and drug programs covers the time period from July 1, 2022 through June 30, 2024 and is electronically filed with the following offices: Office of the Chancellor, Office of the Vice Chancellor for Administrative Services; Office of the Vice-Chancellor for Student Affairs, Office of Governmental Relations; Office of the Dean of Students; Office of Financial Aid and Scholarships; Office of Public Affairs and Communications; Office of Student Conduct; Human Resources, Dept of Health & Wellness, Dept of Recreation and Student Health Services. A hard copy is also maintained on file with the Office of Financial Aid and Scholarships and Office of Governmental Relations.

Biennial Review Process, Policies, and Procedures

Policy: The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require that each participating institution of higher learning (IHE) certify that it has developed and implemented a drug and alcohol use education and prevention program. The program must be designed to prevent the unlawful possession, use, and distribution of drugs and alcohol on campus at recognized events and activities.

Policy: On an annual basis, UC Santa Barbara must distribute written information about its Drug And Alcohol use Prevention Program (DAAPP) to all students, faculty, and staff. The distribution plan must make provisions for providing the material to students who enroll at a date after the initial distribution, and for employees who are hired at different times throughout the year. The information must include:

1. A written statement about its standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
2. A written description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees, students, and staff.
5. A statement that UC Santa Barbara will impose sanctions on students for violations of the institution's codes of conduct and a description of such sanctions.

Procedure: UCSB's Division of Student Affairs, including Student Health, Counseling and Psychological Services (CAPS), Health & Wellness (HEWL), Student Engagement and Leadership (SEAL), Office of the Dean of Students and UCSB CARE Program collaborate with other campus partners to ensure compliance with The Drug-Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA). These other campus departments and offices include, but are not limited to, Residence Life (HDAE), Department of Recreation, UC Police Department (UCPD), InterCollegiate Athletics (ICA). These campus programs work together, along with Student Affairs' Vice Chancellor's Office, Registrar's Office, the UC Learning Center, and the Office of Student Conduct to ensure that the policies, legal and conduct sanctions, health risks, counseling, rehabilitation and treatment options are up to date.

Procedure: The Department of Health & Wellness conducts the American College Health Association's National College Health Assessment (NCHA-ACHA III) every two years. Data collected from this survey provides students' attitudes and perceptions about the alcohol or other drug problems on campus and use of alcohol and other drugs by students. Additionally, data is collected each year for Freshman and incoming Transfer students via the AlcoholEdu survey conducted at the beginning of Fall Quarter.

Policy: Ensure that the sanctions developed are enforced consistently.

Procedure: Students who are held accountable for policy violations under the University Code of Conduct receive sanctions and educational stipulations that correspond to specific violations.

Policy: Ensure that biennial reviews are conducted in a timely manner and fully documented.

Procedure: The UCSB Division of Student Affairs will continue to lead a thorough review of the University's alcohol and other drug program every two years on even numbered years. The review will include campus partners to assist with the process. Additionally, a meeting of campus partners will be convened on an annual basis to review current policies and procedures.

Notification Process

Notification to Employees Information about the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is provided to all new employees who are required to attend the New Employee Orientation conducted by Human Resources. The UC Learning Center also annually disseminates an email to all new campus employees, including contract staff, student staff, etc. which requires an “acknowledgment” of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines. Annual notification of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is emailed to each campus employee in Fall Quarter by the Office of the Vice-Chancellor for Administrative Affairs and the Office of the Vice-Chancellor of Student Affairs.

Notification to Students

The Annual notification of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is emailed to each student (taking one or more units) in Fall Quarter by the Office of the Vice Chancellor for Administrative Affairs and the Office of the Vice-Chancellor of Student Affairs. Throughout the year, any new or transfer students coming to campus receive the notification as well as part of their course enrollment process.

University of California Santa Barbara Campus Policies

The UC Santa Barbara policies are made available within various campus websites, including the online General Catalog (UCSB GOLD) and the student handbook.

[Substance Abuse Policy](#)

[Substance Abuse Policy and Procedure PDF](#)

[Policies for Parents](#)

[Campus Policy and Procedures \(parents\)](#)

[Policies for Employees](#)

[Policies Governing Workplace Conduct](#)

[Student Conduct Code](#)

[Student Conduct Code](#)

[UC Santa Barbara Responsible Action Protocol for Individual Students](#)

(page 6 of Student Conduct Code)

Similar to California Good Samaritan laws, in situations in which student bystanders call for help in a medical, alcohol, or drug-related emergency, the University's disciplinary response for alcohol and drug violations either for the bystanders or the student(s) needing assistance, shall, barring exceptional circumstances (e.g. sexual or interpersonal violence, threats to the life of another student, or risk for severe bodily injury, etc.), only consist of educational meetings and/or programs (e.g. referral to the Alcohol & Drug Program for an educational group, fire safety seminar, etc.). Other disciplinary sanctions will not normally be considered or assigned. Housing, Dining & Auxiliary Enterprises reserves the right to consider, on a case-by-case basis, any and all incidents of medical response in making an overall assessment of a student's situation.

[Smoke-Free and Tobacco-Free Policy](#)

As of January 2014, the University of California system is smoke and tobacco-free. Smoking, the use of smokeless tobacco products, e-cigarettes, and unregulated products will not be allowed on UC-owned or leased properties. UC Santa Barbara is committed to providing students, faculty, staff, and visitors with a smoke-free and tobacco-free environment. Under the authority of [California Government Code 7597.1](#), smoking and the use of all tobacco products, the use of smokeless tobacco products, and the use of unregulated nicotine products (e.g., "e-cigarettes") are prohibited anywhere at all indoor and outdoor spaces managed by UC Santa Barbara. Violations of the adopted policy by students, faculty, and staff may result in University disciplinary action. Campus visitors are asked to comply with the policy or leave campus

[Student Regulations Policy on Student Organizations, Conduct and Discipline \(pg 52\)](#)

[Campus and Student Regulations](#)

UC Santa Barbara Residential and Community Living Policies

UC Santa Barbara Dining and Auxiliary Enterprises provides housing and dining services for over 11,000 undergraduate students, graduate students and families, in addition to providing accommodations for conference guests and visitors. Policies and expectations regarding substance use can be found [here](#). UC Santa Barbara Residential and Community Living Policies regarding alcohol and drug use include:

Alcohol - Students under 21 may not possess, consume, distribute, manufacture, or otherwise use alcohol in violation of state law or University policy. Residents who are 21 or older are permitted to drink in their assigned room/suite with the door closed provided no individuals present are under 21 years of age. Students under 21 may not be in the presence of alcohol regardless of whether they are consuming alcohol. Bulk quantities (i.e., quantities that could not reasonably be consumed in a single sitting by the individual(s) present), games or devices used for the rapid consumption of alcohol, and common containers (e.g., kegs, punch bowls, trash cans) are prohibited. Students may not be intoxicated in any Student Housing building.

Drugs - Unlawful possession, use, manufacture, or distribution of any controlled substance is prohibited. Possession of a medical marijuana card does not permit possession or use of marijuana. Disruption, including smelling of marijuana, as a result of drug use is prohibited, as is being under the influence of any drug.

Smoking - Smoking and tobacco use are not permitted on University property or in any Student Housing building or dining facility. Smoking means inhaling, exhaling, burning, or carrying of any lighted or heated tobacco product, as well as smoking substances that are not tobacco, and operating electronic smoking devices and other smoking instruments. Tobacco use includes inhaling, smoking, chewing, dipping, or any other assimilation of tobacco products. Smoking or tobacco use within 25 feet of any building entry, courtyard, stairway, passageway, pool area, patio, balcony, or operable window is considered a violation of Student Housing policy.

Policy Enforcement of Disciplinary Sanctions and Compliance

Employees: An employee is defined as a person who holds a University staff or academic appointment. This includes student employees and work-study students who work at the University. University policy prohibits the unlawful use, sale, manufacture, distribution, dispensing, or possession of alcohol or of controlled substances by University employees and students in the workplace, on University premises, at official University functions, or on University business. In addition, employees and students shall not use illegal substances or abuse legal substances in a manner that impairs work performance, scholarly activities or student life.

Accountability: Employees violating these policies may be subject to corrective action and/or discipline, including dismissal, under applicable University policies and labor contracts, and may be referred for criminal prosecution and/or may be required to participate in an employee support program or appropriate treatment program. In this review period, the UC Santa Barbara campus did not issue any significant employment actions against staff employees for impairment in the workplace and/or excessive absenteeism likely due to alcohol and/or substance abuse.

Students / Student Organizations: A student is a person who is currently enrolled for academic credit on the UC Santa Barbara campus. University policy prohibits the manufacture, distribution, dispensing, possession, use, or sale of illicit drugs, or the attempted manufacture, distribution, dispensing, or sale of alcohol that is unlawful or otherwise prohibited by, or not in compliance with, University policy or campus regulations. Policy also prohibits the unlawful manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of controlled substances, identified in federal and state law or regulations. Violations of the University's policy on Substance Use shall be referred to the appropriate UC Santa Barbara official and/or the appropriate legal authority for processing in accordance with applicable law and/or University policies and regulations. Students and registered student organizations who are alleged to have violated these policies may be referred to a formal Student Conduct process under the Student Code of Conduct in addition to, or instead of, other appropriate UCSB official and/or legal authorities. This Code of Conduct also applies to off-campus conduct that occurs in the context of an education program or activity, or adversely affects the UC Santa Barbara Community and/or the pursuit of the University's objectives. Off-campus jurisdiction may be extended under limited circumstances as outlined in the Student Code of Conduct.

Accountability: Resolution options for reports of alleged violations including individual students or student organizations may include a meeting with the Office of the Dean of Students, the Office of the Vice Chancellor for Student Affairs, the Office of Student Conduct, Residential & Community Living Conduct Office, mediation or restorative justice. Students and student organizations found to be in violation of policy may receive administrative and/or educational sanctions and may result in the development of a Student Conduct Record. Typical sanctions for incidents involving illicit or controlled substances and/or alcohol include, but are not limited to: Formal Warning, Probation, Loss of Privileges and Exclusion from Activities, Suspension, Dismissal, Exclusion from Areas of the Campus or from University-Supported Activities, Restitution and referral to the campus Alcohol and Drug program's counseling and education services.

Sanctions are designed to be educational in nature and to support the University's mission of promoting the health and wellness of its students, in pursuit of their academic goals and the orderly operation of the University. Sanctions, and referrals, are progressive and take into consideration a student or student organizations' cumulative Student Conduct Record and any aggravating/mitigating factors that may be present in the report. A student conduct record will generally contain the applicable incident report(s) and/or police report(s), meeting and decision letters, and other documents related to student conduct incidents the student or student organization has been involved in while a UC Santa Barbara student or while registered as a Student Organization. A student conduct record is retained by the Office of Student Conduct for not longer than seven years from the date of the incident, or as otherwise required by law. Records involving dismissal are kept permanently. Student-athletes and teams may also receive

sanctions as a result of violating the Student Athlete Code of Conduct concurrent to their participation in the Student Conduct Code process, or in instances where the Student Conduct Code may not apply. Such sanctions include, but are not limited to: loss of privileges, suspension from practice and/or games, dismissal from the team or suspension of seasonal competition, etc. For more information, please review the Student-Athlete Code of Conduct

Intercollegiate Athletics (ICA)

ICA Policy: In addition to complying with campus policies, UC Santa Barbara Intercollegiate Athletics students and employees must also comply with departmental specific policies and procedures addressing alcohol and other drugs:

Alcohol is permitted at team functions where a campus alcohol permit is used and adherence to the campus alcohol policy is followed. No alcohol or drugs are allowed for student-athletes at team functions sponsored or endorsed by UC Santa Barbara intercollegiate athletics. A team function is any event in which team members are requested to participate and/or the coach is present. Coaches who host or attend functions attended by student-athletes must adhere to this policy. If there are any doubts about the applicability of this policy, the athletic director should be consulted. Consumption of alcohol, drugs or tobacco products while participating as a member of a UC Santa Barbara team is a violation. At away contests, student-athletes and coaches are considered representatives of the university from the time they leave campus until they return.

Accountability: UC Santa Barbara is a member of the National Collegiate Athletic Association (NCAA) and will adhere to all drug policies as established and published in the current NCAA manual. [NCAA Banned Drug List](#) is subject to change and the institution and student-athlete is held accountable for all banned drug classes on the current NCAA list. A partial list is provided within the Intercollegiate Athletics Drug policy online as well as the full list of banned substances on the NCAA website found at: www.ncaa.org. All tobacco products are banned by the NCAA at all practices, contests and team functions. The NCAA has approved year-round drug testing in every sport.

Responsibility of Student Athlete Hosts

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Hosts are considered a representative of UC Santa Barbara and carry a great responsibility in hosting prospects. Failure to abide by UC Santa Barbara, NCAA and the State of California rules could result in interdisciplinary action to the host, and/or subsequent loss of eligibility for the prospect. The drinking age in the state of California is 21. Therefore, no alcohol should be served to an underage recruit at any time. No underage recruit should be present at any social occasion or event where alcohol is being served unless the event is at a site operating under commercial auspices such as a restaurant. Each host should have emergency information (i.e. coach's cell phone number as well as sports supervisor information). Friends or roommates who entertain the prospect should also be aware of this information. Under some circumstances, a host may be given money to entertain the prospect. This money is for entertaining the prospect only and must not be given to the prospect.

Accountability: As of this review period, UC Santa Barbara intercollegiate athletics also has a Drug Testing Policy and Protocol in place in addition to the NCAA drug testing policy. Student-athletes may be drug tested randomly or if suspected of substance use from the NCAA banned substances list. There is an identified ICA drug testing program director and committee. The drug testing program director or designee in sports medicine will contact a student athlete by phone to request a face to face meeting when selected to participate in drug testing. The phone call and in person notification will occur no more than 24 hours in advance of the actual drug testing date/time. Failure to report for drug testing is considered the same as testing positive. If an athlete receives a positive result without an approved prior medical exemption on file, the athlete is mandated to counseling in Student Health's Alcohol and Drug Program. (All prescribed medications need to be shared with the team physician, sports medicine designee and form filled out in advance of the beginning of the season and/or academic year.) A student athlete will be prohibited from participating in 20% of regular season and postseason competition for a second positive drug test and 50% for a third positive. A fourth positive will constitute dismissal from the program.

It is not permissible for an institution to provide nutritional supplements to its student-athletes, unless the supplement is a non-muscle-building supplement and is included in one of the four classes identified in NCAA Bylaw 16. Additionally, it is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes.

Research Methods, Assessment, and Data Analysis

For Employees

For the period between 7/1/2022 - 6/30/2024, the UCSB ASAP program reports 38 substance use related cases and consultations

For Students

Over the years, UC Santa Barbara has participated in a number of federal, state and local initiatives that have provided funding for research and implementation of evidence-based programs. In order to better understand student behavior, UC Santa Barbara regularly surveys students regarding alcohol and other drug use. Based on the information obtained, the campus is better able to design and implement effective prevention strategies.

Spring 2023 American College Health Association

(National College Health Assessment III - Highlights from Executive Summary)

The American College Health Association – National College Health Assessment (ACHA – NCHA) is a national research survey 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.

The ACHA – NCHA 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 UC Santa Barbara campus conducts the ACHA – NCHA on a biennial basis to benchmark the health of the student population and guide the strategic planning process. The portions of the Executive Summaries reprinted below highlight results of the ACHA – NCHA III Spring 2023 surveys for UC Santa Barbara undergraduates and graduate and professional students related to alcohol and other drug use/concerns.

Spring 2023 American College Health Association – National College Health Assessment III - Highlights from Executive Summary

Cis Men n =	453
Cis Women n =	1152
Trans/GNC n =	120

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	28.4	27.7	23.5	27.7
Alcoholic beverages (beer, wine, liquor, etc.)	66.5	72.5	65.5	70.2
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	44.9	51.9	50.4	49.8
Cocaine (coke, crack, etc.)	10.7	8.7	4.3	9.0
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	11.6	8.1	6.7	8.9
Methamphetamine (speed, crystal meth, ice, etc.)	1.8	0.9	2.5	1.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	7.8	4.2	6.7	5.5
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	5.1	3.9	4.3	4.2
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	17.3	13.5	12.7	14.4
Heroin	0.9	0.5	1.7	0.7
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	3.8	2.7	3.4	3.0

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
17.0	18.2	15.0	17.4
60.0	67.4	59.2	63.5
32.7	41.7	39.2	38.3
4.6	3.3	0.8	3.5
3.8	3.0	3.3	3.2
0.2	0.2	0.8	0.2
3.5	1.6	4.2	2.4
2.2	1.0	2.5	1.3
7.3	6.0	7.5	6.2
0.2	0.0	0.8	0.1
0.9	0.3	0.0	0.4

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	11.5	11.9	8.3	11.3
Alcoholic beverages	12.1	14.1	10.0	13.0
Cannabis (nonmedical use)	17.2	25.3	30.0	23.0
Cocaine	3.1	1.9	1.7	2.2
Prescription stimulants (nonmedical use)	1.5	1.9	4.2	2.0
Methamphetamine	0.2	0.3	1.7	0.3
Inhalants	1.5	0.6	1.7	1.0
Sedatives or Sleeping Pills (nonmedical use)	1.3	1.0	2.5	1.1
Hallucinogens	3.3	2.9	5.8	3.1
Heroin	0.4	0.3	0.8	0.3
Prescription opioids (nonmedical use)	0.9	0.3	1.7	0.5

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
1.1	0.8	0.0	0.8
1.3	1.0	0.8	1.1
2.9	1.2	1.7	1.7
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.8	0.1
0.0	0.0	0.0	0.0
0.2	0.0	0.8	0.1
0.0	0.0	0.8	0.1
0.2	0.1	0.0	0.1

Cis Men n =	453
Cis Women n =	1152
Trans/GNC n =	120

*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Prescription stimulants	2.6	1.9	2.5	2.1
Prescription sedatives or sleeping pills	1.8	0.8	1.7	1.1
Prescription opioids	0.9	0.3	0.0	0.4

*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.

*Tobacco or nicotine delivery products used in the last 3 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Cigarettes	10.8	9.3	10.8	9.6
E-cigarettes or other vape products (for example: Juul, etc.)	12.4	14.5	7.5	13.2
Water pipe or hookah	3.1	1.5	1.7	1.8
Chewing or smokeless tobacco	2.0	0.2	1.7	0.8
Cigars or little cigars	3.5	0.7	0.8	1.4
Other	0.2	0.3	0.8	0.3

*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.

Students in Recovery

■ 1.4 % of college students surveyed (2.1 % cis men, 0.8 % cis women, and 3.4 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

	Drank Alcohol			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Never	25.8	21.3	26.1	22.9
Within the last 2 weeks	45.4	54.3	42.9	51.2
More than 2 weeks ago but within the last 30 days	8.7	10.6	8.4	9.8
More than 30 days ago but within the last 3 months	9.6	6.8	9.2	7.6
More than 3 months ago but within the last 12 months	5.8	4.3	7.6	5.0
More than 12 months ago	4.7	2.7	5.9	3.4

*Students were instructed to include medical and non-medical use of cannabis.

*Used Cannabis/Marijuana

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	52.4	42.9	47.1	45.9
	21.1	27.0	28.6	25.5
	3.6	6.4	5.9	5.5
	8.0	8.6	5.0	8.0
	6.9	6.7	4.2	6.5
	8.0	8.5	9.2	8.4

Driving under the influence

- 11.8 % of college students reported driving after having **any alcohol** in the last 30 days.*

*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.

- 21.5 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*

*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Estimated Blood Alcohol Concentration (or eBAC) of college students. 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 drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Estimated BAC				
Percent (%)				
< .08	81.3	68.1	86.4	72.5
< .10	87.1	76.4	89.4	79.9
Mean	0.04	0.06	0.04	0.06
Median	0.02	0.05	0.02	0.04
Std Dev	0.06	0.06	0.05	0.06

Cis Men n =	453
Cis Women n =	1152
Trans/GNC n =	120

*Reported number of drinks consumed the last time students drank alcohol in a social setting.

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Number of drinks					
4 or fewer		68.2	77.6	85.5	75.8
5		8.8	9.6	7.2	9.2
6		7.8	6.0	1.4	6.2
7 or more		15.2	6.8	5.8	8.8
Mean		3.9	3.2	2.6	3.3
Median		3.0	3.0	2.0	3.0
Std Dev		3.7	2.1	1.9	2.6

*Only students who reported drinking alcohol in the last three months were asked this question.

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

	Percent (%)	Among all students surveyed			
		Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		54.6	45.8	58.6	49.0
None		21.2	24.3	24.1	23.4
1-2 times		18.7	21.8	13.8	20.5
3-5 times		5.1	7.1	3.4	6.2
6 or more times		0.4	1.0	0.0	0.8

*Only students who reported drinking alcohol in the last two weeks were asked this question.

*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
46.6	44.9	58.3	46.0
41.2	40.2	33.3	40.3
11.3	13.1	8.3	12.2
1.0	1.8	0.0	1.5

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

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did something I later regretted		20.6	27.6	23.8	25.9
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)		11.9	16.5	11.3	15.1
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		21.7	32.5	15.0	28.8
Got in trouble with the police		1.0	1.5	1.3	1.3
Got in trouble with college/university authorities		1.3	0.5	1.3	0.7
Someone had sex with me without my consent		0.6	2.0	2.5	1.7
Had sex with someone without their consent		0.0	0.1	1.3	0.2
Had unprotected sex		8.7	12.4	10.1	11.3
Physically injured myself		8.7	12.4	7.6	11.1
Physically injured another person		1.0	0.7	1.3	0.8
Seriously considered suicide		2.9	2.9	8.9	3.2
Needed medical help		2.3	0.9	2.5	1.4
Reported two or more of the above		23.6	35.2	25.8	31.7

*Only students who reported drinking alcohol in the last 12 months were asked these questions.

Percentage of Student Tobacco Use (ever used & last 3 months)

Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	322	72	828	72	91	77	1261	72.3	
3 Yes	128	28	317	28	28	24	482	27.7	
Valid responses =	450	26	1145	66	119	7	1743	97.6	

Invalid responses include no response.

Percentage of Student Alcohol Use (ever consumed & last 3 months)

Alcoholic beverages (beer, wine, liquor, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	151	34	315	28	41	35	520	29.8	
3 Yes	300	67	830	73	78	66	1223	70.2	
Valid responses =	451	26	1145	66	119	7	1743	97.6	

Invalid responses include no response.

Percentage of Student CannabisUse (ever used & last 3 months)

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) *[Please report nonmedical use only.]*

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	249	55	551	48	59	50	877	50.2	
3 Yes	203	45	595	52	60	50	869	49.8	
Valid responses =	452	26	1146	66	119	7	1746	97.8	

Invalid responses include no response.

Percentage of Student Tobacco/Nicotine Products Used last 3 months

23A) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
Cigarettes

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	25	34	99	48	5	28	131	43.4	
2 Yes	49	66	107	52	13	72	171	56.6	
Valid responses =	74	25	206	68	18	6	302	16.9	
Invalid responses include no response.									

23B) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
E-cigarettes or other vape products (for example: Juul, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	20	26	40	19	9	50	70	23.0	
2 Yes	56	74	167	81	9	50	235	77.0	
Valid responses =	76	25	207	68	18	6	305	17.1	
Invalid responses include no response.									

23C) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
Water pipe or hookah

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	58	81	183	92	13	87	258	88.7	
2 Yes	14	19	17	9	2	13	33	11.3	
Valid responses =	72	25	200	69	15	5	291	16.3	
Invalid responses include no response.									

23D) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
Chewing or smokeless tobacco

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	63	88	196	99	15	88	277	95.2	
2 Yes	9	13	2	1	2	12	14	4.8	
Valid responses =	72	25	198	68	17	6	291	16.3	
Invalid responses include no response.									

23E) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
Cigars or little cigars

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	57	78	193	96	15	94	269	91.5	
2 Yes	16	22	8	4	1	6	25	8.5	
Valid responses =	73	25	201	68	16	5	294	16.5	
Invalid responses include no response.									

23F) Within the last 3 months, which tobacco products have you used? (only includes students who have used tobacco or nicotine in the last 3 months)
Other

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	45	98	124	98	5	83	175	96.7	
2 Yes	1	2	3	2	1	17	6	3.3	
Valid responses =	46	25	127	70	6	3	181	10.1	
Invalid responses include no response.									

Percentage of Student Alcohol Use (Actual Stats)

25A) When, if ever, was the last time you drank alcohol?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 Never	116	26	244	21	31	26	400	22.9
2 Within the last 2 weeks	204	45	622	54	51	43	893	51.2
3 More than 2 weeks but within 30 days	39	9	121	11	10	8	171	9.8
4 More than 30 days but within 3 months	43	10	78	7	11	9	133	7.6
5 More than 3 months but within 12 months	26	6	49	4	9	8	87	5.0
6 More than 12 months ago	21	5	31	3	7	6	59	3.4
Valid responses =	449	26	1145	66	119	7	1743	97.6

Invalid responses include no response.

25B1) The last time you drank alcohol: (only includes students who drank alcohol within the last 3 months)

Did you get drunk?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	175	62	418	51	43	61	643	54.0
2 Yes	109	38	401	49	28	39	547	46.0
Valid responses =	284	24	819	69	71	6	1190	66.7

Invalid responses include no response.

25B2) The last time you drank alcohol: (only includes students who drank alcohol within the last 3 months)

Did you intend to get drunk?

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	167	59	394	48	44	62	610	51.2
2 Yes	118	41	425	52	27	38	581	48.8
Valid responses =	285	24	819	69	71	6	1191	66.7

Invalid responses include no response.

Consequences of Drinking by Gender

29A) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Did something I later regretted

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	247	79	623	72	61	76	939	74.1
2 Yes	64	21	237	28	19	24	329	25.9
Valid responses =	311	25	860	68	80	6	1268	71.0

Invalid responses include no response.

29B) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	274	88	720	84	71	89	1078	84.9
2 Yes	37	12	142	17	9	11	191	15.1
Valid responses =	311	25	862	68	80	6	1269	71.1

Invalid responses include no response.

29C) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	242	78	581	68	68	85	902	71.2
2 Yes	67	22	280	33	12	15	364	28.8
Valid responses =	309	24	861	68	80	6	1266	70.9

Invalid responses include no response.

29D) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)

Got in trouble with the police

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
1 No	308	99	844	99	79	99	1247	98.7
2 Yes	3	1	13	2	1	1	17	1.3
Valid responses =	311	25	857	68	80	6	1264	70.8

Invalid responses include no response.

Consequences of Drinking by Gender

29E) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Got in trouble with college/university authorities

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	306	99	857	100	78	99	1257	99.3	
2 Yes	4	1	4	1	1	1	9	0.7	
Valid responses =	310	24	861	68	79	6	1266	70.9	
Invalid responses include no response.									

29F) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Someone had sex with me without my consent

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	309	99	842	98	78	98	1245	98.3	
2 Yes	2	1	17	2	2	3	21	1.7	
Valid responses =	311	25	859	68	80	6	1266	70.9	
Invalid responses include no response.									

29G) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Had sex with someone without their consent

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	311	100	861	100	79	99	1267	99.8	
2 Yes	0	0	1	0	1	1	2	0.2	
Valid responses =	311	25	862	68	80	6	1269	71.1	
Invalid responses include no response.									

29H) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Had unprotected sex

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	284	91	755	88	71	90	1124	88.7	
2 Yes	27	9	107	12	8	10	143	11.3	
Valid responses =	311	25	862	68	79	6	1267	71.0	
Invalid responses include no response.									

29I) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Physically injured myself

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	282	91	754	88	73	92	1124	88.9	
2 Yes	27	9	107	12	6	8	140	11.1	
Valid responses =	309	24	861	68	79	6	1264	70.8	
Invalid responses include no response.									

29J) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Physically injured another person

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	307	99	851	99	78	99	1251	99.2	
2 Yes	3	1	6	1	1	1	10	0.8	
Valid responses =	310	25	857	68	79	6	1261	70.6	
Invalid responses include no response.									

29K) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Seriously considered suicide

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	302	97	836	97	72	91	1225	96.8	
2 Yes	9	3	25	3	7	9	41	3.2	
Valid responses =	311	25	861	68	79	6	1266	70.9	
Invalid responses include no response.									

29L) Within the last 12 months, have you experienced any of the following when drinking alcohol? (only includes students who drank alcohol within the last 12 months)
Needed medical help

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
1 No	304	98	851	99	77	98	1247	98.6	
2 Yes	7	2	8	1	2	3	18	1.4	
Valid responses =	311	25	859	68	79	6	1265	70.9	
Invalid responses include no response.									

Percentage of student Cannabis/Marijuana use (Actual Stats)

22A3) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	249	55	551	48	59	50	877	50.2
3 Yes	203	45	595	52	60	50	869	49.8
Valid responses =	452	26	1146	66	119	7	1746	97.8

Invalid responses include no response.

22A4) In your life, which of the following substances have you ever used?

For prescription medications, please report nonmedical use only. "Nonmedical use" means taking prescription drugs just for the feeling or experience they cause, or taking them more often or at higher doses than prescribed.

Percentage of student Cocaine Use (ever used)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	399	89	1030	91	112	96	1568	91.0
3 Yes	48	11	98	9	5	4	155	9.0
Valid responses =	447	26	1128	65	117	7	1723	96.5

Invalid responses include no response.

Percentage of student Cocaine Use (last 3 months)

Cocaine (coke, crack, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 Never	27	56	60	61	4	80	92	59.4
2 Once or twice	12	25	28	29	1	20	44	28.4
3 Monthly	5	10	6	6	0	0	11	7.1
4 Weekly	4	8	4	4	0	0	8	5.2
6 Daily or almost daily	0	0	0	0	0	0	0	0.0
Valid responses =	48	31	98	63	5	3	155	8.7

Invalid responses include no response.

Percentage of student Prescription Opioid Use (ever used)

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total	
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.
0 No	434	96	1110	97	115	97	1689	97.0
3 Yes	17	4	31	3	4	3	53	3.0
Valid responses =	451	26	1141	65	119	7	1742	97.6

Invalid responses include no response.

Percentage of student Prescription Opioid Use (3 months)

Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.)
[Please report nonmedical use only.]

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 Never	13	77	27	87	4	100	44	84.6	
2 Once or twice	2	12	3	10	0	0	5	9.6	
3 Monthly	0	0	1	3	0	0	1	1.9	
4 Weekly	1	6	0	0	0	0	1	1.9	
6 Daily or almost daily	1	6	0	0	0	0	1	1.9	
Valid responses =	17	33	31	60	4	8	52	2.9	

Invalid responses include no response.

Percentage of student Prescription Stimulant Use (ever used)

Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) *[Please report nonmedical use only.]*

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	397	88	1050	92	111	93	1584	91.1	
3 Yes	52	12	92	8	8	7	155	8.9	
Valid responses =	449	26	1142	66	119	7	1739	97.4	

Invalid responses include no response.

Percentage of student Prescription Stimulant Use (3 months)

Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) *[Please report nonmedical use only.]*

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 Never	35	67	57	62	4	50	97	62.6	
2 Once or twice	13	25	21	23	3	38	39	25.2	
3 Monthly	2	4	10	11	1	13	13	8.4	
4 Weekly	2	4	3	3	0	0	5	3.2	
6 Daily or almost daily	0	0	1	1	0	0	1	0.6	
Valid responses =	52	34	92	59	8	5	155	8.7	

Invalid responses include no response.

Percentage of student Prescription Hallucinogen Use (ever used)

Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 No	373	83	989	87	103	87	1491	85.6	
3 Yes	78	17	154	14	15	13	250	14.4	
Valid responses =	451	26	1143	66	118	7	1741	97.5	

Invalid responses include no response.

Percentage of student Prescription Hallucinogen Use (3 months)

Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)

	Cis Men		Cis Women		Trans/Gender Non-conforming		Total		
	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	Freq.	Pct.	
0 Never	45	58	85	55	6	40	139	55.6	
2 Once or twice	29	37	65	42	7	47	101	40.4	
3 Monthly	3	4	3	2	1	7	7	2.8	
4 Weekly	1	1	1	1	1	7	3	1.2	
6 Daily or almost daily	0	0	0	0	0	0	0	0.0	
Valid responses =	78	31	154	62	15	6	250	14.0	

Invalid responses include no response.

AlcoholEdu for College (provided by Vector Solutions)

UC Santa Barbara Impact Reports for Academic Years 2022 - 2023 & 2023 - 2024.

AlcoholEdu for College is a course that educates and assesses all incoming students. This course was developed in collaboration with leading prevention experts and researchers. The course has interactive content that is guided by recommendations from the National Institute of Alcohol Abuse and Alcoholism (NIAAA) and is cited as a top-tier strategy by NIAAA. This course is one of the most widely used universal online AOD prevention programs since its development in 2000.

2022 - 2023 & 2023-2024 data (First Year and Transfer students)

Where Students Choose To Drink 2022-2023

The most common locations where your students reported consuming alcohol recently, among those who had a drink in the previous two weeks.

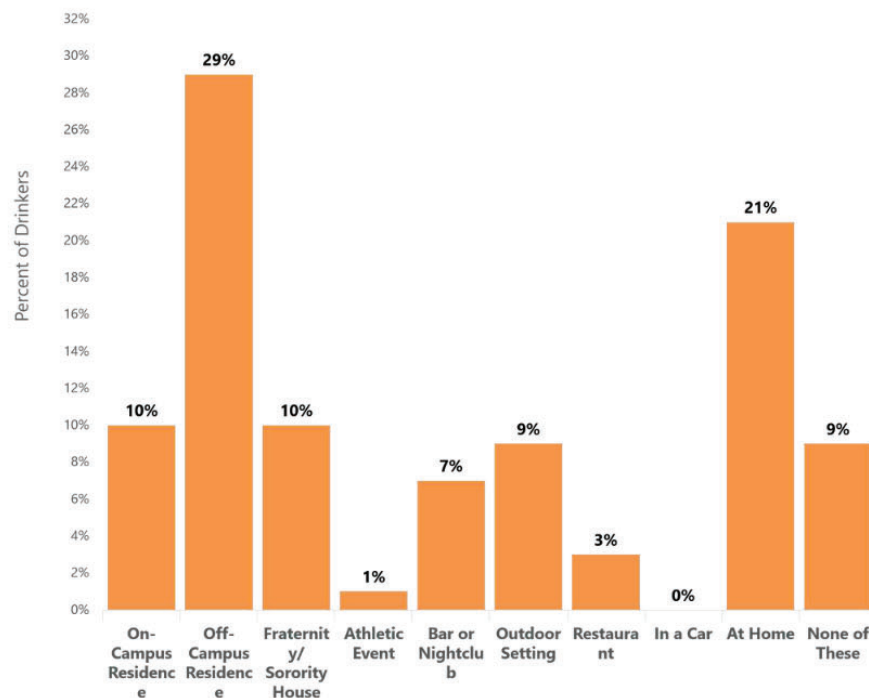
Follow-Up Survey (Survey 3), drinkers only, n = 949

Policy Tip

Certain drinking locations — including campus pubs, off-campus house parties — have been shown to be associated with significant negative outcomes (EVERFI, 2012). The same study also indicated that certain locations (on-campus dances and concerts) have a greater relationship with sexual assault than other locations. A more recent study found students living off-campus (without parents) report significantly more frequent alcohol consumption, drinking larger quantities, more frequent heavy drinking, and a greater number of negative alcohol-related outcomes than students living on-campus (Benz et al., 2017).

How can this research and drinking location data from your school inform housing and on-campus policy at your institution?

Where Students Choose To Drink



Where Students Choose To Drink 2023-2024

The most common locations where your students reported consuming alcohol recently, among those who had a drink in the previous two weeks.

Follow-Up Survey (Survey 3), drinkers only, n = 554

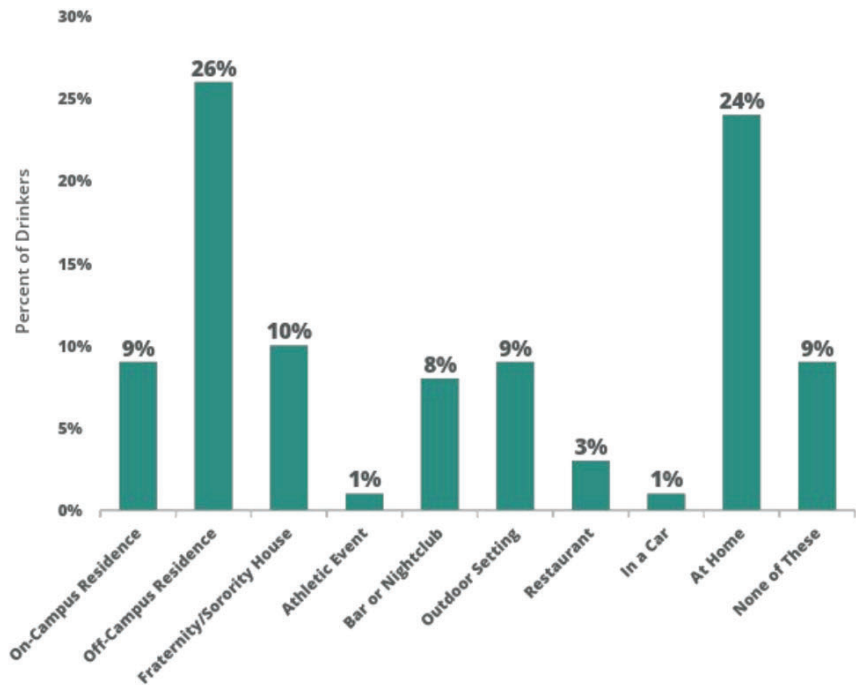
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How can this research and drinking location data from your school inform housing and on-campus policy at your institution?

Where Students Choose To Drink



Why Students Choose To Drink 2022-2023

Drinkers indicated their most important reasons for choosing to drink alcohol.

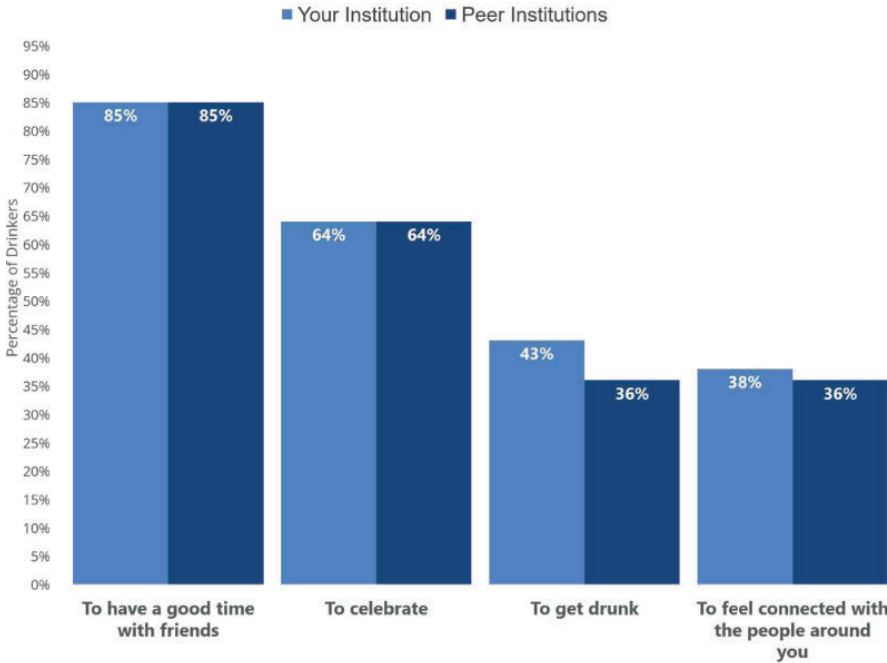
Follow-Up Survey (Survey 3), drinkers only, n = 949

Programming Tip

Reasons for consuming alcohol vary greatly for institutions and across different groups of students. Consider the reasons why students are choosing to drink and investigate whether those challenges can be met with other strategies for these students.

With your data, you can also explore whether certain reasons for drinking are associated with higher-risk drinking behaviors and negative outcomes. These reasons could be candidates to target with social norm campaigns or other prevention efforts.

Top Reasons Students Choose To Drink, compared to peer institutions



Why Students Choose To Drink 2023-2024

Drinkers indicated their most important reasons for choosing to drink alcohol.

Follow-Up Survey (Survey 3), drinkers only, n = 554

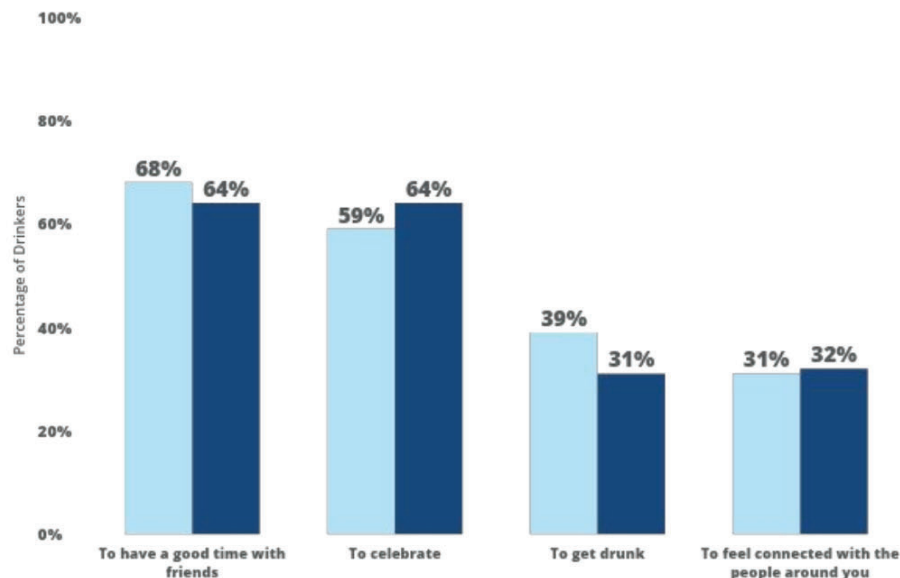
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Top Reasons Students Choose To Drink

■ Your Institution ■ Peer Institutions



Why Students Choose Not To Drink 2022-2023

Both drinkers and nondrinkers indicated their most important reasons for choosing whether or not to drink alcohol.

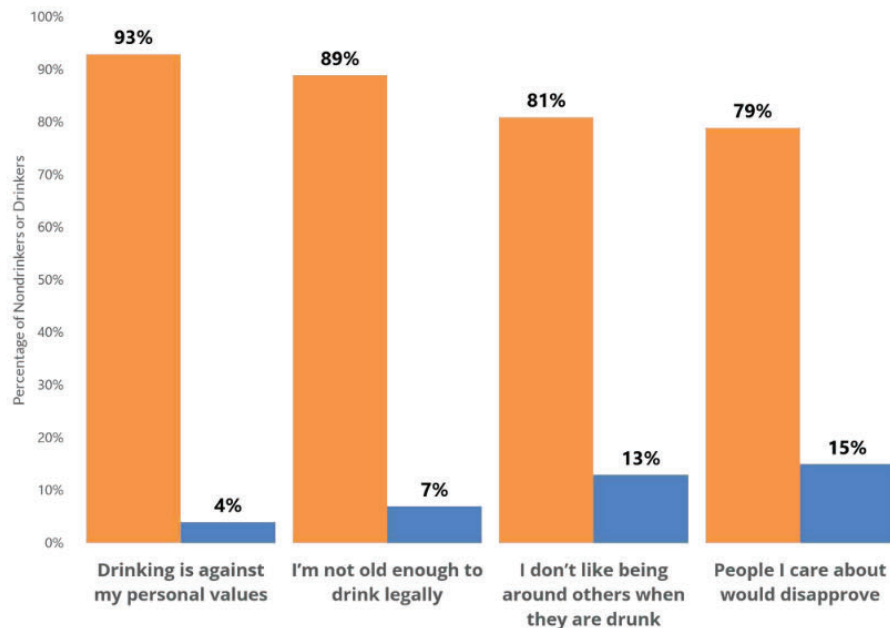
Follow-Up Survey (Survey 3), nondrinkers, n = 2,294 and drinkers, n = 949

Programming Tip

"It would be far easier to increase the salience of existing reasons that drinkers have for restricting their alcohol use than to win their endorsement of still additional reasons that are primarily endorsed by abstainers (Huang et al., 2011)." Which reasons are most endorsed by drinkers on your campus? By nondrinkers? Consider those when designing campaigns focused on behavioral decision making for each of these groups of students.

Top Reasons Students Choose NOT To Drink, for Non-Drinkers and Drinkers

■ Non-drinkers ■ Drinkers



Why Students Choose Not To Drink 2023-2024

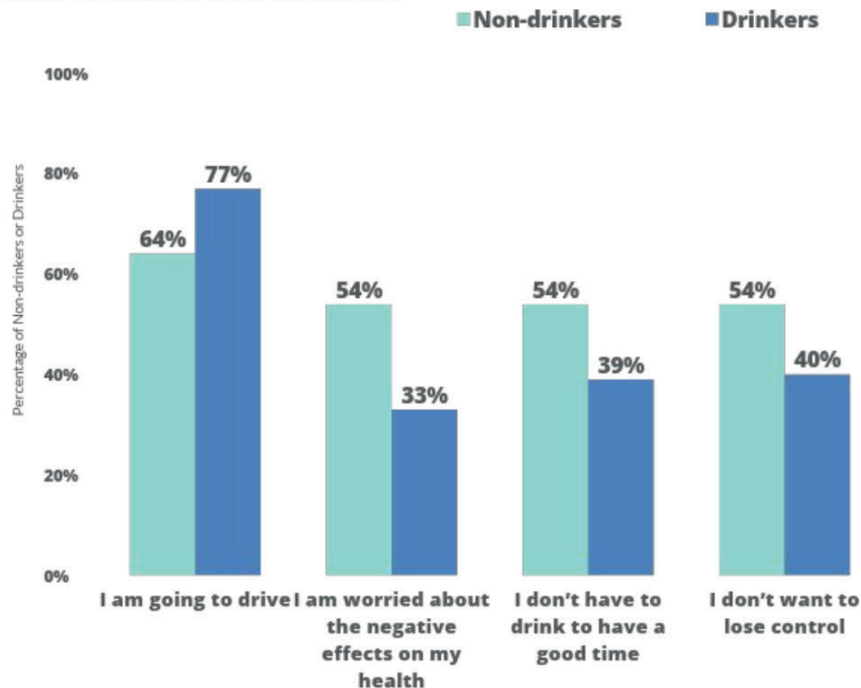
Both drinkers and nondrinkers indicated their most important reasons for choosing whether or not to drink alcohol.

Follow-Up Survey (Survey 3), nondrinkers, n = 2,380 and drinkers, n = 554

Programming Tip

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Reasons Students Choose NOT To Drink, for Non-Drinkers and Drinkers



High-Risk Drinking Behaviors 2022-2023

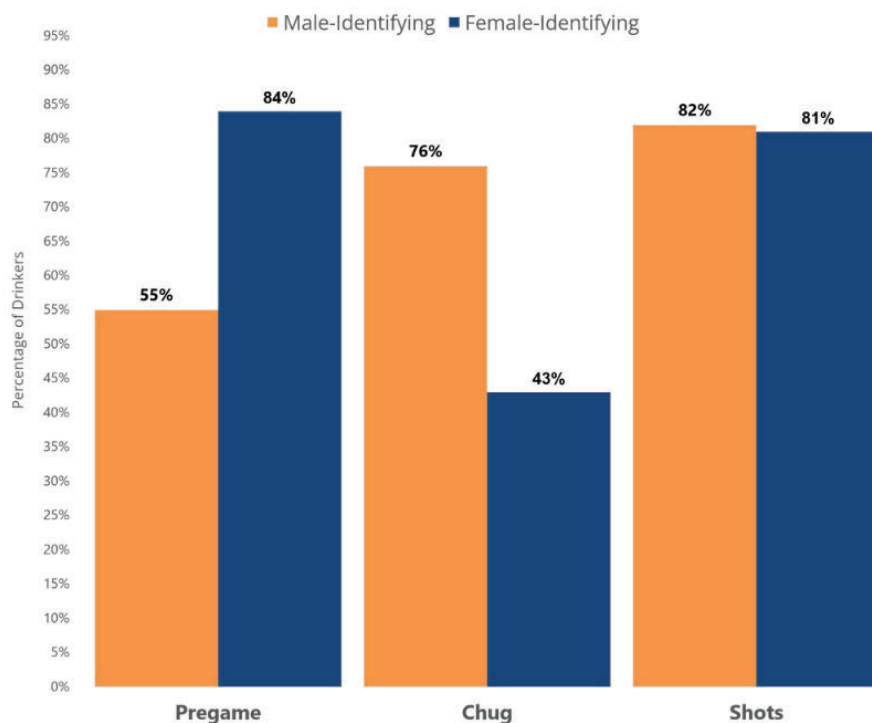
These are some of the most common risk-related drinking behaviors reported by your students who had a drink in the two weeks prior to survey.

Follow-Up Survey (Survey 3), drinkers only, n = 949

Programming Tip

More than other high-risk behaviors, pregaming has been shown to have a predictive relationship with a variety of negative outcomes (EVERFI, 2012). As such, participation in pregaming can potentially be used to identify students who are more likely to be at risk for experiencing negative outcomes.

High-Risk Behaviors, by Gender Identity



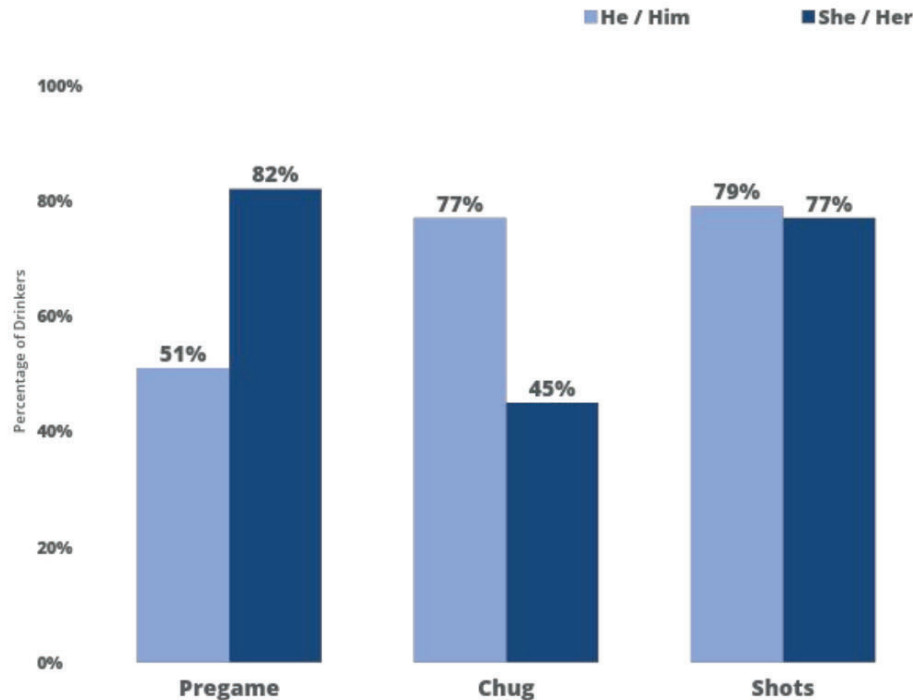
High-Risk Drinking Behaviors 2023-2024

These are some of the most common risk-related drinking behaviors reported by your students who had a drink in the two weeks prior to taking the Follow-Up Survey.
Follow-Up Survey, drinkers only, n = 554

Programming Tip

More than other high-risk behaviors, pregaming has been shown to have a predictive relationship with a variety of negative outcomes (EVERFI, 2012). As such, participation in pregaming can potentially be used to identify students who are more likely to be at risk for experiencing negative outcomes.

High-Risk Behaviors, by Gender Identity



UC Santa Barbara Division of Student Affairs Goals

- Increase outreach and education efforts through peer-based alcohol and drug internships.
- Increase dissemination of information to the college population and environment regarding current substance use and other addictive behaviors and trends
- Increase methods of supporting specific populations (i.e. Greek, Athlete, First Year, Transfer, marginalized and disconnected)
- Increase Gauchos for Recovery efforts to support students considering, or already engaging in, recovery and sober living lifestyles.
- Increase the frequency and consistency of alcohol-free/alternative 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
- Increase positive media coverage of UCSB and decrease the negative reputation as a "party school."
- Increase campus and community safety and health promotion.
- Support community collaborations with Santa Barbara County, Santa Barbara City College; local law enforcement; Santa Barbara County hospital and treatment providers; Isla Vista property owners, business and retail outlets and local non-profit community agencies.
- Implement educational sanctions/options for alcohol and drug violations and offenses.
- Continue to support productive communication between law enforcement, emergency first responders and the student community.

Education, Prevention, & Intervention

For Employees

Academic and Staff Assistance Program (ASAP)

ASAP is an employee assistance program that provides confidential, no cost, assessment, intervention, consultation and referral services to all UC Santa Barbara employees, including faculty, staff, postdoctoral scholars and eligible adult family members. Licensed psychologists assist employees in the recognition, intervention and referral for alcohol and drug use concerns. Additionally, ASAP licensed psychologists provide work re-entry support as needed. ASAP also assists staff and faculty members who might be concerned about a family member, friend, co-worker or subordinate who might have alcohol or drug problems. The goal is to provide intervention as early as possible. ASAP also offers consultations with administrators, managers and supervisors who are concerned about employee substance use. ASAP is strictly confidential; no information about participation is released to anyone without written consent except when legally mandated. No information from ASAP appears in any departmental, central or personnel file.

For Students

UC Santa Barbara has a collaborative and comprehensive network of services to offer education, prevention and intervention support to all students. The delivery of services is guided by several important evidence-based frameworks and strategies, including SAMHSA's Strategic Prevention Framework, NIAAA's College Alcohol Intervention Matrix (College AIM), the Higher Education Center's Environmental Management Model, The Jed Foundation and Everfi's Campus Prevention Network. The UCSB Division of Student Affairs, 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. The Division of Student Affairs 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 member and coordinates the efforts of multiple campus and community partners to provide additional and complementary services and resources for students

Education, Workshops, Campus & Community Collaborations

"New Student Requirement- Part 1"

Web-Based Alcohol and Drug Educational Assessment

All incoming first year undergraduate and transfer students are required to complete AlcoholEdu, an online alcohol and drug education program, in addition to other Everfi online courses. These courses were developed specifically for college students, providing personalized feedback, interactive tools, and helpful strategies that are up-to-date and evidence-based. 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 (virtual for Fall 2020) Education and Safety Workshop Gaucho FYI was launched in 2012 as an added requirement for all incoming first year undergraduate and transfer students. Gaucho FYI requires attendance at a 90-minute staff/peer facilitated workshop within the first 4 weeks of Fall Quarter. Gaucho FYI incorporates a specially developed curriculum for the UC Santa Barbara campus/community that targets safety topics including alcohol and drug responsibility, mental health support, Isla Vista safety, diversity/inclusivity, sexual assault prevention, bystander intervention and campus/community resources.

Orientation Presentations

First year students, transfer students and parents who attend Orientation events hear direct messages from UCSB administrators and staff about alcohol and drug use, Isla Vista safety information, campus resources, 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. The Division of Student Affairs staff participate as facilitators of the "Your Student's First Year Experience" presentation offered to parents as an additional orientation opportunity.

"Making the Most" Workshop

This interactive workshop is required of all incoming students who attend summer orientations to help new students transition to the campus environment by presenting resources and allowing them to hear experiences from current Gauchos. 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.

Convocation Message

Normative, civility, and Isla Vista safety messages have been incorporated into New Student Convocation since fall 2000.

Parent Education on Alcohol and Drugs

In addition to Orientation programming, articles and resources are published in monthly parent newsletters to help parents recognize and intervene if their children exhibit signs of alcohol or drug problems. Various UCSB websites are regularly updated to include articles that educate parents and UCSB staff welcomes communication with parents and family members around topics involving alcohol, drugs and other addictive behaviors, while respecting student confidentiality protocols and procedures.

Weekly E-Newsletters

Weekly e-mail newsletters are sent to UC Santa Barbara students, campus members and community members from several departments within the Division of Student Affairs. These newsletters include information on alcohol and other drugs safety, wellness resources and other wellbeing resources and is thematically designed to supplement information about campus programming and alternative substance-free activities.

Life of the Party

Life of the Party (LOTP) is a UC Santa Barbara student group that encourages safe socializing and offers resource information for students should they choose to use substances. The Life of the Party Peers provide virtual and in-person education: tabling at events when possible, outreach/zoom presentations, written educational materials (brochure, newspaper articles) and online information (social media, email). LOTP provides harm reduction tips, safety information, resources and connection to campus partners as part of the prevention efforts and programs on campus and in the community.

Gauchos For Recovery

Gauchos for Recovery (GFR) is a peer-driven UCSB program that provides a safe, supportive, and engaging environment for students in recovery or seeking recovery from substance use disorders and addictive behaviors. GFR supports students engaging in any recovery pathway they choose. Additionally, GFR supports students who have been directly or indirectly affected by the substance use of friends or loved ones, and we work to create a recovery-ready campus community. The GFR program is centered around 6 main elements: A community of supportive peers, recovery oriented meetings and events, opportunities for leadership and service, a recovery-friendly space, peer and professional Support and community harm-reduction services.

Naloxone (Narcan) Overdose Prevention Program

The UCSB Gauchos For Recovery Program launched a comprehensive effort to provide free education and training workshops regarding the use of Naloxone (Narcan) as an overdose prevention tool. Gauchos For Recovery has been able to obtain free Naloxone medication kits through a statewide grant/program and is therefore able to offer these kits at no cost to students and campus staff. Additional resources are made available to community members as supplies allow. Significant outreach and education is offered at regular tabling events on campus and in Isla Vista.

"Just Call 911" Campaign

The Just Call 911 campaign is a safety initiative offered by Life of the Party peer educators to encourage students to call 911 and/or emergency responders when involved in, or witnessing, an alcohol and/or drug related emergency. Life of the Party interns work with UC Santa Barbara 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 about the Student Code Of Conduct "Responsible Action Protocol" that states that the welfare and safety of the students and the community is the priority and that calls made for the safety and well-being of others will likely not result in disciplinary action from the University.

Alcohol and Drug Education for Fraternity and Sorority Members

UCSB staff and peers develop presentations and workshops designed for the Greek community regarding alcohol and drug education, safety and supportive services. The UCSB Office of Fraternities and Sororities schedules these trainings, and additionally requests services for chapters/houses that are identified as needing more support.

Tobacco/Nicotine Cessation and Education

UC Santa Barbara actively provides tobacco/nicotine education in health education classes, informational tabling fairs, and special events. All University of California campuses, labs, and centers have Smoke-Free and Tobacco-Free policies. UCSB offers free Tobacco Cessation counseling support as well as nicotine replacement products.

Alcohol and Drug “Town Hall” events

UC Santa Barbara periodically organizes Town Hall style events throughout the academic year for students, faculty, staff, university police and community members to engage in educational forums on substance use issues that are affecting all members of the campus and community.

Peer Education Network (PEN)

UC Santa Barbara campus prevention partners created the PEN program to coordinate consistent training, messaging and collaborative educational programming across Student Affairs peer health education and advocacy programs.

Isla Vista Coalition for Health Communities (IVCHC805)

IVCHC805 is a community-wide coalition of educational institutions, health-related agencies, non-profit community organizations, local law enforcement, media partners, faith-based organizations, local businesses, students, parents and community members funded by the federal Drug Free Communities Grant. IVCHC meets monthly to guide the **vision**: a diverse inclusive, multi-generational beachside community that supports healthy lifestyles, personal and community responsibility and safe choices regarding substance use, and **mission**: to enhance quality of life in Isla Vista and surrounding communities through education and collaboration that increase resiliency factors in children, young adults, and families and reduce high risk substance use factors.

In October 2019, the IV Coalition for Health Communities received the 5-year federal grant to implement Coalition substance use community prevention and education efforts. The grant is eligible for a 5-year renewal.

UCSB Health & Wellness Program

The UC Santa Barbara 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.

Licensee Education on Alcohol and Drugs (LEAD) Training

UC Santa Barbara 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.

Campus and Community Safety Information

UC Santa Barbara Division of Student Affairs 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.

Recommendations are regularly offered by The UCSB Division of Student Affairs, Associated Students, and the Dean of Students regarding “keeping it local” so that out of town guests are dissuaded from attending UC Santa Barbara and Isla Vista events. The IV Community Services District collaborates regularly with UC Santa Barbara to promote safety and available resources.

Mental Health Advisory Board (Santa Barbara City College)

UC Santa Barbara participates in this Advisory Board chaired by SBCC that meets quarterly to address mental health and substance use safety initiatives for the community.

Isla Vista Safe Meetings

UC Santa Barbara regularly participates in safety meetings with representatives from the Isla Vista Foot Patrol, Santa Barbara County, UC Santa Barbara Police Department and Santa Barbara City College. The meetings focus on improving 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.

Licenses to Sell Alcohol in Adjacent Community

UC Santa Barbara, 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: (IVCN)

The IVCN is the longest running community network meeting in Isla Vista. The UC Santa Barbara 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 UC Santa Barbara Division of Student Affairs staff serve on the Fighting Back Santa Barbara Steering Committee which is a long-standing county coalition that 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.

Academic Classes

Education 191W: 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, responsible use of alcohol/drugs, and wellness. Life skills include emotional, cognitive and interpersonal behaviors that enhance well-being.

INT 10-Transitioning to Academic Excellence: This course bridges the experiential and cognitive transitions necessary for academic success. Lectures involve professional staff and peers who introduce students to the supportive health and wellness resources and services that are available on the campus, including substance use safety, mental health resources and general wellbeing services.

GGSE: CNCSP 291B: Substance Use Disorders and Other Addictive Behaviors: This course was created and taught by UC Santa Barbara clinical staff and offered for the first time in Spring 2020. The course offers graduate students in the Gevirtz Graduate School of Education: Counseling, Clinical and School Psychology Program the opportunity to gain skills and education regarding the prevention and treatment of substance use disorders and other addictive behaviors. The course is designed to meet the requirements for licensure as a psychologist in the State of California.

Intervention & Counseling

Individual Counseling

UCSB clinical counseling staff provides free and confidential support to students who seek, or are referred to, services for themselves or who are concerned about someone'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).

Evidence-Based Practices: Harm Reduction Approach and Brief Motivational Interviewing The Harm Reduction approach, combined with Brief Motivational Interviewing, continues to be the guiding framework of the UC Santa Barbara intervention strategies to reduce high-risk drinking and unsafe substance use among students. 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 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 UC Santa Barbara, the staff regularly train faculty, staff, Student Health practitioners, counselors, athletic coaches, resident directors, health educators, teaching assistants and Graduate Division advisors to integrate the harm reduction philosophy and implement motivational interviewing techniques into their interactions with students.

College Alcohol & Substance Education Program (CASE)

The CASE Program is an early intervention program created by the UC Santa Barbara Alcohol and Drug Program in 2007 to help college students develop the skills necessary to incorporate safe choices and responsibility regarding substance use for themselves, their friends and their community. 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. CASE also educates college students who choose to use substances to do so with the least possible risk and harm and learn how to estimate their blood alcohol concentration (BAC), prevent blackouts, how to respond to alcohol and drug emergencies and how to practice effective bystander intervention strategies.

On Call / SBIRT (Screening, Brief Intervention, and Referral to Treatment)

UC Santa Barbara implements the SAMHSA endorsed practices of screening, brief intervention and referral to Treatment Program for services at Student Health, the Counseling and Psychological Services department and The Student Mental Health Coordination Team. This approach is intended to capture the potential for a “teachable moment” regarding alcohol/drug use, related mental health concerns and possible negative consequences that 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 (SMHCS) / Distressed Student Protocol UC Santa Barbara has a non-confidential collaborative approach to identifying and responding to students in distress, including students who may be using alcohol and/or drugs. Student Mental Health Coordination Services meets weekly with campus partners to review student cases that have been referred to this non-confidential team by roommates, friends, faculty, family, staff, law enforcement, or other sources. Referrals are frequently made to UC Santa Barbara’s Alcohol & Drug Program, Social Work Team, psychiatry team, Counseling and Psychological Services, Disabled Students Program and other campus resources for assessment and follow-up. SMHCS also may refer students to off-campus inpatient and out-patient treatment programs or to long-term counseling with specialists in the community.

UC Santa Barbara Social Work Service (Student Health)

All UC Santa Barbara 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

UC Santa Barbara ADP periodically collaborates to organize screening opportunities on campus and in the Isla Vista community to provide students with some self-assessed information about substance use. UC Santa Barbara often participates in the National Alcohol Screening Day program, recommended by 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

UC Santa Barbara regularly develops support groups to meet the needs of students. Examples include: The Family and Relationships Group and the DBT Skills and Awareness Group.

Recovery Services

In Fall 2012, The Alcohol & Drug Program launched its collegiate recovery program along with the student organization Gauchos in Recovery (GFR) 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. GFR is part of a growing national movement to support college students in recovery from addiction. UCSB has been an innovator in the field, and has been used as a model of best practice in the UC system and nationally. GFR recovery meeting offerings include a Women's meeting, a Rainbow Recovery Meeting and an open recovery meeting for Graduate and Non-Traditional students. Attendance at all meetings has

continued to grow. An annual Recovery Week is organized each year that offers a week of events focused on awareness and stigma reduction. GFR hosted the first annual UC Collegiate Recovery Retreat in Nov. 2017, and again in February 2024 which brought together students and staff from each of the 10 UC campuses and the Office of the President to share ideas, resources, and trends in the collegiate recovery field.

Environmental Strategies

Promotion

UCSB Alcohol & Drug Program Website

The UC Santa Barbara Alcohol & Drug Program was launched in 2006 to highlight program initiatives, policies, and information relevant to the entire UC Santa Barbara community including students, parents/families, staff and faculty. The website is regularly updated to reflect the most current information.

Mental Health Task Force / UCSB Wellbeing Website

The UC Santa Barbara Office of the Vice-Chancellor for Student Affairs created a campus-wide Mental Health Task Force that meets quarterly to evaluate current resources and supportive services for students, and makes recommendations for improvement of service offerings as needed. The Mental Health Task Force initiated the development of a “Wellbeing” website that offers comprehensive and easy-to-navigate resources for campus resources.

Community Education Efforts

UC Santa Barbara works collaboratively with 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

UC Santa Barbara students turning 21 receive an e-mail from the Vice Chancellor for Student Affairs containing happy birthday wishes, encouragement to celebrate responsibly and a safety video created by the Life of the Party student peer program.

Social Media and Community Media Outlets

UC Santa Barbara campus partners regularly provide social media announcements regarding campaigns, safety and prevention efforts and alternative events. UC Santa Barbara regularly provides press releases to both campus and community media which has resulted in an effective partnership between the campus and community safety efforts.

UCIV

UCIV is a student-initiated, volunteer program established by UC Santa Barbara Associated Students (A.S.) Public Safety Commission to facilitate public safety and well-being and to impact culture change in Isla Vista. UCIV organizes and trains 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.

Halloween

Since the late 1980s, UC Santa Barbara 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, the campus administration restricted public parking on campus while still offering UC Santa Barbara students special Halloween permits to park their cars on campus during the Halloween weekend. This has facilitated the clearance of cars from many Isla Vista streets 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 the Associated Students Program has worked collaboratively with students to revise 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. UC Santa Barbara 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 has been an annual “non-sanctioned” street party/event that has taken place early in April 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. Additional street closures and parking regulations have been implemented over the years to limit crowds. 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.

Extravaganza

Extravaganza is an annual UC Santa Barbara music festival organized by Associated Students Program Board and held in Harder Stadium towards the end of each Spring Quarter. As of 2011, the festival policies changed and entrance to the concert is restricted 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 campus organizations offer water, snacks and safety information.

Enforcement of Policies/Laws

Campus Extension of Jurisdiction

UC Santa Barbara has continued to apply extension of jurisdiction over student conduct in cases where UC Santa Barbara 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.

Public Safety

The Isla Vista Foot Patrol, jointly staffed at times by the Santa Barbara County Sheriff's Department, the California Highway Patrol, and UC Santa Barbara Police Department, 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.

UC Santa Barbara Community Service Organization (CSO)

The CSO Escort Program, operating under the UC Santa Barbara Police Department, is a free 24/7 "buddy system" service provided to all students, faculty and community members that offers assistance in returning to residences or safe destinations.

Social Host Liability Ordinance

In Spring 2010 a social host liability ordinance was passed in Santa Barbara to hold 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.

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.

Keg Tracking

Isla Vista community groups and UC Santa Barbara administration requested that the State Alcohol Beverage Control Agency institute a robust and 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

Law Enforcement Relationships and Communication

UC Santa Barbara Division of Student Affairs facilitates the fostering of relationships between students and Isla Vista Foot Patrol through participation in town hall meetings, hosting of student focus groups, and collaboration in educational presentations and workshops.

Alternative Events

Alcohol-Free Event Promotion

Alcohol-free events are regularly promoted through the UC Santa Barbara daily newspaper The Daily Nexus, the Associated Students' Bottom Line publication, KCSB radio and the Santa Barbara Independent. Additional alcohol-free event information is provided through Shoreline, the campus event system, campus announcements, social media sites for campus and community organizations and the IVCHC805.

Late Night Alternative Social Programming

UC Santa Barbara's Student Engagement and Leadership-SEAL) 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 SEAL to present and promote safe, alternative events.

Major Event "Alternative Programming"

Beginning in 2014, 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 only available to UC Santa Barbara students. These initiatives have been very successful in reinforcing the "keep it local, keep it safe" messaging that campus and community have 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 UC Santa Barbara 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 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.

Evaluation/Reports

Students

Collaborative efforts are implemented throughout campus departments to evaluate the effectiveness of prevention and education programming and to identify opportunities for increased and improved implementation of the health promotion and risk reduction strategies.

Campus-wide Assessment

National College Health Assessment (NCHA)

(information offered in "Research and Assessment" section above)

Identified Population Assessments/Surveys:

Gaucha FYI Surveys

During Fall Quarter, all first year and incoming transfers students are required to complete the Gaucha FYI in-person presentations. At the conclusion of each Gaucha FYI session, completion of an online survey is required of all attendees in order to determine the effectiveness of the workshop and the knowledge gained about campus culture, safety and resources. During Spring Quarter each year, responses are evaluated and revisions/updates are implemented accordingly.

Alcohol & Drug Program "CASE Program" Surveys

At the conclusion of each 4 week session of the CASE Program, the Alcohol and Drug Program administers an online survey to evaluate knowledge gained and potential utilization of resources and risk reduction strategies. During Summer Quarter each year, the responses are evaluated and curriculum revisions/updates are implemented accordingly.

Fraternity and Sorority "Standards of Excellence-SOE" Presentation Surveys

At the conclusion of each Fraternity/Sorority workshop, staff administer an online survey to all attendees to evaluate knowledge gained and potential utilization of resources and risk reduction strategies. The survey responses are evaluated throughout the year and workshop information is updated and revised accordingly.

Student Affairs Divisional Annual Report

Every Spring, the Division of Student Affairs highlights an aspect of campus collaboration and publishes an annual report that offers evaluation, survey and assessment results from each department/program within the Division.

Health and Wellness

The Health and Wellness Program creates and implements assessments and surveys throughout the academic year to evaluate the health and well-being of UCSB students and to implement services and resources accordingly.

Conclusion

Program Strengths for this Biennial Review July 2022-June 2024.

Telehealth Services

As a result of the COVID-19 campus closure in March 2020, the campus programs that are in place to support the ongoing substance use counseling, prevention and education programs were required to shift the delivery of services to a “telehealth” model and continue to provide these options. A hybrid model of services continues to be available to students and community partners.

Program Expansion and Community Collaborations: UC Santa Barbara continues to develop and implement comprehensive programs and initiatives that have increased access to prevention information and education for all campus members and an expanded community population. UC Santa Barbara is committed to community collaboration and allocates time and resources to maintain its relationship with agencies and departments such as 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, Santa Barbara City College, Council on Alcoholism and Drug Abuse, Santa Barbara Neighborhood Clinics, Fighting Back Coalition, St. George Youth and Family Center, Isla Vista Community Services District, Opioid Safety Coalition and a variety of other community coalitions and non-profit agencies.

Counseling and Support: UC Santa Barbara is committed to providing quality therapeutic and psychological services regarding substance use and other addictive behaviors. Additional support and strategies to address digital wellness, screen use and other internet related behaviors have been implemented.

Education/ Outreach: UC Santa Barbara staff continue to expand the outreach opportunities to provide guest lectures, student workshops and staff trainings on campus and in the community and regularly organizes local and national experts to provide lectures and participate in panel discussions. In addition, UC Santa Barbara staff contributes to the field by offering presentations and workshops at regional, state and national conferences.

Evaluation Efforts: UC Santa Barbara is increasing the inclusion of assessment surveys and evaluation strategies into its prevention efforts. The Student Affairs Annual Report regularly incorporates evaluation results from prevention efforts that are implemented throughout the division.

Student Involvement: In addition to the many peer educator programs affiliated with programs throughout the campus, UC Santa Barbara has developed a unique collaborative peer association called Peer Education Network (PEN) which serves as an opportunity to cross-train over 200 peer health educators who play a large role in determining how alcohol and drug prevention and other health and well-being education is delivered to the campus and the Isla Vista community.

Targeted Outreach to High Risk Areas of Campus: The UCSB Division of Student Affairs works to identify areas of campus in need of additional outreach and education. Gauchos for Recovery operates the Naloxone Overdose Prevention Program to provide free education and training workshops regarding the

use of Naloxone (Narcan) and provide these kits at no cost to students and campus staff and community members as supplies allow.

Recovery Services: The Gauchos for Recovery Program has expanded its outreach over the 2022-2024 academic years. GFR is available to assist students in recovery, contemplating recovery and/or supporting someone in recovery. Weekly support meetings have expanded to include more students from marginalized communities, and peer-led coaching and professional counseling is available to students. The Gauchos For Recovery Program has taken the lead on the “harm reduction” strategies for the campus and the Isla Vista community and implemented a significant overdose prevention programs, including the distribution of free Naloxone (Narcan), that serves as a model for other UC campuses.

Recommendations for Improving UC Santa Barbara Drug and Alcohol Prevention and Intervention Programs –

- Continue the collaborative “Alcohol and Drug Work Group” meetings, organized by the Policy Coordinator in the Office of the Vice Chancellor for Administrative Services, to regularly review and update UC Santa Barbara substance use policy and implementation guidelines, and collaborate on preparation of Biennial Review.
- Collaborate to strengthen the reach and impact of the UC Santa Barbara Mental Health Task Force to continue to educate the campus and community about available resources for students needing support for substance use and mental health concerns.
- Expand existing campus surveys, and consider developing specific surveys, to evaluate awareness and utilization of substance use and addictive behaviors supportive resources, with a particular focus on expanding data/information regarding faculty, staff and graduate students.
- Increase awareness and availability of substance use and other addictive behavior assessments, screenings and resources for UC Santa Barbara employees and students
- Increase guidance and awareness of inclusivity for non drinkers in planning on and off campus events.
- Increase faculty and TA awareness of warning signs in students and knowledge of suitable resources.
- Increase the use of science-based prevention strategies on the UC Santa Barbara campus and in the Isla Vista community
- Continue to promote the important concept of Harm Reduction as a systemic approach to the health and safety of the student population as well as the entire campus community.
- Continue to expand and diversify the programs that address the unique needs of specific populations,

such as first year students, transfer students, graduate students, BIPOC students, LGBTQI+ students, athletes, students in recovery and fraternity and sorority members.

- Increase the involvement of UC Santa Barbara students in workgroups and other ongoing groups that meet to discuss and determine priorities for prevention and education.
 - Develop and disseminate additional information to educate parents about ongoing and current issues in the field of alcohol and drug prevention and intervention in the college environment. Encourage consistent communication between parents and students around issues involving alcohol, drugs, addictive behaviors, peer pressures and community and personal responsibility.
 - Improve upon the existing collaborations among campus and Isla Vista based agencies to increase safety
 - Maintain and monitor methods of distribution for DFSCA required "annual notification of Substance Abuse Policy and Implementation Guidelines" for all UC Santa Barbara employees and students
 - Continue providing the option of ongoing "telehealth" services for substance use and mental health prevention and intervention programs.
 - Continue to actively address the public reputation of UCSB and address the concern of a "party school" reputation by promoting excellence in educational pursuits and achievements as well as actively disseminating information to the media regarding innovations to maintain a safe and healthy campus and local community.
- Continue to develop and implement consistent methods for evaluating resources to determine program effectiveness and efficiency and to develop informed recommendations for program improvement.

Distribution List for 2022-2024 Biennial Review

The following departments and staff receive a copy of this Biennial Review

Office of the Chancellor (Interim) – David Marshall
Office of the Vice Chancellor-Administrative Services - Garry Mac Pherson
Office of the Vice Chancellor-Student Affairs (Interim) - Michael M. Miller
Office of Governmental Relations - Kirsten Zimmer Deshler
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