



UNIVERSITY OF MARYLAND

OFFICE OF THE VICE PRESIDENT FOR STUDENT AFFAIRS

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William Montgomery
Chair, University Senate
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Campus

Dear Dr. Montgomery,

Thank you for sharing the recommendations from the Senate Student Conduct Committee (SCC) related to the Proposal on Discipline and Calls for Emergency Medical Service (Senate Document Number 07-08-20). I appreciate your request for my thoughts on how best to address these recommendations.

The SCC has conducted a thoughtful review of a complex issue and I commend them for this work. I have asked staff in the Division of Student Affairs to carefully review their recommendations. Below I provide an update to you on the status.

Ascertain which recommendations of the Alcohol Task Force have been implemented to date.

One of the primary outcomes of the Alcohol Task Force was to recommend the creation of an ongoing Alcohol Coalition and to hire a full time coordinator of alcohol programs to move forward with a comprehensive strategy toward alcohol education and abuse prevention. These steps have been taken. The Coalition has assumed the responsibility to define priorities and recommendations for ongoing work. The current status of this work is reported in Attachment A.

Conduct or work with the Alcohol Coalition to conduct a survey to determine students' awareness of, and reaction to, suspected alcohol poisoning.

We would be happy to proceed with collecting this data. Based on the SCC's recommendation we inserted two questions in a general health survey currently underway. Results should be available by June. The sample consists of approximately 4,000 randomly selected undergraduate and graduate, degree seeking students on campus. The two questions are:

- "I am confident I could identify the warning signs of alcohol poisoning." (Strongly agree to Strongly disagree)
- "If you were worried about a friend's health or safety after they have been drinking, would you seek immediate help (i.e., 911, University staff member, or medical attention) for that person?" (Yes or No)

We also examined existing data sources about alcohol related behavior among our students. Among a variety of existing survey results, one study called "Peers as Family" asked eight questions about help seeking behavior. This recently completed, longitudinal research project applied interventions and followed approximately 500 freshmen living in selected wings of residence halls for one year. Funded by a National Institute on Alcohol Abuse and Alcoholism grant the project was led by the Department of Public and Community Health with assistance from the Department of Resident Life. The results generally indicate that these students find it acceptable to get help when someone has had too much to drink, and are somewhat neutral about whether getting in trouble would play into their decision to seek help. These survey results are shown in Attachment B. We will examine the results of the survey currently underway, in conjunction with the Peers As Family data, to determine if any additional surveying is warranted.

Investigate the feasibility of an anonymous campus "hot-line" for reporting suspected alcohol poisoning.

Students can currently call the University of Maryland Police Department at (301) 405-3555 and report a suspected case of alcohol poisoning without leaving their name and contact information. The Department will dispatch an officer to the location identified, and under normal circumstances have no need to try and track down the caller.

Additionally students can call an After Hours NurseLine (301) 314-9386 offered by the Health Center which is available whenever the Health Center is closed. The line is staffed with a team of experienced registered nurses who can respond to questions about alcohol poisoning. A student UID must be provided to use this service.

While neither of these phone lines are anonymous they both provide access to professionals late at night or early in the morning who can help. Our educational effort will include publicizing these phone lines to our students.

Develop or work with relevant campus or student groups to develop an educational tool such as a "business card" or magnet containing relevant information on the signs of alcohol poisoning and appropriate sources of help for distribution during the upcoming academic orientation period (Fall 2008).

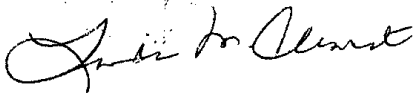
This is an excellent suggestion and we will take steps to implement it. Educating students about the signs of alcohol poisoning is an essential task and work has already begun. We have initiated an ad campaign in the Diamondback (attachment C includes two examples of these ads) and posters have been created and displayed in residence halls, Greek houses, and various departments on campus, including Resident Life, Student Conduct, Campus Recreation Services, University Health Center, UM Shuttle, and the Office of the Vice President for Student Affairs. We will engage the Alcohol Coalition on this matter and identify an educational campaign to continue conveying the important message around the signs of alcohol poisoning during the Fall 2008 Semester.

Examine the appropriateness of current penalties for alcohol violations imposed by Resident Life on residents of University-based housing.

A subcommittee of the Alcohol Coalition examined the penalties for alcohol violations in Resident Life, Office of Student Conduct, and Fraternity and Sorority Life. The UM Police also participated in this review. All policies practice progressive discipline, have a learning/developmental dimension, recognize the severity of violation, and are applied consistently within their respective domains. Resident Life has developed its policy over many years and it is appropriate for the residential environment. The policy recognizes that there is a hierarchy to potential harm due to alcohol use, with physical danger at the top. They apply sanctions consistent with the level of potential harm. This academic year, a new educational intervention has been added consisting of an on-line self assessment called eCHUG and required face-to-face alcohol counseling session for the majority of alcohol violations in the residence halls.

I hope this provides adequate feedback to your request. I or my staff would be happy to provide additional information or answer other questions if you would find that helpful.

Sincerely,



Linda M. Clement
Vice President

cc: Warren Kelley

Attachment A

Summary of Alcohol Education and Prevention Efforts University of Maryland, College Park February 2008

The University of Maryland continues to make considerable efforts across all levels of the institution to educate our students about the dangers of high-risk drinking. Maryland has taken a collaborative approach to address alcohol issues at the University. The University of Maryland Alcohol Coalition meets on a regular basis to discuss alcohol prevention, education, enforcement, and programming efforts at the University. Through the collaborative work of students, community members, and University staff from multiple offices and departments, the Coalition has developed the predominate goal of reducing the harmful effects of alcohol to self and others for the Maryland community. This goal underlies all of the education and prevention efforts at College Park.

STAFFING

The University of Maryland employs four full-time staff working in alcohol education, prevention, and treatment. These positions work within the Division of Student Affairs at the University Health Center but work with many other offices across the institution.

- Coordinator of Campus Alcohol Programs
 - Co-Chair University of Maryland Alcohol Coalition
 - Develops campus level marketing campaigns and programs around alcohol
 - Studies national efforts and trends in alcohol education, prevention, and policy
 - Directs AlcoholEDU program and Healthy TERPS Project at the University
- Coordinator of Substance Abuse Prevention Programs
 - Coordinates Terps CHOICES Program, a peer education program that educates students about alcohol, tobacco, and other drug issues
 - Develops campus level large scale initiatives such as Alcohol Awareness Week
- Coordinator of Substance Abuse Treatment Programs
 - Meets with students who desire on-going alcohol and other drug treatment
 - Coordinates Prince George's County Diversion Program
 - Coordinates Substance Abuse Intervention Program at the University Health Center
- Healthy TERPS Program Coordinator
 - Meets with students referred for Healthy TERPS Meeting, a one-session brief motivational interview aimed to reduce high-risk drinking at Maryland
 - Markets eCHUG online education tool, which provides an assessment and specific feedback about the user's alcohol use
 - Supervises Healthy TERPS Graduate Assistant

The University also employs a number of other personnel who work in alcohol education, prevention, and treatment as part of their daily responsibilities

- Healthy TERPS Graduate Assistant – 10 hours per week
 - Meets with students referred for Healthy TERPS Meeting, a one-session brief motivational interview aimed to reduce high-risk drinking at Maryland
 - Markets eCHUG online education tool, which provides an assessment and specific feedback about the user's alcohol use
- Staff of University Health Center Mental Health Unit
- Staff of University Counseling Center

ASSESSMENT

The University uses a number of different tools that collect information about the alcohol use and behavior of our students.

- AlcoholEDU for College – online alcohol education and feedback tool
 - Administered to all first-year students during the Fall Semester
 - Collects data on students perceptions of the alcohol environment at college and the potential impact of alcohol on their college careers during the summer before they arrive on campus
 - Later collects data about their experiences with alcohol after several weeks of the fall semester; this occurs approximately one-month into the first semester.
- National College Health Assessment – Online General Health Survey
 - Administered to random sample of students during Spring Semester
 - Includes ten questions addressing alcohol use and perceptions of the use of other students
- Peers as Family Project – NIAAA Grant Funded research project
 - Administered Fall 2006 through Spring 2007 to sample of first-year students
 - Researched effect of three different alcohol workshops on students behaviors and perceptions around alcohol
- Center for Substance Abuse Research (CESAR)
 - Dedicated to addressing the problems substance abuse creates for individuals, families, and communities
 - Mission is to inform policymakers, practitioners, and the general public about substance abuse—its nature and extent, its prevention and treatment, and its relation to other problems
- Healthy TERPS Project – US Department of Education Grant funded project
 - Administered Fall 2007 through Spring 2009
 - Assessing longitudinal efficacy of motivational interview and eCHUG on drinking behavior
 - Conducted in conjunction with Pacific Institute of Research and Evaluation (PIRE)

PREVENTION / EDUCATION

Throughout the University, Maryland students are hearing positive messages about alcohol. Efforts towards education and prevention have been made by various campus offices, including, but not limited to the University Health Center, Resident Life, Fraternity and Sorority Life, Student Life, and the University of Maryland Alcohol Coalition, among others. By providing multiple and consistent messages about alcohol, the University is attempting to change the culture around drinking at Maryland.

I. AlcoholEDU

Based on the recommendation of the 2004 University of Maryland Alcohol Task Force report, the University contracted with Outside the Classroom, Inc. to provide AlcoholEDU for first-year students at Maryland. AlcoholEDU is an online alcohol prevention program with the goal of primary prevention. Students spend two to three hours in the online education course and receive information about how alcohol impacts the body, blood alcohol concentration, and protective strategies if the individual chooses to drink. Students complete the educational component of the course during the summer prior to their first year at Maryland, and complete a later follow-up survey after 4-6 weeks of the fall semester.

To date, approximately 10,500 Maryland first year students have completed AlcoholEDU for College. The University is committed to providing this educational opportunity for our students for the foreseeable future.

II. Terp C.H.O.I.C.E.S. Programs (Choosing Healthy Options in the College Environment Safely)

The Terp CHOICES program provides peer education around alcohol and other drug issues. Student peer educators provide programs to various campus constituents and student groups throughout the year. The CHOICES peers are supervised by the Coordinator of Substance Abuse Prevention Programs and are based in the Health Promotion Unit of the University Health Center.

****(Fall 2006 - Spring 2007)****

The Terp C.H.O.I.C.E.S. (Choosing Healthy Options in the College Environment Safely) peer education program offered 75 outreach programs that reached 1,779 students. The Terp C.H.O.I.C.E.S. program covers topics that include high risk alcohol use, drug use, low-risk decision making, warning signs of alcohol and drug abuse, warning signs of alcohol poisoning, alcohol and sex, predatory drugs, current drugs trends on campus, and resources for seeking help for family, friends, or for one's self. The peer education program is designed to provide this information in a non-biased, non-judgmental way. The Terp CHOICES peer educators have received positive evaluations during both the fall and spring semesters.

The Terp CHOICES peer educators staffed 8 special events and served a total of 3,480 members of the campus community. These events included New Resident Orientation, the First Look Fair, the All Nighter, Alcohol Awareness Week, the Terp Wellness Expo, Alcohol Screening Day, Maryland Day, and an alcohol free luau for North Campus residents. The peer educators collaborated with Alpha Nu Omega sorority and the Department of Public Safety to host Alcohol Awareness Week. 675 students participated in Alcohol Awareness Week activities. During the week Terp CHOICES hosted an alcohol education speaker, a free mocktail bar, and a drunk driving simulator with beer goggles and golf carts. Terp CHOICES peers in collaboration with the Health WORKS peer educators reached approximately 100 students at the All Nighter by hosting a healthy happy hour and staffing a tiki bar and served mocktails.

****(Fall 2007)****

During the Fall 2007 semester, the Terp CHOICES peer educators facilitated 42 presentations to approximately 1,180 students (700 UNIV, 200 Greek, and 280 enrolled in Health 140 classes). The peer educators staffed three campus wide events, which included a Healthy Happy Hour for the campus All Nighter, the First Look Fair, and the Terps Wellness Expo. At each of these events, the peer educators facilitated interactive activities and provided information about the effects of alcohol on the body and information about low risk drinking behaviors to minimize negative consequences as a direct result of alcohol use. For the second year, the Terp CHOICES peer educators successfully collaborated with Alpha Nu Omega sorority and fraternity and the Department of Public Safety to host events for Alcohol Awareness Week.

III. Healthy TERPS Program

The Healthy TERPS Program is funded by a United States Department of Education grant to combat high-risk drinking. The university is working in conjunction with the Pacific Institute of Research and Evaluation to implement and evaluate this project. Students are referred into the program from a number of ways. The Department of Resident Life is sanctioning the majority of first time offenders of the alcohol policy to the program as part of their educational sanction. Students are also referred through the University Health Center if they screen as high-risk drinkers in the past two weeks. High-risk is defined by the nationally accepted standards of having 5 or more drinks in one sitting for men, or four or more drinks in

one sitting for women over the past two weeks. Other referrals may come from Fraternity and Sorority Life, the Office of Student Conduct, and students can also self-refer themselves into the program.

The educational component of the program consists of students completing eCHUG (electronic Check-Up to Go), an online assessment and feedback tool which provides students personalized feedback about their alcohol use as compared to other Maryland students. Following the completion of eCHUG, students sit down with the Healthy TERPS Project Coordinator for a brief motivational interview, a 15-30 minute session which has the goal of reducing the student's consumption of alcohol and, by doing so will also reduce the associated risk of the negative consequences of alcohol.

The program was piloted in the Fall 2007 semester in three residence halls and is being fully implemented in the Spring 2008 semester. The program is currently funded through the Spring 2009 semester.

The Healthy TERPS Program Coordinator also has provided prevention programs to three Greek chapters to date. These programs have focused on the signs and steps to take in the case of suspected alcohol poisoning, the link between alcohol use and decreased academic performance, and general safety information in regards to alcohol. Other presentations about alcohol safety and protective behaviors have been given to Maryland staff and student staff members. Approximately 175 individuals have been served by these programs to date.

IV. eCHUG Program

eCHUG (electronic Check-Up to Go) is an online alcohol assessment and feedback tool that the University is providing as part of the Healthy TERPS Project and a US Department of Education Grant. Based out of San Diego State University and being used at over 400 institutions nationwide, e-CHUG is a "NASPA recognized, evidence-based, on-line alcohol intervention and personalized feedback tool developed by counselors and psychologists at San Diego State University." (www.e-chug.com)

The program allows students to enter information about their own alcohol use, family history, and negative consequences of their drinking. eCHUG then provides feedback to the student about their potential risk for additional alcohol related consequences. It also provides normative feedback about how they compare to other college students, both nationally and at the University of Maryland.

The University is marketing eCHUG as both a stand alone intervention and prevention tool and is using the program as part of educational sanctioning in student conduct cases involving alcohol. To date, over 650 students have completed eCHUG at Maryland since Fall 2007.

V. AlcoholEDU for Parents

In the Fall 2007 semester, the University contracted with Outside the Classroom, Inc. to provide AlcoholEDU for Parents for the parents of incoming Maryland first-year students. Funded from the Office of Parent and Family Matters, the online program provides information for parents about alcohol and the college environment. It also gave tips on speaking with their son or daughter about alcohol and made the entire AlcoholEDU for College course available for review by the parents. This program opened the door to a key stakeholder in working with college students and families about alcohol. To date, over 300 families have taken the opportunity to do AlcoholEDU for Parents to better enable them to speak with their son or daughter about alcohol and to have a better understanding about the current role of alcohol in the college culture.

VI. Peers as Family Project

In conjunction with the project team, the Department of Resident Life completed the Peers as Family (PAF) project with fall 2006 workshops and follow up surveys in Fall 2006 and Spring 2007. The Peers as Family Project was a National Institute of Health (NIH) funded research project focusing on the impact of peer relationships on alcohol use, expectancies, and the negative consequences associated with alcohol.

Five hundred and seventy-six students completed the PAF baseline survey prior to coming to campus in August. Three educational workshops were implemented during the fall semester. One workshop focused on alcohol information and floor attitudes regarding alcohol use behaviors, one aimed at increasing students' skills to refuse alcohol and help those who may have been drinking, and one included a bonding activity for the students on the residence hall floor to help students to improve their alcohol-use decision making skills. A total of 448 students attended at least one of the workshops. 551 students completed the post-workshop follow-up survey in November and 502 students completed a second follow-up survey in February.

As of Spring 2008, the PAF research team has completed process of analyzing all project data to assess the effectiveness of the intervention workshops and to examine differences in alcohol use behaviors by intervention condition. The *Journal of American College Health* has accepted one manuscript for publication and six other manuscripts are in progress to be submitted to journals.

The Department of Resident Life is currently working with Peers As Family to implement a subsequent research project related to one of the interventions used in the first project.

VII. Educational Campaigns

The University has undertaken various educational and prevention campaigns around the issue of alcohol over the past two years. These campaigns ranged in size and scope depending on the topic, budget, and sponsoring office or department. Each campaign attempted to reach the entire student population to promote student safety while using alcohol, correcting students' perceptions of alcohol norms, and increase awareness and education about alcohol-related consequences.

Campaigns have included advertisements in the Diamondback, the University student newspaper; bulletin boards distributed to residence halls and Greek houses, posters, UM Shuttle bus advertising, face to face marketing, and distribution of business card to "club-card" sized educational messages. Specific details about campaigns are outlined below:

- **TerpWiser Campaign**

This is a general theme applied to all events sponsored by the University of Maryland Alcohol Coalition. Developed from student ideas, the campaign centers around promoting healthy and safe behaviors concerning alcohol. Graphic artist hired to create logo for branding of campaign messages.

- **Resident Life Stop Sign Campaign**

Developed in partnership with Public Safety, the Counseling Center, and the Health Center, the Department of Resident Life created and distributed a poster series and flyers created for the 2006-2007 and 2007-2008 academic years. The cost was approximately \$3000 per year and a series of six posters were placed on every residence hall floor and in suites and apartments. The posters were also given to other campus units for display. Over 10,000 students were served with this campaign. Campaign messages centered on alcohol poisoning, legal drinking age, the impact of alcohol on academics, tips for helping others, and protective strategies if one chooses to drink.

- **Serving Size / Standard Drink Campaign**
This campaign had the goal of informing students about standard drink sizes and giving them skills and information so they could make better decisions about their own drinking. By being aware of accepted standard drink sizes, they can better gauge their own drinking and set realistic limits for themselves if they did choose to drink. Posters were placed throughout the University Health Center, and information was also included in bulletin boards distributed to the residence halls advertising the AlcoholEDU program.
- **Blood Alcohol Concentration (BAC) Awareness Campaign**
5,000 BAC cards were distributed across campus with information to allow students to calculate own BAC. Cards also included social normative message about the drinking patterns of Maryland students to correct incorrectly perceived norms of students. This also provided further "branding" of the TerpWiser logo and campaign.
- **Safe Spring Break**
This campaign aimed to educate students about the potential negative effects of alcohol use, especially the high-risk alcohol use associated with Spring Break trips. Posters were placed in residence halls and UM Shuttle Buses.
- **Alcohol Poisoning Campaign – Planned for Spring 2008**
This campaign will educate students about the signs of alcohol poisoning and when 911 should be called to aid a student.
- **Serving Size Campaign – Planned for Spring 2008**
This campaign will inform students about standard drinks and serving sizes in college relevant terms. Using commonly occurring items that students use for drinking, such as plastic Solo cups and others, students will learn how much alcohol is held in each of these commonly used containers.

VIII. Various Educational & Social Programming through Campus Offices and Departments

Various campus offices and departments provide programming to students to address alcohol issues on campus. These programs may be educational in nature or simply provide a social outlet for students as an alternative to parties and alcohol driven functions. The Department of Resident Life, Fraternity and Sorority Life, and Campus Programs each provide valuable educational and social opportunities to Maryland students. Some of these efforts are detailed below:

A. Department of Resident Life (DRL)

In 2006-2007, DRL coordinated almost 2,400 programs and activities for resident students over the course of the year. Programs were divided almost equally between the impromptu (1199 programs) – dinners with residents, campus tours, floor movie/discussion nights – and the planned (1191 programs) with topics including academics, safety, multiculturalism, alcohol/substance awareness, the environment, and sportsmanship. \$10,000 total was given to both sides of campus for community development programs the last two years at the Residence Hall Association's request for an increase in activities and use of cost containment money.

Sample of Alcohol and Other Substance Awareness Programs

- Alcohol Jeopardy
- The Office and Alcohol Awareness
- Mocktails
- Drink Safety- Do You Know What's In Your Drink?
- St. Patrick's Tips and Treats

- Happy Hour
- Root Beer Pong
- Girls Night In
- TV Nights and Alcohol Awareness
- TerPoets!
- Cheers: Party Safe

New Resident Orientation, partnered with Public Safety and the Health Center on an educational program called "Happy Hour" to educate first year students about the implications of alcohol use. Several hundred students attend each year.

Conversations about alcohol use occur on residence hall floors during floor and apartment/suite unit meetings the days that students move into the halls. (Approximately 10,000 students)

Community Staff in a large first year, living learning community (1500 students) have implemented a late night programming series on Thursday or Friday nights once a month that attracts 200-300 students at each event and has reduced the number of alcohol incidents in the community.

B. Office of Fraternity and Sorority Life (OFSL)

Much of the programming done around alcohol education and prevention is done at the individual chapter level within the Greek Community at Maryland. The OFSL requires alcohol service training (TIPS Training) for any chapter wanting to hold social events. It also requires each chapter to provide one educational program around alcohol to its members per year. Additionally, Greek organizations typically work together to bring a national alcohol speaker to campus annually.

The OFSL also provides the Student Affairs Residential Fellow Program in Greek Chapter houses, which puts trained graduate level staff in each chapter house. These staff are responsible for providing developmental opportunities to chapter members and assist with the compliance of rules, policies, and regulations of the members.

C. Campus Programs

The Office of Student Life, through its various student organizations and programming boards, provides hundreds of social and educational programs each year. These programs serve thousands of Maryland students annually and provide a valuable social outlet for our students.

D. University of Maryland Police Department

In 2007, the UMPD held two large-scale alcohol programs, a drunk driving simulator for a Resident Life programming and a large informative event at the Office of Fraternity and Sorority Life Greek Week. In addition, the UMPD has general safety and security presentations that contain messages about alcohol. Over 100 safety and security presentations were held in 2007.

VIII. Alcohol Awareness Week (AAW)

Alcohol Awareness Week is conducted at college campuses across the country each year. At Maryland, the University has sponsored this event to raise awareness of alcohol issues and the related negative consequences of high-risk drinking. Various events are sponsored each year during AAW, including, but not limited to, a drunk driving simulator, mocktail and tabling events, alcohol speakers, and others. In the past, this event has been co-sponsored by Greek organizations, which has greatly increased the support and student attendance.

IX. University of Maryland Alcohol Website

The University is planning a comprehensive alcohol website for the University for Spring/Summer 2008. The website will be a clearinghouse for alcohol related information including alcohol laws and policies, protective strategies for students who choose to drink, upcoming alcohol free programming, and alcohol resources on campus. This website will give students one location they can access to find information and resources.

TREATMENT

The University provides multiple treatment opportunities for students depending on the severity of their problems with alcohol and other drugs.

I. Healthy TERPS Program

The Healthy TERPS Program is funded by a United States Department of Education grant to combat high-risk drinking. The university is working in conjunction with the Pacific Institute of Research and Evaluation to implement and evaluate this project. Students are referred into the program from a number of ways. The Department of Resident Life is sanctioning the majority of first time offenders of the alcohol policy to the program as part of their educational sanction. Students are also referred through the University Health Center if they screen as high-risk drinkers in the past two weeks. Risk is defined by the nationally accepted standards of having 5 or more drinks in one sitting for men, or four or more drinks in one sitting for women over the past two weeks. Other referrals may come from Fraternity and Sorority Life, the Office of Student Conduct, and students can also self-refer themselves into the program.

The educational component of the program consists of students completing eCHUG (electronic Check-Up to Go), an online assessment and feedback tool which provides students personalized feedback about their alcohol use as compared to other Maryland students. Following the completion of eCHUG, students sit down with the Healthy TERPS Project Coordinator for a brief motivational interview, a 15-30 minute session which has the goal of reducing the student's consumption of alcohol and, by doing so, will also reduce the associated risk of the negative consequences of alcohol. The motivational interview has been identified by the National Institute of Alcohol Abuse and Alcoholism as a Tier One strategy for effectiveness among the college population. It is only one of three identified Tier One strategies that have proven to be effective in reducing high-risk drinking among college students. At this time, the program is funded through Spring 2009.

II. Substance Abuse Intervention Program (SAIP)

The Substance Abuse Intervention Program (SAIP) is a six week program offered for students who violate campus alcohol and other drug policies. Students are usually referred to this program from their Resident Director or the Office of Student Conduct as a result of behavioral problems or arrest. Students can also volunteer to attend this program. There is a charge for this program.

The Alcohol and Other Drug Treatment Program is a state certified program for students who are concerned about their use of alcohol or other drugs. Students diagnosed as chemically dependent work with a counselor to develop an individualized program to support their recovery and academic demands.

III. Alcoholic Anonymous Meetings

A local chapter of Alcoholics Anonymous meets in the University Health Center weekly for campus and community members seeking this in their recovery.

IV. DWI / DUI Intervention Program

The DWI Intervention Program provides 12 hours of state approved instruction for people who have received a DUI or DWI citation. These classes are also open to faculty/staff and community members. There is a charge for this program.

IV. Other Treatment

Students seeking treatment or counseling for alcohol related problems can also be seen in the University Counseling Center and the Mental Health Unit of the University Health Center.

ALCOHOL FREE PROGRAMMING

Many campus offices and departments offer alcohol free programming for students at Maryland. This section will highlight programming offered or sponsored by the University of Maryland Alcohol Coalition.

- Implemented Alcohol Education Grants program for students, which provides funding for student initiated programs that support alcohol education and abuse prevention goals. This program has awarded approximately \$9,000 to fund 10 student initiatives between Spring 2007 to Fall 2007. Additional grants planned for Spring 2008.
- *Eppley After Dark* – Late night programming (10p-2a) on high-risk drinking night to provide alternative to alcohol. In first attempt at a program of this type, 230 students attended the program leading the University to continue pursuing these types of events.
- Resident Life, Student Life, Fraternity and Sorority Life, and other various campus offices programming efforts

OTHER

University of Maryland Alcohol Coalition

Based on a recommendation of the 2004 Alcohol Task Force, the University of Maryland Alcohol Coalition was created. The Coalition has broad representation across campus departments, offices, and student representatives. The Coalition meets at least once per semester to discuss strategies toward reducing high-risk drinking on campus. The Coalition includes an Alcohol Steering Committee with key representatives from the Vice-President of Student Affairs Office, University Health Center, Resident Life, Fraternity and Sorority Life, and the UM Police Department, that meets regularly throughout the year to discuss pertinent issues to the Coalition and the campus.

POLICY / ENFORCEMENT

Through consistent education about Maryland's policies and enforcement of those policies, the University can send appropriate messages to students about alcohol at Maryland. Inconsistent enforcement is problematic on many levels, and consistency is stressed among all staff who discuss alcohol policy and violations with students at the University of Maryland. Violations of the Code of Student Conduct, Resident Life's policies and regulations, and the policies of Student Life and Fraternity and Sorority Life are addressed educationally and developmentally. Through sanctioning, students who violate Maryland's rules and policies are provided educational opportunities to enable them to make better decisions in the future.

Maryland's rules and policies are disseminated to the campus community in a number of ways. Each October a campus policy mailer is sent to the entire campus community of approximately 50,000 students, faculty, and staff. This clearly outlines the policy related to alcohol and other drugs as well as available resources on campus. The policy guide is also published on the University Health Center website. The Department of Resident Life, the Office of Fraternity Life, and Student Life also educate their students about their appropriate policies through meetings, distributed materials, and it is posted on their respective websites.

Attachment B

The information provided is made available due to an NIAAA funded project , Peers as Family, (Grant # R01AA015139-01A1). Dr. Bradley Boekeloo, School of Public Health was the Principal Investigator.

	Fall 2006* mean (SD) n=551	Spring 2007** mean (SD) n=502
<p>How often were you taken to the emergency room as a result of my own drinking? ***</p> <p><i>Response options</i></p> <p>0=<i>never</i></p> <p>1=<i>1 time</i></p> <p>2=<i>2 times</i></p> <p>3=<i>3 or more times</i></p> <p>Note: This item was asked of drinkers only. Fall 2006 n=333, Spring 2007 n=289.</p>	<p>.11(.95)</p> <p>(5 were taken to ER at least once)</p>	<p>.02 (.13)</p> <p>(5 were taken to ER at least once)</p>
<p>How often did you get RA/RD assistance (for someone who has had too much to drink)? ***</p> <p><i>Response options</i></p> <p>0=<i>never</i></p> <p>1=<i>1-2 times</i></p> <p>2=<i>3-5 times</i></p> <p>3=<i>6-10 times</i></p> <p>4=<i>more than 10 times</i></p>	<p>.09 (.42)</p> <p>(33 have gotten assistance at least once)</p>	<p>.04 (.23)</p> <p>(18 have gotten assistance at least once)</p>
<p>How often did you call 911 or get emergency medical assistance (for someone who has had too much to drink)? ***</p> <p><i>Response options</i></p> <p>0=<i>never</i></p> <p>1=<i>1-2 times</i></p> <p>2=<i>3-5 times</i></p> <p>3=<i>6-10 times</i></p> <p>4=<i>more than 10 times</i></p>	<p>.08 (.40)</p> <p>(33 have gotten assistance at least once)</p>	<p>.06 (.31)</p> <p>(21 have gotten assistance at least once)</p>
<p>How acceptable is it to get help for someone else who has had too much to drink?</p> <p><i>Response options</i></p> <p>1=<i>unacceptable</i></p> <p>2=<i>somewhat unacceptable</i></p> <p>3=<i>somewhat acceptable</i></p> <p>4=<i>acceptable</i></p>	<p>3.52 (.80)</p>	<p>3.52 (.75)</p>
<p>How acceptable is it to get help from someone else because you had too much to drink?</p> <p><i>Response options</i></p> <p>1=<i>unacceptable</i></p> <p>2=<i>somewhat unacceptable</i></p> <p>3=<i>somewhat acceptable</i></p> <p>4=<i>acceptable</i></p>	<p>3.19 (.94)</p>	<p>3.21 (.88)</p>

<p>Do you agree that if someone needed help because of alcohol use, you could get him/her help from your RA without fear that anyone would get in trouble?</p> <p><i>Response options</i> 1=<i>strongly disagree</i> 2=<i>disagree</i> 3=<i>neither agree nor disagree</i> 4=<i>agree</i> 5=<i>strongly agree</i></p>	3.42 (1.02)	3.45 (1.01)
<p>Do you agree that students on your wing would not like it if you reported another student to the Resident Life staff?</p> <p><i>Response options</i> 1=<i>disagree</i> 2=<i>somewhat disagree</i> 3=<i>neither agree nor disagree</i> 4=<i>somewhat agree</i> 5=<i>agree</i></p>	4.19 (.98)	N/A
<p>Do you agree that if another student on your wing were sick from using alcohol, you would avoid reporting him/her to the Resident Life staff for fear s/he would get in trouble?</p> <p><i>Response options</i> 1=<i>disagree</i> 2=<i>somewhat disagree</i> 3=<i>neither agree nor disagree</i> 4=<i>somewhat agree</i> 5=<i>agree</i></p>	2.99 (1.29)	N/A

- * The Fall 2006 survey was administered from October 30 through November 30.
- ** The Spring 2007 survey was administered from February 24 through March 23.
- *** Students were told to respond to these items based on how often they did the following things since arriving on campus for the *current* academic semester.

**When your friend is in
DANGER,
what are you going to do?**



CALL FOR HELP

OR

DRAW ON THEM



KNOW THE SIGNS OF ALCOHOL POISONING

- Unconscious and can not be awakened, or semiconscious
- Conscious but unable to respond to questions; mental confusion
- Vomiting
- Vomiting while sleeping or unresponsive
- Seizures
- Bluish or Pale skin color; Cold, clammy skin
- Slowed or Irregular Breathing (less than 8 breaths per minute or more than 10 seconds between breaths)

WHAT TO DO:

- Call for Help Immediately
- Stay with the student until help arrives
- Turn student on side to prevent choking
- Don't let them sleep it off - the body may still be processing alcohol and increasing the danger of alcohol poisoning



BE SMART · PARTY SMART

Make wise decisions about alcohol

www.echug.umd.edu



**Unsure? - Call and Ask Someone
301 - 314 - 9386 || X4 - 9386**

The following is a true account of a 19 year old sophomore at the University of Maryland:

One weekend last semester, a group of students from my high school visited the campus. A fellow graduate of mine held a party for our previous classmates and the visiting high school students. While some of the younger students refrained from drinking, others chose to try it. I knew one of the girls who drank that night; she and I are friends, and her drinking surprised me. I attempted to keep an eye on her, but I had some friends in from out of state so I gave the job to one of her friends. I found out later that her "friend" kept handing her shots, excitedly testing her limits. When I searched for her later that evening, she had already left with a friend. I received the phone call the next morning; this phone call changed my life, enlightening me with a hard slap in the face. After leaving the gathering, the young, helpless girl began throwing up- and could not stop. The girl with her, her true friend, immediately called the police. The speaker on the other line informed me that the young girl, after having her stomach pumped and liquid injected into her through an I.V., now slept soundly in the hospital, her parents at her side. days, a constant reminder of my ridiculous ignorance.

I cannot express how often I have replayed that night in my head. How could I have been such an idiot? Why had I not paid more attention and insisted she stop? I had heard similar stories of such terrible disasters before; how could I have been so arrogant as to assume it could never happen to a friend of mine? My conscience tortured me for days, a constant reminder of my ridiculous ignorance. I therefore make this plea, with the utmost sincerity, be if you are a student and are in a similar situation, be smart. Observe what's going on, and never be afraid to speak your mind. Also, don't convince yourself it cannot happen to you or a friend; it absolutely can, and if you're not careful, it might. Most of all, confront your ignorance. You are smart enough to know right from wrong—do not let ignorance of a situation put someone in danger.

SIGNS OF ALCOHOL POISONING

- * Unconscious and can not be awakened, or semiconscious
- * Conscious, but unable to respond to questions; mental confusion
- * Vomiting
- * Vomiting while sleeping or unresponsive
- * Seizures
- * Blush or Pale skin color; Cold, clammy skin
- * Slowed or Irregular Breathing (less than 8 breaths per minute or more than 10 seconds between breaths)

ANY ONE OF THESE IS A WARNING SIGN FOR ALCOHOL POISONING.

IF A PERSON EXHIBITS ANY OF THESE, YOU SHOULD CALL FOR HELP IMMEDIATELY.

WHAT TO DO

- * Call for help immediately
- * Stay with student until help arrives
- * Turn student on side to prevent choking
- * Don't let them sleep it off - the body may still be processing alcohol and increasing the danger for alcohol poisoning.

See How Your Drinking Compares to Other UM Students: www.echug.umd.edu



University Alcohol Centre