

# Western Illinois University: Biennial Review

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**WESTERN  
ILLINOIS  
UNIVERSITY**

Western Illinois University: Biennial Report

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**I. Executive Summary:**

**A. Introduction:**

The Drug-Free Schools and Campuses Regulations requires that an institution of higher education must certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees as a condition of receiving funds or financial assistance under any federal program. Western Illinois University has created the following biennial report to address the alcohol and other drug programs available on campus in addition to their effectiveness, as well as to provide information regarding the current policies and enforcement of those policies.

**B. Scope of Review:**

The review will address the current alcohol and other drug policies on campus, distribution of those policies and enforcement of policies. It will also address the resources available on campus to prevent alcohol and other drug problems on campus, as well as services available to treat alcohol and other drug problems for students and university staff. Data has been collected in a variety of ways to assess the current alcohol and other drug programs on campus, and to evaluate the effectiveness of programs on campus.

**C. General Conclusions:**

Western Illinois University appears to be in compliance with the Drug Free Schools and Campuses Regulations. Western Illinois University continues to find strength in its state licensed Alcohol and Other Drug Resource Center which provides both intervention and prevention services. Western Illinois University continues to offer alternative activities through multiple departments and collaboration with these departments and the Alcohol and Other Drug Resource Center appears to be increasing. Western Illinois University is increasing evaluation of programming to determine whether or not prevention efforts are effective. We have utilized the NIAAA Tiers of Effectiveness in our Biennial Review to determine the type of programs available on campus and to assess whether or not there is room for improvement.

Western Illinois University continues to work towards prevention of alcohol and other drug problems on campus. Despite our strengths, there continues to be room for improvement. Upon completion of the Biennial Review, it was determined that the current alcohol and other drug policies for students and staff may need further review to determine whether or not they

are up to date. Western Illinois University is in the process of reviewing other state university policies to determine benefits of those. The current distribution of the policy is in the process of revision to improve compliance with the Drug Free Schools and Campuses Regulations. It has been discussed to combine the student and staff policy and to distribute through an electronic format similar to our Emergency Alert System to increase compliance.

Western Illinois University has received administrative support in addressing alcohol and other drug use issues on campus. Higher Values in Higher Education 2008-2018 has specifically addressed alcohol and other drug risk reduction as a strategic goal for this university. As part of this goal, the Alcohol and Other Drug Steering Committee was formed. It is the goal of this committee to assess the current status of alcohol and other drug issues on campus, identify any problems that exist and create potential solutions. Unfortunately due to the H1N1 Flu epidemic, this committee essentially dissolved during Fall 2009-Spring 2010 but is currently in the process of being reestablished.

Overall, Western Illinois University continues to be in compliance with the Drug Free Schools and Campuses Act and continues to work towards addressing misuse of alcohol and other illegal substances a priority.

## **II. University Alcohol Policies**

### **A. Introduction:**

#### **Policy on Drug and Alcohol Abuse**

This policy is issued in compliance with the resolution concerning drug and alcohol abuse by faculty, staff, and students adopted by the Illinois Board of Higher Education on May 5, 1987, the Drug-Free Workplace Act of 1988 (PL 100-690), and the Drug-Free Schools and Communities Act Amendments of 1989 (PL 101-226). The purpose of the policy is to inform faculty, administrative staff, Civil Service employees, and students about sources of information regarding the adverse affects of drug and alcohol abuse, to advise them of the counseling and rehabilitation services that are available, and to notify them of the disciplinary actions that may be taken by the University. Copies of this policy and related University guidelines are in the Faculty Handbook and Civil Service Handbook.

#### **Work Environment**

In compliance with the requirements of the federal Drug-Free Workplace Act of 1988 and the federal Drug-Free Schools and Communities Act Amendments of 1989, it is the policy of Western Illinois University that the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance (as defined in Schedules I through V of Section 202 of the Controlled Substances Act, 21 U.S.C. 812) by employees in the workplace is prohibited.

Violations of this prohibition by employees may result in the application of sanctions, including possible required participation in an approved drug abuse assistance or rehabilitation program, referral for prosecution, and up to and including termination of employment under applicable Board of Trustees policies, university policies, statutes, employment contracts, or collective bargaining agreements.

The illegal use of controlled substances can seriously injure the health of employees, adversely impair the performance of their duties, and endanger the safety and well-being of fellow employees, students, and others. Any employee who appears to be under the influence of drugs and/or alcohol while on the job may be temporarily relieved of work responsibilities. When the employee returns for work, the supervisor will review and discuss with the employee the circumstances which caused the supervisor to direct that the employee be temporarily relieved of his/her work responsibilities. Possible outcomes of this discussion and review may include a recommendation that the employee seek counseling and/or the initiation of disciplinary action in accordance with applicable University policies and procedures.

Employees directly engaged in work under a federal grant or contract are required, as a condition of employment under the grant or contract, to:

1. Abide by the terms of this policy.
2. Notify their supervisors of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) calendar days after such conviction. Such convictions may result in the application of sanctions, as described above. The University will notify the granting or contracting federal agency within 10 calendar days of receiving notice of criminal drug statute conviction of any employee working on a federal grant or contract when said conviction involves a drug offense occurring in the workplace. A copy of this statement will be given to all employees assigned to work under a federal grant or contract.

### **Use and Possession of Alcoholic Beverages**

Students and their guests who are of legal age, as defined by Illinois statute, may possess or consume alcoholic beverages on University property only in certain designated locations which have been specified in accordance with the University's Residence Hall Handbook and Student Code of Conduct. Except for those University Union staff who have been properly licensed and authorized to sell and serve alcoholic beverages as specified by University policy, University faculty, administrative staff, Civil Service employees, students, and/or their guests may not affect the commercial delivery of alcoholic beverages for sale on University property.

Alcoholic beverages may be sold, served, and consumed at activities sponsored by off-campus groups in accordance with "Policies Governing the Sale and Provision of Alcoholic Beverages".

The possession of alcoholic beverages in open containers by any person is prohibited on University-owned or University-controlled property, except as specified by University policy. The unlawful possession, use or distribution of alcoholic beverages by students and employees on institutional property or at any of its activities is prohibited.

### **Prohibited Drugs**

Faculty, administrative staff, Civil Service employees, and/or students shall not manufacture, possess, use, deliver, sell, or distribute any substance prohibited by the Illinois Cannabis Control Act or the Illinois Controlled Substance Act, any other State statute, or any Federal statute, except as authorized by law, the Board of Trustees policies, and the policies of Western Illinois University.

The unlawful possession, use or distribution of illicit drugs by students and employees on institutional property or at any of its activities is prohibited.

### **Counseling and Support Services**

Consistent with its mission as a public institution of higher education, Western Illinois University is committed to providing education about the effects of drugs and alcohol and assistance for victims of drug and alcohol abuse. In each of the residence halls, the University offers educational programs on substance abuse and provides referral services for students with drug and alcohol abuse problems. The University Counseling Center and Beu Health Center offer counseling to students with drug and alcohol abuse problems and to students with alcoholic parents. Health Sciences, Counseling Center, and Beu Health Center staff members also offer educational information and programs in classroom settings, for student living units, and for other student organizations.

The University encourages employees who know or believe they have a problem with the abuse of alcoholic beverages or the illegal use of controlled substances to seek professional advice and assistance. One source of assistance is the University's Employee Assistance Program (EAP).

If job performance is adversely affected by abuse of controlled substances, an employee may be referred to the EAP. Participation in the EAP is confidential and is encouraged by the University; however, it will not preclude normal disciplinary action or relieve an employee of responsibility for performing assigned duties in a safe and efficient manner.

### **Disciplinary Actions**

Students who violate University policies concerning drugs and alcohol will be referred to the University Judicial System for disciplinary action in accordance with the Student Code of Conduct. In addition, student employees who violate University policies concerning drugs and alcohol may be subject to termination of employment.

Faculty, administrative staff, and Civil Service employees who violate University policies concerning drugs and alcohol may be subject to disciplinary action including termination of employment.

Faculty, administrative staff, Civil Service employees, and students are advised that violators of State or Federal law are also subject to criminal prosecution by State and/or Federal authorities.

**B. Alcohol Policies and Implementation:**

The table below provides links for additional information on Western Illinois University alcohol and other drug policies.

|   |   |
|---|---|
| WIU Policy on Drug and Alcohol Abuse (8/10/1995)  | <a href="http://www.wiu.edu/policies/drugalcohol.php">http://www.wiu.edu/policies/drugalcohol.php</a>                                       |
| Drug Free Workplace Policy Statement (5/4/1989)   | <a href="http://www.wiu.edu/policies/drugfree.php">http://www.wiu.edu/policies/drugfree.php</a>   |
| Clean Air/No-Smoking Policy (Approved 11/13/2007)   | <a href="http://www.wiu.edu/policies/cleanair.php">http://www.wiu.edu/policies/cleanair.php</a>   |
| Student Right-to-Know and Campus Security Act, and Drug-Free School and Communities Act Information (Approved prior 1998) | <a href="http://www.wiu.edu/policies/rtknow.php">http://www.wiu.edu/policies/rtknow.php</a>   |
| Civil Service Handbook, Appendix K - Drug and Alcohol Abuse Policy (July, 1990)   | <a href="http://www.wiu.edu/hr/handbook/appendix_k.php">http://www.wiu.edu/hr/handbook/appendix_k.php</a>                                   |
| BOT Alcoholic Beverage Policy (11/16/2001)  | <a href="http://www.wiu.edu/bot/regulations/docs/physfac.pdf">http://www.wiu.edu/bot/regulations/docs/physfac.pdf</a>                       |
| Sale and Provision of Alcoholic Beverages, University Union Policy Manual (Revised May, 2008)                             | <a href="http://www.student.services.wiu.edu/uu/pdf/uupolicym anual.pdf">http://www.student.services.wiu.edu/uu/pdf/uupolicym anual.pdf</a> |
| Policy on Tailgate Area (approved 05/19/2009)   | <a href="http://www.wiu.edu/adminhandbook/tailgate.php">http://www.wiu.edu/adminhandbook/tailgate.php</a>                                   |
| Code of Student Conduct (Approved 5/15/1998)  | <a href="http://www.wiu.edu/policies/stucode.php">http://www.wiu.edu/policies/stucode.php</a>   |
| Hazing Policy (Approved prior 1998)   | <a href="http://www.wiu.edu/policies/hazing.php">http://www.wiu.edu/policies/hazing.php</a>   |
| Alcohol and Other Drug Policy and Resource Guide (Annual Notification   | <a href="http://www.student.services.wiu.edu/vpss/pdf/drugbrochure.pdf">http://www.student.services.wiu.edu/vpss/pdf/drugbrochure.pdf</a>   |

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| updated Aug, 2008)   |   |
| Western Courier – Policies Concerning Alcohol Advertising (Approved 8/12/1991) | <a href="http://www.wiu.edu/policies/courier.php">http://www.wiu.edu/policies/courier.php</a>   |
| Social Events Policy for Sororities and Fraternities (Revised Oct 29, 2007)    | <a href="http://www.student.services.wiu.edu/osa/greeklife/current/pdf/SocialEventPolicy.pdf">http://www.student.services.wiu.edu/osa/greeklife/current/pdf/SocialEventPolicy.pdf</a> |
| Residence Hall Handbook  | <a href="http://www.student.services.wiu.edu/uhs/pdf/handbook.pdf">http://www.student.services.wiu.edu/uhs/pdf/handbook.pdf</a>   |
| Graduate and Family Housing Handbook   | <a href="http://www.student.services.wiu.edu/uhs/gfh/pdf/handbook.pdf">http://www.student.services.wiu.edu/uhs/gfh/pdf/handbook.pdf</a>   |
| Student Employment Handbook (Revised August 2009)                              | <a href="http://fa.wiu.edu/pdf/stuemp_handbook.pdf">http://fa.wiu.edu/pdf/stuemp_handbook.pdf</a>   |
| Student Athletic Handbook (2009-2010)  | <a href="http://www.nmnaletics.com/fls/12000/academics/629162.pdf">http://www.nmnaletics.com/fls/12000/academics/629162.pdf</a>   |

### **III. University Compliance with Federal Regulations:**

#### **A. Policy Distribution**

##### **Annual AOD Notification**

**<http://www.student.services.wiu.edu/vpss/pdf/drugbrochure.pdf>**

This notification is provided in print format to students through the Student Handbook, published as part of an annual calendar. Students also receive electronic notice through the existing tele-STARS system.

Faculty/staff receive notice upon initial hire as part of new employee orientation materials. Through this biennial review process, it has been determined that annual employee notification after initial hire has not been consistent and needs improvement.

#### **B. Legal Sanctions**

Students who violate the Code of Student Conduct including alcohol and drug violations are subject to disciplinary proceedings by the University. Students found in violation of these policies receive sanctions ranging from censure to removal from the University community dependent upon the nature of the offense and previous disciplinary history. Usually participation in an alcohol or a drug education program is a requirement of the sanction. The University may contact the parents of students under the age of 21 who are noted as financially



dependent when the student has been found in violation of University policies on alcohol or drugs. Students may also face civil or criminal charges from local law enforcement agencies for alcohol violations on and off campus.

**C. Health Risks Associated with Illicit Drug Use and Alcohol Use**

See hyperlink above for information regarding health risks associated with illicit drug use and alcohol use that is distributed.

**IV. Funding Sources:**

**Substance Abuse Prevention Education Grant**

The Substance Abuse Prevention Education Grant is used to support alcohol and other programs and initiatives. It is funded through fines levied to students for alcohol and other drug policy violations. Requests for funding are reviewed by the Substance Abuse Prevention Education grant committee, appointed by the Vice President of Student Services. The fund request form is found on-line at <http://beu.wiu.edu/progrant/progrant.asp>. Programs funded during this report period include:

| Event:  | Description:   |
|---|--|
| <p><b>Western Illinois University<br/>Intramural Olympics<br/>09/13-09/17/2008</b></p> <p><b>*Tier 3/Tier 4</b></p> | <p>The Intramural Olympics was an inaugural event. It was a two-week Olympic-Style event consisting of eight team sports: Inner Tube Water Polo, Kickball, and Sand Volleyball, 12" Softball, Swimming, Table Tennis, Track and Field, and Tug of War. The goal of the Intramural Olympics was to provide an enjoyable event that would work as an alcohol-free alternative for students while creating an Olympic atmosphere on campus and stressing the importance of teamwork as well as promote social interaction between students.</p>               |
| <p><b>Club Wetzel<br/>09/18/2008</b></p> <p><b>*Tier 3/Tier 4</b></p>   | <p>Club Wetzel was a campus-wide program that promoted alcohol awareness to the students of Western Illinois University and the Macomb community. Club Wetzel created a dance club environment for students, but focused on the educational goals: alcohol awareness and personal safety. Club Wetzel aimed to educate 500 residents at this event. Attendees got the opportunity to talk with Office of Public Safety (OPS) and Alcohol and Other Drug Resource Center (AOD) staff about safe drinking habits and the consequences of poor decisions.</p> |
| <p><b>Take Back the Night</b></p>   | <p>Take Back the Night (TBTN) was about awareness,</p>   |

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| <p><b>10/09/2008</b></p> <p><b>*Tier 3/Tier 4</b></p>                              | <p>empowerment, and the chance to visibly fight against sexual violence. Participants witnessed the many areas around the campus where alcohol is consumed, and discussed that in 75% of all assaults, the attacker, survivor, or both are under the influence of alcohol or other drugs. The March and Rally were held during October, which is Domestic Violence Awareness Month.</p>   |
| <p><b>Disco and Family Skate</b><br/><b>11/14/2008</b></p> <p><b>*Tier 3/4</b></p> | <p>Disco Skate was a Friday evening activity in which the Spencer Recreation Center (SRC) is transformed into a 70's disco haven. During this event, Western Illinois University students came to the SRC and skated the night away. The event was entirely free of charge and students used rented skates for free at the facility. Students were encouraged to dress up in their best 70's apparel and came out with groups, dates, or floor mates. Students were offered a non-alcoholic evening here on campus. Campus Recreation staff wanted people to leave the SRC with a better understanding of the consequences of using drugs and alcohol, as well as the rewards and positive health reasons for staying substance-free. This was done in the form of a question and answer game that took place throughout the night while participants were skating to the oldies. The event's main objective was to provide and educate students ways to achieve a healthy lifestyle that is active and beneficial to them.</p> |
| <p><b>Breath Alcohol Testing</b><br/><b>Ongoing</b></p>                            | <p>The Western Illinois University Police Department provides educational programs throughout the year on the associated risks of binge drinking or high risk drinking. They provide breath alcohol testing (BAT) events where officers are assigned to the detail typically located near one of Macomb's bars from about 9 pm to 1:30 am. At this event, officers provide volunteer participants with numerous educational handout materials on substance abuse. Participants also have the opportunity to provide a (one time) breath sample into a portable breath analysis instrument known as an Intoximeter Alco-Sensor to find out their current blood alcohol content. Prior to allowing the breath test, the person must complete an anonymous survey regarding their alcohol consumption habits. This collected information is later delivered to the Alcohol and Other Drug Resource Center where the compiled data is</p>   |

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| <p><b>*Tier 4</b></p>  | <p>analyzed in effort to determine the drinking habits of the university community. On any BAT detail, approximately 130 to 150 people will be voluntarily tested.</p>  |
| <p><b>Running Group<br/>Ongoing</b></p> <p><b>*Tier 3</b></p>  | <p>This running group met three times a week (weather permitting) at 4:30 in the afternoon. The group combined running, information, stretching, play and a variety of snacks to facilitate student participation, socialization and increased levels of self efficacy which has been positively correlated as a protective factor preventing increased rates of drinking among 18 year olds transitioning to college. In conjunction with the University Counseling Center, the running group helped students transition to Western by providing opportunities for faculty and staff mentoring. The running group also worked collaboratively on the project with the Spencer Recreation Center.</p>   |
| <p><b>Substance Abuse Educational<br/>Programming "Clickers"<br/>Ongoing</b></p> <p><b>*Tier 1/Tier 3/Tier 4</b></p> | <p>The Beu Health Center Health Education and AOD Resource Center, utilized student response cards, a.k.a. "clickers" in various programming venues through Students T.A.L.K. peer education, Beu/AOD class presentations, residence hall programming, faculty/staff programs, and small group work. Software in conjunction with response units (clickers) created a wireless student response that enabled educators, trainers and presenters to develop and administer real time assessments of participants. The student response technology identified (anonymously) student understanding at live face to face events. The advantage of the technology included opportunity for rapid feedback, more participation, and a fun interactive programming strategy.</p> |
| <p><b>Trivia Bowl<br/>01/28/2009</b></p> <p><b>*Tier 3</b></p>   | <p>The Trivia Bowl was a program put on by the Recreational Sports Professional Society as a fun, challenging contest for students. Students, faculty, and staff gathered in teams of three and had the chance to compete for a Rock Band II set. This Trivia Bowl had questions geared towards student knowledge, and included a category regarding alcohol responsibility to educate students regarding alcohol responsibility. In order to encourage participants to attend, RSPS awarded a Rock Band II set to the winning team. The program was a worthy alternative to alcohol consumption for students.</p>  |
| <p><b>Alternative Spring Break<br/>03/15-03/19/2009</b></p>  | <p>Alternative Spring Break was a weeklong volunteer program in which students from the University spent their entire spring break helping others. This year participants went to</p>   |

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| <p><b>*Tier 3</b></p>   | <p>Kansas City Missouri to work with a before and after school program for children in poor families. There were eleven participants, two co-site leaders, and two graduate students who attended this trip. The trip was an amazing opportunity for students to help people in need and build friendships with people that shared the same passion for volunteering.</p>   |
| <p><b>Big Blue Bash<br/>04/18/2009</b></p> <p><b>*Tier 3</b></p>        | <p>The Big Blue Bash was a program hosted by Campus Recreation and the University Union Board. It was a ladder golf tournament held in conjunction with the UUB concert. During the day they also had music, a root beer keg and snacks, as well as bags sets that the participants enjoyed while not playing ladder golf. The purpose of the event was to provide students with a healthy, fun activity to participate in on an afternoon on the campus of WIU. The money raised from donations and registration fees was donated to the Prostate Cancer Foundation. To incorporate alcohol and substance abuse awareness they provided students with available information and resources regarding substance abuse. They also gave away prizes for answering alcohol or substance abuse trivia questions correctly throughout the day at the event.</p> |
| <p><b>First Night Fun<br/>08/22/2009</b></p> <p><b>*Tier 3</b></p>      | <p>First Night Fun was an opening day carnival to welcome new students to campus and start the year off with a great event. The carnival included rides, food, games, and music. The event provided fun for the new students and hopefully an alternative to the house parties being held close to campus. It also provided an opportunity for students to meet one another and let go of the stresses of the first day in a new place.</p>   |
| <p><b>6-Pack Program<br/>08/21-08/22/2009</b></p> <p><b>*Tier 3</b></p> | <p>This program targeted freshmen and utilizes a strong and well-documented proponent of prevention: parents. While waiting to move in, the parents (guardians) and prospective student were given a brochure and a six pack of Pepsi product (and coffee). This gesture provided a warm welcome and hopefully facilitated dialogue between parents and students regarding substance abuse focusing on alcohol. In addition, the brochure let students know from day one what is expected from them regarding their recreational choices and the consequences that will occur should they choose to imbibe. The brochure also provided information about healthy and legal recreational choices and important campus phone numbers.</p>   |

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| <p><b>Rock-N-Roller Skate</b><br/><b>11/13/2009</b></p> <p><b>*Tier 3</b></p>                                    | <p>To incorporate alcohol education into the Rock-N-Roller Skate, Campus Recreation partnered with the Alcohol and Other Drugs Resource Center (AOD). The Alcohol and Other Drugs Resource Center had lots of great activities and information to provide to the students during the event regarding alcohol awareness. They projected a PowerPoint with alcohol statistics for the students to read that also doubled as a game of jeopardy. To add a more entertaining side to the education, AOD brought fatal vision goggles that students could try on to better understand the effects that alcohol has on your motor skills. Lastly, they set up a baggo tournament and with each turn the students got the opportunity to answer true/false questions about alcohols effect on the body. The event had a great turnout of close to 200 participants and they received a lot of positive feedback from those who attended. We also received many compliments from the families that attended "Family Skate" the following Saturday.</p> |
| <p><b>Civic Responsibility:</b><br/><b>WIU and the Community</b><br/><b>11/18/2009</b></p> <p><b>*Tier 2</b></p> | <p>This program was an intellectual moderated discussion that examined the relationship with the city of Macomb and the university. This panel was made up of people that have positions within both the city and the university and they provided much needed insight into the discussion. They discussed hypothetical situations and role played as other positions within the community. This was to provide the panel with non-linear discussion to promote conversation on a whole range of topics.</p>   |

**EUDL (Enforcement of Underage Drinking Laws) Grant**

The Alcohol and Other Drug Resource Center has been given grant funding since Spring 2009 for the enforcement of underage drinking laws. Funds provided by Illinois Higher Education Center and Illinois Department of Human Services have been utilized to increase the number of law enforcement details as well as increase awareness of the legal consequences of underage drinking in the student population as evidenced by the saturation of media moments, educational materials and presentations. Funds have been approved for Fall 2010.

**\*Tier 2**

**V. Beu Health Center**

Beu Health Center is an accredited full service medical clinic offering quality outpatient health care, student health insurance and health and wellness education to registered Western Illinois

University students. At Beu Health Center, students' individual needs are attended to in a confidential and caring manner.

### **A. Health Education**

Outreach programs, as well as individual consultations regarding specific health issues, are available to WIU students. Professional staff and student health educators provide a wide variety of workshops, presentations and services to promote individual and community health. There is no fee for services.

#### **1. Tobacco Prevention Education and Cessation:**

##### **Tobacco Prevention Education/Marketing & Promotion & Special Events**

The Live Free Tobacco Free! Grant Initiative goals are to address the impact of tobacco use and second hand smoke through tobacco education, to increase tobacco cessation referrals to Beu Health Center and the Illinois Quitline. Awareness events providing tobacco education have included the Great American Smoke out, Kick Butts Day, Relay for Life, Minority Health Fair, Environmental Summit, Campus Health Fair and Community University Partnership Fair. Venues for tobacco education and resource sharing have included classroom presentations, First Year Experience, Resident Assistant training, Greek housing and faculty/staff outreach. Tobacco Prevention also included media promotion for tobacco education through *Western Courier*, *Stall Talk* and WIU Broadcasting (Channel 3).

Other Events:

- Campus Speaker: Jean Kilbourne: To address impact of media/tobacco industry on tobacco use (2009)
- State Tobacco Presentation: Live Free Colloquium (April 2009)
- Designated Smoke Free Entrance Project Chalking Events
- Research and Service learning projects:
  - Marketing class research projects: "Smoke Free Illinois and Restaurant Bar Patronage" (2008), "Students Perceptions of Cigarette Disposal" (2009)
  - Centennial Honors College Research Day (2009): WIU Student Attitudes on Smoking in Public Areas
  - WIU Tobacco Survey (2005-2009)
  - Faculty use of WIU Tobacco Survey data for student class projects (ongoing)

**\*Tier 3**

##### **Smoking Cessation**

All patients seen at Beu Health Center for Evaluation/Management are screened for Tobacco use. Patients seeking to quit or reduce tobacco use are referred for free cessation counseling. Beu Health Center offers a program that will help patients understand the smoking addiction and recovery process. Patients learn how to assess their reasons for smoking and hear

motivations for quitting. Education offered during individual sessions assists the student in looking at reasons for use, barriers to quitting, and a plan for cessation and maintenance.

**\*Tier 1**

**2. Peer Education:**

**Bacchus Network**

WIU is an affiliate of the BACCHUS Network™, a university and community based network focusing on comprehensive health and safety initiatives. The BACCHUS mission is to “actively promote student and young adult based, campus and community-wide leadership on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, unhealthy sexual practices and other high-risk behaviors.” Resources include various risk-reduction tool kits and certification of peer educators.

**\*Tier 1/Tier 3/Tier 4**

**Student’s TALK**

Student peer educators receive intensive training on such topics as communication, time management, stress management, community and campus resources, role modeling and ethics. Upon successful completion of training, students may become Certified Peer Educators. Peer Educators provide presentations in the residence halls and Greek housing and are involved in various health awareness campaigns on campus, including alcohol and other drugs. Each semester, 8-12 students are engaged in Student’s TALK.

**\*Tier 1/Tier 3/Tier 4**

**A. Alcohol and Other Drug Resource Center**

The AOD Resource Center addresses the alcohol use at WIU by providing direct service in assessment, education, and treatment as well as developing and participating in Outreach and Prevention activities on and off-campus. Prevention activities include giving presentations to staff, parent and student groups, Greek chapters and in residence halls; setting up informational tables; and being featured guests in classrooms. Activities generally include Community University Partnership Program (CUPP) Block Party, Fun Fair, Student Health Fair, New Faculty Fair, Club Wetzell, Take Back the Night, E-Chug Day, National Depression Screening Day, Eating Disorders Screening Clinic, Parent Orientation for new student families, Union Block Party, International Student Health Fair, National Collegiate Alcohol Awareness Week, Gambling Awareness Week, and collaborations on campus and community committees/task forces.

**1. Prevention Services:**

## **A. Online Assessment Tools:**

### **Pre-Matriculation Education**

Pre-matriculation education through the online course, Alcohol Wise, was rolled out during the summer-fall 2008 targeting freshmen and transfer students. This course incorporates the E-Chug assessment already in use by WIU. From Fall 2008 to Spring 2009, 76% of students enrolled completed the post-test and there was a 27% increase in average test score between pre and post test which indicates that students are educating themselves on alcohol and behavioral health issues. For Fall 2009 to Spring 2010, 83% completed the post-test with a 27% increase in test score similar to 2008-2009 test period. Administration agreed to mandate Alcohol Wise for Fall 2010. Students who do not complete the course by the deadline will have a registration hold placed on their account until complete.

**\*Tier 1/Tier 3/Tier 4**

### **E-Chug**

Electronic Check Up and Go (e-Chug) developed by San Diego State University, is an online alcohol and intervention tool provided free of charge by Beu Health Center to the campus community since 2004. The link <https://interwork.sdsu.edu/echug2/?id=WIU> is provided at the Beu Health Center web site and other campus sites including the University Counseling Center (UCC) and Alcohol and Other Drug (AOD) Resource Center. This tool is used by the AOD Resource Center and UCC in conjunction with brief motivational interviewing to assist students in assessing their alcohol consumption. The tool is also promoted during National Alcohol Awareness Week, E-Chug day (April) and other outreach events.

**\*Tier 1/Tier 3**

### **E-Toke**

The electronic THC Online Knowledge Experience (e-TOKE) developed by San Diego State University is a marijuana-specific brief assessment and feedback tool designed to reduce marijuana use among college students. This assessment is provided free of charge to the campus community through the Beu Health Center. The link <http://interwork.sdsu.edu/etoke/index.php?id=WIU> is hosted at the Beu Health Services web site, as well as to the University Counseling Center and AOD Resource Center web sites. It is also promoted during various presentations and events across campus.

**\*Tier 1/Tier 3**

## **B. Guest Presentations:**

### **EUDL Grant Speaker**



The Enforcement of Underage Drinking Laws grant funded through the Illinois Higher Education Center and the Department of Human Service allowed for funding Sgt. Scott Friedlein to come to Western Illinois University to discuss his experience in the enforcement of underage drinking laws April 2010. He assisted with increasing the underage drinking laws compliance rate from 40% to 95%. The speaker event was intended to motivate the campus and community to come together on attitudes towards underage drinking compliance for the safety and well-being of students, law enforcement, business owners, community residents, and community developers alike.

**\*Tier 2**

**C. Other Prevention Initiatives:**

**21<sup>st</sup> Birthday Card**

The 21<sup>st</sup> Birthday Card Program is aimed at reducing the risk of alcohol poisoning and mortality associated with high-risk drinking on the 21<sup>st</sup> birthday. This program is done by the Vice-President for Student Services (VPSS) in conjunction with the AOD Resource Center. Students are sent a 21<sup>st</sup> birthday card a few days prior to their 21<sup>st</sup> birthday, signed by the VPSS. The student receives information regarding Blood Alcohol Content and a coupon for a free climb at Horn Field Lodge and a coupon for either \$1 off the Pause Deli in the University Union or Free Bowling. The AOD Resource Center is currently in the process of adapting the 21<sup>st</sup> Birthday Program to an online/electronic format in hopes of increasing student buy in and decreasing costs. An addition to the changes made, an evaluation of the program will be implemented.

**\*Tier 3/Tier 4**

**D. Peer Education:**

**BAC (Battle Alcohol Consequences) Squad (AOD specific Peer Education Group)**

The Alcohol and Other Drug Resource Center initiated recruitment of an alcohol and other drug specific peer education group, the BAC (Battle Alcohol Consequences) Squad, Fall 2009. The mission of the BAC Squad is to educate students, faculty and the greater community as a whole on healthy and responsible decision making in regards to alcohol and other drug consumption, to create and support alternatives to alcohol and other drug use on and off campus and to promote positive behavior changes. The first group was trained Spring 2010 with additional recruitment done at that time for Fall 2010. Peer educators will be trained through use of Western Online which will allow additional time for experiential learning and planning alternative events. A modified version of the Bacchus CPE Kit is utilized for training on different topics, with additional training on alcohol and other drug prevention and intervention. BAC

Squad members provide presentations on campus, as well as participate and plan alternative activities.

**\*Tier 1/Tier 3/Tier 4**

**E. Total Prevention Services:**

|                       | Fall 2008 | Spring 2009 | Fall 2009 | Spring 2010 | Summer 2010 |
|-----------------------|-----------|-------------|-----------|-------------|-------------|
| Prevention Activities | 6         | 23          | 45        | 40          | 4           |

**2. Intervention Services:**

**AOD Resource Center**

AOD Resource Center is a state licensed facility for Early Intervention education and Level I Outpatient treatment with dual-diagnosis capability. AOD Resource Center also provides Secretary of State services such as DUI, Updates, Investigative Reports, and Driver’s Risk Education.

**\*Tier 1**

The following table provides information on the extent of services provided:

|   | Fall 2008 | Spring 2009 | Fall 2009 | Spring 2010 | Summer 2010 |
|---|-----------|-------------|-----------|-------------|-------------|
| Direct Service hours Total (Individual and Group) | 732.5     | 920.25      | 758.75    | 1026        | 17          |
| DUI services (Includes SOSIR)                     | 11        | 17          | 16        | 20          | 2           |
| DUI Risk Education                                | 11        | 13          | 19        | 16          | 0           |

**VI. Student Development and Orientation:**

Student Development and Orientation (SDO) assists students through their transitional periods focusing on academic and personal development. SDO's developmental approach emphasizes personal responsibility and helping students learn to help themselves.

### **1. Student Orientation and Registration (SOAR)**

During SOAR, information regarding alcohol and other drugs is incorporated throughout the program. This includes information for both the student and parents such as BAC vs. GPA, Health and Safety Panel presentations, Skits (two specifically targeting use of alcohol) and small group discussions with Orientation leaders. Written material is also distributed in the packets including the Health and Safety brochure and information regarding the mandatory Alcohol Wise education course is also provided.

### **2. Orientation Week Event**

The Alcohol and Other Drug Resource Center and the BAC (Battle Alcohol Consequences) Squad funded by the Substance Abuse Prevention Education grant will host an orientation week event titled the "BAC Rootbeer Olympics" on August 26, 2010. AODRC staff, BAC Squad members and Office of Public Safety officers will educate students on standard drink sizes, BAC levels, and protective factors for drinking, as well as legal consequences associated with alcohol and other drug use. Students will receive incentives for participating and root beer floats and popcorn will be provided.

**\*Tier 3**

## **VII. University Housing and Dining Services:**

### **Hall Staff Training**

UHDS staff, including Resident Assistants, Hall Directors, Complex Directors and support staff attend annual retreat/training sessions prior to the beginning of each school year. Topics included in training include alcohol and other drug education, enforcement of policy violations and crises management.

### **Targeted Prevention Programming**

Educational and alternative programming is provided on an ongoing basis within University Housing. Programmers include Certified Peer Educators, Resident Assistants, Hall staff and Guest speakers. Topics include risk reduction, awareness, social norms and legal consequences.

**\*Tier 3**

### **Club Wetzel**

Wetzel Hall is known for its program entitled *Club Wetzel*. This mock party environment helps students understand the affects of alcohol and drug use as well as the consequences of their actions. Over 500 students attend this event each fall semester. Even though Wetzel Hall closed at the end of Spring semester, 2009, the Inter-Hall Council has picked up the program and continued to offer it at a new venue.

**\*Tier 3**

### **VIII. Greek Life**

The core purpose of each fraternity and sorority is to create better men and women through leadership, service, scholarship, and social opportunities. Although each chapter is unique, every organization promotes similar values and ideals. Western Illinois University is proud of its strong Greek tradition. We offer 20 national fraternities and 9 national sororities for students to choose from. Members of our organizations are heavily involved in campus and community organizations as well as in all-Greek committees like Greek Week, Rho Lambda and Order of Omega.

#### **IFC/PHC Risk Manager Roundtable**

All fraternities/sororities are to be in compliance with their international policies for the distribution of alcohol. Before hosting an event, at the start of each semester, the President, Risk Manager, and Social Chair(s) of each chapter will attend the Greek Life Risk Management Round-table. If a chapter does not participate they will not be allowed to host an event with alcohol until they complete the necessary training with the Greek Life Risk Management Committee.

**\*Tier 2/Tier 3**

#### **“New Member Program”**

Greek Life is in the process of creating and establishing a “New Member Program” for Greek members for Fall 2010. This program would include educational sessions on risky behaviors including hazing and alcohol and other drug use. The “New Member Program” would reach approximately 250 new Greek Life members. The Alcohol and Other Drug Resource Center has been invited to participate and facilitate an educational program on alcohol and other drug use behaviors and the associated consequences.

**\*Tier 1/Tier 4**

#### **Six-Pack Program**

All new freshmen are provided with a 6-pack of soda products on move-in day. Information about the facts and myths of alcohol are included. Greek Life members distribute the education.

**\*Tier 3/Tier 4**

**GAMMA (Greeks Advocating a Mature Management of Alcohol)**

Western Illinois University Greek Life is planning to establish a Peer Education group based on GAMMA Fall 2010. GAMMA is a national student organization with over 750 chapters on campuses across the United States that provides education and activities designed to increase awareness of substance abuse issues in addition to focusing on the development and promotion of positive lifestyles and healthy choices. GAMMA encourages informed, independent decision making with respect to state laws and campus policies, and advocates healthy lifestyles. The mission of GAMMA at WIU will be to promote safety, responsibility, and healthy choices.

**\*Tier 1/Tier 3/Tier 4**

**IX. Athletics:**

**Intercollegiate Athletics**

The Athletics Department produces a yearly Student Athlete Handbook, which includes a Drug and Alcohol Policy, Drug Testing Protocol and Alcohol Abuse Policy. The department conducts educational programs through the CHAMPS/Life Skills program, usually every other year. The AODRC was invited to attend NCAA Athletics Meetings Fall 2009 to provide a description of the services available to student athletes on campus. Student athletes were also required to attend the Sam Spady Foundation event Spring 2010.

**\*Tier 3**

**Drug Testing**

WIU athletics is involved in two types of drug testing programs, the WIU program and the NCAA drug testing program. The WIU drug testing program happens monthly and the NCAA program happens yearly. The WIU program involves testing a student athlete from most sports monthly, whereas the NCAA usually only tests Football, Track and then possibly one other sport at one time or another during the year.

Information pertaining to the WIU athletics department drug testing protocol can be found under "Alcohol Policies."

**\*Tier 3**

**X. Other Alternate Activities:**

### **Late Night Programming**

The Office of Student Activities, University Union, University Housing and Dining, and Student Recreation Center provide numerous late night alcohol-free activities with collaboration and assistance from the Alcohol and Other Drug Resource Center as appropriate. Activities that are provided include the University Union Bowling Center, First Night Fun and other events scheduled on Tuesday, Thursday and Saturday evenings as an alternative to alcohol. VPSS provided additional funds to support various events.

#### **\*Tier 3**

Please see below for a list of the activities provided during 2008-2010 report period:

|   |                     |                  |
|---|---------------------|------------------|
| Office of Student Activities Late Night Events<br>Fall 2008-Spring 2009 |                     |                  |
| Comedy: Todd Barry  | 9-18-08             | 8 p.m.           |
| Concert: State and Madison  | 10-03-08            | 9 p.m.           |
| Homecoming: Variety Show and Yell Like Hell                             | 10-14-08 & 10-16-08 | until 10:00 p.m. |
| Concert: Eve6 and The Graduate  | 10-17-08            | 7-11 p.m.        |
| Speaker: Gideon Yago  | 10-23-08            | 8 p.m.           |
| Murder Mystery Party  | 10-27-08            | 8-11 p.m.        |
| Concert: Mary Mack  | 11-13-08            | 5-9 p.m.         |
| Laser Tag (with Campus Rec)   | 11-17-08            | 5-9 p.m.         |
| Comedian: Eric O'Shea   | 02-04-09            | 8 p.m.           |
| WestFest  | 02-27-09            | 7-midnight       |
| Dream Analyst   | 03-04-09            | 8 p.m.           |
| Concert: Dana Alexandra   | 03-26-09            | 9:30 p.m.        |

|   |          |              |
|---|----------|--------------|
| Concert: David Cook   | 04-14-09 | 8-10:30 p.m. |
| Concert: We Know Jackson  | 04-18-09 | 9 p.m.       |
| Office of Student Activities Late Night Events<br>Fall 2009-Spring 2010 |          |              |
| Bonk Game Show  | 08-28-09 | 8 p.m.       |
| Foam Party  | 09-04-09 | 8 p.m.       |
| Speaker: Matt the Knife   | 09-16-09 | 8 p.m.       |
| Rec After Dark (Campus Rec Event)                                       | 10-09    |              |
| Heritage Comedy Club  | 10-07-09 | 8 p.m.       |
| Concert: White Tie Affair   | 10-16-09 | 8-10:30 p.m. |
| Murder Mystery Party  | 10-26-09 | 8-10 p.m.    |
| Rec After Dark (Campus Rec Event)                                       | 11-09    |              |
| WestFest  | 11-06-09 | 8-midnight   |
| Rock N Roller Skate (Campus Rec Event)                                  | 11-13-09 |              |
| Bongo Ball Mania (with Campus Recreation)                               | 02-05-10 | 9-11 p.m.    |
| Magician: Peter Boie  | 02-18-10 | 8-10 p.m.    |
| Sam Spady Alcohol Poisoning Educational                                 | 02-10-10 |              |
| Concert: Gloriana & Natalie Stovall                                     | 03-24-10 | 8-10:30 p.m. |
| WestFest  | 03-26-10 | 7-midnight   |
| Comedian: Doug Benson   | 04-21-10 | 9:30 p.m.    |

## **WIU Trivia Bowl**

One of the objectives of the Trivia Bowl is to provide alternative forms of recreation and activity instead of the usual visitation to drinking establishments. Trivia Bowl will aim to inform participants of the alternatives to and consequences of drug and alcohol usage.

**\*Tier 3**

### **XI. Academics:**

#### **A. First Year Experience:**

##### **The First Year Experience (FYE)**

FYE is a comprehensive approach to ensure first year students make a successful transition to college. Through participation in the First Year Experience, the university has the following primary goals for students:

1. Become actively engaged with the campus community
2. Develop relationships with peers, faculty and staff members
3. Demonstrate high levels of academic performance
4. Develop appropriate study and time management skills

**\*Tier 3**

#### **B. University Theme**

##### **University Theme: The 2008-09 University Theme was Health and Wellness -Challenges and Responsibilities.**

The common reading for students was Koren Zailckas' *Smashed* (Penguin Books, 2005). Ms. Zailckas was also a University Theme speaker in September 2008, sharing her experiences with students, faculty and staff. AOD and University Counseling Staff facilitated discussion groups on *Smashed*. The common reading was incorporated into classroom curriculum.

University Theme Speaker, Jean Kilbourne, who is internationally recognized for her pioneering work on alcohol and tobacco advertising and the image of women in advertising, kicked off the Spring 2009 University Theme "Health and Wellness: Challenges and Responsibilities" Speaker Series on February 25, 2009.

University Theme Speaker, Dr. Drew Pinsky, a nationally syndicated radio host, author and practicing medical professional, discussed addiction, healthy relationships, sexual health and more on the Western Illinois University-Macomb campus Tuesday, March 10 as part of the



University Theme "Health and Wellness: Challenges and Responsibilities" 2008-2009 Speaker Series.

**\*Tier 3**

**C. Course Listings:**

**Curriculum:**

The following courses are available at the undergraduate and graduate levels. They include courses related to alcohol and substance abuse and associated risk factors, treatment, and social development. Western Illinois University is in the early stages of developing a Certified Alcohol and Addictions Counselor (CADC) track within the Psychology department.

**Undergraduate Courses:**

**African American Studies**

**251 Social Problems of Black Americans. (3)** A sociological investigation of such problems as crime and delinquency, racism, mental illness, drug use, alcoholism, and poverty. *Prerequisite: sophomore standing or consent of instructor.*

**Dietetics, Fashion Merchandising, and Hospitality**

**150 (formerly FCS 204) Introduction to Hospitality Management. (2)** A review of the history, growth, and development of hospitality services including an exploration of career opportunities in contemporary hospitality operation.

**256 (formerly FCS 462) Bar and Beverage Management. (3)** Principles of beverage science, mixology; bar and beverage management including controlling personnel, purchasing, inventory, and equipment; and legal issues related to clientele. *Prerequisites: FCS 150 and 21 years of age. Field trips will be required.*

**Health Sciences**

**120 Personal Health Promotion. (2) (General Education/Human Well-Being)** Designed to enhance students' physical, intellectual, emotional, social, and spiritual health which will enable them to pursue their college and life goals more effectively.

**123 Drug Use and Abuse. (2) (General Education/Human Well-Being)** A comprehensive and in-depth study of the use and abuse of drugs in our society.

**210 Student Health Education. (2, repeatable to 6)** This course provides in-depth training to selected students in critical areas of personal health. Trained student health educators present

programs for residence halls, Greek organizations and recognized student groups, and serve as role models for positive lifestyle choices. *Prerequisite: permission of instructor.*

**442 Drug Education in the Home, School, and Community. (3)** Concepts of drug education with emphasis placed on preparing the student in content, resources, procedures, and philosophy of home, school, and community drug education. *Prerequisites: HE 123 (or its equivalent) and senior standing, or permission of instructor.*

**450 Consumer Health Workshop. (1, repeatable to 2 with change in topic)** Examination of significant current issues in consumer health. Topics may include health care, drug products, health insurance, disease treatments, nutrition/weight control products, and consumer laws/protection. *Prerequisite: senior standing or permission of instructor.*

**450 Health Promotion Workshop. (1, repeatable to 2 with change in topic)** Designed to provide new and updated information relative to current health issues confronting the health promotion professional. *Prerequisite: senior standing or permission of instructor.*

**450 School Health Workshop. (1, repeatable to 2 with change in topic)** Designed to provide new and updated information relative to current health issues confronting the school health professional. *Prerequisite: senior standing or permission of instructor.*

450 Child and Adolescent Health Crisis Workshop (Multidimensional analysis of health problems)

**450 Substance Use and Abuse Workshop. (1, repeatable to 2 with change in topics)** Designed to assist concerned school and community personnel in recognizing the multidimensional influences of alcohol, drugs, and other substances on health. *Prerequisite: senior standing or permission of instructor.*

## **Nursing**

**433 Community Mental Health Nursing. (3 s.h.)** Explores population-specific mental health issues including access, treatment modalities, and follow-up, and drug and alcohol abuse in the context of community health nursing. A clinical component course.

## **Psychology**

**100 Introductory Psychology. (3) (General Education/Social Sciences)** An introduction to psychology including methods, theory, and data regarding the study of behavior. Topics include biological, social, learning, personality, motivation, and abnormal behavior.

**250 Human Social Behavior. (3) (General Education/Social Sciences)** An introduction to the influences of social factors on behavior. Topics include helping, aggression, interpersonal attraction, attitudes, prejudice, and behavior in groups. *Prerequisite: Psy 100 or permission of instructor.*

**251 Personality and Adjustment. (3) (General Education/Social Sciences)** An introduction to the study of personality and its relation to human behavioral adjustment emphasizing such topics as relating to others, stress management, needs, values, and self-esteem. *Prerequisite: Psy 100 or permission of instructor.*

**427 Health Psychology. (3)** Examines how psychological theory and research have been used to study the behavioral, psychological, and social factors that affect physical health. Topics include how social scientists study coping with stress, pain, illness management, and prevention of unhealthy behaviors. *Prerequisites: Psy 251 and 223, or permission of instructor.*

**444 Biopsychology of Drugs and Addiction. (3)** A systematic study of the relationships between drugs and psychological processes (i.e., psychopharmacology) with emphasis on the roles of the central nervous system, individual experience, and the environment in determining the outcome of drug use.

### **Social Work**

**331 Social Work and Addictions. (3)** An introduction to addictions and their effects on individuals, families, and society. Current theories, treatments, and social work roles and functions will be studied. *Prerequisite: junior standing or consent of instructor.*

### **University Courses**

**100 Personal Growth in Higher Education. (1)** Exploration of the role of higher education in personal growth. Consideration of critical thinking, problem solving, and information gathering skills. *Credit cannot be given for both Univ 100 and CSP 110. Prerequisite: first semester freshman status. Graded S/U only.*

### **Graduate Studies Programs:**

#### ***College Student Personnel***

**533 Special Problems in College Student Personnel. (1–3, repeatable to 6)** Designed to provide a group of students an opportunity for further professional growth and to apply problem-solving approaches in dealing with a specific educational problem.

**560 Student Characteristics and College Impact. (3)** Characteristics of college students, focusing on the needs of the diverse student populations on today's college campuses, will be examined. The impact of college on students, including factors related to retention and attrition and the differential impacts of college on various student populations, will also be explored.

### **Counselor Education**

**551 Counseling for Addictions. (3)** Principles and practices of addiction prevention and counseling with special application to the functions of counselors.

### **Psychology**

**596 Approaches to Substance Abuse Diagnosis and Treatment. (1)** Students will become aware of the multiple theoretical viewpoints available to understand the human substance abuse, as well as the variety of treatment approaches available for addressing these difficulties. Emphases will be placed upon maintaining appropriate scientific skepticism regarding current cultural and professional viewpoints, as well as appreciating the importance of understanding the challenges inherent in the dually diagnosed. *Prerequisites: Permission of the instructor.*

## **XII. Campus and Community Coalitions**

### **Alcohol and Other Drug Risk Reduction Steering Committee**

Developing a comprehensive substance abuse educational program that includes alcohol and other drug risk reduction has been incorporated into WIU's strategic plan for 2008 – 2018. *WIU Higher Values in Higher Education 2008 - 2018, An Action Agenda for Western Illinois University*, Goal 3: Provide Education Opportunities. A multidisciplinary risk-reduction steering committee has been formed to address this issue. Subcommittees include Research, Policy, Intervention Strategies, DFSCA Compliance, Grants and Resources, and Data/Evaluation. The committee was placed on hold due to the H1N1 Flu epidemic Fall 2009-Spring 2010. The committee is in the process of reforming at this time.

**\*Tier 2**

### **Community and University Partnership (CUPP)**

CUPP includes representatives from several Western Illinois University student organizations, local law enforcement agencies and city officials, community organizations and University administrators. CUPP meets regularly to address issues affecting both WIU and the City of Macomb, including alcohol and other drugs.

**\*Tier 2**

### **EUDL Coalition**

The Coalition for the Enforcement of Underage Drinking Laws met for the first time on April 19, 2010 from 11:00 a.m. to 12:00 p.m. Members at the first meeting represented the Alcohol and Other Drug Resource Center, a Homeowner's group, Macomb community members, private practice professionals, 1 student from Student Government Association, City Hall, Macomb Police Department, the Housing Authority, Community University Partnership Program and the Office of the Vice President for Student Services. Outreach to new members brought representative(s) of Spoon River College and the Office of Public Safety at Western Illinois University. Outreach will continue to bar owners, Chamber of Commerce, Greek Life, Macomb Public Schools, and McDonough District Hospital. Meetings will continue on a monthly basis year round. Coalition members have begun looking for successful efforts by other university communities. They are also investigating the local situation, for instance the numbers of kegs per large party, etc. Efforts will focus on identifying the most immediate needs locally and then identifying and implementing the most effective means of dealing with them.

### **\*Tier 2**

### **Tailgating Committee**

WIU has permitted tailgating activities in conjunction with home football games for over two decades. Anecdotal reports indicated problematic behaviors of high risk drinking. In response to these issues, WIU Administration requested the Athletics Department to convene a Tailgating Committee to review tailgating, and make recommendations for risk reduction for the 2009-2010 season. Recommendations made by the committee included moving tailgating to a larger area, from the "pit" to Q lot for the 2009 season, so that it is more spread out, easier to identify underage person, less anonymity and more family friendly. Upon completion of the 2009-2010 season, the committee met and made the following observations/recommendations:

1. The "spread out" format of tailgating helped disperse the crowd size and improved safety for all participants
2. Feedback was overall positive from students and the general public. There were some objections once the policy change was announced, but the committee felt that objectionable students moved on and the opposition to the new tailgating structure significantly decreased throughout the 2009 season.

You can find the complete policy under "Alcohol Policies."

### **\*Tier 2/Tier 3**

### **XIII. Alcohol and Other Drug Assessments and Evaluations:**

### **Core Survey**

Western Illinois University has participated in the Core Institute's Alcohol and Other Drug Survey for several years. The CORE Survey measures alcohol and other drug use on campus and provides information to assist with the development of policies and future prevention initiatives. During 2007, WIU worked with the Institute to create a benchmarking study. The report, published in July of 2007 serves as an assessment of WIU's Alcohol and Other Drug prevention strategies that affect knowledge and attitudes, choices and behaviors and environmental factors. The CORE Survey was administered Spring 2010 and approximately 780 students completed the survey. The CORE Institute returned the results which will be analyzed by the researchers in the Psychology Department who specialize in Alcohol and Other Drug Research.

### **NCHA Survey**

Western Illinois University participates approximately every three years in the American College Health Association's National College Health Assessment Survey. The survey addresses several alcohol and other drug questions, as well as risky behaviors. This survey was last performed in fall, 2007, the first time the survey was conducted on-line verses in classroom setting.

### **Tobacco Survey**

As part of the Live Free, Tobacco Free! Grant initiative, Western Illinois University has participated in a tobacco survey of the 15 participating Illinois colleges and universities for the past four years. This survey allows us to assess attitudes toward tobacco, policies, cessation resources (WIU & Quitline), increased partnership of students and faculty within the university.

### **E-Chug/E-Toke Assessments**

WIU has utilized the E-Chug and E-Toke online assessment tools for the past six years. On demand reports provide information regarding alcohol and marijuana use among our students. Data has a biased selection towards those persons exhibiting high-risk behavior as it is used as part of the AOD Resource Center assessment.

### **ECHUG Day Evaluation**

As part of the annual ECHUG Day, an ECHUG Day evaluation was created with assistance from the Psychology Department to determine student's perception on the value of ECHUG, as well as what components would be found to be most helpful according to the student's taking the ECHUG. There were 57 participants for ECHUG Day 2010 despite increased recruitment and incentives provided. Most of the students attending ECHUG day received classroom extra credit

for attendance. Overall, students did perceive ECHUG to be of value to Western Illinois University students.

### **Alcohol Wise Pre/Post Test data**

Fall 2008 was the first year that Alcohol Wise was utilized for freshmen and transfer students. Initial evidence indicates an average of 27% increase in knowledge from the pre test to the post test. Administration has approved mandating Alcohol Wise for Fall 2010 through use of a registration hold if students do not complete the required course. The Alcohol and Other Drug Resource Center has initiated a research project "Recidivism Rates for the AOD Resource Center and Impact of AlcoholWise on AOD Offenses." This study is ongoing. Additional information will be collected to help assess effectiveness of Alcohol Wise, as well as assist with continued prevention efforts.

### **Alcohol and Other Drug Resource Center Satisfaction Survey Results**

The Alcohol and Other Drug Resource Center revised their client satisfaction surveys in Summer 2009 to attempt to better address program effectiveness. Clients receiving services at the Alcohol and Other Drug Resource Center are now asked to complete a pre service survey which addresses substance use patterns and readiness to change. Upon completion of services, they are asked to complete a Satisfaction Survey which includes the previous readiness to change questions to assess whether or not the AODRC impacts a client's desire to change their negative substance use behaviors. In addition, a three month post service survey was created to be utilized to determine whether or not there are changes in behaviors due to their involvement with the AODRC. Due to extenuating circumstances, the three month post service survey was not utilized Fall 2009-Spring 2010 but will be implemented Fall 2010-Spring 2011.

Overall, client's appear to be satisfied with services received. Please see [AOD Service Assessment Summary Fall 2008](#), [AOD Service Assessment Summary Spring 2009](#), [AOD Service Assessment Summary Fall 2009](#) and [AOD Service Assessment Summary Spring 2010](#). (Access to these results are only available to Beu Health Center staff members).

### **BAT Testing**

The Office of Public Safety collaborated with the Alcohol and Other Drug Resource Center to analyze data received from the Fall 2009 Blood Alcohol Testing. Approximately 150 responded to the survey and provided the AODRC and OPS with information regarding participant's ability to determine their BAC levels. The survey was later revised with assistance from the Psychology Department to collect information that could be better utilized in prevention efforts for the future. The Office of Public Safety plans to schedule an event for Fall 2010 with use of the BAC (Battle Alcohol Consequences) Squad to assist with education and recruitment.

### **EUDL Grant Survey**

As part of the Enforcement of Underage Drinking Laws grant, the Alcohol and Other Drug Resource Center conducted an attitude survey of the Western Illinois University campus including students, faculty, staff, and administrators to determine a baseline for the current social norm related to underage drinking. This information was used to assist the EUDL Coalition to prioritize needs.

#### **XIV: Office of Public Safety:**

##### **Fatal Vision Goggle Demonstration**

Office of Public Safety provides demonstrations using Fatal Vision Goggles at least 3 times per year, and upon request. This program shows the concept of impairment and the risks of driving impaired.

**\*Tier 2/Tier 4**

##### **Alcohol and Other Drugs Presentation**

Office of Public Safety has developed a powerpoint presentation entitled Alcohol and Other Drugs that is presented in the Residence Halls at least 3 times a year, or more upon request.

**\*Tier 4**

##### **DUI Simulation**

Western EMS hosts a mock DUI each spring semester in April <http://www.wiu.edu/wems/dui/index.php>. The intent of this demonstration is to show the dangers of driving under the influence of alcohol or other drugs. The event is open to the public and geared towards high school and university students.

**\*Tier 2**

##### **Escort Services**

Western Illinois University's Office of Public Safety provides an escort system so students don't have to walk alone. Western's Student Patrol members are available to provide escorts on campus during the evening to early morning hours. Student Patrol can be reached by calling OPS at 309/298-1949.

**\*Tier 3**

##### **RAD Classes**

Topics covered include avoiding victimization, patterns of date rape encounter, basic principles of defense, full-speed hands-on exercise and dynamic simulation training.

**\*Tier 4**



**XV. Enforcement Data:**

**Public Safety**

Total liquor law arrests and liquor law referrals made by WIU Office of Public Safety:

Year 2006 1055  
Year 2007 1095  
Year 2008 1212  
Year 2009 1188

Total Drug law arrests and drug law referrals made by WIU Office of Public Safety:

Year 2006 235  
Year 2007 324  
Year 2008 336  
Year 2009 346

**Student Judicial**

|                       | Fall 2008 | Spring 2009 | Fall 2009 | Spring 2010 |
|-----------------------|-----------|-------------|-----------|-------------|
| Alcohol violations    | 748       | 449         | 714       | 542         |
| Other Drug violations | 180       | 122         | 174       | 136         |
| Total                 | 928       | 571         | 888       | 678         |

**\*Tier 3**

**XVI: Summary:**

**Strengths:**

Western Illinois University administration continues to appear committed to reducing risks associated with alcohol and other drug use on campus. This continues to be part of the university strategic plan for 2008-2018. Administration approved mandating AlcoholWise pre matriculation program for Fall 2010 enrollment which aims to increase student knowledge on alcohol and other drug risks, as well as increase healthy decision making associated with alcohol and other drug use. Students who do not meet the requirements

will have a hold placed on their registration for the upcoming semester. Additional evaluation of this program has been initiated to determine its effectiveness on behaviors.

The Alcohol and Other Drug Resource Center continues to be a resource for alcohol and other drug intervention and successfully completed its Department of Human Services Division of Alcoholism and Substance Abuse licensure inspection in 2009. The Alcohol and Other Drug Resource Center initiated the BAC (Battle Alcohol Consequences) Squad Peer Education group as part of its prevention strategies in Spring 2010. This group provides peer to peer education on campus and attends and creates alcohol free alternative events.

### **Weaknesses:**

The Alcohol Steering Committee lost momentum in Fall 2009-Spring 2010 due to the H1N1 flu epidemic and has not met since that time which has created a delay in reviewing the current policies to propose changes as appropriate.

Funding continues to be an issue due to the State of Illinois' financial situation.

Lack of assessment of programs has been issue to determine whether or not the alcohol and other drug programs on campus are effective. However, there has been an attempt to increase evaluation of the Alcohol and Other Drug Resource Center programs.

## **Recommendations for Revising AOD Programs**

### **Recommendation 1: Conduct a more in-depth Alcohol/Drug Policy Review**

Alcohol and Other Drug policies must be reviewed on a regular basis to ensure they are both reasonable and enforceable. The current Drug and Alcohol Abuse Policy was approved by the President 8/10/1995. These policies are reviewed as part of the university policies. Other student policies on alcohol and other drugs exist in the University's Residence Hall Handbook and Code of Student Conduct. The Faculty Handbook and the Civil Service Handbook pertain to employee policies. The University has other policies related to drug and alcohol in the Official University Policy Manual (i.e., tailgating, sales). It is recommended that all policies pertaining to alcohol and other drugs be reviewed in more detail to ensure they are current, reflect best practices and are consistently enforced.

### **Recommendation 2: Assess Existing Programs for Evidence of Effectiveness**

The programs and services related to alcohol and other drugs at Western Illinois University are more than those offered by the AOD Resource Center or the Employee Assistance Program. A comprehensive program inventory should be conducted to identify and characterize existing programs based on NIAAA Tiers of Effectiveness. Programs should be included that are not specifically designed as AOD programs, but address a risk reduction (i.e. late night and alternative activities, etc). These programs can then be evaluated to determine their effectiveness, and how they may fit into a comprehensive risk reduction plan based on the

2007 College Campus Alcohol and Other Drug Survey Special Report for WIU. Gaps in programs and services will identify where additional resources should be sought.

**Recommendation 4: Improve distribution plan for required annual employee notification for existing employees.**

This recommendation is currently in process.

**Recommendation 5: Identify Funding Sources to Enhance Late Night and Alternative Programming Options**

Additional grant opportunities are being sought to assist with alcohol and other drug prevention programs.

**Recommendation 6: Establish a comprehensive alcohol and other drug risk-reduction plan in accordance with the WIU Strategic plan 2008-2018.**

This recommendation is currently in process through use of the Alcohol and Other Drug Steering Committee.