



University of North Dakota
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Biennial Review: 2020

December 2020

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Introduction / Overview

The University of North Dakota (UND) is committed to an environment that supports the academic success and health of our staff and students and has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle.

In keeping with the requirements of the Drug-Free Schools and Campuses Regulations (EDGAR Part 86), the University of North Dakota has an Alcohol and Drugs Policy that describes standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on UND property or as part of any university sponsored activities. The policy includes the following:

1. A description of legal sanctions under federal, state, or local law for the unlawful possession use or distribution of illicit drugs and alcohol;
2. A clear statement of disciplinary sanctions, UND will impose on students and employees for violations of the standards of conduct;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of the drug and alcohol counseling and treatment resources available to students and employees.

As outlined in the “Complying with the Drug-Free Schools and Campuses Regulations” (EDGAR Part 86), the policy is distributed to all students and employees as part of our Drug-Free Campus Program.

This required biennial review has the following two objectives. First, to determine the effectiveness of, and to implement necessary changes to the Alcohol [Tobacco] and Other Drugs (AOD/ATOD) Prevention Program. Secondly, to ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.

Biennial Review Process

The 2020 Biennial Review covers the period of 2018-2020. Specifically, the fall 2018 semester through the summer of 2020.

Location of Biennial Review

The most current Biennial Review for the University of North Dakota will be posted on the UND website for Student Consumer Information: <https://und.edu/about/student-disclosure-information/student-consumer-information.html>. A copy of the report is on the file with the UND Wellness & Health Promotion department and University Counseling Center. A hard copy will be made available upon request.

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Annual Policy Notification Process

Content of Alcohol/Drug Abuse Prevention Statement

The UND Alcohol and Drugs policy can be found online:
<https://und.policystat.com/?lt=nEb9f5IPhIT42yu4MIKV8w>

Notification Process for Employees

All benefitted UND Faculty and Staff are required to complete an Annual Notification of Policies, which includes reviewing policies related to Drug-Free Workplace, Alcohol and Drugs, Tobacco-Free, and the Employee Assistance Program, among other policies. This is required to be reviewed annually by all faculty and staff by December 31st. The Human Resources and Payroll Services Office monitors employee compliance with this review through the SafeColleges website.

Notification Process for Students

All student employees of UND are also required to complete the Annual Notification of Policies, as described above. All students are required to abide by the *Code of Student Life* (<https://und.edu/student-life/code-of-student-life>). The *Code of Student Life* (*Code*) outlines the rights and responsibilities enjoyed by the students who make up the UND community. Students are expected to be familiar with the policies and processes contained within the *Code* and to act in compliance with them at all times. The *Code* includes information related to possession or use of prohibited items, such as alcohol, and drugs or drug paraphernalia, as outlined in the Alcohol and Drugs policy (<https://und.policystat.com/?lt=nEb9f5IPhIT42yu4MIKV8w>). An email containing information related to campus policies is distributed over the official student listserv each semester.

Alcohol and Other Drug (AOD) Prevalence Rate, Incidence Rate, Needs Assessment, and Trends

The University of North Dakota regularly participates in needs assessments and surveys related to health behaviors. Data from the most recent surveys have been shared with community groups (Grand Forks Tobacco Prevention Committee and the Grand Forks Substance Abuse Prevention Committee), campus departments (University Counseling Center and Student Health Services) and is used to direct health promotion programming for the university community.

American College Health Association- National College Health Assessment

UND participated in the American College Health Association- National College Health Assessment (ACHA-NCHA) in the spring of 2020 (pre-COVID). The ACHA-NCHA survey assesses college health factors impacting academic and personal success of college students. The ACHA-NCHA survey was updated since the previous administration, therefore trending information may not be available for all topic areas. A total of 868 students responded. A link to the Executive Summary for the ACHA-NCHA assessment can be found in Appendix A.

Survey respondents reported the following behaviors related to Alcohol and Other Drugs:

Alcohol

- 83.8% of UND students reported EVER consuming alcohol. 78.9% reported use in the last 3 months.
- Alcohol use in the past *14 days*:
 - 60.5% of respondents reported using alcohol within the past 2 weeks – including 44% of first year students. 4th year students had the highest rate at 74.4%.
- Alcohol use in the past *30 days*:
 - 71% of respondents indicated that they consumed alcohol within the past month. (In 2018, this rate was 67.4%). 55% of first year students reported using alcohol in the previous 30 days; usage rates increased with each successive year, with 4th/5th year students coming at the highest rate (83%).
- *Binge Drinking*
 - 59.8% of all respondents reported binge drinking in the past 2 weeks, with males reporting slightly higher rates than females (61.3% vs. 58.9%, respectively). This is a significant increase from the 2018 survey, where 35.7% of respondents reported binge drinking.
- A small number of students (3.3% of males and 2.4% of females) reported that alcohol negatively impacted their academic performance in the past 12 months.
- 16.2% of students reported never using alcohol.

Tobacco

- 46.7% of UND students reported using tobacco or a nicotine delivery product (cigarette, e-cigarette, vape, water pipe, chewing tobacco, etc.) in their lifetime. 31.0% of students used in the last 3 months.
 - E-cigarettes or other vaping products (i.e. Juul) were the most reported tobacco product used – with 78.2% of survey respondents who had EVER used tobacco products, reported using e-cigarettes in the past 3 months.
 - Cigarettes were the next highest tobacco product, with 30.0% of students who had EVER used tobacco products, reported using cigarettes in the past 3 months.

- Cigars and chewing/smokeless tobacco usage rates were moderate (17.6% and 14.3%) among tobacco users over the previous 3 months.
- 53.4% of students reported never using tobacco or nicotine delivery products.

Cannabis

- 39.2% of all respondents reported using Cannabis (marijuana, weed, hash, edibles, vaped cannabis) in a non-medical way in their lifetime. 21.8% of students used within the last 3 months.
 - Usage rates among males and females was fairly equal, having a difference of only 1-2 percent between males and females who have ever used as well as used in the last 3 months.
- 8.4% of males who use cannabis reported that their cannabis use negatively impacted their academic performance in some way (0.0% of females who use cannabis).
- 60.9% of students reported never using cannabis/marijuana.

Other Drugs

- *Prescription stimulant* use is increasing, with 12.1% of students ever using (without a prescription) compared to 5.3% in 2018. 3.9% of students reported use in the last 3 months.
- 8.3% of students reported using *Hallucinogens* in their lifetime, and 2.2% of all students reporting use in the last 3 months.
- Nonmedical use of *Prescription Opioids* among students was 7.0% (9.8% of males, 5.5% of females), with 1.6% of all students reported use in the last 3 months.
- 6.3% of students reported nonmedical use of *Sedatives* (8.6% of males, 4.6% of females), with 2.0% of all students reporting use in the last 3 months.
- *Cocaine* use was also higher among males (8.3%) compared to females (3.9%), with a total of 5.5% of all students reporting use in their lifetime. 2.4% of all students reported using the last 3 months.
- The following drugs had less than 1.0% of students using them in the past 3 months: *Methamphetamines*, *Inhalants* and *Heroin* (0.1%, 0.5%, and 0.1% respectively).

North Dakota Student Wellness and Perception Survey

UND also participated in the North Dakota Student Wellness and Perception Survey (NDSWAPS) in conjunction with the other institutions within the North Dakota University System in the fall of 2018. All undergraduate students at UND were invited to participate (10,521); a total of 1,211 students provided valid responses for at least one question. This survey will be conducted again in the fall of 2020. The link to the Executive Summary for the NDSWAPS survey can be found in Appendix B.

Some data points to note:

Alcohol

- 86.1% of UND students reported using alcohol at least once within the *past year*; with 78.8% of those under 21 reporting consuming alcohol in the past year.
 - 78.5% of students reported alcohol use in the *last month*; 67.8% of students under 21 reported alcohol use in the last month. These results are consistent with 2016 data: 76.5% of all students, 61.6% under 21)

- 41% of students reported consuming alcohol on at least a *weekly basis*. 29% of those students under 21 reporting weekly use.

Tobacco

- 16.9% of students reported using tobacco in the *past year*. This is down from 29.9% in 2016.
- 8.2% of UND students reported tobacco use in the prior 30 days. A rate also lower than 2016 (19.0%).
 - Less than 2% of students reported using tobacco daily (1.0 - 1.4%).

Vaping/Electronic Cigarettes

- 33.5% of students reported using electronic cigarettes (vaping) in the *past year*.
 - 19.8% of students vape at least once a month. 2.9% of students reported daily use of electronic cigarettes.

Cannabis/ Marijuana

- 23.2% of students reported using Marijuana in the *past year*, and 9.9% vaping marijuana in the past year. In 2016, 24.1% of students reported using Marijuana in the past year.
- 12.4% of students reported using Marijuana in the *past 30 days*. In 2016, 13.8% of students reported use during this same timeframe.

Other Drugs

- Students reported using the usage rates for the following other drugs:
 - *Amphetamines*: 0.7% during the prior 30 days, 1.9% during the prior year.
 - *Opioids*: 0.6% during the prior 30 days, 1.2% during the prior year.
 - *Non-Medical use of Prescription Drugs*: 3.4% during the prior 30 days, 5.6% during prior year. Higher rates were seen in 2016: 5.0% during past 30 days and 8.35 during the past year.
 - *Other Illicit Drugs*: 1.2% during the prior 30 days, 2.0% during prior year.

American College Health Association- National Faculty and Staff Health Assessment

For the first time the University of North Dakota participated in the National Faculty and Staff Health Assessment through the American College Health Association (ACHA-NFSHA survey). Similar to the student survey, this assessment measures employees' health behaviors which enables our campus to provide better services and support for our employees. The ACHA-NFSHA was conducted on campus during the fall 2018 semester; 762 of the approximately 3,800 UND employees participated.

Survey participants reported the following information related to alcohol and tobacco use among UND faculty and staff:

Alcohol

- Approximately 68.4% of UND employees reported using alcohol within the past month; with 2.7% using it daily. 17.0% of survey respondents reported never using alcohol.
- 81.3% of those who consume alcohol did not *binge* drink in the past two weeks; whereas almost 16% of drinkers did binge drink within that same timeframe.

- Almost 80% (79.8%) of drinkers consume less than two drinks in a sitting when they consume alcohol.
- 8.4% of respondents have felt the need to reduce their drinking in the past year, and 1.5% of respondents indicated that a friend, family member or colleague has expressed concern about their drinking habits.

Tobacco

- *Cigarettes*: 4.6% of UND employees have used cigarettes within the past month, with 3.2% reporting daily use. 86.0% reported never using cigarettes.
- *E-cigarettes*: 1.6% of UND employees reported using e-cigarettes or other vape products within the past month. Over 93% of UND employees reported never trying e-cigarettes.

AOD Policy, Enforcement, and Compliance Inventory

Inventory of Policies

All policies related to alcohol, drugs, substance abuse, etc. at the University of North Dakota can be found via the following link: <https://und.policystat.com/?lt=nEb9f5IPhIT42yu4MIKV8w>. Each document includes sections related to the policy statement, reason for policy, scope of the policy, definitions, related information/external links, contacts related to the policy, the policy principles, procedures, and responsibilities.

Alcohol and Drugs Policy Statement

University of North Dakota (UND) prohibits the unlawful or unauthorized manufacture, distribution, dispensation, possession, use, or sale of alcoholic beverages, controlled substances, and illegal drugs. This prohibition applies even if the North Dakota Department of Public Health has issued a certificate of registration permitting the individual to possess a limited amount of marijuana for medical purposes; those with medical marijuana cards are not permitted to use medical marijuana on campus property or at University-sponsored or hosted events. The impairment by alcohol or drugs of any student or employee while participating in an academic function, or of employees when reporting for work or engaging in work – during normal work hours or other times when required to be at work – is also prohibited. UND employees and students are required to abide by all federal and state laws, local ordinances, State Board of Higher Education policies, and other related requirements regarding the consumption or possession of alcoholic beverages, controlled substances, and illegal drugs.

Tobacco-Free Campus Policy Statement

University of North Dakota (UND) is a tobacco-free campus. The use of tobacco is prohibited within university buildings, parking structures, walkways, arenas, in university or state fleet vehicles, and on university-owned and controlled property.

Substance Abuse Education Programs Policy Statement

The University of North Dakota (UND) recognizes substance abuse as a treatable condition and offers programs and services for employees and students with substance dependency problems. The programs provide services related to substance use and abuse including dissemination of informational materials, educational programs, counseling services, and referrals.

Code of Student Life Overview

The University of North Dakota (University) welcomes you to its community of more than 15,000 students, faculty, and staff. Our University community is made up of individuals representing the rich diversity and heritage of the populations of North Dakota, the nation, and the world. The University is ideally suited to make campus life a positive educational experience through the sharing of a multitude of ideas, experiences, lifestyles, cultures, and beliefs. The mission of the University is to provide transformative learning, discovery, and community engagement opportunities for developing tomorrow's leaders. As part of its mission, the University intends to nurture and sustain a learning environment which permits all to learn from the diversities brought to campus by members of the University community.

The Code of Student Life (Code) outlines the rights and responsibilities enjoyed by the students who make up our University community. The purpose of the information contained in the Code is to promote and maintain a learning environment appropriate for an institution of higher education and to serve as a basic guide to help prevent abuse of the rights of others. Members of the University community are expected to be familiar with the policies and processes contained within the Code and to act in compliance with them at all times. The Code is intended to be a general handbook to give guidance and direction to members of a very diverse University community. Although it is not possible to cover every conceivable situation that might arise, specific questions relating to the Code may be directed to the Office of Student Rights and Responsibilities or the Office of the Vice President for Student Affairs and Diversity.

Nothing within the Code is intended to limit or restrict freedom of speech or peaceful assembly. General statements of philosophy and principles to which the University subscribes are found in the State Board of Higher Education (SBHE) statement of academic freedom ([SBHE 401.1](#)).

The Code is published periodically and is subject to amendment or revision. Members of the University community are encouraged to submit amendments or revisions to the Code of Student Life Review Committee (CSLR Committee) for consideration.

Violations/Infractions/Enforcement

Information regarding the number of drug and alcohol-related incidents and fatalities that occur on campus (including on-campus residences, non-campus and public) can be found in the Annual Security and Fire Safety Report ([link in Appendix C](#)).

Number of violations observed/reported for each policy:

	FY19	FY20
Alcohol	271	223
Drugs	42	30

Type and number of sanctions administered for violations of each policy:

	FY19	FY20
Level I Referrals (BASICS)	140	91
Level II Referrals (initially SCARP and SCARP 2.0, now Prime For Life)	67	66
Alcohol & Drug Evaluation	31	23

Number of requests for permission/authorization (request for alcohol sales/serving):

This information is not collected. As per the Alcohol and Drug Policy, exceptions must be submitted to the Vice President of the respective area, the Office of the President, or the Vice President for Student Affairs and Diversity, depending on the audience and event function.

AOD Comprehensive Program /Intervention Inventory & Related Process and Outcomes/Data

Community Activities/Initiatives

Grand Forks Substance Abuse Prevention Committee

The Grand Forks Substance Abuse Prevention Committee (SAPC) is part of the Prevention area of the Mayor's Call to Action. Both authors of this document participate in the monthly SAPC meetings. Most work over the past two years has focused on youth in the community.

Tobacco Free Coalition

The Grand Forks Tobacco Free Coalition (GFTFC) has been an integral partner of the Grand Forks Tobacco Prevention & Control Program for nearly 25 years. Established in the early 1990s to address minor's access to tobacco products, the GFTFC was a pioneer organization in the tobacco prevention movement in both the community and the state. Other successes of the collaboration between the coalition and the local tobacco prevention program include Tobacco Retailer Licensing and Vending Laws, Smoke-Free Workplace Laws (2005, 2010, 2012) and Youth Access to E-Cigarette Laws (2014, 2015.)

The Health Promotion Coordinator from UND Wellness & Health Promotion participates in the GFTFC meetings regularly. The most recent work of this team has revolved around the new T21 Federal Law, prohibiting the sales of tobacco products, including ENDS products, to anyone who is under 21 years of age. Local enforcement continues to be an issue.

College/University Activities/Initiatives

There were several campus-wide drug and alcohol awareness events during the report timeframe. These events were open to the entire campus community. Some examples to note:

Drunk Goggles Dodgeball

Attract students to a fun & desirable activity that includes alcohol prevention messaging. Participants will be invited to play Dodgeball while wearing Drunk Goggles. Alcohol prevention education will be infused with sideline activities and brief education with the focus of increasing use of protective behavioral strategies is choosing to use alcohol. Approximately 24 students participated in the spring 2020 event.

Sexual Health Carnival

This program is designed to help students understand the importance of safe sex, be an active bystander, introduce students to various sexual health resources on campus- including free STI and HIV testing the day of the event. Since alcohol often impacts sexual behaviors, it is an important component to the event to show participants how excessive drinking can impact sexual health.

Shotblocking

This program is designed to be a friendly competition (basketball in fall, volleyball in spring) that promotes bystander intervention. Educational emphasis will be on increasing willingness to be an active bystander in situations related to alcohol and sexual assault. Application to other potential bystander situations such as mental health, racial discrimination, and homophobia. This event was held on April 26, 2019 and October 18, 2019.

Sex and Drugs Show

This event, held in April of 2019, was an interactive show to address substance abuse and sexual assault head on with frank and open discussions. Participants were challenged to think critically, develop educated opinions, and increase confidence to make smart choices.

Informational Tables

Education and information regarding alcohol, drugs, and bystander intervention was provided in conjunction with other events occurring on campus: Sexual Health Carnival, DeStress Fest, and Sober Tailgate.

Programs for Special Populations

Presentations and outreach events are provided on an “as requested” basis. These requests usually come from athletic teams, Resident Assistants within Housing, or Into to University Life class instructors.

Educational presentations led by Wellness & Health Promotion staff related to Alcohol, Tobacco or Other Drugs were conducted for the following special populations:

- Sigma Nu fraternity
- U-Life classes (Athletes and Nursing students)
- Housing Event (Selke/Noren/Brannon)
- Social Work class

The above groups have participated in at least one presentation, such as: Health & Wellness Jeopardy, Continuum of Substance Abuse, Choices About Alcohol, Step UP @ UND Bystander Intervention, Alcohol and Other Drug Jeopardy, or Because I Love You – Double Whiskey.

Educational presentations led by the UND @ CVIC team related to alcohol, bystander intervention, healthy relationships, and dating violence were conducted for the following special populations:

- Delta Tau Delta, Sigma Alpha Epsilon, Phi Delta Theta, and Alpha Tau Omega fraternities
- Alpha Chi Omega, Kappa Alpha Theta, Kappa Delta, and Delta Gamma sororities
- U-Life classes (22 classes)
- Christus Rex
- History Club
- Women & Gender Studies
- Army ROTC
- UND Women’s Golf Team
- IFC Greek Life
- Association of Residence Halls – Residence Hall Honorary
- UND Cheer & Dance Team
- Gay Pilots Association

- UND Student Ambassadors

The University Counseling Center (UCC) provides substance use outreach programs for groups throughout the UND campus. Licensed addiction counselors provide education on substance use to assist participants in identifying ways that substance use may impact mental health along with other aspects of their lives. Substance use outreaches inform students about high-risk and low-risk alcohol and other substance use, how to identify problematic drinking behavior, and how to talk with peers about their substance use, among other requested topics.

Individual Based Programs/Interventions

A variety of programs and interventions are conducted on campus, mostly from the University Counseling Center (UCC) and Student Health Services (SHS) clinic. Both departments utilize Motivational Interviewing techniques when discussing substance use. The following substance use programs are conducted at UND:

Brief Assessment and Screening for College Students (BASICS)

BASICS is a brief intervention program for students who incur a first-level violation related to alcohol. This program is recognized among college campuses as an effective program to reduce high-risk drinking with an overarching goal to encourage students to reflect on the risks related to substance use and offer tools for students to make better decisions to prevent future problems. Students participating in BASICS will complete an online self-assessment and have an individualized follow up session with a BASICS provider at UCC.

Full Substance Use Evaluation/Overview of Treatment Options

The UCC provides substance use evaluations for those who are required to complete an alcohol and drug evaluation or self-referral.

Consultations

Enrolled UND students who have concerns about their own substance use or concerns about a peer or loved one's substance use can meet with a licensed addiction counselor at the UCC with no cost or obligations.

Alcohol Use Disorders Identification Test (AUDIT)

Alcohol Use Disorders Identification Test (AUDIT) is conducted every 120 days for students with appointments at Student Health Services. The nurse is able to view their score and uses motivational interviewing techniques to recommend further assessments and counseling (if needed). The AUDIT is also used at the UCC during the initial appointment each semester for students.

Electronic Check-Up to Go (E-CHUG)

The eCHECKUP TO GO assessment provides the individual with personalized feedback about their individual drinking pattern, their risk patterns, their aspirations and goals, and helpful resources at UND and in the community. (online assessment)

Employee Assistance Program (EAP)

The Employee Assistance Program (EAP) is available to all UND employees and members of their household. Confidential assessment, counseling, and referral services are available on a variety of Drug

and Alcohol topics, as well as other areas. More information about the EAP can be found here: <https://campus.und.edu/human-resources/benefits/other-employee-benefits.html>

Group Based Programs/Interventions

The University Counseling Center (UCC) provide group-based programs and interventions related to alcohol and other drugs:

Prime for Life (PFL)

Prime for Life is an engaging prevention and early intervention program designed to assist students in reflecting on their own substance use. Students are able to self-assess their own risk level and learn strategies for making low-risk choices when it comes to substance use.

UCC offers an eight-hour Prime for Life classroom curriculum in two four-hour blocks.

This program was implemented in UCC Substance Use Programming starting in August 2019.

Student Chemical Assessment and Review Program (SCARP)

SCARP is an intervention program for students who incur a second-level sanction related to alcohol use or a drug related incident. SCARP is an intervention program designed to help students identify, engage, and address high-risk substance use. The goal is to encourage students to move in the direction of reducing risky behaviors and harmful effects from substance use and identifying personal risk factors. SCARP is conducted over the course of three sessions (one initial individual session, one intervention/experiential class, and one follow-up individual session).

SCARP is developed specifically to address high risk users or repeated incidents on UND's campus. Science and research now give us insight into how to best inform high risk substance users of the importance of biological, environmental and developmental changes within the individuals who are using substances in a dangerous way. SCARP is designed to create connections and relationships that last outside of the program parameters that creates a space for high-risk substance users to get the help they need or to help others who struggle with substance use and abuse.

This program was discontinued in August 2019.

Level One Licensed Outpatient Treatment Program

UCC understands that the progression of substance use disorders are one that if caught early in life is preventable and treatable. We offer a low-level outpatient experience unique to UND students that allows them to treat their substance use disorder while staying engaged in the campus community. This program is individualized after a full alcohol and drug evaluation is completed.

Peer Support Group

UCC offers a weekly support group for students that focuses on establishing sober support to gain abstinence from substance use. The group provides a safe place for group members to share their struggles with abstinence in a college environment. Group members can enhance their ability to create connections to assist in gaining positive supports in their lives.

Universal or Entire Population Based Programs Programs/Interventions

All first-time freshmen and transfer students to UND are required to complete the online alcohol educational program entitled Campus Clarity: Think About It. This program aims to reduce risky student behavior and prevent sexual assaults on campus. Oversight of the Campus Clarity module is provided by the Office of Student Rights & Responsibilities.

The Wellness & Health Promotion department also partners with some academic programs on the topics of alcohol and other drugs. A Public Health Nursing class developed an educational campaign about the effects of vaping and how it impacted them and others around them. Participants were able to receive a K-cup for participating in the event. Approximately 150 individuals attended.

Environmental/Socio-Ecological Based Programs

Social Norms Campaign

During the reporting timeframe the “KNOW Campaign” was updated with the most recent ACHA-NCHA results. Graphics were developed using the Social Norms Theory to communicate perceived norms related to student’s behaviors with alcohol and drug use, comparing to the actual norms. More information regarding the KNOW campaign can be found here: <https://und.edu/student-life/wellness-center/health-promotion/substance-abuse-prevention.html>

Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium

The University of North Dakota no longer has a position for the Substance Abuse Prevention Coordinator, previously a shared position between the University Counseling Center and the Wellness & Health Promotion departments. This role oversaw the UND Alcohol and Other Drugs Prevention Committee and was the point person for other campus-wide substance abuse campaigns. However, the work continues.

Goals for the next biennium:

1. Continue to collaborate with other entities on campus on substance abuse prevention efforts.
 - a. Work to ensure a safer tailgating experience at UND Football games.
 - b. Promote protective behaviors, normalizing low-risk choices, and focusing on the reduction of harm from binge drinking through active bystander intervention.
2. Increase the presence of substance abuse prevention efforts and harm reduction messages across campus. Some ideas include:
 - a. Develop marketing specifically related to substance abuse services at the University Counseling Center.
 - b. Create pre-recorded webinars/training sessions to educate student groups
 - c. Develop educational materials to be distributed at Freshman Orientation
 - d. Create a 21st birthday educational campaign for students.
 - e. Continue the social norming media strategy with the KNOW campaign.
3. Continue to implement best-practices related to substance abuse prevention on college campuses.

Recommendations

While the work across campus related to substance abuse continues, is very siloed and disjointed. Even preparing data for this report was a challenge. A recommendation would be to have regular conversations with all parties who work in the realm of substance abuse- whether it is health promotion, education, intervention, or treatment. While not a formal committee with regular meetings, a way to campus professionals to be in contact and discuss the substance abuse challenges across campus. This could be led by a staff member at the University Counseling Center, and as time allows per their contract.

Appendices

Appendix A: 2020 ACHA-NCHA Executive Summary

<https://und.edu/student-life/wellness-center/health-promotion/student-health-data.html>

Appendix B: 2018 NDSWAPS Executive Summary

<https://und.edu/student-life/wellness-center/health-promotion/student-health-data.html>

Appendix C: 2020 Annual Security and Fire Safety Report; UND

https://campus.und.edu/safety/_files/docs/annual-security-report.pdf

Appendix D: EDGAR 86 Worksheets

- A. 2018
- B. 2019
- C. 2020

University of North Dakota

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2018

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located?

<http://und.edu/student-disclosure-information/student-consumer-information.cfm>

Listed under the "Health and Safety" tab labeled "3. University of North Dakota Drug-Free Schools and Campus Regulations Biennial Review." Wellness and Health Promotion completes the Biennial Review.

2. Does the institution provide *annually to each employee and each student*, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?

- a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

- b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

- c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

- d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

- e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

See attached UND Alcohol and Drugs Policy covering students (2a, 2c, 2d covered on pages 12-14) and employees (2a, 2c, 2d, 2e covered on pages 14-17).

<https://und.policystat.com/?lt=nEb9f5lPhIT42yu4MIKV8w&next=/policy/4428574/latest/>

See attached UND Code of Student Life for Student Conduct Process beginning on page 16 for 2e. <https://und.edu/student-life/code-of-student-life>

3. Are the above materials distributed to students in one of the following ways?

- a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. During freshman orientation

Yes No

e. During new student orientation

Yes No

f. In another manner

Yes No Electronically.

The Office of Student Rights and Responsibilities (OSRR) sends an email to all students at the start of each semester through the campus listserv.

Additionally, all newly enrolled students are required to complete an online education training program called "Think About It" or "Think About It Adult Learners" by Campus Clarity. The online education program addresses issues focused on sex in college, healthy relationships, partying smart, sexual violence, and provides resources and links to campus policies including UND's Drug & Alcohol Policy and Sexual Misconduct Policy. Students are tracked using their UND email accounts and student ID numbers. Students who fail to complete the online training have a hold placed on their student account after the first six weeks of the semester until the online education is completed or a waiver is granted.

Any comments or clarifications on items 3 a-f:

3d, 3e. Campus policies are discussed and addressed through materials disseminated through the Office of Student Rights and Responsibilities and Office of Public Safety during freshman orientation and new student orientation.

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

An email with the above policies are sent annually over the official student listserv. This email is sent at the start of each academic term.

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?

Yes No

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

c. During new employee orientation

Staff: Yes No Faculty: Yes No

d. In another manner (SafeColleges)

Any comments or clarifications on items 6 a-d:

6c. Human Resources uses an online program called SafeColleges to distribute, disseminate, and track employee trainings. The Alcohol and Drug policy is covered as part of the onboarding training of new hires during their employee orientation.

6d. SafeColleges is used for annual notification of policies including the alcohol and drug policy. Employees receive email notifications to complete the review of policies and receive weekly reminder emails until they have completed. Supervisors (staff) and department chairs (faculty) are notified to follow up when employees do not complete the training.

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

Supervisors (staff) and department chairs (faculty) monitor completion of notification of SafeColleges trainings.

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

New employees are granted access to SafeColleges new hire training at any time of year. There are new employee orientation sessions scheduled throughout the year.

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 9 a-g:

a) UND conducts two campus assessments that include measurements of alcohol and other drug usage on a biennial basis. UND has participated in the American College Health Association National College Health Assessment (ACHA-NCHA) in every even year since 2000 with the most recent data collection being Spring 2018. UND has participated in various versions of the CORE survey in even years since 2002, with most recent participation being in North Dakota Student Wellness and Perceptions Survey (NDSWAPS) in Fall 2018.

g) Office of Student Rights and Responsibilities and University Counseling Center monitor the effectiveness of mandated substance abuse prevention programs.

10. Who is responsible for conducting the biennial reviews?

Jodi Ramberg, Substance Abuse Prevention Coordinator
Wellness & Health Promotion
801 Princeton St. Stop 8365
Grand Forks, ND 58202-8365

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

12. Where is the biennial review documentation located?

The biennial review can be accessed online on the UND Student Consumer Information site under "Health and Safety" tab: <https://und.edu/about/student-disclosure-information/student-consumer-information.html>

A physical copy is located in the Substance Abuse Prevention office.
Wellness Center, Room 211
801 Princeton St. Stop 8365
Grand Forks, ND 58202-8365

A physical copy is stored at the North Dakota University System's Director of Student Affairs office at:

North Dakota University System
600 E Boulevard Ave, Dept 215

Bismarck, ND 58505-0230

13. Comments or clarifications on any above items:

In addition to surveying student substance abuse, UND Work Well surveyed faculty and staff using the American College Health Association's National Faculty and Staff Health Assessment (ACHA-NFSHA) in Fall 2018, which includes questions on alcohol and tobacco use.

University of North Dakota

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2019

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located?

<https://und.edu/about/student-disclosure-information/student-consumer-information.html>

The drug prevention information is listed under “Consumer Information”; listed under “Health and Safety”. The document is entitled University of North Dakota Drug-Free Schools and Campus Regulations Biennial Review.

2. Does the institution provide *annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?*

a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

UND Alcohol and Drugs Policy:

<https://und.policystat.com/?lt=nEb9f5lPhIT42yu4MlKV8w&next=/policy/4428574/latest/>

UND Code of Student Life for Student Conduct Process:

<http://www1.und.edu/code-of-student-life/files/docs/cosl-08.16.18.pdf>

3. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. During freshman orientation

Yes No

e. During new student orientation

Yes No

f. In another manner

Yes No

Electronically.

The Office of Student Rights and Responsibilities (OSRR) sends an email to all students at the start of each semester through the campus listserv.

Additionally, all newly enrolled students are required to complete an online education training program called "Think About It" or "Think About It Adult Learners" by Campus Clarity. The online education program addresses issues focused on sex in college, healthy relationships, partying smart, sexual violence, and provides resources and links to campus policies including UND's Drug & Alcohol Policy and Sexual Misconduct Policy. Students are tracked using their UND email accounts and student ID numbers. Students who fail to complete the online training have a hold placed on their student account after the first six weeks of the semester until the online education is completed or a waiver is granted.

Policies are also posted on the UND website for viewing at any time.

Any comments or clarifications on items 3 a-f:

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?

Yes No

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

c. During new employee orientation

Staff: Yes No Faculty: Yes No

d. In another manner (SafeColleges)

Any comments or clarifications on items 6 a-d:

6c. Human Resources uses an online program called SafeColleges to distribute, disseminate, and track employee trainings. The Alcohol and Drug policy is covered as part of the onboarding training of new hires during their employee orientation.

6d. SafeColleges is used for annual notification of policies including the alcohol and drug policy. Employees receive email notifications to complete the review of policies and receive weekly reminder emails until they have completed. Supervisors (staff) and department chairs (faculty) are notified to follow up when employees do not complete the training.

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

Supervisors (staff) and department chairs (faculty) monitor completion of notification of SafeColleges trainings.

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

New employees are granted access to SafeColleges new hire training at any time of year. There are new employee orientation sessions scheduled throughout the year.

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 9 a-g:

a) UND conducts two campus assessments that include measurements of alcohol and other drug usage on a biennial basis. UND has participated in the American College Health Association National College Health Assessment (ACHA-NCHA) in every even year since 2000 with the most recent data collection being Spring 2018. This survey will be conducted again spring semester 2020. UND has participated in various versions of the CORE survey in even years since 2002, with most recent participation being in North Dakota Student Wellness and Perceptions Survey (NDSWAPS) in Fall 2018.

g) Office of Student Rights and Responsibilities and University Counseling Center monitor the effectiveness of mandated substance abuse prevention programs.

10. Who is responsible for conducting the biennial reviews?

Karina Knutson, Associate Director of Wellness Promotion
Wellness & Health Promotion
801 Princeton St. stop 8365
Grand Forks, ND 58202

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

12. Where is the biennial review documentation located?

The biennial review can be accessed online on the UND Student Consumer Information site under "Health and Safety" tab: <http://www1.und.edu/student-disclosure-information/student-consumer-information.cfm>

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Wellness Center
801 Princeton St. Stop 8365
Grand Forks, ND 58202-8365

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600 E Boulevard Ave, Dept 215
Bismarck, ND 58505-0230

13. Comments or clarifications on any above items:

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University of North Dakota

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2020

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located?

<https://und.edu/about/student-disclosure-information/student-consumer-information.html>

The drug prevention information is listed under “Consumer Information”; listed under “Health and Safety”. The document is entitled University of North Dakota Drug-Free Schools and Campus Regulations Biennial Review.

2. Does the institution provide *annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?*

- a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

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Students: Yes No Staff and Faculty: Yes No

- c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

- d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

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i. Class schedules which are mailed to each student

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j. During freshman orientation

Yes No

k. During new student orientation

Yes No

l. In another manner

Yes No

Electronically.

Any comments or clarifications on items 3 a-f:

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4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

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Yes No

6. Are the above materials distributed to staff and faculty in one of the following ways?

e. Mailed

Staff: Yes No

Faculty: Yes No

f. Through campus post office boxes

Staff: Yes No Faculty: Yes No

g. During new employee orientation

Staff: Yes No Faculty: Yes No

d. In another manner

Yes No

SafeColleges

Any comments or clarifications on items 6 a-d:

6c. Human Resources uses an online program called SafeColleges to distribute, disseminate, and track employee trainings. The Alcohol and Drug policy is covered as part of the onboarding training of new hires during their employee orientation.

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Students: Yes No Staff and Faculty: Yes No

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g) Office of Student Rights and Responsibilities and University Counseling Center monitor the effectiveness of mandated substance abuse prevention programs.

10. Who is responsible for conducting the biennial reviews?

Karina Knutson, Associate Director of Wellness Promotion
Wellness & Health Promotion
801 Princeton St. stop 8365
Grand Forks, ND 58202

Carolyn Shabb, MA, LAC, LAPC, BC-TMH
Licensed Addiction Counselor/Licensed Counselor
UND Counseling Center
Carolyn.h.Shabb@UND.edu
701-777-2127

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

12. Where is the biennial review documentation located?

The biennial review can be accessed online on the UND Student Consumer Information site under "Health and Safety" tab: <http://www1.und.edu/student-disclosure-information/student-consumer-information.cfm>

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13. Comments or clarifications on any above items: