



# DEPAUW UNIVERSITY

*Est. 1837*

**Alcohol and Other Drugs Programing  
Annual Report for the 2014-2015 Academic Year**

This report highlights the initiatives taken by DePauw University, demonstrating a commitment to a safer, healthier community through alcohol and other drug educational programming, policy, and environmental initiatives.

The Alcohol and Other Drugs (AOD) Coordinating Committee continued their work on interventions for both alcohol and drug use. The committee was comprised of the following members: Dorian Shager, dean of campus life (assessment), Julia Sutherlin assistant dean of students, Wendy Wippich, director of campus living (healthy living/student support), Quamina Carter, clinical counselor (drugs), Myrna Hernandez, assistant dean of students for residential living (policy and big party weekends), Tracy Machtan, director of Fraternity and Sorority Life (event procedures and CATS), Angela Nally, director of public safety (enforcement), Meggan Johnston, director of intervention programs (accountability and intervention), and Kara Campbell, athletic trainer, and Ben Hewitt, head women's swimming coach (athletics).

### **ALCOHOL INITIATIVES**

The AOD Coordinating Committee efforts can be placed into three categories: educational programming, policy changes, and environmental initiatives. These three categories are presented below, with specific programming, initiatives, and events detailed in each section.

### **EDUCATIONAL PROGRAMMING**

#### Student Leader Training

Campus Living Student Leader Staff and Mentors met with Dorian Shager, dean of campus life, and Angela Nally, director of Public Safety, to receive training on how to deal with situations involving drugs and alcohol. Part of the training for Campus Living Student Leader Staff involved recognizing drug and alcohol paraphernalia in a room set with various practice items, as well as symptoms of their use in people. From Shager, the student leaders also learned valuable information concerning data and means to better support university policies and Indiana state law, also discussing alcohol education and stressing the importance of reducing high-risk alcohol use.

#### Orientation Floor Meetings

First-year students attended a floor meeting in the week of orientation that included a visit from Shager and Nally. They discussed the dangers of high risk drinking and encouraged responsible behavior. They also made the first-years aware of the resources available to make the campus safe and more secure – for example, Public Safety's staff of trained police officers and Safe Ride. The Indiana Lifeline Law and DePauw's safe community clause were emphasized, encouraging first-years to always put safety first.

#### Orientation Week Alcohol Video

This year, all new students watched a video at their floor meetings, depicting campus alcohol use through interviews with students and alumni, emphasizing the importance of limiting high-risk drinking and voicing support for non-drinkers. On healthy living floors, the First-Year Resident Assistants (FYRA) showed an additional video expressing extra support and encouragement for the substance free lifestyle. The FYRAs then led discussions over the messages in the respective videos, facilitating conversations about a culture of care.

### InterAct

During September, mentor groups went through the InterAct experience, where pairs of trained student actors performed scenes depicting alcohol use and sexual violence, incorporating important bystander intervention skills. The first-year students then took turns acting within the scenario, and the group discussed their actions and alternative choices. The experience provided a hands-on learning environment for the first-years, as well as a safe space for discussion.

### Preseason Alcohol Presentations

Each team met before their season began to go over ground rules of participation, discussing use of alcohol. As an example, Coach Ben Hewitt emphasized the importance of Indiana state law and DePauw's policies and urged students to comply with them. He also spoke about DePauw's culture of care and the athletes' responsibilities towards one another and the team. A larger presentation given to the athletic teams by Adam Cohen detailed how alcohol use can affect both athletic and academic performance with data examples and more in-depth information, both from Cohen and a nutritionist.

### Wellness Fair

The annual wellness fair took place once again in October, sponsored by Counseling Services. During the fair Quamina Carter demonstrated through various informative games how much one drink is and how over-pouring can occur when one is intoxicated. She encouraged exercising responsibility when drinking, and warned against high-risk situations. Interns helped by distributing educational literature about drinking and drug use.

### Monon Week Education Initiatives

RAs led their floors in discussions of safety and the importance of reducing high-risk drinking in the week leading up to DePauw's Monon Bell football game. They reiterated messages from orientation, emphasizing DePauw's culture of care and the language of Green Dot bystander intervention training.

### Little Five Week Education Initiatives

Postcards with safety information and important phone numbers were distributed the week of the Little Five bicycle race. The cards encouraged students to stay hydrated throughout the duration of the day and urged them to use their bystander intervention skills and exercise care for their friends and peers.

### Community Standards Formal Warning Class

The Community Standards Formal Warning Class was continued for students found responsible for lower level violations (BACs of 0.01-0.07) of the alcohol policy. The BASICS alcohol intervention was expanded this year to include a group session for students who were first time violators of the alcohol policy with BAC levels between .08 and .015. Forty-eight students participated in Group BASICS throughout the course of the year. Fifty-nine students were seen by either a Student Life staff member or a counseling center intern for an Individual BASICS session. Formal assessments (utilizing the Substance Abuse Subtle Screening Inventory) were conducted by Counseling Services Staff for higher-level violations of the University Policy on Alcoholic Beverages and the Drug Policy.

### Ongoing Professional Education

In December of 2014, Dorian Shager attended the annual meeting of the Indiana Coalition to Reduce Underage Drinking, which promotes administrators and students to reduce the impact of underage drinking throughout Indiana. This meeting enriched the administration's knowledge and understanding of underage drinking.

## **ENVIRONMENTAL INITIATIVES**

### High Risk Weekends

Four weekends -- the first weekend that first-years are allowed on Greek property, Halloween night, Monon, and Little Five -- all tend to be high-risk weekends on campus. Student Life therefore promotes several initiatives at these times.

- Public Safety and Student Life staff had an increased presence throughout campus and great efforts were put forth to manage the weekends in a safe manner.
- Outreach and risk management efforts remained at a high level for the first weekend that first-year students were allowed on Greek property, as well as Halloween Weekend. Specific messaging for the fraternities and first-year students was developed, as well as some of the safety management requirements for hosts, including but not limited to: providing outside security for events, providing additional monitoring, assisting in messaging, and providing food and water.
- Campus Life, DSG, and the alcohol programming and outreach subgroup collaborated to provide food trucks for high-risk evenings to attempt to curb alcohol consumption.
- First-Year Resident Assistants brought their communities together to hear important safety information from BACK Down (a committee of upperclass student leaders) and Code T.E.A.L. in October.
- From midnight to 2:00am on the Sunday morning of Monon Bell Weekend, Student Life staff served breakfast to students. Following the breakfast,

Public Safety and Student Life staff walked campus to intervene in any issues of concern.

- For Monon weekend, CLCD and athletics provided professional staff members to assist in monitoring the fraternity tailgate, intervening when necessary with intoxicated students.
- For Little Five, DePauw Student Government provided food during the race and the CATS program worked five separate events providing food and monitors.
- For Little Five, increased risk management strategies were required for afternoon fraternity events.
- Campus Living and Community Development offered in depth risk management sessions with fraternity leadership during other high-risk weekends for chapters hosting events.

### Winter Term Challenge

Winter Term was once again promoted as a valuable time for getting a head start on various important academic paths and participating in alcohol-free activities. There were eight objectives in the “challenge”: academics, safety, health and fitness, involvement, diversity, professionalism, Hartman House, and off-campus study. These objectives challenged students staying on campus to make good use of their time, encouraging them to form good academic, health, and professional habits. This initiative helped provide alternative framing for free time during on-campus winter term.

### Winter Term Programming

Campus Life hosted many initiatives during the course of Winter Term, both educational and recreational. The programming gave students a productive and substance-free outlet for the downtime that an on-campus winter term provides. A variety of events, from a talent show to painting classes, gave students options to keep themselves entertained in healthy ways.

### Drug Take Back initiatives

The Greencastle Police Department in cooperation with the Drug Enforcement Administration sponsored a Drug Take Back program promoted to students, faculty, and staff. This event allowed members of the community to safely dispose of their expired, unused controlled or uncontrolled medications along with over-the-counter medication, and served as a response to an increase in prescription drug abuse.

### CATS Team

The Chapter Assisting Trained Students (CATS) Team grew for the third year in a row, with over forty members. They served once again as a group of student leaders attending campus events and intervening in situations where high-risk drinking occurs, concerning themselves with the health and safety of peers partaking in alcohol consumption. Their role consisted of generally monitoring events, intervening and getting help for students who had consumed too much

alcohol, and supporting chapter leadership in their risk management strategies. The CATS program also provided food at midnight and bottled water throughout the evening to help students alternate alcoholic beverages with non-alcoholic beverages and to attempt to bring an “end” to the party, as well as supplying an alternative beverage to nondrinkers.

### BACK Down Initiatives

BACK Down is a group of student leaders representing IFC, Panhellenic, mentors, CATS, RAs, Student Government, Code T.E.A.L., and Campus Life who met approximately every three weeks to discuss and problem solve alcohol issues impacting our student body. Using data provided to them, they brainstormed potential solutions that would have a positive impact on the alcohol culture at DePauw and which could be realistically implemented in the near future. The group served as a think tank contributing to all three aspects of the AOD committee’s intervention techniques, as they discuss education, policy, and campus environment in tandem in each meeting.

### Little Five Programming

This year, a concert was hosted Friday night before the Saturday Little Five race. With approximately 800 people in attendance, it provided a two-hour break in the cycle of alcohol use that often occurs on that weekend. A block party was also hosted during the street sprint portion of the event on Friday, giving students a source of food and water. On Saturday, a comedian provided entertainment, after which an alcohol-free dance party was hosted. Both these events provided a break to the schedule of events, as well as an alternative activity for nondrinkers. During the races, food and water was freely distributed to students.

## POLICY

### Campus Living and Community Development Policy Revisions

CLCD made several adjustments to internal practices, though no formal adjustments were made to the student handbook.

### Football Game Day Tailgating Policies

The policy changes made last year to tailgating were upheld this year. They included:

- A section of the lot was reserved for fraternity tailgates, which required a registration and a one-time fee for the fraternities to participate for the season
- No hard alcohol was to be present at any tailgates, enforced by Public Safety, IFC, and student life staff present
- Campus Living provided one professional staff member per home football weekend to oversee fraternity tailgate and monitor intoxication levels
- Tailgates were to end no later than the beginning of the football game

### Event Registration

The initiative begun in 2013 to change event registration was upheld this year, with policies such as:

- *Maximum of three open events per semester* -- Chapters were permitted to host up to three open events, which were to be scheduled within the first three weeks of the academic year. This was intended to give chapters the opportunity to focus on the organization of their larger events and combat against “risk management fatigue”
- *No hard liquor at open events* -- This required that no hard liquor be present at open events. This included no serving of hard liquor in common areas or from individual rooms.
- *Food and water required* – All large events required the serving of substantial food and presence of bottled water as a viable alternative to alcohol
- *Third Party Security* – Presence of third party security was required at open events. Nolan Security conducted initial site-visits and remained in contact with the fraternity chapters and Public Safety throughout the year to staff events. Role of security was to assist risk management teams at entrance and inside the event, serve as an extra presence to assess and intervene with highly intoxicated individuals, help to turn away guests who may have “pre-gamed” to dangerous levels, and assist chapter in enforcement of hard alcohol expectations. Upon completion of event, security guard would fill out safety rating scale to provide feedback to the chapter and Greek life coordinator on chapter’s risk strategies.
- *Safety rating scale* – Developed in conjunction with BACK Down, a safety rating form was used by Nolan Security and IFC on its rounds. The goal of the form was to capture the strength of chapter’s safety management and provide a tool for feedback, while also providing chapters a more structured front-end framework for what a successful event might look like, as opposed to a simple checklist.

#### Safety Management Walk-Throughs

Before their first registered event of the academic year, the President, Risk Manager, and Social Chair of each IFC fraternity participated in a “safety management walk-through” with Campus Living and Community Development staff to develop their plan for responsible event management throughout the year. Each chapter would then discuss plans on managing their events, including alcohol use, door duty responsibilities, and monitoring procedures. The chapters also completed a walk-through if they hosted events on Monon and Little Five weekends.

#### University Housing Safety Management

A process similar to the IFC walk-throughs was also implemented for events held in university housing (duplexes, Rector Village, and houses). The residents of campus housing interested in hosting a registered event met with CLCD staff to go over policies of hosting a registered event and important safety information.

### Post-Recruitment Event Changes

Events held on the day after bid night, formerly known as Black Monday, were eliminated. Instead, Campus Living incentivized Greek chapters to host alcohol-free brotherhood/sisterhood events that evening. If they complied, they would receive funding for their closed, non-alcohol events and earn a registered event for the Friday after recruitment. These CLCD-funded incentives promoted greater cooperation and teamwork between the CLCD staff and Greek organizations, showing their mutual investments in the health and safety of students.

### Winter Term Event Policy Changes

This year, fraternities and university housing residents were only allowed one registered event each during winter term, which could be earned by sponsoring a non-alcohol event open to the campus and in conjunction with Campus Life. The registered event would then function in the same way as a semester registered event, with no hard alcohol allowed and a third-party security required. Ten members of the IFC fraternity hosting the event would have to be present on campus for the event, with at least five trained as sober monitors, as well as at least one acting executive board member. If one or more requirements could not be met, the fraternity would be allowed to partner with another, therefore letting both share in hosting responsibilities and liabilities.

## **DRUG INITIATIVES**

The drug committee, made up of staff from CLCD, Athletics, Multicultural Student Services, and Counseling Services, continued several initiatives to promote healthy behavior, reduce drug use, and raise awareness on campus.

### Data Analysis

The committee analyzed data from Community Standards, SOAR, CORE, ACHA and related articles in recent DePauw Newspaper related to student drug use, specifically prescription drug abuse for the purpose of identifying drug use/trends, creating “messages”, dispelling myths and addressing stigma.

### Social Norming Campaign

This campaign, largely developed by Quamina Carter and the campus life alcohol intern, focused on the idea that many students overestimate drug use on ~~campus,campus~~ and by concentrating on the message that drug use is fairly infrequent, students will learn that not using the drug is the social norm. Much of this data came from anecdotal evidence in the DePauw Newspaper, which was supported by the data from Community Standards, SOAR, CORE, and ACHA surveys. Messages promoted included the “Dose of Reality” campaign against prescription drugs, “Sleep Matters: Peer Educator support in developing Wellness Fair initiatives,” “Healthy DePauw,” and messages geared toward academic success.

### Initiatives to Lessen Drug Use

Some of the initiatives created were aimed specifically at decreasing drug use on campus:

- DePauw Newspaper Ads were created and distributed on specific dates and in conjunction with university events. These themes were “Sleep Matters: Not all sleep is good sleep (Drug induced sleep)” (October), “Healthy DePauw: What Start Now (Marijuana)” (November), and “Dose of Reality and Academic Success (Prescription drug use)” (December).
- Student article was written in support of the Drug Committee and Drug Take Back initiatives.
- Created Public Service Announcement (PSA) messages and identified staff, students and alumni to record audio and visual messages for distribution through WGRE, D3TV, social media, poster campaigns and other print media (DePauw Newspaper).

#### Drug Educational Programming

The Substance Abuse Intervention Workshop focuses on individualized student values and educates participants about the impact of substances on their health, safety, performance, educational and occupational goals, finances, relationships, reputation and potential legal consequences. The group engages participants through national and university data to facilitate group dialogue regarding genetic predisposition and related risks, readiness and motivation to change. The curriculum explores common thinking errors, social norms clarification and combines cognitive behavioral skills with motivational enhancement interventions to challenge students toward healthier choices and social accountability.