



LAMAR UNIVERSITY

MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

Lamar University Student Health Center

BIENNIAL REVIEW

ACADEMIC YEARS 2022 – 2024

**DRUG-FREE SCHOOLS AND CAMPUSES
REGULATIONS (EDGAR PART86)**

Table of Contents

INTRODUCTION	3
BIENNIAL REVIEW PROCESS	4
ANNUAL POLICY NOTIFICATION PROCESS	4
POLICY ENFORCEMENT & COMPLIANCE	5
ALCOHOL AND OTHER DRUG PREVENTION & INTERVENTION EFFORTS ...	11
PROGRAM GOALS AND OBJECTIVES REVIEW	17
STRENGTHS OF AOD PREVENTION PROGRAM	18
WEAKNESSES OF AOD PREVENTION PROGRAM	19
OPPORTUNITIES FOR AOD PREVENTION PROGRAM	19
THREATS FOR AOD PREVENTION PROGRAM	19
RECOMMENDATIONS FOR NEXT BIENNIUM	20
GOALS & OBJECTIVES FOR NEXT BIENNIUM	20
APPENDIX	21

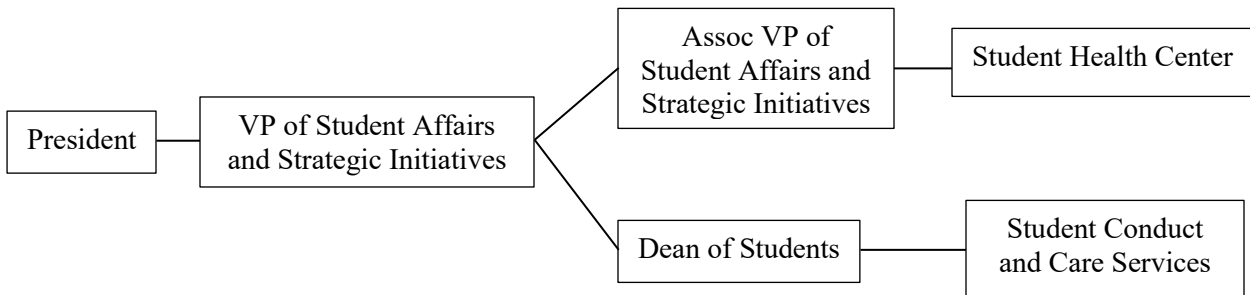
INTRODUCTION

Lamar University (LU), as an institution of higher education, has a strong interest in promoting a safe environment that is conducive to acquiring and achieving academic success, and to preserving a high standard of safety and welfare for our students, faculty, and staff. As equally important as motivating and protecting our students' pursuit of educational goals, is the dissemination of information related to student conduct and behavior.

The Drug-Free Schools and Communities Act (DFSCA) requires that an institution of higher education (IHE) certify it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol for students and employees on campus premises and as part of its activities. LU complies with the DFSCA by continuing to conduct a biennial review on the effectiveness of its alcohol and other drug programs and policies, the consistency of policy enforcement, and the identification and implementation of any changes needed. The following review is a report of alcohol and drug prevention activities conducted from August 15, 2022, to August 14, 2024.

LU strives to maintain a campus community free from the illegal use, possession, manufacture, or distribution of alcohol or other drugs, as well as being committed to providing a safe and healthy environment for all community members. The community benefits from having a Student Health Center (SHC) with integrated medical, counseling, and health education departments. The SHC continues to expand to serve the growing needs of the LU community. Student volunteers were added to the student program, Healthy Cards, to increase peer outreach. One of the existing counseling positions changed from hourly to salaried, increasing the number of appointments available. Counseling staff two Licensed Professional Counselors, one of whom is a licensed chemical dependency counselor, and two Licensed Clinical Social Workers. Other LU entities that play a strong role in alcohol and other drug prevention on campus include the Lamar University Police Department (LUPD), the Dean of Students, Student Conduct and Care, Residence Life, Human Resources, Athletics, and many others.

LU Alcohol and Other Drugs Prevention Support and Structure



BIENNIAL REVIEW PROCESS

The Biennial Review of Lamar University’s Alcohol and Other Drug (AOD) Program is perpetually available at: <https://www.lamar.edu/healthed>. The current Biennial Review covers even-numbered academic years beginning in the Fall of the last biennium year through the Summer of the current even-numbered year (Fall 2022-Summer 2024). The Biennial Review document is completed and available for review on October 31 of the current even-numbered year. The Biennial Review includes information collected during and after activities from multiple departments.

Hard copies of the Biennial Review are maintained on file for seven years in the Health Education Department of the Student Health Center and can be provided to the U.S. Department of Education if requested.

ANNUAL POLICY NOTIFICATION PROCESS

To comply with federal law, Lamar University Office of Student Engagement, Human Resources, and Student Health Center provide every employee and student with an “Alcohol and Other Drug Policy” email notification that includes the following:

- Standards of conduct that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.
- A description of legal sanctions under federal, state, and local laws for unlawful possession or distribution of illicit drugs and alcohol.
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
- A description of counseling and treatment programs available to students and employees.
- A clear statement and description of the disciplinary sanctions Lamar University will impose for violations of the codes of conduct for students and employees.

This [Annual Notification](#) is always available to students, faculty, and staff online under [Alcohol and Other Drug Awareness: Resources and Prevention](#).

The primary method utilized to distribute the annual policy notification is via campus announcement email biannually. Every student, defined as a person currently enrolled for academic credit on the Lamar University campus and online, receives the annual policy notification by campus announcement at the beginning of the Fall and Spring semesters. Any new student entering the university will be notified at the time of registration.

All existing employees receive the annual policy notification via campus announcement at the beginning of the Fall and Spring semesters. All new employees receive the policy through an

electronic onboarding system in Human Resources before their first day of employment. The onboarding system will include the annual notification. This process ensures everyone receives the notification regardless of their hire date or extent of employment with the university.

POLICY ENFORCEMENT & COMPLIANCE

Lamar University has adopted policies that govern alcohol and other drugs on campus. The [Faculty Handbook](#) and the [Human Resources Policy Manual](#) include policies for faculty and staff. Policies related to students are included in the [Code of Student Conduct](#). All students and employees are required to adhere to these policies while associated with the university. Any student or employee found in violation of any of these policies may be subject to corrective action and/or discipline including dismissal from the university.

Lamar University has adopted a student code of conduct, following the authority established by the Board of Regents of the Texas State University System, which outlines rules, regulations, rights, and responsibilities that apply to all students on and off campus. Lamar University expects that each student becomes fully acquainted with all published university policies, as each student is held accountable for compliance with the student code of conduct and other university policies.

General oversight of each policy is managed by the department’s Director from which the policy originates. Discipline, sanctioning, and adjudication of each policy are enforced by the department’s Director and may include other overseeing entities as they relate to students or employees. The Dean of Students/Office of Conduct and Care Services will collaborate with any department director where students are involved, and the Director of Human Resources will collaborate with the supervisor of an employee found in violation of policy. Lamar University police department may be utilized when deemed necessary.

LUPD has a robust working relationship with the City of Beaumont Police Department. LU police officers have jurisdiction to enforce civil laws off-campus in the surrounding areas adjacent to the university property. Collaboration between the departments helps students abide by Lamar University’s alcohol and drug policies.

Human Resources is the department solely responsible for any disciplinary actions related to faculty and staff regarding alcohol and other drugs. Below is the information provided based on their records on the number of disciplinary actions related to alcohol and other drugs.

No. of employee disciplinary actions related to alcohol and drugs	0
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AOD Prevalence & Trend Data

The Office of Finance & Operations is responsible for approving requests for alcohol sales or serving for students, faculty, and staff on campus. Below is the number of requests submitted for academic years 2023 and 2024.

	2022/2023	2023/2024
Number of requests for permission/authorizations for alcohol sales/serving for students, faculty, and staff	33	30

The LUPD regularly collects data as part of its Annual Safety Report. Data relating to incidents related to alcohol and other drugs can be found below. The LUPD reports no faculty or staff involvement in any alcohol or drug-related incidents.

		2022/2023	2023/2024
		Students	Students
Alcohol-Related	Student Affairs Referral	2	6
	Citation + Student Affairs Referral	3	34
	Arrest + Student Affairs Referral	2	5
Drug-Related	Student Affairs Referral	10	8
	Citation + Student Affairs Referral	11	14
	Arrest + Student Affairs Referral	0	0
Total		28	67

Alcohol & Other Drug Violations

Below is the data reported from Student Conduct and Care Services on student AOD-related incidents and sanctions.

Charge/Issue (for tables below)

- 19.16 Smoking
- 12.1. Alcohol - Underage/DUI/Public Intoxication
- 12.2. Alcohol - Public Places
- 12.3. Alcohol - Published University Policies
- 14 Illegal Drugs or Controlled Substances
- 19.6. Alcohol - Underage consumption/possession
- 30 Possession of Intoxicating Beverages
- 19.6. Alcohol - Underage consumption/possession

2022/2023 Alcohol and Drugs

Charge/Issue Category	Charge/Issue	Issue or Concern Resolved	No Finding	Not Responsible	Responsible	No Finding Entered on File	Total
Housing Contract	19.16.	4	1	2	22	5	34
Student Conduct	12.1.	3	0	1	9	3	16
Student Conduct	12.2.	1	0	0	2	0	3
Student Conduct	12.3.	0	0	0	21	0	21
Student Conduct	14	1	3	2	24	3	33
Student Conduct	19.6.	1	0	0	5	1	7
Student Conduct	30	0	0	0	1	0	1
University	19.6	0	0	0	1	0	1
Total		10	4	5	85	12	116

2023/2024 Alcohol and Drugs

Charge/Issue Category	Charge/Issue	HOLD	Issue or Concern Resolved	Medical Amnesty	No Finding	Not Responsible	Responsible	Warning	Hold	No Finding Entered on File	Total
Housing Contract	19.16.	0	2	0	0	6	22	1	0	5	36
Student Conduct	12.1.	1	1	0	1	4	33	0	1	0	41
Student Conduct	12.2.	0	0	0	0	2	0	0	0	0	2
Student Conduct	12.3.	0	2	0	0	17	74	0	0	1	94
Student Conduct	14	0	2	1	1	24	35	1	0	7	71
Student Conduct	19.6.	3	0	1	0	3	59	0	3	3	72
Student Conduct	30	0	0	0	0	3	10	0	0	0	13
University	19.6	0	0	0	0	1	0	0	0	0	1
Total		4	7	2	2	60	233	2	4	16	330

2022/2023 All Sanctions

Category	Sanction/Action	Student Conduct & CARE Services	Office of Residence Life	Total
ALC/DRUG	Alcohol Education Program - Second Violation	0	0	0
ALC/DRUG	Drug Education Program - Second Violation	0	0	0
ALC/DRUG	Parental Notification	0	0	0
ALC/DRUG	Random Drug Testing	0	0	0
DABS	D.A.B.S Education Course - Level Up	83	17	100
DABS	DABS Education Course - Third Violation	2	0	3
EDUCATIONAL	Apology Letter	5	0	5
EDUCATIONAL	Cultural Understanding Seminar	0	0	0
EDUCATIONAL	D.A.B.S. Class	3	0	3
EDUCATIONAL	Ethical Decision-Making Seminar	0	0	0
EDUCATIONAL	Hazing Prevention	0	0	0
EDUCATIONAL	Reflection Paper	1	0	1
EDUCATIONAL	Student Health Center Referral	0	0	0

2022/2023 All Sanctions (cont.)

Category	Sanction/Action	Student Conduct & CARE Services	Office of Residence Life	Total
HOUSING	Create a Program	0	0	0
HOUSING	Guest and Visitation Restrictions	1	0	1
HOUSING	Housing	7	0	8
HOUSING	HRL Accountability Sanction: Animal Removal	0	0	0
HOUSING	HRL Accountability Sanction: Contract Termination and Cancellation	2	0	2
HOUSING	HRL Accountability Sanction: E.S.A. Mutual Agreement	2	0	2
HOUSING	HRL Accountability Sanction: Housing Probation	1	0	1
HOUSING	HRL Accountability Sanction: Housing Relocation	1	0	1
HOUSING	HRL Administrative Action: Written Warning Provision	0	0	0
HOUSING	HRL Education Sanction: D.A.B.S Behavior & Society	9	2	11
HOUSING	HRL Engagement Sanction: Residential Programming	8	7	15
STUDENT CONDUCT	Cancellation of Admission	0	0	0
STUDENT CONDUCT	Denial or Non-Recognition of Degree	0	0	0
STUDENT CONDUCT	Disciplinary Probation	94	8	103
STUDENT CONDUCT	Expulsion	0	0	0
STUDENT CONDUCT	Fine	67	21	88
STUDENT CONDUCT	Mandated Health and Wellness Counseling Appointment	11	1	13
STUDENT CONDUCT	No Contact	0	0	1
STUDENT CONDUCT	Parking Loss	0	0	0
STUDENT CONDUCT	Rec Center Loss of Privilege	0	0	0
STUDENT CONDUCT	Restricted Privileges	0	0	0
STUDENT CONDUCT	Student Grant or Loan	0	0	0
STUDENT CONDUCT	Suspension	1	0	1
STUDENT CONDUCT	University Engagement	87	12	99
STUDENT CONDUCT	Warning	43	10	53
STUDENT CONDUCT	Withholding Transcript or Degree	0	0	0
UNIVERSITY/CARE	Administrative Withdrawal	3	0	3

2023/2024 All Sanctions

Category	Sanction/Action	Student Conduct & CARE Services	Office of Scholarships and Financial Aid	Office of the Associate Vice President and Student Conduct & CARE	Office of Title IX	Student Conduct & CARE Services	Total
ACADEMIC	Class Removal	0	0	0	0	0	0
ACADEMIC	Grade Change	0	0	0	0	0	0
ACADEMIC	Zero Credit	0	0	0	0	0	0
ALC/DRUG	Alcohol Education Program - Second Violation	0	0	0	0	0	0
ALC/DRUG	Drug Education Program - Second Violation	0	0	0	0	0	0
ALC/DRUG	Parental Notification	0	0	0	0	0	0
ALC/DRUG	Random Drug Testing	0	0	0	0	0	0
DABS	D.A.B.S Education Course - Level Up	183	0	1	0	0	184
DABS	DABS Education Course - Third Violation	0	0	0	0	0	0
EDUCATIONAL	Anger Management Seminar	0	0	0	0	0	0
EDUCATIONAL	Apology Letter	8	0	0	0	0	8
EDUCATIONAL	Cultural Understanding Seminar	0	0	0	0	0	0
EDUCATIONAL	D.A.B.S. Class	0	0	0	0	0	0
EDUCATIONAL	Ethical Decision-Making Seminar	0	0	0	0	0	0
EDUCATIONAL	Hazing Prevention	15	0	0	0	0	15
EDUCATIONAL	Reflection Paper	1	0	0	0	0	1
EDUCATIONAL	Student Health Center Referral	1	0	0	0	0	1
HOUSING	Create a Program	0	0	0	0	0	0
HOUSING	Guest and Visitation Restrictions	0	0	0	0	0	0
HOUSING	Housing	3	0	0	0	0	3
HOUSING	HRL Accountability: Animal Removal	3	0	0	0	0	3
HOUSING	HRL Accountability: Contract Termination and Cancellation	10	0	0	0	0	10
HOUSING	HRL Accountability: E.S.A. Mutual Agreement	3	0	0	0	0	3
HOUSING	HRL Accountability Sanction: Housing Probation	22	0	0	0	0	22
HOUSING	HRL Accountability Sanction: Housing Relocation	0	0	0	1	0	1
HOUSING	HRL Administrative Action: Written Warning Provision	0	0	0	0	0	0
HOUSING	HRL Education Sanction: D.A.B.S Behavior & Society	0	0	0	0	0	0
HOUSING	HRL Engagement Sanction: Residential Programming	0	0	0	0	0	0

2023/2024 All Sanctions (cont.)

Category	Sanction/Action	Student Conduct & CARE Services	Office of Scholarships and Financial Aid	Office of the Associate Vice President and Student Conduct & CARE	Office of Title IX	Student Conduct & CARE Services	Total
STUDENT CONDUCT	Cancellation of Admission	0	0	0	0	0	0
STUDENT CONDUCT	Denial or Non-Recognition of Degree	0	0	0	0	0	0
STUDENT CONDUCT	Disciplinary Probation	92	0	0	0	0	92
STUDENT CONDUCT	Expulsion	0	0	0	0	0	0
STUDENT CONDUCT	Fine	192	0	0	0	1	193
STUDENT CONDUCT	Mandated Health&Wellness Counseling Appt.	7	0	0	0	0	7
STUDENT CONDUCT	No Contact	4	0	0	0	0	4
STUDENT CONDUCT	Parking Loss	0	0	0	0	0	0
STUDENT CONDUCT	Rec Center Loss of Privilege	1	0	0	0	0	1
STUDENT CONDUCT	Restricted Privileges	0	0	0	0	0	0
STUDENT CONDUCT	Student Grant or Loan	0	0	0	0	0	0
STUDENT CONDUCT	Suspension	5	0	0	0	0	5
STUDENT CONDUCT	University Engagement	213	0	1	0	0	214
STUDENT CONDUCT	Warning	157	1	0	0	1	159
STUDENT CONDUCT	Withholding Transcript or Degree	0	0	0	0	0	0
UNIVERSITY/CARE	Administrative Withdrawal	17	0	0	0	0	17
Found in Case Info.	Additional Sanctions/Stipulations	30	0	0	0	0	30

ALCOHOL AND OTHER DRUG PREVENTION & INTERVENTION EFFORTS

Lamar University offers a variety of programs and interventions for students in the campus community. Programs are offered on an individual, group, and population basis. The Student Health Center offers many individual and group-based education programs, while the Division of Student Engagement and Dean of Students is responsible for the entire population programming.

INDIVIDUAL-BASED PROGRAMS

Lamar University offers a variety of Tier 1 strategies that show evidence of effectiveness with college students. These individual-based assessments, programs, interventions, educational outreach, and referrals are made available to students on campus.

Initial Intake Assessment and Screening for College Students

The SHC Counseling Services requires all students to complete a 10-minute, self-administered survey before attending their first counseling appointment. The Counseling Center Assessment of Psychological Symptoms (CCAPS)-62 is a 62-item instrument with eight distress subscales related to psychological symptoms and distress in college students and incorporates a general Distress Index that measures physical and psychological symptoms and the Distress Index (DI), which includes Substance Use. This allows them to assess the use and potential use of alcohol and other drugs in addition to the evaluation of factors that may contribute to alcohol and drug use. CCAPS may be repeated for continued monitoring of risk factors.

Integrated Approach to Student Emotional Wellness through Individualized Counseling and Intervention Programs

Counselors at the SHC use an integrated counseling model approach that includes Motivational Interviewing, Solution Focused, and Cognitive-Behavioral interventions to enhance the emotional wellness of the college students being served. Motivational Interviewing is utilized to build rapport, identify, examine, and resolve ambivalence about the identified behavior that needs to be changed. It is a conversation that is a collaborative, person-centered partnership that builds upon the student's autonomy. Counselors utilize this strengths-based approach to identify and emphasize the student's capability to change successfully. A Brief Therapy Solution Oriented model is used to address students presenting issues involving situations in which there is a pattern of unwanted behavior accompanied by distress and impairment, including (but not limited to) affective (mood) disorders, social phobia, substance abuse, eating disorders, anxiety, and ADHD.

Cognitive-behavioral skills training with norms clarification is an action-oriented therapy to address inaccurate or negative thinking so that the student can view challenging situations more clearly and respond to them more effectively. Focus remains on the student's thoughts (cognitive patterns) to change the student's behavior and emotional state. Norm clarification is discussed, when appropriate, to identify and address misperceptions of behaviors, attitudes, and beliefs about alcohol and other drug use.

Counselors also collaborate with Student Health Center Medical Services and the Accessibility Resource Center (ARC) to provide students with a more expansive program.

Referral programs to off-campus treatment providers for students

The SHC makes referrals to both campus and community resources when requested or deemed necessary and/or beneficial. Types of referrals may include (but are not limited to) additional counseling, psychiatric evaluations, inpatient hospitalization, medical and legal services, and substance abuse detoxification as well as alcohol/chemical dependency rehabilitation, trauma and victim's assistance, and housing/shelter needs.

LU Critical Assessment Response & Evaluation (CARE) Team

The LU CARE Team, chaired by the Director of Student Conduct and Care Services consists of employees from various departments. The CARE Team accepts referrals regarding students in distress or whose behavior raises concerns about their well-being or the well-being of others. All students, faculty, and staff can submit anonymous reports via the online [Incident Reporting Form](#). The Team coordinates support services and resources for those LU students who have been referred. The CARE Team provides guidance, resources, and plans of action to help students succeed while providing the greatest level of protection to Lamar University and the surrounding community.

GROUP-BASED PROGRAMS

AOD Prevention Programming Efforts

Health Education Programs

The Health Education Department provides presentations to groups in the LU community such as student organizations, residence halls, and classroom instructors free of charge. Group programs covering alcohol and other drugs can be requested by completing the "Program Request" form available at www.lamar.edu/healthed. Specific group alcohol programs offered by the department include Cards Against Drunk Driving, Alcohol Bingo, Drunk Goggles, Alcohol Awareness tabling events and presentations, and a substance abuse module for Bystander Intervention, however, customized programs are available upon request as well.

Cardinal Communities

Cardinal Communities (CC) provides individual and group mentoring to students entering college for the first time. Each CC group consists of 35 students, a peer mentor, and a faculty/staff mentor based on their meta major. CC students gain information and build networks by connecting to fellow LU students, campus resources and services, their major/academic department, student organizations, and more. The benefits of Cardinal Communities are gaining a supportive community, making lasting connections, building networks, and learning to be a proud Cardinal.

D.A.B.S.: Level Up

Drugs, Alcohol, Behavior, and Society Training is offered by the Student Conduct and Care Services office to all LU students. It allows for open and in-depth discussions with experts in state and national law and personal safety while promoting a reduction of risks and staying safe.

REDTalks

REDtalks are free 45-minute presentations by LU faculty, staff, and students sharing expertise and advice to help students succeed at Lamar University. These REDTalks are a great learning opportunity for the campus community on a variety of topics to promote a safe and healthy campus culture.

Residence Life

Resident Assistants (RAs) are required to participate in a week-long training designed to teach them responsible alcohol use, campus policies, and how to identify students who may violate the AOD policy while living on campus. These student leaders are also encouraged to report any concerns they may have for other students anonymously via the online [Incident Reporting Form](#) or report it to their Complex Director, LUPD, or Campus Safety Officers.

Each residence hall manages programming for its residents. Professional Staff and RAs may create programs themselves, ask the Health Education Department to present programming, or collaborate with Health Education.

New Student Orientation

LU makes an ongoing effort to address the potential for alcohol and/or drug use with incoming freshman students. Students and their families watch a video that focuses on the culture of LU and words of wisdom for student success. This video features students discussing issues on alcohol and other drugs, Bystander Intervention, Sexual Assault prevention, and consent. Orientation leaders also perform a series of skits concerning issues college students may face. Alcohol use is incorporated in these skits. Each incoming student is required to attend an orientation session.

Substance-Free Activities on Campus

Lamar University hosts a variety of substance-free events and programming on campus throughout the academic year. Extensive marketing for these events is done via digital signage, social media, and other promotions in high-traffic areas of the university.

Cardinal Activities Board

The Cardinal Activities Board (CAB) specializes in bringing programming to students outside of the classroom setting. This programming aims to foster holistic student development for a full collegiate experience. Events hosted by CAB include Big Red Mania, Homecoming, movie nights, and more. To stay up to date with their events visit the Lamar University Events calendar at <https://www.lamar.edu/events/index.html>.

Recreational Sports

The LU Recreational Sports Department offers a wide variety of activities for student participation. The facilities include a fitness center, basketball courts, weight room, racquetball courts, indoor soccer court, indoor track, multipurpose court, group fitness rooms, game room, and climbing wall. Recreational Sports also offer a variety of programming opportunities for students. Students can join club sports, intramural sports, group fitness classes, or participate in outdoor pursuits. Programs and events are regularly posted on social media. More information can be found at [Recreational Sports](#).

UNIVERSAL PROGRAMS

Get Inclusive

All incoming first-year, transfer, and graduate students must complete the Get Inclusive program during their first semester at LU. Failure to complete the program will result in a registration hold.

This online program helps prepare students for the challenges and responsibilities of college life. The program addresses Alcohol and Other Drugs, Sexual Misconduct, Sexual Harassment, Sexual Assault, Stalking, Healthy and Unhealthy Relationships, Intimate Partner Violence, Bystander Intervention, Consent, and Reporting.

PARTICIPATION & COMPLETION DATA						
	FALL 2022	SPRING 2023	SUMMER 2023	FALL 2023	SPRING 2024	SUMMER 2024*
INVITED	?	?	?	?	1796	1342
STARTED	677	2	87	465	212	165
COMPLETED	0	0	0	0	61	56
COMPLETION RATE	0	0	0	0	3%	

*Fall 2024 Get Inclusive becomes Vector Solutions

ENVIRONMENTAL PROGRAMS

Lamar University is considered an alcohol and drug-free campus. The Housing and Residence Hall Handbook and the Code of Student Conduct specifically address that the halls are drug and alcohol-free facilities. Designated residence complex staff may confiscate any alcohol or drugs found in a student's room in plain sight. Once found, the student is processed through the disciplinary process outlined in the Code of Student Conduct. Any department directly involved is alerted to the process results. Disciplinary mandates may include community service hours, monetary fines, referral to SHC-licensed chemical dependency counselors for addiction counseling, and/or educational videos/assignments related to the specific charge.

Medical Amnesty Protocol

To ensure student's safety and health in cases of underage possession and/or consumption of alcohol and/or illicit drug use, the Dean of Students and Housing and Residence Life will not pursue conduct action if (1) the intoxicated student reports the action and/or (2) if the intoxicated and/or other students actively seek medical and/or health assistance. The student is not covered by this protocol if involved in other violations of the Code of Student Conduct during the incident for which they are seeking amnesty, has previously been found in possession of alcohol or drugs, or has already been covered by this protocol in a previous incident. This protocol does not protect the

student from being criminally charged by a law enforcement agency. The guidelines are outlined in the Student Code of Conduct, Sec. 5.16 Medical Amnesty Protocol.

Assessment of AOD Prevention Efforts

Assessment serves a critical role in evaluating the effectiveness of AOD programming and prevention efforts at Lamar University. In Spring 2023, the Student Health Center utilized the National College Health Assessment (NCHA), which is a precise survey that collects data about the health habits, behaviors, and perceptions of LU students. Survey results help the SHC determine the impact of AOD programming on alcohol and other drug behaviors by students as well as any issues related to AOD in the student population. Key results from the survey are highlighted below.

National College Health Assessment – Spring 2023

- Within the last 12 months, 1.3% of students reported alcohol use as a factor affecting their academic performance.
- Within the last 12 months, 0.0% of students reported marijuana/cannabis use as a factor affecting their academic performance.
- 63.1% of respondents reported they have used alcohol before and 61.9% reported using alcohol within the last three months.
- 67.3% of respondents reported that they have never used tobacco or nicotine delivery products before and 32.7% reported using tobacco or nicotine delivery products within the last 3 months.
- 70.3% of students reported that they had never used cannabis before and 29.2% reported using marijuana within the last 3 months.
- 24.3% of respondents reported driving after having any alcohol in the last 30 days, and 9.1% reported driving within 6 hours of using cannabis/marijuana in the last 30 days.
- 54.1% of respondents reported drinking 1-2 drinks the last time they drank alcohol in a social setting.
- 7.2% of respondents reported nonmedical use of prescription stimulants, and 2.7% of respondents reported nonmedical use of prescription opioids.
- 13.3% of respondents reported doing something they later regretted after drinking alcohol within the last 12 months.

PROGRAM GOALS AND OBJECTIVES REVIEW

In the 2020-2022 Biennial Review, a list of goals and objectives were identified to complete for the 2022-2024 Biennium. Below is a review of these goals and objectives:

- Improve data assessment and collection on all health education programs.
 - Evaluate current health education data collection tools and surveys.
 - Students were surveyed about their preferences. This showed that students preferred paper surveys over web-based surveys. Some surveys were done in person after an event or program, and some were done online via a QR code or link.
 - Uploaded surveys into the new LU HUB platform to collect data for health education programs.
 - Utilization of LU HUB has proven to be an unreliable method of collecting survey data from students.
- Complete a new American College Health Association-National College Health Assessment (ACHA-NCHA) III survey in Spring 2023.
 - Institutional Review Board approval received for ACHA-NCHA III by September 1, 2022.
 - Initiated NCHA III by February 1, 2023.
- Explore all uses for DAST-10 use in medical and counseling appointments.
 - DAST-10 is only being used for students with possible AOD problems.
 - DAST-10 is not currently being used for medical screening at intake.
- Implement the use of SASS-4.
 - Start an inquiry process to explore if this option would best assist in counseling.
 - Perform a pilot study with one LCDC.
 - This was discussed by the counseling staff, who concluded that the SASSI-4 would not be suitable at this time.
- Begin the process for LCDC licensing for two part-time counselors. Did not occur.
- Continue growth of the Peer Health Educator program.
 - Successfully added 1 PHE with 3 currently employed.
 - Added volunteers as a part of the Healthy Cards volunteer group.
 - Added an intern position
 - Defined detailed roles of PHEs, including detailed social media and programming responsibilities.

STRENGTHS OF THE AOD PREVENTION PROGRAM

- **AOD Policy**
 - The institution consistently reviews and updates its AOD policy as part of an active and ongoing process to provide a quality AOD prevention program.
- **Dedicated Health Education Department**
 - The Student Health Center has a dedicated Health Education department to provide services, programs, and activities to promote a strong alcohol and drug-free campus environment.
 - By having this specific department, the SHC can maintain a Peer Health Educator (PHE) program that offers peer-to-peer programming opportunities for AOD prevention efforts.
 - Multiple AOD programs are offered to fulfill the needs of students or faculty/staff requesting programs.
- **Size of Health Education Department**
 - The Health Education Department's Healthy Card program continues to grow due to the increasing number of student volunteers.
- **Strong and Integrated SHC**
 - The LU SHC fosters a strong partnership between counseling, medical, and health education services under one department.
 - Telemedicine visits for counseling and medical visits remain an option to provide more accessible services.
- **ACHA-NCHA and Other Data Collection**
 - The SHC has prioritized regular data collection to better understand the needs of the student population.
 - The SHC will continue to conduct the NCHA survey to better understand the behaviors and needs of students.
- **AAAHC Accreditation**
 - In 2021, the SHC renewed AAAHC accreditation. As part of this accreditation, the SHC regularly conducts QI studies, maintains a high quality of care, and conducts regular needs assessments.
- **Athletics**
 - The Safe Harbor Program enables students to seek assistance for their substance use problems without fear of random drug testing. The program creates a treatment plan and assists the student.

WEAKNESSES OF THE AOD PREVENTION PROGRAM

- ACHA-NCHA Response Rate
 - While the SHC has conducted three NCHA surveys, more participation is needed to yield statistically significant results.
- Management of the Web-Based Alcohol Program
 - Frequent staffing changes resulted in the loss of data, the failure to email the link to the students, and the failure to follow up on the student's completion of the program.
- Position Changes in the University
 - There have been a variety of position changes and vacancies in multiple departments across the University.
 - The SHC Director is now the Associate VP for Student Engagement and Strategic Initiatives resulting in further division of her time.
 - The Dean of Students Position was vacated twice in this biennium.
 - There is currently only one Licensed Chemical Dependency Counselor at the Student Health Center.
- NCAA Change in Banned Substances
 - Removal of marijuana from the NCAA's banned substances list reinforces the students' perception that marijuana is not a drug about which they should be concerned.

OPPORTUNITIES FOR AOD PREVENTION PROGRAM

- Peer Health Education Program and Healthy Cards
 - Increased interest in becoming a Healthy Cards Volunteer provides opportunities for more peer-to-peer outreach.
 - Encourage the continuation of having an intern in Healthy Cards.
- Web-Based Alcohol Program
 - Restructuring of New Student Orientation provides a new means of ensuring students complete the "Get Inclusive" program on alcohol and other drugs.
 - Students will complete the program as part of the process of registering for classes. Failure to complete the program will result in a registration hold being placed on their account. The hold will prevent their registration for the next semester.

THREATS FOR AOD PREVENTION PROGRAM

- Commuter population
 - The campus still has a large commuter population which makes reaching these students with on-campus AOD programming difficult.
- Current Vacancies
 - Currently hiring a Dean of Students and searching for an Assistant Director of Health Education.

RECOMMENDATIONS FOR NEXT BIENNIUM

- Conduct a fourth ACHA-NCHA.
- Begin to promote the Student Health Center Newsletter for LU students to access reliable and reliable health information concerning AOD.
- Explore collaborations with New Student Leadership, Residence Life, Student Conduct and Care Services, and LUPD to develop more impactful AOD programs.
- Build good communication with all offices responsible for programming and data collection for AOD and Biennial Review.
- Evaluate the effectiveness of using ACHA-NCHA III for collecting statistics on alcohol and drug use among the student population.

GOALS & OBJECTIVES FOR NEXT BIENNIUM

- Include the web-based alcohol education program in the registration process.
- Complete the new ACHA-NCHA III survey in Spring 2025.
 - Apply for IRB approval for ACHA-NCHA III by September 1, 2024.
 - Initiate NCHA III by February 1, 2025.
- Continue growth of the Peer Health Educator program.

Appendix

Listing of Policies Related to Alcohol & Other Drugs

Campus-wide Policies

- TSUS. (2024, May 17). The Texas State University System Rules and Regulations. Retrieved from <https://www.tsus.edu/about-tsus/policies.html>
- Lamar University. (2020, August 12). Policy on Alcohol and Other Drugs (AOD). Retrieved from https://www.lamar.edu/students/_files/documents/student-affairs/health-center/policy-on-alcohol-13.pdf

Faculty/Staff Policies

- Faculty Handbook (2019). Retrieved from https://www.lamar.edu/faculty-staff/_files/documents/academic-affairs/faculty-handbook-jan-2019-uploaded-031020.pdf
 - Faculty Standards of Conduct: Illegal Drugs-Policy Chapter II, 43.9
 - Smoking/Tobacco Use Policy, Section 62
 - Drug-Free Workplace Standard, Chapter II, Section 63
- Lamar University. (n.d.) Human Resources Policy Manual. Retrieved from <https://www.lamar.edu/faculty-staff/human-resources/policies-and-procedures/policy-manual/section-2/index.html>:
 - Drug-free Workplace, General Policies, Policy 2.9
 - Smoke-free, Tobacco-free, and Electronic Cigarette-Free Workplace, Policy 2.10
 - Approval to Purchase Alcohol, Policy 2.11
 - Social Events with Alcohol, Policy 2.12

Student Policies

- Lamar University. (n.d.). Code of Student Conduct. Retrieved from <https://www.lamar.edu/students/student-affairs-strategic-initiatives/about/code-of-conduct.html>
- Lamar University. (n.d.). Housing and Residence Life Handbook. Retrieved from <https://www.lamar.edu/students/student-affairs-strategic-initiatives/housing-residence-life/guides-forms/residence-life-handbook.html>:
 - Prohibited and Restricted Items; https://www.lamar.edu/residence-life/resources/residence-life-handbook.html#Prohibited_Items
 - Smoking; <https://www.lamar.edu/residence-life/resources/residence-life-handbook.html#Smoking>

Guidelines for Fraternity/Sorority Use of Alcohol

- Order of Omega. (n.d.). Position Statement on Alcohol and Illegal Substances. Retrieved from <https://www.lamar.edu/students/student-affairs-strategic-initiatives/greek-life/order-of-omega/about.html>
- NIC. (n.d.) North American Interfraternity Conference (NIC) Alcohol and Drug Guidelines (Lamar University policies supersede these guidelines); <https://nicfraternity.org/nic-alcohol-drug-guidelines/>
- National Panhellenic Conference. (2022). NPC Position Statement on Alcohol and Controlled Substances. (Lamar University policies supersede these guidelines); <https://npcwomen.wpengine.com/wp-content/uploads/2022/05/NPC-Position-Statement-on-Alcohol-and-Controlled-Substances.pdf>

Athletic Department Policies

- Lamar University. (n.d.) Tailgating. <https://www.lamar.edu/students/student-affairs-strategic-initiatives/setzer-student-center/student-organizations/policies/tailgate.html>
- Lamar University. (2023, February). Student Athlete Handbook. Available in the Athletic Department (currently undergoing revision due to removal of marijuana from banned substances.)
 - NCAA Drug Testing Policy, pages 41-45
 - Institutional Drug Testing Policy, pages 40-41

Sexual Assault and Other Violence-Related Policies

- TSUS. (2022, August 12). Texas State University System Sexual Misconduct Policy and Procedures. Retrieved from <https://www.lamar.edu/files/documents/title-ix/tsus-sexual-misconduct-policy.pdf>
- Lamar University. (n.d.). Title IX/Sexual Misconduct: Preventing and Addressing Sexual Misconduct; Retrieved from: <https://www.lamar.edu/titleix/index.html>