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DRUG-FREE SCHOOLS AND CAMPUSES REGULATIONS

UNIVERSITY OF UTAH BIENNIAL REVIEW

**AY2022-2023 AND
AY2023-2024**

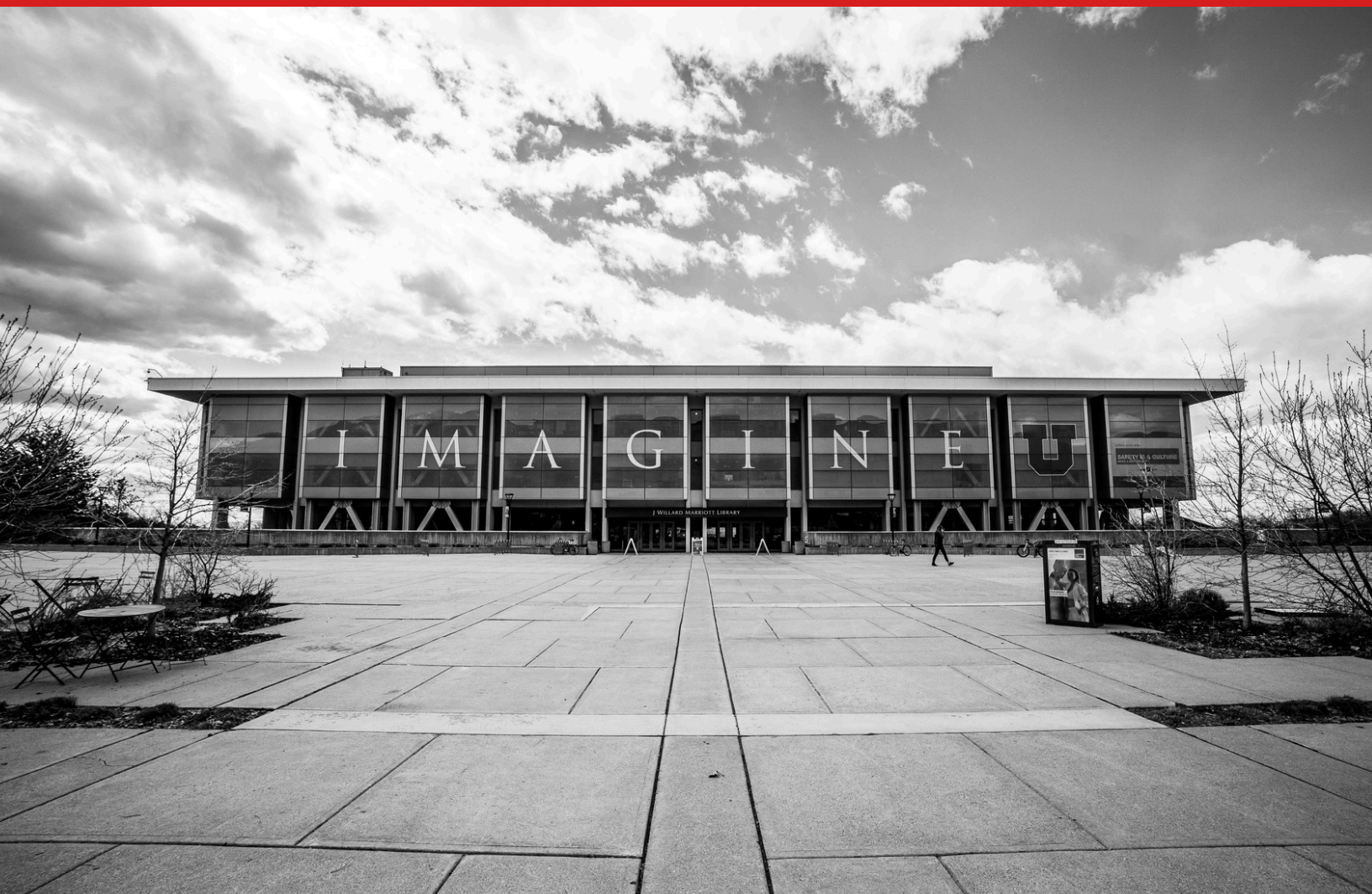




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INTRODUCTION

The Drug Free Schools and Communities Act requires that an institution of higher education 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 school premises and as a part of its activities. The University of Utah has an unwavering commitment to provide a safe and healthy environment for students, faculty and staff and is a drug and alcohol-free workplace and campus. Student success and well-being is at the forefront and the University is compliant with the Drug Free Schools and Communities Act and continues to conduct a biennial review on the effectiveness of its alcohol and other drug programs and services.

Students face various wellness-related concerns during their college years, which can significantly impact their academic and personal success if not effectively addressed. According to the 2023 National College Health Assessment, a notable percentage of University of Utah students report experiencing stress (45%), anxiety (34%), and depression (26%), all of which have negatively impacted their academic performance. Additionally, students report high levels of loneliness (53%), feelings of distress (76%), difficulty sleeping (38%), and suicidality (32%).

Over 63% of students report that they have consumed alcohol and 40% report that they have used cannabis/marijuana at some point in their lifetime. Among students who report alcohol use, 23% meet the criteria for binge drinking during their last outing (5 or more drinks) and 35% of students report driving within 6 hours of using cannabis/marijuana.



However, in comparison to the previous biennial review, the campus saw a significant reduction in students reporting that they engaged in regrettable actions while intoxicated (21.2% of students compared to nearly 50% in 2022). Of note, 1 in 6 students meet the criteria for moderate risk use for cannabis and 1 in 10 students, for alcohol and tobacco. Only 3% of students report having used a prescription opioid for non-medical use however, 1 in 12 students report having used a prescription stimulant (e.g., Ritalin, Adderall) for non-medical reasons which has been a growing trend among college campuses.

To address these concerns, the University of Utah offers a comprehensive array of alcohol and other drug (AOD) prevention services, resources, and programs. These initiatives align education, support, research, and policies/regulations to promote student well-being. The Center for Campus Wellness (CCW) is the primary office responsible for substance abuse prevention and education on campus. The Office of the Dean of Students (ODOS) is the primary office responsible for student accountability and support efforts. Both areas work collaboratively and strategically with campus and community partners to prioritize prevention, intervention, and support programs for the campus. 03

DISTRIBUTION OF POLICY

The federal Drug-Free Schools and Campuses Act requires institutions of higher education to have a drug and alcohol abuse prevention program (DAAPP). This information is distributed through the following avenues.

1

University Policy

University of Utah policy on alcohol and other drugs can currently be found in the University Regulations Library. The library can be easily accessed via the internet at www.regulations.utah.edu.

2

AOD Education

The policy, along with other information concerning alcohol and other drugs, can also be found on the Center for Campus Wellness' website at www.wellness.utah.edu.

3

New Student Orientation

In partnership with the Office of the Dean of Students, and the Office of Orientation and Transition, this information is shared with all students during a required keynote orientation session, Joining the Community.

4

Semester Communications

The Office of Financial Aid and Scholarships and University Marketing and Communication distribute this information to all students, staff, and faculty at the beginning of each fall semester and to all new employees and students for subsequent semesters, as required by the Higher Education Act, which has a link to the policy.

DRUG AND ALCOHOL PREVENTION PROGRAM

The University's Drug and Alcohol Prevention Program (DAAPP) employs a variety of interventions to maximize impact and reach a broad University population. These program elements are designed to increase protective factors (e.g., stress management, prosocial bonding, positive relationships, healthy communication and coping skills, sense of belonging) and decrease risk factors (e.g., lack of social support, peer encouragement of use, isolation, interpersonal violence, negative school environment, discrimination) for alcohol and other drug (AOD) use. The DAAPP efforts are ongoing and regularly evaluated to identify areas of improvement.

The University's DAAPP efforts can be categorized into three main areas:

Education, Outreach and Awareness

Support and Intervention Services

Prosocial Sober-Focused Activities

Each of these components play a vital role in creating a safer and healthier campus environment and are described in detail in this Biennial Review.





OFFICE OF THE DEAN OF STUDENTS

The Office of the Dean of Students (ODOS) works to advocate, support, and develop students as they navigate their time at the University of Utah. They create and offer educational and leadership experiences that help students thrive in a communal environment. ODOS actively engages in conversations that promote compassionate, welcoming, and safe campus communities. In working with students, they are responsive to their needs and assist them in their academic and personal endeavors. In addition to these core principles, the ODOS serves as an advocate for students facing challenges to their success as students and work to empower students to know and understand their rights and responsibilities as members of our community.

For students who have violated student code of conduct for alcohol and/or drug use, ODOS will assign educational sanctions that includes supportive resources for those individuals. Additionally, students who may be experiencing challenges related to AOD use/misuse, ODOS can offer additional support and referrals as needed.

The campus community can reach ODOS via their website deanofstudents.utah.edu or by calling 801-581-7066.

CENTER FOR CAMPUS WELLNESS

The Center for Campus Wellness (CCW) offers a wide range of wellness-related services to the campus community. These include direct services, educational programming, and referrals to both campus and community resources for students, staff, and faculty.

CCW employs evidence-based and evidence-informed strategies to build healthy skills and shape attitudes and perceptions, fostering a culture of wellness and resiliency at the University. Some of our primary efforts include:

- Collegiate Recovery Program
- Well-being Navigation Services
- AOD Health Education
- Victim-Survivor Advocacy
- Harm Reduction Supplies
- Recovery and Harm-Reduction Coaching
- Collaborative Outreach

The campus community can reach CCW through calls, emails, or walk-ins. Contact information is accessible online at wellness.utah.edu, or individuals can email wellness@sa.utah.edu or call 801-581-7776.

EDUCATION, OUTREACH, AND AWARENESS

The Center for Campus Wellness (CCW) has the primary responsibility for AOD education, outreach, and awareness efforts for the campus. In the past two years, CCW conducted over 300 outreach presentations, trainings, and events reaching more than 25,000 students.

AOD Education

Providing educational opportunities for the campus to build skills and create a culture of care is a key learning outcome for CCW programming. CCW's educational workshops, presentations, and trainings center harm reduction or AOD education, skill-building to support others who may be struggling, or developing confidence to intervene empathetically when problematic behaviors are witnessed. The following educational offerings are provided to the campus community:

- **Safer Party Culture Workshops:** Participants learn about the risks and harms associated with the use of substances, develop safer use strategies for those who choose to consume, cultivate bystander intervention tactics, and raise awareness for campus and community resources.
- **Mental Health First Aid:** MHFA is an evidence-based training that teaches lay persons how to identify early, worsening, and crisis signs of distress. Participants develop skills on how to support someone struggling with a mental health challenge including substance use crises.
- **Stress Care:** Participants learn about the impacts of chronic and acute stressors while developing healthy coping skills to manage escalations.
- **Check on U-Tah (Bystander Intervention):** Participants learn the Step Up model for being an active bystander to identify concerning signs, make a plan to intervene safely, and practical strategies to support others.
- **Supporting Students in Distress:** In partnership with the Office of the Dean of Students and the University Counseling Center, this training provides staff and faculty an opportunity to learn about how they can play a crucial role in identifying students at risk and connecting them to helpful campus resources. Discussion of warning signs including abuse or misuse of substances are used.
- **Naloxone 1:1 Training:** Any campus community member can receive a one-on-one training session with a certified Naloxone instructor to learn how to distribute Naloxone if an opioid overdose is experienced by someone.



Mandatory Online Modules

Voices for Change

Beginning in fall 2022, the University began offering Voices for Change which includes a required module for prevention of alcohol and other drug use. This provides all new first year and transfer students to learn more about alcohol abuse, alcohol poisoning, and strategies to keep your community safe. Additional educational courses are discussed in the Support and Intervention section for students who have violated student code of conduct.

Research and Professional Training

Mountain Plains Prevention Technology Transfer Center

The Mountain Plains Prevention Technology Transfer Center (PTTC) is a partnership between the Department of Educational Psychology in the College of Education and the School of Dentistry at the University of Utah. The Mountain Plains – PTTC provides training and technical assistance through the technology transfer model to disseminate tools and strategies needed to improve the quality of substance use prevention. The Mountain Plains-PTTC leverages expertise and resources to engage the next generation of prevention professionals in the six-states (CO, MT, ND, SD, UT, WY) comprising Region 8. Attention is given to strengthen the workforce pipeline for pre-professionals and professionals in the substance use prevention and health care fields.



PARCKA

The University of Utah's Department of Internal Medicine, Division of Epidemiology's Program for Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA) was founded in spring 2018 to improve and address access and quality of health care provided to persons who have addictions or who are otherwise vulnerable. The mission of the Program for Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA) is to promote and provide addiction related research, clinical care, knowledge and advocacy to the University of Utah, the local community, the state and the nation.

PARCKA provides an interdisciplinary and interprofessional approach to addiction-related clinical care, research, education and advocacy, to the University, the local community, the state and nation. PARCKA operates in four areas of focus through collaboration and partnerships. It brings together a variety of program and projects to implement its mission.

Outreach

CCW in partnership with several campus departments regularly raise awareness for resources and important collegiate wellness topics that relate to AOD prevention.

- **New Student Orientation:** In partnership with the Office of the Dean of Students (ODOS), all new and transfer students receive the Joining the Community session which outlines student rights and responsibilities, common challenges new students experience, and helpful resources to support their mental health. Discussion of substance use is used to remind students of campus policies and resources available.
- **General Outreach:** The campus community can learn about campus resources through resource fairs, wellness or safety-focused events, and student tabling opportunities. These opportunities allow for information and resources regarding AOD use to be distributed to students. This information is provided during welcome weeks, student pillar events, and academic resource events.
- **Housing and Residential Education (HRE):** HRE utilizes a Residential Learning Model with a main learning objective being personal development. HRE posts lessons related to AOD on a bulletin board in the main housing areas to serve as passive education for residents on the risks associated with AOD consumption and how to keep themselves and peers safe. The board also provides alternate activities to AOD use.

Awareness Events

AOD-specific awareness campaigns or events are planned for the campus during the academic year. These events help to promote key messages regarding harm reduction, supporting each other, and reducing stigma.



Harm Reduction Month has taken place in both 2023 and 2024 as a large scale campaign to raise awareness for AOD-related issues, reduce stigma, and share resources with the campus community.

In 2024, these events included:

- Harm reduction-inspired yoga class in partnership with Campus Recreation Services and the LGBT Resource Center that helped students build skills of resiliency and self-care.
- Opioid Overdose Response Training for campus increasing knowledge of overdose prevention tools and awareness of the opioid overdose crisis.
- Distribution of safer use and harm reduction supplies, education, and resources including Naloxone, fentanyl testing strips, nightcaps (barriers to reduce risk of drink contamination), and safer sex supplies.
- BYOB – Build Your Own Bouquet for harm reduction + healthy relationships event raised awareness for students.
- Service Corner nights were held to build harm reduction kits for Naloxone Utah in partnership with the Bennion Center

SUPPORT AND INTERVENTION SERVICES

The University provides various support and intervention services for students who are either struggling with AOD use or are in recovery from substances.

Collegiate Recovery Program – Recovery at the U

The Center for Campus Wellness (CCW) is the home for the U's Recovery at the U (RU) program. Recovery at the U is not a clinical treatment recovery program but a peer support community. This program provides various support resources including:

- **SMART Recovery:** SMART Recovery meetings offer mutual aid groups aimed at developing skills to help cultivate recovery identities and strengths. SMART Recovery Family and Friends meetings were offered all year for individuals who have a loved one who struggles with AOD use.
- **Recovery and Harm Reduction Coaching:** Students are able to connect with a Recovery or Harm Reduction Coach to navigate challenges they are experiencing and resources that may be of help. These coaching sessions are an option for students who have violated student code of conduct as a part of their educational sanction.

Harm Reduction Supplies

CCW provides training along with distribution for harm reduction supplies for the campus to provide those who do choose to use (or have a loved one in their life who uses) with life saving supplies such as Naloxone, fentanyl testing strips, and nightcaps.



The CCW has staff trained to administer Naloxone in an emergency and is working with other campus and community partners to expand access. To date, Naloxone is available at CCW, SHC, Campus Safety, the Library, and HRE. Expanding sites across campus that have access to Naloxone is a goal of CCW.

Educational Sanctions and Support

The Office of the Dean of Students (ODOS) works to advocate, support, and develop students as they navigate their time at the University of Utah.

For students who have violated student code of conduct for alcohol and/or drug use, ODOS (or Housing and Residential Education) will assign educational sanctions that includes supportive resources for those individuals. Additionally, students can work with Case Managers within ODOS to connect with resources that may be helpful for their unique situation.

As needed, Get Inclusive or 3rd Millennium online courses are utilized as a sanction depending on the individual situation. Harm Reduction coaching from CCW may also be utilized in certain circumstances for students who may have a higher level of support needed.

Mental Health Support

Various centers and programs on campus are available for students to provide mental health and crisis support.

University Counseling Center (UCC)

The UCC is the primary mental health resource for students to access free (or low cost) clinical mental health support. The UCC can provide students with community referrals for drug and alcohol assessment, evaluation, and treatment as needed but can also support students who may just be exhibiting lower level problematic use. They provide individual, couples, group, and crisis counseling appointments as well as educational skills workshops for the campus.

Mental Health First Responders

The MHIs provide after-hour crisis response for students who are on campus or on campus-adjacent property. This team supports students who may be struggling with their mental health, including alcohol or substance use issues, and helps them get connected with resources to meet their needs.

Telus Health Student Support App

in 2021, Telus App was made available to all students at no cost. This app provides students with immediate and/or ongoing 24/7 confidential support from a licensed counselor. This is globally available for students and they can call or text at any time.

Center for Campus Wellness

The CCW provides free Wellness Coaching, Wellbeing Resource Navigation, and Victim-Survivor Advocacy services for the campus. These confidential resources help individuals navigate resources available to them for their mental health through a non-clinical service.



SafeUT App

The free App and Tip Line is a statewide service that provides real-time crisis intervention to youth through live chat and a confidential tip program, all accessible from a smartphone.

Behavioral Health Innovation and Dissemination Center

The Behavioral Health Innovation and Dissemination Center is a low fee, mental and behavioral health clinic from the Department of Psychology that is open to adults, children, and couples residing in Utah.

Additional mental health resources can be found at:

studentaffairs.utah.edu/mentalhealth

University of Utah Athletics

The Sport Psychology and Wellness program within the Athletics Department focuses on prevention of misuse of AOD among athletes. Most of this programming is done with student athletes during orientation each year. Throughout the year, athletes are engaged in discussions, guided by NCAA Sports Science Institute and Drug Free Sport, about the relationship between AOD use and mental health concerns. Additionally, Psychology and Wellness staff are often requested to talk with teams about coping skills around AOD use.

The NCAA requires drug testing on performance-enhancing drugs and allows institutions to determine whether or not they wish to conduct additional drug testing. The Department of Athletics no longer tests for marijuana use based on NCAA Sport Science Institute making a change to its policy on marijuana and cannabis.

When a student athlete tests positive for a performance enhancing drug they are required to complete an assessment with Sport Psychology and Wellness and treatment recommendations are made for treatment care. Their participation in sports might also be impacted by this positive test by the NCAA.

Finally, Sport Psychology and Wellness provide psychoeducation on AOD as needed and offer general outpatient individual counseling to any student athletes who wish to change their relationship and use patterns with AOD. Referrals are made when the assessment suggests an intensive outpatient, residential, or detox treatment is needed.



Utah Poison Control Center (UPCC)

UPCC is a free, expert, confidential 24-hour resource (1-800-222-1222) for poison information and educational resources. UPCC serves the entire state of Utah including University of Utah students with immediate phone support during a poisoning crisis. The call center is staffed by certified, highly educated specialists to help students prevent poisonings and recover from poison-related accidents. In a poison emergency, every second counts.

Student Health Center (SHC)

SHC is the University of Utah's campus-based medical clinic for students. In addition to its regular clinical operations and appointments with clients, SHC acts as a support office for students when it comes to AOD misuse, treatment, and support. Student health insurance covers mental health needs as well as any physical health complaint. This includes substance abuse treatment. Additionally, SHC houses free naloxone kits through a partnership with Utah Naloxone.

PROSOCIAL SOBER- FOCUSED ACTIVITIES

Several departments on campus provide sober-focused activities throughout the year. These efforts offer prosocial opportunities for students to develop connections with other students in a substance-free environment.

Recovery at the U (RU)

As the home for RU, the CCW provides students a connection to a recovery community comprised of other students, access to recovery meetings, volunteer opportunities, and sober activities events.

- **Sober Tailgate:** RU works with campus and community partners to host sober tailgate events during the U of U football season. These events provide a welcoming space for students, allies, families, and friends to join in sober community.
- **RU Social Gatherings:** Monthly meetups are held on campus for students in recovery and the campus community.
- **Service Corner Volunteer Nights:** A key value for many in recovery is service. RU partners with the Bennion Center's Service Corner program to provide opportunities to connect and give back to the community in a meaningful way. Students work on service projects including for Project Read (making flashcards), Salt Lake Harm Reduction Project (assembling safer use kits), and Utah Naloxone (assembling information packets for naloxone kits). In 2023–2024, nearly 1000 kits were made for Salt Lake Harm Reduction Project and 500 packets were assembled for Utah Naloxone.

Student Leadership and Involvement

Student Leadership & Involvement (SLI) serves students by providing leadership and involvement opportunities by connecting students leadership programs and connections to participate in Recognized Student Organizations (RSO) or student clubs. These opportunities provide students with a valuable space to engage with others in an AOD-free way.

Union Activities

The A. Ray Olpin Student Union provides the campus community with various engagement opportunities in a substance-free space. Students have access to Union Recreation including low-cost bowling, billiards, and gaming spaces, a Meditation Space to promote relaxation and mindfulness practices, and large scale events to provide prosocial activities throughout the year.



Community Engagement

The University of Utah's Lowell Bennion Community Engagement Center (Bennion Center) provides transformative community engagement experiences that make positive impacts on student development and community needs. The Center offers students, faculty, and staff various opportunities to engage in prosocial experiences that yield numerous benefits. During the 2023–2024 academic year, more than 2750 students contributed nearly 42,500 hours to meet vital community needs.

In addressing alcohol and other drug (AOD) concerns, the Bennion Center offers a range of opportunities throughout the year which can help decrease high-risk behaviors as students become more engaged in meaningful activities. Community Engagement Events (Service Corner/Service Corner Nites, Saturday Service Projects) encourage students to engage in one-time, short-term projects to introduce a variety of community organizations and projects.



Alternative Breaks

The Bennion Center also offers Alternative Break (Alt Breaks), which send teams of University of Utah students to various locations throughout the Western United States for community engagement and experiential learning during alcohol-free spring, fall, and weekend breaks. This program provides students with a healthy, drug- and alcohol-free alternative to traditional spring break activities. Students engage in community-identified projects to address unmet social and environmental justice needs, collaborating with non-profit organizations to promote lifelong service through service, education, and dialogue. Host communities benefit from capacity building support, while students gain a new perspective on the world around them. During the 2023–2024 academic year, students contributed over 10,000 hours of community work through Alt Breaks programming. Staff are invited to become staff partners for these trips.

Campus Recreation Services (CRS)

CRS provides opportunities for students to engage in extracurricular activities as a healthy alternative to AOD use. Many of the services available through CRS are free for current students (e.g., access to facilities, gym equipment, rock climbing wall, running track, pools). For additional fees, students also have access to additional activities such as intramural sports, fitness classes, and Outdoor Adventures that promote other protective factors (e.g., positive social relationships, environmental engagement) linked with high-risk AOD use.

Outdoor Adventures (OA) is one such program that provides a variety of outdoor trips, from day trips/clinics to weekend and week adventures, to the University of Utah community. Participants can expect to see activities such as rock climbing, canyoneering, mountain biking, backpacking, hiking, cross-country skiing, backcountry touring, ice climbing, whitewater rafting/kayaking, flatwater trips such as canoeing or SUPing, and much more. The trip leaders are in constant training to provide a safe and positive learning environment where students can develop their outdoor skills. All of the programs offered through CRS prohibit alcohol and drugs and focus on providing a positive experience for students. The CSW is currently working with OA to provide opportunities for underserved students at the University to participate more easily in these adventures.



CLIMBING
WITH RU
RECOVERY

TUESDAY
APRIL 19
2 - 4PM
THE SUMMIT @ ESLC

Join Recovery at the U in a substance free environment to boulder and top-rope. The Summit is privately reserved and will have trained climbers to assist.

SPOTS ARE LIMITED!
CONTACT MATT AT
MDOWNES@SA.UTAH.EDU
TO SECURE YOUR SPOT
ON THE WALL!

U Center for
STUDENT WELLNESS
THE UNIVERSITY OF UTAH

SIGN UP @ THE LINK IN BIO
WALK INS ARE WELCOME

VOGA FOR
*The Barbies,
the Allans, & the
Kens*

FEB. 1ST @
6:45PM

ESLC
2ND FLOOR
ARCHES
ROOM

POLICY STATEMENTS DISTRIBUTED TO EMPLOYEES AND STUDENTS

The University of Utah is a dry campus. Use, possession, and distribution of alcoholic beverages of any type, including beer, on university premises, including all HRE facilities and properties on and off campus, is prohibited except as expressly permitted by law and university regulations.

The following University of Utah policies are upheld and enforced.

Policy 6-400: Student Rights and Responsibilities

The purposes of our University Student behavior standards are to help guide our Students' understanding of University expectations and processes.

Section III of the policy governs student behavior on campus. The Student Code specifically prohibits the "Use, possession or distribution of any narcotic or other controlled substance on University premises, at University activities, or on premises over which the University may have supervisory responsibility pursuant to state statute or local ordinance, except as permitted by law and University regulations."

The Student Code also prohibits the "Use possession or distribution of alcoholic beverages of any type on University premises except as permitted by law and University regulations."

Violation of the Student Code may result in a warning, probation, educational requirement, restriction of privileges, parental notification, clinical assessment, eviction from on campus housing, suspension or dismissal.

Since a variety of factors must be considered when sanctioning, sanctions may be increased or decreased at the discretion of University personnel responsible for administering the Student Code. Factors affecting the imposition of sanctions include such issues as the severity of the incident, impact upon other individuals or the community, and previous behavioral conduct. Local, state, and federal laws may also apply to alcohol and drug violations.

In 2024, the policy was updated to include a new provision regarding amnesty for seeking medical attention or reporting violent acts. The updated policy includes:

- If an individual acts in good faith to report a violent act against the individual or another person, including domestic violence, stalking, hazing, or sexual misconduct, the individual will not be subject to disciplinary action for alcohol and/or drug use or another minor Behavior Standards Violation occurring at or near the time of the incident being reported.
- A Student who seeks emergency medical attention for the Student or someone else related to use of drugs or alcohol will not be subject to disciplinary action for alcohol and/or drug use or another minor Behavior Standards Violation occurring at or near the time of the incident being reported.

- Amnesty described in this section generally does not apply to a Student who comes into contact with law enforcement, Housing and Residential Education staff, or other University employees if the contact is initiated by the law enforcement, Housing and Residential Education, or other University employee.
- If a Student engages in egregious or repeated Behavior Standards Violations, the University may address the Behavior Standards Violations regardless of the manner in which an incident was reported.

HRE Resident Policies and Responsibilities

When applying to live on campus at the University of Utah, all students are required to agree to the Student Conduct Understanding Form as part of the Housing U application process, acknowledging their responsibility to not only be aware of, but also follow housing policies.

The Housing and Residential Education Policies are in place to assist and allow for this to take place. As a member of the community held to these standards, it is therefore imperative for you to familiarize yourself with the following policies and information. These Behavior Expectations/Policies/Responsibilities are applicable to all HRE residents at all locations on and off the University of Utah campus.

Failure to follow these policies and/or act in accordance with University policy may result in subsequent conduct hearings, disciplinary sanctions, and potential eviction.

In regards to alcohol use, the policy states that *“being intoxicated in an HRE facility or property, regardless of the location of consumption, is a policy violation if the person is under the influence of alcohol to a degree that the person may endanger themselves or another person in a public place or in a private place where the person unreasonably disturbs other persons. This can include but is not limited to the need for medical transport based on excessive alcohol consumption. (This policy is based on Utah Criminal Code, 76-9-601).”*

In regards to drug use, the policy states that the *“use, possession, or distribution of any narcotic or other controlled substance on university premises or on premises over which the university has supervisory responsibility, including all HRE facilities and properties on and off campus, is prohibited except as permitted by law and university regulations. The University of Utah adheres to federal policy and Utah State Law on marijuana which declares it to be a controlled substance that must be prohibited. Regardless of your home state law or the possession of a medical use license from another state, marijuana is not legal on campus. Being in a room or apartment where any narcotic or other control substance is being used is a policy violation. Association with the smell and/or evidence of drugs, including drug paraphernalia, is also a policy violation. Items in possession or use in HRE facilities on and off campus which are deemed to have been used in the consumption of any narcotic or dangerous or unlawful drug (as defined by laws of the United States, the State of Utah, or housing policy) may be confiscated by UUPD and returned to the student upon completion of any resulting investigation.”*

Policy 5-113: Drug-Free Workplace

University Policy 5-113 is the University's Drug Free Workplace Policy. This Policy states:

A. It is University Policy to maintain a drug-free workplace. It shall be a violation of this policy for employees to engage in the unlawful manufacture, distribution, dispensation, possession and/or use of a controlled substance or alcohol at a university workplace, or while engaged in university business off campus.

B. Any person accepting employment with the university agrees to abide by the terms of this policy and procedure. .

The University's Code of Faculty Rights and Responsibilities ("Faculty Code") expressly recognizes: "Faculty members may also be subject to discipline for violation of the Drug-Free Workplace Policy (Policy 5-113) and the Field Trip Policy (Policy 10-003) in accordance with the procedures described in those policies. Policy 6-316, Section 4(8).

Sections 5 and 6 of the Faculty Code outline the sanctions and procedures for imposing faculty discipline for violations of the Faculty Code. Discipline may include a range of sanctions including a written reprimand, suspension or dismissal. Policy 6-316, Sections 5 & 6.

Staff employees may be disciplined for violating any University policies. Utah Policy 5-111 and Rules 5-111A and 5-111B outline the process for imposing University discipline for violation of workplace policies and standards. University Rule 5-111C recognizes that violations of the Drug Free Workplace.

These rules may pose particular risks to the University community. It defines as "egregious behavior" the "Use, being under the influence or possession of alcohol in violation of the University's Alcohol related policies 3-192, 5-113 and 5-114; or illegal use of drugs and/or being under the influence of illegal drugs while on University property or when engaged in University business and when such conduct poses a serious threat of harm to people, property and/or resources of the University." Egregious behavior may result in termination upon one instance of misconduct. Rule 5-111C.

Any employee of the University who violates the Drug Free Workplace policy may be required to participate in a drug or alcohol abuse assistance or rehabilitation program approved by the director of human resources in accordance with federal law.

Faculty and staff in need of support can contact the University's Employee Assistance Program (EAP) at 801-587-9391 for information and referrals for treatment. Numerous community treatment options are also available.

The full University of Utah policies including disciplinary actions for those found in violation can be found at:

Policy 6-400: Student Rights and Responsibilities

<https://regulations.utah.edu/academics/6-400.php#a.III.D>

HRE Resident Policies and Responsibilities

<https://www.housing.utah.edu/living-the-u/resident-policies-responsibilities-2/>

Policy 5-113: Drug-Free Workplace

<https://regulations.utah.edu/human-resources/5-113.php>

Legal Sanctions: Federal, State, Local Law

Federal and Utah State laws prohibit the use of illicit drugs and actions related to the abuse of alcohol. Summarized below are the general federal and state laws relating to drugs and alcohol.

Federal

For information regarding the Controlled Substances Act of 1970 and information regarding federal drug trafficking penalties please visit:

<https://www.dea.gov/drug-information/drug-policy>

State

For state law regarding controlled substances please visit:

<https://le.utah.gov/xcode/Title58/Chapter37/58-37-S8.html>

For state law regarding cannabis please visit:

<https://le.utah.gov/xcode/Title58/Chapter37/58-37-S3.9.html>

For state law regarding alcohol please visit:

https://le.utah.gov/xcode/Title32B/32B.html?v=C32B_1800010118000101

HEALTH RISKS FROM AOD USE

The use of alcohol or other drugs pose significant risks. To learn more about these risks and resources for support, please visit: www.samhsa.gov/find-help/atod

Alcohol Health Risks

Alcohol consumption, while socially accepted in moderation, poses significant health risks, especially with excessive or long-term use.

- **Physical Health Risks:** Excessive alcohol use can lead to liver disease (such as cirrhosis and liver cancer), cardiovascular issues (including high blood pressure, heart attacks, and strokes), and a weakened immune system. Alcohol is also a carcinogen linked to cancers of the mouth, throat, esophagus, liver, colon, and breast.
- **Mental Health Risks:** Alcohol can contribute to depression, anxiety, and cognitive impairments, such as memory loss and poor decision-making. Long-term use can lead to alcohol dependence, causing severe withdrawal symptoms when attempting to quit.
- **Social and Behavioral Risks:** Alcohol impairs judgment and increases risk-taking behavior, leading to accidents, injuries, aggression, and risky behaviors like driving under the influence and unsafe sexual practices.

Health Risks of Vaping, E-Cigarettes, and Smoking

Vaping, e-cigarettes, and smoking all pose serious health risks with lasting effects on both physical and mental well-being. All forms of smoking and vaping present health risks. While vaping and e-cigarettes may be perceived as less harmful, they still pose risks. Reducing the use of these products, particularly among youth, is crucial for public health.

- **Physical Health Risks:** Smoking is a leading cause of preventable death, linked to lung cancer, COPD, heart disease, and stroke due to the inhalation of carcinogenic chemicals. While vaping and e-cigarettes are often marketed as safer, they still expose users to nicotine and harmful substances like heavy metals and cancer-causing agents. The long-term effects of vaping are still being studied but are linked to lung injuries, respiratory issues, and cardiovascular problems.
- **Mental Health Risks:** Nicotine, whether from smoking, vaping, or e-cigarettes, can contribute to anxiety, depression, and mood disorders. Addiction to nicotine creates a cycle of dependence, leading to withdrawal symptoms that negatively impact mental health.

Health Risks of Marijuana and CBD

While marijuana and CBD are increasingly accepted, they pose significant health risks. Both marijuana and CBD carry health risks that should not be overlooked. Marijuana poses threats to respiratory, mental, and developmental health, while CBD's safety profile is still being studied. Increased awareness, responsible use, and prevention are crucial as these substances become more common.

Marijuana:

- **Physical Health:** Smoking marijuana can damage the lungs, leading to irritation, bronchitis, and increased heart rate, which may trigger cardiovascular issues, especially in those with pre-existing conditions.
- **Mental Health:** Marijuana is linked to anxiety, depression, and can exacerbate or trigger psychotic disorders in vulnerable individuals. It impairs memory, attention, and decision-making, with long-term use potentially leading to cognitive decline and dependence.

CBD:

- **Physical Health:** While CBD is generally considered safe, its long-term effects are not well-studied. Potential risks include liver damage and interactions with other medications.
- **Mental Health:** CBD is often used for anxiety and sleep issues, but inconsistent dosing and product quality can lead to unpredictable effects. Some users may experience drowsiness or mood changes.

Health Risks of Opioids

Opioids, including prescription painkillers and illegal drugs like heroin, carry severe health risks that can impact both physical and mental well-being. Opioids pose significant risks to both physical and mental health, with the potential for addiction, overdose, and severe social consequences. Prevention, treatment, and awareness are essential in addressing the opioid crisis and protecting public health.

Physical Health:

- **Addiction and Overdose:** Opioids are highly addictive, with misuse leading to dependence and a high risk of overdose. Overdosing can cause respiratory depression, leading to coma or death.
- **Organ Damage:** Chronic opioid use can cause significant damage to the liver, kidneys, and heart, increasing the risk of infections and other health complications.

Mental Health:

- **Mental Impairment:** Opioid use can lead to cognitive impairment, affecting memory, decision-making, and emotional regulation. It can also exacerbate conditions like depression and anxiety.
- **Withdrawal Symptoms:** Dependence on opioids leads to severe withdrawal symptoms, including anxiety, agitation, muscle pain, and intense cravings, making it difficult for individuals to quit.

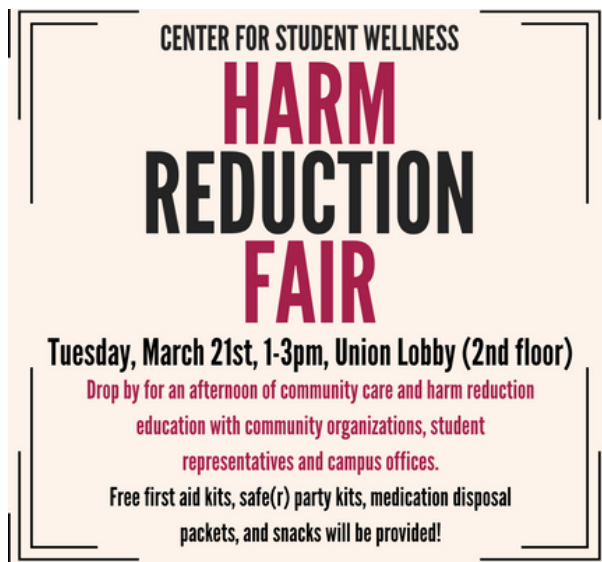
Social and Behavioral Risks:

- **Impact on Relationships:** Opioid addiction can strain relationships, lead to job loss, and contribute to social isolation.
- **Increased Risk-Taking:** Opioid use can impair judgment, leading to risky behaviors, including unsafe practices that increase the risk of infectious diseases like HIV and hepatitis.

DAAPP STRENGTHS

The University of Utah is dedicated to delivering a comprehensive Alcohol and Other Drug (AOD) prevention plan for the campus community. Noteworthy strengths include:

- **Human-Centered Policies:** The University has established policies that aim to deter alcohol and drug use, including prohibiting alcohol sales on campus. For students who do violate these policies, an educational approach is utilized to support students in navigating strategies to improve skills and address other challenges that may be impacting their wellbeing. Additionally, including an Amnesty Policy allows for students to serve as active bystanders to support those who may need medical attention without fear.
- **Dry Campus:** The University of Utah's dry campus policy limits the availability of drugs and alcohol at events and on campus. This improves the safety and overall wellbeing of the campus community so that students can achieve academic success.



- **Comprehensive Services:** A wide range of prevention activities and services reach diverse student populations through education, intervention, support, and recovery programs.
- **Strong Collaboration:** Departments work closely together to share resources, collaborate on supports for students, and better serve students with comprehensive needs.
- **Student Engagement:** Innovative, substance-free programs like Alternative Spring Break and Campus Recreation promote student engagement throughout the year.
- **Collegiate Recovery:** The University is home to the state of Utah's only Collegiate Recovery Program (Recovery at the U) which provides students in recovery or seeking recovery from substances access to a community of peers, mutual aid, and sober college activities.
- **Harm Reduction:** The University approaches substance use utilizing a harm reduction lens. This allows for students to connect to resources judgement-free while they work to build safer strategies if they choose to use. The increased access to life-saving supplies such as Naloxone and fentanyl testing strips are crucial to support students who may be struggling with their use so that they can connect with trusting offices and staff.
- **Protective Factors:** The CCW strategically enhances protective factors and builds AOD-prevention skills through a broad spectrum of educational offerings for the campus to create a culture of care.

DAAPP

CHALLENGES

During this Biennial Review, the following are areas of recommended improvements and/or challenges that the campus faces:

- **Increased Programmatic Funding:** Limited funding restricts the scope and effectiveness of AOD prevention efforts, reducing programming and outreach. Securing alternative or increased funding would enable expansion and enhance impact.
- **Limited AOD-Specialized Staff:** Staff who have specialized training in alcohol or other substance use support is lacking at the University of Utah. In part, this is due to the increased demand nationwide for these specialized skills and currently the University is not able to offer competitive salaries for these positions.
- **Increased Staffing:** Additional staff support is needed to expand AOD programming for both prevention and intervention programs. For example, within CCW there are currently just 3 professional staff who are charged with providing prevention and education programming for the entire campus and are required to cover all areas of wellness, not just AOD prevention.
- **Increased Harm Reduction Supply Distribution:** Currently, the CCW provides Naloxone training and distributes harm reduction supplies including fentanyl testing strips. However, community stigma creates barriers to access to these life-saving supplies for the campus. Continued efforts to explore strategies to improve this reach would be helpful.
- **Improved Assessment:** Regularly assessing evidence-based practices and utilizing state data to identify AOD trends will ensure that campus programming is having a relevant impact for students. Currently the campus does conduct the National College Health Assessment and the Healthy Minds Study but more specific AOD assessments could be utilized.
- **Enhanced Connections:** Building a stronger network of AOD campus counselors, Naloxone-trained repositories, and recovery services will improve student access to resources and foster better collaboration among campus offices.



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The following offices also contributed to the 2024 Biennial Review:

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University Counseling Center
Student Health Center
Bennion Center
Campus Recreation Services
Sport Psychology and Wellness (Athletics)



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