



Center for Student Health & Counseling
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Biennial Review June 2018 - June 2020

Portland State University Drug & Alcohol Program and Policies

Introduction

The Drug Free Schools and Communities Act (DFSCA) was amended in 1989 to include institutions of higher education (IHE). In order to receive funds (or any other forms of financial assistance under any Federal program), DFSCA requires IHEs to certify that they have adopted and implemented an alcohol and other drug (AOD) prevention program in order to prevent “unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.” The AOD prevention program must include, at minimum, the following:

1. Annual Distribution of a document to all students and employees that includes:
 - a) Standards of conduct prohibiting unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.
 - b) A description of the local, State, and Federal laws which provide sanctions against unlawful possession or distribution of illicit drugs and alcohol.
 - c) A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
 - d) A description of the treatment resources available to students and employees.
 - e) A clear statement that the college or university will impose disciplinary sanctions on students and employees (consistent with local, State, and Federal law).
 - f) A description of those sanctions, up to and including expulsion, or termination of employment and referral for prosecution. A sanction may include the requirement that the offender complete an appropriate treatment program.

2. Completion of a Biennial Review by the University of its Drug and Alcohol Program that includes the following objectives:
 - a) Evaluation of the effectiveness of AOD policies and programs.
 - b) Verification that the disciplinary sanctions described in the document are consistently enforced.
 - c) Recommendations for program and policy changes as needed.

A copy of the Biennial Review must remain on file and be available for inspection by the U.S. Department of Education. Portland State University (PSU) is committed to maintaining an environment that supports the health and wellbeing of its community members, while discouraging the illicit use of drugs and alcohol. The University demonstrates this commitment through the continuous development of policies, programs, and services that support healthy lifestyles. The intent of this document is to meet the legal requirements of conducting a Biennial Review and summarize the various activities and programs that occurred on the PSU campus as they relate to drug and alcohol prevention during the 2018-2019 and 2019-2020 academic years.

Annual Material Distribution

Portland State University (PSU) has posted the “*Guide for Alcohol and Other Drug Problems*” (Appendix I) on the university website, and it can be accessed through two different locations: Human Resources and the Center for Student

Health & Counseling. PSU distributes the guide annually to faculty, staff, and students via a broadcast email message which includes a link to the guide.

Policies

Alcohol and Drug Policy

To continue to foster an environment that meets the educational mission, PSU dedicates resources to prevention, education and intervention activities as they relate to alcohol and drug use. PSU believes the illicit use of alcohol and illegal drugs poses a threat to the learning environment. In June 2015 PSU adopted the *PSU Alcohol and Drug-Free University Policy* (Appendix II). The policy outlines comprehensive guidelines for faculty, staff and students, replacing the Drug Free Workplace policy. The PSU Alcohol and Drug-Free University Policy is outlined in both the *PSU Student Code of Conduct and Responsibility* (Appendix III) and through Human Resources optional new employee briefing.

In 2016 PSU adopted the *Alcohol at University Events Policy* (Appendix IV) regarding alcohol use on campus and during off campus related events. Event coordinators wanting to serve alcohol at their event must review the “Request for approval to Serve Alcoholic Beverages” guidelines and submit a formal request 15 days prior to the event. During the 2018-2019 academic year the University prohibited student groups and organizations from serving alcohol at campus events and are no longer eligible for this approval process.

Organizations

Center for Student Health and Counseling (SHAC)

Counseling Services

In the 2018-2019 academic year 31% of students who attended Counseling Services were rated as having alcohol concerns and 19% were rated as having elevated alcohol use concerns according to the Counseling Center Assessment of Psychological Symptoms (CCAPS). In the 2019-2020 academic year Counseling Services stopped using the CCAPS to determine alcohol and drug concerns of students and instead asked five qualitative statements about the student’s experience with substance use. When asked to respond to the statement, “I currently use alcohol, marijuana and/or other drugs,” 19% of students reported daily or routine use. When asked to respond to the statement, “I have trouble at school or work because of drinking/drug use,” 6% responded with either “always”, “frequently,” or “sometimes.” Once a student has been engaged in Counseling Services they are evaluated and, if deemed appropriate, referred to outside agencies for substance use disorder treatment.

Students engaged in Counseling Services disclosed a higher rate of potentially problematic substance use than the rest of the PSU student population. The National College Health Assessment (NCHA), administered in Spring 2020, indicated that only 5.7% of the general student population was engaged in “high risk use” of any substance, compared to the 19% engaged at Counseling Services who were rated as having “elevated alcohol use concerns.” Additionally, of the NCHA respondents who reported having drunk alcohol in the last 12 months, 3.6% reported that their use negatively impacted their academic performance. And of those who reported having consumed cannabis in the last 12 months, 5% reported that their use negatively impacted their academic performance. Both of these response rates are less than the 6% of students engaged in Counseling Services who reported concerns about their academic performance due to substance use.

Health Promotion

In August 2019 a Mental Health Promotion Specialist was hired to guide campus-wide substance use prevention initiatives and support students in recovery. In the Fall of 2019 the Collegiate Recovery Community (CRC), consisting of students in recovery, formed a student organization through the Student Activities and Leadership Program (SALP) with the Mental Health Promotion Specialist serving as a co-adviser to the group. The CRC provides peer support to students

who identify as being in recovery and advocates for expanded services for this population. In Fall 2020 a student Peer Recovery Specialist was hired by Health Promotion to develop a strategic plan in collaboration with the CRC group and other students in recovery to develop and implement expanded recovery services

Athletics

The Portland State University Athletics Department believes that the abuse of controlled substances and performance-enhancing substances is detrimental to the health of a student-athlete, can compromise the health and safety of a student-athlete and other student-athletes during competition and practice, can interfere with academic performance, and compromises the integrity and spirit of intercollegiate athletics competition.

The Athletics Department hopes to promote health and wellbeing and prevent substance abuse and dependency in their intercollegiate athletic programs by:

- a) Educating Portland State University student-athletes about the problems associated with drug use and abuse.
- b) Providing reasonable safeguards ensuring that every student-athlete is able to safely and fully participate in athletic competition unimpaired by the use of illegal or banned drugs.
- c) Discouraging and deterring the use of drugs by imposing sanctions on offenders.
- d) Detecting student-athletes who may be involved in substance abuse and to ensure that athletic competition is unimpaired by the use of illegal or banned drugs.
- e) Assisting in the treatment and rehabilitation of a student-athlete who tests positive for drug use as part of this program, so that the student-athlete may safely and fully participate in academics, athletics, and other components of their personal lives.

Every student athlete is beholden to the PSU Student Code of Conduct and Responsibility, *Intercollegiate Athletics Drug & Education Policy* (Appendix V) as well as the NCAA Drug Testing Program. Portland State University may amend the Intercollegiate Athletics Drug & Education Policy at any time. This program is separate and distinct from the NCAA Drug Testing Program. All student-athletes are also subject to the NCAA Drug Testing Program; NCAA sanctions may vary from PSU institutional policies.

Drug and Alcohol education for athletes is provided by the department’s Student-Athlete Support Services office as well as from team coaches. Additionally, each team has their own specific policies with regard to alcohol and drug use that go above and beyond these standardized requirements which their coach explains to them each season. Incoming freshmen complete the “Viking Experience” class, with a portion of the class dedicated to alcohol and drug use. For that segment of the class cross campus partners explain PSU’s student code of conduct and the athletic compliance office attends to explain the NCAA rules around drugs and alcohol. Drug testing protocol and policy is printed in the student-athlete handbook and distributed to each student-athlete electronically. The policy is also viewed and signed by student-athletes before they are cleared for participation in athletic activities. Student-athletes are required to meet with the compliance officer each year to review the policy. Each team is also required to complete an annual drug education training with the Director of Counseling Services at the Center for Student Health and Counseling (SHAC). If a student-athlete fails a drug test they must complete a consultation with a member of the Counseling Department at SHAC:

	<u>Drug Tests Administered</u>	<u>Consultations with Counseling Department</u>
2018-2019:	59	4
2019-2020:	43	7

Greek Life

Fraternities and Sororities are considered affiliated groups, a chapter of a larger regional or national organization, and therefore PSU is not responsible for providing any training or education. Greek organizations are expected to follow the national bylaws and requirements when it comes to programming. Alcohol and drug education happens via the chapter advisor at the national level and occurs during chapter meetings. As of Fall 2020, SHAC’s Peer Recovery Specialist and

the Greek Life Advisor are working to create a training and culturally specific information on alcohol and drugs for PSU's Greek organizations.

Student Activities and Leadership Programs (SALP)

As of the academic year 2018-2019, student groups in SALP are not allowed to serve alcohol at their on-campus events. This was largely due to the burdensomeness of getting approval to serve alcohol at such events and because alcohol was not deemed necessary to meet the mission of SALP programming which is, "...to enrich and integrate students' leadership and academic experiences in order to educate students to be ethical, socially just, and civically engaged leaders on campus and in their larger communities." When representing PSU in a SALP leadership role off campus students may not consume alcohol during the business agenda of the trip and may only consume alcohol legally, in moderation, at a licensed establishment. The SALP Advisor or Coordinator may further restrict alcohol consumption at their discretion.

Enforcement

Dean of Student Life

The Office of the Dean of Student Life in the division of Enrollment Management and Student Affairs, oversees the PSU Student Code of Conduct and Responsibility, and the formalized processes for dealing with student behaviors outlined within the code that fall under "misconduct." The mission of the PSU, "...Conduct & Community Standards Program is to promote a culture of integrity and respect, as articulated in the Student Code of Conduct and Responsibility." In keeping with its mission, the office follows the following criteria when considering the type of sanction to impose for Alcohol and Drug violations.

Sanctioning Criteria to Consider

1. Preservation or Protection of Community: Do we need to take action to preserve or protect our community?
2. Educational: Is there an opportunity to educate the student on the matter and keep them in our community?
3. Deterrent: Will this sanction deter this and other students from engaging in similar behavior?
4. Frequency: Is this the first time in the conduct process? Were lessons learned during that matter?
5. Severity: What were the actual or potential impact of the actions?
6. Accountability: Did the student take accountability in the matter? If so, consider what they are bringing to the table and suggesting what is best for them.

The process by which complaints against individuals are handled is outlined in Section IX of the PSU Student Code of Conduct and Responsibility (Appendix III).

University Housing and Residential Life

When a student living on campus is charged with a violation of the *Conduct and Housing Handbook* (Appendix VI), they can expect the following process to be available.

Students will:

1. Be notified via their pdx.edu email address of their possible violation of applicable policies;
2. Have those charges heard by a UHRL Hearing Officer or Peer Conduct Board in a conduct meeting, which will be held in an impartial and competent manner;
3. Have the opportunity to hear the evidence against them; and
4. Have the opportunity to present information on their behalf in an orderly way.

Students must read their email or other conduct notice in order to understand the details of the charges as well as the time/location of their hearing. It is the student's responsibility to attend the hearing in order to hear evidence supporting the charges, respond, and present new information relevant to the charges.

If the student feels they need more time to prepare for a hearing or have a time conflict, they may request to reschedule the hearing. Reasonable requests for rescheduling of a hearing will often be honored, so long as there are compelling reasons to postpone the hearing. However, UHRL reserves the right to choose the time/location of the hearing.

Students may contact the Housing and Residence Life Student Services office at 503-725-4375 or reslife@pdx.edu at least 24 hours before their hearing time to reschedule their meeting. If a student fails to appear at the hearing, the hearing body may make a decision on the case in their absence. When the hearing body decides a case in the student's absence, it will wait at least 15 minutes after the assigned hearing time to establish that the student is not coming, rather than simply running late.

A hearing officer or body will seek to decide the outcome of a case in the hearing when possible. If the hearing officer needs to verify information, interview additional witnesses, or corroborate accounts, the hearing officer may defer the outcome decision to a later time.

Total Campus Violations

July 1, 2018 - June 30, 2019

Housing - Standards of Residence

Charged Violations Responsible Violations

Alcohol	157	101
Drugs	175	75

General - Code of Student Conduct and Responsibility

Charged Violations Responsible Violations

Alcohol and Other Drugs Policy	13	12
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July 1, 2019 - June 30, 2020

Housing - Standards of Residence

Charged Violations Responsible Violations

Alcohol	71	52
Drugs	72	60

General - Code Student of Conduct and Responsibility

Charged Violations Responsible Violations

Alcohol and Other Drugs Policy	12	6
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Sanctions

When a student is found responsible for a Student Code of Conduct and Responsibility violation or Standards of Residence violation sanctions must be completed within three weeks of being assigned. If the sanction is not completed in the allotted time frame, then a hold will be placed on the student's account, which could then lead to suspension if left uncompleted. Once the level of severity has been determined one or more of the following sanctions could be assigned:

- **Under the Influence:** by 3rd Millennium Classrooms, is a 3 hour online alcohol education course, which asks students to examine their decisions relating to alcohol use and how it affects their health, safety, and student status. Students can save their progress to return to their place in the course if necessary. Students then receive an email within 30 days to complete a 15 minute follow-up to this course which is required to be completed even if it occurs after the deadline for the sanction.
- **Marijuana 101:** by 3rd Millennium Classrooms, is a 4 hour online drug education course, which asks students to examine their substance use and how it affects their health, safety, and student status. Students can save their

progress to return to their place in the course if necessary. Students then receive an email within 30 days to complete a 15 minute follow-up to this course which is required to be completed even if it occurs after the deadline for the sanction.

- **Court Attendance:** Students are required to attend and observe at least one full hour of court proceedings in Multnomah County involving an alcohol and/or drug case by the due date assigned. Students need to check the updated schedule of cases in advance, case information for the following business day will be posted by 5pm. Students must write a reflection paper about that outlines the following:
 1. Specifics of the case(s) they observed, a brief summary of the matter(s) being addressed.
 2. The impact of how a possible drug violation (no matter how small) would impact them academically/professionally.
 3. A program or learning opportunity they would suggest to others about the matter.
 4. Description of how they will use this experience moving forward.

The paper must use APA or MLA formatting and be at least 1,000 words in length (typed in Times New Roman 12 pt font with 1" margins, double-spaced and utilizing appropriate language, grammar, and spelling) and must be submitted electronically to conduct@pdx.edu by the due date assigned. Students must cite no fewer than three published sources. If utilizing journal articles or information from the internet, they must submit copies of the articles with their paper. All sources must be appropriately cited. Students must also attach a digital picture of themselves in front of the courtroom door prior to entering the specific courtroom and attach it to their paper. The paper may not serve to justify their own actions or evaluate the actions of others.

- **Housing Contract Probation:** If their behavior was inconsistent with the Standards of Residence in the Housing Handbook, students can be placed on probation through a date determined by the UHRL Hearing Officer. The probation documentation serves as formal notice that if they are found in violation of additional policies they may have their contract terminated. A resident whose housing contract is terminated will still be responsible for the costs, charges, and expectations identified in the contract Terms and Conditions and the Housing Handbook
- **Alcohol Assessment:** Students, if living on campus and experiencing their third offense, will have their housing contract terminated and assigned to complete an alcohol assessment from a clinical provider in the Portland Metro area. The goal of having the student connect with a provider in the community is to assist the student in getting their issues with substance use addressed so they can continue to take classes at PSU and be a successful student.
- **Campus Beautification:** Students assigned to this sanction are required to complete one hour of campus beautification with the PSU facilities office. Students must contact the Student Code of Conduct office by emailing conduct@pdx.edu at least three business days in advance to confirm. This service will be performed by working with facilities at designated times of the week: Mondays and Tuesdays from 12:30-1:30 pm or Fridays from 7:00-8:00 am. Students will meet with the Building Maintenance/Landscape Supervisor or the lead worker at the work trailer in the landscape yard, located on the west side of the Peter Stott Center, south of the field. Following the completion of their community service, students are required to write a reflection paper addressing the following:
 1. The relationship between campus beautification and their actions regarding the incident.
 2. What they learned from their community service.

The paper must use APA or MLA formatting and be at least 500 words in length (typed in Times New Roman 12 pt font with 1" margins, double-spaced and utilizing appropriate language, grammar, and spelling) and must be submitted electronically to conduct@pdx.edu by the due date assigned.

- **Parental Notification:** As outlined in FERPA, the university has the right to contact parents of students who are under 21 when there is an extreme first offence or multiple offences relating to alcohol or drug issues. By informing parents, the hope is that the University will get additional support for the student in addressing issues around substance use and providing a healthy and safe experience for the student.
- **Conduct Administrative Fee:** When a conduct hearing has been conducted due to a housing standards of residence violation a conduct administrative fee is assessed to the student. Fees pay the costs relating to the investigation, adjudication, and follow up of conduct cases, rather than increasing the room rates for all students. Only students found responsible for a violation will be assessed a fee. The fee, if applicable, will be considered at the conclusion of the conduct process, and will not be a factor influencing the outcome of a hearing.
 1. For a Drug or Alcohol Offense, the first violation will result in a \$50 fee, a second violation of the same or similar nature will result in a \$75 fee, and the fee will increase by an additional \$25 for each subsequent

violation of the same or similar nature. A “Drug or Alcohol Offense” is any offense that is not a High-Level Offense that includes the use or possession of drugs or alcohol in violation of the Code

Campus Public Safety Office

The Campus Public Safety Office (CPSO) supports a safe campus environment through campus patrols and providing emergency response. CPSO is also responsible for the development of the *Clery Report* (Appendix VII), a public, statistical report of certain crimes occurring on or near the institution’s campus. The following is a breakdown of liquor and drug law violations fielded by CPSO and the enforcement body to which the student was referred. Students are either referred to the Department of Student Life for Student Code of Conduct and Responsibility violations or they are arrested for alleged criminal activity and entered into the judicial system via the Portland Police Bureau.

Clery Report 2018

I. Arrests

A. Drug Law Violations

- On-Campus: 5
- On-Campus Student Housing: 1
- Non Campus: 1
- Public Property: 5

B. Liquor Law Violations

- On-Campus: 0
- On-Campus Student Housing: 0
- Non Campus: 0
- Public Property: 1

II. Disciplinary Referrals

A. Drug Law Violations

- On-Campus: 116
- On-Campus Student Housing: 112
- Non-Campus: 0
- Public Property: 0

B. Liquor Law Violations

- On-Campus: 168
- On-Campus Student Housing: 168
- Non-Campus: 0
- Public Property: 0

2019

II. Arrests

A. Drug Law Violations

- On-Campus: 0
- On-Campus Student Housing: 0
- Non Campus: 3
- Public Property: 0

B. Liquor Law Violations

- On-Campus: 0
- On-Campus Student Housing: 0
- Non Campus: 1
- Public Property: 0

II. Disciplinary Referrals

A. Drug Law Violations

- On-Campus: 94
- On-Campus Student Housing: 94
- Non-Campus: 0
- Public Property: 0

B. Liquor Law Violations

- On-Campus: 126
- On-Campus Student Housing: 126
- Non-Campus: 0
- Public Property: 0

Updates on 2016-2018 Recommendations

The following provides updated information on the recommendations made in the 2016-2018 Biennial Review:

1. Analyze the data provided via CPSO and the Dean of Student Life in order to identify trends and problematic locations on campus.
 - Most conduct violations occur in residential dormitories on campus and in residential apartment complexes that are not affiliated with UHRL but house many students.
2. No longer allow alcohol to be served during student group related events. Update university policies and procedures to reflect this change.
 - Alcohol is no longer allowed to be served during student group related events as of academic year 2018-2019, policies and procedures have been updated to reflect this change.
3. Conduct an environmental scan of the area surrounding PSU – include retail establishments; develop partnerships with local business owners.
 - As determined by data from CPSO and the Dean of Student Life most problematic substance use occurs in residential settings although one unaffiliated establishment in the PSU area has been identified as the potentially the site of problematic alcohol use by students. COVID-19 restrictions have halted plans to build a relationship with this establishment.
4. Increase education and prevention programming (such as bystander training) for incoming students.
 - From 2018-2020 Portland State's Illuminate program has provided bystander intervention workshops to the campus community. The training is required for all incoming freshmen and offered in collaboration with PSU Orientation. In Spring 2020 these trainings were made available to any member of the campus community interested in attending.
5. Provide in-depth education on alcohol/drug use for all RAs.
 - UHRL, in partnership with Counseling Services at SHAC, has developed an alcohol and drug training that is offered during the on-boarding process for new RAs.
6. Provide assistance with educational programming in residence life.
 - A member of SHAC's Counseling Services team is appointed each year to be the SHAC liaison to UHRL. This individual attends biweekly meetings with the UHRL team to staff residents and to identify topics of training and programming that are most relevant to students.
7. Develop a Collegiate Recovery Community to support students who are active in their recovery process and maintaining their sobriety.
 - Due to the efforts of an organized and engaged group of students in recovery the Collegiate Recovery Community was officially recognized as a SALP student organization in Spring 2020. This group is officially recognized by the University and is served by the Mental Health Promotion Specialist as a co-adviser.
8. Increase alcohol and drug education programming for student athletes. Numbers of trainings and numbers of athletes attending may be low enough to jeopardize compliance with NCAA requirements. Programming should be consistent across all teams regardless of discipline.
 - For the past two years student athletes have continued to receive alcohol and drug education consistent with the process outlined in this Review.
9. Develop stronger partnership between Athletics and the Dean of Student Life Office so the athletic system mirrors what is occurring within the larger student body.
 - Though a formalized partnership has not been established between these two groups, student-athletes are beholden to more stringent expectations for their behavior as it relates to alcohol and other drug use. All drug and alcohol programming has been made available to student-athletes and the rest of the student body in equal measure.

Recommendations for 2020-2022

1. Develop training specific to alcohol and substance use to be offered at Orientation and as part of move-in programming for students living on campus.
2. Conduct needs assessment for the recovery community on-campus. In conjunction with the burgeoning Collegiate Recovery Community student group, develop a long-term stabilization plan for providing support to students in recovery.
3. Become a full member and partner campus of the nascent Oregon Prevention Coalition consisting of alcohol and drug use prevention professionals from universities and colleges throughout Oregon.
4. Develop partnership between SHAC's Health Promotion team and Athletics in order to increase the alcohol and drug education programming for student athletes with the goal of increasing participation across teams.
5. Provide a support group for students in recovery from substance misuse at SHAC.
6. Center and provide targeted outreach to communities experiencing disparate impact of COVID-19 in order to prevent substance use and to mitigate harm of potential relapse.
7. Upon safe return to campus, work to build a relationship with specific purveyors of alcohol in the campus neighborhood to increase harm reduction signage on-site.

Appendices

Appendix I

Guide for Alcohol and Other Drug Problems

https://www.pdx.edu/health-counseling/sites/g/files/znlchr771/files/2020-03/Guide_Alcohol_Drugs_v03.06.2020.pdf

Appendix II

PSU Alcohol and Drug-Free University Policy

<https://www.pdx.edu/human-resources/policies-contracts-forms>

https://docs.google.com/document/d/e/2PACX-1vT1Sk5w2ghikTZ-DwuLmrEThyJIKvmz7YnPIb6k0d3LXIW2XBJ_fVKxlzEmsbYZ35c7FmSP1ahvw9V/pub

History/Revision Dates

Adoption Date: June 12, 2015

Next Review Date: June 15, 2020*

*delayed due to COVID-19

Appendix III

Student Code of Conduct and Responsibility

<https://www.pdx.edu/dos/psu-student-code-conduct>

Appendix IV

Alcohol at University Events Policy:

<https://www.pdx.edu/ogc/sites/www.pdx.edu.ogc/files/Serving%20of%20Alcohol%20at%20University%20Events%20Final.pdf>

Alcohol Waiver Request Form:

<https://pdx.campuslabs.com/engage/submitter/form/step/1?Guid=51e97da5-15aa-4765-b01f-bbffe5b3a810>

Appendix V

Intercollegiate Athletics Drug & Education Policy

https://goviks.com/documents/2018/5/16//Portland_State_University_Intercollegiate_Athletics_Drug_Education_Policy.pdf?id=10232

Appendix VI

Conduct and Housing Handbook

<https://www.pdx.edu/housing/conduct-handbook>

- Smoking- pg. 25
- Drugs- pgs. 37 & 49
- Alcohol- pgs. 36 & 46
- PSU Alcohol and Drug Policy Link pg. 61

Appendix VII

The Annual Campus Security Report 2019

<https://drive.google.com/file/d/1CRVfMa8pL41aHqvO3pZFRVb2zUYy1h3A/view>

The Annual Campus Security Report 2020

https://www.pdx.edu/campus-safety/sites/g/files/znldhr2151/files/2020-12/2020%20Annual%20Campus%20Security%20Report%20Final_0.pdf