



SOUTHERN OREGON UNIVERSITY

Substance Abuse Prevention and Education Program 2023 Biennial Review

Posted in compliance with Part 86, the Drug and Alcohol Abuse Prevention Regulations, Education Department General Administrative Regulations (EDGAR). This review is focused on Academic Years: 2021-2022 and 2022-2023

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Introduction

Southern Oregon University (SOU) is a public university in Ashland, Oregon. It was founded in 1872 as the Ashland Academy and has been in its current location since 1926. SOU seeks to inspire curiosity and creativity, compel critical thinking, foster discovery, and cultivate bold ideas and actions. This includes transforming its pedagogy and curriculum (how and what it teaches) to enhance the success of its learners and graduates, becoming an employer of choice and providing excellent service to all of its constituents, actively modeling an environmentally sustainable campus, and engaging in collaborative research to promote an ecologically-resilient bioregion, creating a diverse, equitable, inclusive community where learners flourish, maintaining financial stability and invest for institutional vitality, developing will physical and virtual environments in which all learners can thrive and will be a catalyst for economic vitality, civic engagement and cultural enrichment through ongoing collaboration with local, state, tribal, national, and global partners.

The Drug Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) require institutions of higher education to adopt and implement drug and alcohol abuse prevention programs (DAAPP) for students and employees. Southern Oregon University has developed and implemented drug and alcohol abuse education and prevention programming designed to prevent the unlawful possession, use, and distribution of drugs and alcohol on campus and at campus events. SOU must distribute written information about its DAAPP and conduct a biennial review to measure its effectiveness and ensure consistent enforcement of its disciplinary sanctions.

As a part of its activities, SOU distributes and has available written materials that include the following:

- Standards of conduct that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol on University property or part of our SOU activities
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol
- Federal, state, and local laws with applicable legal sanctions
- Information regarding counseling and treatment programs
- A list of prevention and education programming offered



- Specific information regarding disciplinary sanctions SOU will impose on students and employees who violate standards of conduct.

The process of conducting a biennial review provides SOU with an opportunity to examine the reach and impact of our alcohol and drug prevention efforts. Through this review, we will acknowledge our achievements and most importantly, we will identify areas that need improvement. The spirit of improvement is our primary goal, as we are aware of the serious negative impacts alcohol and other drug abuse has on our campus community.

Specifically, SOU undertakes a biennial review to internally evaluate its alcohol and drug abuse prevention programming in the following areas:

- Determine program effectiveness and implement programmatic changes as needed;
- Determine the number of drug- and alcohol-related violations that occur on the institution’s campus or as part of any of the institution’s activities;
- Determine the number and type of sanctions that are imposed by the institution as a result of drug- and alcohol-related violations on the institution’s campus or as a part of any of the institution’s activities; and
- Ensure that the sanctions are consistently enforced.

Alcohol and Other Drug (AOD) Relevant Data

Campus-level data on drug and alcohol consumption and substance use disorders among students is limited. However, the university has crime statistics including liquor and drug campus policy violations for 2021 and 2022 (Tables 1 and 2) and the Student Health and Wellness Center provides counseling, drug and alcohol assessments, drug and alcohol counseling, medical evaluation for health implications due to substance abuse and dependence, and referrals for appropriate levels of intervention (Table 3).

Table 1. Calendar year 2021 Liquor and Drug arrests and disciplinary referrals

2021	Arrest and Disciplinary Referrals	ON CAMPUS	ON CAMPUS (TOTAL)	NON CAMPUS	PUBLIC PROPERTY



	Student Housing	Other			
ARRESTS					
LIQUOR LAW VIOLATIONS	1	0	1	0	0
DRUG LAW VIOLATIONS	1	1	2	0	0
ILLEGAL WEAPONS POSSESSION	0	0	0	0	0
DISCIPLINARY REFERRALS					
LIQUOR LAW VIOLATIONS	38	0	38	0	0
DRUG LAW VIOLATIONS	21	7	28	0	0
ILLEGAL WEAPONS POSSESSION	0	0	0	0	0

Table 2. Calendar year 2022 Liquor and Drug arrests and disciplinary referrals

2022	Arrest and Disciplinary Referrals	ON CAMPUS		ON CAMPUS	NON	PUBLIC
		Student Housing	Other	(TOTAL)	CAMPUS	PROPERTY
ARRESTS						
	LIQUOR LAW VIOLATIONS	0	0	0	0	0
	DRUG LAW VIOLATIONS	1	3	4	0	0
	ILLEGAL WEAPONS POSSESSION	0	0	0	0	0
DISCIPLINARY REFERRALS						
	LIQUOR LAW VIOLATIONS	4	0	4	1	0
	DRUG LAW VIOLATIONS	18	9	27	0	0
	ILLEGAL WEAPONS POSSESSION	0	1	1	0	0

Table 3. Student Health and Wellness Center Drug and Alcohol Prevention and Intervention Services AY 2021-2022 and AY 2022-2023

Service	2021-2022	2022-2023



Counseling	2,100 (unable to identify which were D & A related)	1,543 (unable to identify which were D & A related)
Drug and Alcohol Assessments	4	2
Drug and Alcohol Counseling (CORE)	10	2
Medical Evaluation	3,220 (unable to identify which were D & A related)	2,497 (unable to identify which were D & A related)
Referrals	Approximately 10	Approximately 4

It should be noted that the state of Oregon faces significant challenges related to drug and alcohol use among its population (both adults and youth). Information regarding substance use disorders in Oregon from the Oregon Recovers website (www.oregonrecovers.org) included the following data:

- Oregon ranks 50th in the nation in providing access to addiction treatment⁽¹⁾
- Oregon has the 2nd highest untreated addiction rate in the country⁽¹⁾
- On average, 6 Oregonians die each day due to alcohol and 1-2 each day to drug overdose⁽¹⁾
- Nearly 1 in 10 of all Oregonians ages 12 and older – and 1 in 5 young Oregonian adults ages 18-25 – are estimated to have a substance use disorder⁽²⁾

Sources: 1. Oregon Recovers. www.oregonrecovers.org
 2. U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA). (2017). 2016-2017 National Survey on Drug Use and Health (NSDUH): Model-based prevalence estimates. (50 states and the District of Columbia). Table 23.

Campus-level data on drug and alcohol consumption and substance use disorders among employees is not available. However, it is important to acknowledge, as stated above, that Oregon has significant challenges with substance use disorder among its adolescent and adult population (12 and older). A Mental Health and Addiction Certification Board of Oregon (MHACBO) highlight summarizing the 2021 National Survey on Drug Use and Health (NSDUH) data report painted a stark picture of the AOD-related challenges facing our state:



- Oregon ranked 1st in the nation for illicit drug use disorder (percent of the population of teens and adults with past year illicit drug use disorder)
- Oregon ranked 5th in the nation for alcohol use disorder
- Oregon ranked 50th in the nation for needing but not receiving treatment for substance use disorders
- Oregon ranked 1st in the nation for methamphetamine use in the past year
- Oregon ranked 1st in the nation for Rx opioid misuse in the past year

Health Risks Associated with the Use and/or Abuse of Drugs and/or Alcohol

Health Risks of Alcohol and Drug Abuse

Abusive use of alcohol and/or the use of illicit drugs or misuse of prescription drugs can be detrimental to the physical and mental health of students and members of the surrounding community. The various risks are classified and described in this section of the Report.

Social, Academic, and Personal Risks of High-Risk Substance Abuse

Social, academic, and personal risks are associated with students who drink alcohol, use illicit drugs, or abuse prescription drugs. High-risk and illegal use of alcohol and illicit drugs are the most prominent health and safety risks to the SOU student population, which can result in significant legal and academic problems. Prevalence of this type of alcohol use (also known as “binge drinking” or heavy episodic drinking) and/or use of drugs can directly or indirectly lead to:

1. Social problems: driving under the influence, fighting, unwanted sexual contact, vandalism, trouble with authorities, unsafe sexual behavior, among others.
2. Academic problems: poor grades, missed classes, memory loss, falling behind in class work or projects.
3. Personal problems: depression, illness, and injury, experiencing unwanted attempted or completed sexual intercourse, suicide, being the victim of violence or racial harassment, being unable to control drinking or drug use.

Second-Hand Effects

“Second-hand” effects result from other peoples’ drinking or drug use, often experienced by students who choose not to use drugs or alcohol in a high-risk manner. These problems are typically most prominent among students living in close quarters (e.g., residence halls or Greek houses). Effects include: disruptions of sleep or studying, having one’s property damaged, feeling unsafe, having one’s membership in an organized group adversely affected, and decreased enjoyment of campus activities. Non-students, i.e., community members, are also at risk of experiencing problems because of student drinking or drug use (e.g., intoxicated driving, vandalism, violence, sexual assault).

Risks Associated with Dependency or Addiction

For some students, substance use escalates to dependency. Adverse effects of dependency can include illnesses such as liver disease, peripheral neuropathy, and cerebellar degeneration. Additional health risks to students with chemical or psychological dependency include the personal problems listed above in addition to blackouts, alcoholic hallucinations, and delirium tremens. Prescribed medications and illicit drugs can be abused with or without dependency, leading to potential dependency, acute intoxication (can include depression or euphoria, altered time perception, impairment of immediate memory, overdose, stupor, shock, coma or death), acute withdrawal, psychosis, or aggravation of existing mental illness.

Symptoms of dependency include the following:

1. psychological craving: an intense feeling of need for the drug which may be accompanied by antisocial behavior involved in the procurement of the substance;
2. physiological dependence: withdrawal symptoms are displayed when the use of the substance is discontinued; and
3. tolerance: need to increase the dose of the substance to obtain the desired effects.

Some possible Long-term effects associated with drug and/or alcohol use

Cannabis: Marijuana and hashish are deleterious to the health and impair the short-term memory and comprehension of the user. When used, they alter the sense of time and reduce the ability of the user to perform tasks requiring concentration and coordination. They increase the heart rate and appetite and decrease sex drive. Motivation and thinking can be altered, making learning and retaining new information difficult. Long-term users may develop psychological dependence as well as paranoia and

psychosis. When these drugs are inhaled as unfiltered smoke, they damage the lungs and pulmonary system and contain more cancer-causing agents than tobacco.

Cocaine and Crack: Cocaine and crack stimulate the central nervous system and are extremely addictive. They can cause psychological and physical dependency which can lead to dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, paranoia, and seizures. They can also cause death by disrupting the brain's control of the heart and respiration.

Stimulants and Amphetamines: stimulants (Adderall, Ritalin) and amphetamines (MDMA (ecstasy), Speed) use has the same effect as cocaine and cause increased heart rates and blood pressure that can result in a stroke or heart failure. Symptoms include dizziness, sleeplessness, loss of inhibition, and anxiety. Use can also lead to dehydration, psychosis, hallucinations, paranoia, cognitive learning, and memory impairment, and possibly a physical collapse.

Depressants and Barbiturates: Depressants (phencyclidine (PCP, angel dust)) and barbiturates (tranquilizers and methaqualone (ludes)) can cause physical and psychological dependence that can lead to respiratory depression, coma and death, especially when used in concert with alcohol. Withdrawal can lead to restlessness, insomnia, convulsions, and possibly death.

Hallucinogens: LSD, PCP, mescaline, MDA, DMT, STP (designer drugs), psilocybin (mushrooms), and peyote are classified as hallucinogens. Hallucinogens interrupt the brain messages that control the intellect and keep instincts in check. Users may experience panic and flashbacks. Large doses can produce convulsions and coma or heart and lung failure. Chronic users complain of persistent memory problems and speech difficulties for up to a year after their use. Because the drug stops the brain's pain sensors, drug experiences may result in severe self-inflicted injuries. Persistent memory problems and speech difficulties may linger. Can cause possible birth defects in users' children; and long-term psychosis in susceptible persons.

Narcotics: Users of narcotics, such as heroin(smack), Fentanyl, codeine, morphine, and opium, develop dependence and increase the likelihood of an overdose that can lead to convulsions, coma, and death. Users may experience lethargy; apathy; loss of judgment



and self-control; tolerance; dependence; malnutrition; infection; hepatitis; and decreased sex drive.

Alcohol: Alcohol is chemically classified as a mind-altering drug because it contains ethanol and has the chemical power to depress the action of the nervous control system. This depression affects motor coordination, speech, and vision. In great amounts, it can affect respiration and heart rate control. Death can result when the level of blood alcohol exceeds 0.40%. Prolonged abuse of alcohol can lead to alcoholism, malnutrition and cirrhosis. Linked to cancer; heart and liver damage; decreased sex performance and fetal alcohol syndrome.

Nicotine: Nicotine is a substance found in all tobacco products and some e-cigarette liquids. It is a highly addictive substance found in the tobacco plant. Laboratories can also produce nicotine synthetically. Frequent use of nicotine creates changes in the way the brain works in relation to self-control, stress, and learning. Long-term changes can lead to addiction and withdrawal symptoms when a person is not using nicotine. Nicotine use has been linked to emphysema; lung cancer; heart disease; and dependence.

Deliriant: Aerosol products, lighter fluid, paint thinner, amyl nitrite, and other inhalants (room fresheners/deodorizers) are classified as deliriant. Users may experience mental confusion, loss of coordination; hallucinations; convulsions; dependence; damage to the lungs, brain, liver, and bone marrow; and death.

Sedatives and Hypnotics: Sedatives and hypnotics are two classes of prescription drugs that are commonly called “tranquilizers”, “sleeping pills”, or “sedatives”. This includes Xanax, Valium, GHB, and Rohypnol (“rophies”). They affect users' central nervous system, brain, and spinal cord. They have a relaxing, calming effect. They can impact the consciousness of actions and cause memory loss, sleepiness, decreased inhibition, and can have a psychedelic effect.

Alcohol and Drug Policies

Student Code of Conduct



Every student is subject to federal and Oregon State laws as well as the Southern Oregon University Code of Student Conduct. Southern Oregon University is committed to promoting an environment that supports the health and well-being of every member of the campus community. Since drug and alcohol abuse can seriously impair an individual's personal and academic functioning, the University helps campus members make responsible decisions about drugs and alcohol. It is SOU's obligation, therefore, to provide pertinent drug and alcohol information, educational opportunities, prevention-related activities, individual support and referral services, and enforcement of University rules regarding the use of alcohol and illegal drugs (see SOU policy SAD.002).

The university's jurisdiction related to student conduct includes on and off campus behavior. Primary concerns will be related to conduct that occurs on university premises or which impacts the university community and/or the pursuit of its objectives. The term "university premises" includes all land, buildings, facilities and other property in the possession of or owned, used or controlled by the university, and/or university sponsored or controlled events, including online learning environments. Participants in overseas and off-campus programs are expected to act in accordance with university rules and regulations and assume added responsibility to the group and to the laws and regulations of the host location or country (see SOU policy SAD.015).

The Student Code of Conduct includes the following under prohibited conduct as it relates to controlled substances:

Controlled Substances:

- a. The unlawful use, abuse, sale, purchase, transfer, possession, manufacture, distribution or dispensing of alcohol or other drugs on university property or as part of any university activity is prohibited.
- b. Use, possession, cultivation, manufacture, promotion, sale and/or distribution of narcotics or other controlled substances, except as expressly permitted by law, is prohibited.
- c. Use and/or possession of prescription drugs prescribed to another is prohibited.
- d. The service of alcohol to and/or consumption by any person who is under the age of 21 or is intoxicated is prohibited.
- e. Use of alcohol or other drugs in the presence of a person who is under 21 years of age is prohibited and may result in an additional violation.



- f. Public intoxication at any age is prohibited.
- g. Intoxication to the point of incapacitation at any age is prohibited.
- h. Common source containers of alcohol, such as kegs, are prohibited on campus and university properties except with prior written permission from the President or designee.
- i. Alcohol and other drugs may not be consumed in the course of any class, laboratory or other activity at which attendance is required as part of a student's course or degree requirements. Exceptions are granted for wine appreciation classes.

Sanctions for proscribed behavior, disciplinary action taken by Southern Oregon University under the Student Code of Conduct for violation of proscribed conduct may include any of the following: warning, loss of privileges, order of no contact, fines, restitution, discretionary sanctions, circles of support and accountability, fee assessment, interim sanctions or interim measures, residence hall suspension, residence hall dismissal, university housing eviction, deactivation of privileges (for groups or organizations), unconditional university probation, university restriction, university suspension, or university dismissal.

All of the above sanctions may be enhanced with additional conditions deemed appropriate by the disciplinary authority, which may include referral for assessment and counseling and applicable Oregon state and federal statutes.

University Housing Residential Life Community Standards

Alcohol:

The University Housing community standards with respect to alcohol consumption in the residence halls are as follows:

- Residents and their guests that are under the age of 21 are prohibited from:
 - Possession or consuming alcohol on campus. Being in a university-owned campus housing space, including but not limited to a room, suite, apartment, or in-room common area, where alcohol is being consumed.
 - Possessing empty alcoholic beverage containers.
- Residents and their guests that are over the age of 21 are prohibited from consuming alcohol in the presence of a minor.

- All Residents and their guests are prohibited from:
 - Consuming alcohol in common room spaces of university-owned buildings and campus, including but not limited to floor lounges, hallways, lobbies, public restrooms, offices, classrooms, parking lots, and all outside grounds.
 - Possessing or using “beer bong,” kegs, pony kegs, or other similar devices whose purpose is to facilitate rapid consumption of alcohol or to store large quantities of alcohol.
 - Participating in drinking games of any kind on property or facilities that is owned, operated, or being used by the University.
 - Being intoxicated to the point at which normal, independent functioning is compromised.
 - Furnishing alcohol to minors in any way, including but not limited to selling it to, giving it away to, or making it readily available to any person under the age of 21.

For more information about the alcohol policies at SOU, you can review the Alcohol and Drug Policy (SAD.002) and the Code of Student Conduct (SAD.015).

Drugs:

Residents and their guests are not to possess, distribute, or be in the presence of illegal drugs (including marijuana), drug paraphernalia (ex. bong, pipes, or any other object that is used or known to be associated with drugs), or illegal drug activity. Additionally, possession, consumption, and/or furnishing prescription drugs not currently prescribed is prohibited.

Drugs and drug paraphernalia that is found on campus will be confiscated and destroyed by Campus Public Safety and/or the Ashland Police Department. For more information about the drug policies at SOU you can review the Alcohol and Drug Policy (SAD.002) and the Code of Student Conduct (SAD.015).

Student-Athlete Code of Ethics

All SOU Student-Athletes must sign the Student-Athlete Code of Ethics, which includes the following about alcohol and/or drug usage and/or abuse:



I understand that if I am under the age of 21, I am not legally permitted to consume alcohol or marijuana. Regardless of my age, I will not consume alcoholic beverages or marijuana on team trips or at athletic events. I will comply with the policies described in the SOU Code of Student Conduct. I will not use or distribute banned substances, including illegal drugs, performance enhancing drugs, or prescription drugs not prescribed to me by a medical professional.

Drug-Free Workplace Policy

Background

On October 21, 1988, Congress enacted the Drug-Free Workplace Act of 1988. This statute requires that all institutions receiving grants from any federal agency certify to that agency that they will maintain a drug-free workplace. The SOU Drug-Free Workplace Policy was developed to accomplish this purpose.

Policy

Southern Oregon University is committed to maintaining a drug-free workplace. The unlawful manufacture, possession, distribution, or use of controlled substances by university employees in the workplace is prohibited. All employees of the University, including student employees, must abide by this policy.

Any employee convicted of violating a criminal drug statute in the workplace must notify his or her supervisor and the Director of Human Resources, Classified (552-6511), or the Director of Human Resources, Unclassified (552-6512), no later than five days after such conviction. If the employee is involved in work supported by a federal agency, the federal agency will be notified within ten days after receiving notice of the criminal drug statute conviction.

In addition to any penalties under federal and state law, employees found to be in violation of this policy may be subject to disciplinary sanctions consistent with applicable provisions of state laws and regulations, Oregon State Board of Higher Education administrative rules, applicable collective bargaining agreements, and applicable university administrative rules and directives. If imposed, sanctions will include appropriate personnel action (up to and including termination), and may require satisfactory employee participation in an approved substance abuse assistance or rehabilitation program.



The University supports programs for the prevention of controlled substance abuse by university employees and students, as well as assistance programs for those with problems related to controlled substance abuse. Eligible faculty and staff are encouraged to seek assistance for controlled substance dependency problems through the Employee Assistance Program (1-800-433-2320). No-cost, confidential evaluation, consultation, and referral services are available to employees through this program. The University also provides no cost confidential assistance for eligible students with dependency problems through the Health and Wellness Center. The health benefits packages available to all eligible university employees provide at least partial reimbursement of expenses related to treatment and rehabilitation services associated with substance abuse problems.

Programs & Resources

The following includes programming and interventions to support alcohol and drug prevention for students on campus.

Individual-Level Programs and Interventions

Program	Community of Recovery in Education at SOU (CORE)
Description	<p>The Collegiate Recovery Program (CRP) was established in 2010 to provide individual, academic, social, and recovery support for an admitted cohort of students in recovery. Participants are successful students and leaders in their respective disciplines who understand their need to participate in a recovery community that is set up to support academic and social success.</p> <p>Students who apply to the CRP must:</p> <ul style="list-style-type: none"> ● Agree to actively engage in the CRP Community. ● Agree to attend a minimum of two twelve-step meetings per week. ● Develop or continue a relationship with a sponsor. ● Participate in weekly meetings of the CRP. ● Engage in a minimum of 10 hours of civic engagement each year.
Participation Data (2021-2022)	10



Participation Data (2022-2023)	2
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Note: Due to a lack of engagement in the CORE program, incidental fee funding has been paused for AY23-24. The Student Health and Wellness Center will provide care as needed to students interested in the program and then request appropriate funding for AY24-25.

Institutional-Level Programs and Interventions

Program	SOU Cares
Description	Students and staff are encouraged to submit a note of concern on behalf of an SOU student. Some examples of reported concerns include mental and emotional health, academic performance, personal illness or injury, and alcohol and other drug use.
Participation Data (2021-2022)	<p>Mental and emotional health:</p> <ul style="list-style-type: none"> 664 cases reflect mental and emotional health as a concern. <p>Academic performance:</p> <ul style="list-style-type: none"> 712 cases related to academic performance concerns. <p>Personal illness or injury:</p> <ul style="list-style-type: none"> 409 cases related to personal illness or injury. <p>Alcohol:</p> <ul style="list-style-type: none"> In University Housing, 123 cases included alcohol as a concern (for consumption, paraphernalia, possession, in public areas, and/or with an underage presence). For the University, a total of 12 cases included alcohol as a concern (for consumption, distribution, possession, and/or public intoxication). Total: 135 conduct-related cases were due to alcohol. <p>Drugs:</p> <ul style="list-style-type: none"> In University Housing, 193 cases included drugs as a concern (for possession, presence, and/or use). For the University, a total of 54 cases included drugs as a concern (for consumption, distribution, possession, and/or presence). Total: 247 conduct-related cases were due to drugs; 33 cares-related cases were related to alcohol or drugs.



Participation Data (2022-2023)	<p>Mental and emotional health:</p> <ul style="list-style-type: none"> • 496 cases reflect mental and emotional health as a concern. <p>Academic performance:</p> <ul style="list-style-type: none"> • 419 cases related to academic performance concerns. <p>Personal illness or injury:</p> <ul style="list-style-type: none"> • 215 cases related to personal illness or injury. <p>Alcohol:</p> <ul style="list-style-type: none"> • In University Housing, 85 cases included alcohol as a concern (for consumption, paraphernalia, possession, in public areas, and/or with an underage presence). • For the University, a total of 15 cases included alcohol as a concern (for consumption, distribution, possession, and/or public intoxication). • Total: 100 conduct-related cases were due to alcohol. <p>Drugs:</p> <ul style="list-style-type: none"> • In University Housing, 75 cases included drugs as a concern (for possession, presence, and/or use). • For the University, a total of 12 cases included drugs as a concern (for consumption, distribution, possession, and/or presence). • Total: 87 conduct-related cases were due to drugs; 23 care-related cases were related to alcohol or drugs.
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Program	Various Programming from Residence Hall Association (RHA)
Description	Students and staff from RHA and RA's within the various halls produce various preventive programming, including but not limited to late-night programming, educational programming, resource and information board, and more.

Program	Wellness Prevention Programming
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Description	<p>Student Health and Wellness Center, Office of Equity & Grievance and Title IX, and the Office of the Dean of Students worked collaboratively to provide educational outreach focused on health and well-being. Social media campaigns, tabling, and educational workshops focused on Alcohol and Drug Misuse Prevention, Sexual Violence Prevention, Wellness, and Recovery Resources. Examples of past programs include:</p> <ul style="list-style-type: none"> ● Responding to Alcohol and Other Drugs (AOD) Signs & Symptoms ● Digging into the Weeds – Responsible Use of Cannabis
Participation Data (2021-2022)	<p>Fall 2021 Tricks-o-Tips social media campaign</p> <ul style="list-style-type: none"> - 8 Instagram posts focused on consent and healthy substance use (38 ❤️) <p>RHA Carnival</p> <ul style="list-style-type: none"> - Partnerships between SHWC and Dean of Students Conduct educating students on the healthy relationships with drinking, amnesty policy, and “know the code” <p>Spring 2021 RHA Event</p> <ul style="list-style-type: none"> - Dean of Students office and SHWC partnered to table about Responsible Use of cannabis and alcohol
Participation Data (2022-2023)	<p>Fall 2022 Kick Back Event</p> <ul style="list-style-type: none"> - Partnership between RHA and the Wellness team + community resources - Over 100 students attended the event <p>Fall 2022, Winter 2022, Spring 2023 Consent Cupcakes</p> <ul style="list-style-type: none"> - Quarterly event where 200 cupcakes were given out by relevant campus stakeholders including Campus Public Safety, President’s Office and Athletics. Each cupcake had a helpful phrase present

Community and Environmental-Level Programs and Interventions



Program	My Student Support Program (MySSP)
Description	<p>The SHWC is partnering with MySSP to expand its services to ensure all students have access to a mental health professional any time of day, from anywhere in the world. My SSP offers simple access to connect with a mental health counselor about anything. Call. Chat. Anytime. Anywhere. MySSP connects students with free, confidential mental health and wellbeing support conveniently available 24/7.</p> <p>What is Student Support?</p> <ul style="list-style-type: none"> ● 24/7 real-time support ● Confidentiality ● Experienced professionals ● No extra cost
Participation Data (2021-2022)	Program Not Offered
Participation Data (2022-2023)	Program initiated in December 2022 a total of 107 activities (MYSSP does not provide unduplicated reports). The data represents how many times used versus the number of distinct individuals.

Program	SHWC Resource Page
Description	<p>The SHWC has various resources and organizations linked within the SHWC's and CORE website for students, employees, and community members to access if they need recovery support. Community groups include but are not limited to</p> <ul style="list-style-type: none"> ● CORE Facebook page ● Rogue Valley AA ● Alcoholics Anonymous ● Southern Oregon Area NA ● Narcotics Anonymous

Program	You@SOU
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Description	YOU@SOU is a 24/7 digital tool that normalizes help-seeking behavior for students by increasing awareness, skill-building, and connection to campus resources directly addressing their needs and interests.
Participation Data (2021-2022)	Program Not Offered
Participation Data (2022-2023)	<p>Program launched in Fall 2022 Total Logins = 401 Students = 160</p> <ul style="list-style-type: none"> - 71% of students agreed that YOU increased their awareness of campus resources, - 80% of students that learned about a resource took action (e.g., explored the resource, shared it with a peer) <p>Faculty/Staff = 67</p> <p>Top Referral: "Talk it Out"-Student Health & Wellness Center</p> <p>Top 5 Topic Areas:</p> <ol style="list-style-type: none"> 1. Stress & Anxiety 2. Learning Strengths 3. Academics & Grades 4. Internships & Career Paths 5. Loneliness & Depression

Program and Intervention Summary

Individual-Level

Prior to the pandemic the CORE recovery program had higher student participation and interest. Post-pandemic we saw a decrease in participation. This could have been a result of students not wanting to be in groups of unknown people related to fear of covid transmission, a 3% decrease in non-traditional (over 25) student enrollment from 2018 to 2023, and a potential behavior shift from group therapy to more individualized care.



Institutional-Level

The SOU Cares Notes seems to be an effective method of identifying students in need and responding with the appropriate support. The lack of a dedicated staff position that focuses on wellness prevention and education will decrease the program's effectiveness. RHA programming needs to be better tracked to gain a better understanding of which programs are successful and areas for improvement.

Community and Environmental-Level

The addition of MYSSP in December of 2022 has been well received by those individuals utilizing the service. Continued communication campaigns will be necessary to ensure that all students, faculty, and staff know what it is and how it can benefit students. Although, You@SOU provides an excellent holistic care model for students, if they are not utilizing it SOU should invest the resources spent on that contract in ways that might be more beneficial (additional in-person programs or events). There are a variety of local community resources available to students and faculty/staff. SOU should continue to provide information and referrals.

Goals for the Next Biennium (2023-2025)

A. Central Goal

Identify student behaviors associated with AOD use and based on findings develop and implement innovative programs and interventions that will support the specific student populations identified.

B. Individual Strategies (Goals for 2025 Biennium)

a. Based on student usage data, the group program does not appear to be preferred. Identify if students are receiving similar information/support/care during individual, medical, or mental health appointments. If this is what is occurring, analyze the future financial needs and funding mechanisms of the CORE program.

C. Institutional Strategies (Goals for 2025 Biennium)

- a. Continue to expand the consistent use of Cares Notes for all students in need of support.
- b. Implement new Vector modules with AOD preventive and recovery topics for students to complete, including AlcoholEdu.



- c. Coordinate with SOU departments to collaborate on Week of Welcome (WOW) preventive programming and education including AOD topics.
- d. Annual report of all campus units serving alcohol at events on campus. Key information collected would be the host organization, audience (employees, students, community, etc.), attendance, and amount served.
- e. Collaborate with Human Resources to identify any instances of allegations and/or disciplinary actions against employees that were related to AOD behaviors while working on an annual basis.
- f. Evaluate protocol and practice for reporting on-campus AOD usage/behavior
- g. Conduct awareness and education campaigns to address the risks and impacts of prescription medication abuse.
- h. Analyze and summarize student responses to the AlcoholEdu survey.
- i. Partner with Athletics and NASPA to become institutional members in the 360-Proof Program.
- j. Continue promotion of You@SOU and determine if a contract renewal is appropriate (contract ends June 2025).

D. Community/Environmental Strategies (Goals for 2025 Biennium)

- a. Conduct awareness and/or education campaigns regarding new and existing substance use laws in Oregon with a focus on cannabis.
- c. Continue to coordinate and share community resources for students and employees within the local communities (Ashland, Medford, Talent, and Phoenix).

Conclusion

With staffing turnover, long-term vacancies associated with wellness programming, and the pandemic the focus on AOD prevention was not a priority compared to our efforts associated with mental health support. Southern Oregon University is committed to the process of continuous improvement. We look forward to the opportunity to focus on our goals and recommendations for the next biennium. These goals will form the basis for continued campus efforts and additional strategic planning.

Appendix



Federal Laws

The following summary of Federal penalties and sanctions for illegal possession of a controlled substance is in reference to the original Drug-Free Schools and Campus Regulations announcement found in The Federal Register, 55 (159), page 33589.

21 U.S.C. 844(a)

First conviction: Up to one year imprisonment and a fine of at least \$1,000, or both.

After one prior drug conviction: At least 15 days in prison, not to exceed two years, and a fine of at least \$2,500.

After two or more prior drug convictions: At least 90 days in prison, not to exceed three years, and a fine of at least \$5,000.

21 U.S.C. 853(a)(2) and 881(a)(7)

Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one year imprisonment.

21 U.S.C. 881(a)(4)

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. 844a

Civil fine of up to \$10,000.

21 U.S.C. 862(b)

Denial of Federal benefits, i.e., student loans, grants, contracts, and professional and commercial licenses, up to one year for first offense, up to five years for second and subsequent offenses.

18 U.S.C. 922(g)

Ineligibility to receive or purchase a firearm.

Information regarding legal sanctions under Federal law for the unlawful distribution of controlled substances (i.e., drug trafficking) can be found at

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



State Laws

The following information regarding legal sanctions under Oregon state laws for the unlawful possession, use or distribution of controlled substances and alcohol is taken from the Oregon Revised Statutes and from the Peace Officer's Guide to the Oregon Criminal Code.

Oregon State Laws Governing Alcohol and Cannabis

Local Laws Governing Alcohol

Minor in Possession of Alcohol: No person under the age of 21 shall attempt to purchase, acquire or have in their possession any alcoholic beverages. No person under the age of 21 shall have in their system any alcoholic beverages except for the acceptance or consumption of sacramental wine as part of a religious rite or service, or provided by the person's parent or guardian. No person under the age of 21 shall possess any alcoholic beverage while operating a motor vehicle (ORS § 471.430).

Offense: Class A/B Violation

Fine: Up to \$2,000

Minor Falsely Representing Age: A person less than a certain age who knowingly purports to be older with the intent of securing a right, benefit, or privilege which by law is denied under that certain age (ORS § 165.805).

Offense: Class C Misdemeanor

Fine: Up to \$1,250

Providing Liquor to Person Under 21 or to Intoxicated Person: A person may not sell, give or otherwise make available any alcoholic liquor to any person who is visibly intoxicated. No one other than the person's parent or guardian shall sell, give or otherwise make available any alcoholic liquor to a person under the age of 21 years (ORS § 471.410).

Offense: Class A Misdemeanor

Fine: Up to \$6,250



Allowing Alcohol Consumption by Minors: No person who exercises control of private real property shall knowingly allow any person under the age of 21 years to drink alcohol on the property or remain on the property after consuming any alcoholic beverage (ORS § 471.410(3)).

Offense: Class A Violation

Fine: Up to \$2,000

Open Container/Consumption in Public: Consumption of alcoholic liquor or possession of an open alcoholic beverage container is prohibited in a public place and on private property extended to the public for use, unless authorized by the Oregon Liquor Control Commission or other Ashland Municipal Code provisions. (Ashland Municipal Code 10.40.030 and 10.40.040)

Offense: Class III Violation

Fine: Up to \$500

Driving Under the Influence of Intoxicants (DUI): A person driving a vehicle with 0.08 percent blood alcohol content or more, or while under the influence of an inhalant or controlled substance (ORS § 813.010).

Offense: Class A Misdemeanor/Class C Felony

Felony Fine: Up to \$125,000

Local Laws Governing Cannabis

Use of Marijuana in Public Place: No person shall engage in the use of marijuana items in a public place (ORS § 475C.377).

Offense: Class B Violation

Fine: Up to \$1,000



Homegrown Marijuana in Public View: No person may produce, process, possess or store homegrown marijuana, cannabinoid products or cannabinoid concentrates if the homegrown marijuana, cannabinoid products or cannabinoid concentrates can be seen by normal unaided vision from a public place (ORS § 475C.309).

Offense: Class B Violation

Fine: Up to \$1,000

Minor in Possession of Marijuana: A person under 21 years of age may not possess, attempt to purchase, or purchase a marijuana item. For purposes of this section, purchasing a marijuana item includes accepting a marijuana item, and possessing a marijuana item includes consuming a marijuana item (ORS §§ 475C.317, 475C.341).

Offense: Class A/B Violation/Class A Misdemeanor/Class C Felony (amount dependent)

Fine: Up to \$125,000

Unlawful Possession of Marijuana: Except for licensees and licensee representatives, it is unlawful for any person 21 years of age or older to possess, knowingly or intentionally: (a) more than four marijuana plants at any time; (b) more than two ounces of usable marijuana in a public place; (c) more than eight ounces of usable marijuana; (d) more than 16 ounces of cannabinoid products in solid form or cannabinoid concentrates; (e) more than 72 ounces of cannabinoid products in liquid form; (f) more than one ounce of cannabinoid extracts; or (g) a cannabinoid extract that was not purchased from a marijuana retailer that holds a state issued license (ORS § 475C.337).

Offense: Class B Violation/Class A/B Misdemeanor/Class C Felony (amount dependent)

Fine: Up to \$125,000

Unlawful Sale or Delivery of Marijuana Paraphernalia: It is unlawful for a person to sell or deliver, to possess with intent to sell or deliver or to manufacture with intent to sell or deliver marijuana paraphernalia to a person who is under 21 years of age, knowing that the marijuana paraphernalia will be used for the purpose for which it was marketed or designed (ORS § 475C.373).



Offense: Class B Violation

Fine: Up to \$1,000

Unlawful Delivery of Marijuana Item: Except for licensees and licensee representatives, and except for a person within the scope of and in compliance with ORS § 475C.305, it is unlawful for any person to deliver a marijuana item (ORS § 475C.345).

Offense: Class A/B Misdemeanor/Class C Felony (amount dependent)

Fine; Up to \$125,000

Use of Marijuana While Driving: A person commits the offense of use of marijuana in a motor vehicle if the person consumes in any manner a marijuana item while in a motor vehicle when the motor vehicle is upon a highway (ORS § 811.482).

Offense: Class B Traffic Violation

Fine: Up to \$1,000

Providing Marijuana to Intoxicated Person: (1) A person may not sell, give or otherwise make available any marijuana items to any person who is visibly intoxicated. (2) A person who exercises control over private real property may not knowingly allow any other person under the age of 21 years of age to consume a marijuana item on the property, or allow another person under the age of 21 years of age to remain on the property if the person under 21 years of age consumes a marijuana item on the property (ORS § 475C.329).

Offense: Class A Misdemeanor

Fine: Up to \$6,250

State Sanctions Governing Drugs Illegal Under Oregon Law

In Oregon, penalties for possession and distribution are determined by the Controlled Substance Schedule upon which the drug appears.

Schedule I Drugs (e.g., GHB, Heroin, LSD, Methamphetamine, Peyote, Psilocybin*)



- Manufacture or distribution - Class A felony (up to 20 years and up to \$375,000 fine or twice the value of any resulting gain of property or money).
- Unlawful Possession - Class E Violation/Class A Misdemeanor/Class B Felony (amount dependent).

**In 2020, Oregon voters approved Measure 109 allowing the supervised use of psilocybin ("magic mushrooms") in service centers licensed by the Oregon Health Authority. Individuals 21 years of age and older may purchase, possess, and consume a psilocybin product only at a psilocybin service center and only under the supervision of a psilocybin service facilitator (ORS § 475A.498). The manufacture, distribution, and possession of any amount of psilocybin beyond this scope remains unlawful.*

Schedule II Drugs (e.g., Amphetamine, Cocaine, Opium, PCP)

- Manufacture or distribution - Class B felony (up to 10 years and up to \$250,000 fine or twice the value of any resulting gain of property or money).
- Unlawful Possession - Class E Violation/Class A Misdemeanor/Class C Felony (amount dependent).

Schedule III Drugs (e.g., Depressants, Anabolic Steroids)

- Manufacture or distribution - Class C felony (up to 5 years and up to \$125,000 fine or twice the value of any resulting gain of property or money).
- Unlawful Possession - Class E Violation (up to \$100 fine).

Schedule IV Drugs (e.g., various prescription drugs such as Valium, Xanax, Phenobarbital)

- Manufacture or distribution - Class B misdemeanor (up to 6 months and up to \$2,500 fine or twice the value of any resulting gain of property or money).
- Unlawful Possession - Class E Violation (up to \$100 fine).



Schedule V Drugs (e.g., less dangerous prescription drugs and small amounts of certain drugs)

- Manufacture or distribution - Class C misdemeanor (30 days and up to \$1,250 or twice the value of any resulting gain of property or money).
- Unlawful Possession – Unclassified violation.

It is unlawful for a person to manufacture or deliver a Schedule I, II, or III controlled substance within 1,000 feet of the real property comprising a public or private elementary, secondary or career school attended primarily by minors (Class A felony, penalty of up to 20 years and \$375,000 fine, see ORS § 475.904).

In addition, the court may order the defendant to pay the cost of prosecution, and the defendant's vehicle used in the crime may be forfeited to the state. Finally, the defendant may forfeit any property used in the crime to the county in which the crime occurred.

