



SOUTHERN OREGON UNIVERSITY

Substance Abuse Prevention and Education
Program

2025 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: 2023-2024 and 2024-2025

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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 2022 and 2023 (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). In addition we are providing students responses from our AlcoholEDU module (Table 4 and 5) and from the University Housing Resident Survey (Table 6).

Table 1. Calendar year 2022 Liquor and Drug arrests and disciplinary referrals

2022	Arrest and Disciplinary Referrals	ON CAMPUS		ON CAMPUS (TOTAL)	NON CAMPUS	PUBLIC PROPERTY
		Student Housing	Other			
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		5	0	5	1	0
DRUG LAW VIOLATIONS		18	9	27	0	0
ILLEGAL WEAPONS POSSESSION		0	1	1	0	0

Table 2. Calendar year 2023 Liquor and Drug arrests and disciplinary referrals

2023	Arrest and Disciplinary Referrals	ON CAMPUS		ON CAMPUS (TOTAL)	NON CAMPUS	PUBLIC PROPERTY
		Student Housing	Other			
ARRESTS						
LIQUOR LAW VIOLATIONS		2	0	2	0	0
DRUG LAW VIOLATIONS		2	0	2	0	1
ILLEGAL WEAPONS POSSESSION		1	0	1	0	0
DISCIPLINARY REFERRALS						
LIQUOR LAW VIOLATIONS		22*	0	22	0	0
DRUG LAW VIOLATIONS		21	0	21	0	0
ILLEGAL WEAPONS POSSESSION		0	1	1	0	0

* In 2022, the majority of the possible liquor law violations were not reported through formal reporting methods (Campus Public Safety or Student Conduct). In 2023, SOU updated the process for reporting potential liquor law violations and now requires that CPS be contacted for all potential liquor law violations. This accounts for the increased count from 2022 to 2023

Table 3. Student Health and Wellness Center Drug and Alcohol Prevention and Intervention Services AY 2023-2024 and AY 2024-2025

Service	2023-2024	2024-2025
Counseling	1,753 (unable to identify which were D & A related)	813 (unable to identify which were D & A related)

Drug and Alcohol Assessments	5	1
Medical Evaluation	2,400 (unable to identify which were D & A related)	1,669 (unable to identify which were D & A related)
Referrals	Approximately 10	Approximately 10

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⁾
- 21.55% of all Oregonians ages 12 and older – and 33.86% 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). (2023). 2022-2023 National Survey on Drug Use and Health (NSDUH): Model-based prevalence estimates. (50 states and the District of Columbia). Table 24.

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 2022-2023 National Survey on Drug Use and Health (NSDUH) data report showed that Oregon is making strides in AOD-related challenges facing our state:

- Oregon was above the national average (~9.7%) at 11.58% for illicit drug use disorder (percent of the population of teens and adults with past year illicit drug use disorder).



- Oregon was above the national average (10.5%) at 12.23% for alcohol use disorder.
- For treatment gap, Oregon's percent of people *needing but not receiving* substance use treatment (79.09%) is lower than the national 2022 estimate (85.1%) – meaning a smaller share of people classified as needing treatment in Oregon were *not* receiving treatment, compared with the national average (but still a very large unmet-need gap: ~4 out of 5 people in Oregon who needed treatment did not receive it).
- Oregon methamphetamine use is estimated at 1.18% which is lower than the national level (1.47%).
- Oregon Rx opioid misuse is 3.82% among 12 or older which is slightly above the national average (3.66%).

SOU began incorporating AlcoholEDU as an optional training in Fall 2023. AlcoholEDU through Vector uses a story-first approach to engage our student learners in meaningful alcohol prevention education, this course centers authentic student-driven narratives to explore key topics such as supporting peers in recovery, understanding the short and long term effects of alcohol and substance use, and the physical, mental, and emotional benefits of abstaining and/or reducing the use of these substances while in college. There was minimal engagement during the 2023-2024 year (n=11) and data will not be reported. The 2024-2025 saw a significant increase in engagement (n=842) and key data metrics are shared below.

Table 4. 2024-2025 AlcoholEDU Drinker Category Self-disclosure

Drinker Category	Count	Percent
Abstainer	364	43%
Non-Drinker	263	31%
Moderate	161	19%
Heavy Episodic	45	5%
Problematic	7	1%
Too few	2	<1%

The majority of our students report abstaining and being a non-drinker (74%). There were 16 respondents that shared they were in active recovery from a substance use disorder.

Table 5. 2024-2025 Alcohol/EDU Drug-Use in the past two-weeks without Doctor Approval

Drug	Number	Percent
Cigarettes	15	15.3%
E-cigarettes	34	34.7%
Cannabis products	62	63.3%
Cannabis Products	17	28.3%
Hallucinogens, MDMA, Cocaine	3	3%

Respondents indicated they are taking stimulants for ADHD with approval from a doctor (56.7%). Of the respondents reporting cannabis product use, Edible THC products were at 58%, Smoking plant material was 48%, and Vaping THC oil was 36.4%. Respondents reported believing that misuse and abuse of alcohol is not a problem at SOU (94%) and 88% reported being aware of support resources available on campus to students who are struggling with substance abuse or misuse. The majority of the respondents report living off campus (77%). However, their responses align with the University Housing Survey (response rate 38%, n= 265) with 20% of respondents indicating they use cannabis products with 15.5% reporting consuming through smoking/vaping and 12.4% consuming through store bought edibles. Residents also reported that living in housing helped them better understand the negative consequences of alcohol and drug use (Table 6).

Table 6. 2024-2025 University Housing Resident Survey (N=159)

Question	Percent in Agreement
As a result of your on-campus housing experience, you better understand the negative consequences of: Alcohol use	90.5%

As a result of your on-campus housing experience, you better understand the negative consequences of: Drug use	90.5%
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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.

Deliriants: Aerosol products, lighter fluid, paint thinner, amyl nitrite, and other inhalants (room fresheners/deodorizers) are classified as deliriants. 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, educational assignments(i.e. Essay or completion of a course module), 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 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

SOU's individual level program CORE (Community of Recovery in Education) program was discontinued in 2023 due to lack of engagement. In 2024 SOU partnered with La Clinica to operate our Student Health and Wellness Center. La Clinica does not provide individual-level programs but will conduct assessments and refer to the community for treatment.

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 2023-2024	Mental and emotional health: 416 cases reflect mental and emotional health as a concern. Academic performance: 399 cases related to academic performance concerns. Personal illness or injury: 165 cases related to personal illness or injury. Alcohol: - In University Housing, 34 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 46 cases included alcohol as a concern (for consumption, distribution, possession, and/or

	public intoxication. • Total: 80 conduct-related cases were due to alcohol. Drugs: • In University Housing, 37 cases included drugs as a concern (for possession, presence, and/or use). • For the University, a total of 40 cases included drugs as a concern (for consumption, distribution, possession, and/or presence). • Total: 80 conduct-related cases were due to drugs; 26 care-related cases were related to alcohol or drugs.
Participation Data 2024-2025	Mental and emotional health: • 358 cases reflect mental and emotional health as a concern. Academic performance: • 403 cases related to academic performance concerns. Personal illness or injury: • 186 cases related to personal illness or injury. Alcohol: • In University Housing, 74 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 7 cases included alcohol as a concern (for consumption, distribution, possession, and/or public intoxication). • Total: 81 conduct-related cases were due to alcohol. Drugs: • In University Housing, 48 cases included drugs as a concern (for possession, presence, and/or use). • For the University, a total of 14 cases included drugs as a concern (for consumption, distribution, possession, and/or presence). • Total: 62 conduct-related cases were due to drugs; 17 care-related cases were related to alcohol or drugs.

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.
Participation Data 2023-2024	Winter 2024 Winter's a Drag (1/27/24) Spring 2024 Consent Carnival (4/30/24)
Participation Data 2024-2025	Fall 2024 Sex Signals (9/24/24) - 50 likes and 13 shared October: 10 Signs of a Healthy Relationship (Social Media Program) - 47 likes and 4 shares 10 signs of an Unhealthy relationship (Social Media Program) - 80 likes, 1 comment, 11 shares Winter 2025 Raider Ready Grab n Go- Emergency preparedness (1/8/25) Spring 2025 Consent Carnival (4/29/25)

Program	Wellness Prevention Programming
Description	The La Clinica 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 modules focused on Alcohol and Drug Misuse Prevention, Sexual Violence Prevention were offered.
Participation Data (2023-2024)	Ongoing Events -Affinity spaces for identities that focus on race, gender, and sexuality -Free supplies of condoms (Penis and vagina), dental dams <i>Attendance data is not available due to a transition in systems, which resulted in a loss of access to prior records. Below is a list of the events we can confirm took place. While we previously offered</i>

	<i>Pub Nights that included alcohol service, these were discontinued after it became clear that student interest was not focused on the alcohol component.</i> • Lexie Bean: Beyond the Heroic Survivor • Relaxation Station • Pubnight: Drag Scary-oke • Sing Into Spring - Drag Karaoke Pub Night • Values and Asset Mapping <u>Late night alternative events</u> • Magician Daniel Martin • Spooky Sockhop • Rocky Horror Picture Show • Slumber Style Movie Night • Mario Kart Game Night • Wonka Movie Night • EP!C Hoedown
Participation Data (2024-2025)	Ongoing Events - Affinity Spaces including: Pride Haven, Men of Distinction, Femme Collective, etc which support individuals as they navigate gender and sexuality and college and - Free supplies of condoms (Penis and Vagina), Dental Dams - Bi-Weekly Therapy Dogs to support mental and emotional health Fall 2024 Prep to Protect Yourself - mental and physical well-being tabling event - 31 attendees First Generation Student Celebration - Presentation about campus resources - 36 attendees Voices of Democracy: Understanding rights, civil discourse, and emotional competence - Presentation to help students understand their rights and how to effectively care for self - 16 attendees Late Night Alternative events to Support AOD Free Spaces - Brother Bear Movie Night - 14 attendees - Origami Cafe

	- Thanksgiving Dinner - Game Night - Mario Kart Tournament - 27 Attendees - Coco Movie Night - 13 attendees - Art out Loud - 39 going - Pumpkin Carving - 8 attendees Winter 2025 Connect & reflect - Space for mental health support, reflection, and connection - 29 attendees Winter Welcome Lunch - Space to learn about campus resources including mental health support - 34 attendees Late Night Alternative events to Support AOD Free Spaces - Fantasy Ball - 93 attendees - Bob Ross Paint Along - 20 attendees - Loteria Night - 29 Attendees - Gilded Casino Night - 160 Attendees - Valentines Movie Night - Queer Social Night - 23 attendees - Dance in Drag - 28 attendees - Speed Friending - 16 attendees Spring 2025 Let's Talk about Sex - Event to discuss sex, relationships, and stigma through honest conversations, presentations, and games - 26 attendees Masc Social Night - Discussing healthy masculinity and consent through
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	hanging out with the bros - 15 attendees Bringing Back Joy to Campus - Conversation about gender, sexuality, and mental health - 10+ Attendees Talking Circle - wellness space for students to engage in conversations around well being Essential Campus Resource Overview - Student government presentation with information about resources related to Health & Wellbeing Services Alternative Late Night Programs (AOD Free Spaces) - Murder at the Disco - Alternative late night programming to provide other activities away from Drugs and Alcohol - 17 attendees - Body Ball - Inclusive Consent centered community dance - 59 attendees - Fizz Fest - Event to encourage fun without alcohol (through Root Beer Floats) - 24 attendees - Spring Hoedown - 58 attendees
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Community and Environmental-Level Programs and Interventions

Program	Telus Health
Description	SOU is partnering with Telus to expand its behavioral health services to ensure all students have access to a mental health professional any time of day, from anywhere in the world. Telus offers simple access to connect with a mental health counselor about anything. Call. Chat. Anytime. Anywhere. Telus connects students with free, confidential mental health and wellbeing support conveniently available 24/7. What is Student Support? • 24/7 real-time support

	• Confidentiality • Experienced professionals • No extra cost
Participation Data (DEC 2023- JULY 2024)	There were 209 unique digital users and a total of 92 clinical activities (Telus does not provide unduplicated reports). The data represents how many times used versus the number of distinct individuals. • 71 real-time and 11 short-term scheduled sessions • 10 individuals self-identified at risk (none were clinically assessed as at risk) • 83% of access occurred after business hours • Top 5 presenting issues: Stress, Anxiety, Depression, Stress Medical, Other/Mental Health Condition
Participation Data (DEC 2024- JUN 2025)	There were 297 unique digital users and a total of 28 clinical activities (Telus does not provide unduplicated reports). The data represents how many times used versus the number of distinct individuals. • 15 real-time and 13 short-term scheduled sessions • 0 individuals self-identified at risk • 57% of access occurred after business hours • Top 5 presenting issues: Stress, Anxiety, Academic Issues, Stress Medical, Sexuality

Program	You@SOU
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. This platform was launched in Fall 2022 and the decision to discontinue the platform was made in January 2025 due to low student engagement. The platform was sunsetted in March 2025.
Participation Data (2023-2024)	• 160 Students ○ 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) • 67 Faculty/Staff Top Referral: "Talk it Out"-Student Health & Wellness Center Top 5 Topic Areas: Stress & Anxiety, Learning Strengths, Academics & Grades, Internships & Career Paths, and Loneliness & Depression
Participation Data (2024-2025)	The decision to discontinue the platform was made in January 2025 due to low student engagement. The platform was sunsetted in March 2025. No data available for Fall 2024.

Program and Intervention Summary

Individual-Level

Over the past two years, our campus has seen a reduction in individual-level programs and interventions related to substance use. This shift is largely due to the outsourcing of our Student Health and Wellness Center, combined with a decreased level of student demand for these specific services.

Institutional-Level

The SOU Cares Notes system has proven to be an effective tool for identifying students in need and facilitating timely, appropriate support. Data indicate that the majority of SOU students do not consume alcohol, while cannabis remains the most commonly used non-prescribed substance. However, the absence of a dedicated Wellness Team member has created challenges in sustaining consistent substance use education and awareness campaigns.

Community and Environmental-Level

Telus 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, they were not utilizing it at a rate that justified the investment. 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 (2026-2028)

A. Central Goal

Monitor student behaviors related to alcohol and other drug (AOD) use and, based on findings, prioritize education, prevention, and wellness initiatives that address cannabis use and promote overall healthy decision-making among students.

B. Individual Strategies (Goals for 2026-2028 Biennium)

- **Targeted Cannabis Education and Awareness**
Develop campaigns that provide accurate, evidence-based information about cannabis use, including potential academic, health, and legal implications. Use peer-led programming, social media, and interactive workshops to reach students in engaging ways.
- **Integrating Wellness and Healthy Decision-Making**
Embed broader wellness education into existing student life programs, focusing on stress management, sleep hygiene, and coping skills as protective factors. Frame substance use education as part of overall well-being rather than as a stand-alone issue.
- **Ongoing Monitoring and Assessment**
Implement periodic surveys or pulse checks to track student behaviors and perceptions related to alcohol and cannabis use. Use this data to adapt programming and ensure interventions remain relevant to evolving student needs.

C. Institutional Strategies (Goals for 2025 Biennium)

- **Implement CannabisEdu** – Transition from AlcoholEdu to CannabisEdu, or offer CannabisEdu as an additional option to ensure programming reflects current student use patterns.
- **Employee Data Collaboration** – Continue partnering with Human Resources to identify opportunities for collecting and analyzing employee AOD usage data to inform campus-wide wellness efforts.

- **Housing Assessment Integration** – Maintain the University Housing resident assessment process while developing institution-specific questions on alcohol and cannabis use to better capture student behaviors and needs.
- **Institutionalize Data Monitoring** – Establish a recurring process for reviewing AOD-related data (e.g., from surveys, housing assessments, HR collaborations) at the institutional level to guide decision-making.
- **Cross-Departmental Wellness Alignment** – Integrate substance use education and prevention efforts into broader institutional wellness initiatives (e.g., counseling, recreation, health promotion), ensuring alignment and reducing duplication.

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

- Collaborate with local public health agencies, treatment providers, and law enforcement to share data, co-host educational events, and ensure students have access to community-based resources related to cannabis use, harm reduction, and wellness.
- Work with city officials, local businesses, and housing partners to reduce environmental risk factors—such as limiting targeted advertising of cannabis products near campus, promoting safe community events without a substance-use focus, and encouraging landlords to adopt clear policies around substance use in student housing.

Conclusion

Despite the challenges of recent years, including staffing transitions, reduced capacity for wellness programming, and shifting student needs, Southern Oregon University has continued to monitor alcohol and other drug (AOD) use among students. Data indicate that alcohol misuse is not a significant concern for our campus community, while cannabis remains the most prevalent non-prescribed substance. Moving forward, SOU is committed to strengthening wellness initiatives, refining prevention strategies, and deepening partnerships both on campus and in the broader community. These efforts will guide our goals and recommendations for the next biennium, ensuring that AOD education remains integrated into our broader commitment to student well-being and success.

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.

