

**SHSU  
2014**

# **Biennial Review**

**Sam Houston State University**

**Huntsville, TX**

## **Preface**

The 2014 Sam Houston State University (SHSU) Biennial Review qualifies fulfillment of the Drug-Free Schools and Campuses Regulation that requires institutions of Higher Education to conduct a biennial review of their Alcohol and Other Drug programs and policies.

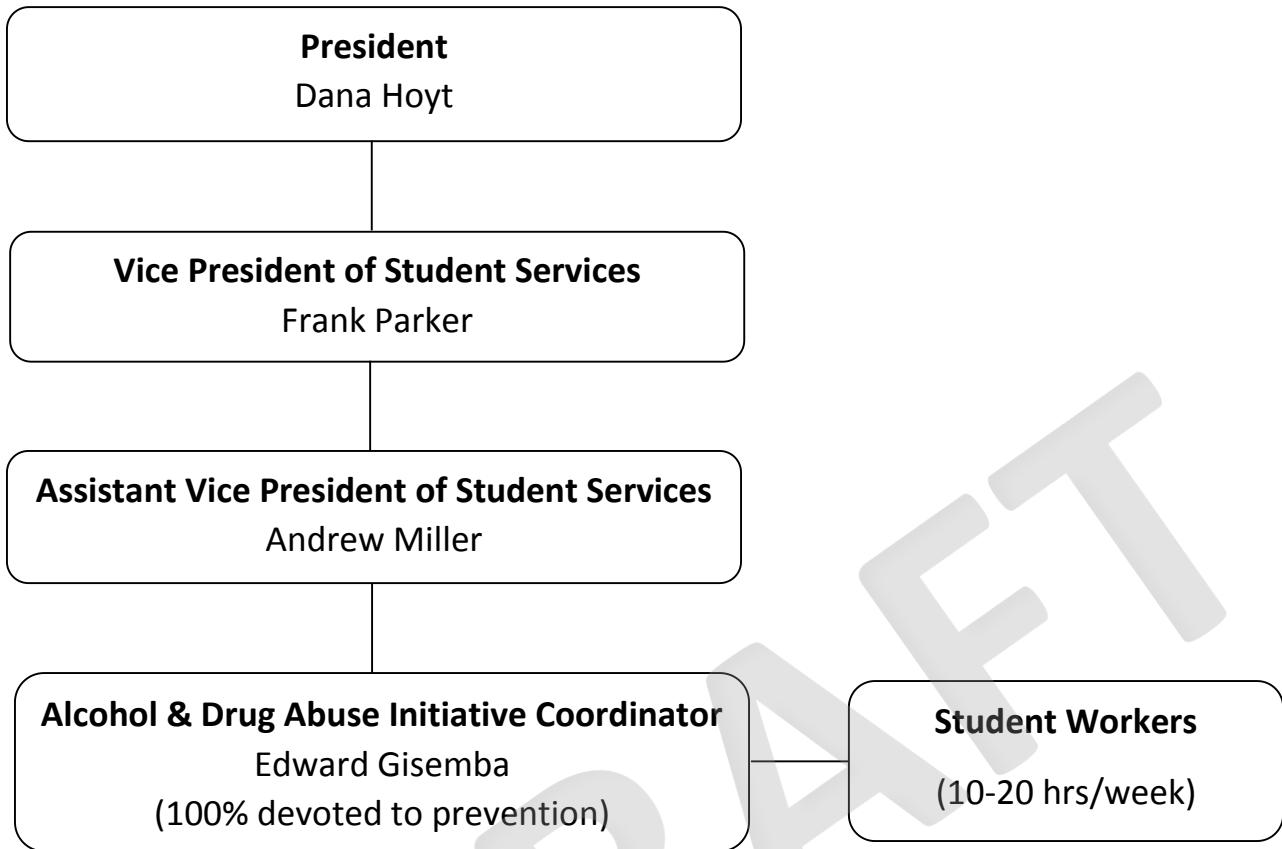
## **Philosophy**

Sam Houston State University prides itself on providing the student body with a high quality education in a broad range of different disciplines. Reaching the overarching academic goal of the University demands that SHSU provides a social environment this is conducive to the intellectual and personal development of the University community. Furthermore, in pursuit of this goal SHSU must provide services to ensure that the health, safety, and well-being of community members. Alcohol & drug abuse is widely acknowledged as the biggest public health issue in higher education. Findings from the Harvard College Alcohol Study indicate that high-risk drinking and drug use in college is associated with violence, poor academic performance, and vandalism. Most significantly, each year approximately 2,000 college students die from irresponsible alcohol use.

SHSU is committed to providing a safe and healthy environment for all community members. With knowledge of the impact that alcohol and drugs have on the welfare of our student body, SHSU is committed preventing the incidence of the negative outcomes of alcohol and drug abuse. For several years SHSU has prioritized alcohol and drug prevention efforts. In 2004 SHSU administration formally created the Alcohol & Drug Abuse Initiative (ADAI) and created a steering committee to coordinate ADAI efforts. In 2011 the ADAI was transformed from a program to a department with a budget and staff committed to overseeing prevention efforts on a full-time basis.

SHSU benefits from having a department dedicated to prevention in addition to the similar efforts from other departments. Other SHSU entities that take an active role in prevention include, the Dean of Students' Office, Residence Life, University Police Department, and Athletics.

Description of SHSU AOD Prevention Support & Structure



## **Staffing**

### *Assistant Vice President of Student Services:*

After several years of operating independently, responsibility for overseeing the SHSU Alcohol & Drug Abuse Initiative was assigned to the Assistant Vice President of Student Services in January 2012. Additional responsibilities of the Assistant Vice President of Student Services includes supervision of the Counseling Center, and Student Health Center. Thus, oversight of prevention services is a natural extension to their previous responsibilities. When the ADAI was transformed for a program into a department funds were set aside for a full-time ADAI Coordinator, additional staff, and a programming budget.

### *Alcohol & Drug Abuse Initiative Coordinator:*

The full-time ADAI coordinator carries out prevention efforts on-campus aimed at reducing high-risk drinking, drug use, and the associated outcomes among students. Other duties include supervising student employees, ADAI interns, leading the ADAI steering committee, carrying out AOD-research, and updating prevention activities as needed.

### *Student Workers:*

The Alcohol & Drug Abuse Initiative employs 1-4 student employees each year to assist in prevention efforts. Responsibilities for positions are varied but include, various administrative tasks, data entry, marketing for events, and community outreach. Student workers are also helpful in providing staff with the student prospective regarding alcohol and drug-related information and prevention efforts.

## **Funding**

### *Internal Funding:*

The majority of ADAI funding comes from student service fees. Each February the ADAI requests funds for prevention programming from a committee including the Associate Vice President of Student Services, the SHSU Director of Budget, VPSS Director of Budget and Finance, and several SHSU student leaders. Each year the ADAI is typically provided with approximately \$80,000 annually to cover staff salaries, operations, and prevention programming. Funds provided from Student Service Fees are supplemented by the Student Health Center who provides \$5,000 annually to cover additional finances.

### *External Funding:*

Funds for ADAI efforts also come from outside donations, and sporadically from partnerships with outside organizations. Most notably, the ADAI has partnered with Texans Standing Tall who have provided funds to the ADAI to implement a number of different projects.

## **SHSU Alcohol & Drug Abuse Initiative**

### *History*

The Alcohol & Drug Abuse Initiative (ADAI) is a coalition of members formed under the direction of SHSU President Dr. James Gaertner in September 2004. Originally, the Initiative focused solely on alcohol abuse and worked under the name Alcohol Abuse Initiative. In the spring of 2007, the members voted to expand the scope to include drug abuse issues as well.

The ADAI is a multidisciplinary group composed of faculty, staff, administrators, and students dedicated to ensuring the safety and health of SHSU students. The mission of the Alcohol & Drug Abuse Initiative is to prevent and reduce irresponsible alcohol and drug use among Sam Houston State University students through coordinated efforts to inform, educate, and modify student's knowledge, attitudes and behaviors regarding substance abuse.

The ADAI utilizes a research based approach that is guided by the "Best Practices" identified by the National Institute of Alcohol and Alcoholism (NIAAA). The ADAI strives to include the cultural and economic diversity issues of the entire SHSU student population while working to achieve these proven strategies identified by the NIAAA.

### *Mission & Vision*

The mission of the Alcohol and Drug Abuse Initiative is to prevent and reduce irresponsible alcohol and drug use among Sam Houston State University students through coordinated efforts to inform, educate, and change perceptions about substance use and abuse.

Ultimately, through a multi-faceted approach, the ADAI envisions a safe, healthy SHSU community that is free of the negative and tragic outcomes attributable to alcohol and drug use.

## **Alcohol-Free Options**

### *Student Activities, Clubs, and Recreation*

SHSU's Departments of Student Activities, Recreational Sports, Residence Life, and several student organizations plan programs and events for students to utilize throughout the academic year. These options include athletic events, informational conferences and lectures, concerts, shows, and more. There is extensive marketing of these options including, printed fliers, posting on SHSU social media pages, and promotion at locations on-campus with heavy student traffic. Since alcohol use often occurs at night and on weekends SHSU offers many of the alcohol-free options on nights and weekends so students have an alternative to alcohol use.

Schedules for events and programs during the 2014-2015 Academic are included in the Appendix.

## **Normative Environment**

### *Faculty/Staff Support of Prevention*

- For several years the ADAI has flourished due to strong support from SHSU Faculty, Staff, and community members. Generating attendance at alcohol prevention programs is often difficult; however, faculty members across campus often incentivize these events by offering extra credit and bringing their classes to the programs. Several SHSU Faculty/Staff also serve on a steering committee that works hard to plan events such as the Alcohol & Drug Summit, RIDD Week, and others.

## **Assessment of AOD Prevention Efforts (Alcohol & Drug Abuse Initiative)**

Assessment serves a critical role in the assessment of AOD prevention efforts at SHSU. The Alcohol & Drug Abuse Initiative regularly assesses the efficacy of prevention efforts with a survey completed by students every semester. With these surveys we gather data to determine the prevalence of alcohol use and the efficacy of the event or presentation. Furthermore, the ADAI regularly communicates with Residence Life and the University Police Department to track the number of alcohol violations and the incidence of alcohol or drug-related crime. The surveys give us the ability to determine whether our alcohol and drug education serves the purpose of reducing irresponsible alcohol and drug use. Tracking the incidence of policy violations and crime enable us to determine if the broader goal of prevention is reached. That being, making the SHSU community a healthier and safer environment for student learning. Survey results and reporting from Residence Life and UPD are outlined below.

### *KIN 2115 Survey Results – Fall 2014 (n= 882)*

With a sample size of over 800 students we are able to get a fair idea of alcohol use trends for the entire student body. The survey respondents are not demographic specific, therefore, we see diversity in class standing, race/ethnicity, gender, and involvement in student organizations.

#### *Prevalence of Alcohol Use*

The prevalence of alcohol use among the SHSU student body is consistent with the national average for college students at 70%. Furthermore, 20% of survey respondents were determined to be high risk drinkers.

#### *Impact of KIN 2115 “All About Alcohol” Presentation*

The post-survey polls students on their responses to the following three questions. Summary of the responses to these questions are included below.

1. Was the program informative? (scale for 1-5; strongly disagree = 1, strongly agree = 5)
  - Responses had a mean score of 3.97 with 70% of scores being a 4 or 5.
  
2. Was information delivered new? (scale for 1-5; strongly disagree = 1, strongly agree = 5)
  - Responses had a mean score of 3.15 with 39% of scores being a 4 or 5.
  
3. Will the information provided help you make more responsible decisions concerning alcohol consumption?
  - Responses had a mean score of 3.85 with 65% of scores being a 4 or 5.