Macalester College

Biennial Review of Alcohol and Other Drug Programs

Academic Years 2018-2019 and 2019-2020

Biennial Review Working Committee members:

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Lisa Broek, Director of Health Promotion, Hamre Center for Health and Wellness
Jason Dempster, Associate Director of Compensation and Benefits, Employment Services
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In compliance with Part 86, Drug and Alcohol Abuse Prevention Regulations, Education Department General Administrative Regulations (EDGAR).

Introduction

The Drug Free Schools and Communities Act (DFSCA) and Part 86 of the Department of Education's General Administrative Regulations (Edgar Part 86) requires institutions of higher education to adopt and implement drug and alcohol abuse prevention programs for students and employees. Macalester College has developed and implemented drug and alcohol abuse education and prevention programming designed to prevent the unlawful possession, use, and distribution of illicit drugs and alcohol on campus and at campus events. This program supports the academic mission of Macalester College by reducing the negative impact to students and the campus community around the misuse and abuse of alcohol and other drugs and to create a campus environment that promotes healthy lifestyle choices.

Statement of Purpose and Program Goal

The goal of the Macalester College Alcohol and Other Drug (AOD) prevention program is to create a healthy campus environment by reducing health risks associated with alcohol misuse and illicit drug use, increasing awareness of these risks, encouraging healthy behaviors as an overall lifestyle choice, and enforcing Macalester AOD policies as well as state and federal regulations.

As a part of its activities, Macalester College distributes materials that include the following:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on College property or part of our activities
- A description of the health risks associated with alcohol abuse and illicit drug use
- Federal, state and local laws with applicable legal sanctions
- Information regarding counseling and treatment programs available on campus and in the community
- Prevention and education programming offered
- Information regarding disciplinary sanctions for students and employees who violate standards of conduct

Biennial Review Process

In February 2020, DeMethra Bradley, Assistant Vice President of Student Affairs and Dean of Students requested the formation of a Biennial Review working committee to be coordinated by the Hamre Center Director of Health Promotion. The working committee allowed Macalester the opportunity to articulate identified gaps in campus AOD education efforts and make key recommendations for change. Since the implementation and evaluation of a comprehensive approach to AOD prevention is a collaborative effort, this working committee was a natural extension of that approach.

The process of conducting a biennial review provides Macalester College with an opportunity to examine the reach and impact of our alcohol and other drug prevention efforts. Specifically, we undertake this biennial review to determine program effectiveness and implement programmatic changes as needed.

The following documents were collected and assessed when conducting the Biennial Review:

- Macalester Student AOD Policy
- Macalester Employee AOD Policy
- Macalester Tobacco-free Policy
- Student Conduct Data
- Employment Services Annual Report
- NCHA Needs Assessment (Spring 2019)
- Clery Act Report
- Alcohol.edu Report (2018, 2019)

Description of Existing and Ongoing Program Elements

Macalester College follows a comprehensive model of alcohol and other drug prevention designed to enhance each program or initiative to maximize effectiveness of the overall related programs. Appendix A

Socio-Ecological Model

The social-ecological model of behavior change is a widely recognized theoretical framework used to design public health promotion programs, prevention strategies, and intervention practices. Macalester College utilizes this theory as a basis for understanding the multiple layers of influence (i.e. individual, group/peer, institution, and community) which impact alcohol and other substance use behavior.

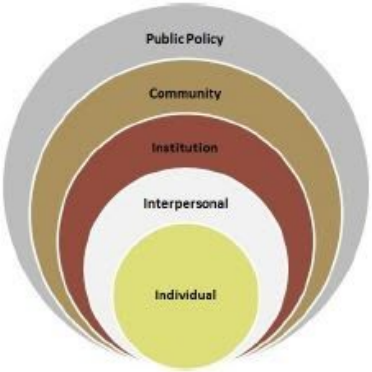

Table 1. An Ecological Perspective: Levels of Influence	
Concept	***Definition***
Intrapersonal Level	Individual characteristics that influence behavior, such as knowledge, attitudes, beliefs, and personality traits
Interpersonal Level	Interpersonal processes and primary groups, including family, friends, and peers that provide social identity, support, and role definition
Community Level	
Institutional Factors	Rules, regulations, policies, and informal structures, which may constrain or promote recommended behaviors
Community Factors	Social networks and norms, or standards, which exist as formal or informal among individuals, groups, and organizations
Public Policy	Local, state, and federal policies and laws that regulate or support healthy actions and practices for disease prevention, early detection, control, and management

Theory at a Glance, NIH, Publication # 05-3896.

Additionally, the Macalester alcohol and other drug prevention program elements conform to the strategies delineated in the National Institute on Alcohol Abuse and Alcoholism's *3-in-1 Framework* -recommendations for colleges to address excessive college drinking.

Individual Based Programs and Interventions:
The following programs were offered that focused on individual student's knowledge, attitudes and motivations to use AOD; the smallest ring in the Socio-Ecological Model.

- Bulletin Board Packets - AOD information focusing on impact, response to overdose, interactions with other drugs, and harm reduction strategies was created and made available to Resident Advisors for download. These could then be printed and utilised on public bulletin boards in their residence halls
- Table Tents - Table tents are used in our dining hall to display information helpful to Macalester students. Table tents with AOD information were printed and displayed in the dining hall over the course of the biennial review period. The information focused on norms misperception and harm reduction.
- Rx Drug Safety Module - This online course provides students with the knowledge and skills to make healthy, informed decisions when it comes to prescription medications

using an evidence-based, population-level approach to prevention. This 30 minute course includes interactive scenarios and self-guided activities.

- Dr. Levine "Brain Chemistry" - Dr Levine, our campus psychiatrist, created a video in winter 2020 on how AOD interacts with brain chemistry. This video now lives on our health and wellness center website.
- Individual Motivational Interviewing - This harm reduction approach is designed to help college students make safer and healthier choices and hopefully, minimize the risk of legal problems. Motivational interviewing is an evidence-based program for college AOD prevention.
- Counseling - Macalester offers a variety of counseling services to support students in their mental health, including short-term counseling, wellness groups, care coordination, 24-hour phone counseling, drop-in appointments, Let's Talk, and medication management.
- Care Coordination - Care coordination is provided by the college as a way to help direct students to the counseling help they need. The counselor in this role is able to help students navigate resources on campus and off. They are a first point of contact when students are trying to get help for any mental health concern.
- Fentanyl Test Strip Distribution - Started in Spring 2020, students could request up to four fentanyl strips by stopping by a student-staffed Wellness Lounge during evening hours. Once the campus moved to remote learning, students could request fentanyl strips through an online process using the last four digits of the student identification number.
- AlcoholEdu for Sanctions Module - AlcoholEdu for Sanctions is an online program that is utilized by students who are mandated to complete online alcohol education through the sanction process.
- Employee Assistance Program - Macalester contracts with CIGNA to provide confidential counseling services to all faculty and staff, along with all family members living their homes at no cost. A broad range of additional services including assistance with family, alcohol, drugs, emotions, stress, legal or financial questions are provided.

Group Focused Programs:

The following programs and initiatives were offered focusing on interpersonal processes and primary groups including family, friends, and peers that provide social identity, support, and role definition.

- Orientation Workshop - This Matters@Mac: Wellness and Well-being targeted first-year students with information about alcohol physiology, risk-reduction, and normative behavior data. A student-created video showcased upper class students discussing what they wished they had known about alcohol culture as a first-year.
- Student Athlete Mentors (SAM) - Athletic teams nominated one member from their team to serve as a SAM. This program's mission is to empower student-athletes through leadership development and educational initiatives so they can cultivate a supportive athletic culture with a holistic approach to well-being.

- Health Promotion Student Staff Peer Educators - Student health promotion staff are trained in well-being theory and health topics to educate and influence the broader Macalester community.
- Athletic Teams workshops - All athletic teams participated in a workshop exploring their beliefs about alcohol and cannabis use for themselves and as members of a team (using injunctive norms). The workshop also provided education on the athletic performance impact of alcohol and cannabis use.
- Know Overdose training - This training was offered in Spring 2020 to educate students and staff how to respond in instances of alcohol or opioid distress or overdose. Participants learned signs of overdose as well as ways to help in the moment.
- Tipsy Training - This training was developed by MacEMS to help students understand what to watch out for and how to care for a friend who has consumed alcohol. The training included signs of overconsumption, safe response procedures, and scenarios to help with decision making.
- Naloxone Training - Started Spring 2019 this workshop teaches signs of opioid overdose and walks participants through how to administer naloxone safely and effectively.
- Permanent poster (community of care) - This permanent sign conveys our “community of care” policy which states that a student will not face disciplinary action if they call public safety when someone is in trouble from overconsumption from alcohol or other drugs.
- Alcohol education workshop - this is one option under the sanction procedures.
- Ethics workshop - this is one option under the sanction procedures.
- Wellness and Health at Macalester (WHAM) Workshops for Employees - Employees attended monthly workshops that focused on well-being. Workshop topics included vaping/e-cigarettes, EAP for supervisors, mindfulness, healthy thinking, seasonal affective disorder, and others.
- Community AOD Specialist training for Student Affairs Staff - all Student Affairs staff learned signs and symptoms of substance abuse disorder and use trends in Minnesota

Institutional/Universal Programs:
The following programs and initiatives were offered focusing on cultural values, social networks, social norms, institutional norms and relationships.

- Alcohol.Edu for College Module first-year module - *AlcoholEdu* is a comprehensive online education program designed to provide students with information they need to make informed decisions about alcohol, link their choices with academic and personal success, and respond effectively in situations where others may be at risk for alcohol-related harm. AlcoholEdu is a mandatory requirement for all incoming first-year students and transfer students. There is a hold placed on course validation until this requirement is met.
- Hamre Center for Health and Wellness Newsletter - Started in Fall 2019 the Hamre Center Newsletter highlights wellness events, disseminates health information, and informs the community about relevant data. Articles have focused on a variety of topics including alcohol and other drugs.

- Health Highlights weekly - Started in Fall 2019 this student led weekly digest goes out to students, faculty, and staff. Each week the team focuses on a different topic. One month was spent on topics surrounding alcohol and other drugs.
- 1st Year Norms decals/web - utilising data from the Alcohol.Edu for College Module, we created decals and web images to display alcohol and other drugs norms data from the first-year class. 12 decals were placed around campus and displayed for a month in Fall 2019.
- Instagram COVID series - In Spring 2020, we created Instagram messages surrounding COVID-19 and drinking and other drug use. These messages included information and resources so that students could find help on campus and off.
- Press 2 - 24/7 Urgent Mental Health Counseling resource that connects students to a mental health counselor who is knowledgeable about the culture and resources for Macalester.
- Let's Talk - Let's Talk is weekly, less formal, drop-in counseling brought out into the campus community. Here students can address their concerns and gain support from trained mental health counselors.
- Counseling Wellness groups - The Hamre Center Counseling staff offer groups to help students address mental health concerns, connect with others, and build new tools and skills. These groups include Mental Health Support, Cultivating Calm, Coping with Anxiety, and Grief and Loss.
- Community of Care Provision - This clause in the Macalester Student Handbook: Alcohol and Illegal Drugs Policy states that a student can call public safety if they or other students need help due to alcohol or other drug consumptions and they will not be subject to formal disciplinary action for the consumption of alcohol and/od use of other drugs. Taking responsibility for helping a student in need will always be viewed positively.
- Overdose cards - these cards created in Spring 2020 were used to help students know the signs of overdose, to understand the steps to help, and to clarify the Community of Care Provision.
- Springfest messages - These messages created in collaboration with the Office of Student Leadership and Engagement for our Spring concert focused on harm reduction. We get tips on how to more safely have fun and stay well.
- Naloxone in AEDs - All AEDs on campus are outfitted with naloxone nasal spray. There is an online map with the locations of all campus AEDs.
- Policy development and enforcement - our AOD policies comply with local, state, and federal laws. There is a separate section on Policy.
- National College Health Assessment - The American College Health Association sponsored assessment is disseminated to a randomly selected group of students on a biennial basis. The data serves as longitudinal measurement for behavior changes over time.
- Large-scale event protocols - There is a protocol for requesting alcohol service at on-campus events. Requests are reviewed by Public Safety and Campus Operations staff.

- Program Board Winter Ball expectation setting videos - The student-run Program Board produces informative and social-norming videos around the use of alcohol before and at the annual Winter Ball event. Students are encouraged not to drink if underage, and if of age, to be responsible in their consumption.
- Alcohol availability - Over 99% of activities on campus are alcohol-free. However, there are a few events per academic year when alcohol is sold/served to students and employees of legal drinking age. Those events are as follows: Winter Ball (for purchase), Senior Class Night (spring semester only, free), Founders Day (for purchase), Springfest (for purchase), Senior Graduation Week (champagne toast (free), Senior Week group outings to bowling alley and Science Museum (for purchase), employee happy hours, and other minimal designated employee events. Event policies and procedures support local, state, and federal laws as well as minimize high-risk alcohol use. This has been particularly true with the collaborative educational effort between the Office of Student Affairs, Residence Life, HWC, Office of Student Leadership and Engagement, and the Program Board to decrease risky alcohol use at Winter Ball. Additionally, the Office of Student Leadership and Engagement hosts alternative, substance-free events at the same time as both Winter Ball and Spring Fest as an option for students to participate in.

Community Programs and Resources:

The following programs and initiatives were offered focusing on rules, regulations,policies, and state and federal laws that inform behaviors.

- Parent education - Parents of incoming first-year students are invited to view a parent orientation site called “Students and Alcohol”.
- AA, NA, AlaNon - Local chapters of support groups for those with alcohol or narcotics issues and for those who care for them. The information about these programs can be found on our website.
- MiResource - MiResource is a web-based tool that connects students with local off-campus counseling services. We partner with them to help students find longer term counseling options that work for them.
- Enforce 21 year old drinking age - policies and procedures support local, state, and federal laws as well as minimize high-risk alcohol use.
- Drug-Free Schools and Campuses Act (DFSCA) compliance - the campus continues to assess, implement, and evaluate our program to prevent the use of illicit drugs and alcohol abuse by students and employees.
- Biennial Review - As required by the DFSCA, Macalester College conducts a rigorous Biennial Review every other year. The review allows our campus to reflect on what is going well, determine where improvements need to be made, and strategically plan on how to strengthen the overall drug abuse prevention efforts on campus.
- Student Alcohol and Illegal Drug Policy review - there is an on-going review of the Policy by various constituents on campus.

- Restrict alcohol sponsorship - There is no alcohol sponsorship allowed on campus, including advertisements, for bars or liquor stores, in our weekly student-run newspaper.

Student Alcohol and Other Drug Use Data

Macalester College obtains student population assessment data from sources including the National College Health Assessment (NCHA) (Appendix B) as well as annual data from incoming students completing the Alcohol.Edu alcohol abuse prevention module (Appendix C). The assessment data is used to determine if existing programs are meeting the intended alcohol and other drug programming objectives as well as identifying opportunities to meet campus challenges.

The following tables are from the 2019 NCHA, n=390/1000.

E. Tobacco, Alcohol and Marijuana Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Cigarette	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	78.2	77.4	77.2	22.9	16.8	17.8
Used, but not in the last 30 days	14.5	14.5	14.2	29.4	30.0	29.1
Used 1-9 days	6.4	6.5	7.3	40.4	46.8	45.9
Used 10-29 days	0.9	1.2	1.0	5.5	5.6	6.2
Used all 30 days	0.0	0.4	0.3	1.8	0.8	1.0
Any use within the last 30 days	7.3	8.1	8.5	47.7	53.2	53.1

E-Cigarette	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	76.4	83.2	80.9	18.3	11.6	13.4
Used, but not in the last 30 days	11.8	8.8	10.1	20.2	18.5	18.1
Used 1-9 days	10.0	5.2	6.4	45.9	49.4	49.6
Used 10-29 days	0.9	2.4	2.1	12.8	18.5	16.5
Used all 30 days	0.9	0.4	0.5	2.8	2.0	2.3
Any use within the last 30 days	11.8	8.0	9.0	61.5	69.9	68.5

Alcohol	Actual Use			Perceived Use		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	17.3	12.0	13.4	1.8	1.6	1.6
Used, but not in the last 30 days	12.7	14.4	13.1	0.9	0.8	1.0
Used 1-9 days	53.6	65.2	62.9	67.9	62.7	64.3
Used 10-29 days	16.4	8.4	10.6	25.7	33.3	30.7
Used all 30 days	0.0	0.0	0.0	3.7	1.6	2.3
Any use within the last 30 days	70.0	73.6	73.5	97.2	97.6	97.4

Marijuana	Actual Use			Perceived Use		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	47.3	42.0	42.5	2.8	2.8	2.6
Used, but not in the last 30 days	27.3	22.4	23.7	9.2	2.0	4.1
Used 1-9 days	19.1	28.4	26.0	56.9	59.4	58.7
Used 10-29 days	4.5	6.4	6.7	30.3	32.5	32.0
Used all 30 days	1.8	0.8	1.0	0.9	3.2	2.6
Any use within the last 30 days	25.5	35.6	33.8	88.1	95.2	93.3

Drinking and Driving

- 0.0 % of college students reported driving after having ***5 or more drinks*** in the last 30 days.*
- 7.1 % of college students reported driving after having ***any alcohol*** in the last 30 days.*

**Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Percent (%)	Male	Female	Total
N/A don't drink	23.6	19.3	20.4
None	40.0	47.4	45.5
1-2 times	29.1	29.7	29.7
3-5 times	7.3	3.6	4.4
6 or more times	0.0	0.0	0.0

Current AOD Policy

In compliance with the Drug-Free Schools and Campuses Regulations, the Macalester AOD policies contain:

- a description of the health risks associated with alcohol abuse and illicit drug use
- a description of applicable legal sanctions under local, state, and federal laws
- a description of counseling and treatment programs available in the community
- a statement of Macalester College's disciplinary measures regarding AOD use by students and employees

The Community of Care Provision within the Student Alcohol and Illegal Drugs Policy encourages members of the campus community to seek immediate medical or security assistance for students whose health and well-being may be at risk due to the overconsumption of alcohol and/or other drugs.

General Spending Guidelines (found in the Department Chair Handbook, Provost website): Entertaining Students: Alcohol should not be served at any department event involving students, even if the students are over 21.

Macalester encourages any employee who may have a drug or alcohol-related problem to contact the Employee Assistant Program or seek other professional assistance. Macalester will support any employee desiring assistance.

Student Alcohol and Illegal Drugs Policy
Employee Alcohol and Drug Policy
Tobacco Free Policy

Annual AOD Policy Notification to Students and Employees

The student AOD policy, including the tobacco-free policy, is contained in the Student Handbook. The Student Handbook is found on the Macalester College website and is not published in hard copy. The Student Handbook was distributed through an email link at the beginning of the 2018 and 2019 Fall Semester. The email referenced the Alcohol and Illegal Drugs Policy and provided a direct link to this policy.

In addition, the student Alcohol and Illegal Drugs policy was discussed during the 2018 and the 2019 Orientation program and the policy is embedded into the online Alcohol.Edu For College

alcohol education module resource page. These methods of distribution reasonably assure that each student receives the materials annually.

The employee AOD policy, including the tobacco-free policy, is contained in the Employee Handbook. Currently this Handbook is found on the Macalester College website and is not published in hard copy.

In compliance with federal law that requires the College to publish and distribute the Jeanne Clery Disclosure of Campus Security Policies, Campus Crime Statistics and Fire Safety Report, students and employees are annually notified of the Report through an email with a direct link to the report. This report contains the Alcohol and Other Drug Policies and the Community of Care Provision. They are directed to view the Report online or view a hard copy on reserve at the Library Circulation Desk.

2019 Annual Campus Security Fire Safety Report

Discipline and Sanctions for Students

The conduct process is overseen by the Office of Student Affairs and the day to day logistics are managed by the Assistant Director for Residential Life. The Macalester student conduct process included:

- a view of the student holistically
- a philosophy of creating behavior change with the least intrusive intervention
- outcomes including but not limited to warning, probation, disciplinary probation, room reassignment, online assessments, personal on-campus assessment, reflection paper, and educational workshops on ethics and alcohol use.
- an escalating process for repeat offenders depending on the severity of and amount of sanctions
- utilization of both conduct hearing officers and a Conduct Hearing Board comprised of students, faculty, and staff

Violations: During AY2018-19 there were 196 students charged with 478 violations. During the AY 2019-20 there were 179 students charged with 370 violations. Some incidents had multiple charges. Some students were involved in multiple incidents. Some students were found not responsible.

Violation	AY 2018-2019	AY 2019-2020
Alcohol	151	132
Drugs	87	62

Expectations for Behavior: Disruptive Conduct/Failure to Comply	39	12
Expectations for Behavior: False Information	1	0
Expectations for Behavior: Failure to comply with the directions of College officials and staff	1	5
Expectations for Behavior: Misusing/Damaging College Property	6	16
Expectations of Behavior for Individuals and Groups	6	7
Fire Safety	21	34
Firearms/Weapons	0	0
Noise	128	78
Tobacco Free	12	5
Windows, Screen, Roofs & Tunnels	13	8
Unauthorized Access	1	1
Unauthorized Use	0	1
Unauthorized Key	0	1
Illegal or unethical activities	5	0
Interfering with College Activities	1	0
Unauthorized Entry	6	8
Total Violations	478	370

Sanctions: The chart below summarizes the sanctions utilized for the violations. In some instances, one individual violation resulted in several sanctions; therefore the sanction totals are greater than the total violations. Alcohol Education Workshop and Ethics Workshop were placed on hold for the AY 2018-2019 because of limited staff. The workshops were anticipated to restart Spring 2020 however due to COVID-19 were placed on hold again. The workshops are expected to restart Fall 2020.

Sanction	AY 2018-2019	AY 2019-2020
Additional Sanction	31	4
Alcohol Education Workshop	0	0
Alcohol Individual Meeting	3	2
Alcohol.Edu for Sanctions	0	0
Assessment on campus	1	1
Commitment Worksheet	0	0
Disciplinary Probation	5	7
Ethics Workshop	0	0
Full Chemical Health Assessment	0	0
Marijuana Individual Meeting	4	9
Meeting with Staff Member	10	0
Probation	43	49
Reflection Paper	121	84
Residence Hall Removal	0	0
Strict Disciplinary Probation	0	0
Suspension	0	0
Written Warning	133	129
Not Responsible	131	92
Total Sanctions	481	377

Discipline and Sanctions for Employees

- Violations of College policies regarding the use, distribution or possession of alcohol or illicit drugs will result in sanctions ranging from warning or probation through temporary

or permanent separation from the college, any may also include referral to civil authorities for prosecution.
- The College may require chemical or alcohol assessment or treatment in addition to disciplinary sanctions which may be imposed.

As an educational institution, the College provides resources for employees to inform themselves about the potentially harmful effects of alcohol and other drugs upon the individual and community. One way this resource is provided is through access to a health coach.

Employee Health Coaching Enrollment	AY 2018-2019	AY 2019-2020
Tobacco Cessation Conversations	15	15
Alcohol Use Conversations	4	16

Recommendations

One area of focus for our recommendations looks at **policies and procedures**.

- Review and update Campus Policies as needed. These policies include Student Alcohol and Illegal Drug Policy, Employee Alcohol and Drug Policy, and the Tobacco-Free Policy.
- Strengthen the Annual AOD Policy Notification for Students and Employees - we recommend that the student email (containing the link to the policy) summarize the Alcohol Policy, The Community of Care Provision, and the Illegal Drug Policy. We recommend that the employee email (containing the link to the policy) summarize the Alcohol and Drug Policy and encourage employees who may have a drug or alcohol-related problem to contact the Employee Assistant Program or seek other professional assistance.
- Review and revise the student-athlete handbook to include a statement addressing ATOD use and expectations as a student-athlete. This statement should include the Community of Care provision. The handbook should also include a section that addresses large group parties.
- Explore what it would take to become a site for the disposal of unused, leftover Rx drugs. Develop a policy on how we destroy leftover medication. In addition, create a Rx drug management and disposal education program.
- Pilot the use of preliminary breath tests (PBT) to start in the fall 2020 (may be postponed due to Covid19) with Public Safety as the lead. Public Safety will draft a policy on how to administer the PBT with ultimate approval from Student Affairs leadership.

A second area of focus in our recommendations is **behavioral and social norming.**

- Utilize Student Athlete Mentors (SAMs) to publicize the Community of Care provision within the athletic community to promote help seeking.
- When planning Springfest and Winter Ball, ask the Program Board to consider whether alcohol needs to be available and if alcohol is available, what actions will create a legal and safe environment.
- Consider how we train and cross-train our student leaders about the Community of Care Provision and ATOD prevention messages. We recommend the creation of a common message reinforcing our values around substance use that includes the Community of Care provision and other harm reduction messages.
- Create visual and written content to educate all students about the Community of Care provision and ATOD policies and resources. The content will include our shared values around substance use that highlights safety, legality, and access to resources.
- Develop common language that focuses on harm reduction. This statement will affirm how we, as a community, approach ATOD prevention. This statement may be used in handbooks, on tickets for events where alcohol is served, during training for student leaders, publicity for events, as a pop-up message in workshop sign-ups, and publicized in the Mac Daily. It will address students over 21years old, under 21 years old, and employees.
- Add a section on alcohol service guidelines that is in conjunction with the Request to Serve Alcohol Form found on the website. Include a message on this site asking for people to consider if alcohol is central to or necessary for this event.
- Broaden the education about illicit drugs beyond cannabis that was started in spring 2020.

Conclusion

Macalester College is committed to the process of continuous improvement. We look forward to partnering with our campus and community colleagues to create a safer environment for Macalester students and employees to live, work, and learn.

Appendix A

MACALESTER
Laurie Hamre Center for Health and Wellness

Macalester's Comprehensive Approach to Alcohol and Other Drugs

	Individual	Group	Institution	Community
Information and Skill-Building	• Bulletin Board packets • Pour a Shot skills training • Table tents • Rx drug safety module • Dr. Levine "Brain Chemistry" video	• Orientation Workshop • Student Athlete Mentors • HP Staff Peer Educators • Sanction alcohol educaton class? • WHAM workshops for employees	• AlcoholEdu for College module for first-years • Hamre Center newsletter • Health Highlights weekly	• Parent education
Social Norms		• Athletic Teams workshops	• 1st Year Norms - decals/web information	
Screening and Brief Intervention	• ScreenU (alcohol, cannabis, Rx) • Individual Motivational Interviewing	• Motivational Interviewing training - SAMs	• Press 2 • Let's Talk	

MACALESTER
Laurie Hamre Center for Health and Wellness

Macalester's Comprehensive Approach to Alcohol and Other Drugs

	Individual	Group	Institution	Community
Referral and Treatment	• Counseling • Connecting to community specialists • Care Coordination • Employee Assistance Program	• AOD specialist training for Student Affairs staff	• Counseling and wellness groups	• AA, NA, AlaNon • MiResource
Harm Reduction	• Fentanyl test strip distribution • AlcoholEdu for Sanction module	• Know Overdose • Tipsy Training • Naloxone Training • Permanent poster (Community of Care Provision)	• Community of Care Provision • Overdose cards • Springfest messages • Naloxone in AEDs • Program Board Winter Ball	
Policy			• AOD Policy enforcement • Conduct procedures • Large event protocols • Alcohol availability standards • NCHA Assessment	• Enforce 21 yo drinking age • DFSCA compliance • Biennial Review • Student Alcohol and Illegal Drug Policy review • Restrict alcohol sponsorship

Findings continued

College students reported feeling ***very safe*** :

Percent (%)	Male	Female	Total
On their campus (daytime)	90.9	95.1	93.8
On their campus (nighttime)	77.3	50.2	58.1
In the community surrounding their school (daytime)	74.5	75.9	74.8
In the community surrounding their school (nighttime)	46.4	22.1	29.0

E. Tobacco, Alcohol and Marijuana Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

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Used 1-9 days	6.4	6.5	7.3	40.4	46.8	45.9
Used 10-29 days	0.9	1.2	1.0	5.5	5.6	6.2
Used all 30 days	0.0	0.4	0.3	1.8	0.8	1.0
Any use within the last 30 days	7.3	8.1	8.5	47.7	53.2	53.1

E-Cigarette	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	76.4	83.2	80.9	18.3	11.6	13.4
Used, but not in the last 30 days	11.8	8.8	10.1	20.2	18.5	18.1
Used 1-9 days	10.0	5.2	6.4	45.9	49.4	49.6
Used 10-29 days	0.9	2.4	2.1	12.8	18.5	16.5
Used all 30 days	0.9	0.4	0.5	2.8	2.0	2.3
Any use within the last 30 days	11.8	8.0	9.0	61.5	69.9	68.5

Tobacco from a water pipe (hookah)	**Actual Use**			**Perceived Use**		
Percent (%)	Male	Female	Total	Male	Female	Total
Never used	87.3	86.0	86.3	38.5	26.9	30.2
Used, but not in the last 30 days	9.1	11.2	10.8	30.3	35.3	33.3
Used 1-9 days	3.6	2.8	2.8	28.4	35.7	33.9
Used 10-29 days	0.0	0.0	0.0	2.8	2.0	2.6
Used all 30 days	0.0	0.0	0.0	0.0	0.0	0.0
Any use within the last 30 days	3.6	2.8	2.8	31.2	37.8	36.4

Alcohol	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	17.3	12.0	13.4	1.8	1.6	1.6
Used, but not in the last 30 days	12.7	14.4	13.1	0.9	0.8	1.0
Used 1-9 days	53.6	65.2	62.9	67.9	62.7	64.3
Used 10-29 days	16.4	8.4	10.6	25.7	33.3	30.7
Used all 30 days	0.0	0.0	0.0	3.7	1.6	2.3
Any use within the last 30 days	70.0	73.6	73.5	97.2	97.6	97.4

Marijuana	**Actual Use**			**Perceived Use**		
Percent (%)	**Male**	**Female**	**Total**	**Male**	**Female**	**Total**
Never used	47.3	42.0	42.5	2.8	2.8	2.6
Used, but not in the last 30 days	27.3	22.4	23.7	9.2	2.0	4.1
Used 1-9 days	19.1	28.4	26.0	56.9	59.4	58.7
Used 10-29 days	4.5	6.4	6.7	30.3	32.5	32.0
Used all 30 days	1.8	0.8	1.0	0.9	3.2	2.6
Any use within the last 30 days	25.5	35.6	33.8	88.1	95.2	93.3

Drinking and Driving

- 0.0 % of college students reported driving after having ***5 or more drinks*** in the last 30 days.*
- 7.1 % of college students reported driving after having ***any alcohol*** in the last 30 days.*

**Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.*

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC *Percent (%)*	**Male**	**Female**	**Total**
< .08	68.7	58.5	61.6
< .10	73.5	71.5	72.1
Mean	0.06	0.08	0.07
Median	0.05	0.07	0.07
Std Dev	0.06	0.06	0.06

College students reported doing the following ***most of the time*** or ***always*** when they "partied" or socialized during the last 12 months:*

Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages	43.5	48.1	47.9
Avoid drinking games	33.7	28.6	30.9
Choose not to drink alcohol	17.8	16.0	16.6
Determine in advance not to exceed a set number of drinks	30.2	37.6	35.9
Eat before and/or during drinking	83.7	86.3	84.7
Have a friend let you know when you have had enough	32.2	41.0	39.2
Keep track of how many drinks being consumed	66.7	73.3	70.7
Pace drinks to one or fewer an hour	19.5	26.8	25.3
Stay with the same group of friends the entire time drinking	83.9	90.2	88.6
Stick with only one kind of alcohol when drinking	47.1	41.5	43.5
Use a designated driver	78.8	91.1	86.5
Reported one or more of the above	97.8	99.5	98.8

**Students responding "N/A, don't drink" were excluded from this analysis.*

College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:*

Percent (%)	Male	Female	Total
Did something you later regretted	34.1	43.6	39.3
Forgot where you were or what you did	28.2	29.3	29.0
Got in trouble with the police	0.0	1.0	1.0
Someone had sex with me without my consent	0.0	1.5	1.0
Had sex with someone without their consent	0.0	0.0	0.0
Had unprotected sex	17.6	15.2	16.2
Physically injured yourself	12.9	15.6	14.6
Physically injured another person	2.4	0.5	1.0
Seriously considered suicide	7.1	3.4	5.1
Reported one or more of the above	51.8	54.1	53.3

**Students responding "N/A, don't drink" were excluded from this analysis.*

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks* *Percent (%)*	**Male**	**Female**	**Total**
4 or fewer	55.8	66.5	64.3
5	11.6	17.8	16.1
6	10.5	9.1	8.9
7 or more	22.1	6.6	10.8
Mean	4.60	3.80	4.00
Median	4.00	4.00	4.00
Std Dev	3.01	1.78	2.21

** Students reporting 0 drinks were excluded.*

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

Percent (%)	**Male**	**Female**	**Total**
N/A don't drink	23.6	19.3	20.4
None	40.0	47.4	45.5
1-2 times	29.1	29.7	29.7
3-5 times	7.3	3.6	4.4
6 or more times	0.0	0.0	0.0

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

Percent (%)	**Male**	**Female**	**Total**
Antidepressants	1.8	3.2	3.6
Erectile dysfunction drugs	0.0	1.2	1.0
Pain killers	1.8	2.8	2.8
Sedatives	1.8	2.4	2.6
Stimulants	3.7	6.4	5.7
Used 1 or more of the above	7.3	9.2	9.6

Appendix C - Alcohol.Edu Summary Reports 2018 and 2019

AlcoholEdu 2018-2019 Key Findings

Macalester College implemented AlcoholEdu for the 10th year during the summer of 2018 requiring all incoming first-year students to complete the course for continued enrollment. AlcoholEdu is a science-based online alcohol prevention program designed specifically for college students as the cornerstone of Macalester's comprehensive prevention program. The purpose of AlcoholEdu is to prevent or reduce alcohol-related problems among college students while providing a statistically accurate description of the alcohol-related attitudes, experiences, behaviors, and health education needs of Macalester first-year students.

Participation: 640 students completed the online course by September 5, 2018. This is the pre-matriculation data or summer data. Not all students are included in the post-matriculation dataset due to completion of some sections and surveys after the initial deadline. Fall Semester 2018 data refers to the 312 students who completed all three surveys.

Decision-making gains:

- 38% increase in mean knowledge score from pre-course to post-course
- 93% reported that the course prepared them to identify or help someone with alcohol poisoning
- 93% reported the course prepared them to prevent an alcohol overdose
- 92% reported the course helped them establish a plan for responsible decisions around alcohol
- 65% reported the course changed their perceptions of others' drinking related behaviors

The College Effect: Student drinking rates nationally follow a typical pattern: alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus.

Drinking Rates:

Summer 2018	Fall Semester 2018
40% abstainer*	37% abstainer
30% non-drinkers*	24% non-drinkers
22% moderate drinkers*	17% moderate drinkers
7% heavy episodic drinkers*	19% heavy episodic drinkers
1% problematic drinkers*	3% problematic drinkers

*Definitions at end of report

The following information is garnered from post-matriculation data.

Why students don't drink:

- 88% I have other things to do
- 84% I don't want to lose control
- 80% I'm worried about negative effects on my health
- 77% I'm not old enough to drink legally

High-risk drinking behaviors (past two weeks):

- 38% reported pre-gaming (almost always/always)
- 27% reported doing shots (almost always/always)
- 14% reported choosing a drink containing more alcohol (almost always/always)

Marijuana Use:

- 12% reported use in the past two weeks
- Of marijuana users, 61% (n=25/41)were classified as heavy episodic or problematic drinkers

E-Cigarette Use:

- 6.4% reported use in the past two weeks
- Of e-cigarette users, 67% (n=14/21)were classified as heavy episodic or problematic drinkers

Cigarette Use:

- 2.4% reported use in the past two weeks
- Of cigarette users, 62% (n=5/8)were classified as heavy episodic or problematic drinkers

Positive Behavioral Intentions: After completing the online course, students reported increases in positive behavior intentions.

- 77% intend to set a limit on how many drinks consumed
- 78% intend to alternate alcohol and non-alcohol drinks
- 69% intend to pace drinks
- 56% intend to reduce number of drinks
- 48% intend to reduce drinking frequency

Among high-risk drinkers who did not see a need to change their drinking behavior before the course (17 students), 53% (9 students) indicated their readiness to change their drinking after completing the course.

AlcoholEdu 2019-2020 Key Findings

Macalester College implemented AlcoholEdu for the 11th year during the summer of 2019 requiring all incoming first-year students to complete the course for continued enrollment. AlcoholEdu is a science-based online alcohol prevention program designed specifically for college students as the cornerstone of Macalester's comprehensive prevention program. The purpose of AlcoholEdu is to prevent or reduce alcohol-related problems among college students while providing a statistically accurate description of the alcohol-related attitudes, experiences, behaviors, and health education needs of Macalester first-year students.

Participation: 534 students completed the online course by September 6, 2019. This is the pre-matriculation data or summer data. Not all students are included in the post-matriculation dataset due to completion of some sections and surveys after the initial deadline. Fall Semester 2019 data refers to the 291 students who completed all three surveys.

Decision-making gains:

- 29% increase in mean knowledge score from pre-course to post-course
- 93% reported that the course prepared them to identify or help someone with alcohol poisoning
- 92% reported the course prepared them to prevent an alcohol overdose
- 92% reported the course helped them establish a plan for responsible decisions around alcohol
- 59% reported the course changed their perceptions of others' drinking related behaviors

Positive Behavioral Intentions: After completing the online course, students reported increases in positive behavior intentions.

- 77% intend to alternate alcohol and non-alcohol drinks
- 72% intend to set a limit on how many drinks consumed
- 67% intend to pace drinks
- 56% intend to reduce number of drinks each time they drink
- 45% intend to reduce drinking frequency

The College Effect: Student drinking rates nationally follow a typical pattern: alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus.

Drinking Rates:

Summer 2019	Fall Semester 2019
37% abstainer*	34% abstainer
32% non-drinkers*	19% non-drinkers
18% moderate drinkers*	27% moderate drinkers
11% heavy episodic drinkers*	17% heavy episodic drinkers
2% problematic drinkers*	3% problematic drinkers

*Definitions:

Abstainer: No alcohol in the past year
Non-drinkers: 0 drinks in past two weeks
Moderate drinkers: 1-3 drinks for females; 1-4 drinks for males on at least one occasion in past two weeks
Heavy episodic drinkers: 4-7 drinks for females; 5-9 drinks for males on at least one occasion in the past two weeks
Problematic drinker: 8+ drinks for females; 10+ drinks for males in the past two weeks

The following information is garnered from post-matriculation data.

Top reasons students choose NOT to drink (for drinkers):

- 69% I have other things to do
- 67% I'm going to drive
- 62% I don't want to lose control
- 61% I don't want to spend the money

High-risk drinking behaviors (past two weeks):

- 44% reported pre-gaming (almost always/always)
- 22% reported doing shots (almost always/always)
- 13% reported choosing a drink containing more alcohol (almost always/always)

Marijuana Use:

- 19% reported use in the past two weeks
- Of marijuana users, 52% (n=26/60) were classified as heavy episodic or problematic drinkers

E-Cigarette Use:

- 7.6% reported use in the past two weeks
- Of e-cigarette users, 67% (n=16/24) were classified as heavy episodic or problematic drinkers

Cigarette Use:

- 8.3% reported use in the past two weeks
- Of cigarette users, 58% (n=17/29) were classified as heavy episodic or problematic drinkers

Among high-risk drinkers who did not see a need to change their drinking behavior before the course (24 students), 79% of those students (19 students) indicated their readiness to change their drinking after completing the course.

*Definitions:

Abstainer: No alcohol in the past year
Non-drinkers: 0 drinks in past two weeks
Moderate drinkers: 1-3 drinks for females; 1-4 drinks for males on at least one occasion in past two weeks
Heavy episodic drinkers: 4-7 drinks for females; 5-9 drinks for males on at least one occasion in the past two weeks
Problematic drinker: 8+ drinks for females; 10+ drinks for males in the past two weeks