



UIW Biennial Review 2016-2018

DRUG-FREE SCHOOLS AND CAMPUS REGULATIONS (EDGAR PART 86)

University of Incarnate Word
4301 Broadway
San Antonio, TX 78209
www.uiwtx.edu/studentconduct

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Introduction

The 2016-2018 University of the Incarnate Word Biennial Review is published in compliance with the Drug-Free Schools and Campuses Regulation requiring institutions of higher education that receive federal financial assistance to adopt and implement policies and programs to prevent the use of illicit drugs and alcohol abuse by students and employees. This review covers the academic years 2016-2017 and 2017-2018.

In order to certify compliance with the Department of Education General Administrative Regulations (EDGAR), the institution must do the following:

- 1) Annually provide written notification to each student and employee of the standards of conduct, sanctions for violations of federal, state, and local laws and campus policy, description of the health risks associated with AOD use and description of the treatment programs.
- 2) Develop a sound method for distribution of the policy to every student and IHE staff member
- 3) Prepare a biennial review report on the effectiveness of its alcohol and other drug (AOD) programs and the consistency of policy enforcement.

Preparation of the Report

This report was prepared by Ms. Christina Leeth, Director of Student Conduct and Community Standards, and reviewed by Dr. Paul Ayala, Associate Dean of Campus Engagement, and Ms. Annette Thompson, Acting Title IX and Compliance Coordinator. In preparation of this biennial report, the following documents were reviewed.

- The University of the Incarnate Word Student Code of Conduct, including the Alcohol and Drug Policy.
- Policy and Procedures regarding the sale, service, distribution, and consumption of alcoholic beverages on university property or at university sponsored events;
- The UIW Employee Handbook, including the Drug and Alcohol Policy, and the Responsibilities of Employees under the Drug-Free Workplace Act of 1988.
- Residence Life Handbook;
- Athletic Handbook;
- Annual Security and Fire Safety Reports;
- State laws regarding the illegal possession, use, and distribution of alcohol and illegal drugs;
- Incident reports of student violations of the alcohol and drug policy;
- Programming Offered by Departments of Campus;
- Published Federal guidance on requirements for completing a biennial review

The University of the Incarnate Word is committed to providing a safe, healthy and productive community for all of its students and employees. UIW takes seriously the known harmful impact that the use of illegal alcohol and other drugs can have on the physical, intellectual, and psychological well-being of individuals who work and attend school at the institution, and on the campus environment and culture as a whole. The university provides alcohol and drug education programming that seeks to inform students about the law, university policy, and the responsible use of alcohol for those who are age to consume it.

Annual Policy Notification

The Associate Dean of Judicial Affairs sent an email to enrolled students informing them of UIW policies and procedures related to alcohol and other drugs. The notice was sent in the fall and spring semesters after the university's official census date, which was the twelfth day of classes in the Fall and Spring semesters. The notice provided both the text of the alcohol and drug policy and a link to the Student Handbook, the document containing the policy. During this biennium period copies of the actual email notices were not retained, however the text of the email content may be found in Appendix A. The policy includes the following information:

- A description of the applicable legal sanctions/disciplinary actions under federal, state, and local laws, and campus policy;
- A description of the health risks associated with alcohol and drug use; and
- A list of available treatment and support programs and services on and off campus.

All employees were first notified of the UIW drug and alcohol policy during new employee orientation held during the onboarding process. The written policy was included in the UIW Employee Handbook. It included the employee's requirement to acknowledge responsibility for complying with Drug-Free Workplace Act of 1988. New Employees provided signed acknowledgement of their receipt of the Employee Handbook. Any updates to the Handbook were disseminated via email to all employees.

The drug and alcohol policy was also outlined in the *Annual Security & Fire Safety Report* (Appendix J). The report was disseminated annually to all members of the UIW community via the university's Rave Alert system (notification via text) and was available on the UIW Police website.

Alcohol and Drug Policy

All entities of the UIW community are guided by one overarching Alcohol and Drug Policy. Various departments and schools at the University of the Incarnate Word provided additional policies which apply to their specific audience. Residence Life, Athletics, Student Organizations, and Human Resources are examples of areas that provided verbiage in their respective policies to address the use of alcohol and other drugs. Their respective handbooks are in the appendix of this document.

The UIW Student Code of Conduct

In compliance with the Drug-Free Schools and Campuses Regulations, the UIW Student Code of Conduct contained a clear statement that expressly prohibited the unauthorized possession, use, or distribution of alcoholic beverages to others, except as expressly permitted by law and UIW's alcohol policy. The Alcohol and Drug policy is found in the Student Code of Conduct section of the *UIW Student Handbook*. The content clearly described:

- The disciplinary sanctions imposed for violations of the UIW alcohol and drug policies (See Appendix C; pages 24 – 27 of the printed Student Code of Conduct; online, pages 108 - 111).
- A list of applicable legal sanctions under federal, state, or local laws for the unlawful possession or distribution of illicit drugs and alcohol. (See Appendix C, pages 26, 35 – 36 of the printed version of the Student Code of Conduct; Online, pp. 119 – 120).
- Disciplinary sanctions for violations of the standards of conduct. (See Appendix C, pages 17 – 19 of the print version of Student Code of Conduct; Online, pp. 101 – 103).
- A description of the health risks associated with the abuse of alcohol or use of illicit drugs (See Appendix C, page 36 – 41 of the print version; Online, pp. 120 – 125).
- A list of drug and alcohol programs available to students and employees. (See Appendix C, pages 41 – 42 of the print version; Online, pp. 125 – 126).

The 2016 -2018 Student Code of Conduct was available online at:

<http://www.uiw.edu/campuslife/documents/uiwstudenthandbookfinalcopy111414.pdf>. The alcohol and drug policy were also prominently available on the Student Conduct website. A copy of the UIW Student Handbook is included in Appendix D of this document.

Students and employees who were found responsible for violations of the UIW Alcohol and Drug policy and/or Texas statutes regarding alcohol and drugs and/or violations could expect significant sanctions, up to and including suspension or expulsion from the University. Each student's alleged violation of the policy was reviewed on an individual basis in accordance with UIW's disciplinary procedures, as outlined in the Student Code of Conduct.

Compliance with UIW's Drug and Alcohol policy is a condition of continued employment for all employees of the university. Alleged violations by employees were handled in accordance with procedures outlined in the Employee Handbook. Employees found responsible for violating the policy faced disciplinary action, up to, and including, suspension or termination of employment, or referral for prosecution, or other legal consequences. Depending on the circumstances, an employee who violated the policy could be required to successfully complete a drug abuse rehabilitation program as an alternative to termination, and as a condition for continued employment.

The Associate Dean of Judicial Affairs was the UIW administrator with primary responsibility for adjudicating allegations of student misconduct, including alcohol and other drugs. Residence Life staff also adjudicated minor infractions of the Student Code of Conduct. Reporting allegations of misconduct and the management of student conduct allegations (including alcohol and drugs) were executed using Maxient, an internet-based software program designed for student conduct processes. The software allowed a one-stop solution for reporting, adjudication, case management, and statistical analysis.

Students under 21 year of age, who were found responsible for using, possessing, or distributing alcohol or for use, possession, or distribution of drugs, faced one or more the following sanctions, as deemed appropriate for the student:

- Participation in an alcohol education activity and/or Minor in Possession course, at the student's expense
- Writing a research/reflection paper
- Notification of parent/guardians (students under the minimum legal drinking age of 21)
- Loss of residence life privileges
- Mandated substance abuse assessment
- Observation of one or more sessions of Bexar County Misdemeanor or Felony Drug Court
- Suspension or expulsion
- Notification of law enforcement authorities

UIW is concerned about students who violate state and local laws regarding consumption of alcohol and the operation of motor vehicles. The university abides by the Texas Penal Code's legal definition of intoxicated which, in part is stated as, "(A) not having the normal use of mental or physical faculties by reason of the introduction of alcohol, a controlled substance, a drug, a dangerous drug, a combination of two or more of those substances, or any other substance into the body; or (B) having an alcohol concentration of 0.08 or more." (Tex. Penal Code § 49.01.). Students found responsible for an alcohol violation received one or more of the following sanctions, as deemed appropriate for the individual:

- Loss of driving and/or parking privileges on campus for a specified period of time
- Participation in an alcohol education activity and/or Minor in Possession course, at the student's expense
- Observation of one or more sessions of Bexar County Misdemeanor or Felony Drug Court
- Community Service hours to be performed at a specific location as determined by the Associate Dean of Judicial Affairs (or designee)
- Writing a research/reflection paper
- Notification of parent/guardians (students under the minimum legal drinking age of 21)
- Eligibility restrictions
- Suspension or expulsion
- Notification of law enforcement authorities

Collaboration in Prevention/Education Programming, Enforcement & Compliance

The Associate Dean of Judicial Affairs had primary responsibility for providing prevention education programming to UIW students. This was accomplished through the collaborative efforts of the departments in the Campus Life area: Student Conduct, Counseling, Health Services, Residence Life and Student Engagement. In addition, several UIW departments and offices across the campus collaborated in prevention, education, enforcement and compliance efforts regarding the alcohol and drug policy on campus. Our offices also partnered with community agencies to provide programming intended to enhance students' knowledge of a variety of alcohol and drug-related topics and the external resources available to them.

Student Success and the Office of Judicial Affairs (Student Conduct)

The Associate Dean of Judicial Affairs was responsible for adjudicating cases of alleged violations of the UIW Student Code of Conduct, including alcohol and other drugs misconduct. The Associate Dean of Judicial Affairs was also responsible for providing alcohol and drug prevention education and programming to UIW students.

The University of the Incarnate Word provided online alcohol education and sexual assault prevention. All first year and new transfer students were required to take 6 online courses. The programs were offered free of charge to the student and must be completed by the posted deadline date to ensure eligibility for registration the following semester.

Below you will find each required module with a brief description of the material covered in each respective module:

Know Your Limit

Topics Covered:

- The importance of moderating alcohol intake
- The dangers of binge drinking
- Ways to intervene if friends have had too much to drink

UIW Sexual Misconduct Policy

Topics Covered:

- Policy
- Prohibited conduct
- Reporting options
- Title IX & Compliance Coordinator

Impressions (Examines Student Sexual Assault)

Topics Covered:

- Culture of Care
- Prevention
- Reporting

- Consent
- Adjudication

Lasting Choices: Protecting Our Campus from Sexual Assault

Topics covered:

- Sexual assault investigation
- The role of alcohol in sexual assault
- How to report incidents
- Intervention strategies

Healthy Relationships and Dating Violence

Topics Covered:

- Characteristics of healthy and unhealthy relationships
- Forms of dating abuse, including abuse in the LBGT community ☐☐Victims of cyber abuse
- How students can get help

Show Some Respect! Prevent Harassment

Topics Covered:

- The types of behaviors that can be considered harassment
- How to address and report harassing behaviors

Examples of other educational programming facilitated and coordinated by the Associate Dean of Judicial Affairs are in Appendix H. They include presentations to the general student body and Resident Assistants, Student Athletes, Student Organizations and members of Greek organizations.

The UIW Police Department

The UIW Police Department is recognized by the State of Texas as a police agency. The Chief of Police oversees a combined staff of both sworn and non-sworn personnel. Police officers are on duty 24 hours a day 365 days a year, to insure the safety of the University community, and to enforce the laws of Texas and the regulations of the University. The Department worked in collaboration with the Associate Dean of Judicial Affairs and the Residence Life Department in responding to reports of illegal activity on campus, including alcohol and drug violations. During the 2016 – 2018 biennium, the department worked collaboratively with the Associate Dean of Judicial Affairs to ensure enforcement of the UIW Alcohol and Drug policy.

The University Police partnered with the Residence Life Department to train Residence Life Staff and Resident Assistants to visually recognize a variety of drugs and drug paraphernalia, including the ability to identify the smell of marijuana. This was done through a controlled burn. Resident Assistants were given tips on how to recognize the signs of an alcohol and/or drug intoxicated person.

The University Police also participated in “Behind Closed Doors” a training program for Resident Assistants in which RAs were exposed to a variety of scenarios they might encounter with their residents. During the training, the UIW Police participated in a scenario involving an alcohol bust in the residence hall.

UIW Student Health Center

The UIW Health Center offered outpatient medical care for enrolled UIW Students. In 2016 – 2018, the Health Center was a physician led clinic, staffed by nurse physicians and nurse practitioners. Students who were referred or self-reported alcohol or drug dependency concerns were provided confidential medical assistance and referrals to licensed dependency counselors in the community. The staff provided alcohol and drug education for the UIW community in a variety of ways. Additionally, smoking cessation services were provided to UIW students.

Health Services also facilitated the dissemination of Student Health 101, an electronic wellness/health promotion magazine that was published annually from September to June and was free to all registered students and their families. The online publication covered topics that impact every part of wellness (including student alcohol and drug prevention education) and that had an impact on student success.

Athletics

The University of the Incarnate Word hired a Life Skills Coordinator to assist athletes to enhance their student experience by preparing and equipping them with personal, professional, and leadership skills for life after their sport. The Life Skills Coordinator provides opportunities for personal growth through programming, advising and community services. These opportunities were provided in part through coordination and collaboration with faculty, academic advisors, and other campus resources. One of these areas of personal growth was education about alcohol and drugs. The Life Skills Coordinator collaborated with the Campus Engagement Office to provide such opportunities. Appendix H provides examples of the educational opportunities.

Alcohol and Other Drug Support for Students and Employees

Safe Harbor Policy

The UIW Safe Harbor Policy, found in the Student Handbook, allows students to self-report their use, addiction or dependency to the attention of university officials without the threat of an official drug test, conduct complaint, and/or sanctions. Students who participate in the program are provided a written action plan to assist the student in his/her recovery as long as no violence or harm to self or others is indicated by the student’s conduct. Additional support is available to student athletes with substance abuse problems. The policy and program are outlined in the athletes’ policy documents. *Student Athlete Handbook* and *Athletic Department Substance Abuse Policy and Procedure Program* (See Appendices D & E).

Human Resources

The Office of Human Resources seeks to provide solutions that support the mission, vision and values of the University. Their office supports the strategic initiative of the University of the Incarnate Word by providing high quality services and promoting a work environment that is characterized by diversity, fair treatment of people, open communication and personal accountability, trust and mutual respect. Human Resources disseminated the policy to all employees through the Employee Handbook and as indicated in the Employee Handbook, each employee is accountable for compliance with this Handbook.

Employees who were referred or self-reported needing assistance with alcohol and drug dependency problems could participate in services provided by the university's employee assistance program offered by our insurer. In 2016 to present, these resources are offered by Metlife. Prevention education was also provided through wellness workshops and the employee Assistance Program (EAP) newsletter. (See Appendix I).

Assessment of the UIW Alcohol and Drug Abuse Education and Prevention Efforts

In 2017-2018, UIW sought to understand the level and alcohol use on campus. In the Fall semester, we implemented the Core Alcohol and Drug Survey (Long Form 82 students responded to the Core Alcohol and Drug Survey (Long Form) which was designed to measure alcohol and other drug use, attitudes, and perceptions among college students at two and four year institutions. Students own use and consequences of use, as well as information about perception of campus climate and policy were queried. The Executive Summary is available in Appendix K. A few key findings of the report informed our goal to offer more targeted and intentional programming in the following years:

72.8% of the students surveyed consumed alcohol in the past year and 48.1% consumed alcohol in the past 30 days. Equally alarming was the fact that 30.8% of underage students (under 21) consumed alcohol in the previous 30 days. 14.8% of students reported binge drinking in the previous two weeks.

Some of the key findings on the use of illegal drugs were equally concerning. 24.7% of the students reported using marijuana in the past year, which increased by 5.6 % based on results from the 2014 UIW Core Survey. 16% were current marijuana users. 7.4 % of UIW students used an illegal drug other than marijuana in the past year and 3.7% were current users of illegal drugs other than marijuana. The most frequently reported illegal drugs used in the 30 days prior to the survey were Marijuana (16%), Amphetamines (1.2%), and Other illegal drugs (2.5%).

Regarding perceptions of the UIW environment regarding alcohol and drugs, 85.4% of the students surveyed knew that UIW had alcohol and drug policies. 14.6% indicated that they didn't know. 47.6% of students knew that UIW had alcohol and drug prevention programs; however, 51.2% indicated that they "don't know". 1.2% said there was not a program.

65.4% of students surveyed indicated that they believed that UIW is concerned about the prevention of drug and alcohol use; 23.5% said they "don't know" and 11.1% said that the campus was not concerned.

The UIW findings were compared with a reference group of 125,371 students from 288 institutions in the United States during the period 2012 – 2014 (see Table; describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more). For a review of the complete Core Survey Executive Summary, see Appendix K.

Substance	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Week or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	30.9	42.2	22.2	32.4	9.9	21.1	4.9	10.6
Alcohol	75.3	84.4	72.8	81.5	48.1	68.7	7.4	20.0
Marijuana	40.7	46.1	24.7	33.6	16.0	19.9	4.9	8.2
Cocaine	2.5	7.6	1.2	4.4	0.0	1.8	0.0	0.2
Amphetamines	6.2	9.9	3.7	5.4	1.2	3.0	0.0	1.4
Sedatives	1.2	6.2	0.0	3.1	1.2	1.5	0.0	0.4
Hallucinogens	2.5	7.7	1.3	4.5	0.0	1.3	0.0	0.2
Opiates	0.0	2.4	0.0	1.3	2.5	0.8	0.0	0.3
Inhalants	0.0	2.7	0.0	1.0	0.0	0.5	0.0	0.2
Designer drugs	1.2	8.9	1.2	5.5	0.0	1.7	0.0	0.2
Steroids	1.3	1.0	0.0	0.6	0.0	0.4	0.0	0.2
Other drugs	0.0	3.7	0.0	1.9	0.0	0.7	0.0	0.2

The findings from this survey informed our programming efforts. There was a concerted effort to increase the number of alcohol and drug education opportunities and to target populations that we observed were more frequent fliers in our conduct system regarding alcohol and drugs (e.g. residents and athletes). Examples of the programming efforts are indicated in Appendix H.

The chart below was compiled from data collected from Maxient, our Conduct/Complaint database that tracks reported incidents of alleged violations of the Student Code of Conduct. The data indicate the number of students found “responsible” for all alcohol or drug-related violations during the 2016-2017 and 2017-2018 academic years. The number of alcohol and drug conduct cases with a “responsible” outcome was reduced in the year following our increased efforts at prevention programming.

Table 1

Number of Alcohol and Drug Violations of the Student Code of Conduct with a Finding of “Responsible

Charge	2016 - 2017	2017 - 2018
Alcohol (Housing)	3	7
Alcohol Concern/Violation	2	23
Drug Concern/Violation	1	7
Drugs (Housing)	0	1
Total	6	38

The data in the charts below were compiled from Maxient and illustrate the sanctions issued by the Associate Dean for Judicial Affairs for the 2016-2017 and 2017-2018 academic years. The most common sanctions issued to students found responsible for alcohol and drug-related violations were educational. Examples of such sanctions included one or more of the following sanctions: completion of an online course (3rd millennium classrooms, alcohol and/or marijuana), preparation of a research and/or reflection paper; notification of parents or guardians if the student was under 21 years of age. These are consistent with the sanctions outlined in the UIW Student Code of Conduct.

Table 2

Types of Sanctions Issued for 2016-2018 Alcohol and Drug Cases

Student Conduct Sanctions		
1st Alcohol Offense Paper	3rd Millennium Classrooms (Alcohol)	Providing Alcohol to Minors Paper
2nd Alcohol Offense Paper	3rd Millennium Classrooms (Marijuana)	University Suspension—Probated
Marijuana Paper	3rd Millennium Follow-Up (Marijuana)	University Probation
Reflection Paper	3rd Millennium Follow-Up Alcohol	University Suspension
Career Services (Alcohol)	University Expulsion	University Housing Probation
Drug Court	University Housing Expulsion	University Housing Suspension
Parental Notification	Random Drug Testing	Referral to University Resource

UIW Alcohol and Other Drug Program Strengths, Weaknesses & Recommendations

Program Strengths

- UIW policies, procedures, and prevention education provided sound guidance to students, faculty and staff on alcohol and other drug abuse and related conduct and disciplinary actions. These policies are reviewed and updated biennially.
- UIW alcohol and drug sanctions for students were consistently applied when misconduct is found.
- UIW Residence Life staff consistently reported misconduct related to alcohol and drug abuse through our online reporting system.
- Offices and departments across UIW collaborated to provide alcohol and drug education programming including presentations, events, and other educational opportunities.
- Training efforts facilitated students ability to recognize, report, and refer alcohol and drug misuse.
- UIW students, faculty, and staff had access to assistance programs, including free community resources and those offered through insurance.

Program Weaknesses and Challenges

- Education and prevention programming primarily targeted main campus undergraduate students.
- UIW did not have full-time staff with primary responsibility for AOD education and prevention programming.
- UIW did not have a strategic plan to develop, coordinate, implement and assess the effectiveness of the prevention education program.
- Inconsistent adjudication and documentation practices impacted accurate case data reporting for review and assessment
- Assessments were not conducted to evaluate the effectiveness of alcohol and drug related programming

Recommendations to Strengthen the Effectiveness of Alcohol and Other Drug Programs for the next Biennium

- Appoint a Biennial Review Team to review policy, promote, and coordinate to assess alcohol and other drug prevention education efforts. Include representatives from each of the professional schools.
- Review protocols for to ensure sound practices for the SCCS response and documentation of AOD cases.
- Appoint an AOD task force to develop a strategic approach to AOD programming and assessment
- Develop an AOD strategic plan that utilizes available data to address prevention education needs.
- Enhance university-wide efforts/strategies to offer comprehensive AOD programming.
- Increase the amount of drug information content in the training required of new students.
- Review the distribution plan for annual notifications to ensure that all students, regardless of enrollment date or program, receive AOD policy. Similarly, review processes to ensure that all employees receive the policy.
- Assess the prevention programming opportunities available for UIW employees.
- Review and compare the alcohol and drug policies required for students enrolled in each of the Professional Schools.
- Develop assessment tools to evaluate programming and prevention effectiveness to identify areas of needed growth and development.

APPENDIX A

Text of email Annual Notification of Alcohol and Drug Policy for 2016 - 2017 and 2017 -2018

Dear Students:

In compliance with the Drug-Free Schools and Communities Act, The University of the Incarnate Word distributes alcohol and drug prevention education information to all students. This information includes the standards of conduct prohibiting the unlawful possession use, or distribution of illicit drugs and alcohol; local, state, and federal laws and sanctions related to illicit drugs and alcohol; the health risks associated with the use of illicit drugs and alcohol; any drug and alcohol counseling, treatment, rehabilitation, or other programs available to students; and a statement notifying students that UIW will impose sanctions for alcohol and drug violations of the UIW Student Code of Conduct up to, and including expulsion from the university.

<http://www.uiw.edu/studentconduct/UIWHandbookSCC.html>

The drug and alcohol policy is attached and is available online in the UIW Student Handbook at:

Please contact me at reneem@uiwtx.edu if you have any questions or concerns about the policy.

Sincerely,

Renée Thurston Moore, Ph.D.
Associate Dean of Judicial Affairs
University of the Incarnate Word

APPENDIX B

Administrator-Staff Guidelines

Drug and Alcohol Policy Sections 7.19; 7.20; 7.21; 7.22; 7.23; 7.24

**University of the Incarnate Word/
Incarnate Word High School/
St. Anthony Catholic High School**

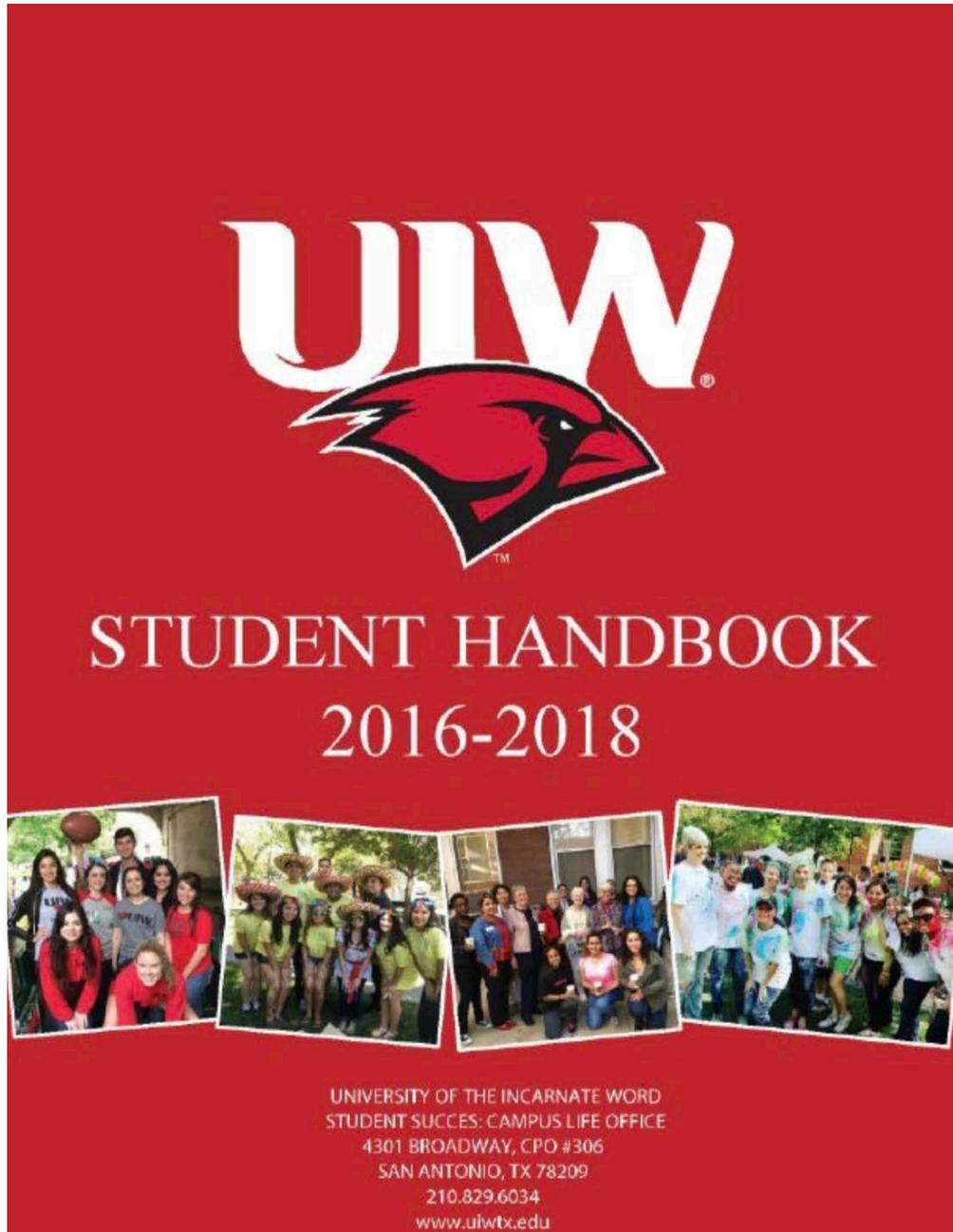
Administrator/Staff Guidelines

Published 2008-06-20

APPENDIX C

Student Handbook

Student Code of Conduct	Pages 77-108
Alcohol and Drug Policy	Pages 102-109
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Health Risks.....	Appendix B
Prevention Education & Intervention Resources.....	Appendix C





2017-2018

Student-Athlete Handbook



Excellence in Athletics
and Academics



**UNIVERSITY OF THE
INCARNATE WORD**

Athletic Department

**Substance Abuse
Policy and Procedure Program**

Adopted - Summer 2003

Revision Dates:
September 2004
July 2005
July 2006
July 2009
July 2010
April 2011
July 2012
July 2013
July 2016

2016-
2018

Student Organization Handbook



Revised: 07/27/17 JRCB

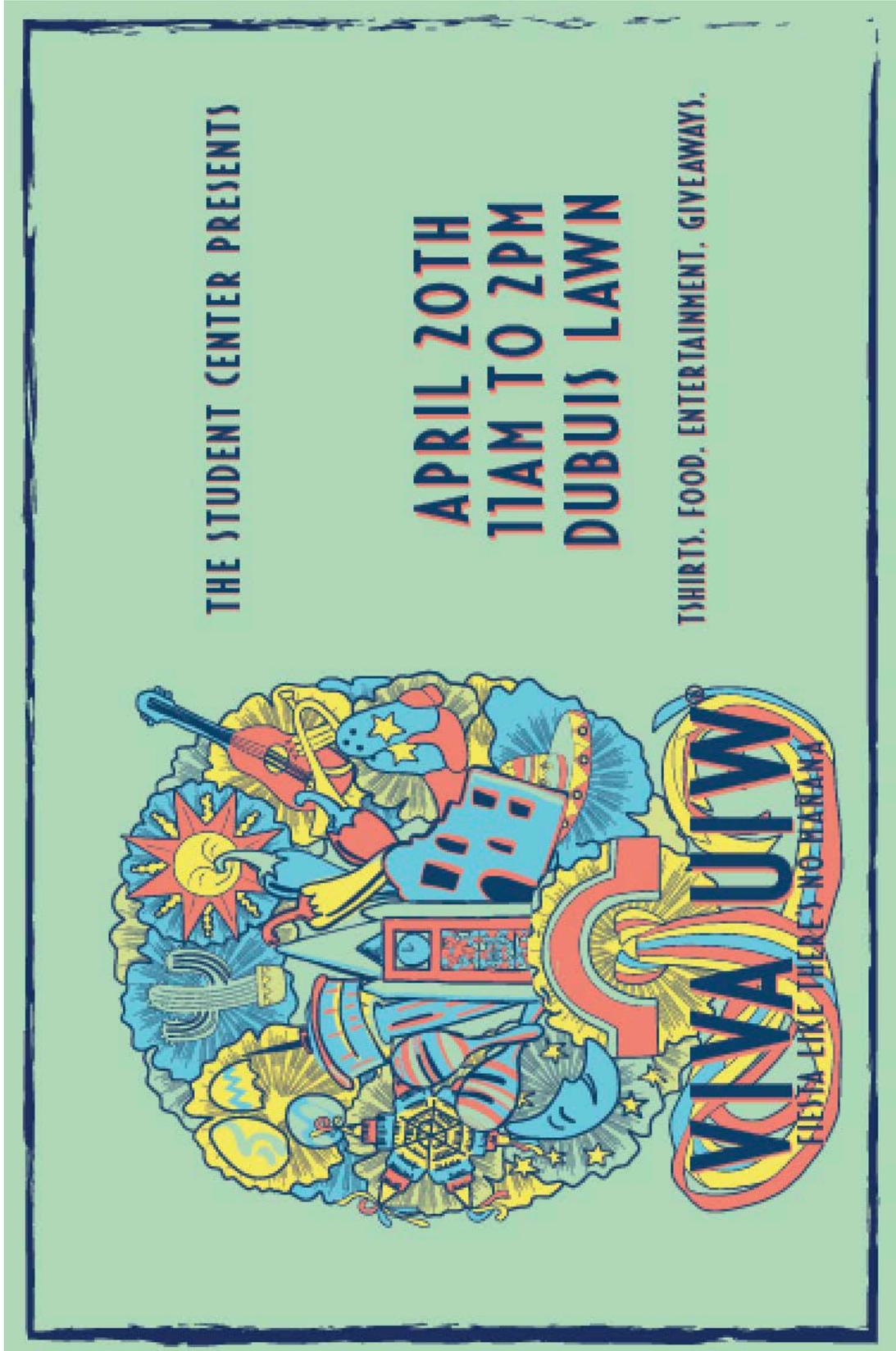
RESIDENCE LIFE HANDBOOK



RESIDENCE LIFE

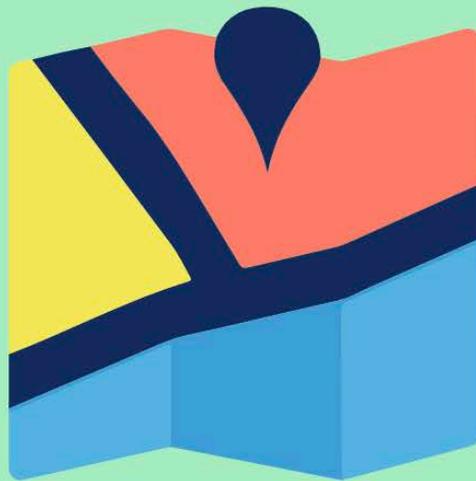
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KNOW YOUR SURROUNDINGS.

MAKE SURE YOU KNOW WHERE
YOU ARE GOING, WHO YOU
ARE GOING WITH, AND HOW
YOU ARE GETTING THERE.



STAY SAFE THIS FIESTA SEASON.

WWW.NIAAA.NIH.GOV

ROLL DEEP. GO WITH FRIENDS.

DON'T LEAVE WITH STRANGERS.
MAKE SURE TO STAY WITH
YOUR FRIENDS.



STAY SAFE THIS FIESTA SEASON.
WWW.NIAAA.NIH.GOV

WATCH YOUR DRINKS.

**DO NOT LEAVE YOUR DRINK
UNATTENDED OR ACCEPT DRINKS
FROM STRANGERS.**



**TIP ALWAYS WATCH YOUR DRINKS BEING
SERVED OR ONLY DRINK UNOPENED DRINKS.**



STAY SAFE THIS FIESTA SEASON.

STAY CHARGED.

MAKE SURE YOUR PHONE IS
FULLY CHARGED BEFORE GOING
OUT IN THE CASE OF AN
EMERGENCY.



STAY SAFE THIS FIESTA SEASON.

DESIGNATED DRIVERS.

BEFORE GOING OUT, MAKE SURE
TO HAVE ALREADY PLANNED
YOUR RIDE BACK.



STAY SAFE THIS FIESTA SEASON.
WWW.NIAAA.NIH.GOV

DONT GET CAUGHT UP.

SOME DRINKS POUR STRONGER
THAN OTHERS.



1 STANDARD
CAN



1 WINE
GLASS



1 SHOT
GLASS

EACH OF THESE DRINKS HAS THE SAME
AMOUNT OF ALCOHOL.



STAY SAFE THIS FIESTA SEASON.

WWW.NIAAA.NIH.GOV

ALCOHOL 101

DRINKING WITH DIABETES

ETHYL ALCOHOL IS THE INTOXICATING INGREDIENT FOUND IN BEER, WINE, AND LIQUOR. PRODUCED BY THE FERMENTATION OF YEAST, SUGARS, AND STARCHES, ALCOHOL IS A CENTRAL NERVOUS SYSTEM DEPRESSANT. ABSORBED BY THE STOMACH AND SMALL INTESTINE INTO THE BLOODSTREAM, THE INTENSITY OF ALCOHOL'S EFFECT ON THE BODY IS DIRECTLY RELATED TO THE AMOUNT THAT IS CONSUMED. INDIVIDUAL REACTIONS TO ALCOHOL VARY FROM PERSON TO PERSON AND ARE INFLUENCED BY: GENDER, AGE, PHYSICAL CONDITION, AMOUNT OF FOOD CONSUMED BEFORE DRINKING, THE SPEED AT WHICH IT WAS CONSUMED, USE OF DRUGS, FAMILY MEDICAL HISTORY.

WHAT IS ALCOHOL?

IT TAKES 60 MINS. FOR YOUR BODY TO PROCESS 1 OZ OF ALCOHOL.



A DRINK IS A DRINK IS A DRINK

A STANDARD DRINK IS EQUAL TO 14.0 GRAMS (0.6 OUNCES) OF PURE ALCOHOL. THAT EQUALS:



12 OZ
BEER



5 OZ
WINE



1.5 OZ
SHOT

BLOOD ALCOHOL CONCENTRATION

BLOOD ALCOHOL CONCENTRATION (BAC) REFERS TO THE AMOUNT OF ALCOHOL CIRCULATING IN A PERSON'S BLOODSTREAM. FOR REFERENCE: A BAC OF .10 MEANS THAT .1% OF A PERSON'S BLOODSTREAM IS COMPOSED OF ALCOHOL.

0.02

IMPAIRMENT BEGINS

0.08

TOO DRUNK TO DRIVE

0.150

MOST PEOPLE BLACKOUT

SOURCES: [HTTP://WWW.CDC.GOV/ALCOHOL/FACT-SHEETS/BINGE-DRINKING.HTM](http://www.cdc.gov/alcohol/fact-sheets/binge-drinking.htm)
[HTTP://WWW.CDC.GOV/ALCOHOL/FACT-SHEETS/ALCOHOL-USE.HTM](http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm)
[HTTP://WWW.CDC.GOV/ALCOHOL/PAQS.HTM#HOWALCOHOLAFFECTS](http://www.cdc.gov/alcohol/paqs.htm#howalcoholaffects)
[HTTP://WWW.HSPH.HARVARD.EDU/NUTRITIONSOURCE/WHAT-SHOULD-YOU-EAT/ALCOHOL-FULL-STORY/INDEX.HTML](http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/alcohol-full-story/index.html)
[HTTP://WWW.LFU.EDU/PAGE21864.ASPX](http://www.lfu.edu/page21864.aspx)

MODERATE DRINKING



- THIS DEFINITION REFERS TO THE AMOUNT CONSUMED ON A SINGLE DAY, NOT AN AVERAGE OF SEVERAL DAYS.
- CAN HELP REDUCE THE RISK OF HEART ATTACK, STROKE, HEART DISEASE, AND SUDDEN CARDIAC DEATH.

HEAVY DRINKING



- HEAVY DRINKING CAN DAMAGE THE LIVER AND HEART, HARM AN UNBORN CHILD, INCREASE YOUR RISK FOR BREAST CANCER, CONTRIBUTE TO DEPRESSION, AND INTERFERE WITH RELATIONSHIPS.

BINGE DRINKING



- DEFINED AS A PATTERN OF DRINKING THAT BRINGS THE BAC LEVEL TO 0.08% OR MORE IN A SINGLE OCCASION, GENERALLY WITHIN 2 HOURS.
- TWICE AS PREVALENT AMONG MEN.
- MORE THAN 50% OF THE ALCOHOL CONSUMED BY ADULTS IS IN THE FORM OF BINGE DRINKING.

- ASSOCIATED WITH AN INCREASED RISK FOR HIGH BLOOD PRESSURE, HEART ATTACK, AND STDs. IT'S ALSO A RISK FACTOR FOR INJURY, VIOLENCE, AND SUICIDE.



- 1 IN 6 ADULTS BINGE DRINK 4 TIMES A MONTH, CONSUMING ABOUT 8 DRINKS PER BINGE.

Alcohol-impaired motor vehicle deaths during holiday periods

Average traffic deaths per day in the United States during each holiday period, 2009-2013. Holiday periods typically are 3 to 4 days.

#4
New Year's

TRAFFIC DEATHS PER DAY:
44 alcohol-impaired
103 total

More

Holiday period with the highest average percentage of alcohol-impaired traffic deaths: **New Year's** at 42.5%

Holiday period with the overall greatest number of motor vehicle-related fatalities: **Thanksgiving**, with an average of 392 deaths for the entire holiday period. (The Thanksgiving holiday period always spans four days.)

#2
4th of July

TRAFFIC DEATHS PER DAY:
52 alcohol-impaired
132 total

#1
Memorial Day

TRAFFIC DEATHS PER DAY:
54 alcohol-impaired
130 total

#3
Labor Day

TRAFFIC DEATHS PER DAY:
46 alcohol-impaired
124 total

#5
Thanksgiving

TRAFFIC DEATHS PER DAY:
36 alcohol-impaired
98 total

#6
Christmas

TRAFFIC DEATHS PER DAY:
31 alcohol-impaired
85 total

Tips

- Even if you're "just a little buzzed," don't drive.
- Designate a driver or take a cab.
- Don't feel embarrassed to refuse a ride from an impaired driver – even if it's a friend or spouse.

If you're the designated driver:

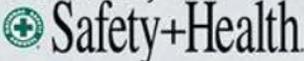
- Buckle up.
- Drive defensively.
- Minimize distractions – put away the cell phone.

Source: National Safety Council, "Injury Facts," 2015 edition

- Deaths: National Safety Council tabulations of National Highway Traffic Safety Administration Fatality Analysis Reporting System data
- Percent alcohol-impaired: NHSTA, "Traffic Safety Facts," 2012 edition

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Presented by



safetyandhealthmagazine.com

Alcohol



Effects on Athletic Performance

- Constricts aerobic metabolism and endurance
- Requires increased work to maintain weight
- Inhibits absorption of nutrients which leads to:
 - ⇒ Reduced endurance
 - ⇒ Decreased protein synthesis for muscle fiber repair
 - ⇒ Decreased immune response
 - ⇒ Increased risk of injury
- Alcohol use 24 hours before athletic activity significantly reduces aerobic performance
- Weekly alcohol consumption doubles the rate of injury

Effects of a Hangover

- Increased heart rate
- Decreased left ventricular performance
- Increased blood pressure
- Decreased endurance performance
- Dehydration

A drink is a drink is a drink

A standard drink is equal to 14.0 grams (0.6 ounces) of pure alcohol. That equals:



12 oz. beer



5 oz. wine



1.5 oz. shot

Blood Alcohol Concentration

Blood Alcohol Concentration (BAC) refers to the amount of alcohol circulating in a person's bloodstream. For reference: a BAC of 0.10 means that .1% of a person's bloodstream is composed of alcohol.

0.02

Impairment Begins

0.08

Too Drunk To Drive

0.150

Most People Blackout

PROGRESSIVE EFFECTS OF ALCOHOL

THE STRAIGHT TALK ABOUT HOW ALCOHOL AFFECTS YOUR MIND & BODY

Blood Alcohol Concentration (BAC) %	Changes in Feelings & Personality	Impaired Activities (continuum)
0.01-0.05 1 DRINK	<ul style="list-style-type: none"> Relaxation Sense of well being Loss of inhibition <p>“BUZZED”</p>	Alertness
0.06-0.10 2-3 DRINKS <small>0.08 LEGAL LIMIT</small>	<ul style="list-style-type: none"> Pleasure Numbness of feelings Nausea, Sleepiness Emotional arousal <p>“DRUNK”</p>	Judgment
0.11-0.20 3-6 DRINKS	<ul style="list-style-type: none"> Mood swings Anger Sadness Mania <p>“HAMMERED”</p>	Coordination (especially fine motor skills)
0.21-0.30 6-9 DRINKS	<ul style="list-style-type: none"> Aggression Reduced sensations Depression Stupor <p>“PLASTERED”</p>	Visual tracking
0.31-0.40 9-12 DRINKS	<ul style="list-style-type: none"> Unconsciousness Death possible Coma <p>“BLACKED OUT”</p>	Reasoning and depth perception
0.41 & GREATER 12+ DRINKS	Death	Inappropriate social behavior (e.g., obnoxiousness)
		Slurred speech
		Lack of balance
		Loss of temperature regulation
		Loss of bladder control
		Difficulty breathing
		Slowed heart rate

0.08 PA LEGAL ALCOHOL LIMIT or 80 blood alcohol level

Approximate BAC for a female weighing 154 lbs. For drinks consumed within an hour. Actual BAC will vary by weight, rate of consumption and other factors. Source: Advisory committee and NIAAA scientists.

ALCOHOL EQUIVALENTS
1 DRINK =



=



=



12 BEER

15 DISTILLED LIQUOR

5 GLASS OF WINE

LEGAL \neq PERMITTED

AGAINST NCAA POLICY

MARIJUANA IS A BANNED SUBSTANCE IN THE "ILLICIT DRUG" CLASS. IF YOU TEST POSITIVE ON AN NCAA DRUG TEST, YOU WILL LOSE:

- + HALF THE SEASON (FIRST TEST)
- + + FULL CALENDAR YEAR OF ELIGIBILITY (SECOND TEST)

AND BECAUSE IT IS AN "ILLICIT DRUG," THERE IS NO "MEDICAL EXCEPTION" WAIVER AVAILABLE.



AGAINST FEDERAL LAW THROUGHOUT THE U.S.



NO PURCHASE, USE OR POSSESSION AND NO SHARING OR PROVIDING TO ANYONE YOUNGER THAN 21



AGAINST THE RULES SET BY MOST ATHLETICS DEPARTMENTS AND TEAMS

LEGAL \neq EVERYONE & EVERYWHERE

AGAINST THE POLICIES OF SCHOOLS, WORKPLACES AND INSTITUTIONS



DISPENSARIES SELL MARIJUANA IN MANY FORMS, AND THEY DON'T ALL WORK THE SAME WAY.

LEGAL \neq SAFE



90-240 MINUTES TO FEEL EFFECTS
CONSUMING TOO MANY EDIBLES CAN RESULT IN AN OVERDOSE



NO MATTER HOW IT'S USED, THC WILL MAKE YOU HIGH.



DABBING HASH OIL OR WAX CAN BE DANGEROUS BECAUSE THE LEVEL OF THC IN THESE PRODUCTS IS VERY HIGH

EFFECTS ON HEALTH AND ATHLETIC PERFORMANCE

<p>Marijuana has NO performance-enhancing potential</p> <p>1</p>	<p>Impairs skills requiring eye-hand coordination and a fast reaction time</p> <p>2</p>	<p>Decreased strength and endurance</p> <p>3</p>	<p>Reduces maximum exercise capacity resulting in increased fatigue</p> <p>4</p>	<p>Reduces motor coordination, balance, tracking ability and perceptual accuracy</p> <p>5</p>	<p>Impairs learning, memory and concentration</p> <p>6</p>	<p>Skill impairment may last up to 24 to 36 hours after use</p> <p>7</p>	<p>Increases risk of injury, and decreases ability to recover from injury</p> <p>8</p>	<p>Chronic use can cause cough, frequent respiratory infections, anxiety, panic attacks and psychosis.</p> <p>9</p>
MOTOR FUNCTION AND ATHLETIC PERFORMANCE				MENTAL		RISK AND HEALTH EFFECTS		

SUMMER TIME!

Dear Student-athletes,

Whether you are in season or off season, it's summer time! Time for bar-b-q's, pool side sun, internships, Netflixing, and more, all while remaining active. Inside this issue you will find in-season training tips, off-season eating tips, alcohol facts, fun facts, and a few recipes to try! Feel free to contact us with any questions and/or comments. Enjoy!

-UIW Life Skills

In-season Eating Tips:

- At least 50% of your diet comes from nutrition-rich carbohydrates such as: whole grains, breads, pastas, fruits and vegetables
- 1hr-30 mins before workout: Eat snacks low in protein and fiber, high in carbohydrates. Example:
 - o Banana, small sports drink, or fruit, crackers/pretzels
- Recovery: Have a snack 30 mins- 60 mins after a workout to replenish glycogen stores quickly and prevent muscle breakdown. Choose snacks that have about half your body weight in carbs (150 lbs., about 75 grams) and about 1/3 protein (15-25 grams). Always make sure to eat a full meal within a 2-hour window after a workout. Examples:
 - o Snacks: Low-fat chocolate milk, Graham crackers with peanut butter and low-fat milk, Greek yogurt with fruit
 - o Meals: Grilled chicken w/ small baked potato and green beans, whole-wheat spaghetti w/tomato based sauce and lean ground beef, and salad



POOLSIDE DRINKS?

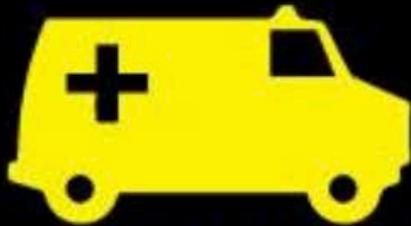
Keep this in mind:

- ❖ Increased alcohol intake increases appetite-increasing the temptation to eat excessively
- ❖ Interferes with nutrient intake that are important for athletes such as iron, zinc, magnesium, and calcium
- ❖ Hangovers lead to an 11.4% decrease of aerobic activities

Have fun, take a break, but there are more ways to enjoy summer without excessive drinking



Risk of Alcohol Consumption by Minors



There were about 189,000 Emergency Room visits in 2010 for minors with injuries and complications related to alcohol consumption



Over 90% of alcohol consumption by minors occurs while binge drinking

People ages 12 - 20 consume 11% of the alcohol purchased in the US



Underage drinking by minors results in over 4,300 deaths each year

Prep Yourself: Spring Break is here!



SAAC
Word Wednesday
Giveaways
3/7 at 10am-1pm
SEC Concourse

Spring Break
Safety Workshop
3/7 at 6pm
SEC 2031-32

Car Care Clinic
3/7 & 3/8
12pm-3pm
In front of Kelso
Art Center

SPRING BREAK



Before you got out, and after you got out - **HYDRATE**



EAT for the occasion and find a balance that works for **YOU**



Don't throw shade, **FIND SHADE** and use **SUNBLOCK**



Download: Uber, Lyft
HAVE A PLAN in **ADVANCE**

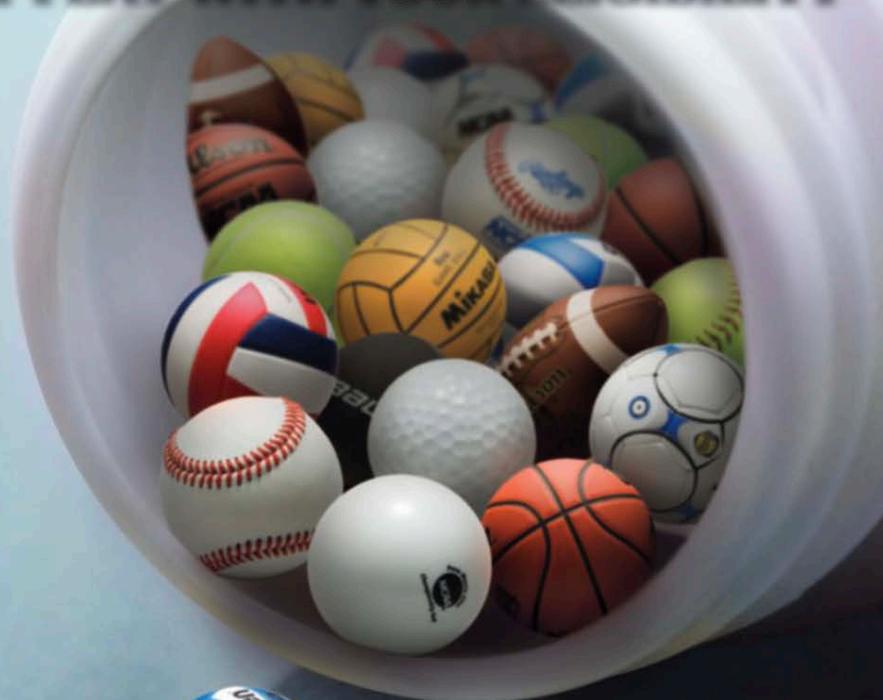


Let people know where you're going, and stick with a friend



REPORT ALL MEDICINES

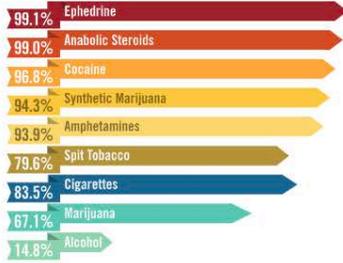
DON'T PLAY WITH YOUR ELIGIBILITY



Warning: Some medications contain NCAA® banned substances. Report all over-the-counter and prescription medicines—including ADHD medications—to your athletic trainer. Visit www.NCAA.org/drugtesting for more information.

NCAA is a trademark of the National Collegiate Athletic Association.

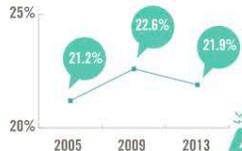
1. Most Student-Athletes Don't Use/Abuse



% of student-athletes reporting "never used"

3. Marijuana Use

Most don't use Marijuana. Here is the % reporting use within the last 12 months*



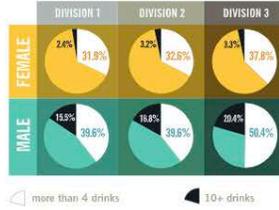
EFFECTS

- Slowed reaction time
- Distorted sensory perception
- Impaired balance and coordination
- Increased heart rate and appetite
- Impaired learning and memory
- Anxiety, panic attacks, psychosis
- Cough, frequent respiratory infections



2. Alcohol Use

Most don't abuse Alcohol. See percentages of higher risk drinking within the last 12 months.*



more than 4 drinks, 10+ drinks

HANGOVER FREQUENCY



EFFECTS ON ATHLETIC PERFORMANCE

- Constricts aerobic metabolism and endurance
- Requires increased work to maintain weight
- Inhibits absorption of nutrients which leads to:
 - Reduced endurance
 - Decreased protein synthesis for muscle fiber repair
 - Decreased immune response
 - Increased risk of injury
- Alcohol use 24 hours before athletic activity significantly reduces aerobic performance
- Weekly alcohol consumption doubles the rate of injury



EFFECTS OF A HANGOVER

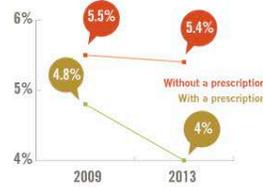
- Increased heart rate
- Decreased left ventricular performance
- Increased blood pressure
- Decreased endurance performance
- Dehydration



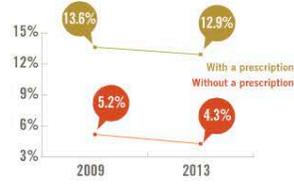
4. Stimulant Use

Most student-athletes do not use. Here is the % reporting use of the following within the last 12 months*

ADDERALL OR RITALIN (ADHD medications)



VICODIN, OXYCONTIN OR PERCOCET (pain medications)



EFFECTS OF STIMULANT USE

- Anxiety
- Panic
- Paranoia
- Delusions
- Increased body temperature/ dehydration (during exercise)



EFFECTS OF NARCOTIC USE

- Blocks pain
- Cause sleepiness
- Affects breathing, heart rate & blood pressure (at higher doses)
- High potential for addiction



6. What motivates alcohol & drug use?



7. Effective Prevention Strategies



8. Effective Prevention Partners



This resource was developed in partnership with The Institute to Promote Athlete Health and Wellness at The University of North Carolina at Greensboro.

> For more information visit us online at athletewellness.uncg.edu

*NCAA 2013 SUBSTANCE USE SURVEY



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Institute to Promote Athlete Health and Wellness

NATIONAL NIGHT OUT



UNIVERSITY OF THE INCARNATE WORD[®]

the university that brings us together-

Convocation Center Parking Lot

October 4th 4-7pm

SPRING BREAK

Car Care Clinic

March 7th and 8th

Noon—3PM



UNIVERSITY
POLICE



Active Shooter Response

RUN

- If possible, exit the building/area immediately, but only if it can be done safely.
- Notify anyone you may encounter to exit the building immediately.
- Notify the police.

HIDE

- If exiting the building/area is not possible, the following actions are recommended:
- Go to the nearest room or office.
- Close and lock the door.
- If unable to lock the door, use a wedge device or heavy furniture to block the door.
- Stay low, move away from the door, keep quiet and act as if no one is in the room.
- DO NOT answer the door.
- Notify the police.
- Provide information as needed.

FIGHT

- If the shooter enters your area, you may decide to fight back. This is not an easy decision and is based upon personal beliefs and abilities.
- Improvise weapons with any items at hand.

FIGHT FOR YOUR LIFE AND THE LIVES OF OTHERS.



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**SISTERS OF CHARITY OF
THE INCARNATE WORD**

Safety TIPS

Walking on Campus

- Familiarize yourself with the layout of the campus.
- Plan the safest route to your destination; choose well-lit, busy pathways and streets.
- Share your class schedule with your parents and trusted friends and give them your telephone numbers.
- At night, stick to well-lit areas whenever possible and avoid alleyways or shortcuts through isolated areas.
- Travel in groups and avoid going out alone at night.
- Use the campus escort or shuttle services at night.
- Know where the emergency call boxes are located on campus and learn how to use them.
- If you are being followed, change direction and go to the nearest business or home, knock on the door and request that someone call the police.
- Note the description of the person following you.
- Walk near the curb and avoid shrubbery or other places of potential concealment.
- Tell a friend or roommate where you are going and what time you expect to return.
- Stay alert to your surroundings and the people around you.
- Carry your purse close to your body and keep a firm grip on it. Carry your wallet in an inside coat pocket or your front pant pocket.
- Keep your keys separate from your purse or backpack.
- Don't overload yourself with bags or packages. Avoid wearing shoes that restrict your movements.

Remember to:

- Be responsible for your personal safety
- Be alert to potential danger
- **Trust your instincts**
- Be aware of all your surroundings
- Avoid anything that does not feel safe
- Anticipate possible problems
- Be vigilant and prepared for anything
- Report suspicious activity

What is suspicious activity?

Anyone who acts in an unusual or frightening manner. Also, anything found or placed in an unusual location, should be considered suspicious.

Emergency Call Boxes

connect directly with police dispatch and are located in various locations around campus.

Use for emergencies only.



The University of the Incarnate Word Police Department offers a one-hour "Personal Safety" presentation that covers the topics listed in this brochure and many more.

To schedule a full one-hour "Personal Safety" presentation, contact:

Corporal Jim Snow
jsnow@uiwx.edu
210-829-3906

For further information go to:
www.uiw.edu/police/training.html

- Walk with a confident stride; keep your head up and look around.
- If a motorist stops and asks for directions, keep your distance from the car.

Exercising on Campus

- Plan your route in advance and walk/jog/run in familiar areas.
- Go with a known companion if possible.
- Carry identification.
- Don't wear jewelry or carry cash.
- Avoid secluded or dimly lit areas.

Residence Halls

- Report lost or stolen residence hall keys immediately to your residence hall staff.
- Report any malfunctioning locks, doors or windows to your residence life staff.
- Do not leave your keys lying around in your room when you are not in the room.
- Do not leave messages on your door about when you will be returning to your room.
- Tell a roommate or friend if you are planning to be away overnight or for a few days.
- Report any suspicious persons or activities (including solicitors) in or near your residence hall to staff or police.
- Secure your valuables and engrave expensive items with identifying information Operation ID registration.
- Always lock your doors and windows at night, especially if you reside on the first or second floors.
- Do not leave your identification, keys, wallets, checkbooks or other valuables in open view.
- Get to know your RAs and neighbors.

Living Off Campus

- Know the answers to the following questions:
- Do local security/police patrol the grounds/buildings where you live?
- Do you have an alarm system?
- How secure are the locks/doors?
- How often are the locks changed?

Personal Safety



University of the Incarnate Word Police Department

Emergency: 911

**Non Emergency:
210-829-6030**

Rev 10/17

- Are there dead bolt locks on the exterior doors?
- Is parking adequate, safe and well lit?
- Are there secluded or dark areas near the buildings?
- Is there a Neighborhood Watch program?
- Is there an adequate fire safety detection and evacuation system in place?

REMEMBER:

A safe campus is everyone's responsibility!

UIW Weapons Policy:

Pursuant to the Texas Penal Code, Sections 30.06 (Trespass by License Holder with a Concealed Handgun) and 30.07 (Trespass by License Holder with an Openly Carried Handgun), a person licensed under subchapter H, Chapter 411, Government Code (Handgun Licensing Law), may not enter the UIW property with a concealed handgun, or a with a handgun that is carried openly.

The use, possession or carrying of any weapon, including but not limited to a concealed handgun, by any person on UIW property (with the exception of authorized weapon(s) carried by police officers) is prohibited and in violation of state law.

The University of the Incarnate Word will exercise the "opt out" provision of Texas Senate Bill 11, also known as the "Campus Carry" law, after discussions with the campus community.

The University of the Incarnate Word is a **WEAPONS-FREE** campus.

DONT WAIT TO CALL!

If you see a suspicious person or action, call the police immediately and answer all questions asked. Provide Dispatch with identifying description of the suspicious person, such as:

SEX - Male or Female

RACE - White, Black, Hispanic or Asian

AGE - Approximate

HAIR - Style and Color

HEIGHT - Approximate

WEIGHT - Approximate

CLOTHING - What are they wearing?

WHAT WAS SUSPICIOUS?

WHERE ARE THEY NOW?

DON'T LET THEM IN!

Locked doors and card readers seem like an inconvenience. Most thieves will bypass a locked door in search of an easy target.

By propping doors open, you are making a thieves job easier.

If you lose your key or Student ID, get it replaced as soon as possible. There may be a small replacement fee but that is a small cost compared to your personal safety.

A sponsored ministry of the



THEFT AND BURGLARY

Theft and burglary are serious problems everywhere and the University is no exception. Because of the high number of opportunities presented, college campuses have become a favorable place for criminals.

The best ally in crime prevention is to provide our community with the proper education, awareness and crime prevention techniques.

Thieves work in office buildings, libraries, restaurants, residence halls and other places where people gather.

Thefts of backpacks, purses, laptops, phones and other electronic gadgets are the most prevalent crime on campus.

By working with the police and following a few common sense recommendations, you can significantly reduce the chances of a thief stealing University or personal property.

METHOD OF OPERATION OF A THIEF

When the thief enters a room or vehicle they will look for a purse or any valuable property in the more obvious places such as:

1. On the floor under the desk,
2. On the desk,
3. In desk drawers or filing cabinets,
4. In dresser drawers or closets,
5. Under the bed.
6. In the glove compartment or center console of a car.

If the thief does not locate any property within a few seconds, they will typically leave and look for a better target. Many thefts occur immediately after the property is left unattended.

IT IS YOUR JOB AS WELL AS OURS

Members of the University community are vulnerable to the same crime problems encountered by residents of any major metropolitan area. The primary purpose of the University Police is to protect the campus community from criminal activities. The patrolling of the campus and surrounding areas by the University Police is a major factor in deterring crime but, the opportunity for crime continues to exist.

You can assist us in reducing crime on campus by utilizing preventive measures to reduce the opportunity for criminal acts. You are urged both to report crimes and to practice logical prevention techniques to reduce them. We all share in the responsibility for making UIW as safe of a place as possible.

The University of the Incarnate Word Police Department offers a 1 hour "Theft and Burglary Prevention" presentation that covers the topics listed in this brochure and many more.

To schedule a full 1 hour "Theft and Burglary Prevention" presentation, contact:

Corporal Jim Snow
jsnow@uiwtx.edu
210-829-3906

For further information go to:

<http://www.uiw.edu/police/training.html>

This publication is available in alternate format by request. To request an alternate format, please contact UIW PD at (210) 829-6030.

Rev. 08/2017

REMEMBER!

One of the best ways to prevent yourself from becoming a victim is to lock your desk, office, car or room when you leave and to take your keys with you -- even if you leave for only a few minutes.

Most thieves do not stay longer than 60 seconds.

PREVENTION IS SIMPLE

Do not leave your property unattended and do not become distracted and inattentive to the point where property can be taken from under your nose. Thieves have even preyed upon students who have fallen asleep in the library.

Thieves looking for valuables to steal will often search offices, common areas or apartments where there is little to no pedestrian traffic. They will check up and down the hallway to see if there is opened or unlocked office doors. Thieves usually do not operate in a building where most of the doors are closed or rooms occupied.

All UIW Maintenance workers will be in uniform and will present identification when requested.

Just a few simple steps can help.

1. Lock your doors and take your keys when you leave.
2. Participate in the UIW Operation ID Program.
3. Do not prop open doors.
4. Hide your valuables when not in use.

Theft and Burglary Prevention



University of The Incarnate Word Police

Emergency: 911

**Non Emergency:
210-829-6030**

WHEN WORKING ON CAMPUS

When you are not using your desk, lock it and take your keys with you.

If you leave your office, always lock your door, even if you are only going to be gone for just a few minutes.

Have all coworkers join together to watch each others property and offices.

If you encounter a suspicious person in your building, ask if you can help them. If the person has legitimate business, they will gladly show you identification.

If a person claims to be looking for someone in the building, make sure that the unknown individual is expected.

If the individual refuses to cooperate, call the police immediately to have the person checked out.

WHEN IN DOUBT, CALL THE POLICE.



Personal Safety

- Know your surroundings and make sure you are with people you trust.
- Be safe, especially if you are out of state or out of the country.
- Stay in a group.
- Get your own drinks.
- Have fun, but don't be irresponsible. Your health and safety is important.
- If you are planning for outdoor activities, make sure that you remember to stay hydrated.
- Use the buddy system.
- Be safe. Use protection.
- Keep your phone with you at all times.
- Even though you're having fun, try to remain smart about where you are, what you're doing and how much money you're spending.

Be responsible for your personal safety.

- Be alert to potential danger.
- **Trust your instincts.**
- Be aware of all your surroundings.
- Avoid anything that does not feel safe.
- Anticipate possible problems.
- Be vigilant and prepared for anything.
- Report suspicious activity.

What is suspicious activity?

Anyone who acts in an unusual or freighting manner, or anything that is placed in a location that is not usual, should be considered suspicious.

Driving Safety Tips

1. Always wear your seatbelt!
All passengers must buckle up
2. Obey the speed limits.
Going too fast gives you less time to stop or react
3. Don't text and drive!
When you text, your eyes aren't watching the road
4. Don't drive drowsy.
Schedule regular stops every 100 miles or two hours

Hotel Safety Tips

- Insist that hotel personnel write down your assigned room number so others can't see or hear it.
- Never leave luggage unattended.
- Keep all hotel doors and windows locked, and use all door locks.
- Learn the location of fire exits, elevators and public phones in case of emergency.
- Make sure your room has an indoor viewer and a dead bolt lock.
- Keep valuables such as jewelry, cash, etc. in the hotel safe. Better still, leave jewelry in a safe at home.
- Ask hotel staff about the safety of the neighborhood and what areas to avoid.
- Before taking a cab ask hotel staff about directions and estimated costs.
- Always verify who's at your door. Don't open the door to someone you don't know. If an unexpected visitor claims to be a hotel employee, call the front desk to make sure.
- Don't display room keys in public or leave them on restaurant tables, at the swimming pool, or in other places where they can easily be stolen.
- If you lose the plastic key card to your room, insist on a new-keyed card.

Crime can be random, but there's a lot you can do to limit your chances of becoming a victim. Often simply being aware of the threat of crime—and alert to what you can do to prevent it—will go a long way to making your spring break both safe and enjoyable.



HAVE A SAFE AND SMART SPRING BREAK

Texas State Law

Know your legal limit. In Texas, the legal limit is .08 percent blood alcohol content, or any amount that results in the loss of normal use of mental or physical faculties.

DRIVING HIGH IS THE SAME AS DRIVING DRUNK

PENALTIES FOR DWI

Class B Misdemeanor
Texas Penal Code 49.04
Penalties for DWI begin at:
180 days - 2 Years in Jail
Fine up to \$2000
Loss of Driver's License

Driving under the influence as a minor

Operating a motor vehicle with ANY detectable amount of alcohol in your system.

Class C Misdemeanor
Texas Alcoholic Beverage Code 106.041
Penalties begin at:
License suspension up to 1 year.
Up to a \$500 fine
Mandatory Alcohol Education Classes

Service Provided by:

Valvoline Instant Oil Change

5401 Broadway

Alamo Heights TX, 78209

210-822-9522

Tire Pressure:
Notes: _____

Oil Condition:
Notes: _____

Window Washer Fluid:
Notes: _____

Wiper Blades:
Notes: _____

Head Lights:
Notes: _____

Brake Lights:
Notes: _____

Turn Signals:
Notes: _____

Note: The University of the Incarnate Word accepts no liability for any services rendered or implied.

Designated Drivers

When going out as a group, try this...

- Assign a designated driver who **DOES NOT DRINK** during the evening.
- The designated driver does not pay for anything (Food, Cover charge, Tickets, Non-alcoholic beverages).
- The night is paid for by the group in appreciation for driving.
- Then, the next time your group goes out, rotate designated drivers.

Other Options

- Take a cab.
- Take the bus.
- Use a ride sharing service.

Always take the keys away from an intoxicated driver.

YOU MAY SAVE A LIFE

What to do if you suspect someone has alcohol poisoning

See if the person responds or is coherent. Check for signs of vomit. Check pulse and breathing. If heart rate and breathing is slow. **Call 911 immediately!** Keep in mind that a person who has passed out may die. Do not try to guess the level of drunkenness. **Call 911 for help!**

It is better to be safe than sorry when it comes to a person's life.

A sponsored ministry of the



University of the Incarnate Word Police Department Car Care Clinic Spring Break Safety

Rev 02/18

Emergency Notification

When an emergency notification is required, the chief of police or designee, will issue the emergency notification through various modes of communication. These modes of communication may include, but are not limited to:

- **Voice Mass Notification System** (VMNS)
- **RAVE Alerts** via text messaging and/or emails
- **University Website** (www.uiw.edu)
- **KUIW.org Internet Radio**
- **Fire Alarm**
- **UIW's Official Facebook Page** (www.facebook.com/uiwcardinals)
- **UIW's Official Twitter Account** (www.twitter.com/uiwcardinals)

You will receive instructions on the location of the emergency, the nature of the emergency and what you need to do (shelter in place/evacuate).

Signup for RAVE Alerts at:
www.getrave.com/login/uiw



A sponsored ministry of the

**SISTERS OF CHARITY OF
THE INCARNATE WORD**

When Police Arrive

The police **WILL** enter the building/area, seek out and stop the shooter.

Everyone **WILL** be viewed as a possible suspect.

DO NOT have anything in your hands.

Show **OPEN / EMPTY HANDS** at all times to the police.

STAY ON THE FLOOR/GROUND unless otherwise instructed by the police.

Your response to an active shooter will influence the response of others.

Use your senses and instincts to survive.

Stay calm and attempt to keep others calm.

The University of the Incarnate Word Police Department offers a two-hour "Survival Mindset" presentation that covers the topics listed in this brochure and many more.

To schedule a full two-hour "Survival Mindset" presentation, contact:

Captain Jacob Colunga
colunga@uiwtx.edu
210-829-6030

or

Corporal Jim Snow
jsnow@uiwtx.edu
210-829-3906

For further information go to:
www.uiw.edu/police/training.html

Run - Hide

Fight

Response to an Active Shooter



**University of the
Incarnate Word
Police Department**

Emergency: 911

**Non Emergency:
210-829-6030**

Rev-10/17

RUN

Get away from the danger area.

If no door is available, make one.

Break a window if necessary.

Alert others to the danger and take them with you.

When you arrive at a safe area, call 911.

Tell the Dispatcher All You

Know

Your specific location if known

Location of the shooter if known

Number of shooters

Race and gender

Clothing style and color

Physical features

Types of weapons (handguns, rifles, shotguns, explosives, edge weapons)

If you recognize the shooter(s), give name and any known information about them.

HIDE

If you cannot get out of the building, get into a classroom, bathroom or office.

If possible, allow others to shelter with you.

Lock and barricade the door with available heavy objects such as desks, furniture and cabinets.

Most of the doors in University buildings are solid.

Most of the walls are cinder block and concrete. They may provide some protection from gun fire.

Get down on the floor behind any available solid cover.

Do not open the door unless you are absolutely certain that the police are directly requesting you to do so.

Stay away from doors. Stay on the floor and remain calm and quiet.

FIGHT

If the shooter enters your area, you will be faced with a difficult decision. Will you freeze or will you fight?

If you choose to fight, plan ahead.

Stand near the door – not across the room.

If you are close to the shooter, you may have the element of surprise on your side.

If you are far away, you are likely to become a target.

Go for the gun. Don't let it go, and point it away from people.

Fight for your life!

This is not a fair fight!

Use improvised weapons, gouge eyes, bite, kick and pull hair.

August 2016

Life Skills Office/Student Conduct FB Acclimatization Period; University Policy including Alcohol and Drug Education

Greek Life Office
Greek 101; University Policy including Alcohol and Drug Education

Residence Life
Mandatory Training
Alcohol/Drug Training

September 2016

Life Skills Office
Laws, Consent, and Culture Awareness/Prevention Educational

Campus Engagement
Student Org Handbook Training
University Policy including Alcohol and Drug Education

October 2016

Life Skills Office
Healthy Relationships Awareness/Prevention Educational

Campus Engagement (NNO Committee)
National Night Out Safety, Alcohol/Drug Education

November 2016

Life Skills Office
Gender Socialization & Stereotypes Awareness/Prevention Educational

January 2017

Greek Life Office
Greek 101
University Policy including Alcohol and Drug Training

Police Department/title IX Clery/Title IX Compliance Educational and Training

February 2017

Life Skills Office
What If
University Policy including Alcohol and Drug Education

Campus Engagement
University Policy including Alcohol and Drug Education

Police Department/Title IX Clery/Title IX Compliance Training

Police Department
Active Shooter Awareness Training

March 2017

Life Skills Office
Mothers Against Drunk Driving Awareness/Prevention Educational

Residence Life
Residence Hall Programs Educational boards put up in different Residence Halls: Educational

Police Department
Active Shooter Awareness Training

- 1- Don't get supper
Smashed Bro- Board
 - Alcohol Awareness
- 2- Drunkopoly- Board
 - Alcohol Awareness, Resources, Consequences
- 3- When You Should Stop- Board
 - Alcohol Awareness, Alcoholism, Resource
- 4- March Madness Elite Watch Party- Program
 - Behavior, Alcohol Awareness, Drug Awareness, Mental Health

April 2017

Life Skills Office
Violence in the Media
Awareness/Prevention
Educational

Life Skills Office
Bystander Intervention
Awareness/Prevention
Educational

Life Skills Office
Healthy Relationships
Awareness/Prevention
Educational

Life Skills Office
Laws, Consent, and Culture
Awareness/Prevention
Educational

Camps Engagement/Police
Department/Title IX
VIVA UIW
Alcohol Awareness
Educational

Police Department
Personal Safety
Awareness/Prevention
Educational and Training

Police Department/Title IX
Study Abroad Safety
Awareness/Prevention
Educational

Active Shooter
Awareness
Training

May 2017

Police Department
Active Shooter
Awareness
Training

June 2017

Life Skills Office
Health Newsletter
Informational
Educational

Police Department
Active Shooter
Awareness
Training

July 2017

Police Department
Personal Safety
Awareness/Prevention

Educational and Training

August 2017

Life Skills Office Educational Boards Educational boards put up in different athletics facilities: 1- Alcohol 101 – Board - Alcohol Awareness 2- Alcohol Impaired Motor Vehicle Deaths- Board - Alcohol Awareness, Resources, Consequences 3- How Alcohol Affects your mind and Body Boards - Alcohol Awareness, Consequences 4- Marijuana Facts for Student- Athletes- Program - Drug Awareness, Consequences 5- Risk of Alcohol Consumption by Minor - Alcohol Awareness, Consequences 6- Report All Medicines - Drug Awareness, Consequences 7- Student-Athlete Alcohol & Other Drug Prevention - Alcohol Awareness, Resources, Consequences	Life Skills Office/Title IX Title IX for VB Compliance Educational and Training	Life Skills Office/Title IX Title IX for WSOC Compliance Educational and Training
Life Skills Office/Title IX Title IX for Cross Country Compliance Educational and Training	Life Skills Office/Title IX Title IX for MSOC Compliance Educational and Training	Life Skills Office/Student Conduct Alcohol/Drugs/Sex (Football team) Awareness/Prevention Educational
Life Skills Office/Title IX Title IX for FB Compliance Educational and Training	Life Skills Office/Student Conduct FB Acclimatization Period University Policy including alcohol and drug Education	Campus Engagement Student Org Handbook Training University Policy including alcohol and drug Training
Greek Life Office Greek 101	Residence Life Mandatory Training	Police Department Personal Safety

University Policy including Alcohol and Drug Training	Alcohol/Drug Training	Awareness/Prevention Educational and Training
Police Department/Title IX Study Abroad Safety Awareness/Prevention Education	Police Department/Title IX Clery/Title IX Compliance Educational and Training	September 2017 Life Skills Office Freshmen Best Practices Tips
Life Skills Office/Title IX Title IX for MBB Compliance Educational and Training	Life Skills Office/Title IX Title IX for WBB Compliance Educational and Training	Life Skills Office/Title IX Title IX for Synchro Compliance Educational and Training
Life Skills Office/Title IX Title IX for Swim Compliance	Life Skills Office/Title IX Title IX for Track Compliance	Police Department Personal Safety Awareness/Prevention
Police Department/Title IX Clery/Title IX Compliance	Police Department Theft/Burglary/Operation ID Awareness/Prevention	Police Department/Wellness RAD-Self Defense Awareness/Prevention/Training
Police Department Active Shooter Awareness Training		

October 2017

Life Skills Office/Title IX Title IX for SB Compliance Educational and Training	Life Skills Office/Title IX Title IX for Fencing Compliance Educational and Training	Life Skills Office/Title IX Title IX for Golf Compliance Educational and Training
Life Skills Office/Title IX Title IX for WTEN Compliance Educational and Training	Life Skills Office/Title IX Escalation Workshop Awareness/Prevention Educational	Life Skills Office/Title IX Title IX for Baseball Compliance Educational and Training
Life Skills Office/Title IX Title IX for Men's Tennis Compliance Educational and Training	Life Skills Office/Student Conduct Alcohol/Hazing (Football team) Awareness/Prevention	Police Department/Student Success Alcohol and Drugs Awareness/Prevention Educational

November 2017

Police Department/Wellness Alcohol RAD-Self Defense Awareness/Prevention

December 2017

Police Department/Title IX Study Abroad Safety Awareness and Prevention Educational

January 2018

Greek Life Office Greek 101 University Policy Including Alcohol and Drugs Training	Police Department/Title IX Study Abroad Safety Awareness/Prevention Educational	Police Department/Title IX Clery/Title IX Compliance Educational and Training
Police Department /Title IX RAD-Self Defense Awareness/Prevention Training		

February 2018

Police Department/Title IX Clery/Title IX Compliance Educational and Training	Police Department /Title IX RAD-Self Defense Awareness/Prevention Training	Police Department/ Student Success Alcohol and Drugs Awareness/Prevention Training
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March 2018

Life Skills/Student Conduct Spring Break Safety Awareness/Prevention Educational	Life Skills/SAAC Word Wednesday-Spring Break Safety Awareness/Prevention Educational	Residence Life Residence Hall Programs Educational boards put up in different Residence Halls: Educational 1- Wellness Board - Alcohol, Drug Tobacco 2- Drunkopoly- Board - Alcohol, Drug, Wellness
Police Department Car Care Clinic Safety Educational	Police Department/Wellness RAD-Self Defense Awareness/Prevention Training	Police Department Active Shooter Awareness Training

April 2018

Life Skills Office Healthy Relationships Awareness/Prevention Educational	Police Department Personal Safety Awareness/Prevention Educational and Training	Police Department/Wellness RAD-Self Defense Awareness/Prevention Training
Police Department/Student Success Alcohol and Drugs Awareness/Prevention Training	Police Department Active Shooter Awareness Training	

May 2018

Police Department Active Shooter Awareness
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Training

June 2018

Police Department

Active Shooter

Awareness

Training

July 2018

Police Department

Active Shooter

Awareness

Training

APPENDIX I

Sample Employee EAP Newsletter

From: Human Resources Account
Sent: Friday, March 09, 2018 3:48 PM
Subject: March wellness newsletter

We hope you enjoy your March wellness newsletter...

Did you know that all UIW employees are eligible to use the LifeWorks Employee Assistance Program through MetLife?

This program provides you with easy-to-use services to help with the everyday challenges of life – at no cost to you and your dependents. There are legal, financial, and counseling services (just to name a few) and the program includes up to 5 in person, phone, or video conferences with a licensed individual. All services are confidential except in instances required to report under the law.

For more information please call 888-3119-7819 or you can access a variety of online resources by logging onto www.metlifeeap.lifeworks.com with the user name: metlifeeap and password: eap.

March 2018 WELLNESS NEWSLETTER

National Nutrition Month



March is NATIONAL NUTRITION MONTH! It is important to eat healthy throughout the year to maintain optimal health. This can help with the reduction of cardiovascular disease, diabetes, and other chronic illnesses/diseases. The combination of a healthy diet and exercise is the recipe for success.



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From: Human Resources Account
Sent: Monday, December 11, 2017 1:43 PM
To: UIW All Employees (DDG) <UIWAllEmployees@uiwtx.edu>
Subject: Work Life Assistance Newsletter for December

Please see this month's newsletter with information on "Tying Up Loose Ends."

This is a great resource where you can find initial assistance on serious topics such as legal, financial, parenting, and mental health. It is completely confidential except for circumstances that are required to be reported by law.

You can call 844-763-8543 anytime, 24 hours a day, seven days a week or visit metlifeeap.com and enter the following user name: MetLife3-5 and password: guest.



DECEMBER
Tying up loose ends 2017

RESOURCE MONTHLY



YOU'VE GOT THE POWER TO

WRAP IT UP

Start the New Year off Right

Monthly Webinar

University of the Incarnate Word

2017

**Annual Security
and
Fire Safety
Report**



University of the Incarnate Word (online)

CORE ALCOHOL AND DRUG SURVEY LONG FORM - FORM 194

EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with the students' attitudes, perceptions, and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

Key Findings from students at University of the Incarnate Word (online)

Following are some key findings on the use of alcohol:

- 72.8% of the students consumed alcohol in the past year ("annual prevalence").
- 48.1% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 30.8% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 14.8% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 24.7% of the students have used marijuana in the past year ("annual prevalence").
- 16.0% of the students are current marijuana users ("30-day prevalence").
- 7.4% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 3.7% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 16.0% Marijuana (pot, hash, hash oil)
- 2.5% Opiates (heroin, smack, horse)
- 1.2% Amphetamines (diet pills, speed)

Following are some key findings on the consequences of alcohol and drug use:

12.7% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.

13.9% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

85.4% of students said the campus has alcohol and drug policies;

14.6% said they "don't know"; and

0.0% said there wasn't a policy.

47.6% of students said the campus has an alcohol and drug prevention program;

51.2% said they "don't know"; and

1.2% said there wasn't a program.

65.4% of students said the campus is concerned about the prevention of drug and alcohol use;

23.5% said they "don't know"; and

11.1% said the campus is not concerned.

With regard to students' perceptions of other students' use:

82.5% of students believe the average student on campus uses alcohol once a week or more.

68.8% of students believe the average student on this campus uses some form of illegal drug at least once a week.

49.4% of students indicated they would prefer not to have alcohol available at parties they attend.

92.7% of students indicated they would prefer not to have drugs available at parties they attend.

The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 68.5% of the respondents said they saw drinking as central in the social life of male students.
- 59.5% of the respondents said they saw drinking as central in the social life of female students.
- 17.6% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 36.5% of the respondents said they saw drinking as central in the social life of alumni.
- 52.7% of the respondents said they saw drinking as central in the social life of athletes.
- 65.3% of the respondents said they saw drinking as central in the social life of fraternities.
- 56.0% of the respondents said they saw drinking as central in the social life of sororities.
- 11.5% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 10.5% of the students said they believe the social atmosphere on campus promotes drug use.
- 5.1% of the students said they do not feel safe on campus.

Compared to other campuses...

- 0.0% feel that alcohol use is greater
- 67.5% feel that alcohol use is less
- 32.5% feel alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 90.5% said students cared about sexual assault
- 89.3% said students cared about harassment because of race or ethnicity
- 84.0% said students cared about assaults that are non-sexual
- 84.0% said students cared about harassment because of gender
- 82.7% said students cared about harassment because of sexual orientation
- 82.7% said students cared about harassment because of religion
- 68.0% said students cared about campus vandalism
- 53.3% said students cared about alcohol and other drug use

Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

Table 1 - Experiences of Harassment or Violence

<u>Experience</u>	<u>Used Alcohol or Drugs</u>	<u>Incident</u>
3.8%	0.0%	Ethnic or racial harassment
0.0%	0.0%	Threats of physical violence
0.0%	0.0%	Actual physical violence
0.0%	0.0%	Theft involving force or threat of force
1.3%	0.0%	Forced sexual touching or fondling
0.0%	0.0%	Unwanted sexual intercourse

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were, "no risk", "slight risk", "moderate risk", "great risk", and "can't say". The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 13.3% try marijuana once or twice
- 17.3% smoke marijuana occasionally
- 38.7% smoke marijuana regularly
- 49.3% try cocaine once or twice
- 80.0% take cocaine regularly
- 53.3% try LSD once or twice
- 73.3% take LSD regularly
- 53.3% try amphetamines once or twice
- 70.7% take amphetamines regularly
- 34.7% take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- 70.7% take four or five drinks nearly every day
- 62.7% have five or more drinks in one sitting
- 61.3% take steroids for body building or improved athletic performance
- 53.3% consume alcohol prior to being sexually active
- 49.3% regularly engage in unprotected sexual activity with a single partner
- 85.3% regularly engage in unprotected sexual activity with multiple partners

Sexual Behavior:

62.2% of the students reported engaging in sexual intercourse within the past year. Of these, 17.4% used alcohol the last time they had intercourse and 6.5% used drugs.

In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 62.2% refused an offer of alcohol or other drugs
- 2.7% bragged about alcohol or other drug use
- 51.4% heard someone else brag about alcohol or other drug use
- 10.8% carried a weapon such as a gun, knife, etc. (not hunting or job related)
- 18.9% experienced peer pressure to drink or use drugs
- 10.8% held a drink to have people stop bothering you about why you weren't drinking
- 10.8% thought a sexual partner was not attractive because he/she was drunk
- 1.4% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describes how students say their friends would feel if they...

Tried marijuana once or twice	- 35.1% of their friends would disapprove
Smoked marijuana occasionally	- 48.1% of their friends would disapprove
Smoked marijuana regularly	- 62.3% of their friends would disapprove
Tried cocaine once or twice	- 83.1% of their friends would disapprove
Took cocaine regularly	- 92.2% of their friends would disapprove
Tried LSD once or twice	- 77.9% of their friends would disapprove
Took LSD regularly	- 89.6% of their friends would disapprove
Took one or two drinks every day	- 62.3% of their friends would disapprove
Took four or five drinks every day	- 87.0% of their friends would disapprove
Had five or more drinks at one sitting	- 68.8% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 70.3% say it breaks the ice
- 61.3% say it enhances social activity
- 38.2% say it makes it easier to deal with stress

- 55.4% say it facilitates a connection with peers
- 52.6% say it gives people something to talk about

- 48.7% say it facilitates male bonding
- 48.7% say it facilitates female bonding

- 50.0% say it allows people to have more fun
- 60.8% say it gives people something to do
- 12.0% say it makes food taste better

- 17.1% say it makes women sexier
- 11.8% say it makes men sexier
- 18.7% say it makes me sexier
- 31.6% say it facilitates sexual opportunity

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 125371 students from 288 institutions from the 2012 to 2014 National Data.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use _____?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

Substance	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Week or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	30.9	42.2	22.2	32.4	9.9	21.1	4.9	10.6
Alcohol	75.3	84.4	72.8	81.5	48.1	68.7	7.4	20.0
Marijuana	40.7	46.1	24.7	33.6	16.0	19.9	4.9	8.2
Cocaine	2.5	7.6	1.2	4.4	0.0	1.8	0.0	0.2
Amphetamines	6.2	9.9	3.7	5.4	1.2	3.0	0.0	1.4
Sedatives	1.2	6.2	0.0	3.1	1.2	1.5	0.0	0.4
Hallucinogens	2.5	7.7	1.3	4.5	0.0	1.3	0.0	0.2
Opiates	0.0	2.4	0.0	1.3	2.5	0.8	0.0	0.3
Inhalants	0.0	2.7	0.0	1.0	0.0	0.5	0.0	0.2
Designer drugs	1.2	8.9	1.2	5.5	0.0	1.7	0.0	0.2
Steroids	1.3	1.0	0.0	0.6	0.0	0.4	0.0	0.2
Other drugs	0.0	3.7	0.0	1.9	0.0	0.7	0.0	0.2

Notes:

Coll. = University of the Incarnate Word (online)

Ref. = Reference group of 125371 college students

The average number of drinks consumed per week at this institution is 0.9 drinks. The national average is 4.3 drinks (based on a sample of 123430). The percentage of students who report having binged in the last two weeks at this institution is 14.8% compared to the national average of 43.6%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<u>This Institution</u>	<u>Reference Group</u>	<u>Experience</u>
0.0	1.1	Been arrested for DWI/DUI
2.5	10.5	Been in trouble with police, residence hall, or other college authorities
0.0	4.6	Damaged property, pulled fire alarms, etc.
10.1	17.6	Driven a car while under the influence
10.1	26.5	Got into an argument or fight
3.8	1.3	Tried to commit suicide
11.4	4.5	Seriously thought about suicide
2.5	14.1	Been hurt or injured
6.3	7.7	Been taken advantage sexually
1.3	1.8	Taken advantage of another sexually
5.1	4.4	Tried unsuccessfully to stop using
8.9	9.1	Thought I might have a drinking or other drug problem
7.6	19.1	Performed poorly on a test or important project
15.2	33.1	Done something I later regretted
10.1	24.5	Missed a class
13.0	27.3	Been criticized by someone I know
20.3	32.3	Had a memory loss
40.5	50.1	Got nauseated or vomited
36.7	59.1	Had a hangover

Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

	Gender		Age		Average Grades		Campus Residence	
	Female	Male	16-20	21+	A-B	C-F	On	Off
Sample Sizes:	56	26	40	42	70	12	26	56
Currently use (in the past 30 days) alcohol	49.1	46.2	30.8	64.3	51.4	27.3	38.5	52.7
Currently use (in the past 30 days) marijuana	18.2	11.5	15.4	16.7	14.3	27.3	15.4	16.4
Currently use (in the past 30 days) illegal drugs other than marijuana	5.5	0.0	2.6	4.8	4.3	0.0	3.8	3.6
Had 6 or more binges in the past 2 weeks	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Have driven a car while under the influence during past year	9.3	12.0	10.3	10.0	11.6	0.0	7.7	11.3
Have been taken advantage of sexually during past year	9.3	0.0	5.1	7.5	5.8	10.0	7.7	5.7
Have taken advantage of another sexually during past year	0.0	4.0	0.0	2.5	1.4	0.0	0.0	1.9

Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire.

- | | |
|-----------------------|---|
| 22.0% were freshmen | 73.2% were in the "typical" college age range of 18-22. |
| 25.6% were sophomores | 68.3% were female. |
| 18.3% were juniors | 68.3% lived off campus. |
| 34.1% were seniors | 59.8% worked part-time or full-time. |
| 0.0% were graduates | 98.8% were full-time students. |
| 0.0% were other | 37.7% reported spending at least 5 hours per month in volunteer work. |