



**ILLINOIS STATE
UNIVERSITY**
Illinois' first public university

Biennial Review

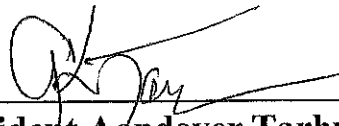
2022/23 - 2023/24

Illinois State University

Biennial Review 2022/23 – 2023/2024

**In Compliance with the Drug Free School and
Communities Act for the U.S. Department of Education**

**I have read and agree to these
recommendations.**



President Aondover Tarhule

Date 1/16/25

Table of Contents

Introduction and Preface of Review	3
Illinois State University Overview.....	5
Illinois State University Update from 2022-2024 Biennial Review.....	7
Alcohol and Other Drug Prevention Programs/Services	8
Alcohol and Other Drug Intervention Programs/Services	29
Alcohol and Other Drug Use Assessment	36
Alcohol and Other Drug Student Policy Enforcement	37
Alcohol and Other Drug Faculty/Staff Policy Enforcement.....	45
Alcohol and Other Drug Policies.....	46
Recommendations for 2024-2026.....	49
Conclusion	50
Drug Free Schools and Communities Act Supplemental Checklist.	51
Appendices.....	55
Appendix IAlternative Breaks Zero Tolerance Alcohol and Drug Agreement	
Appendix IIIntercollegiate Athletics Alcohol, Tobacco, and Other Drug Policy	
Appendix III...Intercollegiate Athletics Drug Testing Policy	
Appendix IV...Intercollegiate Athletics Tailgating Procedures	
Appendix V....Campus Recreation Alcohol Policies and Procedures	

Introduction and Preface of Review

To comply with Part 86 of the Drug-Free Schools and Communities Act (DFSCA), Illinois State University created a committee to prepare the Biennial Review "to certify that it has adopted and implemented a program to prevent the unlawful possession, use and/or distribution of illicit drugs and alcohol by students and employees." The Alcohol and Other Drug (AOD) Program at Illinois State University is a comprehensive effort of various departments within Divisions of Finance and Planning, Academic Affairs, and Student Affairs. The overall goal of the AOD program at Illinois State University is to reduce negative consequences, resulting from high-risk alcohol and drug use, that impede academic success.

The departments that contribute to the Alcohol and Other Drug program include the following:

1) Intercollegiate Athletics	John Munn/Leanna Bordner
2) Bone Student Center	Stephanie Morstatter
3) Campus Recreation	Matt Seibring
4) Dean of Students Office	Dr. Andy Morgan
5) Center for Civic Engagement	Dr. Katy Strzepek
6) Human Resources	Janice Bonneville
7) Health Promotion and Wellness	Nikki Brauer
8) Enrollment Management and Academic Services	Dr. Ani Yazedjian
9) Student Counseling Services	Dr. Carrie Haubner
10) University College	Amy Roser
11) Student Health Services	Becky Ludolph
12) University Housing Services	Stacey Mwilambwe
13) University Police Department	Chief Aaron Woodruff
14) Mennonite College of Nursing	Dr. Theresa Adelman-Mullally

Ms. Kerri Calvert, Health Promotion and Wellness, was responsible for the coordination and compilation of all information provided by the departments and representatives for the Biennial Review.

An e-mail detailing the process for completing this project was sent in July by Ms. Calvert to all departments/representatives. Members were informed that the Biennial Review process would be completed electronically via e-mail. The initial information discussed the components of the Biennial Review, provided each person with the 2020-2022 Biennial Review to be used in the preparation of materials, and reviewed the Biennial Review timeline. Departmental contacts were also encouraged to ask questions and provide feedback during the process to ensure clarity. The following criteria were used to help prepare the information:

1. Descriptions of the Alcohol and Other Drug programs or services;
2. A statement of Alcohol and Other Drug program goals and a discussion of goal achievement;
3. Summaries of Alcohol and Other Drug program(s) strengths and weaknesses;
4. Procedures for distributing the Alcohol and Other Drug policy to students, faculty and staff;
5. Recommendations for revising or updating the program(s).

The departmental contacts were also asked to review their Alcohol and Other Drug program in relation to the DFSCA supplemental checklist, which "embodies the goals and spirit of the DFSCA, helping campuses create effective and all-encompassing Alcohol and Other Drug prevention programs." This checklist included the following areas of environmental interventions: alcohol-free options, normative behavior, alcohol availability, alcohol marketing and promotion, and policy development/enforcement.

The following pages are a compilation of material submitted by these university departments regarding their Alcohol and Other Drug program. This information is followed by recommendations for updating/revising Illinois State University's campus-wide Alcohol and Other Drug programming and policy enforcement efforts in order to comply with the U.S. Department of Education guidelines.

Illinois State University Overview

Illinois State University is a small college experience with large university opportunities. The central mission of the University is to:

work as a diverse community of scholars with a commitment to fostering a small-college atmosphere with large-university opportunities. We promote the highest academic standards in our teaching, scholarship, public service and the connections we build among them. We devote all of our resources and energies to creating the most supportive and productive community possible to serve the citizens of Illinois and beyond.

Illinois State University is a comprehensive university offering more than 140 major/minor options in six colleges. The values-based commitment to creating an optimal learning environment has led the University to adopt the following values:

Learning and Scholarship

Illinois State University works with students as partners in their educational development, so they appreciate learning as an active and lifelong process. The University contributes new knowledge through research and creative activities in which all students, faculty, and staff are encouraged to participate. Faculty members embrace a model that values their contributions as both teachers and scholars in a balanced way.

Diversity and Inclusion

Illinois State University affirms and encourages community and a respect for differences. The University fosters an inclusive environment characterized by cultural understanding and engagement, ethical behavior, and a commitment to social justice. The University supports a diverse faculty and staff who mentor a diverse student population. The institution endeavors to provide opportunities for students, staff, and faculty to participate productively in a global society.

Respect

Illinois State University fosters a culture characterized by mutual respect, a civil exchange of ideas, and a collaborative approach to problem-solving. Faculty, staff, and students acknowledge others' rights to express differing opinions; they listen to opposing views conscientiously; and, when disagreeing, they do so responsibly.

Collaboration

Illinois State University community members work collaboratively to ensure the success of the University. They are dedicated to participating in shared governance, building on prior accomplishments, and making ongoing improvements. The University partners with business, industry, government, and educational entities to provide leadership in local, statewide, national, and international initiatives; expand service and outreach; and enhance financial support for instructional, scholarly, and service activities.

Individualized Attention

Illinois State University provides a supportive environment that focuses on each student as an individual. The University immerses learners in teaching and scholarship, fosters academic and personal growth, recognizes unique educational aspirations, and values each faculty and staff member's contributions to student success.

Civic Engagement

Illinois State University prepares students to be informed and engaged global citizens; ethical leaders who will craft, promote, and further positive goals for the betterment of society. The University promotes active learning experiences, through which students gain an awareness and understanding of civic engagement as a lifelong responsibility.

Integrity

Illinois State University promotes an environment defined by the highest ethical standards. Leadership of the University is characterized by stability, adherence to shared values, collaborative decision-making, and accountable stewardship of all university resources. Teaching and learning, including research and creative activities, are conducted at the highest level of academic quality and integrity.

Illinois State University's culture of integrated planning continues through Educate, Connect, Elevate: Illinois State. The strategic plan was approved by the Board of Trustees in May 2018 and serves the University by organizing its efforts of maintaining strength and seeking opportunities as they arise to support student success and academic innovation while serving the state of Illinois, the nation, and the world.

Educate, Connect, Elevate: Illinois State builds upon the strong foundation that the four iterations of Educating Illinois created from 2000 through 2018.

In Fall 2023, Illinois State University had an enrollment of 20,989 undergraduate and graduate students. Fifty-seven percent of the students are female, forty-two percent are male, and 1% are nonbinary. 30.5 percent of all students are from traditionally underrepresented groups, including 2308 African Americans, 565 Asians, 2713 Hispanics, 6 Native Hawaiian or Pacific Islanders, 17 American Indian or Alaskan Natives, and 741 international students.

Sources: <https://prpa.illinoisstate.edu/data-center/>
 <https://strategicplan.illinoisstate.edu/>
 <https://illinoisstate.edu/admissions>

2022-24 Illinois State University

Biennial Review Update

The Alcohol and Other Drug Program (AOD) at Illinois State University is a comprehensive effort. In Fall 2022, the Illinois State University Biennial Review Recommendations Committee developed the following goals and objectives to advance the overarching goal of changing the campus culture at Illinois State University with respect to student alcohol and drug use. The table below summarizes progress toward each objective.

Recommendations for 2022 – 2024

<ul style="list-style-type: none"> HPW staff member will serve on a newly formed campus-community committee to determine changes/updates to current enforcement/prevention initiatives related to alcohol and drug misuse/abuse 	<p>Achieved</p> <p>The community coalition BNCCC was revived and SAMSHA funds were used to support alcohol and drug use prevention efforts on-campus.</p>
<ul style="list-style-type: none"> ISU Wellbeing and Recreation units will participate in the NASPA 360 Proof initiative 	<p>Achieved</p> <p>Committee met several times in 2023, developing goals and strategies to reduce alcohol and drug use.</p>
<ul style="list-style-type: none"> Student Health Services (SHS) to offer screening for alcohol, cannabis, and non-medical use of prescription medications as part of intake process for all students using SHS services, once per year. 	<p>Achieved</p> <p>SHS added a questionnaire about alcohol and drug use to the EMR. Questions will be asked during first visit and once a year after that.</p>
<ul style="list-style-type: none"> Develop a new Student Alcohol and Drug Free Workplace notice to be distributed to all students in Spring 2023 	<p>Achieved</p> <p>Starting Fall 2023, notice is sent electronically to every student twice a year.</p>
<ul style="list-style-type: none"> ISU Athletics will investigate providing an alcohol education program such as “My Playbook” 	<p>Achieved</p> <p>ISU Athletics has incorporated alcohol and drug use information into team orientation meetings and addressed by sports psychologist.</p>
<ul style="list-style-type: none"> Revise the Code of Student Conduct to be completed by December 2023 	<p>Ongoing</p> <p>The Code of Student Conduct is still under revision with the hope it will be completed by end of Spring 2025.</p>
<ul style="list-style-type: none"> Reconvene Biennial Review Recommendations Committee on a biannual basis to ensure progress is being made toward achieving the Biennial Review Recommendations 	<p>Achieved</p> <p>The committee met twice each year to discuss progress of recommendations.</p>

Alcohol and Other Drug Prevention Programs and Services

Illinois State University offers a variety of prevention programs/services in the area of alcohol and other drugs, which are provided to students, faculty, and staff. This section discusses the Alcohol and Other Drug prevention efforts of numerous departments on campus. Departments providing such services in 2022 – 2024 include Intercollegiate Athletics; Event Management, Dining and Hospitality; Dean of Students Office; Center for Civic Engagement; University Housing Services; Campus Recreation; Enrollment Management and Academic Services; Health Promotion and Wellness; Student Health Services; University College; and the Illinois State University Police Department.

Intercollegiate Athletics

Alcohol, Tobacco, and Other Drugs Program

The Intercollegiate Athletic Department has a program in place which informs and educates student-athletes about the risks of using alcohol, tobacco, and other drugs. This program is reviewed annually by the Athletic Director's staff, Student-Athlete Advisory Council (SAAC), and the head coaches. Student-athletes are exposed to different avenues of information distribution regarding legal aspects, physiologic/psychological effects, counseling and treatment options for those with addictions or issues, and public perceptions of the use of alcohol, tobacco, and other drugs.

Student-athletes who feel they need assistance for use or addiction to alcohol, tobacco, or any banned drug or medication may be referred to the Illinois State University Student Counseling Services or the Athletic Department's licensed counselor. Student-athletes who test positive through the department's drug testing program, violate the university's alcohol policies, are convicted of a crime involving alcohol, tobacco, or other drugs, and/or have been identified by a coach or administrator as potentially having a problem, may be referred to Student Counseling Services as deemed appropriate by the department or university entity. Student-athletes are encouraged to seek assistance from on campus counselors, off campus counselors, athletic trainers, and department staff members in the event the individual has concerns about substance use/abuse of any kind. There are additional measures in place to ensure strict confidentiality and protect the process between the counselor and the student-athlete.

The Alcohol Tobacco and Other Drug program is posted on the athletic department website <http://www.GoRedbirds.com> in the athletic training manual underneath the 'about' tab and under 'athletic training'. The ATOD policy is a general overview of departmental policy and education protocols in place to ensure student-athletes are informed and held accountable for usage of substances that are deleterious to their health. The substances include alcohol, tobacco, vaping materials, banned substances by the NCAA and Illinois State University Athletics, prescription medication, and performance enhancing drugs.

Bone Student Center and Braden Auditorium

The Bone Student Center and Braden Auditorium hosts a wide variety of events, from large concerts and meetings to intimate receptions for Registered Student Organizations (RSOs), university departments, and public organizations.

University departments and public organizations are permitted to host events with alcohol. The Client must have a signed agreement and approved Alcohol Addendum signed by the Associate Director of Event Management, Dining, and Hospitality (EMDH). University departments must seek written approval for the sale and serving of alcoholic beverages from the President at least two (2) weeks in advance of the event. The request will be reviewed to ensure the proposed event meets the requirements of state law and University policy. There will be no standing approvals. RSOs are not permitted to have alcohol when hosting events.

EMDH is responsible for purchasing, facilitating delivery, inventory control, sales and serving according to established University policy and consistent with applicable state law.

Possession or consumption shall be restricted to the room(s) or area(s) scheduled and specified for such beverages.

Alcoholic beverages will not be served to anyone who is under 21 or who appears to be intoxicated or who is not in legitimate attendance at the event. In addition, persons serving alcoholic beverages have the right and obligation not to serve anyone behaving in a threatening or abusive manner.

The event coordinator / sponsor will work with EMDH personnel to control the behavior of those attending the event, according to building and University regulations and applicable state law. Whether or not law enforcement is needed as a precaution or in response to an incident will be determined solely by EMDH management.

Events where approval to serve alcoholic beverages may be granted include: 1. Events where heavy hors d'oeuvres will be served; 2. Dinner banquet or receptions with a catered meal prior to or as part of the event; 3. Open bar with a catered meal.

The University reserves the right to terminate an event or the serving of alcoholic beverages in the event that either this policy or other University policy, or Illinois laws are being violated.

EMDH catering staff participates in the ServSafe Alcohol certification and training program through the National Restaurant Association. This program trains staff how to safely handle alcohol service.

Please refer to the Illinois State University Alcohol Policy at <https://policy.illinoisstate.edu/health-safety/5-1-20.shtml>. EMDH continues to provide students alcohol free, drug free, inclusive, safe environments and programming options, including multiple concerts each semester, the Braden Movie Series, Welcome Week programming, and other student engagement events.

Dean of Students Office (DOS)

Care Functions

Alcohol and drug use can cause or exacerbate mental or physical health concerns, poor academic performance, roommate conflict, and homesickness. These issues are intertwined and complex. From a student's perspective, they often can't identify individual factors contributing to or influenced by the root issues. When a student hits a breaking point, or a faculty/staff member reports concerning behavior, the Dean of Students Office provides care through a variety of services.

A **Dean on Duty** is available every weekday from 8 a.m.-4:30 p.m. This is a triage service to help students problem-solve their situations and direct them to the appropriate campus or community resources.

The **Redbird Care Team**, a cross functional group of skilled and committed Illinois State University professionals, receives and reviews reports of concerning student behavior. Care is provided through a system of Case Managers in the Dean of Students Office, University Housing Services, and Student Counseling Services, and the Student Health Services.

Student Activities Registered Student Organizations (RSOs)

The Illinois State University Alcohol Policy requires all registered student organizations (RSOs) to register any events with alcohol. No alcoholic beverages will be sold, served, or consumed at RSO sponsored events held in campus buildings unless alumni are involved. If alumni are involved, the organization must work with Alumni Engagement in coordinating the event.

RSOs must complete the *RSO Registration Form for Events with Alcohol* form at least four weeks prior to an event to be in compliance.

Students' Attorney

The Students' Attorney provides free general legal advisement to Illinois State University students to assist with any legal concerns that may arise while attending the University, barring issues between students or issues between students and the University. The office provides consultation, gives general recommendations, helps students understand the legal process, and gives referrals, as needed. All information relayed in consultations is kept confidential.

In addition to daily consultations, the Students' Attorney gives presentations to various groups upon request on legal topics important to current students. Past presentations have discussed leasing/off campus living, career development, current and proposed legislation, and anti-hazing. The Students' Attorney regularly presents during parent and family weekend and to the students helped by the Office of International Engagement.

During the fall semesters of 2023 and 2024, the Students' Attorney hosted on-campus Lease Review Clinics where students received help understanding the terms of their leases from volunteer attorneys on a walk-in basis. For each event, local attorneys volunteered approx. 40 hours to our students over the span of three days, a value of approximately \$12,200. The Students' Attorney collaborated with the major, local leasing companies to market the event in addition to in-house university marketing efforts. This program's strength is reflected by the local legal community's eagerness to assist our students. The weakness of the program showed that after two years, it was not well attended by students. In the winter of 2024, the Students' Attorney hosted several attorneys who currently provide student legal services at other

universities in Illinois. During this one-day meet and greet, the lawyers were able to discuss their programs, provide critical feedback to one another, and build professional relationships for referrals. The strength of this program lies in the take-aways for improvement that each office was able to receive from others doing the same work. All feedback from the other attorneys was positive. As Illinois State University is centrally located within the state, it was an advantageous location for the in-person meeting.

Parent and Family Services

Personal Communication

Parent and Family Services – the Dean on Duty takes questions via phone, email and in-person during University business hours. Many of these calls center around (1) getting students involved in campus life so that they find positive social connections and create a sense of belonging that does not depend on the use of alcohol and/or drugs or (2) helping students get help when either life/personal circumstances or behavioral choices (including the use of alcohol/drugs) impede their mental health and/or academic success.

Presentations

Preview Summer Orientation Parent/Family Schedule

The opening session includes information on how parents/families can facilitate a positive adjustment to college and having conversations about values and expectations with students prior to the start of the fall semester. The closing session emphasizes student attendance at Welcome Week to introduce them to the positive social offerings available year-round at the University, as well as introducing key resources for when students need help.

Transfer Day Parent/Family optional session

This session mirrors information presented to first-year parents/families in Preview.

Open House “Making the Transition” optional session

This session clarifies some differences between high school and college and encourages parents and students to begin honest conversations about values and how those play out when a student has increased independence.

Publications

Parent and Family Guide

Distributed in Preview and Transfer Days to all parents/families of incoming students; also available online and in Spanish. The Guide includes a section on Safety and Well-Being, including the topics of alcohol, drugs, empowered bystanders, and tips for having a conversation with a student on these topics.

Parent and Family News

Monthly newsletters are emailed to parents/family members and posted on the Parent and Family Services Facebook page and on Parents.IllinoisState.edu. Newsletters typically include at least one topic related to positive social opportunities/campus involvement, or resources for help on campus.

Social Media

Parent and Family Services at Illinois State Facebook page

Regular updates for parents/families. This forum allows for pressing campus topics to be addressed and is available when the University has a need to communicate information directly to parents/families.

Illinois State Parents and Families Facebook discussion group

A way for parents/families to connect with other Illinois State families to ask questions, get advice and share tips. The topics of conversations are driven by parents/families. Drug/alcohol-related topics occasionally arise. Although not all comments by parents are discouraging of alcohol/drug use by students, there is typically a balance of pro/con comments on any topic that encourages critical thought on the part of the reader.

Family Weekend allows students/parents/families to choose activities that work best for their family while showcasing positive social opportunities and the myriad ways to connect with others at Illinois State University in non-alcoholic environments.

Leadership Education and Development

The Leadership Education and Development (LEAD) initiative is committed to fostering personal and community growth among students by utilizing a variety of leadership, community, and student-based theories and frameworks. LEAD's mission is to support, encourage, and challenge students to explore leadership through their own unique strengths, cultures, relationships, privileges, biases, and everyday experiences. By engaging students in meaningful activities that challenge their self-concept and encourage societal contributions, LEAD helps align students' values with their actions, promoting a healthy and supportive campus environment.

LEAD programs are carefully designed to engage a diverse student population, including incoming first-year students, transfer students, non-traditional students, and first-generation students. Key programs include:

- **Leaders of Social Change (LOSC) Institute:** This eight-week program is geared towards upper-class student leaders, empowering them to become agents of positive change in their communities by providing the skills and knowledge to address social issues effectively.
- **EMERGE Leadership Program:** A six-week strengths-based curriculum and program designed to cultivate communities of belonging for transfer and non-traditional students. This program focuses on enhancing leadership capabilities through workshops, mentorship, and real-world application of leadership principles.
- **Leadership for Liberation Pop-Up Library Series:** In partnership with Milner Library, this series provides resources and discussions centered on leadership in the context of social justice and liberation, encouraging students to think critically about their roles as leaders in a diverse and changing world.
- **Leadership and Success Seminar:** Offered in partnership with University College, this seminar provides a strengths-based leadership curriculum to first-time, first-year students, laying a strong foundation for their personal and academic success.

- **Elevate Leadership Week:** This week-long event features a variety of workshops, speaker sessions, and activities designed to elevate students' understanding and practice of leadership, fostering a campus-wide culture of leadership and engagement.

By participating in LEAD programs, students are more likely to engage in positive behaviors and make meaningful contributions to their communities. These programs help create a supportive network that discourages substance abuse by promoting healthy alternatives and fostering a sense of belonging and purpose among students. These types of programming play a crucial role in shaping a positive campus culture that aligns with the goals of the federal Drug-Free Schools and Communities Act by encouraging personal growth, community engagement, and responsible leadership among students.

University Program Board

The University Program Board (UPB) plans events and activities for Illinois State students on a university-wide level. As stated in their mission statement, "The University Program Board is committed to establishing student driven programs focused on social, cultural, educational, and recreational growth of Illinois State University and the surrounding community." The goal of the UPB is to provide diverse programs and opportunities that are free or low cost. UPB also works to provide alternative activities throughout the year for students that are alcohol and drug free.

Highlights of the organization:

- Events from a variety of genres are offered including social and recreational, arts and entertainment, spirit or tradition related, late night, enriching or educational, and large-scale concerts or entertainment. This aids in providing programming for students from a wide variety of backgrounds or identities.
- All events are substance-free, providing social alternatives to drinking on both weeknights and weekends.
- Programs are initiated, planned, and coordinated by students, better reflecting student interests and allowing students to take responsibility for event planning.
- The schedule is determined a semester in advance so students can select the events in which they want to participate and place them on their calendar. The Division of Student Affairs has consistently been supportive of the UPB activities and encourages other departments and divisions on campus to support these events.

Welcome Week– Social and Evening Activities

Welcome Week takes place the week prior to the first day of classes in August. It offers several social, recreational, and educational activities to introduce students to the University and help them adjust to campus life. A wide variety of evening activities are offered through the Welcome Week program.

Strengths

- The programs are all alcohol and drug free.
- By providing students with several activities to participate in during their first nights at college, new students find that there are alternatives to drinking on the weekends.
- The activities are all non-threatening and appeal to a wide range of interests.
- The programs help to build a sense of pride in Illinois State University and promote positive traditions amongst the student body.

- Programs are offered until late in the evening, providing a social outlet for students long after many businesses in the Bloomington-Normal community have closed for the evening.
- Students assist with the planning and execution of the events.

Weaknesses

- While efforts have been made to expand the diversity and variety of programming offered, there is still the possibility that a student is not interested in the event(s) happening at any given time.

Evaluation

The overall Welcome Week program is evaluated immediately after the program takes place.

Welcome Week Planner Postings

A daily academic planner is distributed during Welcome Week to all new students at the university. Within the daily planning calendar section, University activities and statements are included.

Strengths

- The planner is free to incoming students. New students receive the planner during Welcome Week events.
- Health promotion postings are grouped with many other postings; therefore, a student may read about activities and programs taking place on campus

Sorority and Fraternity Life (SFL)

Staff working with the over 40 chapters of social fraternities and sororities have enhanced the risk prevention education for the students. This includes three online learning modules: Hazing Prevention 101, Hazing Prevention – Fraternity and Sorority Life, and Diversity, Equity and Inclusion Training. Additionally, new educational programs around event management, specifically for events with alcohol, have been piloted. Starting in the fall of 2024, a program in partnership with the Normal Town Fire Marshal will be hosted for fraternities with homes and those that live there.

Each governing council (Interfraternity Council, College Panhellenic Association, National Pan-Hellenic Council, and United Greek Council) addresses alcohol use through the *Registered Student Organization Event with Alcohol* procedures. SFL staff provides mandatory training at the beginning of each semester on these procedures as well as risk management responsibilities and expectations. In addition, all chapters are required by their international organizations to host educational programs about drug and alcohol abuse.

The National Pan-Hellenic Council (NPHC) Plaza project is in the fundraising phase, having raised over \$100,000 at the time of this update. Students and alumni are engaged in the fundraising and visioning for this project which will provide a physical representation and celebration of the nice historically African American fraternities and sororities.

Strengths

- Centralized delivery of message to all social fraternities and sororities ensures a consistent understanding of university guidelines and procedures.

- Collaborative work with other units broadens the reach to all members of sororities and fraternities, including new members, those who live in the house, and those who live off-campus.
- SFL staff have collected a variety of data (i.e.: community graduation and retention rates, new member retention rates, ethical breakdown of SFL members, retention rates specific to each council's members and retention for students who participate in College Panhellenic Association Primary Recruitment.). This allows us to better understand the SFL experience and be able to plan programs and education for this community.
- Procedures for events with alcohol provide oversight and quality control of events registered through Sorority and Fraternity Life.

Weaknesses

- Continued issues with the fire marshal and fraternity homes
- Size of some chapters is a concern for sustainability of those groups

Center for Civic Engagement

Service Projects

The majority of service projects provided by the unit are one-day projects to volunteer in the surrounding community. The signature service projects coordinated by the unit include Holiday Helper, Martin Luther King Jr. Day of Service, Welcome Week Service Project, and Bring It Back to Normal. Unit staff assist students in finding one-time or on-going volunteer opportunities in the community and offer students resources related to volunteerism on national or international levels.

After each program, students are asked to reflect and evaluate their experience. The reflection is personal in nature and provides a deeper meaning of service and volunteerism. The evaluation provides feedback on logistics, if program learning outcomes are being met, how to improve the activity in the future, and the impact volunteerism has on social change.

Strengths

- Programs are all alcohol and drug free.
- Service projects allow students to engage with involvement in a manner conducive to their schedule.
- Projects serve as an alternative activity to alcohol or drug use.
- Some of the projects involve site visits to shelters for alcohol and/or drug rehabilitation which can make students aware of the effects of alcohol and drug use.

Weaknesses

- Programs, regardless of how they are marketed, tend to attract more women than men.
- Many of the activities and projects are held during the day and do not provide evening alternatives for students.
- Several of these programs experience a high no-show rate, which may limit their effectiveness.

Alternative Breaks

Alternative Breaks (AB) is the registered student organization supported by the Center for Civic Engagement. Alternative Breaks provide ISU students the opportunity to serve and learn about social issues first-hand. Alternative Breaks offers Alternative Spring Break (ASB), Alternative Winter Break (AWB), and Alternative Summer Break (ASuB).

ASB trips occur in March during the Illinois State University Spring academic break. These trips are offered each year as an alternative to stereotypical spring break trips, where alcohol and substance use are common. The ASB program provides approximately 90 students each year with the opportunity to participate in a week-long team service experience. One trip is international, and others are in a different location across the continental United States, averaging four cities per year. (In some years, trips are only domestic depending on the budget). Students participate in daily service and reflection activities during the week as well as have the chance to interact socially without the pressure of alcohol or drugs.

The AWB is an international trip in its eleventh year, and similar to ASB, is focused on service and daily reflection activities; however, AWB also provides students the chance to see the world and global issues from new and different perspectives. The international trip has approximately 12 students who travel to Costa Rica or another international location.

Alternative Summer Break (ASuB) is a 17-day service trip in which participants travel to Kenya to work with Living Positive Kenya in Ngong Hills. This trip focuses on several social issues like women's empowerment and HIV/AIDs. Students learn to become a conscientious participant in global society through strong direct service and reflection and connect with other students who are looking to make a difference.

AB provides students with exposure to new environments, people, and experiences while doing service. All AB trips and activities are alcohol and substance free. All participants in the program sign contracts agreeing not to consume alcohol or drugs while participating in AB related activities. Students often return from these trips not only enlightened about social issues, social justice, and social change, but also with a new appreciation of their ability to have fun without the use of alcohol and drugs.

The ultimate goal of AB is to provide an enjoyable learning experience through service, which helps students become active citizens and agents for social change. All AB programs and trips are planned and executed by a large volunteer corps of students, including an executive board, bus leaders, and trip leaders. The Center for Civic Engagement provides support to the program through an Alternative Breaks Coordinator and an Assistant Director for Co-Curricular Programs.

The Alternative Break program includes the following components:

- Student conceived, student planned, student executed program
- Detailed application process for all participants
- Student leader trainings and retreats
- Faculty/staff participant training
- Participant training and orientation day
- Team meetings, service activities, and fundraising pre-trip

- Issue specific trainings for participants prior to the trips
- The participants perform service and participate in group reflection and sharing on a daily basis
- Post-trip service projects
- Post-trip reflection and sharing event

Strengths

- AB allows students an opportunity to experience volunteerism and encourages them to continue volunteering throughout their life.
- AB exposes students to a wide range of social issues such as hunger and homelessness, disabilities, cultural barriers, environmental issues, rural poverty, and youth issues. This exposure allows students to gain a better understanding of social issues and diversity as it relates to their role in the world.
- AB forms bonds between students. The groups become very close, and it gives the participants a feeling of community at Illinois State University.
- AB participants also value the opportunity to interact with faculty in and out of the classroom. Faculty attending the AB trip serve on the same level as students. This often leads to close relational bonds with faculty and as a result, creates a stronger bond to the institution as a whole.
- AB provides a safe and supportive atmosphere for students to interact and learn that it is possible to have a good time without the aid of alcohol or drugs. Students involved in the program for multiple years become proud of the fact that the strict student-developed alcohol policy is enforced (*Appendix I*).
- AB has added a new statement marijuana in our drug and alcohol agreement: "All activities sponsored by the Center for Civic Engagement are alcohol free and illegal drugs are prohibited (this includes cannabis regardless of state laws as the University is subject to federal law). As a participant, I agree to abide by the following statements. I understand that if my actions are not in line with these statements, I will be asked to leave immediately, and this incident will be reported to Student Conduct and Community Responsibilities.
- AB provides multiple leadership opportunities for its participants. Students often move from the participant role to executive board role or the site facilitator role. A few select students even have the opportunity to become coordinators.

Weaknesses

- Limited education is offered about alcohol and substance abuse in the program. Students learn about the importance of why the trip is alcohol and substance free, but the larger issue is not discussed in great detail.

Campus Recreation

Programs

Campus Recreation offers a variety of program offerings that are all alcohol, drug and tobacco free. The programs include intramural sports, sport clubs, group fitness classes, personal training, outdoor adventure trips, team building activities that all promote healthy lifestyles. Each of these programs are offered late into the evenings to provide alternative programming. Each of these programs build community amongst students and increase morale.

Student Fitness Center and McCormick Hall

The Student Fitness Center and McCormick Hall provide a wealth of opportunities for the Illinois State University community. The 170,000 square foot facility serves as the home for Campus Recreation, Health Promotion and Wellness, and the School of Kinesiology and Recreation. The Student Fitness Center offers a multitude of fitness opportunities including cardio, strength training and stretching areas. Also located in the Student Fitness Center are group fitness classes, sport courts, a pool and the 47-foot climbing wall. All fee-paying students have access to use this facility during its open hours.

Bowling and Billiards Center

The Bowling and Billiards Center (BBC) provides a unique recreational and social alternative for students and residents of the community looking for an alcohol and drug free environment. Cost for students is held to a minimum to encourage student use. In addition, students receive free bowling on their birthday with state ID verification to encourage alternative celebrations. The BBC's hours of operation end at 11p.m. each day of the week during the academic year. The Bowling and Billiards Center is also the home to Redbird Esports. With state-of-the art gaming PCs, tabletop gaming, and console gaming all available, the Bowling and Billiards Center is a place to gather and connect with fellow students.

Campus Recreation Alcohol and Other Drug policies and procedures may be found at *Appendix V*.

Enrollment Management and Academic Services

Academic Courses

During the period under review, seven courses with alcohol and other drug information were part of the University's curriculum. "Dynamics of United States Contemporary Health Issues" is a General Education course offered by the School of Kinesiology and Recreation, Family and Consumer Sciences, and the Department of Health Sciences. This course serves a broad audience. The remainder of the courses are designed specifically for majors in the Department of Health Sciences, the Department of Criminal Justice Sciences, the Department of Politics and Government, the Department of Psychology, the School of Biological Sciences, and the School of Kinesiology and Recreation.

The following are enrollment figures supplied by the Office of Enrollment Management and Academic Services

Course Enrollment Figures for Academic Years 2022-23 and 2023-24

Course	Fall 2022	Spring 2023	Fall 2023	Spring 2024
BSC 420A34	Not offered	Not Offered	Not offered	5
HSC, KNR, FCS 208	294	273	346	258
HSC 390	34	Not offered	34	Not offered
CJS 212	31	30	30	30
CJS 338	Not offered	Not offered	Not offered	Not offered
POL 259	Not offered	25	Not offered	25
PSY 367	Not offered	Not offered	Not offered	Not offered

Courses provided by the Department of Health Sciences

208 DYNAMICS OF UNITED STATES CONTEMPORARY HEALTH ISSUES (this course is also taught by the School of Kinesiology and Recreation and the Department of Family and Consumer Sciences)

3 semester hours

Exploration and analysis of current health and lifestyle issues. Emphasis on how individuals, communities and society make health decisions.

390 DRUGS IN SOCIETY

3 semester hours

Psychological, social, medical, legal, and economic aspects of use, misuse, and abuse of substances will be explored along with the implications for education and prevention. Prerequisites: Health Promotion Education major/minor only. A minimum of 45 hours completed or graduate standing.

Courses provided by the Department of Criminal Justice Sciences

212 COMMUNITY CORRECTIONS

3 semester hours

Theoretical basis, current methodology, and operations: court counselors, citizen action, half-way houses, work-release, drug abuse treatment, detention, reception and diagnostic centers, and probation and parole. Prerequisites: CJS 200. Major or minor only or consent of the department advisor.

338 ALCOHOL, DRUGS, AND CRIME

3 semester hours

Analysis of the impact of alcohol and drugs on crime and the criminal justice system. Prerequisites: CJS 101. 45 hours completed. Major/minor only or consent from departmental advisor, or graduate standing.

Course provided by the Department of Politics and Government

259 THE POLITICS OF THE GLOBAL ILLICIT ECONOMY: DRUG TRAFFICKING

3 semester hours

Examine numerous international security threats exacerbated by drug trafficking by identifying how drug trafficking affects different security issues.

Course provided by the Department of Psychology**367 INTRODUCTION TO BEHAVIORAL PSYCHOPHARMACOLOGY****3 semester hours**

Foundation concepts of behavioral psychopharmacology including basic brain anatomy and physiology, neural mechanisms of drug action, and examination of drug action and behavior. Prerequisites: PSY 110 or 111; PSY 231; BSC 101 or 196; or graduate standing. PSY 263 is recommended.

Course provided by the School of Biological Sciences**420A34 SEMINAR IN NEUROBIOLOGY****1 semester hour**

The overall goal of this course is to review current topics in neurobiology, such as neurobiology of drugs of abuse, compensatory adaptation in neurodegenerative diseases, and the etiology and treatment of Parkinson's Disease. May be repeated. Multiple enrollments allowed.

Strengths

These courses provide current information about Alcohol and Other Drug-related issues that are based in the research literature with an appropriate balance between content and skill development. The courses are taught by highly qualified faculty who remain current in the field.

Weaknesses

All but one of the courses is restricted to a very limited student population which are majors or minors within the departments offering them. Capacity in the General Education course FCS/HSC/KNR 208 is limited by available space and staffing constraints.

Health Promotion and Wellness - Alcohol, Tobacco, and Other Drug (ATOD) Outreach

Health Promotion and Wellness collaborates with various departments across campus in Alcohol Tobacco and Other Drug prevention services. Through the utilization of outreach methods such as wellness campaigns, student/staff/volunteer/peer training, grants, community coalition building, the Biennial Review Recommendations Committee, coordination of campus/community alcohol education program, campus-wide alcohol tobacco and other drug data collection/analysis, and preventive educational campus programming, the University is able to provide collaborative prevention programs addressing alcohol and other drug issues. The following are goals for outreach programs:

- Provide outreach activities and support departments that promote positive alcohol and drug-free lifestyle behaviors
- Act as a clearinghouse for information on alcohol, tobacco and other drug issues to all faculty, staff, and students on campus
- Coordinate campus-wide alcohol, tobacco, and other drug prevention campaigns

- Collaborate with University departments and registered student organizations to support and/or sponsor harm reduction programming efforts
- Integrate positive and empowering alcohol, tobacco, and other drug prevention into all Health Promotion and Wellness programming efforts
- Provide support to community agencies that promote the sharing of ideas and information on proactive prevention of alcohol, tobacco, and other drug practices
- Work cooperatively with local and state law enforcement agencies in alcohol, tobacco, and other drug prevention efforts
- Administer the American College Health Association (ACHA) National College Health Assessment (NCHA) to measure student alcohol, tobacco, and other drug trends
- Conduct informal surveys that address alcohol, tobacco, and other drug prevention needs on campus
- Provide support in the development and continual evaluation of campus-wide alcohol, tobacco, and other drug policies

Another level of outreach is through the **Student Wellness Ambassador Team (SWAT)**, a peer education program and registered student organization. SWAT strives to promote healthy behaviors and lifestyles to Illinois State University and the local community through a variety of programs and services. <https://wellness.illinoisstate.edu/students/team/>

SWAT provides an opportunity for students to promote positive lifestyle choices among fellow students, as well as to develop and practice skills that are used by health professionals. Student Wellness Ambassador Team volunteers also staff the “GSpot”, a portable gazebo with health information and resources, including alcohol, tobacco, and other drugs. It is set up around campus, once a week, at various heavily trafficked spots.

Health Promotion and Wellness staff members coordinate the peer education program. Students who participate attend a weekend retreat and meet once a week (90 minutes per session) in fall and spring semesters to discuss a variety of college health issues, including alcohol and other drugs. Student Wellness Ambassador Team members facilitate workshops and assist with planning and implementing other outreach efforts on these health issues. A trained peer-educator provides information, serves as a referral resource, facilitates learning, listens to identify students' needs and concerns, and is a role model for healthy lifestyle choices.

Student Wellness Ambassador Team goals:

- Foster peer support for positive lifestyle and behavior choices, and to promote an attitude of fun while learning about various aspects of healthy lifestyles.
- Prevent and reduce the incidence of alcohol and illicit drug abuse, sexually transmitted infections (STIs) including HIV/AIDS, abuse in relationships, and sexual assault.
- Build a healthy rapport with students/faculty/staff of all backgrounds and organizations.
- Address health issues of diverse student groups in a culturally sensitive way and give students the opportunity to express their fears, questions, and concerns.
- Challenge Student Wellness Ambassador Team members to examine their personal values and behaviors regarding substance use, healthy sexuality, and other health and wellness issues, and to feel positively about peer education.

- Provide quality programs and a safe and open forum for peer-led discussions on substance abuse prevention, healthy sexuality, and other health and lifestyle issues to Illinois State University students.
- Provide primary interventions when students seek help, and give accurate, up-to-date information, resources, and referrals to help other students minimize their risk of chronic health problems and contribute to their academic success.

The number of students reached through Student Wellness Ambassador Team efforts from July 1, 2022 to June 30, 2024:

- Workshops with alcohol information = 472 students
- GSpot wellness gazebo outreach - Total students reached = 15,521

Recovery for Redbirds (15-30 students/year)

Recovery for Redbirds is a peer-based support system for those who are in recovery from substance use disorders (or other addictions), are curious about recovery or risk reduction, are substance free, are impacted by others' substance use disorders, or are allies. Recovery for Redbirds offers peer-based support, sober socialization, community meals, and more. In addition, Recovery for Redbirds works to reduce the stigma associated with substance use disorders and recovery; Health Promotion and Wellness staff facilitate a recovery ally training workshop on their behalf.

Preventing Accidental Overdose: Narcan and Fentanyl Test Strip Training and Distribution

Beginning in the spring semester of 2024, students, faculty, and staff were able to participate in drop-in training sessions regarding Narcan and Fentanyl Test Strips during office hours or request a training session for a group or organization. 103 students, faculty, and staff were trained.

Group Exploration of Alcohol and/or Cannabis Workshop (Re-launched this in the spring 2024 with two groups after a break during the COVID pandemic)

Intact groups can explore their alcohol or cannabis use culture using a discussion focused on evidence-based tools, such as social norming and cost-benefit analysis. The group also explores their values and goals, group member's perceptions on how alcohol/cannabis is impacting those values and goals (in helpful or unhelpful ways), and potential ways to grow as a group.

Pop-Up Alcohol and Cannabis Screenings

Engage students in Screening, Brief Intervention and Referral to Treatment (SBIRT) protocol regarding alcohol and cannabis use. 196 students were screened in the spring of 2024.

Strengths for Health Promotion and Wellness

- An area of strength for the Health Promotion and Wellness department is the alcohol, tobacco, and other prevention program. The support that is provided by upper University administration shown through the provision of funds and an official mandated structure to coordinate alcohol, tobacco, and other prevention efforts is to be commended.
- Another strength lies with Health Promotion and Wellness staff members who work diligently to meet the goals of the department in addressing alcohol, tobacco, and other

drug issues on campus. The staff continually seeks educational opportunities to remain up to date on national and local trends in alcohol, tobacco, and other drug prevention issues. Health Promotion and Wellness professional staff also seek opportunities to network with the campus and community and use evaluation methods to examine program effectiveness and campus trends on alcohol, tobacco, and other substances.

Weaknesses for Health Promotion and Wellness

- A weakness has been a decline in attendance at student events; campus and city ordinance violation enforcement has also decreased over the past several years which means fewer students are being required to attend sanctioned programs.

Student Health Services

Student Health Services is a primary care ambulatory clinic on campus. Student Health Services (SHS) is addressing the issue of student alcohol/drug use in the following ways:

Students seen as patients in the clinic may volunteer that they have concerns about personal alcohol and/or drug use. SHS providers would address this issue by assessing the severity of the problem presented and then offering appropriate resources for possible intervention. These resources could include additional visits at Student Health Services, a referral to Recovery for Redbirds, Student Counseling Services (on campus), and/or to community resources.

Student Health Services developed an alcohol/drug screening questionnaire within the electronic health record. Beginning in Fall 2024, this questionnaire will be asked of every new patient at their initial visit and annually thereafter. The clinician will review the results at time of visit.

Student Health Services employs one full-time psychiatrist and multiple primary care physicians. Medication assisted recovery and behavior modification therapies to treat alcohol and nicotine use disorders are also provided. These clinicians have the clinical skills to assess and, in many cases, treat students with complex mental health issues, many of which may have a component of alcohol and drug use/misuse.

- Student Health Services will continue to collaborate with Health Promotion and Wellness regarding alcohol related education and prevention efforts.
- Student Health Services will continue to collaborate with Student Counseling Services regarding alcohol/drug related intervention and treatment resources.
- Student Health Services improved rates of drug and alcohol use screening for mental health intake visits. Drug and alcohol use are assessed at mental health intake and all follow-up mental health visits.
- Student Health Services added a questionnaire of drug and alcohol use when patients present for their initial appointment and annually thereafter.
- Student Health Services will continue to provide information about drug and alcohol use and health consequences and resource information for treatment.

Strengths

- Addressing possible alcohol/drug use issues with students in a clinic setting allows for confidential discussions under a medical model.
- Motivational Interviewing techniques have been tested and validated in various clinical settings.

- Medication assisted treatment of smoking cessation is tested and validated.
- Medication assisted treatment of alcohol use disorder in combination with psychotherapy is tested and effective/validated.
- As trauma creates a significant foundation for the creation and maintenance of substance use disorders, trauma history is assessed and recommendations for care utilize evidence-based practices for the treatment of trauma.

Weaknesses

- Adding Motivational Interviewing and discussions within the usual time frame of a 15-20 minute office visit can be difficult.
- Difficult to get students to go to or follow through with appointments for referrals to drug/alcohol counseling, especially off-campus.

University College

Preview

The day and a half new first-year summer orientation program, Preview, provides many opportunities to have discussions, answer questions, and set community standards and expectations. Student Orientation Leaders, called Preview Guides, are extensively trained by the ISU Police Department, Normal Police Department, Student Counseling Services, Event Management, Dining, and Hospitality, and other Student Affairs units on student alcohol use and related campus policies. During the Preview program, community and behavioral expectations are woven throughout the program. Some specific examples include:

- Students and parents/families attend a session led by the Division of Student Affairs. In this session, the importance of respect, inclusion, integrity, care, pride, and family are included, along with the expectations that ISU has for our students.
- During their evening session, Preview students participate in community building and are able to connect with their Preview Guides and fellow students.
- Preview Guides have frank conversations with incoming freshman students during the program session, "Redbird Beginnings."
- Family members and guests have discussions about student alcohol consumption during the program session, "ISU from a Student's Point of View."
- All Preview attendees attend a session by Illinois State campus police, and Town of Normal police on local laws, enforcement, and safety. Additionally, Student Counseling Services presents to all Preview attendees.

Project Success

Project Success is a program designed specifically for students on academic probation. Participation helps probation students set academic goals, become aware of campus services, understand probationary policies, and ultimately return to good academic standing.

All Project Success students complete an intake survey at the beginning of the semester designed to help reflect on what led them to academic probation. Included in this survey are brief pre-assessments for alcohol and drug usage. If a student's responses to the brief assessment questions meet the threshold for further investigation, they are referred to the Alcohol and Drug Interventionist for a more in-depth review. This personal, additional assessment becomes a Project Success requirement. Attendance is tracked by the interventionist and reported back to Project Success at the end of the term.

Academic Advisors

As part of regular meetings with students, University College Academic Advisors take a holistic approach and inquire about a student's health and wellness. Advisors ask probing questions such as:

- What do you stress about?
- What do you do for fun?
- How do you relax?
- How do you do to take care of yourself?

Additionally, all first-year students are strongly encouraged to meet with their Academic Advisor during the first eight weeks of class. This appointment allows for advisors to assess student personal care and transition to campus.

Five (5) University College academic advisors manage caseloads comprised of students who are identified as being less likely to be retained from first to second year. Additionally, all academic advisors in University College review their caseloads and identify a small population to provide intentional outreach. This outreach is provided to increase student success and retention for those students who could benefit from receiving additional, more personalized support.

University Housing Services - Alcohol and Other Drug Programming

Alcohol and drug programming is one of the personal responsibility issues targeted by University Housing Services to address concerns faced by students in their development during college. Professional staff, student interns (resident assistants), and student organization leaders assess the needs of the residents through dialogue, observation, interest surveys, event attendance, and feedback from evaluations to develop programs that educate residents on the issues of alcohol and other drugs and how it impacts health and academic success. The content specificity is contingent upon the expected outcome of each event. The underlying goals of the events are to educate students about the physical, psychological, social, and legal issues associated with the inappropriate use of alcohol and other drugs.

Program content may provide information on the following:

- Residence hall alcohol and drug policies
- Safety awareness and health risks associated with excessive consumption of alcohol and the use of other drugs
- Effects of alcohol and drug use on academic performance
- Impediments to appropriate decision making
- Inappropriate peer influences
- Effects of inappropriate uses of alcohol and its effect on community development
- Alternative activities to drinking and drug use

In addition to program content, University Housing Services boasts these additional alcohol and other drug prevention efforts:

- University Housing Services Case Managers work to provide support and resources to students who show they may have substance abuse issues.
- Staff supports the educational component of student discipline by providing alcohol and drug programs as part of judicial sanctioning in collaboration with the Student Conduct and Community Responsibility Office.
- Staff is proactive and reactive in program offerings, based on the needs of each floor. When staff members notice an extraordinary amount of alcohol containers in the garbage

or residents returning to the halls intoxicated, they conclude there is a need for alcohol programming.

- The residence halls and apartments have a no-smoking policy which prohibits use of any tobacco product including electronic cigarettes in all residential areas. This is also in accordance with the University Smoke and Tobacco-Free Campus Policy.
- Alcohol and other drug use and possession is prohibited in the residential areas. (Residents aged 21 and over are allowed to possess and consume alcohol in Fell and School apartments only.)
- UHS collaborated with Health Promotion and Wellness to provide Pop-Up Alcohol and Cannabis Screenings in the residential living spaces.
- All resident assistants are encouraged to have programs during the weekends (Thursday through Saturday) in order to provide alternatives to student alcohol use (parties, bars etc.).
- Resident/Community Assistants are encouraged to apply for additional programming funding from the Alternative to Alcohol budget. To be eligible for funding, the programs must be planned on Thursday, Friday, or Saturday after 7 pm and last for two hours. They also can happen during events outside of those times, if the event typically involves alcohol consumption, such as Homecoming, the Super Bowl, or St. Patrick's Day events.

Year	Total Amount Spent	# of students attended	# of individual programs
FY24	\$7,482.75	Number was not tracked this year	113
FY23	\$7,545.10	Number was not tracked this year.	135
FY22	\$5,102.54	938	86

Strengths

- University Housing Services' efforts with alcohol and other drug programming have provided great opportunities for collaboration between departments, especially ISU Police, Student Counseling Services, and Health Promotion and Wellness. This allows all offices to combine resources to reach more students and provide quality services to our residents.
- Conduct Case Manager meetings have provided students unique opportunities to learn more about how substances impact student learning, emotions, and physical body. These meetings have also allowed students to interact more with University Housing Staff. Relationships have emerged from these interactions, including mentorship and recruitment of these students into leadership positions within the residence halls and on campus.
- Recognizing the importance of activities during high-risk times continues to be a strength for our department. We continue to dedicate money in our budget towards these efforts.

Weaknesses

- Measuring the effectiveness of programming on alcohol, drugs, and other substances within student populations is a challenge and has not been quantified.
- Residents are not required to attend programs in the halls unless they live on Themed Learning and Living Community (TLLC) floors which may not program towards risk reduction for alcohol and drugs. This means we could be limited in reaching the high-risk population.
- Attendance to this type of programming does not often include students who may be at risk for alcohol and other drug issues. This is a population we need to target more often to ensure we are reaching these students.
- Our efforts tend to be reactive to student behavior. We monitor student attendance at previous programs, conduct interest surveys, and track through conversations with residents. We should be more proactive in our efforts to create spaces where residents do not feel as if there is nothing to do on campus but drink.

Illinois State University Police Department

The Illinois State University Police Department offers numerous educational programs to the campus. The content areas discussed in these programs include pharmacology of alcohol, drug abuse and misuse, drug identification and pharmacology, and the drug environment (which provides information on behavioral characteristics associated with different drugs as well as the identification of drug paraphernalia).

The University Police also provides yearly training for University Housing Services professional staff members and resident assistants in alcohol and drug use, drug identification, University policy, law, drug confrontation procedures, and recognition of drug paraphernalia.

The overall goals for alcohol and drug programming are to reduce the use of alcohol and other drugs, and the effects substance abuse has on this campus, particularly regarding criminal violations which occur as a result of substance abuse. Our methods consist of education and enforcement:

- To provide education on the dangers of drug and alcohol abuse using our Community Engagement Unit (CEU). Education also addresses the secondary consequences of binge drinking, underage consumption, driving under the influence, and illicit drug use and its role as a contributing factor to other crimes such as criminal damage, sexual assaults, and other acts of violence.
- To provide enforcement of current alcohol and drug laws. Enforcement ensures those with substance abuse problems are receiving additional education through the student disciplinary process or court system. It also provides a strong deterrent for those who are considering the illegal use of alcohol or illicit drugs and reduces the number of crimes in which alcohol and/or drugs played a contributing role.

Strengths

- The greatest strength of the programming is in both content and manner of presentation. The programming is typically presented by our Community Engagement Unit made up of experienced officers with a wealth of knowledge in the field. All

presenters have good interpersonal communication skills with a strong knowledge base of the topic. The presentations not only reach Illinois State University, but also other universities and agencies in the greater area.

- Another strength of the programming offered by the Illinois State University Police Department is the ability to adapt the program to meet the needs of the target audience. Data and information for programming are obtained from a variety of sources (local, state, and national arenas).
- Requests for alcohol or drug specific programs have increased slightly in 2024, but the number remains low. However, the Community Engagement Unit (CEU) has seen a 75% increase in requests for personal safety education, in which alcohol and drugs are addressed as a contributing factor to violence and sexual assault for the 23-24 school year. We have seen a 2% increase in student attendance and over 400% increase in community member attendance in CEU courses in the school year 23-24.
- While data presented may be similar, very different presentation styles must be used when speaking with a fraternity/sorority house compared to a floor meeting in a residence hall. Audiences range from an informal meeting with a few members of a residence hall floor, a room of faculty/staff, or a hundred or more students in a formal classroom setting. Each audience is unique, and the programming offered is tailored to each audience. Presenters are drawn from specific areas of interest; therefore, an audience may be specifically targeted with a specific speaker.

Weaknesses

There are three main weaknesses encountered by the University Police Department's goals of educational programming.

- The first problem is the lack of staffing which prevents the department from being able to provide more proactive efforts towards alcohol and drug education. Lack of staffing creates scheduling conflicts; therefore, these programs are offered only upon request and may need to be rescheduled depending on availability of the Community Engagement Unit.
- The second weakness is funding to create materials for educational programming. Often there is more knowledge gained or retained if the participants have relevant and accurate information to take with them. Additionally, there must be a small measure of entertainment to draw or hold the attention of the audience. Permanent funding for this purpose is non-existent, and any materials that are used must be paid for from outside funding sources. This then leads to additional staff resources being depleted to find and solicit the funding.
- The final weakness is the overabundance of opportunity for students to receive educational programming in an increasingly limited amount of time. Our challenge lies in helping students set priorities and choose our programming when confronted with competing demands on a student's time. The low number of requests for alcohol and drug specific programs may be attributed to the fact that it is provided elsewhere on campus.

Alcohol and Other Drug Intervention Programs and Services

Illinois State University provides healthy interventions that aid in combating alcohol and other drug (AOD) abuse. Interventions are generally implemented as a result of self-referrals, sanctions referred by Student Conduct and Community Responsibilities (SCCR), or faculty and/or staff referrals. Data from the 2023 ACHA-NCHA survey indicates that high risk alcohol and other drug use is prevalent on this campus with 32% of ISU students indicating binge drinking in a two-week period (binge defined as consuming five or more drinks in one sitting). Consequences of use were noted including 1.6% reported getting in trouble with the police, 43% forgetting where they were or what they did, and multiple personal problems were experienced by of students in the past year (suicidality 3.0%, injury to self 10.5%, and sex without consent .2%). Services are available to assist students who encounter difficulties related to drugs and alcohol.

Student Counseling Services

Student Counseling Services (SCS) offers all students the opportunity to meet with an experienced staff member to identify and assess issues that are of concern to the student. Before a staff member sees students, the students are asked to complete paperwork that includes a self-report of problem areas, including alcohol and other drug use. For some students, one area of concern that may be checked is the use and/or abuse of alcohol and other drugs (173 students in 2022-23, a 6% increase from the previous year; 142 students in 2023-24, representing an 18% decrease over the prior year).

During the 30-minute assessment interview, a Student Counseling Services staff member assesses overall functioning, and then assesses the specific substance use patterns. Students who indicate a pattern of usage that falls in the substance dependence category of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), Fifth Edition, can be referred to an off-campus agency that offers substance abuse treatment. If the student's pattern of usage falls in the area of substance abuse/use and is one of several concerns, the staff member would attempt to determine whether the student is motivated to change the substance use patterns with the support of therapy sessions. If so, the student would be referred to on-going individual or group therapy within Student Counseling Services, in conjunction with local support groups or on-line support communities if deemed appropriate. If the student appears to require more intensive substance abuse treatment, a referral to community providers would be suggested. Student Counseling Services maintains a current listing of community resources for substance abuse treatment, including inpatient, and intensive outpatient services and community support services such as AA, NA, AL Anon, etc. that is available to all staff members. On a counselor rating of client concerns determined after assessment, during the 2022-23 academic year, 66 student indicated difficulties with alcohol and 77 indicated difficulty with drugs. Those numbers stayed comparable the subsequent year with 61 and 58 for the 2023-24 academic year.

The goals of the Triage process are attention and action. The student should feel that people and forces are being set in motion that will help them deal more effectively with the concerns they have. Often, however, the student will regard this initial contact as the first of a series of

counseling sessions. At the Triage, the counselor and student determine whether continued counseling appointments are desirable and if so, where such help might best be obtained.

The Triage counselor has the following responsibilities:

- To assess the client's present status, including general anxiety level, ability to cope with stress, emotional stability, and the necessity for immediate action (e.g., hospitalization)
- Determine, in a general way, the nature of the presenting problem
- To inform the student of the relevant policies and procedures of the Student Counseling Services and to answer any questions they may have regarding the Student Counseling Services
- To discuss with the student the range of potentially viable options the student may have available which will enable him or her to deal effectively with the problem(s) as presented

If one of those options involves continued group or individual therapy contact with the Student Counseling Services, that option should be appropriately discussed, and a referral recommendation made in the Triage report. If an option involves utilizing some other agency, the Triage counselor should provide as much information as necessary to enable the student to make use of that resource. Additionally, the Student Counseling Services Case Manager meets with any students who have been referred to community-based assessment and treatment services, providing information on locations and ways to access public transportation if needed. The Case Manager will also follow up with the referred student to ensure that the appointment was kept, and to assist in alternate arrangements if needed. Involving the Student Counseling Services Case Manager in the referral process has increased the likelihood that students will follow through with any referrals to community-based services.

Strengths

The strengths of the program relate to the ability of each student to receive the attention of a trained counselor or psychologist with the expressed aim of assessing the student's presenting concerns, including substance use patterns. This assessment then forms the basis of the subsequent recommendations for the student. The Student Counseling Services staff members who function in the Triage role are typically the most highly trained. This is a purposeful choice to ensure that the assessment is thorough and of high quality. The program also offers comprehensive in-house consultation/assessment by counselors utilizing Motivational Interviewing (MI). MI is a directive, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence. The examination and resolution of ambivalence is its central component, with the counselor intentionally directing and pursuing this goal.

Weaknesses

Weaknesses include the problem of ensuring the student follows through on the referral to community services. While Student Health Insurance offers coverage for these services, and most students are also covered by additional health insurance, the costs can be an obstacle for some. For others, transportation and timing of off-campus appointments are issues given incompatible student schedules. Unless being seen as the result of a sanction, information provided at Triage is limited in reliability, as history is provided by means of self-report. Finally, many students utilize social comparison of their substance use against their peers, that

many times leads to a minimization of the severity and/or impact of their substance use on the functioning and/or wellbeing.

Individual and Group Counseling - Student Counseling Services

Student Counseling Services offers limited group and individual therapy services to students with substance abuse problems. These services are only offered to students whose problems can be addressed within the limits of a therapy process consisting of biweekly 45-minute individual therapy sessions or weekly 90-minute group therapy sessions. The student must be willing to agree to limit or eliminate use of the substance in question during treatment, and depending on clinical needs, also work under the care of a physician. Local support groups such as AA or NA, as well as on-line support communities, are stressed as a resource to rely upon between sessions if needed. The therapy process can focus on freestanding substance abuse and/or dependence issues as well as comorbid/dual diagnosis concerns related to depression, anxiety, PTSD, etc. A clinical emphasis is placed upon meeting clients where they are at with an integrative approach that includes, but is not limited to, cognitive behavioral, skill building/refusal skills, existential/humanistic, family systems, Motivational Interviewing, psycho-educational and psychodynamic work.

Strengths

The strengths of the program relate to the ability of each student to receive the attention of a trained counselor or psychologist with the expressed aim of assisting the student to develop alternate ways of dealing with the student's presenting concerns, including substance use patterns. The program has the ability to work with individuals with dual diagnosis issues.

Weaknesses

The weaknesses include the inability to account for individual social environments which may present with drug or alcohol influences. Seeking to change patterns of substance use in a culture that is heavily influenced by substances, such as college, presents students an ongoing challenge as they try to change behaviors associated with drugs and/or alcohol.

Student Conduct and Community Responsibilities - Dean of Students

Alcohol Prevention/Social Host Liability Outreach

Student Conduct and Community Responsibilities (SCCR) collaborates with other university departments and community agencies in providing a range of education and prevention services. These include educational programs on responsible hosting, alcohol prevalence on campus, primary and secondary effects of high-risk drinking, how to talk with a friend/roommate/guest about their drinking, and how to use brief motivational interviewing techniques in working with students. Programs are presented to registered student organizations, including sport clubs, athletic teams, and fraternity and sorority chapters.

The goal of outreach is to educate students about current patterns and trends in college drinking, the scope of alcohol use at Illinois State University, what constitutes safe and responsible drinking, recognizing signs of alcohol poisoning, University policy, and how to host a safe event.

Strengths

- The Dean of Students Office has been supportive of the programs available to students, both proactively and as a sanction.

- There have been opportunities for relationship building with registered student organizations in prevention.

Weakness

- Only a small number of registered student organizations proactively take advantage of program offerings.

THC 101

This is an on-line three-hour program developed by 3rd Millennium Classrooms and overseen by Student Conduct and Community Responsibilities with assistance from the Alcohol and Other Drug Interventionist. There is no fee for students required to participate due to a drug policy discipline referral. Self-referrals are permitted access to the service for \$35.

The program focuses on providing the most recent research findings on the impacts of marijuana and other drugs on the human body. Additionally, information is provided informing students of the consequences for drug violations, both in the criminal process and in the student conduct process. Students are also given an on-line assessment which provides them information about their drug use, associated risks, and how their usage compares to other college students and the public.

Students are provided with a login and password to access the program. Once the program is completed, the students are required to submit a reflection paper to Student Conduct and Community Responsibilities.

Program Goals

- Provide research-based information on the effects of marijuana and other drugs on the human body to students who violate University regulations. Also important is to provide this information in a non-threatening and non-combative atmosphere.
- Deter further drug violations by students.

Strengths

- The program information is informative, and students can complete the class on their own time.

Weaknesses

- If students do not learn well from on-line sources, the program may not be Effective.

Procedures for Distributing the Alcohol and Other Drug Policy to Students

The Drug Free Schools and Community Act notification letter is emailed to all students once a semester. This document includes information about university policies, including the alcohol and Drug Free Schools and Community Act policy. THC 101 is mandatory for student offenders only, and University policies are distributed and reviewed by the participants.

Evaluation

Post-tests, as well as a written essay, are utilized to gain an understanding of student learning through the program. A supplemental evaluation form is completed by all participants. The Interventionist is also able to discuss the information with students to ensure their questions are addressed.

Health Promotion and Wellness - Alcohol Education Classes and BASICS

The alcohol education class is a class mandated for Illinois State University students who receive an alcohol-related violation (1st offense). The class is facilitated by graduate assistants working at Health Promotion and Wellness and/or Student Conduct and Community Responsibilities. It is a two-hour class based on the research and work conducted by Scott Walters and John Baer, *Talking with College Students about Alcohol: Motivational Strategies for Reducing Abuse*. The graduate assistants are trained to facilitate the class by Health Promotion and Wellness professional staff and are then evaluated at least once each semester when they lead the class. The class is offered once a week during times that are most convenient for students. The recommended maximum number of students to have in each class is 20 (Walters and Baer), but sometimes the number of students allowed in the class is raised to 25 to better accommodate students needing to complete this part of their sanction in a timely manner. A pre-test and post-test are administered to all students attending the class along with a class evaluation.

The following are numbers compiled from the class held Fall 2022– Spring 2024:

Semester	Classes Held	Participant numbers
Fall 2022	14	155
Spring 2023	12	106
Fall 2023	15	157
Spring 2024	16	121

The participant evaluations from the class are typically very positive, with most participants indicating that they have learned at least one thing from the class that they think is useful and will help them reduce their risk for future alcohol-related problems. Also, most of the comments on the evaluations indicate that participants think the class is good, and that the way it is facilitated makes it interesting and gets them to think about their drinking behaviors and views towards alcohol.

The pre-test and post-test comparisons have also shown a positive change in views towards alcohol use, perceptions of normative use, awareness of campus resources, intended behaviors, including alcohol consumption, and willingness to intervene and help someone each semester. There are ten items on the pre and post-test, and there has been a positive improvement on nine of the items each semester.

Strengths

- The program is based on scientific research. The program discusses guidelines for low-risk drinking choices which help participants define their own drinking behaviors.
- The program uses a variety of intervention techniques which include pamphlets, handouts, group activities, discussion, and lecture.

- Class sizes are small (maximum 20) which allows for more interaction and personal sharing.

Weaknesses

- Only individuals that have violated the Alcohol and Other Drug policy/law are required to take the course. Therefore, a portion of the population that make high risk drinking choices will not hear this information nor are they given a recommendation to take the course.
- Current assessment efforts of the impact of the class on alcohol-related problems only utilizes immediate feedback (e.g., pre-test, post-test, and course evaluation at the end of the class) and does not look at long-term outcomes.

BASICS

Brief Alcohol Screening and Intervention for College Students (BASICS) is an evidence-based intervention designed to help college students gain insights about their individual relationships and associated risks with alcohol. At the end of the BASICS program students decide whether or not to make changes to reduce their risks with alcohol (and sometimes other drugs) and are assisted in creating a self-generated plan of action if change is desired. BASICS occurs over two sessions, both of which are 45 to 50 minutes in length. Between the sessions, students will complete several brief personal assessments that will be reviewed and processed during the second session.

Human Resources/Employee Assistance Program

Human Resources (HR) serves the employment needs of all University faculty and staff. The Employee Assistance Program (EAP), provided through the State of Illinois Group Insurance Programs, assists employees with personal problems including treatment for alcohol and/or drug addiction.

The role of Human Resources is to inform employees of policies and procedures concerning alcohol and other drugs and to provide resources if the employee pursues treatment. This is done by the following:

- Educating supervisors regarding the process to help the troubled employee and to discipline the employee when policies and procedures are violated
- Distributing the Alcohol and Drug-Free Workplace policy notice to all employees
- Assisting employees in obtaining appropriate leaves of absence when seeking treatment

Human Resources provides guidance to departments who administer the Federal Omnibus Transportation Act and oversees the drug testing procedures of van/truck drivers who are regulated by this Act.

Strengths

All current faculty, staff, and new employees receive an Alcohol and Drug-Free Workplace notice annually which provides information about the Alcohol and Drug-Free Workplace policy and contact information for prevention, counseling, and treatment programs. The State of Illinois has contracted with ComPsych to offer all employees who are eligible for the State of Illinois Group Insurance plan and their dependents, if the dependents are enrolled in the State of Illinois Group insurance plan, five sessions of short-term counseling per person, per issue, per fiscal year.

Weaknesses

Although written information on help with alcohol and other drugs problems is available, employees may not be aware of its availability. Aggregate data is unavailable because the program is operated by the State of Illinois.

Alcohol and Other Drug Use Assessment

National College Health Assessment - Health Promotion and Wellness

The American College Health Association - National College Health Assessment (NCHA) was conducted online in Spring 2023.

This survey serves to assess a broad range of health, risk and protective behaviors, consequences of behavior, and perceptions among students. Results of the 2023 and previous surveys are available at <http://wellness.illinoisstate.edu/data/ncha/>

Alcohol and Other Drug Student Policy Enforcement

Student Conduct and Community Responsibilities Program Description

Student Conduct and Community Responsibilities (SCCR) is the unit responsible for enforcing campus-wide alcohol and drug policies. The unit works with University Housing Services, Illinois State University Police, City of Bloomington Police, Town of Normal Police, Sorority and Fraternity Life, Athletics, and Health Promotion and Wellness to receive referrals and provide educational sanction for policy violations. SCCR also has an online public report form for community members and property managers to refer students and student groups for potential policy violations.

Introduction

Student Conduct and Community Responsibilities (SCCR), a unit within the Dean of Students Office, enforces the Code of Student Conduct (COSC), addressing all students and registered student organizations at Illinois State University. This includes policies related to the use, possession, and distribution of alcohol and/or other drugs. SCCR maintains the authority to determine whether violations of university policies have taken place, and also determines sanctions that will be imposed as a result of such violations.

Policies

C. Personal Responsibility Values and Expectations

1. Alcohol

Violations include such behavior as:

- a) Possessing, purchasing, distributing, manufacturing, or consuming any alcoholic beverage unless that student is at least twenty-one years of age. Students of legal age may possess or consume alcoholic beverages only in specified areas and only in compliance with all other University regulations and guidelines related to alcohol consumption.
- b) Selling alcohol. Students may not sell alcohol at any time without possessing an appropriate license.
- c) Providing alcohol to minors. No student may provide alcohol to another person who is under the age of twenty-one.
- d) Public intoxication and/or abusive consumption of alcohol, defined as that which results in violations of the rights of others, leads to disorderly or dangerous behavior, or that impairs personal health or safety.
- e) Open container, defined as a bottle, can, or other receptacle that contains any amount of alcohol, and that is open or has a broken seal, or the contents of which are partially removed.
- f) Operating motor vehicles under the influence of alcohol.

For the purpose of this policy, registered student organizations must also abide by procedures for the use of alcohol established by the Dean of Students Office.

(From the Code of Student Conduct, 2020, located at <https://deanofstudents.illinoisstate.edu/conduct/>.)

C2 (Drug Policy)

2. Drugs

Violations include such behavior as:

- a) Possessing, purchasing, distributing, manufacturing, selling, or using any illegal or controlled substance in crude or refined form is prohibited. It is not a violation of this policy to be using a controlled substance if under the direction of a licensed physician and not in violation of state or federal law.
- b) Abusing, misusing, selling, or distributing prescription or over the counter medications.
- c) Operating motor vehicles under the influence of illegal drugs.

(From the Code of Student Conduct, 2020, located at <https://deanofstudents.illinoisstate.edu/conduct/>.)

C3 (Drug Paraphernalia)

3. Drug Paraphernalia

Violations include such behavior as:

Possessing any items that are designed for the use of illegal drugs (blunts, bowls, one-hitters, bongs, etc.). Any items that are adapted for the purpose of facilitating or disguising illegal drug or controlled substance use (vaporizers, blow tubes, etc.) will also be considered a violation of this policy.

Enforcement

Students accused of violating University policies are required to meet with a case manager (a trained professional staff member or graduate student) to review the allegations and determine if an informal disciplinary resolution can be reached. If so, the student agrees to the violations and sanctions, and a finding of fact indicating their admission to the violation(s) is entered into the student's record.

If no resolution can be reached, the case is then referred for a formal hearing. The case manager may refer the case to an administrative hearing, where a professional staff member would hear the case; or a hearing by the University Hearing Panel, a group of students, faculty, and staff external to Student Conduct and Community Responsibilities, empowered to resolve disciplinary matters and impose sanctions when necessary. Students living in the residence halls often meet with professional residence life staff as a preliminary attempt to resolve disciplinary issues.

Registered student organizations accused of violating the alcohol or drug policy are required to have a representative of the organization meet with a professional staff member to review allegations and determine if an informal disciplinary resolution can be reached. If the representative of the organization agrees, on behalf of the organization, to the violations and sanctions, then a finding of fact indicating the group's admission to the violation(s) is entered into the student organization's record. If no resolution can be reached, the case is then referred to

the University Hearing Panel to resolve the disciplinary matter and impose sanctions when necessary.

Sanctions

Student Conduct and Community Responsibilities, under the direction of the Vice President for Student Affairs, continued the procedures of “Minimum Recommended Disciplinary Sanctions for Alcohol and Drug Violations” last updated in May 2023 to reflect changes in practice. The “Minimum Recommended Disciplinary Sanctions for Alcohol and Drug Violations” can be found on SCCR’s website (<https://deanofstudents.illinoisstate.edu/conduct/resources/>) and are included below. University Housing Services implemented its own minimum recommended sanctions in the Fall of 2023.

These are recommended minimum sanctions for alcohol and other drug violations for students at Illinois State University. The purpose of sanctioning is to educate a student as to why their behavior is inappropriate, as well as to make the student aware of, and sensitive to, the possible consequences of the behavior in question.

Sanctions for misconduct will be determined on a case-by-case basis, utilizing four main criteria: 1) the nature of the offense; 2) the precedent established at the University for similar conduct; 3) the disciplinary record of the student; and, 4) the student’s attitude and behavior throughout the conduct process. Sanctions may be increased based on the nature of the behavior and/or aggravating factors but may not be reduced unless the case manager or hearing body finds adequate mitigating factors present. The University encourages students to make healthy and responsible choices, as well as to adhere to the Code of Student Conduct, federal, state, and local laws. Be advised that the University asserts jurisdiction for all off-campus cases involving the possession, use, manufacture and/or distribution of alcohol and other drugs.

AOD Record	Behavior	Sanctions
No AOD Violations	<ul style="list-style-type: none"> Being in presence of alcohol with no possession/use 	Censure Brief Alcohol Assessment
1st Violation	<ul style="list-style-type: none"> Possession/consumption of alcohol Possession/use of cannabis (less than 15 grams) 	Censure <i>Alcohol</i> – Under the Influence and Alcohol Class (fee) <i>Cannabis</i> – Marijuana 101 Program and/or BASICS-D
	<ul style="list-style-type: none"> Possession/use of cannabis (15 grams or greater) 	Disciplinary Probation (one semester minimum) BASICS-D
	<ul style="list-style-type: none"> Distribution/sale/furnishing of alcohol Distribution/sale of cannabis (less than 15 grams) 	Disciplinary Probation (one semester minimum) Your Impact

	<ul style="list-style-type: none"> • Driving under the influence of alcohol, cannabis, and/or other illicit drugs (no damage or injury) 	Disciplinary Probation (two semesters minimum) Outpatient Substance Assessment
	<ul style="list-style-type: none"> • Social Hosting 	Disciplinary Probation (two semesters minimum) Social Host Liability Workshop
	<ul style="list-style-type: none"> • Distribution/sale of cannabis (15 grams or greater) 	Disciplinary Probation (two semesters minimum) Outpatient Substance Assessment
	<ul style="list-style-type: none"> • Possession/use of illicit drugs and/or illicit use of prescription drugs 	Disciplinary Probation (two semesters minimum) <u>or</u> Disciplinary Suspension (two semesters minimum), (depending on drug/quantity) BASICS-D with Other Drug Module or Outpatient Substance Assessment
	<ul style="list-style-type: none"> • Driving under the influence of alcohol, cannabis, and/or other illicit drugs (damage or injury results) 	Restrictive Disciplinary Probation (two semesters minimum) <u>or</u> Disciplinary Suspension (two semesters minimum), (depending on the nature of injury/damage) Outpatient Substance Assessment
	<ul style="list-style-type: none"> • Distribution/sale of other illicit or prescription drugs 	Disciplinary Suspension (two semesters minimum) Outpatient Substance Assessment Other conditions upon return

2nd Violation	<ul style="list-style-type: none"> • Possession/consumption of alcohol • Possession/use of cannabis (less than 15 grams) 	Censure <i>Alcohol</i> – BASICS (two sessions) <i>Cannabis</i> – BASICS-D
	<ul style="list-style-type: none"> • Possession/use of cannabis (15 grams or greater) 	Disciplinary Probation (two semesters minimum) Comprehensive Substance Assessment - Cannabis or Outpatient Substance Assessment
	<ul style="list-style-type: none"> • Distribution/sale/furnishing of alcohol • Distribution/sale of cannabis (less than 15 grams) 	Disciplinary Probation (two semesters minimum) <i>Alcohol</i> – Social Host Liability Workshop <i>Cannabis</i> – Outpatient Substance Assessment

	<ul style="list-style-type: none"> • Social Hosting 	Restrictive Disciplinary Probation (two semesters minimum) Appropriate Educational Sanction(s)
	<ul style="list-style-type: none"> • Distribution/sale of cannabis (15 grams or greater) 	Restrictive Disciplinary Probation (two semesters minimum) Outpatient Treatment Program
	<ul style="list-style-type: none"> • Illicit drugs and/or illicit use of prescription drugs 	Disciplinary Suspension (two semesters minimum) <u>or</u> Disciplinary Dismissal (depending on drug/quantity) Outpatient Substance Assessment Other conditions upon return
	<ul style="list-style-type: none"> • Driving under the influence of alcohol, cannabis, and/or other illicit drugs 	Disciplinary Suspension (two semesters minimum) <u>or</u> Disciplinary Dismissal (depending on the nature of the injury or damage, if applicable) Outpatient Treatment Program Other conditions upon return
3rd Violation	<ul style="list-style-type: none"> • Possession/consumption of alcohol • Possession/use of cannabis (less than 15 grams) 	Disciplinary Probation (two semesters minimum) Comprehensive Substance Assessment - Alcohol or Comprehensive Substance Assessment - Drug
	<ul style="list-style-type: none"> • Possession/use of cannabis (15 grams or greater) 	Disciplinary Suspension (two semesters minimum) Outpatient Substance Assessment Other conditions upon return
	<ul style="list-style-type: none"> • Distribution/sale/furnishing of alcohol • Distribution/sale of cannabis (less than 15 grams) 	Disciplinary Suspension (two semesters minimum) Outpatient Treatment Program Other conditions upon return
	<ul style="list-style-type: none"> • Illicit drugs and/or illicit use of prescription drugs 	Disciplinary Dismissal
	<ul style="list-style-type: none"> • Distribution/sale of cannabis (15 grams or greater) 	Disciplinary Dismissal

4th Violation	<ul style="list-style-type: none"> • Possession/consumption of alcohol • Possession/use of cannabis (less than 15 grams) 	Disciplinary Suspension (two semesters minimum) Outpatient Substance Assessment Other conditions upon return
	<ul style="list-style-type: none"> • Possession/use of cannabis (15 grams or greater) 	Disciplinary Dismissal
	<ul style="list-style-type: none"> • Distribution/sale/furnishing of alcohol • Distribution/sale of cannabis (less than 15 grams) 	Disciplinary Dismissal

OTHER CONSIDERATIONS IN SANCTIONING ALCOHOL AND DRUG CASES

Addendum #1: Sanctioning is a cumulative process. Students with multiple violations across categories will generally be subject to greater levels of sanctioning. All sanctions will include the assignment of an inactive sanction (Censure, Disciplinary Probation, Restrictive Disciplinary Probation, Disciplinary Suspension, and Disciplinary Dismissal) as well as the assignment of one or more active (educational) sanctions.

Addendum #2: Many sanctions will require the completion of a written reflection assignment and/or other written components, even when not explicitly stated in the above chart.

Addendum #3: Violations of multiple categories in any single disciplinary incident may result in maximum sanctions.

Addendum #4: When a student is sanctioned with Restrictive Disciplinary Probation, Disciplinary Suspension, or a Disciplinary Dismissal, or Disciplinary Probation of more than one semester, a Parental Notification will be issued if the student is under 21 years of age and financially dependent.

Addendum #5: All fees noted above will be automatically billed to the student's account.

Note: Comprehensive Substance Assessments (CSA) were previously included as part of recommended minimum sanctions. The CSA was utilized when a student had a second drug violation, or a third alcohol violation. The CSA was a 1 on 1 service with a counselor specializing in alcohol and other drug interventions (The AOD Interventionist). The AOD Interventionist utilized Motivational Interviewing and the Stages of Change to help students navigate changes to their AOD use. The AOD Interventionist is no longer permitted to conduct the program. This has left a hold in the University's approach to substance use interventions that has not been filled without referring students to costly off-campus resources.

Parent/Guardian Notification

In addition to these sanctions and consistent with the Higher Education Reauthorization Act of 1998, Student Conduct and Community Responsibilities implemented a Parent/Guardian Notification policy in Fall 2002 that affects those financially dependent students under the age of 21 who are found in violation of the University alcohol or drug policy. Under the Code of

Student Conduct, students meeting the aforementioned conditions who have accrued greater than 18 consecutive weeks of disciplinary probation will also have information regarding the violation(s) sent to their parents/guardians. The University also reserves the right to notify parents/guardians of the members of a registered student organization found in violation of the alcohol and/or drug policy.

Student Organization Alcohol Violations (providing alcohol to those under 21 years of age or failing to follow University guidelines to host events with alcohol)

Student organizations who knowingly serve alcohol to anyone under the age of 21 will typically receive at least one semester of disciplinary probation and be asked to complete educational workshops, develop risk management guidelines, and may be placed on a substance restriction.

Student organizations who fail to follow University guidelines for hosting events with alcohol will at a minimum receive a Censure and are required to complete a Risk Management Plan, detailing how they will ensure University policy is followed when any other event is planned.

Student organizations who receive a second alcohol violation in one calendar year will typically be given Disciplinary Probation and be restricted from hosting events with alcohol for a period of time. The organization is also asked to present their Risk Management program to the Dean of Students Office staff.

Student Organization Drug Violations (distribution of sale or widespread usage)

Student organizations, whose members are selling/distributing drugs or controlled substances, or where there is widespread usage, will typically receive at least one semester of disciplinary suspension and be asked to complete a drug education workshop with a minimum 80 percent of their membership being required to attend.

Two-Year Statistical Summary

(The data reported below includes both Student Conduct and Community Responsibilities and University Housing Services numbers due to a shared conduct database system.)

Violations for the reporting period include:

Regulation

	22-23	23-24
Alcohol Policy	481	540
Drug Policy	95	179
Drug Paraphernalia	32	56
Total	608	599

Sanction	2022-2023	2023-2024
Alcohol Fine	176	0*
Alcohol Reflection Paper for Possession	13	3
BASICS	25	34
BASICS-D	11	24
BASICS-D Other Drugs	0	1

Brief Alcohol Assessment	0	0**
Bystander Intervention Program	79	0**
Comprehensive Substance Assessment	1	0***
Drug Fine	48	0*
Marijuana 101	53	135
Other Drugs Module	0	1
Outpatient Substance Assessment	20	42
Social Host Liability Workshop	1	0**
Under the Influence and Alcohol Class	2	286
Under the Influence and Alternate Alcohol Class	271	0*
Your Impact	0	8

*ISU no longer uses alcohol or drug fines as part of the student conduct process.

**These sanctions were not utilized in the time period covered under this report.

***ISU no longer offers Comprehensive Substance Assessments as an on-campus service.

Drug and alcohol violations overall have decreased as referrals from law enforcement and housing staff have significantly decreased. This is likely in part due to staffing issues and COVID. However, SCCR also regularly reviews and assesses the effectiveness of educational sanctions in order to best reduce recidivism. Drug policy and paraphernalia violations also greatly reduced, in part due to changes in the Illinois state law regarding cannabis.

Alcohol and Other Drug Faculty/Staff Policy Enforcement

Disciplinary action for violations of the drug policy by tenured and tenure-track faculty is coordinated by the Office of the Provost. Disciplinary action for violations of the drug policy by non-tenure track faculty, faculty associates and administrative/professional and civil service employees is coordinated by Human Resources.

Employees who come in contact with any Illinois State University students, faculty, and staff or visitors or are required to use potentially dangerous tools or equipment, shall take all reasonable precautions to ensure that any alcohol consumption does not impair their ability to perform their jobs or reflect negatively on Illinois State University.

Violators will be subject to University disciplinary action consistent with existing University policies, rules, regulations, employment agreements, and past practices, up to and including termination or discharge. Employees may be subject to disciplinary action both by the University and by law enforcement agencies depending upon the infraction.

Alcohol and Other Drug Policies

Policies related to alcohol use at Illinois State University

- Sexual Assault/Abuse
<http://policy.illinoisstate.edu/students/2-1-18.shtml>
- Alcohol Policy: ISU Policy 5.1.20
<http://policy.illinoisstate.edu/health-safety/5-1-20.shtml>
- Drug Free Schools and Communities Act/Drug-Free Workplace Act Policy: ISU Policy 5.1.5
<https://policy.illinoisstate.edu/health-safety/5-1-5.shtml>
- Code of Student Conduct, revised 2016
Referred to in this document but Code of Student Conduct was revised August 2020.

Active link below:

- Code of Student Conduct, revised 2020
<https://deanofstudents.illinoisstate.edu/downloads/Code%20of%20Student%20Conduct%20Effective%208.14.2020.pdf>

Dissemination of Alcohol and Drug-Free Workplace Notice - Employees

Human Resources distributes the University Alcohol and Drug-Free Workplace Notice to all employees annually. The material distributed is reviewed each year to determine that the most current information is included. The readability of the document is also evaluated to ensure employees can understand the policy.

New employees to the University receive a copy at the time of hire. In addition to the annual Notice, employees can access the Alcohol and Drug-Free Workplace Policy on the Illinois State University website.

Dissemination of Alcohol and Drug Free Schools Notice - Students

Beginning Spring 2023, the Alcohol and Drug Free Schools notification letter has been sent electronically to every student once per semester. Health Promotion and Wellness disseminates the document via email.

Residence Hall Alcohol and Drug Policy - University Housing Services

Alcohol and Drug possession and consumption is prohibited in the residence halls and Cardinal Court (Sophomore only, on campus apartments). This policy can be found on page 4 of the University Housing Policies for the Residence Halls and Cardinal Court at
<https://housing.illinoisstate.edu/about/policies/>

The following are a list of procedures for distributing alcohol and other drug policies:

- Professional staff receive the University's Alcohol and Other Drug Policy when they receive their formal contract with the University.
- Resident Assistants receive and sign their RA Leadership Agreement when they return for the academic semester. This document outlines specific guidelines regarding the use of alcohol and illicit drugs.
- Residents in the halls and apartments receive an e-mail the first day of class, each semester, outlining the policies regarding alcohol, smoking, and drugs. These policies are reiterated at their first floor meetings, held at the beginning of each semester.

Intercollegiate Athletics Policies

Alcohol, Tobacco and Other Drugs program - Policy found at Appendix II

Drug Testing Policy – Policy found at Appendix III

Football Tailgating - Procedures found at Appendix IV

Goals and Description of the Overall Program

The Intercollegiate Athletic Department has a program in place which informs and educates Student-athletes about the risks of using alcohol, tobacco, and other drugs. This program is reviewed annually by the Athletic Director's staff, Student-Athlete Advisory Council (SAAC), and the head coaches.

Student-athletes are exposed to different avenues of information distribution regarding legal aspects, physiologic/psychological effects, counseling and treatment options for those with addictions or issues, and public perceptions of the use of alcohol, tobacco, and other drugs.

Student-athletes who feel they need assistance for use or addiction to alcohol, tobacco, or any banned drug or medication may be referred to the Illinois State University Student Counseling Services. Student-athletes who test positive through the department's drug testing program, violate the university's alcohol policies, are convicted of a crime involving alcohol, tobacco, or other drugs, and/or have been identified by a coach or administrator as potentially having a problem may be referred to the Student Counseling Services as deemed appropriate by the department, university entity, or courts.

The ALCOHOL, TOBACCO AND OTHER DRUGS program is posted on the athletic department website <http://www.GoRedbirds.com> in the athletic training manual under the 'about' tab and the 'athletic training' section.

Strengths, weaknesses, and methods of distribution

Strengths

- This program serves as a deterrent for student-athletes who may try to experiment with drugs or be tempted by fellow student-athletes and/or others to use drugs. A reputable lab is utilized, and a strict chain of custody is followed. Education and treatment are highly emphasized. Penalties for a first positive and emphasis being placed on the dangers of the use of drugs and alcohol during counseling sessions demonstrate the commitment of the department to the welfare of the student-athlete.

- Information contained in this policy very closely correlates with the University Student Handbook concerning laws in the State of Illinois on the use of drugs and alcohol.
- This policy has been written as a recommendation by the National Collegiate Athletic Association to have in place in all intercollegiate athletic departments across the United States. This policy closely follows the guidelines as set forth in the NCAA Sports Medicine Handbook.

Weaknesses

- Cost makes it difficult to screen for large numbers of different drugs of abuse.
- Changes are not always made quickly since a coach may change their team policies when their coaching staff changes.
- Different sports have different rules regarding alcohol use. Student-athletes from different sports often compare "notes", are confused, and question the differences. Coaches are strongly encouraged to discuss their policies regarding alcohol in their initial yearly meeting and stress this is applicable to their sport only. Other sports may differ.

Methods/Instruments Used to Evaluate the Effectiveness of the Program

The drug testing program is distributed and explained to student-athletes at their initial eligibility meeting each fall. The Student-Athlete Advisory Council is asked to review the program annually and is asked for any recommendations to improve the policy. The Athletic Director, Senior Woman Administrator, Head Athletic Trainer, athletic training staff, the Medical Review Officer, and Sports Administrators review the policy annually and submit any recommendations for changes to University legal counsel before implementing any changes.

Recommendations for Revising

The Athletic Director, Senior Woman Administrator, Head Athletic Trainer, athletic training staff, Medical Review Officer, and Sports Administrators review the policy annually. Changes are made prior to the policy being explained to the student-athletes. The University legal counsel is presented with recommended changes prior to those changes being made.

Recommendations for 2024-2026

To comply with Part 86 of the Drug-Free Schools and Communities Act (DFSCA), Illinois State University formed a committee to prepare the Biennial Review "to certify that it has adopted and implemented a program to prevent the unlawful possession, use and/or distribution of illicit drugs and alcohol by students and employees." The Alcohol and Other Drug (AOD) Program at Illinois State University is a comprehensive effort of various departments within the Divisions of Finance and Planning, Academic Affairs, and Student Affairs. The departments that contribute to the Alcohol and Other Drug program include the following: Intercollegiate Athletics, Campus Recreation, Event Management, Hospitality and Dining, Dean of Students Office, Human Resources, Health Promotion and Wellness, Enrollment Management and Academic Services, Center for Civic Engagement, Student Counseling Services, University College, Student Health Services, University Housing Services, and University Police Department.

Supporting the recommendations:

- Leanna Bordner, Intercollegiate Athletics
- Nikki Bleichner, University Police
- Nikki Brauer, Health Promotion and Wellness
- Kerri Calvert, Health Promotion and Wellness
- Dr. Theresa Adelman-Mullally, Mennonite College of Nursing
- CeCe Brookins, University Housing Services
- Janice Blair, Student Conduct and Community Responsibilities
- Amy Roser, University College
- Becky Ludolph, Student Health Services

The individuals listed above are the team members of the Biennial Review Recommendations Committee. The committee creates the recommendations for each Biennial Review period.

Recommendations for 2024 – 2026

- HPW will implement an in-person cannabis class starting Fall 2024.
- The Code of Student Conduct revisions will be completed by December 2025
- HPW will seek collaborative partners to increase screening opportunities across campus.
- Athletics will continue to educate as per enhanced NCAA guidelines. The annual education program for all student-athletes, by the Head Athletic Trainer, addresses the dangers and physiologic drawbacks from alcohol, cannabis, nicotine, and vaping.
- Biennial Review Recommendations Committee members will inventory family messages to identify opportunities to incorporate messages regarding substance use/mental health and their impact on student success; to be completed by May 2025.
- Reconvene Biennial Review Recommendations Committee on a biannual basis to ensure progress is being made toward achieving the Biennial Review Recommendations

Conclusion

Illinois State University provides comprehensive programming in alcohol and other drug use, misuse and abuse, and prevention/intervention/education. This is accomplished through the efforts and collaboration of several University departments which include Health Promotion and Wellness, Campus Recreation, Student Health Services, Enrollment Management and Academic Services, Dean of Students Office, Human Resources, Student Counseling Services, Students' Attorney, University Police Department, Student Conduct and Community Responsibilities, Event Management, Hospitality and Dining, Center for Civic Engagement, and University Housing Services. Alcohol and other drug behaviors and attitudes have also been assessed through the National College Health Assessment Survey. This information is used to plan/implement effective and efficient programming that meets the needs of Illinois State University students. The Biennial Review process has helped identify areas that need improvement and aided in defining goals and objectives for the upcoming years.

Drug Free Schools and Communities Act Supplemental Checklist

As part of the Biennial Review process, Illinois State University has utilized the Drug Free Schools and Communities Act (DFSCA) Supplemental Checklist to review AOD efforts in order to ensure compliance. The areas of environmental intervention, which were reviewed, include: Alcohol-Free Options, Normative Behavior, Alcohol Availability, Alcohol Marketing/Promotion and Policy Development/Enforcement. The following is a synopsis of the services/programs that Illinois State University provides in relation to Environmental Interventions:

Alcohol-Free Options

- A. Creates and promotes alcohol-free options
 - Alcohol Free Options for Student-Athletes
The Intercollegiate Athletic Department promotes volunteer service opportunities for student-athletes through community service projects. Individual teams have specific projects or charities that they work with each year. Some of these include Habitat for Humanity, Red Cross blood drives, Red Cross Evening of Stars, Promise Council Events, Disadvantaged Children's Christmas party in December, and the Boys and Girls Clubs.
- B. Requires Service Learning as part of the academic curriculum
 - Illinois State University does not have a service-learning requirement for its students. However, the University does support faculty interested in developing service-learning components to their courses. The Center for Civic Engagement and the Center for Advancement of Teaching both offer support and consultation to faculty infusing service-learning into the curriculum.

Normative Behavior

- A. University admissions procedures promote a healthy environment
 - All new incoming freshmen and transfer students are provided access to Alcohol Wise and Cannabis Wise, on-line alcohol and cannabis prevention education modules as well as Consent and Respect, an interpersonal violence program, prior to arriving on-campus.
- B. The campus encourages high academic standards
 - Educate, Connect Elevate: An Action Plan for Distinctiveness & Excellence at Illinois State University lays out a strategic direction for the University from 2018-2023. The ultimate aim of Educating Illinois is that Illinois State University will be the first-choice public university for high-achieving, motivated students who seek an individualized educational experience combined with the resources of a large university.
- C. Faculty and staff are educated about behavioral indicators, student norms, and cultural attitudes related to high-risk or illegal alcohol and other drug use
 - University Housing Services professional and intern staff receive training on alcohol and illicit substance use prior to the start of the academic year.
- E. Students are educated about misperceptions of drinking norms

- The Resident (RA) Leadership Agreement expects the RAs to refrain from the use of alcohol while on duty or on call. It asks that they do not use alcohol when representing the University at on or off campus functions regardless of their age. They may not possess, consume, or be present around alcohol on campus if they are under the age of 21. They are also expected to refrain from the use of any illicit drugs, including cannabis although it is now legal in the state. Furthermore, the RA is expected to be aware of the environment in the halls and intervene if they suspect a student is abusing alcohol or illicit substances and report this to their Residence Hall Coordinator.
 - Representatives from local law enforcement agencies and other professionals present alcohol and other drug information to many athletics teams.
- F. Students have opportunities to advise and mentor peers
- The University has programs for Peer Health Educators, Peer Mentors, Peer Tutors, and Peer Advisors. All groups receive on-going training on ways to identify AOD associated problems and where to refer students.
- G. Pro-health messages are publicized through campus and community media channels
- Bulletin boards and postings in the public areas continue to promote healthy lifestyles and educate residents on the effects of alcohol and other substances.

Alcohol Availability

- A. The Alcohol Policy was modified in Spring 2018 and Spring 2020.
- Alcohol use is restricted on campus except for special circumstances allowed by state law and as approved by the Office of the President.
 - Alcohol servers are required to be BASSET certified.
 - Procedures for off-campus social events involving alcohol require third party vendors.
 - RSO/student events are not allowed to have alcohol at campus events.

Alcohol Marketing and Promotion

- Advertising or publicity of alcohol is not allowed on property or at programs associated with Illinois State University. Prohibited are words, symbols, logos, pictures or drawings that denote alcoholic beverages or the drinking of alcoholic beverages. Excepted from this are units promoting alcohol awareness educational campaigns.
- Alcohol industry sponsorship for on-campus events is banned or limited.
- Announcement content of party or event is limited.
- Pro-health messages that counterbalance alcohol advertising are encouraged.

The following is a list of changes from former alcohol policies and procedures to improve alcohol policies and procedures:

- Identifies specific areas on campus other than the Bone Student Center where alcohol can be consumed as allowed by state law (conference and convention type activities).
- No alcohol is allowed in any residence hall.
- Requires Registered Student Organizations to complete and submit documentation from third party vendors for functions involving alcohol off campus.
- Clearly delineates the appropriate behavior with tailgating. Parking lot areas are specifically identified that are approved for tailgating events.

- Specifies for students in all university owned apartments that alcohol can only be consumed within the confines of the apartment.

Policy Development and Enforcement

Illinois State University is compliant with the DFSCA regarding policy development and enforcement in the following areas:

- ID checks at on-campus functions are enforced
- Patrols observe on-campus parties
- Patrols observe off-campus parties in coordination with Normal Police
- Disciplinary sanctions for violation of campus AOD policies are enforced
- Driver's license penalties for minors violating alcohol laws are enforced
- Penalties for sale of liquor to minors are enforced
- Penalties for possessing fake IDs are enforced
- DUI laws are enforced
- Measures are in place to ensure consistency of enforcement

The following is a summary written by the Illinois State University Police Department regarding efforts to enforce AOD laws:

The University Police Department takes a strong stand on the enforcement of drug laws in and around the Illinois State University campus. The University Police are fully commissioned police officers by the State of Illinois and, in addition to educational programming, the University Police feel strong, consistent enforcement of law is essential to a comprehensive plan of controlling drug and alcohol abuse. The University Police investigate all suspected incidents of drug violations on the campus. In addition to responding to citizen reports of drug law violations, the University Police participate in a multi-jurisdictional statewide drug task force in combination with the Illinois State Police.

Unless specifically provided for, on-campus functions are not permitted to have alcohol present. When alcohol is authorized, only those legally entitled to have alcohol are permitted to possess or consume alcoholic beverages. Police patrols observe parties occurring on- and off-campus. Undercover investigations are conducted by the local police at both off-campus events and off-campus establishments that serve alcohol. Bar audits are conducted by both the local police departments and the Illinois State Police to ensure compliance with alcohol and identification laws related to retail establishments. Those who violate the alcohol laws with respect to false identification documents face additional consequences with their driver's license.

Additionally, several times a year a joint task force from multiple agencies conducts roadside safety checks for violations of the motor vehicle code and other offenses as defined by law, including those related to drugs and alcohol. The local police department has been recognized consistently over the last decade for having one of the highest levels of enforcement for DUI arrests for cities of its size in the State of Illinois. Overall, the local police department has a strong, consistent record of zero tolerance for alcohol law violations, either by persons or by businesses that sell alcohol.

Students who violate drug and alcohol laws may be referred to the judicial arm of the University, or if arrested, are processed through both the University judicial process and the criminal court.

Strengths

For many years, there has been a strong emphasis on alcohol law enforcement, and this has not decreased with the passage of time. Strong enforcement is one mechanism by which alcohol/drug use can be reduced. Additionally, drug laws have seen an increase in enforcement levels over the last several years due to increased awareness and the availability of federal funds to establish specific drug units.

Weaknesses

There has been little change in the educational component of deterrence. In fact, some programs which did exist have been eliminated. College students are often away from home for the first time, and this situation may become problematic with the influences of alcohol and drug abuse negatively impacting their decisions. Once underage individuals begin to misuse drugs and/or alcohol, their problems are likely to multiply. In addition to strong enforcement, students must be provided with complete and accurate information related to the proper and improper use of drugs and alcohol. Additionally, students must be held accountable for their actions, and when appropriate, face the consequences of their actions.

As with all other aspects, funding for staffing and equipment is severely limited and this detracts from the overall effectiveness of the programming. While we must remain cognizant of the overall mission of the University, we must also be realistic about dangers that students may face outside of the classroom.

Appendices

Appendix I	Alternative Breaks Zero Tolerance Alcohol and Drug Agreement
Appendix II	Intercollegiate Athletics Alcohol, Tobacco, and Other Drug Policy
Appendix III	Intercollegiate Drug Testing Policy
Appendix IV	Intercollegiate Athletics Tailgating Procedures
Appendix IV	Campus Recreation Alcohol and Other Drugs Policies and Procedures

Appendix I
Alternative Breaks
Illinois State University
Zero Tolerance Alcohol and Drug Agreement

Alternative Breaks is a registered student organization sponsored through the Center for Civic Engagement that believes in conducting drug and alcohol-free trips and activities. There is zero tolerance for students who choose to violate this agreement. One of the Eight Components of a Quality Alternative break Program is Alcohol and Other Drug Free. It is, "Issues of legality, liability, personal safety and group cohesion are of concern when alcohol and other drugs are consumed on an alternative break. Programs should provide education and training on alcohol and other drug related issues (Break Away)." Consumption of alcohol or illegal drugs while promoting Alternative Breaks is not the image that we desire to portray to students or the community we are serving in. Furthermore, fee funded trips sponsored through the Center for Civic Engagement are alcohol and illegal drug free.

A. Standards

I. During the Alternative Breaks trip, pre-trip activity or post-trip activity participants may not:

1. Buy alcohol or illegal drugs.
2. Consume or be under the influence of alcohol or drugs.
3. Hold alcoholic beverages or drugs for oneself or another person.
4. Be identified with a group of people drinking alcohol or using drugs.
5. Enter a liquor store.
6. Wear clothing associated with drugs or alcohol.
7. Purchase items associated with alcohol or drug consumption (i.e. shot glasses).

II. Trip participants must:

1. Be aware that they are representing Alternative Breaks and Illinois State University at all times.
2. Refrain from promoting Alternative Breaks while drinking.
3. Not host Alternative Breaks parties/events that include drinking.
4. Avoid clothing that references alcohol, indecent language or content.

III. Use of Nicotine and Tobacco products:

1. Usage of these items should follow state and local laws.
2. Usage of these items should follow site policies.
3. Please be respectful of using these items in public spaces i.e. free time activities, busses, eating spaces, bathrooms, etc.

B. Violation and Removal

If a participant is suspected of a violation, the following steps will be taken:

1. A Trip Leader or Trip Advisor will confront the participant(s).
2. A discussion about the incident will be held between the participant(s), a Trip Leader and a Trip Advisor as soon as a trip leader is informed of an incident.
3. If it is determined that the agreement has been violated, the participant will be **sent home at his/her own expense.**
4. If a participant is found using or in possession of illegal drugs, law enforcement will be contacted. No warnings will be given; the above steps will be taken following the first violation of this agreement. Trip Leaders and Trip Advisors hold an authoritative role in any such situation.
5. A report will be filed with Student Conduct and Community Responsibilities.
6. If found responsible based on findings from Student Conduct and Community Responsibilities, the participant will be removed from his/her team and not permitted to participate in any future Alternative Breaks trips for one year.

By signing below, I confirm that I have carefully read and clearly understand the statements above. I have reflected on my reasons for participating in Illinois State University's Alternative Breaks program, and I agree to abide by this agreement, which includes my abstention from the use and purchasing of alcohol and illegal drugs. I understand that if I violate this agreement, I will be sent home at my own cost. If I observe anyone violating the Alternative Breaks Zero Tolerance Alcohol and Drug Agreement, it is my responsibility to report the violation to a Trip Leader or Trip Advisor immediately.

Participant: (Printed Name)

Signature

UID #:

Date:

Appendix II

Intercollegiate Athletics

I. ATOD Program

Goals and Description of the Overall Program

The Intercollegiate Athletic Department has a program in place which informs and educates Student-athletes about the risks of using alcohol, tobacco, and other drugs. This program is reviewed annually by the Athletic Director's staff, Student-Athlete Advisory Council (SAAC), and the head coaches.

Student-athletes are exposed to different avenues of information distribution regarding legal aspects, physiologic/psychological effects, counseling and treatment options for those with addictions or issues, and public perceptions of the use of alcohol, tobacco, and other drugs.

Student-athletes who feel they need assistance for use or addiction to alcohol, tobacco, or any banned drug or medication may be referred to the Illinois State University Student Counseling Services. Student-athletes who test positive through the department's drug testing program, violate the university's alcohol policies, are convicted of a crime involving alcohol, tobacco, or other drugs, and/or have been identified by a coach or administrator as potentially having a problem may be referred to the Student Counseling Services as deemed appropriate by the department, university entity, or courts.

The ATOD program is posted on the athletic department website <http://www.GoRedbirds.com> in the athletic training manual under the 'students' tab and the 'athletic training' section.

A. Alcohol

The use of alcoholic beverages on property controlled by Illinois State University is restricted by the laws of the state of Illinois and the policies of the university. The prohibition applies to all on campus and off campus activities that are considered university activities.

The Intercollegiate Athletic Department will advise student-athletes on options for treatment regarding alcohol or drug abuse. The department will encourage student-athletes to seek assistance if they have a drug or alcohol abuse problem. The athletic department will assist them in receiving the proper treatment, counseling, and rehabilitation and follows them throughout their time on campus to ensure compliance with the departmental policy and ideals.

Every team has their individual alcohol policy which is created and enforced by that team's head coach. Each individual coach will distribute and enforce their policy as they deem appropriate.

Student-Athlete Recruiting Alcohol Rules

1. The NCAA Student-Host form will be signed by the student-host and follow all rules stated on that form.
2. A student-host should not drink and drive regardless of whether they are 21 years old.
3. The laws of the state of Illinois on consumption of alcohol should be followed at all times when hosting a recruit. Those rules are as follows:
 - A. Consumption of or open containers of alcohol on public property is illegal. This includes sidewalks, streets or parks.
 - B. Falsifying your driver's license is a felony and using someone else's license is a misdemeanor.
 - C. It is unlawful to possess alcohol in a motor vehicle with the seal broken.
4. It is illegal for any person under 21 years of age to POSSESS alcohol in the towns of Normal or Bloomington.

B. Other Drugs (street drugs, banned substances, & dietary supplements)

The Intercollegiate Athletic Department believes that the abuse of legal drugs and/or the use of illegal drugs can adversely affect the health and safety as well as the academic capability of student-athletes. In an effort to minimize the possibility that a student-athlete may jeopardize his or her own physical and academic performance, the Intercollegiate Athletic Department has developed and approved a drug testing policy. Faculty, staff, and students shall not possess, use or distribute illicit drugs on university property.

The use of supplements is common by student-athletes and the Intercollegiate Athletic Department educates them as to what the NCAA bans and what cannot be distributed by an athletic department staff member. The Head Athletic Trainer serves as the NCAA mandated contact for student-athletes with questions or concerns regarding dietary supplements or potential performance enhancing substances. A list of the NCAA Banned Drugs and information about supplements is given to each student-athlete at their initial eligibility meeting. The Resource Exchange Center of the National Center for Drug Free Sport is a free service where student-athletes can ask confidential questions via phone or email about dietary and nutritional supplements, the NCAA banned drug list, or substances known to enhance or degrade athletic performance. This information is distributed at the initial fall eligibility meetings.

Student-athletes may be subjected to random drug testing by the NCAA or by Illinois State University Athletics. Drug violations occurring on university property may be reported to the Director of Athletics. Arrests, convictions, or university sanctions related to illegal drugs may warrant a drug test through Illinois State Athletics outside the random drug testing program. These violations will jeopardize a student-athlete's student and/or athletic eligibility at Illinois State University.

1. Institutional Drug Testing

The intercollegiate athletic department conducts drug testing on student-athletes on a year-round basis. All student-athletes are subject to this drug testing program and consent on an annual basis to this program. A signed release authorizing the release of drug testing results will also be signed annually.

- A. The institutional drug testing policy is explained to student-athletes in an initial eligibility meeting in the student-athlete's first semester of athletics.
- B. Illinois State University Department of Intercollegiate Athletics Drug Testing Program is available online at: <http://www.GoRedbirds.com/> - **about>athletic training>forms** <http://www.goredbirds.com> > recruits > athletic training > forms and is distributed in paper copy at the initial eligibility meeting.
- C. Drug Testing Consent Form and Authorization to Release Test Analysis Information is also posted online at the above web address and is signed in paper copy annually.
- D. Illinois State University Athletics sponsors a Safe Harbor Program which allows student-athletes to seek assistance with use of a banned drug or alcohol. The student-athlete is exempt from institutional drug testing penalties for 30 days or longer as determined by the Head Athletic Trainer and/or Team Physician. Drug and alcohol counseling by a certified alcohol and drug counselor is provided free of charge to the student-athlete.
- E. Student-athletes, coaches, or staff members should never operate a motor vehicle while under the influence of alcohol or other drugs pursuant to State of Illinois motor vehicle laws. Student-athletes will be educated by their athletic trainer about the dangers of driving while taking prescription medications that may degrade their ability to operate a motor vehicle.

2. NCAA Drug Testing

- A. All student-athletes will sign a NCAA Drug Consent form at an initial eligibility meeting directed by the Sr Associate Athletic Director/Compliance.
- B. The NCAA Banned-Drug Classes is distributed at this meeting and student-athletes are educated as to how this may relate to their athletic eligibility and their health and safety.
- C. The NCAA Drug Education and Testing video will be shown to all teams during the eligibility meetings.

3. Supplements

- A. Student-athletes are educated in the initial eligibility meeting on the use of supplements. Due to the increasing availability of supplements containing banned substances, student-athletes will be advised to discontinue their use or not begin using supplements first. Items B-E below are discussed at the initial eligibility meeting.
- B. The intercollegiate athletic department and/or student-athletes can

refer to the Resource Exchange Center at <http://www.drugfreesport.com/rec/> for confidential advice and information regarding supplements, banned substances, and advice relating to NCAA regulations.

- C. NCAA rules state that “An institution may provide only non-muscle-building nutritional supplements to a student-athlete at any time for the purpose of providing additional calories and electrolytes, provided the supplements do not contain an NCAA banned substance. Permissible non-muscle building nutritional supplements are identified according to the following classes: Carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters and vitamins and minerals.
- D. NCAA rules prohibit an institution or staff member to sell, arrange the sale or provide muscle-building supplements to student-athletes.

C. Tobacco

- A. The NCAA prohibits the use of all tobacco products during any organized practice or competition by student-athletes, coaches, officials or administrative personnel involved in the event.
- B. The State of Illinois prohibits smoking in “indoor public areas, places of employment or vehicles owned, leased or operated by the state or political subdivision of the state.” Additionally, smoking outside public areas must be greater than 15 feet away from the entrance or ventilation areas.

Appendix III

ILLINOIS STATE UNIVERSITY DEPARTMENT OF INTERCOLLEGIATE ATHLETICS DRUG TESTING POLICY

PHILOSOPHY

The Department of Intercollegiate Athletics at Illinois State University (hereafter referred to as "Department") believes that the abuse of legal drugs and/or the use of illegal drugs can adversely affect the health and safety as well as the academic capability of student-athletes. In an effort to minimize the possibility that a student-athlete may jeopardize his or her own physical and academic performance, the Department has developed and approved the following drug testing policy and procedure.

POLICY

The Department reserves the right to require a urine or blood specimen from any participant in a sports program recognized, operated, or controlled by or under the authority of the Department. Eligible participants include all student-athletes appearing on the team's NCAA squad list and/or those receiving financial aid to attend or assist with cost of attendance at Illinois State University. Amendments to the policy may be issued with or without notice as the Athletic Department and Illinois State University deem appropriate. Furthermore, this policy is not to be construed as a contract between Illinois State University Athletics and the student-athlete.

Student-Athletes are subject to drug testing from the first day they establish temporary residence in McLean County, IL with the intent of attending Illinois State University AND/OR when they begin activity (practice, competition, conditioning, weight room activities) OR they begin classes at Illinois State University until the time they exhaust their eligibility and/or are no longer receiving financial aid to attend or assist with cost of attendance at Illinois State University, whichever is later. This includes any official university breaks, holidays, closures, and/or summer sessions. There is no prior notification required for any drug test. Screening may be done for amphetamines (including Ecstasy), bath salts, cocaine, opiates, and anabolic steroids. A consent form authorizing the taking and testing of urine and/or blood samples shall be signed annually by each student-athlete. If the student-athlete is a minor, a parent or guardian's signature will be required. Analyses of specimens provided for testing will be performed by an independent laboratory or laboratories as from time to time selected by the University. Test results shall be shared with those identified in the consent form. Strict confidentiality of test results, except as authorized by the consent form, shall be maintained in accordance with the procedures which follow.

If there is reasonable suspicion that a student-athlete is using banned drugs, the suspected student-athlete may be selected for drug testing at the athletic director's discretion. The Athletic Director will determine if the student-athlete will be tested based on objective facts.

At the discretion of the Athletic Director, each athletic team may be tested in entirety. Additionally, the Athletic Director may test 10% or more of the active roster of any team at any point in time. The Athletic Director may also amend, change, or alter any policy, procedure, program, or penalty as they deem appropriate.

At the beginning of each academic year or at other times as determined by the Department, a presentation will be made to all intercollegiate student-athletes to review and explain the Department's drug testing policy and procedure. The consent forms will be signed at that time and available in each student-athlete's file.

PURPOSES

The purposes of the Department's drug testing policy are:

1. To inform and educate the student-athlete as to the harmful effects of substance abuse and misuse;
2. To deter the potential abuse of, misuse of, or experimentation with drugs and other physically or psychologically harmful substances;
3. To provide any student-athlete determined to be affected by banned substance use or abuse with the opportunity to obtain rehabilitation through professional evaluation counseling, or referral for treatment; and
4. To protect and preserve the integrity of the individual student-athlete, the Department, and the University.

PROCEDURES AND PENALTIES

Student-athletes demonstrating positive test results will be subject to the following actions:

1. If any student-athlete tests "positive", that is, if the tests show banned substances, banned substance-residue substances, or banned drug metabolites present in the student-athlete's provided specimen, the Team Physician, Head Coach, and/or Head Athletic Trainer will inform the student-athlete in a timely manner after the positive confirmation has been received from the laboratory and may meet privately with the student-athlete to explain the type of substance identified.
2. In the event a student-athlete's specimen shows the presence of two separate and different banned substances, banned drug-residue substances, or banned drug metabolites it may be considered two positive test results and the subsequent penalty that may be served is listed in Section 11 under "Procedures and Penalties". (ex: a student-athlete who has never tested positive previously, may serve the first and second positive sanctions; a student-athlete who has previously tested positive may be subject to dismissal as stated by the third positive sanction)

3. If the student-athlete wishes to appeal the test results as a "false positive", he/she must notify the Team Physician or Head Athletic Trainer within 24 hours after meeting or talking by phone with the Team Physician or Head Athletic Trainer to discuss the test results.

4. During urine collection, urine specimens are split into two samples, A & B. The A-sample is first tested by the lab. In the event the student-athlete appeals a positive result of the A-sample, the B-sample will be tested. No additional or new samples will be produced or tested. Testing the B-sample will be at the student-athlete's own expense. The B-sample test must be paid for in advance. In the event a B-sample is found to be free from banned substances, the cost will be refunded to the student-athlete.

5. Once test results are received from the testing lab, those test results may be communicated to the Director of Athletics. The Director of Athletics will determine who they will communicate these results, including, but not limited to: athletic department administrators, departmental sport psychologist (and/or mental health/substance abuse counselors, medical professionals deemed appropriate to treat the student-athlete's condition(s), coach(es) of the student-athlete's sport, staff athletic trainer, university administrators and/or staff, law enforcement, and/or parents (or legal guardians) of the student-athlete designated on the student-athlete's release of information form.

6. In a first positive, if cocaine, amphetamines, bath salts, or opiates are discovered to be present in a student-athlete, the student-athlete may be referred to the student counseling center, departmental sport psychologist, private practice counselor and/or to a private evaluation and treatment facility. The decision will be made at the professional discretion of the Team Physician, Director of Athletics, departmental sport psychologist, and Head Athletic Trainer. The student-athlete's parents/guardians may be contacted and informed of the positive drug screen. Additionally, the student-athlete may be required, at any point in time from the first positive test until they are no longer considered a student at Illinois State University, to provide a urine or blood specimen for testing for banned substances. A student-athlete who has previously tested positive may be required to provide a urine or blood specimen during a period of time when they are not actively enrolled in a class/classes at Illinois State University (for example, but not limited to, the summer or winter recess periods) but are still planning on enrolling in classes in the future by virtue of their registration of future classes, completion of an online confirmation of attendance, or payment of monies for any following academic term. No prior notice is necessary. The student-athlete will provide a required blood or urine specimen on demand.

7. In a first positive where anabolic steroids are identified as present within the student-athlete's system, the student-athlete may be declared ineligible from competition for a complete calendar year (365 days) beginning on the date the positive was confirmed. A second positive for anabolic steroids may result in permanent loss of eligibility for the remainder of the student-athlete's intercollegiate career at Illinois State University and loss of any scholarships.

8. If a student-athlete tests positive for a substance that, in the Team Physician's medical opinion, poses any risk to the student-athlete's health or safety during any physical activity, the student-athlete may be disqualified from ALL PHYSICAL ACTIVITY sponsored by the Department of Intercollegiate Athletics (practices, conditioning, competitions, weight room, etc). The student-athlete will not be allowed to return to physical activity until the Team Physician has medically cleared the student-athlete. If the Team Physician feels medical diagnostic testing is indicated to ensure the welfare of the student-athlete, the financial responsibility of these tests may fall upon the student-athlete.

9. In the event of any positive drug test, a student-athlete may be given a list of expectations that will need to be met prior to reinstatement to the team. These expectations may include but are not limited to: substance free future drug screens, maintaining sound academic standing, maintaining excellent physical fitness, selections for random drug testing, attending counseling sessions as recommended by the Team Physician/mental health professionals/departamental Sport Psychologist/Head Athletic Trainer, and/or maintaining good citizenship as a student-athlete at Illinois State University.

10. In the event a second positive test result is confirmed under and consistent with the method described above for cocaine, amphetamines, bath salts, or opiates, the student-athlete, the Director of Intercollegiate Athletics and/or Head Athletic Trainer, in conjunction with the Team Physician and departamental Sport Psychologist will inform the student-athlete in a timely manner. Additionally, the Director of Athletics may inform athletic department administrators, departamental sport psychologist (and/or mental health/substance abuse counselors, medical professionals deemed appropriate to treat the student-athlete's condition(s), coach(es) of the student-athlete's sport, staff athletic trainer, university administrators and/or staff, law enforcement, and/or parents (or legal guardians) of the student-athlete designated on the student-athlete's release of information form.. A second positive test is defined as a subsequent positive test after the initial positive test for any banned substance, banned substance-residue substances, or banned drug metabolites (not necessarily the substance previously causing a positive) during a student-athlete's intercollegiate athletic career. It will be the sole discretion of the Team Physician if a subsequent positive of an identical substance indicates further usage or residual substances from the initial positive test.

11. Upon confirmation of a second positive test, a student-athlete may be declared ineligible for 10% of the overall maximum number of contests allowable for each sport as listed in NCAA Bylaw 17 (excluding exhibition contests or foreign tours) in the current competitive season. The percentage will be rounded to the nearest whole number. In the event the percentage is exactly half of a whole number, it will be rounded up. The competition suspension cannot be served by utilizing an exhibition game, foreign tour, "practice game", non-traditional season competition, nor "scrimmage". In the event that any competition suspension is not served in its entirety during the current competitive season, the remainder of the penalty shall be served during the next competitive season that the student-athlete competes (excluding exhibition games, foreign tours, "practice games",

non-traditional season competitions, and/or “scrimmages”). If a positive test occurs outside of the traditional competitive season, any competition suspension penalty may commence during the next regularly scheduled competitive season.

12. In the event a third positive test result is confirmed under and consistent with the method described above for cocaine, amphetamines, bath salts, or opiates, the student-athlete, the Director of Intercollegiate Athletics and/or Head Athletic Trainer, in conjunction with the Team Physician and departmental Sport Psychologist will inform the student-athlete in a timely manner. Additionally, the Director of Athletics may inform athletic department administrators, departmental sport psychologist (and/or mental health/substance abuse counselors, medical professionals deemed appropriate to treat the student-athlete’s condition(s), coach(es) of the student-athlete’s sport, staff athletic trainer, university administrators and/or staff, law enforcement, and/or parents (or legal guardians) of the student-athlete designated on the student-athlete’s release of information form.. A third positive test is defined as a subsequent positive test after the initial and second positive test for any banned substance, banned substance-residue substances, or banned drug metabolites (not necessarily the substance previously causing a positive) during a student-athlete’s intercollegiate athletic career. It will be the sole discretion of the Team Physician if a subsequent positive of an identical substance indicates further usage or residual substances from the initial positive test.

13. Upon confirmation of a third positive test, a student-athlete may be declared ineligible for 50% of the overall maximum number of contests allowable for each sport as listed in NCAA Bylaw 17 (excluding exhibition contests or foreign tours) in the current competitive season. The percentage will be rounded to the nearest whole number. In the event the percentage is exactly half of a whole number, it will be rounded up. The competition suspension cannot be served by utilizing an exhibition game, foreign tour, “practice game,” non-traditional season competition, nor “scrimmage.” In the event that any competition suspension is not served in its entirety during the current competitive season, the remainder of the penalty shall be served during the next competitive season that the student-athlete competes (excluding exhibition games, foreign tours, “practice games”, non-traditional season competitions, and/or “scrimmages”). If a positive test occurs outside of the traditional competitive season, any competition suspension penalty may commence during the next regularly scheduled competitive season. Additionally, if a student- athlete is not completed their “10% suspension” for a second positive and produces a specimen that triggers a third positive, the contests forfeited under the 10% suspension section shall be completed before the third positive 50% suspension may begin.

14. A student-athlete receiving a competition suspension shall be permitted to return to competitive status only with clearance from the Team Physician, Head Athletic Trainer, departmental Sport Psychologist and Athletic Director and completion of agreed upon terms of the suspension.

15. A student-athlete may not serve a competition suspension concurrently with an injury or illness that would otherwise prevent them from participating in the suspension. It is the discretion of the Team Physician, Head Athletic Trainer, and/or Staff Supervising Athletic

Trainer if the student-athlete is physically able to participate due to injury or illness. In the event the student-athlete is unable to participate due to illness or injury, the competition suspension will begin with the next contest in which the student-athlete is deemed healthy enough to participate.

16. Upon confirmation of a fourth positive test result for banned substances, banned substance-residue substances, or banned drug metabolites of cocaine, amphetamines, bath salts, or opiates, a student-athlete may be immediately dismissed from the team and lose any or all athletic related scholarship(s).

17. A student-athlete who refuses to provide a specimen or who fails to appear at the time scheduled for testing may be given an alternative time for testing later that same day. If the student-athlete does not report for testing or fails to produce an acceptable specimen at the later testing time, his/her drug test will be considered a positive test.

18. Any student-athlete who qualifies for an NCAA championship (either as a team or as an individual) may be tested prior to attending the championship. If a student-athlete tests positive during this test, he/she may not participate at the NCAA championships.

19. Tampering with or adulterating a urine or blood specimen in an attempt to alter its natural characteristics and/or form or providing a specimen that is not your own will be considered a positive drug test.

20. The Department may elect to baseline test individuals, teams, or larger groups. This baseline testing procedure will be approved by the Athletic Director. This test would be conducted early in a student-athlete's Illinois State Athletics career. In a baseline test, any specimen showing banned substances, banned substance-residue substances, or banned drug metabolites will NOT be considered a positive test under this policy. The positive result will be utilized to provide appropriate medical, mental health treatment, and counseling. A behavioral contract will be agreed upon following a positive result between the department and student-athlete.

21. Each student-athlete must have documentation in their confidential athletic department medical file of all medications they are prescribed. This prescription must be prescribed by a licensed medical practitioner, licensed in their state of practice and with the legal authority under the state laws in which they are practicing, to prescribe the substance. In the event a student-athlete tests positive for substances, substance-residue substances, or drug metabolites that have been prescribed by a licensed medical practitioner and no documentation exists in their athletic department medical chart, they may be required by the department to attend counseling sessions to educate the student-athlete on abuse of prescription or banned medication. Failure to comply with required counseling will result in further sanctions set forth by the Director of Athletics.

22. In the event a student-athlete is taking a prescribed stimulant, prescribed by a licensed medical practitioner, licensed in their state of practice to prescribe the stimulant, the student-

athlete must provide documentation of testing proving the presence of a condition requiring stimulant medication. This testing must be conducted by a medical professional experienced in the diagnosis and treatment of conditions treated by stimulant medication. This regulation is consistent with the NCAA regulation on stimulant medication. This documentation should be in the student-athlete's file prior beginning athletic activity. The student-athlete may be ruled immediately ineligible for practice and competition at any time if this documentation is not provided.

23. Many dietary supplements contain banned substances regardless of labeling, packaging, and marketing indicating otherwise. Many supplements can cause positive drug tests and are not safe to use. In the event you are taking a supplement you should discontinue its use.

The procedures and methodologies for obtaining a test specimen will be described and distributed to student-athletes.

Revised: July 2024

AUTHORIZATION TO RELEASE TEST ANALYSIS AND FOLLOW UP TREATMENT INFORMATION

I hereby authorize the Department of Intercollegiate Athletics at Illinois State University to obtain and release test analysis results information pertaining to and obtained under the provisions of the Department's drug testing program to those persons or entities identified in said program, including but not limited to: the Director of Intercollegiate Athletics, Head Athletic Trainer, athletic department administrators, departmental sport psychologist (and/or mental health/substance abuse counselors, medical professionals deemed appropriate to treat the student-athlete's condition(s), coach(es) of the student-athlete's sport, staff athletic trainer, university administrators and/or staff, law enforcement, and/or parents (or legal guardians)

I also authorize the staff at Student Counseling Services of Illinois State University, medical professionals providing treatment and/or counseling, and/or any private substance abuse treatment center to release information regarding my attendance (or lack thereof), counseling notes, counseling or treatment recommendations, courses of action (including inpatient treatment), and progress of any required counseling or education sessions mandated by Illinois State University Athletics.

Date

Signature/Name

Designated Parent or Guardian:

Name

Address

City, State, Zip

()

Telephone

July 2024
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DRUG TESTING CONSENT FORM

I have received, read, and understood the attached copy of the Illinois State University Intercollegiate Athletic Department Drug Testing Program.

In consideration for the privilege of participation in intercollegiate athletics at Illinois State University, upon demand, I hereby agree to submit a sample of my urine and/or blood for screening and analysis for purposes and decisions as set forth in the Department's program statement. I further hereby release Illinois State University, its Department of Intercollegiate Athletics, any testing laboratory from time to time selected by said Department, and all employees, agents and officers of said entities, including specifically the Governing Board of Illinois State University, from any and all liability of whatsoever kind, arising from any request made of me pursuant to the attached program, to furnish samples, the testing of said samples, and decisions made concerning my athletic status which may be based upon results to tests made of said samples.

I understand if I am taking any substances that have been "legally prescribed" by a medical practitioner that may be banned, I will provide documentation demonstrating proof of that prescription. This documentation will be housed in my permanent athletic department medical file. In the event I test positive for a banned, yet legally prescribed substance, without proper documentation in my permanent athletic department medical file, I may be subject to the penalties set forth in the Illinois State University Intercollegiate Athletic Department Drug Testing Program. **I understand that taking prescription medication not "legally prescribed" to me may be punished as a felony crime in the State of Illinois.**

Illinois State University Athletics defines "legally prescribed" as:

- a) Written in YOUR NAME

AND

- b) Written by a medical provider, licensed in their state of practice, authorized by that state's laws to prescribe the substance

AND

- c) Written or refilled in the last thirty (30) days

OR

- d) Prescription is refillable (for up to one year) due to a permanent, ongoing, or repeatedly occurring condition

Each "legally prescribed" prescription must fall under Category A and Category B and either Category C OR Category D

*****PLEASE NOTE*****

Taking medications (especially narcotic pain medications) that were prescribed in your name for a previous condition are valid for ONLY thirty days. In the event you take "leftover" prescription

doses and you test positive, you will be considered in violation of the Illinois State University Drug Testing Policy.

Student-Athlete

Sport

Date

July 2024
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Appendix IV

RULES AND REGULATIONS FOR ALL ATHLETIC TAILGATING EVENTS

The Illinois State University Police Department will strictly enforce state and federal laws and regulations, applicable University policies and procedures, and the following rules during all tailgating events:

1. The University permits tailgating in designated areas only.
2. Under no circumstances shall persons under 21 years of age be served, sold, have possession of, or consume alcoholic beverages.
3. Any use of cannabis is prohibited on University property under the *Drug-Free Schools and Communities Act*. This prohibition is not altered by the state law regarding the use of cannabis.
4. Concealed Carry is prohibited during all tailgating events in accordance with University Policy 5.1.1.
5. Violation of any laws may result in arrest.
6. Portable toilets will be made available by the University in the tailgating lots. No visitors or tailgaters may bring portable toilets, platforms, stages, or other structures unless approved in advance by the Athletics Department.
7. Glass bottles and kegs are prohibited. Party balls, bongos, funnels, and any device used to increase consumption of alcoholic beverages are prohibited in the tailgate areas.
8. All tailgating equipment/supplies/games must be kept behind any painted emergency access lanes (red lines), and may not block adjacent parking spaces, sidewalks, or impede driving aisles.
9. All tailgaters are responsible for the proper disposal of trash and other debris such as charcoal. Trash containers will be provided in tailgating areas. The disposal of grease, hot coals, or hazardous materials onto the grounds or into storm drains is prohibited. Any person damaging University property will be responsible for the cost of repairs; including damage to grass from cooking grease.
10. No open containers of alcoholic beverages are allowed outside the designated tailgate areas. Violators are subject to fines by the Town of Normal/University Police and/or Illinois State University students may also be subject to discipline under the Code of Student Conduct.
11. No open fires, including fire pits, are allowed. Charcoal and/or propane grills are allowed. Charcoal must be self-lighting.
12. All tailgaters and spectators must conduct themselves in ways to ensure the safety and enjoyment of others. Abusive and/or disruptive behavior will not be tolerated.

13. All Illinois State University students are subject to the University's Code of Student Conduct. Failure to comply with this procedure, the Code of Student Conduct, or University official directives, policies and/or procedures may result in immediate removal from the premises, arrest, prosecution, and/or University disciplinary action.
14. All arrangements and reservations for tent space in the Redbird Village (Homecoming) must be made through the Sales Office in the Illinois State Athletics Department. The request form is available on GoRedbirds.com, under the Fan Zone tab. Registered Student Organizations official tailgates must be held in the University's designated tent zone only and must be pre-approved in accordance with the [Dean of Students alcohol procedures for events](#).
15. The track infield and surrounding fields are options for approved and scheduled athletic department tailgate activities. Contact (309)- 438-3637.
16. The University permits Tailgating participants to use tents to enhance their enjoyment of the event. However, tents may not interfere with vehicular and/or pedestrian traffic. 1 parking pass per parking space in every lot. Tents in Lots F83, G64, and F64 may NOT occupy a space reserved for a vehicle(s). In Lots G83, G73, and F62 tents MAY occupy a reserved space, as long as there is a valid parking pass. PUBLIC LOT DETAILS. The University will not be liable for damage caused by displaced tents.
17. The use of sound amplification devices is prohibited without appropriate pre-approval required by University Policy 6.1.13 Sound Amplification.
18. Any sales or solicitations must be approved by the Athletics Department and must be conducted in compliance with all University policies and applicable laws. Requests to solicit at athletic events must be submitted in writing one week in advance of the event. Contact Redbird Sports Properties at (309) 438-4048 to submit your request. Requests not approved by the Athletic Department one week in advance of the event will be denied.
19. Smoking and/or tobacco use is prohibited on all campus property, including buildings, grounds, and parking lots.

Questions regarding this procedure may be directed to the Illinois State Athletic Department, Ticket Office at (309) 438-8000.

Thank you for your cooperation! Go You Redbirds!

Appendix V

Campus Recreation Alcohol and Other Drugs Policies and Procedures

Student Fitness Center:

Alcoholic beverages and illegal drugs may not be consumed prior to or while using the facility. Individuals may not use the facility while under the influence of drugs or alcohol.

Failure to abide by these rules and regulations may result in modified or revoked membership privileges as determined by the Executive Director of Campus Recreation and Student Fitness Center.

Redbird Adventure Center:

The sale, delivery, possession, and consumption of alcoholic beverages in or on any property owned or controlled by Illinois State University is prohibited. Additionally, the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance is strictly prohibited upon any property owned, operated, or controlled by Illinois State University. Violators will be subject to University disciplinary action consistent with existing University policies, rules, regulations, and employment agreements. Individuals taking medications should note them on their health screening form.

Adventure Trips:

Management of the Trip

The Adventure Program reserves the right to send home early any participant who cannot withstand the rigors of the trip, who violates any ISU policy or law, who is deemed to be a danger to him/herself or others, or who requires medical attention during the trip and is deemed ineligible to continue participation. NO REFUND will be issued for early departures. Accommodations and transportation back to campus will be at the expense of the participant. If a participant violates a law or is found using or in possession of illegal drugs, law enforcement will also be contacted. No warnings will be given. Adventure Program staff members hold an authoritative role in any such situation.

Student Conduct

Illinois State University's Codes of Conduct are enforced on all Adventure programs. Participation is a privilege and you are expected to be a good citizen and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their ability to participate revoked or modified indefinitely as determined by the Executive Director of Campus Recreation. Students may be subject to further University disciplinary action as outlined in the Code of Student Conduct. This conduct may include:

- Drugs, Alcohol, Tobacco: Purchase, consumption, and/or possession of alcohol, drugs, or tobacco is prohibited. If you carry personal medications, you must indicate this on your health screening form and keep the medication labeled and in your possession.
- Misconduct: Sexual conduct of any kind between participants can negatively impact the experience of the entire group. It is expected that there will be no sexual conduct, even among consenting adults, for the duration of the trip or activity.
- Damage to property
- Harassment or discrimination will not be tolerated.

Intramural Sports:

Alcoholic beverages, tobacco products (cigarettes, chewing tobacco, etc.), and drugs are not permitted on or around the Intramural Sports playing areas. Competitive Sports Staff have the authority and responsibility to make decisions based on suspected alcohol, tobacco or drug use by the participants and spectators according to their actions, language, or breath odor.

- Participants and spectators who appear to be under the influence of alcohol or drugs will not be permitted to participate or spectate in Intramural Sports contests. If any member of a team or a spectator is determined to be in possession of, or under the influence of alcohol or drugs, the team will automatically forfeit the contest and may be barred from further competition.
- Teams and spectators will be asked to leave the Intramural Sports playing area in any of these cases and any second offense by the team will result in the team and its players being barred from further competition for the school year.

Sport Clubs: Most students are referred to the Code of Student Conduct, but below are a few specific items addressed:

The Department of Campus Recreation places certain stipulations on Sport Club travel in order to encourage and promote responsible safe travel. Participants should not consume or transport alcoholic beverages or drugs from the time the club departs Normal for their trip through the time they return.

Minor Violations include posting an inappropriate image, text, or link on a club website or social media site. This may include photos with partial nudity, alcoholic beverages, or poor behavior.

Major Violations include operating a motor vehicle in a reckless manner and/or while impaired by alcohol, drugs, or other substances.

The Sport Club Executive Board will set the terms of the club's sanction(s).