



TEXAS TECH
UNIVERSITY

DRUG-FREE SCHOOLS AND COMMUNITIES ACT

Biennial Report



19-

21

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SECTION I: INTRODUCTION

INTRODUCTION TO TEXAS TECH UNIVERSITY

Texas Tech University (TTU) is located on the South Plains of West Texas in Lubbock - population of 263,648 in 2020. In the Fall 2019, there were 38,803 students enrolled in the University, 32,562 being undergraduate and 6,241 being graduate students. In the fall of 2020, there were 40,322 students, 33,629 undergraduate students and 7,053 graduate students. Texas Tech continues to grow as a university and set records for student enrollment. Furthermore, Texas Tech University has 1,600 full-time and 188 part-time faculty. Twelve colleges and schools make up the academic areas at Texas Tech University and offer more than 150 undergraduate degrees, 100 graduate degrees, and 50 doctoral degrees.

Committed to teaching and the advancement of knowledge, Texas Tech University, a comprehensive public research university, provides the highest standards of excellence in higher education, fosters intellectual and personal development, and stimulates meaningful research and service to humankind.

Under the umbrella of the Texas Tech University System (TTUS), Texas Tech University is one of five component institutions. The others are Texas Tech University Health Sciences Center Lubbock, Texas Tech University Health Sciences Center El Paso, Midwestern State University and Angelo State University. The System is governed by the TTUS Board of Regents. Texas Tech University is accredited by the Southern Association of Colleges and Schools Commission on Colleges (SACSCOC). The organization reaffirmed the University's accreditation for ten years in 2015.

OBJECTIVES OF THE BIENNIAL REVIEW

The reporting period covered in the report is August 1, 2019 – July 31, 2021. The biennial review is conducted as an evaluation of all TTU Alcohol and Other Drug (AOD) programs and policies. In compliance with the Code of Federal Regulations, 34 CFR Part 86, of The Drug-Free Schools and Communities Act (DFSCA), the biennial review includes the following objectives:

1. Determine the effectiveness of, and to implement any needed changes to, the AOD prevention programs.
2. Ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.



SECTION II: REVIEW OF ALCOHOL AND OTHER DRUG (AOD) PREVENTION PROGRAMS

AOD PROGRAMS GOAL SUMMARY

- Provide students with systematic prevention education to influence attitudes, knowledge, and intentions surrounding AOD.
- Utilize a harm-reduction approach to promote responsible decision making and healthy lifestyle choices.
- Offer intervention resources or referrals to students who may have substance use concerns.
- Modify environmental factors to create a campus climate by encouraging positive norms surrounding AOD.

DESCRIPTION OF AOD PROGRAMS

The following section provides a brief discussion of each AOD program on campus and identifies the office facilitating each program.

RISK INTERVENTION AND SAFETY EDUCATION (RISE)

<https://www.depts.ttu.edu/rise/>

Risk Intervention & Safety Education (RISE) is a component of the Office of the Dean of Students at Texas Tech University. RISE strives to empower Texas Tech students to live vital, meaningful lives through comprehensive prevention education. RISE provides an array of AOD prevention services, including educational events, AOD workshops, and campus-wide outreach. The following section describes the prevention efforts facilitated through the RISE office. The graph below indicates the number of students served by RISE AOD educational programs and services during 2019-2020 and 2020-2021 academic years.

RISE ATTENDANCE FOR AOD PREVENTION EDUCATION	2019-2020	2020-2021
<i>Type</i>		
Workshops	22,060	14,566
Educational Events	2,019	362
Resource Fairs	18,626	3,544
Online Education	8,408	8,483
Individual Intervention	163	343
Total Student Attendance	51,276	27,298

Total attendance from 2019-2021: **78,574**



AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT¹

RISE administers the American College Health Association – National Collegiate Health Assessment every other year. This survey collects data about health outcomes, including that of student substance use. RISE uses this data to monitor trends, develop programs tailored to the needs of Texas Tech University students, and compare student subpopulations. The table below shows some of the findings that have influenced our prevention programs during the report year. The survey, administered in February and March 2020, was completed by students prior to the campus closure, due to COVID-19. The Reference Group includes 75 United States postsecondary institutions that completed the survey administration prior to March 16, 2020. Comparing the Texas Tech specific data to the reference group allows administrators at Texas Tech to review how Texas Tech student alcohol and other drug use compares to college students nationwide.

RAIDER RESTART

Raider Restart provides an individualized education for students about substance use and the impacts of alcohol and other drugs on health, holistic wellness, and academic success. A Raider Restart Facilitator guides each student through a one-on-one coaching session utilizing motivational interviewing techniques and a harm-reduction approach to help students stay safe and set goals related to their substance use. The facilitator offers education and support related to substance-free coping skills and refers the student to campus and community resources for additional assistance or further intervention.

Raider Restart utilizes the *e-CHECKUP To Go* assessment as a tool to understand the student's personal alcohol or drug use, identify risk factors, assess motivation to change, and provide the student with visual feedback.

The Office of Student Conduct sanctions students to complete Raider Restart for those who violate the University's AOD policies. Further description of AOD policies in the Student Handbook and the Student Code of Conduct can be found in the Annual AOD Notification. Additionally, students may attend Raider Restart as an assignment from their student organization or a self-referral.

1. American College Health Association. American College Health Association-National College Health Assessment III: Texas Tech University Executive Summary Spring 2020. Silver Spring, MD: American College Health Association; 2020.

RAIDER RECHARGE

Raider Recharge is a wellness coaching program available to all Red Raiders that focuses on personal growth through discussion, self-reflection, and interactive activities. Students will increase self-awareness and further develop by engaging in topics such as dimensional wellness, stress management, emotional literacy, healthy relationships, conflict management and more! Coaching aims at guiding a functioning student to one whom recognizes their fullest potential.

VOICES FOR CHANGE

Texas Tech requires all first-year, first-time, and transfer students to complete Voices for Change, a prevention education course designed to create a safe environment for all university students. The innovative, engaging, and informative online course examines interconnected issues of hooking up, substance abuse, sexual violence, and healthy relationships through a variety of interactive, realistic scenarios, and guided self-reflection. The course promotes a healthier and safer campus environment for everyone.

E-CHECKUP TO GO

RISE offers all Texas Tech students the opportunity to complete e-CHECKUP To Go - a personalized, evidence-based, online prevention intervention developed by psychologists at San Diego State University. This program gives students a chance to participate in an anonymous assessment of

their drinking or marijuana use. Feedback is completely confidential, though students can access resources through the online screening if they choose.

ALCOHOL COURSE

<https://interwork.sdsu.edu/echeckup/usa/alc/coll/index.php?id=TTU&hfs=false>

CANNABIS COURSE

<https://interwork.sdsu.edu/echeckup/usa/mj/coll/?id=TTU&hfs=true>

PEER EDUCATORS

RISE Peer Educators work to create a more proximal relationship with students, giving students a platform to feel more comfortable asking questions about topics that may be more sensitive or controversial. RISE Peer Educators make AOD education a priority throughout the year by hosting events, attending sporting events, collaborating with residence halls, leading workshops, and participating in outreach opportunities that specifically educate the TTU population on the effects of alcohol and other drug use and available resources.

AOD PREVENTION EDUCATION WORKSHOPS

RISE offers an AOD Prevention Education workshop that may be scheduled for academic classrooms, residential housing events, and Student Organization/Greek Life requests. Additionally, RISE presents AOD educational content to all students





SANCTION	TIMES SANCTIONED	TIMES COMPLETED	SUBSEQUENT RESPONSIBLE FINDINGS	RECIDIVISM RATE
2020-2021				
BASICS	56	45	1	2%
Raider Restart: Alcohol	274	255	18	7%
Raider Restart: Cannabis	132	116	7	6%
Meeting with RISE	1	1	0	0%
Raiders Recharge	4	3	0	0%
2019-2020				
BASICS	30	29	0	0%
Raider Restart: Alcohol	325	294	4	1%
Raider Restart: Cannabis	133	50	2	4%
Meeting with RISE	5	5	0	0%
Raiders Recharge	1	1	0	0%

who attend Red Raider Orientation, TTU's new incoming student orientation. The presentation provides students with valuable information regarding alcohol and drug use, consent, mental health, coping mechanisms, and university resources. By utilizing a harm reduction approach, the workshop focuses on separating facts from fiction, ways to reduce risk, and tools to efficiently make (healthy) conscious decisions, with an emphasis on how substance use or misuse could impact college success and an individual's overall well-being.

AOD EDUCATIONAL OUTREACH

RISE facilitates educational outreach programs by setting up interactive tables in high-traffic areas on campus. Peer Educators, Graduate Student Assistants, and RISE staff engage students and encourage interaction in a prevention education activity. Examples of activities may include educating participants how to accurately pour a standard serving of wine, beer, or liquor or teaching a participant how to personally calculate Blood Alcohol Content (BAC). These opportunities have allowed students to notice how easily one can overestimate the amount they drink.

TEXAS DEPARTMENT OF TRANSPORTATION PARTNERSHIP (TXDOT)

RISE maintains a valuable relationship with TxDOT, partnering to spread the message and educate the community on the dangers of drinking and driving. At Texas Tech University, TxDOT has hosted a state-wide campaign kick-off, brought computerized impaired dodgeball, and offered a virtual reality alcohol trivia to Texas Tech students.

SOBER TAILGATES

RISE Peer Educators participate in the football season by setting up a “Safety Gate” tailgate in the student tailgate area on campus. The Peer Educators encourage students to tailgate safely by visiting the student organization tailgates and offering non-alcoholic beverages and food to student tailgates. RISE Peer Educators also distribute cups, napkins and plates with health-promotion messages printed on them. The messaging included tips on drinking safely, numbers to call for help or rides home, and information about RISE services.



TRIVIA NIGHTS

Trivia nights are often hosted at bars, so the purpose of this event was to showcase a fun experience that did not involve alcohol. As part of National Collegiate Alcohol Awareness Week (NCAAW), RISE hosts Trivia Night offering free food, fun mocktails, and prizes that have included exclusive, promotional items from the President’s Office and a \$50 Barnes and Noble gift card.



CASINO NIGHT

The RISE office and the Residence Halls Association co-host an annual casino night. The event takes places at the beginning of the academic year and usually brings in at least 1,000 students. Students receive free food and can play casino games, win prizes, and interact with RISE Peer Educators about topics such as the safer use of alcohol and drugs. The goal of the event is to provide AOD prevention education while informing students of the various resources available to them throughout their time at the university and encourage student wellness.

AMERICAN COLLEGIATE HEALTH ASSOCIATION - NATIONAL COLLEGIATE HEALTH ASSOCIATION (ACHA-NCHA) SURVEY

The RISE office administers the ACHA-NCHA report biannually and uses that data to determine student behaviors, experiences, develop programs, compare to national trends, look at trends in student AOD use, and allows the University to implement health promotion practices specific to our campus population. Health promotion serves as one method to encourage student wellness and student success from a point of primary prevention and harm reduction. The biannual ACHA-NCHA report acts as an evaluation tool to ensure that students can successfully engage in a community-based program, which benefits students, faculty, staff, alumni, and the surrounding communities. We use data from this survey to determine the best standards of practice for the University.

TEXAS TECH UNIVERSITY 2020

REFERENCE GROUP 2020

Alcohol and Other Drug Use	Ever Used			Used in the last 3 months			Ever Used			Used in the last 3 months		
Percent of Respondents %	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Alcoholic beverages (beer, wine, liquor, etc.)	75.8	80.3	79	69.2	75.7	73.5	74.4	77.7	76.5	69.1	72.8	71.2
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	38.5	39.8	39.7	22.9	23.2	23.2	42.5	43.3	43.3	28.1	28.5	28.6
Cocaine (coke, crack, etc.)	11.3	7.9	9	3.8	2.8	3.2	9.6	6.7	7.6	3.8	2.6	3
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	13.1	12.9	13	5.4	6.7	6.3	11.8	9.5	10.3	4.7	3.9	4.1
Methamphetamine (speed, crystal meth, ice, etc.)	1.7	2	2	0.4	0.2	0.4	1.3	0.8	1	0.3	0.1	0.2
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	3.4	1.1	2	0.8	0.2	0.6	5.3	2.8	3.8	2.1	1	1.5
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	6.3	5.7	6.4	2.9	2.4	2.9	6.6	5.6	6.1	2.1	2.1	2.2
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	13	8.4	10.1	5.4	3.3	4	14.1	8.9	10.8	5.5	3.3	4.2
Heroin	0	0.5	0.4	0	0	0.1	0.5	0.4	0.5	0.1	0	0.1
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	5.6	5.1	5.6	2.5	1.5	2.1	5.3	3.7	4.3	0.9	0.9	0.9

Substance Specific Involvement Scores (SSIS) from the ASSIST	Moderate risk for use of the substance			High risk for use of the substance			Moderate risk for use of the substance			High risk for use of the substance		
Percent of Respondents %	Male	Female	Total	Male	Female	Total	Male	Female	Total	Male	Female	Total
Alcoholic beverages	15	13.9	14	1.7	0.9	1.1	13.9	12.6	13	1.4	0.9	1.1
Cannabis (nonmedical use)	17.1	14.8	15.4	1.7	0.9	1.1	17.8	17.1	17.5	1.4	0.8	1
Cocaine	2.1	1.7	1.8	0	0	0	1.9	1.4	1.6	0.1	0.1	0.1
Prescription stimulants (nonmedical use)	2.5	3.9	3.3	0	0	0	2.2	2	2.1	0.1	0	0.1
Methamphetamine	0.4	0.4	0.4	0	0	0	0.3	0.2	0.2	0	0	0
Inhalants	0	0	0	0	0	0	0.8	0.4	0.6	0.1	0	0
Sedatives or Sleeping Pills	0.8	1.7	1.7	0.4	0	0.1	1.3	1.4	1.4	0.1	0	0.1
Hallucinogens	2.9	1.5	1.9	0	0	0	2.7	1.7	2.1	0.1	0	0.1
Heroin	0	0	0	0	0	0	0.1	0.1	0.1	0	0	0
Prescription opioids (nonmedical use)	1.7	1.3	1.5	0	0	0	0.7	0.6	0.7	0	0	0

Driving under the influence

Percent of Respondents %

Reported driving after having any alcohol in the last 30 days	23.6	15.6
Reported driving within 6 hours of using cannabis/marijuana in the last 30 days	57.8	38.4

Number of drinks consumed last time students drank alcohol in a social setting

Percent of Respondents %	Male	Female	Total	Male	Female	Total
4 or fewer	66.5	75.8	72.5	64.2	79	74.6
5	10.4	10.9	10.8	8.8	8.7	8.7
6	6.4	6.7	6.6	7.6	5.3	6
7 or more	16.8	6.7	10.1	19.4	7	10.7

AMERICAN COLLEGIATE HEALTH ASSOCIATION - NATIONAL COLLEGIATE HEALTH ASSOCIATION (ACHA-NCHA) SURVEY CONTINUED

TEXAS TECH
UNIVERSITY 2020

REFERENCE GROUP
2020

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

Percent of Respondents %	Male	Female	Total	Male	Female	Total
Did something I later regretted	20.6	22.4	21.6	20.8	21.8	21.4
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)	14.4	15.9	15.1	14.1	13.2	13.4
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)	20.1	27.9	25.2	24	26.6	25.7
Got in trouble with the police	1.1	1	1	1.1	0.8	0.9
Got in trouble with college/university authorities	1.1	0.8	0.9	1.4	0.8	1
Someone had sex with me without my consent	0	2.1	1.4	0.8	1.9	1.6
Had sex with someone without their consent	0	0	0	0.2	0.2	0.2
Had unprotected sex	15.6	15.2	15.2	12.9	13.3	13
Physically injured myself	7.2	7.8	7.4	6.7	7.1	7
Physically injured another person	0.6	0.3	0.3	0.7	0.5	0.6
Seriously considered suicide	1.7	2.9	2.4	2.7	2.4	2.6
Needed medical help	0.6	0.5	0.5	1	1.1	1.1

CENTER FOR COLLEGIATE RECOVERY COMMUNITIES (CCRC)

The Center for Collegiate Recovery Communities (CCRC) at Texas Tech University offers a community of support for students in recovery, much like student athletes and veterans receive on college campuses. By providing specialized support, our students flourish with low relapse rates, high GPA's, high retention, and graduation rates. These outcomes are achieved by adherence to the following four core values:

- Clean, Sober, & Healthy
- Connected to Community
- Commitment to Academics
- Civility in Relationships

CONFERENCE OF ADDICTION, RECOVERY, AND FAMILIES

To date, the McKenzie Lectureship Series has hosted multiple national conferences and regional conferences focused on collegiate recovery and making it possible for young people in recovery to attain higher education. This lectureship series has allowed hundreds of people to learn about and apply current research focused on recovery efforts.

CELEBRATION OF RECOVERY

Every Thursday evening from 7:00pm-8:00pm, when the campus is open, there is an open “birthday night meeting” at the Center for Collegiate Recovery Communities called Celebration of Recovery. During the pandemic, there were options for both in-person and virtual meetings. The open meeting is hosted by the student members of the collegiate recovery community and attended by staff, students, and townspeople in recovery and those wanting to learn about recovery. Medallions for length of recovery are given out to all wanting to be recognized and supported for their length of recovery, anywhere from desire to decades of time. The meeting is rounded out by one or more of the CRC students sharing about their journey in recovery.

RECOVERY RESIDENCE OPTIONS

Here at Texas Tech, we offer recovery-living residences. We have a dedicated space for students in recovery. Our staff coordinates student living assignments with TTU housing so we can ensure that all students living in the residences are in recovery. Typically, students stay in our recovery residences for a year and then move off campus with other students in recovery. For more information about housing contact Anna Trevino at (806)834-7793 or at alee.trevino@ttu.edu.

RECOVERY TAILGATE

At select home football games, the student organizations of the Center and the Recovery Residence students host a “recovery” tailgate. Food, games, and fellowship bring the community on campus and throughout the Lubbock region together in front of the Center to provide an alternative for those wanting to embrace their recovery as they enjoy the tradition of college football.

WEEKLY SEMINARS

Collegiate Recovery Programs are support programs and are not designed as treatment programs. Students do best when they have an established recovery plan and are ready for the rigors and demands of college life. By extending recovery support our community becomes a safe harbor and a space of like-minded others to be with. During the weekly seminars, the members of our CRC gather in small groups to check in and enhance their recovery tools.

ASSOCIATION OF STUDENTS ABOUT SERVICE

The Association of Students About Service (A.S.A.S.) is an organization in which recovering students and those supporting recovery create opportunities to encourage fun in recovery, support recovery in the homeless community, and promote awareness and education of addiction and recovery.

PROVIDING THE OUTSIDE WORLD WITH EMPOWERMENT AND RESOURCES (P.O.W.E.R)

In December 2015, The CCRC established a new program titled Providing the Outside World with Empowerment and Resources, also known as P.O.W.E.R. A CCRC Staff Member, Anna Trevino, leads the P.O.W.E.R Program that consists of Texas Tech University students who are members of the Collegiate Recovery Community and members of the Lubbock Community who believe in and have taken the action to fulfill the mission and vision of P.O.W.E.R.

P.O.W.E.R.'s mission is to provide a foundation and a voice for under-represented individuals in recovery by delivering positive end results through opportunities for success. The vision for P.O.W.E.R is to instill hope for a promising future.

To fulfill this mission and vision, P.O.W.E.R actively seeks underrepresented persons who are in substance use disorder, process addictions, or eating disorder recovery to offer the following services.

- Career Counseling & Academic Advising
- CCRC/TTU Application assistance
- Presenting the CCRC program to underrepresented populations at specific locations in Lubbock County and the surrounding area.

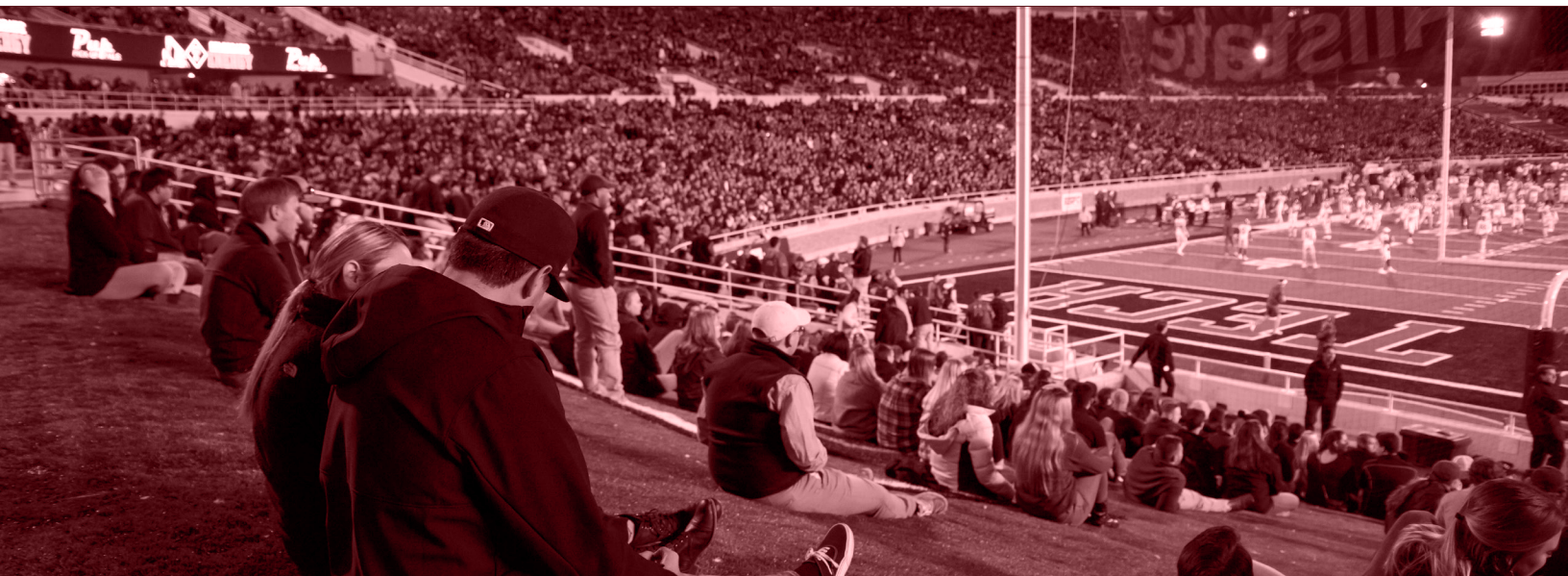
STUDENT ACTIVITIES BOARD

<https://www.depts.ttu.edu/sub/activities/>

In addition to providing alcohol-free events throughout the academic terms, the Student Activities Board (SAB) hosts National Collegiate Alcohol Awareness Week every year in October and Late-Night Movies every Thursday and Friday evening throughout the academic year.

NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK

National Collegiate Alcohol Awareness Week (NCAAW), typically held during the third or fourth week of October, is an initiative to sponsor alcohol-free programming, educational events, and social activities that are aimed at raising awareness of alcohol related issues on collegiate campuses. Departments from across campus come together annually to plan a week of events for students, both on- and off-campus.



LATE NIGHT MOVIES

SAB, along with Student Union & Activities and Hospitality Services, hosts a new-release Late Night Movie every Thursday and Friday evening at 10:00 pm while classes are in session. The films, free with their student ID, provide students with an alcohol-free programming activity for their evenings. Free popcorn and soft drinks are provided.

	THURSDAY NIGHT MOVIE SHOWING ATTENDANCE	FRIDAY NIGHT MOVIE SHOWING ATTENDANCE
Fall 2019 (13 films)	845	1,245
Spring 2020 (8 films)	413	505
TOTAL	1,258	1,750

**When Texas Tech University closed due to COVID-19, the movie Spring 2020 movie series was cancelled. In Fall 2020 and Spring 2021, the series was virtual, with two outdoor in-person showings. A total of 200 attended the 8 movies in Fall 2020-Spring 2021.

CENTER FOR CAMPUS LIFE

<https://www.depts.ttu.edu/centerforcampuslife/>

GREEKS ADVOCATING FOR THE MATURE MANAGEMENT OF ALCOHOL (GAMMA)

In spring 2018, the Interfraternity Council (IFC) began informally meeting with fraternity members to discuss the dangers of alcohol and drug use. These meetings were held monthly, alternating Texas Tech fraternity lodges. It was peer -motivated, and any TTU male affiliated with a fraternity was encouraged to attend. Over time, it has grown into a more formalized group run by the IFC open to all fraternity and sorority members, its original purpose the same. The name of the group, Greeks Advocating for the Mature Management of Alcohol (GAMMA), came later to accurately reflect its purpose. This program, while informal, is still in existence today.

OFFICE OF FRATERNITY & SORORITY LIFE: CLAY R. WARREN (CRW) RISK TRAINING

In September of 2002, Clay R. Warren was traveling back to Lubbock from a fraternity-sponsored event when the driver of his vehicle fell asleep at the wheel. Clay died due to injuries sustained from the car accident. Clay was a vivacious young man who loved life, his family, Texas Tech University, and his fraternity. He had only been at Texas Tech for five weeks before he passed away.

After Clay's death, his parents, Freada and Mark, became advocates of providing risk management education to other college students. Their message is simple. No parent or loved one should have to go through what they went through.

The Warren's teamed up with Senator Robert Duncan, a previous Chancellor of Texas Tech University to create legislation that would require risk management education for all student organizations in the state of Texas.

Each semester, the Fraternity and Sorority Life Staff coordinate programming on behalf of the Warren's to address the critical conversations needed in the community. CRW Risk Education is currently made up of two signature formats:

CRW SUMMIT

CRW Risk Education Summit is hosted each winter by the Office of Fraternity & Sorority Life to equip fraternity and sorority leadership with tools and skills focused on prevention models, problem identification, and response, self-reporting, accountability, and Ladder of Risk. Attendance by fraternity and sorority leadership is required. Close to 100 fraternity and sorority leaders (all fraternity and sorority president and council executive members) attend the summit yearly.

In January of 2020, close to 100 leaders attended a weekend-long leadership retreat before the spring semester began. Two of the topics discussed were risk management and substance misuse concerns in the sorority and fraternity community. Viable solutions and TTU resources available to TTU students were discussed.

In January of 2021, due to COVID-19, the summit was held virtually throughout the spring semester, with over 100 fraternity and sorority leaders attending the summit training. Several training sessions and discussions covered risk prevention, mental health and disordered substance use concerns within the fraternity and sorority community. Both viable solutions and TTU resources available were discussed and disseminated to the participants of the summit.

CRW SPEAKER SERIES

All members of the fraternity and sorority community are engaged twice a year in the CRW Speaker Series. Active and new members (80% attendance from each TTU fraternity and sorority chapter) from each council are required to attend and engage in relevant and timely topical information that focus on risk prevention and education.

PARENTS UNITED TO STOP HAZING (PUSH) PRESENTATION – SEPTEMBER 12, 2019

Evelyn Piazza, mother of Tim Piazza, and Deborah DeBrick, mother of Dalton DeBrick; mothers who lost their sons to hazing came to TTU to speak to the entire FSL community on September 12th at the United Supermarkets Arena. Per CRW Speaker Series requirements, 80% of each fraternity and sorority were required to attend, and there were over 2,000 students in attendance to hear the mothers speak about hazing and the large part alcohol played in their sons' deaths. Dalton DeBrick was a freshman at TTU when he died tragically in August of 2014 after pledging a fraternity at TTU.

CRW STUDENT ORGANIZATION RISK MANAGEMENT TRAINING

In accordance with Texas Education Code, Section 51.9361, all registered student organizations are required to attend training sessions on a set of risk management topics it relates to individuals, organization functions, and/or activities. A minimum of the president should attend one of the trainings offered. If the president is not available, another officer can attend, but they will be responsible for educating the officers and members on the information learned.

Throughout the 2019-20 and the 2020-21 academic years, a total of 20 risk management sessions were held and all registered student organization presidents attended. The risk management training covers a variety of relevant topics to student organizations to include social risk management, risk prevent and drug and alcohol related issues and policies. There was a total of 521 student organizations in the 2019-20 academic year and 578 student organizations in the 2020-21 academic year.



STUDENT ORG ACADEMY

Additionally, the Student Org Academy, which all student org presidents are required to attend every spring semester, covers social risk management concerns, risk prevention programming and drug and alcohol related issues and policies as part of its training.

In spring of 2020, the event was held in-person and all student org presidents attended, totaling 489 student organizations. In spring of 2021, the Student Org Academy was held virtually, but was attended by all student org representatives (489) and covers drug and alcohol issues among other educational topics.

ASSOCIATION OF FRATERNAL LEADERSHIP & VALUES (AFLV) CONFERENCES

AFLV exists to accelerate progress in fraternity/sorority communities through change-enabling experiences. TTU sends the executive council members of all four TTU FSL Councils (College Panhellenic Council (CPH), Interfraternity Council (IFC), Multicultural Greek Council (MGC) and National Pan-Hellenic Council (NPHC)) to one of the two conferences for FSL students, AFLV West or AFLV Central every spring semester. They are three-day events focusing on a variety of educational topics that impact the FSL community to include risk prevention and alcohol and drug related issues experienced within the FSL community.

- February 2020 – Over 30 TTU students, members of the executive councils of the CPH, IFC and NPHC councils, attended AFLV Central Conference.
- MGC was scheduled to attend AFLV West in March of 2020, but it was canceled due to COVID-19.
- February 2021 – AFLV conference sessions were offered virtually. As part of CRW Summit programming, over 100 FSL leaders each attended a variety of educational programming offered via Zoom. They had to reflect on the sessions they attended during small group meetings.

FRATERNITY & SORORITY LIFE POLICIES

According to the Office of Fraternity and Sorority Life Social Event Policy: No alcohol shall be present at any pledge/associate member/new member/novice program, activity or ritual of the chapter. This includes but is not limited to activities associated with “bid night,” “big brother – little brother” events or activities, / “big sister - little sister” events or activities, “family” events or activities and initiation.

UNIVERSITY STUDENT HOUSING

PROGRAMS AND BULLETIN BOARDS

University Student Housing implements a Residential Curriculum focused on holistic development of students living on-campus. The five learning outcomes used to develop learning strategies for residents are Achievement, Character, Civility, Engagement, and Independence. For the 2019-2020 academic year, there were 10 strategies completed directly addressing AOD issues for residents. Yearly, this number fluctuates depending on the needs of the community. COVID precautions did impact the ability for the strategies to be completed safely in the halls. Community Advisors also have been encouraged to increase collaboration with the RISE office to help address AOD concerns. There were 21 instances of staff collaborating with the RISE office for programming and resources.

Achievement	502
Character	427
Civility	499
Engagement	986
Independence	1,111
TOTAL	3,525

WELLNESS WEEK

University Student housing has traditionally had an annual week-long program entitled Wellness Week. We have retitled this week Success Week to match a similar initiative launched by University Student Housing entitled Full Circle Success. Along with that change, Success Week occurs once a semester. Success Week is a partnership between our 10 housing complexes in which they pair up and present students with programming emphasizing one of our 5 educational subjects within Full Circle Success: Engagement, Mental Health, Health & Safety, Life Skills and Academics. Success Week is intended to give students resources based on a holistic approach to student success.

	PARTICIPANTS	FLYERS	BROCHURES
MCWH-Stangle Murdough	167	50	0
Hulen Clement/Wall Gates	62	0	45
Horn Knapp/BGS	21	55	50
Coleman/Chitwood	0	0	85
Talkington/West Village	95	0	0
TOTAL	345	105	180

FULL CIRCLE SUCCESS

University Student housing has traditionally had a bi-annual week-long program entitled Success Week. Success Week is a partnership between our 10 complexes in which they pair up and present students with programming emphasizing one of our 5 educational subjects within Full Circle Success: Engagement, Mental Health, Health & Safety, Life Skills and Academics. Success Week is intended to give students resources based on a holistic approach to student success. During COVID operations Success Week was completed once during the year and focused on initiatives and passive programs in the hall instead of active programming. Below is a report of materials and participation of that program.

STUDENT COUNSELING CENTER

<http://www.depts.ttu.edu/scc/>

The Student Counseling Center (SCC) offers a safe community of mental health care to help Texas Tech students navigate life challenges, resolve psychological distress, and develop a life-long orientation toward resilience and mental wellness. All SCC services provide an opportunity for students, faculty, and staff to discuss concerns with AOD use, develop healthy coping strategies, and promote overall well-being.

MANAGE YOUR MOOD

Manage Your Mood is a four-week life skills group designed to address mild depression, excessive worry, and anxiety by giving tools needed for healthier outcomes. Manage Your Mood emphasizes mindfulness techniques, healthy emotion management, coping with situations which seem overwhelming and interacting with others in a more effective manner. These concepts guide weekly interventions.

WALK-IN CLINIC

The Walk-in Clinic is an option for students to receive services without a scheduled appointment. Walk-in hours are available Monday through Friday from 12:30 to 3:30. Students are required to fill out paperwork, which will take about 30 minutes and will see the next available counselor for a 20 to 30-minute intake session. During periods of high volume, there may be longer waiting periods before being able to meet with a counselor.

BIOFEEDBACK PERSONAL COACHING

During a Walk-In Clinic appointment, a triage counselor may recommend Biofeedback Personal Coaching to help with stress management and anxiety. For Biofeedback Personal Coaching, the client will be assigned to an individual therapist who will guide them through the SCC Mind Spa Biofeedback self-help programs. These programs will teach breathing, imagery, mindfulness, and other skills to help cope better with stress levels. Biofeedback Personal Coaching typically takes between one and three sessions to complete. The counselor provides guidance and support while identifying and utilizing self-help programs which best meet the client's needs. Please note that the SCC counselors are not certified biofeedback providers, rather they provide guidance and support while students identify and utilize these self-help programs.

GROUP THERAPY

Group therapy is a powerful way of working on problems faced as individuals. In a group, people learn to catch themselves making the same old mistakes, try out new approaches to problems, get support from other members, and get challenged in a variety of ways. A group has one or two leaders who may facilitate interactions in the group, challenge members to look at these interactions in a different way and offer feedback and support. Group members are actively involved and are expected to share their feelings and impressions to the extent to which they are comfortable. The information discussed in the group is confidential, and group members agree to make a commitment to that confidentiality before participating in the groups.

BRIEF INDIVIDUAL THERAPY

Brief individual counseling focuses on short-term treatment goals to facilitate adjustment, improve functioning, and address acute symptoms blocking student success. If the initial assessment counselor in the Walk-In Clinic determines that individual counseling is the best approach to addressing one's concerns, one will be scheduled with an individual therapist. Therapists are available to meet with students for a limited number of sessions, which are between 30 and 45 minutes in length. Together, you and your therapist will review the recommendations made during the initial assessment, set goals, and determine the approximate number of sessions that may be needed. Clinicians will determine whether sessions are weekly or biweekly, based on your needs and concerns.

THE HEALING ROOM: RECOVERING CHILDHOOD

This therapy group is designed to identify and explore common traits that emerge from childhood experiences in homes with addiction/substance use disorder, combat resulting shame and guilt, promote self-compassion, improve relationships, and form a sense of community and connection with others.

STUDENT HEALTH SERVICES

<http://www.depts.ttu.edu/studenthealth/>

RAIDER ASSISTANCE PROGRAM (RAP)

<https://www.depts.ttu.edu/studenthealth/RAP/>

The Raider Assistance Program (RAP) provides a safe and confidential place for Texas Tech University students to address questions and concerns they have regarding alcohol and other drugs. RAP services include assessment, education, and treatment referral.

BRIEF ALCOHOL SCREENING AND INTERVENTION FOR COLLEGE STUDENTS (BASICS)

Brief Alcohol Screening and Intervention for College Students (BASICS) is a nationally recognized and evidence-based program to reduce the harmful effects of alcohol use. The program addresses problematic drinking by utilizing motivational interviewing techniques and enhancing motivation to change. The BASICS program is available to all students for \$150, but it is primarily used as a sanction from the Office of Student Conduct. At Texas Tech, BASICS is facilitated through the RISE office.

EMPLOYEE ASSISTANCE PROGRAM

<https://www.depts.ttu.edu/hr/EmpBenefits/Health.php>

<https://www.depts.ttu.edu/opmanual/OP70.33.pdf>

Employees who are experiencing personal problems are encouraged to seek the private and confidential services of the EAP whose staff of trained professionals are committed to providing quality counseling and assistance for individuals, couples, families, and work groups.

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

DRUG POLICY PROGRAM

The Department of Intercollegiate Athletics at Texas Tech University (the “Department”) is committed to a drug program designed to assist student-athletes in meeting the demands of both academic and athletic pursuits and to help provide a safe and healthy environment for student-athletes. The use of banned substances and non-prescribed prescription medications (to be referred to as Drugs throughout this policy) – whether legal or not - can be detrimental if not dangerous to the physical and mental well-being of student-athletes and can seriously interfere with the performance of individuals as students and as athletes. Therefore, a mandatory screening program has been implemented at Texas Tech University.

As a condition of participation in intercollegiate athletics at Texas Tech University, all student-athletes are required to agree, in writing, to comply with this drug policy and the consequences of any positive drug tests. This policy is reviewed with the student-athletes at the beginning of each academic year or at such other time that a student-athlete commences his or her participation in intercollegiate athletics at Texas Tech University.

The basic goal of the drug program is education and to deter the use of Drugs. However, education and assistance with potential substance use concerns are key components of the program.

GOALS OF THE PROGRAM

1. To educate Texas Tech University student-athletes concerning the problems of Drug use.
2. To educate student-athletes regarding the use of Drugs as it may affect the athlete, his/her team and teammates, or others.
3. To provide a common mechanism for the detection, sanction, and treatment of specific cases of Drug use.
4. To provide reasonable safeguards to ensure that every student-athlete is medically fit to participate in athletic competition.
5. To deter drug use by Texas Tech University student-athletes.
6. To identify any student-athlete who is using Drugs and identify the Drug(s).
7. To encourage the prompt treatment of any Drug use issues and related mental or medical health concerns.



PREVENTION

The Athletics Department and Head Coaches will promote a Drug free experience for all student-athletes. Education will be provided annually on the negative effects of Drugs and alcohol on academics and athletics.

IMPLEMENTATION OF PROGRAM

On an annual basis, education will be provided to all student-athletes at Texas Tech University to outline and review the Department's Drug policies and program. A copy of these policies and program will be provided to each student-athlete. Each student-athlete will thereafter be asked to (1) verify receipt of the policy; (2) execute an authorization for the testing required by the program and for the release of the test results to a limited group of individuals.

Student-athletes and their parents/legal guardians are encouraged to ask questions or make suggestions at any time regarding this program. The Texas Tech University Department of Intercollegiate Athletics is committed to the success of this program and expects student-athletes to be equally committed.

SELF-REFERRAL – SAFE HARBOR

The Department encourages each student-athlete to seek help about concerns he or she may have regarding a potential substance misuse problem. Any student-athlete who has a concern about substance abuse may notify the Drug Testing Coordinator (Sr. Associate Athletics Director for Sports Medicine or designee) of such concerns and receive education, substance use monitoring, and a referral to counseling. The first such self-referral shall not constitute a failed Drug test, provided that the self-referral is made before notice of a pending Drug test. If a student-athlete notifies a staff member, the staff member must contact the Drug Testing Coordinator no less than 5 business days of such self-referral.

REHABILITATION RESOURCES

Rehabilitation resources are provided for those individuals for whom a possible drug problem exists through a drug counseling program offered to all students at Texas Tech University. If a student-athlete requires treatment beyond those resources, the student-athlete may be responsible for any related expenses.

To evaluate the enforcement consistency of AOD sanctions, the following section examines AOD violations during the 2019-2020 and 2020-2021 academic years.

██████████ ██████████ ██████████



SECTION III: ALCOHOL AND OTHER DRUG SANCTIONING

OFFICE OF STUDENT CONDUCT

The Texas Tech University Office of Student Conduct strives to uphold the high academic and community standards of the University while helping our students develop their ethical decision-making skills. They responsibly maintain an educational environment conducive to learning through the administration of the Code of Student Conduct. The Office is dedicated to a fair and equitable decision-making process that values mutual respect and personal accountability. The Office of Student Conduct process all violations of the Code of Student Conduct, including all AOD violations. Any controlled substance violation of state or federal law which occurs off-campus may result in conduct charges. Texas Tech conduct proceedings comply in with the procedures outlined in the Code of Student Conduct. The following table outlines the total number of Student Conduct violations by semester from Fall 2019 to Summer 2021 and designates how many were AOD violations.

DATE RANGE	FALL 2019	SPRING 2020	SUMMER 2020	FALL 2020	SPRING 2021	SUMMER 2021
All	2090	1051	41	2240	776	9
Alcohol	NR:121; R:252	NR:64; R:108	0	NR:33; R:292	NR:12; R:92	NR:1; R:2
Drugs	NR:45; R:110	NR:30; R:65	0	NR:23; R: 76	NR:44; R:87	NR:0; R:1
Recidivism 2019 to 2020	Alcohol: 16	Drugs: 12	Recidivism 2020 to 2021	Alcohol: 15	Drugs: 12	

(NR = Not Found Responsible; R = Responsible Findings)

Student Conduct officers assign different sanctions depending on the severity of the incident and prior violation history. The Office of Student Conduct follows guidelines that are outlined in the General Conduct Sanction Grid, which is accessible to all students online and during their meeting, for alcohol and drug violations. Alcohol and Drug sanctions are determined based on the severity of the violation and how many times a student has been found in violation of a Student Conduct policy. Sanctions for alcohol and drug violation are standard for students that are found in violation of the alcohol and/or drug policy in hopes of providing more education around the matter.

Additionally, any student under the age of 21 at the time of the incident found in violation of the alcohol and/or drug policy, is sanctioned to parental notification sent to their permanent address on file. Texas Tech University reserves the right to notify parent(s)/guardian(s) about incidents related to alcohol and/or drugs as authorized by the Higher Education Reauthorization Act of 1998.

The Raider Restart program was implemented in fall 2018 to help students meet their goals related to substance use. Raider Restart utilizes the eCHECKUP To Go assessment

as a tool to understand the student's personal alcohol or marijuana use, identify risk factors, assess motivation to change, and provide the student with visual feedback. Before Raider Restart, students could be referred to have a meeting with RISE to discuss prevention strategies relating to AOD use.

Additionally, Student Conduct will refer students with more severe alcohol violations or repeated offenses to Brief Alcohol Screening and Intervention for College Students (BASICS). The program addresses problematic drinking by utilizing motivational interviewing techniques and enhancing motivation to change.

All sanction information, requirements, and practices are available in Appendix A: Office of Student Conduct Sanctions.

BEHAVIOR INTERVENTION TEAM (BIT) AND/OR STUDENT THREAT ASSESSMENT TEAM (STAT)

Staff who serve on the campus Behavior Intervention Team and/or Student Threat Assessment Team have been trained to identify the use/misuse of alcohol and other drugs as one of many indicators of students of concern or in crisis. When a student of concern may also be experiencing challenges with substance use/abuse, the BIT/STAT seek an appropriate referral mechanism to comprehensively address areas of concern to include the use/abuse of alcohol or other substances. Often, referrals include but are not limited to mental health services on campus, the Center for Collegiate Recovery, medical providers on campus, or community-based resources.

SECTION IV: ANNUAL NOTIFICATION PROCEDURES

Dear Texas Tech University Students, Faculty, and Staff,

Texas Tech University is committed to fostering a campus community that promotes the overall wellbeing of its community members and is free from illegal drugs and alcohol abuse. In the following annual notification, you will find information about the university's policies regarding drugs and alcohol, substance abuse prevention programs and services, and other resources for students, faculty, and staff. All campus community members should be aware that the unlawful possession, use, or distribution of illicit drugs and alcohol on Texas Tech University property or as part of any Texas Tech University activity is prohibited by law and Texas Tech University Policy.

ANNUAL NOTIFICATION

Annual notification of Texas Tech University's Drug and Alcohol Abuse Prevention Programs (DAAPP) is distributed to all current students and employees after the last day to add a course in each fall semester via Texas Tech email. New employees receive notification at New Employee Orientation and via Human Resources electronically during the onboarding process. New students receive notification electronically upon enrollment. Employees and students can access the DAAPP information and the accompanying Biennial Reports through this regularly updated website.

EMPLOYEE NOTIFICATION

Annual notification of Texas Tech University's drug and alcohol misuse prevention programs is distributed to all current employees annually via Texas Tech email. New employees receive notification at New Employee Orientation. Employees can always access this information and the accompanying Biennial Reports at <https://www.depts.ttu.edu/rise/DFSCA.php>

STUDENT NOTIFICATION

Annual notification of Texas Tech University's drug and alcohol misuse prevention programs is distributed each semester to all currently enrolled Texas Tech via Texas Tech email. Students can always access this information and the accompanying Biennial Reports at <https://www.depts.ttu.edu/rise/DFSCA.php>

All notification policies are provided more in depth in Appendix B: Notifications of AOD Policies and Procedures.

SECTION V: EVALUATION OF PROGRAMS

SUMMARY

The biennial review prompts a thorough analysis of all AOD programming throughout Texas Tech University and initiates a campus-wide discussion to provide insight on the strengths and weaknesses of all programs, initiating proposed recommendations for the following academic year. Every office involved in providing AOD programming is contacted to provide a comprehensive list of all programs and a summary encompassing the goals of each program. Additionally, the AOD violation sanctions are reevaluated to ensure efficacy and consistency.

The review ensures accountability by measuring the effectiveness of the University's AOD prevention education efforts and highlights potential gaps or overlaps in service provision.

STRENGTHS

While the pandemic brought certain challenges, it also brought new strengths for Texas Tech's programs. The Raider Restart Program has increased flexibility through COVID-19, allowing students to fulfill their sanction requirements through Zoom meetings with the facilitator. This option also allows students and the facilitators more availability. While unmeasurable, students and facilitators can establish professional relationships that encourage more healthy and responsible learning. The facilitators report noticeable changes in the students' engagement between the beginning and end of meetings. Furthermore, the University is working towards reaching more off-campus students and distance learners for alcohol and other drug prevention education, mental health resources, and support services. The Student Counseling Center now offers a group meeting for people who grew up with addiction and substance use disorders. This therapy group is designed to identify and explore common traits that emerge from childhood experiences in their homes, combating shame and guilt, promoting self-compassion, improving relationships, and forming a sense of community and connection with others.

WEAKNESSES AND CHALLENGES

Most of the challenges we faced in the last two years were COVID-19 related. It was difficult to receive and qualify data while the university was shut down or navigating rapid changes to protect students, faculty, and staff. The pandemic did uncover some weaknesses that can be addressed in the years to come. We now know there are better, more efficient methods to collect meaningful data. The university is continuing to measure and re-evaluate the impact that substance use has on our student population. Regarding the student body, we must begin evaluating our efforts on our regional and international campuses. Moreover, we found gaps in the services provided and made available to the employees of the university, including accessibility and stigma to substance use and mental health related challenges.

RECOMMENDATIONS

The challenges and strengths left us with the following recommendations for better data collection:

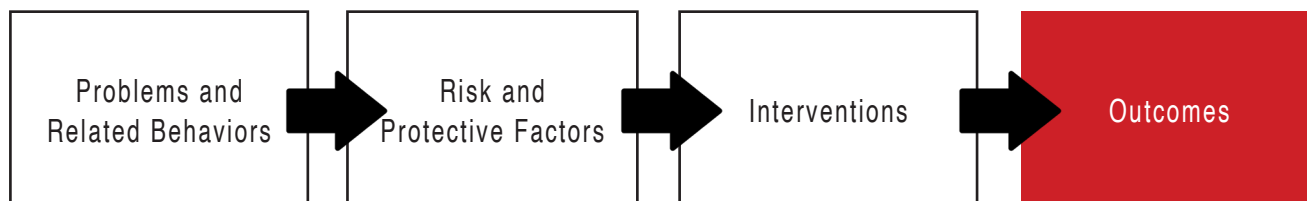
- Use surveys to record student feedback from Raider Restart meetings
- Use surveys to measure and record average BAC and highest BAC for all students sanctioned for alcohol related issues.

The challenges and strengths left us with the following recommendations for student outreach:

- Create a formal substance use disorder task force or coalition to address preventative measures and interventions where necessary.
- This task force should include students and health professionals on campus.
- Provide drug testing opportunities at the student clinic combined with required education for those who test positively.
- Provide more opportunities for students to receive alcohol and other drug prevention education as a primary form of prevention rather than intervention after an incidence.
- Address and evaluate why students might have recurrent incidences related to mental health issues and substance use.

Other recommendations include a simple logic model for each program following the outline below with both short-term and long-term outcomes.

*The logic model template belongs to Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse among College Students with the Drug Enforcement Administration found [here](https://montezumacounty.org/wp-content/uploads/2021/07/Prevention-with-Purpose-Strategic-Planning-Guiderdf.pdf). <https://montezumacounty.org/wp-content/uploads/2021/07/Prevention-with-Purpose-Strategic-Planning-Guiderdf.pdf>



SECTION VI: RESOURCES

EMPLOYEES

An employee who is experiencing personal problems or whose job performance is affected by personal problems is encouraged to seek private and confidential counseling services through the Employee Assistance Program (EAP). EAP records are separate and not a part of an employee's personnel file. An employee's use of EAP services or any other information concerning the nature of the problem is not released to the employer or a supervisor. Confidentiality is regulated by federal guidelines. An employee may seek assistance or learn more about the program by contacting the EAP directly. For more information about the EAP, see OP 70.33.

The Texas Employees Group Benefits Program (GPB) is the insurance program administered by the Employees Retirement Systems of Texas (ERS). ERS administers benefits for Texas Tech employees and retirees. Coverage for substance abuse can be found on page 87 of the Master Benefit Plan Document.

EMPLOYEE ASSISTANCE PROGRAM

The Counseling Center @ TTTUHSC | <https://www.ttuhsc.edu/centers-institutes/counseling/about.aspx> | 806. 743.1327 or 800.327.0328

HEALTHSELECT MENTAL HEALTH VIRTUAL VISITS

Employees who participate in HealthSelect can consult a licensed mental health professional any day of the week online. A mental health virtual visit is similar to an outpatient visit to a mental health provider's office, but the visit is conducted online. Licensed mental health professionals can provide treatment for: anxiety, depression, insomnia, substance abuse, anger management, and addiction.

https://doctorondemand.com/what-we-treat/behavioral-health/?utm_source=enterprise&utm_medium=web&utm_campaign=erstx_mentalhealth

HEALTHSELECT CARE MANAGEMENT PROGRAM

The HealthSelect Care Management Program is a team of dedicated clinicians who take a holistic approach to address all your health concerns and questions rather than trying to treat one condition that may be occurring today. Dedicated mental health clinicians are available for concerns including substance abuse issues.

If you have questions for a clinician about a physical or mental health concern or condition, call BCBSTX toll-free at (800) 252-8039 (TTY:711) between 8 a.m. and 6:30 p.m. CT Monday - Friday and ask to speak with a clinician.

You can get help with a mental health or substance use issue 24 hours a day, seven days a week. If you or your covered dependent are in a crisis, call (800) 252-8039 (TTY:711); the same number you call for medical and mental health benefits questions.

The care management program also identifies participants that may benefit from extra support. If you receive a call from one of our clinicians, please answer the call. Know that you will be in good hands if you choose to take advantage of this benefit available to you.

<https://healthselect.bcbstx.com/content/health-and-wellness-incentives/care-management-programs>

STUDENTS

Texas Tech University is committed to providing programs and services for students that prioritize educating students about the risks associated with drug and alcohol use. Support services for a student seeking help are provided by the university and referrals to community resources are made when the need of the student is beyond the scope of university-provided services.

Risk Intervention and Safety Education (RISE) at Texas Tech provides alcohol and drug education workshops for students, one on one coaching for students related to substance use, substance free events, and administers the mandatory prevention education course, Think About IT, to all incoming first year and transfer students. A comprehensive list of programs and resources for students are listed below:

RISK INTERVENTION & SAFETY EDUCATION (RISE):

Drane 247 | 806.742.2110 | www.rise.ttu.edu

- Comprehensive prevention education programs for students
- Voices for Change – Required online courses for all first year and transfer students
- Raider Restart - One-on-one coaching sessions to help students learn skills to reduce the negative impacts of substance use
- eCheckUp To Go - Online, personalized assessment tools for alcohol or marijuana use

STUDENT COUNSELING CENTER:

Student Wellness Center 201 | 806.742.3674 | www.counseling.ttu.edu

- Individual and group counseling
- In-person alcohol assessments provided

THE CENTER FOR COLLEGIATE RECOVERY COMMUNITIES:

806.742.2891 | www.depts.ttu.edu/hs/csa/

- Program that assists students to flourish in recovery through accountability and support
- Hosts daily 12-step meetings

RAIDER ASSISTANCE PROGRAM (RAP):

Student Wellness Center | 806.743.7285

- Safe & confidential assessment, education, and treatment referral

COMMUNITY RESOURCES

ALCOHOLICS ANONYMOUS

www.aa.org

International fellowship of men and women who have a drinking problem. Local meetings available.

NARCOTICS ANONYMOUS

www.na.org

12 step meetings for people struggling with addiction. Local meetings available.

ASPIRE RECOVERY CENTERS

<https://aspireoftexas.com> | 888.502.3631

Inpatient and outpatient treatment programs for alcohol and drug addiction

THE RANCH AT DOVE TREE

<https://ranchatdovetree.com> | 866.568.5661

Collegiate-focused addiction and behavioral health recovery and treatment center

DB EDUCATION

www.aalubbock.com | 806.793.4522

State certified alcohol education classes for MIP, MIC, PI (Proportional Integrator). DUI Minor and DWI offenses

APPENDIX A: STANDARDS OF CONDUCT AND SANCTIONS FOR VIOLATIONS

UNIVERSITY DISCIPLINARY SANCTIONS FOR VIOLATIONS OF POLICY

Texas Tech University will impose sanctions on students and employees for violations of Texas Tech University policies and standards of conduct which may include suspension, expulsion, and/or termination of employment. Students who are also employees may also be held accountable under both student and employee policies.

EMPLOYEES

Staff employees found in violation of university policy will be addressed under TTU OP 70.31: Employee Conduct, Discipline, and Terminations. A violation of the standards established in this policy may result in the assessment of a penalty ranging from a verbal counseling to termination from Texas Tech. Faculty employees found in violation of university policy will be addressed under TTU OP 32.04: Conduct of University Faculty. A violation of the standards established in this policy may result in the assessment of a penalty ranging from an oral reprimand to termination from Texas Tech. In the case of non-tenured and non-tenure track faculty members, all disciplinary procedures other than non-renewal of appointment, termination, or denial of tenure will be governed by TTU OP 70.31. Tenured faculty members termination will be controlled by the tenure policy (OP 32.01).

STUDENTS

Sanctions for violations of the *Code of Student Conduct* are proportionate to the severity of the violation and to the cumulative conduct history of the student found responsible. Common sanctions for alcohol and drug related violations include participation in an alcohol or drug education workshop and/or the completion of a drug and alcohol assessment through Risk Intervention and Safety Education or Student Health Services at Texas Tech University, mandated counseling or substance abuse treatment, administrative fees, eviction from on-campus housing, and could include suspension or expulsion from the University.

STANDARDS OF CONDUCT

STUDENTS

The Texas Tech University Student Handbook and Code of Student Conduct outlines behavioral standards developed by the University community for students and student organizations and the related procedures for addressing misconduct. The policies regarding the use and misuse of alcohol and drugs are listed in Part I, Section B.4, B.5, and B.6. The University may impose disciplinary charges against any student who allegedly violates the Texas Tech University Code of Student Conduct and/or local, state and, federal laws concerning controlled substances.

UNIVERSITY EMPLOYEES

Texas Tech University employees must abide by OP 70.31, OP 70.20, and OP 70.35. Other applicable policies include The Drug Free Workplace Act of 1988, the Drug-Free Schools and Communities Act of 1989 and the Drug Free Work Force Rules for Department of Defense (DOD) Contractors and the requirements of the Department of Transportation or other regulatory bodies and applicable state laws.

LEGAL SANCTIONS

Texas Tech University enforces all Federal and State laws and local ordinances. The Texas Tech Police Department can be contacted at 806-742-3931 for non-emergencies and 911 for emergencies.

FEDERAL STATUTES

Possession, use, or distribution of illicit drugs is prohibited by federal law. Strict penalties are provided for drug convictions, including mandatory prison terms for many offenses. Penalties increase significantly where use of the illicit drugs results in death or serious bodily injury. The following information, although not complete, is an overview of federal penalties for first convictions. For more information about drug scheduling, possession, paraphernalia, and trafficking penalties, visit <https://www.deadiversion.usdoj.gov/21cfr/21usc/>.

The Federal Uniform Drinking Age Act of 1984 sets the minimum legal drinking age to 21 and every State, including the State of Texas, abides by that standard. For more information about alcohol policy in the United States, visit the NIAAA's Alcohol Policy Information System at <https://alcoholpolicy.niaaa.nih.gov/>.

OFFENSE	MINIMUM PUNISHMENT	MAXIMUM PUNISHMENT
Manufacture, distribution, or dispensing drugs (includes marijuana)	A term of imprisonment for up to 5 years and a fine of \$250,000	A term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 (for an individual) or \$20,000,000 (if other than an individual)
Possession of drugs (including marijuana)	Imprisonment for up to one year and a fine of not less than \$1,000	Imprisonment for not more than 20 years or less than 5 years and a fine of not less than \$5,000 plus costs of investigation & prosecution
Operation of a Common Carrier under the influence of alcohol or drugs		Imprisonment for up to 15 years and a fine not to exceed \$250,000

STATE OF TEXAS STATUTES

In Texas, the following statutes guide the laws and penalties surrounding illicit drugs and alcohol are detailed below.

Texas Penal Code Sec. 49.02: Being intoxicated in public such that one is a danger to oneself, or others is a Class C misdemeanor, punishable by a fine of up to \$500.

Texas Alcoholic Beverage Code Sec. 1.05, 101.31: It is illegal to possess or distribute alcoholic beverages in a dry area. Violation of this law is a Class B misdemeanor and carries a penalty of up to \$2,000 and/or up to 180 days confinement.

Texas Alcoholic Beverage Code Sec. 106.02, 106.04-106.05, 106.071: The purchase, possession, or consumption of alcoholic beverages by a person under 21 years of age subjects that person to a fine of up to \$500 for the first offense and at least \$250 up to \$2,000 for the second offense and/or 180 days confinement.

Texas Alcoholic Beverage Code Sec. 106.06: Furnishing alcoholic beverages to a minor is a Class A misdemeanor and punishable by a fine of up to \$4,000 and/or up to one year in jail.

Texas Education Code Sec. 37.122: The possession of an intoxicating beverage on the grounds of any public school is a Class C misdemeanor and carries a penalty of up to \$500. If found with an open container in the person's immediate possession, the minimum confinement period extends to six days.

Texas Alcoholic Beverage Code Sec. 106.07: A person under 21 years of age who misrepresents his or her age for the purpose of purchasing alcohol beverages commits a Class C misdemeanor and may be punished by a fine of up to \$500.

Texas Health and Safety Code Sec. 481.102-106, 481.115-118: The illegal distribution, possession, or use of controlled substances may be punished by 5 years to life in prison and up to a \$250,000 fine.

Texas Health and Safety Code Sec. 481.112-120: The delivery or possession of controlled substances with the intent to manufacture controlled substances is punishable by a jail term of 10 years to life and up to a \$250,000 fine.

Texas Health and Safety Code Sec. 481.122: The distribution of marijuana to a minor is punishable by 2 to 20 years in prison and/or up to a \$10,000 fine.

OFFENSE	MINIMUM PUNISHMENT	MAXIMUM PUNISHMENT
Manufacture or delivery of controlled substances (drugs)	Confinement in jail for a term of not more than 2 years or less than 180 days, and a fine not to exceed \$10,000	Imprisonment for life or for a term of not more than 99 years nor less than 15 years, and a fine not to exceed \$250,000
Possession of controlled substances (drugs)	Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000, or both	Imprisonment for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$250,000
Delivery of marijuana	Confinement in jail for a term not more than 180 days, a fine not to exceed \$2,000, or both	Imprisonment for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$100,000
Possession of marijuana	Confinement in jail for a term not more than 180 days, a fine not to exceed \$2,000, or both	Imprisonment for life or for a term of not more than 99 years nor less than 5 years, and a fine not to exceed \$50,000
Driving while intoxicated (includes intoxication from alcohol, drugs, or both)	Confinement in jail for a term of not more than 180 days nor less than 72 hours, and a fine of not more than \$2,000	Imprisonment for a term of not more than 10 years nor less than 2 years, and a fine not to exceed \$10,000
Public intoxication	A fine not to exceed \$500	Varies with age and number of offenses
Purchase of alcohol by a minor	A fine not to exceed \$500	Varies with number of offenses
Consumption or possession of alcohol by a minor	A fine not to exceed \$500	Varies with number of offenses
Sale of alcohol to a minor	A fine not to exceed \$4000 or confinement in jail for not more than one year, or both	A fine not to exceed \$4000 or confinement in jail for not more than one year, or both

CITY OF LUBBOCK: LOCAL LAWS AND ORDINANCES

In the City of Lubbock, the sale of packaged liquor is prohibited on Sunday. Packaged liquor may be sold between 10:00 a.m. and 9:00 p.m., Monday through Saturday. Packaged beer and wine may be sold between noon and midnight on Sunday, between 7:00 a.m. and midnight, Monday through Friday, and between 7:00 a.m. and 1:00 a.m. on Saturday. The sale of packaged liquor is prohibited on New Year's Day, January 2 (when it falls on a Monday), Thanksgiving Day, Christmas Day, December 26 (when it falls on a Monday).

Alcoholic beverages may be served in bars and restaurants between noon and midnight on Sunday, between 7:00 a.m. and midnight, Monday through Friday, and between 7:00 a.m. and 1:00 a.m. on Saturday. At certain restaurants, alcoholic beverages may be served with meals beginning at 10:00 a.m. on Sunday.

The City of Lubbock maintains an updated catalog of City Ordinances and Codes at <https://ci.lubbock.tx.us/departments/code-enforcement/code-of-ordinances>.

APPENDIX B: NOTIFICATION OF AOD POLICIES AND PROCEDURES

DRUG-FREE SCHOOLS AND COMMUNITIES ACT ANNUAL NOTIFICATION

Dear Texas Tech University Students, Faculty, and Staff,

Texas Tech University is committed to fostering a campus community that promotes the overall wellbeing of its community members and is free from illegal drugs and disordered alcohol use. In the following annual notification, you will find information about the university's policies regarding drugs and alcohol, substance abuse prevention programs and services, and other resources for students, faculty, and staff. All campus community members should be aware that the unlawful possession, use, or distribution of illicit drugs and alcohol on Texas Tech University property or as part of any Texas Tech University activity is prohibited by law and Texas Tech University Policy.

DRUG FREE SCHOOLS AND COMMUNITIES ACT (DFSCA)

The Drug Free Schools and Communities Regulations (34 CFR Part 86) of the Drug Free Schools and Communities Act (DFSCA) and TTU OP 10.14: Drug-Free Schools and Communities Act require that all Institutions of Higher Education such as Texas Tech University certify that it has implemented programs to prevent the abuse of alcohol and use, and/or distribution of illicit drugs both by student and employees either on its premises and as part of any of its activities. At a minimum, Texas Tech University must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of the health risks associated with the use of illicit drugs and alcohol abuse.
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students; and
- A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct or law

ANNUAL NOTIFICATION

Annual notification of Texas Tech University's Drug and Alcohol Abuse Prevention Programs (DAAPP) is distributed to all current students and employees after the last day to add a course in each fall semester via Texas Tech email. New employees receive notification at New Employee Orientation and via Human Resources electronically during the onboarding process. New students receive notification electronically upon

enrollment. Employees and students can access the DAAPP information and the accompanying Biennial Reports through this regularly updated website.

EMPLOYEE NOTIFICATION

Annual notification of Texas Tech University's drug and alcohol abuse prevention programs is distributed to all current employees annually via Texas Tech email. New employees receive notification at New Employee Orientation. Employees can always access this information and the accompanying Biennial Reports at <https://www.depts.ttu.edu/rise/DFSCA.php>

STUDENT NOTIFICATION

Annual notification of Texas Tech University's drug and alcohol abuse prevention programs is distributed each semester to all currently enrolled Texas Tech via Texas Tech email. Students can always access this information and the accompanying Biennial Reports at <https://www.depts.ttu.edu/rise/DFSCA.php>

ANNUAL SECURITY REPORT NOTIFICATION

All currently enrolled students, campus employees and all prospective students and prospective employees are entitled to request and receive a copy of the Annual Campus Security Policy and Campus Crime Statistics Report. This report, emailed annually to all Texas Tech University Drug-Free Schools and Communities Act 2018 Biennial Review 28 students and employees, is available online at <https://www.depts.ttu.edu/ttpd/clery.php>.

OVERSIGHT RESPONSIBILITY

The Associate Vice Provost for Student Affairs is responsible for the development and continuing implementation of these programs, the annual notification, and the biennial review.

VICE PROVOST FOR STUDENT AFFAIRS

Catherine Duran, Ph.D.

Suite 201 AA, Student Union Building

806.742.2984

APPENDIX C: ALCOHOL AND DRUG-RELATED HEALTH RISKS

ALCOHOL-RELATED HEALTH RISKS

According to the excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Weakening of the immune system, increasing the chances of getting sick.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol use disorders, or alcohol dependence.

By not drinking too much, you can reduce the risk of these short- and long-term health risks.

DRUG-RELATED HEALTH RISKS

The long- and short-term effects of drug use varies greatly by substance. However, the health risks associated with the use and/or abuse of illicit drugs can be very serious and result in serious injury and/or death. Below, you will find a summary of the health risks of illicit substances most abused by college students.

MARIJUANA/CANNABIS

- Research shows that about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6.
- Marijuana use directly affects the brain — specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Developing brains, like those in babies, children, and teens, are especially susceptible to the adverse effects of marijuana.
- Eating foods or drinking beverages that contain marijuana have some different risks than smoking marijuana, including a greater risk of poisoning.
- Long-term or frequent marijuana use has been linked to increased risk of psychosis or schizophrenia in some users.
- Using marijuana during pregnancy may increase the baby's risk for developmental problems.

COCAINE

- Snorting: loss of smell, nosebleeds, frequent runny nose, and problems with swallowing
- Smoking: cough, asthma, respiratory distress, and higher risk of infections like pneumonia
- Consuming by mouth: severe bowel decay from reduced blood flow
- Needle injection: higher risk for contracting HIV, hepatitis C, and other bloodborne diseases, skin or soft tissue infections, as well as scarring or collapsed veins

MDMA / ECSTASY / MOLLY

- Increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death.
- Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; less interest in sex.

PRESCRIPTION OPIOIDS (CODEINE, FENTANYL, OXYCODONE)

- Slowed breathing, death
- Long-term Increased risk of overdose or addiction if misused
- Dangerous slowing of heart rate and breathing leading to coma or death when used with alcohol.

CENTRAL NERVOUS SYSTEM DEPRESSANTS, BARBITURATES, AND BENZODIAZEPINES (XANAX, VALIUM, NEMBUTAL)

- Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing.
- Dangerous slowing of heart rate and breathing leading to coma or death when used with alcohol.

PRESCRIPTION STIMULANTS (ADDERALL, CONCERTA)

- Increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar
- High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures.
- Long Term: heart problems, psychosis, anger, paranoia.
- Masks the depressant action of alcohol, increasing risk of alcohol overdose; may increase blood pressure.

You may also contact Risk Intervention and Safety Education or Texas Tech University Student Health Services for more information about the health-related risks of drug and alcohol use.

**DRUG-FREE SCHOOLS AND COMMUNITIES
ACT BIENNIAL REPORT: 2019-2020**

TEXAS TECH UNIVERSITY

