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TEXAS TECH

UNIVERSITY®



Drug-Free Schools and
Communities Act
2018 Biennial Review Report

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INTRODUCTION

INTRODUCTION TO TEXAS TECH UNIVERSITY

Texas Tech University (TTU) is located in the South Plains of West Texas in Lubbock (pop. 243,839). In fall 2018, 38,209 students enrolled in the University. Of those, 31,957 were undergraduate, 5,835 graduate, and 417 law students. Texas Tech University has 1,563 full-time and 199 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 four component institutions. The others are Texas Tech University Health Sciences Center Lubbock, Texas Tech University Health Sciences Center El Paso, 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 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

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 the 2017-2018 and 2018-2019 academic years.

RISE Student Attendance for AOD Prevention Education		
<i>Type</i>	<i>2017-2018</i>	<i>2018-2019</i>
Workshops	9,444	13,005
Educational Events	3,610	3,035
Resource Fairs	3,641	16,763
Online Education	9,057	9,421
Individual Intervention	112	330
Total Student Attendance	25,864	42,554

Think About It

Texas Tech requires all first-year, first-time, and transfer students to complete Think About It, 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.

eCHECKUP To Go

RISE offers all Texas Tech students the opportunity to complete eCHECKUP 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>

Marijuana Course:

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

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 eCHECKUP 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.

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 resources available to them.

Alcohol and other Drug (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 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 abuse could impact college success and an individual's overall well-being.

Alcohol and other Drug 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.

TXDOT Partnership

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 "SafetyGate" 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 Night

Trivia nights are often hosted at bars, so the purpose of this event was to showcase a fun experience that didn't 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 place 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.

Center for Collegiate Recovery Communities

<https://www.depts.ttu.edu/hs/csa/>

The Center for Collegiate Recovery Communities (CRC) 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 in Community
- Commitment to Academics
- Civility in Relationships

2019 Conference of Addition, 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 when the campus is open, there is an open "birthday night meeting" at the Center for Collegiate Recovery Communities called Celebration of Recovery. 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 telling 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 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 Tailgates

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 likeminded 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.

In order to fulfill this mission and vision, P.O.W.E.R actively seeks underrepresented persons in 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.

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

fraternity lodges. It was peer -motivated, and any TTU male affiliated with a fraternity were 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.

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, the current 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 around prevention models, problem identification, and response, self-reporting, accountability, and Ladder of Risk. Attendance by fraternity and sorority leadership is required.

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 9 (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.

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 as it relates to individuals, organization functions, and/or activities. A minimum of the president should attend one of the training's 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.

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 2018-2019 academic year, there were 17 strategies completed directly addressing AOD issues for residents. Yearly, this number fluctuates depending on the needs of the community. Community Advisors also have been encouraged to increase collaboration with the RISE office to help address AOD concerns. There were 15 instances of staff collaborating with the RISE office.

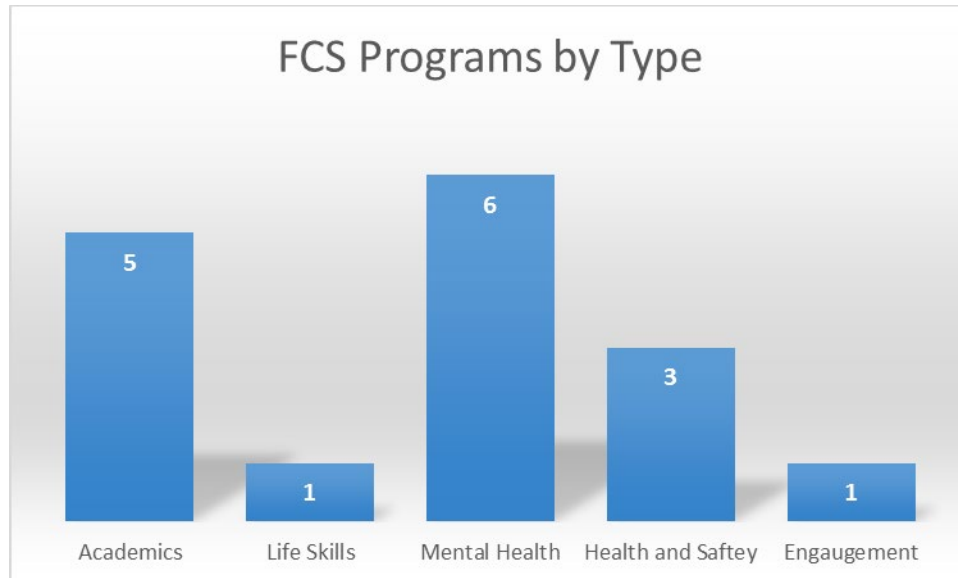
Wellness Week

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 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.

Building	Success Week 1	Success Week 2	Success Week Total
Stangel Murdough & MCWH	101	126	227
Hulen Clement & Wall Gates	44	162	206
West Villiage and Talkington	115	76	191
Coleman & Chitwood Weymouth	83	135	218
Horn Knapp & BGS	201	23	224
Total	544	522	1066

Full Circle Success

Full Circle Success is a program campaign that has been created in 2017. Its primary purpose is twofold: it is to invest in our student's success and to enact preventive programing for common student of concern issues. The campaign is primarily based on the holistic approach to mental health. The core ideas being a person's quality of life is impacted by mind, body, and spirit. This concept was developed into some key areas of a student's experience. Full Circle Success accounted for 11% of total programming. Total attendance for Full Circle Success programming was 156.



A request a program link was created in order to organize and simplify the process for community advisors. There were 16 programs requested utilizing this link

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. Students are required to fill out paperwork and, depending on availability, will be able to see a counselor within 30 minutes.

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 MindSpa 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 1 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

Group Psychotherapy

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 in order 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 your concerns, you 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.

Student Health Services

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

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.

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.

AOD SANCTIONS

In order to evaluate the enforcement consistency of AOD sanctions, the following section examines AOD violations during the 2017-2018 and 2018-2019 academic years.

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 2017 to Summer 2019 and designates how many were AOD violations.

	Fall 17	Spring 18	Summer 18	Fall 18	Spring 19	Summer 19	Total
All	273	215	21	299	261	33	1102
Alcohol	180 (66%)	119 (55%)	15 (71%)	187 (63%)	171 (66%)	17 (52%)	689 (63%)
Drugs	93 (34%)	96 (45%)	6 (29%)	112 (37%)	90 (34%)	16 (48%)	413 (37%)

In the 2018-2019 academic year, September and November were two peak months where alcohol and drug violations were prevalent on campus. In the month of September, three of the four football games were home games which can account for the higher number of alcohol and drug violations. In the month of November, 90% of cases occurred before students left for Thanksgiving Break. Thanksgiving Break is the first time in the fall semester that students had an extended break, possibly leading to a higher number of alcohol and drug violations.

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. In 2017-2018, there were 384 parental notifications sent and in 2018-2019, there were 512 parental notifications sent.

The following tables illustrate the totals for alcohol and drug violations and the sanctions that were assessed. Some students may have been found responsible for both alcohol and drug violations in the same incident, which would be reflected in both tables for the respective academic year.

2017-2018		
Sanction Issued	Alcohol Violations (314)	Drug Violations (195)
Disciplinary Reprimand	245	104
Disciplinary Probation	51	51
Deferred Suspension	0	0
Suspension	2	9
Expulsion	0	0
Raider Restart	2	5
BASICS	43	25
eCheckUp To Go: Alcohol	245	0
eCheckUp To Go: Marijuana	0	118
Meeting with RISE	8	6
AA Meeting	5	0
Drug Education Class	0	11
University Housing Removal	2	5

Psychological Counseling or Assessment	8	14
Reflection Paper	32	24
Restitution	1	0
Suspension of Privileges	11	12

2018-2019		
Sanction Issued	Alcohol Violations (375)	Drug Violations (218)
Disciplinary Reprimand	314	156
Disciplinary Probation	38	31
Deferred Suspension	2	0
Suspension	0	2
Expulsion	0	1
Raider Restart	292	156
BASICS	13	12
eCheckUp To Go: Alcohol	15	0
eCheckUp To Go: Marijuana	0	4
Meeting with RISE	1	0
AA Meeting	1	0
University Housing Removal	2	3
Psychological Counseling or Assessment	4	4
Reflection Paper	27	20
Restitution	2	0
Suspension of Privileges	5	1

The Raider Restart program was implemented in fall 2018 to help students meet their goals related to substance use. The program has been in place for one full academic year. The Office of Student Conduct has sanctioned 385 students to meet with a facilitator in RISE Office to complete this program. 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 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.

The following table lists the different sanctions, how many times they were sanctioned, whether the sanction was completed, the number of subsequent responsibly findings, and the student recidivism rate.

Sanction	Times Completed	Subsequent Responsible Findings	Recidivism Rate
<i>2017-2018</i>			
BASICS	54	3	5.56%
Alcohol Education	219	15	6.85%
Marijuana Education	95	7	7.37%
Meeting with RISE	12	0	0%
<i>2018-2019</i>			
BASICS	16	2	12.5%
Raider Restart	320	10	3.13%
Alcohol Education	14	0	0%
Marijuana Education	3	0	0%

SUMMARY AND RECOMMENDATIONS

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 brief 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

- Collaboration and coordination across departments builds capacity and expands the reach of AOD programs and events. Many inter-departmental partnerships developed to provide a multi-faceted approach to campus-wide prevention efforts with an array of perspectives, backgrounds, and expertise.
- The Office of the Dean of Students Case Management Team completes site visits to off campus partners, Aspire and The Ranch at Dove Tree, to learn their process as a referral source for students and families who directly requested to get connected to residential treatment.
- The University engages in prevention efforts at all university levels to provide a multi-dimensional prevention strategy. From one-on-one programming to campus climate

efforts, TTU AOD programming reflects the need for individual intervention and the palpable influence of environmental factors in establishing norms surrounding AOD use.

- Implementing Raider Restart in Fall 2018 as a Student Conduct sanction for an AOD violation allows students to take steps forward after a conduct incident and provides each student with personalized prevention education to reduce high-risk behavior. The following data outcomes stemmed from Raider Restart during the 2018-2019 Academic Year:
 - On average, students reduced their average Blood Alcohol Content (BAC) during a normal drinking episode from .095 before the Raider Restart program to .066 after completion.
 - On average, students reduced the amount of alcohol they drink per month by eight standard drinks after completion of the Raider Restart program.
 - Of the students assessed, 86 experienced negative effects from using substances before the program, while only 25 students reported any negative consequences after completing the program.
 - On average, marijuana use among students dropped from 8 days per month to 4 days per month.
 - Students reported spending significantly less money purchasing substances such as alcohol and marijuana.
 - Results indicated that students retained educational concepts taught in motivational interview sessions and knowledge regarding substance use improved from the first session to the second.
- The University continues to include aspects of mental health and holistic wellness into AOD programming to promote access to counseling services, wellness coaching, and encourage healthy coping skills.
- The number and quality of AOD programming continues to increase as each department strives to utilize evidence-based strategies in engaging students and influencing the attitudes surrounding AOD use

Weaknesses and Challenges

- In Spring 2019, Texas Tech's Board of Regents approved the sale of beer and wine in the general seating area at home sporting events. While the University implemented additional safety measures, including surveillance cameras and enforcing the clear bag policy, there is a need for a more comprehensive strategy to address increased access to alcoholic beverages
- While Raider Restart served as an effective AOD violation sanction, there is a need for a change in the sanctioning guidelines to provide different sanctions for varying levels or violation severity or those with repeated offenses.
- With Brief Alcohol Screening for College Students (BASICS) facilitated by Student Health Services for a \$150 fee, there is a barrier of access to those who were sanctioned to complete Raider Restart but are in need of a more in-depth intervention strategy. Additionally, BASICS is an evidence-based program for alcohol use, but there is not a similar program available for marijuana use.
- As the social stigma surrounding marijuana decreases and legalization efforts gain prominence, the University faces a growing challenge to address marijuana use among

students. TTU's proximity to Colorado and New Mexico heightens student's accessibility to marijuana and decreases the perceived severity of consumption or possession.

- With vaping and nicotine consumption among young adults rising, there are no specific prevention efforts or cessation programming options available for vaping or smoking tobacco. Additionally, the eCHECKUP To Go surveys ask questions regarding cigarette consumption, but there is not an option to include vaping. Without the inclusion of vaping, the personalized use profile produced by the survey does not include valuable prevention education information.

Recommendations

- In response to the increased access of alcoholic beverages at athletic events, we recommend including sporting event safety into the AOD programming to safeguard against increased violations surrounding football and basketball season.
- In order to provide Move BASICS program into RISE office for increased access to an evidence-based program for problematic alcohol use
- In order to provide increased access to BASICS and additional AOD violation sanctioning depending on the severity of the violation or repeated offense, we recommend providing two different options for sanctioning facilitated by the RISE office:
 - **Raider Restart Group:**
 - Prevention education group session with eight to ten students providing information to positively influence decisions related to drugs and alcohol
 - **BASICS:**
 - One-on-one motivational interviewing session to discuss personalized prevention strategies, reduce high-risk behavior related to drugs and alcohol, and enhance motivation to change
- In response to the evolving social stigma of marijuana, we recommend ensuring campus-wide events involve prevention education strategies centered on marijuana use. Additionally, providing BASICS programming to focus on marijuana use, in addition to alcohol, provides students with an opportunity to reduce high-risk behavior surrounding illicit drug use and set individualized goals.
- As vaping and nicotine consumption increases among college students, we recommend providing some type of cessation program in person or online and the incorporation of prevention education within existing AOD programming. While the eCHECKUP To Go online assessment do not specifically focus on vaping, Raider Restart Group and BASICS should consider the incorporation of prevention education focused on vaping and nicotine consumption.

ANNUAL NOTIFICATION OF AOD POLICIES

Drug-Free Schools and Communities Act

2019 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 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.

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.

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 abuse 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

Offense	Minimum Punishment	Maximum Punishment
Manufacture, distribution or dispensing of 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 1 year, and a fine of not less than \$1,000.	Imprisonment for not more than 20 years nor less than 5 years and fine of not less than \$5,000 plus costs of investigation and 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

Offense	Minimum Punishment	Maximum Punishment
Manufacture or delivery of controlled substance	Confinement in jail for not more than 2 years nor less than 180 days, and a fine not to exceed \$10,000.	Confinement in a state prison 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.	Confinement in a state prison 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 of not more than 180 days, a fine not to exceed \$2,000, or both.	Confinement in a state prison 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 of not more than 180 days, a fine not to exceed \$2,000, or both.	Confinement in a state prison 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.	Confinement in a state prison for a term of not more than 10 years nor less than 2 years, and a fine of not more than \$10,000.
Public intoxication (Class C Misdemeanor)	Fine not to exceed \$500.	Section 49.02, Texas Penal Code, provides that the offense of public intoxication wherein a person appears in a public place while intoxicated to the degree that the person may endanger himself or another person is punishable as a Class C misdemeanor, unless the person is younger than 21 years old, wherein Sections 106.071 and 106.115, Texas Alcoholic Beverage Code apply and provide for a Class C misdemeanor punishment and attendance at an alcohol awareness program, and where the offender has been previously convicted twice for an alcohol-related offense by a minor, the punishment is a fine of not less than \$250 or more than \$2000; confinement in jail for a term not to exceed 180 days; or both the fine and confinement; community service of 8 to 40 hours; suspension of Texas Driver's License or permit for 30 to 180 days and attendance at an alcohol awareness program.
Purchase of alcohol by a minor	Fine to not exceed more than \$500.	Sections 106.02, 106.071, and 106.115, Texas Alcoholic Beverage Code, provide that the offense of the purchase of alcohol by a minor is punishable as a Class C misdemeanor and attendance at an alcohol awareness program, and when the person has been previously convicted twice for an alcohol-related offense by a minor, the punishment is a fine of not less than \$250 or more than \$2000; confinement in jail for a term not to exceed 180 days; or both the fine and confinement; community service of 8 to 40 hours; suspension of Texas Driver's License or permit for 30 to 180 days and attendance at an alcohol awareness program.
Consumption of alcohol by a minor	Fine to not exceed more than \$500.	Sections 106.04, 106.071, and 106.115, Texas Alcoholic Beverage Code, provide that the offense of consumption of alcohol by a minor is punishable as a Class C misdemeanor and attendance at an alcohol awareness program, and where the person has been previously convicted twice for an alcohol-related offense by a minor, the punishment is a fine of not less than \$250 or more than \$2000; confinement in jail for a term not to exceed 180 days; or both the fine and confinement; community service of 8 to 40 hours; suspension of Texas Driver's License or permit for 30 to 180 days

		and attendance at an alcohol awareness program.
Possession of alcohol by a minor	Fines to not exceed more than \$500.	Sections 106.05, 106.071, and 106.115, Texas Alcoholic Beverage Code, provide that the possession of alcohol by a minor is punishable as a Class C misdemeanor and attendance at an alcohol awareness program, and where the person has been previously convicted twice for an alcohol-related offense by a minor, the punishment is a fine of not less than \$250 or more than \$2000; confinement in jail for a term not to exceed 180 days; or both the fine and confinement; community service of 8 to 40 hours; suspension of Texas Driver's License or permit for 30 to 180 days and attendance at an alcohol awareness program.
Sale of alcohol to a minor (Class A misdemeanor)	A fine not to exceed \$4000 or confinement in jail for a term not to exceed one year or both	For a subsequent offense, a fine of not less than \$500 nor more than \$1,000 or confinement in jail for not more than 1 year, or both.

Health Risks

The health risks associated with the use and abuse of drugs and/or alcohol can be long-lasting and can result in serious injury or death. For more information about the specific health risks associated with drugs and alcohol, visit the National Institute on Drug Abuse website, www.drugabuse.gov or review The Drug Enforcement Agency (DEA) 2017 Resource Guide on Drugs of Abuse.

Substance	Nicknames/Slang Terms	Short Term Effects	Long Term Effects
Alcohol		slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts	toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence
Amphetamines	Bennies, black beauties, uppers, speed, meth, crack, crystal, ice, pep pills	increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety	delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence, hypothermia
Barbiturates and Tranquilizers	barbs, bluebirds, blues, yellow jackets, red devils, roofies, rohypnol, ruffies, tranqs, mickey, flying v's	lack of inhibition, slurred speech, muscle relaxation, dizziness, decreased motor control	memory effects, severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence

Cocaine	coke, crack, snow, powder, blow, rock	loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, paranoia, increased hostility, Increased rate of breathing, muscle spasms and convulsions, dilated pupils, disturbed sleep	weight loss, high blood pressure, seizure, heart attack, stroke, hypertension, chronic cough, nasal passage injury, kidney, liver and lung damage
Gamma Hydroxy Butyrate	GHB, liquid B, liquid X, liquid ecstasy, G, georgia homeboy, grievous bodily harm	euphoria, decreased inhibitions, drowsiness, sleep, decreased body temperature, decreased heart rate, decreased blood pressure	memory loss, tremors, severe withdrawal symptoms, physical dependence, psychological dependence
Heroin	Big H, black tar, smack, horse, skag	euphoria, flushing of the skin, dry mouth, "heavy" arms and legs, slowed breathing, muscular weakness	constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence, comas, death
Ketamine	K, super K, special K	dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression	Urinary tract and bladder problems, abdominal pain, major convulsions, muscle rigidity , increased confusion, dangerously slow breathing, physical dependence, psychological dependence
LSD	acid, stamps, dots, blotter, A-bombs	dilated pupils, change in body temperature, blood pressure and heart rate, sweating, chills, loss of appetite, decreased sleep, tremors, changes in visual acuity, mood changes	may intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, physical dependence, psychological dependence
MDMA	ecstasy, XTC, adam, X, rolls, pills	impaired judgment, confusion, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension	same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating , depression, anxiety, memory loss kidney failure, cardiovascular problems, convulsions death, physical dependence, psychological dependence
Marijuana/Cannabis	pot, grass, dope, weed, joint, bud, reefer, doobie, roach	sensory distortion, poor coordination of movement slowed reaction time, panic, anxiety, increased appetite, hallucinations	bronchitis, conjunctivas, lethargy, shortened attention span, suppressed immune system, psychological dependence,
Mescaline	peyote cactus, buttons, cactus	nausea, vomiting, anxiety, delirium, hallucinations, increased heart rate, blood pressure, and body temperature	lasting physical and mental trauma, intensified existing psychosis, psychological dependence

Morphine/Opiates	M.S., morpho, duramorph, Miss Emma, monkey, roxanol, white stuff	euphoria, increased body temperature, dry mouth, "heavy" feeling in arms and legs	constipation, loss of appetite collapsed veins, heart infections, liver disease, depressed respiration, pneumonia and other pulmonary complications, physical dependence, psychological dependence
Psilocybin	mushrooms, magic mushrooms, shrooms, caps, psilocybin & psilocyn	nausea, distorted perceptions, nervousness, paranoia, weakness	confusion, memory loss, shortened attention span, flashbacks may intensify existing psychosis,
Steroids	roids, juice, pumpers, stackers, weight gainers	increased lean muscle mass, increased strength, acne, oily skin, excess hair growth, high blood pressure	Cholesterol imbalance, anger management problems, masculinization or women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, psychological dependence

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 and Alcohol Programs and Resources

Employees

An employee who is experiencing personal problems or whose job performance is affected by personal problems is encouraged to seek help voluntarily from the 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

Tech University Health Sciences Center, Department of Psychiatry, 1A122 HSC
<http://www.ttuhscc.edu/centers/SWIAD/eap/> | 806. 743.1327

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 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
- Think About IT – Required online course 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 (BASICS)

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. DUI Minor and DWI offenses

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.

Annual Notification

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 [\[website\]](#).

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 [\[website\]](#).

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 al

students and employees, is available online at
<https://www.depts.ttu.edu/ttpd/clery.php>.

Oversight Responsibility

The Associate Vice Provost for Student Affairs to be 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