



TEXAS TECH UNIVERSITY®

# DRUG-FREE SCHOOLS & COMMUNITIES ACT

Biennial Report

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## SECTION 1: INTRODUCTION

### INTRODUCTION TO TEXAS TECH UNIVERSITY

Texas Tech University (TTU) is located on the South Plains of West Texas in Lubbock - population of 263,930 in 2022. In the Fall 2021, there were 40,666 students enrolled in the University, 33,256 being undergraduate and 6,917 being graduate students. In the fall of 2022, there were 40,528 students, 32,729 undergraduate students and 7,204 graduate students. Texas Tech continues to grow as a university and set records for student enrollment. Furthermore, Texas Tech University has 1,652 full-time and 404 part-time faculty. Thirteen 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, 2021 – July 31, 2023. 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:

- Determine the effectiveness of, and to implement any needed changes to, the AOD prevention programs.
- 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)

Risk Intervention & Safety Education (RISE) is a component of Student Life 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 but not limited to educational events, AOD workshops, and campus-wide outreach. The following section describes the prevention efforts facilitated through the RISE office. The table below indicates the number of students served by RISE AOD educational programs and services during 2021-2022 and 2022-2023 academic years.

RISE Attendance for AOD Prevention Education	2021-2022	2022-2023
Workshops	2,718	1,078
Educational Events	6,173	3,901
Resource Fairs	10,122	1,907
Online Education	13,778	13,349
Individual Intervention	28	72
Total	32,819	20,307
Total attendance from 2021-2023: 53,126		

### AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT<sup>1</sup>

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 on page 6 shows some of the findings that have influenced our prevention programs during the report year. The survey was administered in February and March 2022, and 874 students completed it. The Reference Group is made of 69,131 students at 129 United States postsecondary institutions. 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.

From August 2021 until May 2022, Raider Restart utilized 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.

In June of 2022, e-CHECKUP To Go was replaced by ScreenU. ScreenU is a web-based method that administers screening, brief intervention, and referral of resources and treatment for college students who may be at risk for substance use disorders; educational webinars; recovery listserv; past and current collaboratives; and recovery ally training materials.

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: Reference Group Executive Summary Spring 2022. Silver Spring, MD: American College Health Association; 2022.





### 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 who recognizes their fullest potential.

Sanction		Attendees
2021-2022	Raider Restart: Group	358
	Raider Restart: Individual	47
2022-2023	Raider Restart: Group	148
	Raider Restart: Individual	130

### 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.

### TRANSITION FROM E-CHECKUP TO GO TO SCREENU

In 2021, RISE offered 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 gave students the opportunity to participate in an anonymous assessment of their drinking or marijuana use wherein feedback was completely confidential, though students can access resources through the online screening if they choose. In June of 2022, e-CHECKUP To Go was replaced by ScreenU, a web-based method that administers screening, brief intervention, and referral of resources and treatment for college students who may be at risk for substance use disorders; educational webinars; recovery listserv; past and current collaboratives; and recovery ally training materials.

### PEER EDUCATORS

RISE Peer Educators at TTU play a crucial role in fostering a supportive and proactive campus environment. They do so through various activities and initiatives aimed at creating connections with students and educating them on important topics related to alcohol and other drug use. Their activities not only educate students but also encourage them to make informed decisions regarding their well-being and academic success. Their responsibilities and impact are as follows:

- **Building Proximal Relationships:** RISE Peer Educators are paid student assistants who understand the unique challenges students face in balancing academics, work, wellness, and life during their time at TTU and aim to establish close, relatable connections with TTU students. Peer Educators

provide a safe and non-judgmental space for students to ask questions and discuss sensitive or controversial topics related to substance use.

- **Prevention Education:** Peer Educators are trained in over 60 hours of prevention education. This training equips them with the knowledge and skills needed to educate their peers about the potential risks and consequences of alcohol and other drug use.
- **Educational Initiatives:** RISE Peer Educators educate the TTU population about the effects of alcohol and other drug use by raising awareness about the risks and consequences associated with substance use and promoting available resources for those who may need help or support. They educate the public through various means, including hosting events, attending sporting events, collaborating with residence halls, leading workshops, and engaging in outreach initiatives.

### AOD PREVENTION EDUCATION WORKSHOPS

The Alcohol and Other Drugs (AOD) Prevention Education workshop offered by RISE is a comprehensive educational program aimed at raising awareness, providing information, and promoting responsible and safe decision-making among students. Some key features and components of this workshop are as follows:

- **Comprehensive Topics:** The workshop covers a range of topics, including alcohol and drug use, consent, coping mechanisms, and university resources. By addressing these issues, RISE ensures that students are well-informed about critical aspects of their college experience, such as personal well-being and social responsibility.
- **Risk Reduction Strategies:** The workshop employs a harm reduction approach, which is a pragmatic and evidence-based strategy that focuses on minimizing the negative consequences of substance use and aims to provide students practical tools to make safer and more responsible choices regarding alcohol and other drug use. The workshop equips students with strategies to reduce the risks associated with alcohol and drug use by providing information on safer consumption, recognizing signs of intoxication, and understanding the potential consequences of misuse. A key emphasis of the workshop is helping students make healthy and conscious decisions. By providing them with the knowledge and tools needed to assess the potential impact of substance use on their college success and overall well-being, students are able to make informed decisions based on evidence.
- **Format and Accessibility:** The combined AOD workshop is offered in a 90-minute format. RISE also offers two independent workshops (Alcohol Education and Other Drug Education, respectively) in a 50-minute format, providing more in-depth information on each topic, making the workshops adaptable and suitable for a variety of settings.

### AOD EDUCATIONAL OUTREACH

RISE facilitates educational outreach programs with interactive tables in high-traffic areas on campus. Key components of these outreach strategies include:

- Facilitating interactive engagement like educating students how to accurately pour a standard drink, calculate their BAC, or employing a drunk driving simulation with drunk goggles to illustrate the dangers of driving under the influence.
- Increasing awareness of overdose and poisoning signs, campus and community resources, and how to seek help.
- Employing risk reduction strategies to practically promote individualized student safety and well-being.
- Applying substance use to holistic wellness.
- Exploring the various classifications of drugs and their varying impact.
- Using the Socio-Ecological Model to facilitate peer involvement.

### 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 dodge ball, and offered a virtual reality alcohol trivia to Texas Tech students. TxDOT also provides educational materials such as notebooks, prevention guides, and safety precautions.

### SOBER TAILGATES

RISE Peer Educators participate in the football season through Safety Gate, a safe and sober alternative to tailgating 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.

### CASINO NIGHT

The RISE office and the Residence Halls Association co-host an annual casino night. This sober, social activity takes place during Raider Welcome Week 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, inform students of their campus and community resources, promote student wellness, and foster community belonging.





## 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 2022								Reference Group 2022							
Alcohol and Other Drug Use	Ever Used				Used in Last 3 Months				Ever Used				Used in Last 3 Months			
Percent of Respondents %	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total
Tobacco/Nicotine Delivery Products	41.6	37.7	54.7	39.6	30	26.4	34.1	27.7	35.8	32.2	33.9	33.2	23.6	20.3	21.5	21.2
Alcoholic Beverages	69.3	74.8	76.7	73.2	60.3	70.6	70.5	66.9	69	74.2	73.1	72.6	63.5	68.9	65.5	66.7
Nonmedical Cannabis	37.6	39.7	47.7	39.3	18.7	25.8	36.4	23.9	39.7	41.8	54.5	41.9	26.8	27.5	40.9	28
Cocaine	9.9	6.4	4.5	7.3	3.9	2	2.3	2.5	7	5.2	6.3	5.8	2.3	1.5	2	1.7
Nonmedical Prescription Stimulants	9	9.4	13.6	9.5	1.6	4.6	2.3	3.5	8.6	7	9.4	7.6	3	2.5	3.6	2.7
Methamphetamine	3.1	0.7	2.3	1.5	0.4	0	0	0.1	1.4	0.9	2	1.2	0.2	0.1	0.7	0.2
Inhalants	5.1	2.9	11.4	3.9	1.6	0.5	2.3	0.9	5.1	2.4	6.8	3.5	1.8	0.7	2.8	1.1
Nonmedical Sedatives/Sleeping Pills	6.7	5.8	11.4	6.3	1.6	2.1	0	1.8	5.2	4.5	7.8	4.9	1.6	1.5	2.7	1.6
Hallucinogens	12.9	8.3	13.6	9.9	4.7	3.3	0	3.7	11.9	8.1	17.3	9.7	4	2.6	7.6	3.3
Heroin	0.8	0.5	4.5	0.8	0.4	0.2	0	0.2	0.7	0.5	1.3	0.6	0.2	0.1	0.5	0.1
Nonmedical Prescription Opioids	7.1	4.5	6.8	5.3	1.9	1.1	2.3	1.4	4.4	3	5.6	3.6	0.8	0.5	1.3	0.7

	Texas Tech University 2022								Reference Group 2022							
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	T/GNC	Total	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total
Alcoholic Beverages	9.7	14.8	13.6	13	3.5	0.9	4.5	1.8	11.6	11.5	11.8	11.5	1.3	1	1.6	1.1
Nonmedical Cannabis	14.4	15.7	18.2	15.2	0.4	1.4	0	1	16.8	17.3	29.1	17.8	1.5	0.9	2.6	1.2
Cocaine	0.8	1.2	2.3	1.1	1.2	0	0	0.3	1.3	0.9	1.2	1	0.1	0	0.4	0.1
Nonmedical Prescription Stimulants	1.6	2.7	2.3	2.4	0.8	0	0	0.2	1.5	1.4	2.2	1.4	0.1	0	0.3	0.1
Methamphetamine	0.4	0	0	0.1	0	0	0	0	0.2	0.2	0.3	0.2	0.1	0	0.4	0.1
Inhalants	0	0.4	4.5	0.5	0.4	0	0	0.1	0.8	0.3	1.2	0.5	0.1	0	0.3	0.1
Nonmedical Sedatives/ Sleeping Pills	1.6	1.4	0	1.4	0	0.2	0	0.1	1	1	1.9	1	0.1	0.1	0.5	0.1
Hallucinogens	2.7	1.8	0	1.9	0.4	0	0	0.1	2	1.4	4.7	1.8	0.1	0	0.3	0.1
Heroin	0.4	0	0	0.1	0.4	0.2	0	0.2	0.2	0.1	0.2	0.2	0.1	0	0.3	0.1
Nonmedical Prescription Opioids	1.9	0.5	2.3	1	0	0.2	0	0.1	0.5	0.5	1.2	0.5	0.1	0	0.3	0.1



**21.8%** OF TTU STUDENTS REPORTED **DRIVING** AFTER HAVING ANY **ALCOHOL** IN THE LAST 30 DAYS.



**46.9%** OF TTU STUDENTS REPORTED **DRIVING** WITHIN 6 HOURS OF USING **CANNABIS/MARIJUANA** IN THE LAST 30 DAYS.

	Texas Tech University 2022				Reference Group 2022			
Number of Drinks Consumed Last Time Students Drank Alcohol in a Social Setting								
Percent of Respondents %	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total
4 or Fewer	55.2	77.3	84.4	71.7	66.6	79.9	82.8	76.5
5	14.5	9.2	3.1	10.3	8.6	8.5	6.4	8.4
6	9.7	4.5	6.3	6.1	6.9	5	4.4	5.4
7 or More	20.6	9	6.3	11.9	17.9	6.7	6.4	9.7



	Texas Tech University 2022				Reference Group 2022			
College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol								
Percent of Respondents %	Male	Female	T/GNC	Total	Male	Female	T/GNC	Total
Did Something I Later Regretted	16.7	20.5	25	19.9	18.1	19.5	16.5	18.9
Blackout	8.3	12.3	11.1	11.3	11.4	11.5	8.4	11.3
Brownout	20	25.1	27.8	23.9	20.4	23.3	20	22.3
Got in Trouble with the Police	1.1	0.7	0	0.8	1	0.6	0.8	0.7
Got in Trouble with College/ University Authorities	0.6	0.4	0	0.5	1.2	0.9	1.2	1
Someone Had Sex with Me Without my Consent	0.6	2.5	11.1	2.4	0.9	1.8	2.5	1.6
Had Sex with Someone Without their Consent	0.6	0	2.8	0.3	0.2	0.1	0.7	0.2
Had Unprotected Sex	10.6	15.2	13.9	13.8	11.1	11.8	9	11.4
Physically Injured Myself	4.4	8.1	13.9	7.4	6.4	7.3	7.6	7.1
Physically Injured Another Person	1.7	0.9	2.8	1.2	0.8	0.4	0.9	0.6
Seriously Considered Suicide	3.9	4	11.9	4.5	2.5	2.3	7.2	2.7
Needed Medical Help	0.6	1.1	5.6	1.2	0.9	1	1.4	1
Reported One or More of the Above	21.4	28.5	34.4	27.1	23	24.6	22.2	24

## 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 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 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](mailto: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 (ASAS) 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 (POWER)

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

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 snacks are provided.

## STUDENT LIFE - CAMPUS LIFE (FORMERLY CENTER FOR

	Thursday Night Movie Showing Attendance	Friday Night Movie Showing Attendance
Fall 2022 15 Films	972	1159
Spring 2023 8 Films	826	584
Total	1798	1743

## CAMPUS LIFE)

## STUDENT ORG LEADER ORIENTATION

Org Leader Orientation, which all student org presidents and/or other student org executive board positions are required to complete every spring semester, covers social risk management concerns, risk prevention programming, drug, and alcohol related issues and policies as part of its training.

In the spring of 2022, the event was held virtually, and all student org presidents attended, totaling 416 student organizations. In spring of 2023, the Student Org Academy was phased out completely and replaced by Student Org Leader Orientation, which is a completely virtual online course as described above. Student Org presidents will continue completing this training course as part of the annual student org registration process.

## 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 Risk Education Training:** 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. This Training is completed in two parts. First, student complete base level education through modules over topics related to alcohol, drugs, hazing, managing risks and sexual assault. Then, each leader has a follow up meeting with peers and office staff to work through scenarios and case studies to demonstrate knowledge and skills. Attendance by fraternity and sorority leadership is required. Close to 200 fraternity and sorority leaders including Risk Managers, New Member Educators, Social Chairs and President.

**CRW Speaker Series:** All members of the fraternity and sorority community are engaged once 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.

Fall 2022 Speakers Lorin Phillips and Jarrod Benjamin spoke to around 2,000 students about how hazing can show up in men's and women's organizations and how substances can play a factor.

Once a year The Fraternity & Sorority Life Office hosts a Train the Trainer event where student leaders for each chapter (1-4 leaders dependent on chapter size) receive education on a topic relevant to the community that they can leave the training and with the skills and knowledge to train their own organization with the content given. Topics in the last few years have been over hazing, alcohol and drug use as well as Sexual Assault Education with Guest Trainers that are experts in these fields.

Spring 2022 Speaker Bonny Shade led a Train the Trainer Session with over 120 students to discuss sexual assault prevention and education. Leaders left with tangible training they could deliver to their peers.

### **FSL 101**

All new members must complete 101 training with their respective council before or during their new member process to join the FSL community or a chapter. This Training consists of FSL wide history and information,

the Council they are joining history and information as well as what a typical week looks like as a member of that community. The following risk topics are also covered within these required training hazing education, substance use, bystander intervention, general risk management, consent. Finally, the training ends with understanding TTU resources and how to report concerning behavior. Over 2000 students a year complete this training.

### **LEADERSHIP SUMMIT**

In May of 2022, close to 100 leaders attended a weekend-long leadership retreat with Guest Speakers Tina VanSteenbergen & James Robilotta after the spring semester ended. Two of the topics discussed were risk management and substance abuse concerns in the sorority and fraternity community. Viable solutions and TTU resources available to TTU students were discussed.

In January of 2023, close to 100 leaders attended a weekend-long leadership retreat with Archie Messersmith Bunting & Bonny Shade before the spring semester began. Two of the topics discussed were risk management and substance abuse concerns in the sorority and fraternity community. Viable solutions and TTU resources available to TTU students were discussed.

### **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 2022 – Over 35 TTU students, members of the executive councils of the CPH, IFC and NPHC councils, attended the AFLV Conference.
- February 2023 - Over 35 TTU students, members of the executive councils of the CPH, IFC and NPHC councils, attended AFLV Central Conference.

### **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 “recruitment/intake”, new member experience or education, or initiation. According to the Office of Fraternity and Sorority Life Social Event Policy: Rapid consumption and or drinking games are prohibited.

According to the Office of Fraternity and Sorority Life Social Event Policy: Alcoholic beverages must either be:

- Provided and sold on a per-drink basis by a licensed and insured third-party vendor (e.g., restaurant, bar, caterer, etc.); or
- Brought by individual members and guests through a bring-your-own beverage (“BYOB”) system.
- The presence of alcohol products above 15% alcohol by volume (“ABV”) is prohibited on any chapter premises or at any event, except when served by a licensed and insured third-party vendor.
- Common sources of alcohol, including bulk quantities, which are not being served by licensed and insured third-party vendors are prohibited (i.e., amounts of alcohol greater than what a reasonable person should consume over the duration of an event).

## 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 2022-2023 academic year, there were 12 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 of 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 55 instances of staff collaborating with the RISE office for programming and resources. \*Learning goal totals will not equal total strategies completed because some strategies used 2 or more learning goals.

Achievement	358
Character	47
Civility	148
Engagement	130
Independence	148
Total	130

### SAFETY & SUCCESS WEEK PROGRAMMING

University Student Housing has traditionally had an annual week-long program entitled Wellness Week. We have retitled this week Success Week and included an additional week focused on Safety. Success Week complements a similar initiative launched by University Student Housing entitled Full Circle Success. Along with that change, this initiative is now offered each semester with Safety Week in fall & Success Week in spring. Safety & Success Week are produced in partnership with the 10 residence halls/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. Safety Week is intended to provide students resources based on addressing trends and areas of Health & Safety. Success Week is intended to give students resources based on a holistic approach to student success.

Success Week	Participants
Fall 2022	260
Spring 2023	158
Total	418

### FULL CIRCLE SUCCESS

University Student Housing developed the Full Circle Success as a programmatic and visual compass for wellness focused programming in the residence halls. Individual Full Circle Success programs occur throughout the year at the request of residence hall staff and student leaders. Additionally, the Student Intervention & Prevention Programming (SIPP) team partners with campus stakeholders to assist with large scale programming surrounding Suicide Prevention Week, Domestic Violence Awareness Month, Sexual Assault Awareness Month, etc.

### STUDENT COUNSELING CENTER

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.

### **MINDSPA**

TTU students, faculty, and staff have access to independent use of the MindSpa. The MindSpa provides a comfortable and private space for deliberate and intentional relaxation and stress management. It is equipped with the following features and tools to help relax the body and calm the mind: massage chair, virtual reality equipment, audio-video library, biofeedback self-help, yoga mats, and a mindfulness guided relaxation series.

### **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 experience growth 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.

- **The Healing Room:** This support group is designed to identify and explore common traits that emerge from childhood experiences in homes with addiction/abuse, combat resulting shame and guilt, promote self-compassion, improve relationships, and form a sense of community and connection with others.

### **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.

## **THERAPY ASSISTANCE ONLINE (TAO)**

TAO is an interactive, web-based program that provides well-researched and highly effective strategies to help students overcome anxiety, depression, and other common concerns including substance abuse.

With TAO, students have access to highly effective therapy modules 24/7. Exercises take approximately 15-30 minutes to complete and can be done on a smartphone, tablet, or computer.

Students may utilize TAO activities through self-help or TTU Student Counseling Center accounts.

## **TELUS**

TELUS (formerly My SSP) provides on-demand therapy support for Texas Tech students 24/7/365. Students can set up an account with Telus through the app, web, or by phone. Professional counselors are available through chat, phone, and video at no additional cost to students.

## **STUDENT HEALTH SERVICES**

### **SCREENING, BRIEF INTERVENTION, AND REFERRAL TO TREATMENT**

Student Health clinicians administer the AUDIT-C, an alcohol screen designed to identify at-risk drinking behaviors that could indicate alcohol use disorder, to every patient at every visit. Our clinicians provide brief interventions focused on increasing awareness of risky alcohol use, providing feedback, and motivating students to change behavior. These conversations may include referrals to campus and community-based resources to support behavior change.

### **INTEGRATED PRIMARY CARE BEHAVIORAL HEALTH SERVICES**

Physicians, Advanced Practice Providers, Clinical Psychologists and Licensed Professional Counselors provide medication treatment and behavioral health services to those individuals presenting with mild to moderate mental health concerns, including substance use disorders.

### **PSYCHIATRIC CARE**

Patients with more severe and complex mental health concerns, including those that co-occur with substance use disorder, are connected with psychiatric care provided within the Student Health facility or via telemedicine.

## **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**

- To educate Texas Tech University student-athletes concerning the problems of Drug use.
- To educate student-athletes regarding the use of Drugs as it may affect the athlete, his/her team and teammates, or others.
- To provide a common mechanism for the detection, sanction, and treatment of specific cases of Drug use.
- To provide reasonable safeguards to ensure that every student-athlete is medically fit to participate in athletic competition.
- To deter drug use by Texas Tech University student-athletes.
- To identify any student-athlete who is using Drugs and identify the Drug(s).
- 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 programs 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 2021-2022 and 2022-2023 academic years.



## SECTION III: ALCOHOL AND OTHER DRUG SANCTIONING

To evaluate the enforcement consistency of AOD sanctions, the following section examines AOD violations during the 2021-2022 and 2022-2023 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 processes 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 with the procedures outlined in the Code of Student Conduct. The following table outlines the total number of Student Conduct AOD violations.

OSC	Fall 2021	Spring 2022	Summer 2022	Fall 2022	Spring 2023	Summer 2023
Alcohol Responsible	340	131	1	229	139	10
Alcohol Not Responsible	5	1	0	1	0	0
Drug Responsible	77	82	2	80	77	2
Drug Not Responsible	6	1	0	0	0	0

	Fall 2022	Spring 2022	Summer 2022	Fall 2022	Spring 2023	Summer 2023
RR Alcohol	238	91	0	153	70	3
RR Cannabis	54	58	2	56	58	1
RR BASICS	27	38	1	47	48	5
RISE Meeting	1	0	0	1	0	0

Recidivism	2021-2022	2022-2023
Alcohol Recidivism	22	16
Drug Recidivism	10	4

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 Other Drug sanctions are determined based on the severity of the violation and the student's history. 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, the Office of Student Conduct may also send a Parental Notification Letter to the permanent address on file of any student under 21 found in violation of any AOD policy. 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 is 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 matters 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 Drug and Alcohol Abuse Prevention Program (DAAPP), policies regarding drugs and alcohol, substance abuse prevention programs and services, and other resources for students, faculty, and staff. The reporting period covered in the report is August 1, 2021 – July 31, 2023.

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](#).

### 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](#).

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, introducing 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

The last several years have been full of creative solutions to ensure our students needs have been met. While the pandemic challenged us, we also gained valuable insight on where our blind spots were. We pivoted in order to meet students where they were and have since permanently implemented several facets of COVID-era programming. The Raider Restart Program has continued to grow, with increased focus on prescription pill education and increasing group class offerings. There is a university-wide emphasis on holistic wellbeing and cross-office collaboration with departments that offer similar or mutually beneficial AOD programming. While unmeasurable, students, staff and faculty can establish professional relationships that encourage more healthy, holistic, and responsible learning. 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. All of RISE's alcohol programming has been reformatted to be taught via distance, in person or in a group setting. In addition to previous alcohol workshops, RISE has now implemented an Other Drugs workshop, allowing in-depth education about drug classifications, their risks, and harm reduction strategies. There have been several collaborative groups that have been formed to combat the repetition of information. There is a major shift in the areas listed in this report to ensure that programming is not in competition with other university initiatives. We believe with university-wide commitment in conjunction with smaller-scale, departmental approaches to AOD and holistic wellbeing, Texas Tech will become even more of a leader in prevention and education on university campuses in the coming years.



## WEAKNESSES AND CHALLENGES

Most of the challenges we faced over the last two years and continue to face involve reevaluating priorities and returning to and/or finding our new “normal” post-pandemic. The university is continuing to measure and re-evaluate the impact that substance use has on our student population, with emphasis on measuring holistic effects. Regarding the student body, we must begin evaluating our efforts on our regional and international campuses as well to gain beneficial insight on what our dynamic population needs. Texas Tech is a large institution, and finding ways to ensure that we are getting information and resources out to our students in an easily digestible and efficient manner has proven to be a major undertaking.

We have also found that space availability, lack of a central resource area, and proximity of respective departmental locations offering substance use support/education contribute greatly to hindered communication which creates barriers to success by contributing largely to repetitive, disjointed dissemination of information and resources.

## 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 from substance use workshops and presentations to measure preventive education effectiveness and inform future programming.
- Use ScreenU to measure students sanctioned for alcohol related issues understanding of their current AOD usage.

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

- Create a formal substance use and wellbeing task force or coalition to address preventative measures and interventions where necessary.
- This task force should include students, staff and faculty from many areas.
- Collaborate with other departments to create a more organized and cohesive approach to substance use programming and educational outreach efforts.
- Provide a tool for students to use to work on their whole-being wellness, knowing that substance abuse is usually an indicator of another issue that should be addressed at the root.
- 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.
- Begin taking a holistic approach to drug and alcohol prevention and education with respect to the whole person and the dimensions of wellness.



## 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** | 806.743.1327  
EAP can provide substance use and abuse counseling, referrals, recovery support, and reentry counseling at the Tech University Health Sciences Center, Department of Psychiatry, 1A122 HSC

**THE COUNSELING CENTER @ TTTUHSC** | 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.

**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 dependents 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.

### 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 & SAFETY EDUCATION (RISE)** |

Drane 247 | 806.742.2110

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, Voices for Change, to all incoming first year and transfer students. A comprehensive list of prevention education programs and resources for students are listed below:

- 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
- ScreenU: Screening, brief intervention, and referral of resources and treatment for college students who may be at risk for substance use disorders; educational webinars; recovery listserv; past and current collaboratives; and recovery ally training materials.

**STUDENT COUNSELING CENTER** | Student Wellness Center 201 | 806.742.3674 |

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

#### **THE CENTER FOR COLLEGIATE RECOVERY COMMUNITIES** | 1301 Akron | 806.742.2891

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

### COMMUNITY RESOURCES

#### **ALCOHOLICS ANONYMOUS** | 866.210.1303

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

#### **NARCOTICS ANONYMOUS** | 818.773.9999 x771

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



### **ASPIRE RECOVERY CENTERS** | 888.502.3631

Inpatient and outpatient treatment programs for alcohol and drug addiction

### **THE RANCH AT DOVE TREE** | 866.568.5661

Collegiate-focused addiction and behavioral health recovery and treatment center

### **DB EDUCATION** | 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 FACILITIES, EVENT, OTHER ALCOHOL-RELATED POLICIES**

Unlawful use of alcohol or illicit drugs is strictly prohibited on all University property and at University sponsored events. The use of alcohol on University property or at University-sponsored events is strictly regulated by the following University policies.

#### University Student Housing Policies:

- OP 72.05: Expenditures for Official Functions, Business Meetings, and Entertainment
- OP 34.26: Faculty-Led Study Abroad Programs
- OP 61.02: Use of University Grounds, Facilities, and Amplification Equipment
- OP 10.22: Concealed Carry of Handguns on Campus

### **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.

**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.

**Employees:** Staff employees found in violation of university policy will be addressed under TTU System OP 07.07: Employee Conduct, Discipline, and Terminations. A violation of the standards established in this policy may result in the assessment may be subject to coaching, corrective action, suspension with or without pay, administrative leave, and/or 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).

## **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.3, B.4, and B.5. The University may impose disciplinary charges against any student who violates the Texas Tech University Code of Student Conduct and/or local, state and federal laws concerning controlled substances. Specifically, Texas Tech University prohibits:

- Unlawful or unauthorized possession, use, distribution, delivery, or sale of alcohol and/or public intoxication; consumption that endangers oneself; or operating a vehicle while intoxicated or under the influence of alcohol.
- Possession, use, sharing, furnishing or distribution of illegal drugs, intoxicants, controlled substances and/or drug paraphernalia; including the distribution, use or possession of prescription medications contrary to a valid prescription; being under the influence of illegal drugs, intoxicants, and/or controlled substances.

### **UNIVERSITY EMPLOYEES**

Texas Tech University employees must abide by Texas Tech University System OP 07.07 and Texas Tech University OP 70.20, and OP 70.35.

- OP 07.07
- OP 70.20
- 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. Specifically, Texas Tech University prohibits:

- Conduct that could constitute a violation of applicable criminal law while in the course and scope of employment, while on duty, at a university function, or on university property, regardless of whether criminal prosecution is pursued, or conviction is attained
- Being unfit for duty, including being under the influence of drugs or alcohol, or refusing to submit to a drug or alcohol test.



- Unlawful or unauthorized possession, use, distribution, delivery, or sale of alcohol and/or public intoxication; consumption that endangers oneself; or operating a vehicle while intoxicated or under the influence of alcohol.
- Possession, use, sharing, furnishing or distribution of illegal drugs, intoxicants, controlled substances and/or drug paraphernalia; including the distribution, use or possession of prescription medications contrary to a valid prescription; being under the influence of illegal drugs, intoxicants, and/or controlled substances.

## 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 fees, on-campus housing contract cancellation, and could include suspension or expulsion from the University.

The following information, although not complete, is an overview of federal penalties for first convictions. [Get more information about drug scheduling, possession, paraphernalia, and trafficking penalties.](#)

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](#).

## 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 180 days to 2 years in prison and/or a fine up to \$10,000 (assuming that this section is mirroring and the chart and talks about the minimum punishment. (Tex. Health and Safety code Sec. 481.116b)
- [Texas Health and Safety Code Section 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 99 years and a fine not to exceed \$100,000" Tex. Health and Safety code 481.115f
- [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
<b>Manufacture, Distribution, or Dispensing Drugs (Includes Marijuana)</b>	A term of imprisonment between 180 days and 2 years and/or a fine of \$10,000	Imprisonment for life or for a term of 10 years to 99 years and a fine not to exceed \$100,000
<b>Possession of Drugs (Including Marijuana)</b>	Imprisonment 180 days to 2 years and/ or fine of \$10,000 or less	Imprisonment between 5 years to 99 years and a maximum fine of 50,000
<b>Operation of a Common Carrier under the Influence of Alcohol or Drugs</b>	Fine and/or imprisonment 1 day to 15 years	Imprisonment for up to 15 years and a fine not to exceed \$250,000

Offense	Minimum Punishment	Maximum Punishment
<b>Manufacture/Delivery of Controlled Substances (Drugs)</b>	Confinement in jail for a term of no less than 180 days and/or fine of \$2,000	Imprisonment between 10 years and 99 years and a fine not to exceed \$100,000
<b>Possession of Controlled Substances (Drugs)</b>	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 \$100,000
<b>Delivery of Marijuana</b>	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
<b>Possession of Marijuana</b>	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
<b>Driving while Intoxicated (Includes Intoxication from Alcohol, Drugs, or Both)</b>	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 up to 4,000 and jail for up to 1 year or both
<b>Public Intoxication</b>	A fine not to exceed \$500	Varies with age and number of offenses
<b>Purchase of Alcohol by a Minor</b>	A fine not to exceed \$500	Varies with number of offenses
<b>Consumption/Possession of Alcohol by a Minor</b>	A fine not to exceed \$500	Varies with number of offenses
<b>Sale of Alcohol to a Minor</b>	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 can be sold between 10:00 a.m. 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](#).

## 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 10.04: Drug-Free Schools and Communities Act requires 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 the fall semester via Texas Tech email. New employees receive notification at New Employee Orientation and via Human Resources electronically during the on-boarding 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](#).

#### 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](#).

#### 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 students and employees, is [available online](#).

### OVERSIGHT RESPONSIBILITY

The Assistant Vice Provost for Student Life – Student Wellbeing is responsible for the development and continuing implementation of these programs, the annual notification, and the biennial review.

#### Assistant Vice Provost for Student Life – Student Wellbeing

Jill Stangl, J.D.

Suite 203, Student Union Building  
806-742-2984

## APPENDIX C: ALCOHOL AND DRUG-RELATED 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](#), or review [The Drug Enforcement Agency \(DEA\) 2017 Resource Guide on Drugs of Abuse](#).

#### ALCOHOL-RELATED HEALTH RISKS

According to the article, 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 vary 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 blood-borne 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.



TEXAS TECH UNIVERSITY®

**DRUG-FREE SCHOOLS & COMMUNITIES ACT** BIENNIAL REPORT