The University of Akron Drug-Free Schools and Communities Act Biennial Review FY 2022-2024

Primary Authors:

Dr. John A. Messina, Vice President of Student Affairs

Denise Montanari, Director of Clery Compliance and Crime Analyst

Susan White, Associate Director, Student Conduct & Community Standards

Primary Office Overseeing Biennial Review: Student Affairs

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President Robert J. (R.J.) Nemer, J.D.

John A. Messina, Ed.D

The University of Akron Biennial Review

July 1, 2022 – June 30, 2024

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Executive Summary

Introduction

The Drug Free Schools and Campus Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) articulated through the Education Department's General Administrative Regulations (EDGAR) Part 86 requires Institutions of Higher Education (IHE) to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by the University of Akron students and employees on its premises and as a part of any of its activities.

Since the DFSCA's 1994 amendments to the Higher Education Act of 1965, IHE have been required to communicate to all students and employees the standards and prevention efforts regarding:

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

The law further requires that the institution conduct a biennial review of its program to:

- Determine the effectiveness of, and to implement any needed changes to the Alcohol and Other Drug (AOD) prevention program; and
- Ensure that the sanctions developed are enforced consistently.

In compliance with the Drug-Free Schools and Campus Regulations of the Drug-Free Schools and Communities Act (DFSCA), the University of Akron has conducted a Biennial Review of its AOD programming for July 1, 2022, through June 30, 2024. The University of Akron is committed to supporting and engaging students to advance and achieve their goals.

Time Frame

The timeframe of this Biennial Review covers July 1, 2022, through June 30, 2024. This review will capture policies, communication, and programming provided to students and employees at the University of Akron during the 2022-2023 and 2023-2024 academic years. The survey data provided in this review includes data from recent survey collections.

Biennial Review Process

The University of Akron approached this Biennial Review Process by identifying appropriate departments on campus that work in areas that can contribute value information pertaining to this review. Individuals from the respective departments were asked to provide all updates on data collected and assessed giving the university insight for any policy reform, communication, and programming for the upcoming year. Each identified department is also tasked with collecting and tracking data for programs and services related to the biennial review.

CollegeAim, a strategic planning tool, has been the primary data collection tool to determine our effectiveness as an institution with alcohol and other drug programs and services offered to the students. Utilizing CollegeAim has allowed stakeholders to be more knowledgeable of campus efforts and determine any gaps in programs and services which need to be addressed. Also, any data collected is analyzed to identify trends and to make recommendations for moving forward.

A new strategic planning tool, *Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students*, was published by the DEA/Campus Drug Prevention (www.campusdrugprevention.gov) in January 2024. Health Services at the University of Akron is currently evaluating this new tool to determine if it should replace CollegeAim and become the new strategic planning tool for the university.

A core team was created to write the biennial review. This group met regularly to update on progress, ask questions, and to identify outreach needed for additional information. The core team are the primary authors and individuals that are responsible for the completion of this report. Through a careful comprehensive review of all the policies, services, and programs provided, they provide recommendations to guide the University of Akron.

The following individuals in their respective departments have participated and provided information for this review:

1. **Office of the President**
   a. John A. Messina, Vice President, Student Affairs
2. **Academic Support Student Success Center**
   a. Stephanie Kiba, Assistant Director, Academic Advisement
3. **Collegiate Recovery Program, Roos in Recovery**
   a. John Ellis, Professor of Instruction, School of Social Work & Family Sciences
4. **Counseling and Testing Center**
   a. Juanita Martin, Executive Director
5. **Dean of Students Office**
   a. Michael Strong, Associate Vice President & Dean of Students

b. Greg Luli, Case Manager, CARE Team

6. **Department of Athletics**
   a. Jacklin Wallgren, Senior Associate Athletics Director, Institutional Services
   b. Paul Hammond, Senior Associate Athletics Director, Facilities & Operations
7. **Department of Residence Life and Housing**
   a. Melinda Grove, Associate Vice President, Student Affairs & Chief Housing Officer
8. **Department of Student Conduct and Community Standards**
   a. Dale Adams, Director
   b. Susan White, Associate Director
9. **Department of Student Life**
   a. Brittany Ferguson-Mike, Director
   b. Tiffany Schmidt, Associate Director, Campus Programs
   c. Ben Collopy, Coordinator, Fraternity and Sorority Life
10. **Office of General Counsel**
    a. John Reilly, Associate Vice President & Deputy General Counsel
11. **Office of Human Resources**
    a. Michelle Smith, Assistant Vice President
    b. Tami Zupkow Hannon, Senior Director
12. **Office of New Student Orientation**
    a. Carly DeBord, Director
13. **Student Health Services**
    a. Lisa Ritenour, Director
14. **Student Financial Aid**
    a. Cora Moretta, Senior Associate Director
    b. Rachel Sangret, Associate Director
15. **Student Recreation and Wellness Services**
    a. Nick Weber, Director
    b. Brian Humm, Associate Director
16. **University of Akron Police Department**
    a. Jim Gilbride, Chief of Police & Campus Safety
    b. Angela Paonessa, Captain
    c. Denise Montanari, Director, Clery Compliance and Crime Analyst
17. **ZipAssist**
    a. Allison Doehring, Senior Director

Biennial Review Report Storage

The final report is stored within the Office of the Vice President of Student Affairs, General Counsel, and the University of Akron Police Department. The University of Akron will retain the Biennial Review report for three years after the fiscal year in which the record was created. Individuals that wish to request a copy of the report may email the Office of General Counsel.

Federal and Campus Alcohol and Drug Policies

Federal Drug Free Campus Policy

The Drug-Free Schools and Campuses Regulations provide requirements for Institutions of Higher Education to follow to continue receiving funds and any other form of financial assistance. The Secretary of Education oversees monitoring, administration, and discipline of the policy, but each Institution of Higher Education must oversee their own efforts and compliance to avoid disciplinary action and to best support their students. The University of Akron recognizes the issue of drug abuse, misuse, and dependency concerns and continues to work to address these concerns.

The University of Akron is concerned with the quality of life on campus and believes that a rewarding college experience and fulfilling employment in higher education can only be achieved through the elimination of chemical abuses. The University of Akron has implemented prevention programs and written policies focused on preventing alcohol and other drug abuse and the distribution of illicit drugs by Akron students and employees. New employees are given a copy of the Drug-Free Workplace Policy (3359-47-02). Inpatient and outpatient substance use disorder treatment is covered under the University of Akron's medical plans available to full-time employees. Access to counseling and resources are also available through the Employee Assistance Program. Additional information is available to employees via the safety website. To view the Drug-Free Workplace Policy in full, click here.

Code of Student Conduct

The Department of Student Conduct and Community Standards oversees the administration and enforcement of the Code of Student Conduct. Others, such as faculty, staff, University of Akron Police Department, Residence Life and Housing, and other units work to assist with the monitoring of the policy. The disciplinary power of the university is inherent in its responsibility to protect its educational purposes and processes through the setting of standards of conduct and scholarship for its students and through the regulation of the use of its facilities.

The University of Akron's Code of Student Conduct reflects and supports the educational mission of the institution, balancing the ideals of individual rights and responsibilities with community citizenship and responsibility. The Code of Student Conduct expresses the university's values of civility, integrity in all matters, and responsible behavior on- and off- university premises. Students also are required to abide by applicable federal, state, and local laws. Students at the University of Akron are responsible to know and abide by all university rules, regulations, and policies. Failure to abide by the university's rules, regulations, and policies may result in sanctions by the university. When students violate the Code of Student Conduct or are charged with any criminal activity, a referral is submitted to the Department of Student Conduct and Community Standards. The office

will then follow their policy regarding sanctioning. Legal sanctions for students are separate from the institution's process.

The following is the definition of student misconduct regarding alcohol and other drugs:

(10) Drugs: Unlawful use, possession, manufacture, cultivation, distribution or facilitating the distribution of marijuana or any narcotic, hallucinogenic, drug of abuse, or other controlled substances as defined in applicable federal, state, or local law. Possession of drug paraphernalia is also prohibited.

(11) Alcohol: Use, possession, manufacture or distribution of alcoholic beverages, or public intoxication in a manner prohibited by law or university policy including, but not limited to, any violation of rule 3359-47-01 of the Administrative Code. Alcoholic beverages may not, in any circumstance, be used by, possessed by, or distributed to any individual under twenty-one years of age.

The entire Code of Student Conduct can be viewed by clicking here.

Residence Life and Housing Handbook

The Residence Hall Handbook addresses alcoholic beverages in University Housing. Residence Life and Housing oversees the administration and monitoring of the policy. Residence Life and Housing with the Department of Student Conduct and Community Standards oversees the discipline of the policy. The Residence Hall Handbook states that:

- Maturity must be exercised with the use of alcohol to avoid damage and to maintain order and an appropriate environment for study. Regulations regarding alcoholic beverages are always subject to immediate change in federal/state law or University Rules and policy. The possession and consumption of alcoholic beverages is permissible in student rooms, provided that: The Ohio Revised Code regarding the possession and consumption of various alcoholic beverages is strictly followed. In accordance with Ohio law and University Rules, no student under the age of 21 may possess or consume beverages containing alcohol. The consumption of alcoholic beverages takes place inside a resident's room; not in public areas, including but not limited to hallways, lounges, balconies, or outside buildings on university property. No alcoholic beverages or containers of any type are allowed in the rooms, bedrooms, apartments, or common areas of residents who are not of legal age (21). Students under the legal age may not be present where alcohol is being consumed. Beer kegs or beer balls are not permitted in the residence halls. "Monuments" to alcohol consumption, in public view, are not permitted. Monuments would include but not limited to: empty alcohol containers such as plastic or glass bottles, kegs, pouches, cardboard boxes that held alcohol cans or bottles, and bottle tops from glass alcohol bottles. Incidents involving excessive quantities (beer bongs, beer pong, and other

drinking games, etc.) of alcohol or continued alcohol violations are prohibited. *Drugs.* The possession, use, manufacture or sale of illicit drugs or drug paraphernalia by students and/or their guests are not permitted in the residence halls. Students believed to have violated this policy will be referred to the Department of Student Conduct and Community Standards for adjudication as outlined by the Code of Student Conduct.

- The use of products that contain tobacco or nicotine, that is intended for human consumption, or is likely to be consumed, whether smoked, vaped, heated, chewed, absorbed, dissolved, or ingested by any means including electronic devices. Exceptions are in place for controlled research or for educational, clinical or smoking-cessation programs. Who's affected: All on campus, including (but not limited to) faculty, staff, students, visitors, vendors, consultants, contractors, or volunteers. Locations affected: The use of tobacco products is prohibited on all University grounds, whether leased or owned and in vehicles parked on university grounds, and at all university sponsored events, regardless of the venue. To remain good neighbors with our community, students and employees of the University are requested to refrain from tobacco use on sidewalks and other areas adjacent to university property.

- All University residence halls are **smoke/vapor-free environments**. Residents and their guests are not permitted to burn any substance that will put smoke into the private or public spaces of their residence halls or balconies. Residents and their guests are not permitted to use any device that will put vapor into the private or public spaces of the residence halls. Residents are responsible for the conduct of their guests. Examples of items that are not acceptable include, but are not limited to, cigarettes, e-cig, vapes, vape pens, hookahs, e-hookahs, cigars, incense, cigarillos, bongs, or smoke machines.

  To view the entire Residence Life and Housing Handbook, click here.

Alcohol at Major Campus Events Policy

The Department of Student Life oversees the administration, monitoring, and discipline of the policy for alcohol at major campus events. The University of Akron Police Department also assists with monitoring and discipline. As well, the Department of Student Conduct and Community Standards assists with discipline of the policy. Student organizations and fraternities and sororities may serve alcohol at events, but they must register the event as a major event. A major event is defined as an activity where a multi-purpose room has been reserved and any of the following applies: the event is open to the public (non-university students), or music will be provided and dancing may occur, or is an event where alcohol will be served.

The policy regarding alcohol at major events includes:

Those who arrive at the event and appear to be intoxicated or under the influence of drugs will be denied admission by UAPD.

All student organizations are required to follow the University Alcohol Policy, as set forth in University Rule 3359-47-01 in addition to all state and local laws regarding the possession, consumption, or distribution of alcoholic beverages.

Alcoholic beverages, tobacco products and related paraphernalia cannot be purchased on University VISA Cards and therefore cannot come from a student organization's SAF/UAF/EAF account(s).

The Alcohol Policy of University Dining Services is as follows:

a. All prices are set forth by University Dining Services and are subject to change.
b. It is the practice of University Dining Services to have one available bartender for every 100 guests.
c. Alcohol service ends no later than 11:45pm.
d. All alcohol is poured over ice and "shots" will not be served.
e. Alcohol must be carried away from the bar before being consumed.
f. Guests ordering drinks at the bar may not be served more than two drinks at a time.
g. Bartenders have the authority to refuse to serve anyone who is obviously intoxicated.
h. Absolutely no alcohol may be brought in from outside.

Fraternity & Sorority Life Alcohol and Drug Policies

The Office of Fraternity & Sorority Life has guidelines that the social fraternities and sororities are expected to follow for any event sponsored or endorsed by the chapter/organization, including those that occur on or off chapter/organization premises. The guidelines that the office uses are a national best practice and were created by the North American Interfraternity Conference. To view the complete guideline for North American Interfraternity Conference, click here. Social fraternities and sororities must also follow general student organization policies, specific council policies, and their inter/national policies. To view the bylaws of the University of Akron Panhellenic Association, click here.

The University of Akron's Alcohol & Drug Policy for Fraternity & Sorority Life states:

In any activity or event sponsored or endorsed by the chapter/organization, including those that occur on or off organizational/chapter premises:

- The chapter/organization, members and guests must comply with all federal, state, provincial and local laws. No person under the legal drinking age may possess, consume, provide or be provided alcoholic beverages.

- The chapter/organization, members and guests must follow the federal law regarding illegal drugs and controlled substances. No person may possess, use, provide, distribute, sell and/or manufacture illegal drugs or other controlled substances while on chapter/organizational premises or at any activity or event sponsored or endorsed by the chapter/organization.

- 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/organization 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 a licensed and insured third party vendor, are prohibited (i.e., amounts of alcohol greater than what a reasonable person should consume over the duration of an event).

- Alcoholic beverages must not be purchased with chapter/organizational funds or funds pooled by members or guests (e.g., admission fees, cover fees, collecting funds through digital apps, etc.).

- A chapter/organization must not co-host or co-sponsor, or in any way participate in, an activity or event with another group or entity that purchases or provides alcohol.

- A chapter/organization must not co-host or co-sponsor an event with a bar, event promoter or alcohol distributor; however, a chapter/organization may rent a bar, restaurant, or other licensed and insured third-party vendor to host a chapter/organization event.

- Attendance by non-members at any event where alcohol is present must be by invitation only, and the chapter/organization must utilize a guest list system. Attendance at events with alcohol is limited to a 3:1 maximum guest-to-member ratio and must not exceed local fire or building code capacity of the chapter/organizational premises or host venue.

- Any event or activity related to the new member joining process (e.g., recruitment, intake, rush, etc.) must be substance free. No alcohol or drugs may be present if the event or activity is related to new member activities, meetings, or initiation into an organization, including but not limited to "bid night," "big/little" events or activities, "family" events or activities and any ritual or ceremony.
    - No events with alcohol may be held 24 hours before or 24 hours after any new member activities.

- The chapter/organization, members or guests must not permit, encourage, coerce, glorify or participate in any activities involving the rapid consumption of alcohol, such as drinking games.

- All chapters are required to register any social event with the presence of alcohol on RooConnect using the form FSL-Social Event Registration. Both lettered and non-lettered houses are required to register their social events with the Office of Fraternity & Sorority Life 10 days in advance.

- All Panhellenic Chapter Facilities are to remain dry and free of alcohol and drugs unless otherwise communicated by the chapters Headquarters

Amnesty Policy - Responsible Action Protocol for Students

To encourage reporting and adjudication of student misconduct including, but not limited to, gender-based misconduct, the University of Akron may extend limited amnesty to complainants, respondents, and witnesses. Such amnesty may be granted at the sole discretion of the Director of Student Conduct and Community Standards or designee.

Medical Amnesty. Student health and safety is a substantial university interest. The University's interest in promoting student health and safety is furthered by encouraging students to seek and obtain prompt medical assistance for themselves or another individual who is in distress from the use of alcohol, and/or other substances, or is experiencing a medical emergency. The University's interest is also furthered by removing obstacles to obtaining prompt medical assistance for an individual in need.

To view the Amnesty Policy, click here.

Limited Amnesty

While the university does not condone underage drinking, drug use, or violation of other University rules/policies, it considers reporting gender-based misconduct to be of paramount importance. To encourage such reporting and adjudication of such conduct, the University of Akron will extend limited amnesty to complainants, respondents, and witnesses. The University will generally not seek to hold the student responsible for a non-violent violation of the law or the Code of Student Conduct, such as personal use of alcohol or drugs, during the time period immediately surrounding the reported behaviors prohibited by the gender-based misconduct protocol. To view the entire Amnesty Policy, click here.

Athletic Department Policy

The University of Akron Athletic Department oversees the administration of their Drug Education & Testing Policy. The policy (3359-48-01) for athlete drug testing and use became part of the student-athlete handbook as of the 2022-23 academic year. The athletics department manages penalties and discipline associated with positive drug tests. The Department of Student Conduct and Community Standards oversees discipline regarding alcohol and other drug conduct violations. The University of Akron Athletic Department complies with NCAA drug testing policies. To view the entire policy, click here.

InfoCision Stadium-Summa Field Alcohol Policy

The University of Akron has a policy (3359-47-01.1) for the sale and consumption of alcoholic beverages at the InfoCision Stadium-Summa Field on the club and suite levels, press tower, concourse level and in designated general seating during all university of Akron football games and at other designated university and/or non-university contracted entertainment events.
To view the entire policy, click here.

Tailgating Policy

The University of Akron Athletic Department oversees the administration of the policy for tailgating on campus. The monitoring and discipline of this policy is by the University of Akron Athletic Department, the University of Akron Police Department and with assistance from Parking and Transportation Services. The following are the tailgating guidelines applicable to football games played at the University of Akron's InfoCision Stadium-Summa Field. These guidelines are relevant to university owned surface lots, parking decks and campus owned green space designated for tailgating. The University of Akron tailgating policy is designed to ensure:

- The comfort and enjoyment of game day patrons.
- The safety, security and well-being of all people associated with game day activities.

- The safeguarding and preservation of all public property under the management of the University.

Financial Aid Drug Convictions Policy

The FAFSA Simplification Act amended Section 484 of the Higher Education Act of 1965 (HEA), making several important changes to student eligibility criteria. One of these is the elimination of the prohibition on receiving Title IV aid for students with drug-related convictions. Having a drug conviction while receiving Title IV aid no longer impacts a student's Title IV aid eligibility, and a student who has a drug conviction may be eligible to receive Title IV aid if they meet all other eligibility criteria. The Department has removed the drug convictions questions from the 2023-24 FAFSA, and students with drug convictions are eligible for Title IV aid if they meet all other eligibility requirements. Note, however, that the eligibility criterion related to the Anti-Drug Abuse Act is unaffected by the removal of the drug conviction question.

The U.S. Department of Education oversees the administration, monitoring, and discipline of the policy. The University of Akron Financial Aid department also oversees the monitoring of the policy as established by the Department of Education to comply with guidelines for federal aid eligibility. To review the guidance by the Department of Education pertaining to Drug Conviction Requirements for Title IV Eligibility, click here.

Alcoholic Beverages - Payment from University Accounts Policy

The Board of Trustees oversees the administration of the policy, 3359-31-06, for business-related expenses. The Purchasing Department oversees the monitoring and discipline of this policy. Student Organizations, Fraternities, or Sororities are not allowed to purchase alcohol on their university card. Alcoholic beverages will not be reimbursed for any purchases. The Department of Student Conduct and Community Standards can hold student organizations responsible for violations of this policy. This policy states:

- When alcohol is involved with any event, such event should be managed with common sense and due care. As a general rule, alcohol cannot be charged against any university fund. However, in certain circumstances, alcohol purchases for business-related purposes (i.e., business meals or university events) may be justified.

- These alcohol purchases must be charged to discretionary funds and must have documented approval (i.e., signature or direct e-mail) of the president, vice president, or dean. Discretionary funds are funds held by the University of Akron foundation and/or the University of Akron research foundation with only a broad restriction that they be used to benefit the University of Akron or that particular area within the university. The supervisor's

approval certifies that the fund being used has been designated a discretionary fund by the donor.

- Amounts expended from discretionary funds for the purchase of alcohol must be reasonable. For purposes of this rule, "reasonable" is defined as no more than twenty-five dollars per person, excluding taxes and tip.
- Alcohol purchased for resale by areas with liquor permits or for medical or other research use is not subject to this rule. Reimbursement or payment for the costs of alcoholic beverages on sponsored projects is prohibited

To view the entire Business Related Expenses Policy, 3359-31-06, click here.

Tobacco Free Campus Policy

The Tobacco Free Campus Policy (3359-20-02.10) was adopted by the Board of Trustees in 2017. The University of Akron recognizes the serious consequences of tobacco use to both users and non-users as well as creating issues with litter and cleanliness. The university is committed to maintaining a safe, healthy, clean, and respectful learning and working environment for members of the university community. To view the Tobacco Free Campus Policy, click here.

Gender-Based Misconduct Protocol for Campus

The Title IX team oversees the administration, monitoring, and discipline of The Gender-Based Misconduct Protocol. The Gender-Based Misconduct Protocol describes how the University of Akron responds to reports of gender-based misconduct involving students and/or employees. To view the entire Gender-Based Misconduct Protocol, click here.

Alcohol and Drug Policies for Employees

The Drug-Free Workplace Policy (3359-47-02) became effective December 22, 2016. It was certified by Ted A. Mallo, Secretary, Board of Trustees. Prior effective dates included 08/15/89, 05/22/91, 01/31/15. The University of Akron Board of Trustees reserves the right to secure the workplace to achieve and maintain compliance with the Drug-Free Workplace Act, subject, however, to those rights guaranteed to employees, the requirements of applicable statutes and regulations, and the restraints contained in the state and federal constitutions.

The Alcohol Policy (3359-47-01) became effective January 31, 2015. It was certified by Ted A. Mallo, Secretary, Board of Trustees. Prior effective dates included 02/04/83, 02/04/99, 06/25/07. All members of the university community are responsible for making decisions about their actions

within the context of Ohio state law and university regulations. In addition, awareness of the rights of others within our community who may choose not to use alcoholic beverages must be honored.

Employees at the University of Akron are responsible to know and abide by all university rules, regulations, and policies. Failure to abide by the university's rules, regulations, and policies may result in sanction by the university. Such employee shall be subject to such disciplinary procedures up to and including termination, but in accordance with the established rights of the employee, including the right to due process. The Administration, the Office of Human Resources, and the Office of General Counsel oversees the administration of disciplinary procedures.

Employees are held to the Drug-Free Workplace Policy. Legal sanctions for employees are separate from the institution's process. But, in accordance with Ohio Law, Ohio Revised Code 2921.22, *no person, knowing that a felony has been or is being committed, shall knowingly fail to report such information to law enforcement authorities.* The University of Akron follows the Ohio Revised Code 2921.22 and submits documentation to the University of Akron Police Department whenever an employee is made aware of a felony.

To view the entire Drug-Free Workplace Policy, click here. To view the entire Alcohol Policy, click here.

Annual Policy Notification Process

Policy Distribution to Students and Employees

Freshman students are required to participate in the Know the Code Workshop, which informs students about campus safety, their rights and responsibilities with the Code of Student Conduct and building healthy relationships through sexual respect.

New incoming students for the fall semester are notified of their required Know the Code Workshop participation in early August. Know the Code Workshops are held the week prior to the first week of classes. There are multiple workshop dates tailored to when residents are arriving to campus and around other large campus programs drawing commuters to visit campus. Students are assigned to a Know the Code Workshop date. If they are unable to attend, they are assigned a make-up workshop to attend at the start of the semester. The make-up workshop is held within the first two weeks of the semester for students who miss their workshop date or to accommodate fall sports and band students. An online workshop was piloted to address the gap of new students who do not attend any of the available in-person workshop dates.

Students starting in the spring semester will take the online Know the Code Workshop. This workshop is designed to deliver content to the smaller new student population joining campus. Students receive communication/instructions at the beginning of the semester

New students enrolled in the Akron Experience: University 101 (AE) and CBA Success courses are provided a syllabus outlining the course objectives and class schedule, which lists a built-in presentation given by the Department of Student Conduct and Community Standards to explain the Code of Student Conduct. These presentations are scheduled and facilitated during week 3 and week 4 of the semester. Students enrolled in these courses are generally new students who are either a learning community participant or admitted to the university as a part of a pathway population.

Direct Connect program participants, who are enrolled at Stark State College but intend to transfer to the University of Akron, will be informed of the Code of Student Conduct when they attend their Welcome Event on campus.

Adult, transfer, and College Credit Plus students admitted to the university receive a confirmation email after confirming their enrollment to the university. Within the confirmation email, students are informed about their orientation date, next steps, and checklist preparing for their orientation experience and the start of the upcoming semester. Within the checklist, students are tasked with being informed about the Code of Student Conduct.

After employees have been hired, a task is launched in our HRIS system, Workday. The task includes the Drug-Free workplace policy and requires acknowledgement in the Workday system. This process is the same throughout the year as employees are on-boarded as they are hired. The acknowledgement documentation then becomes part of their personnel documentation in Workday. Employees are notified by email Digest annually of our safety report, which includes updated information regarding the Drug-Free Workplace Policy, possible sanctions, health risks associated with the use of illicit drugs and the abuse of alcohol and treatment resources. There is a current gap in continual reinforcement and training for employees. In the future, we will look to add online and in person training resources.

On-Line Policy Notification for Students and Employees

The Department of Student Conduct and Community Standards established an online mechanism that would notify all students of the Code of Student Conduct through the MyAkron Portal. All students receive a notification through their MyAkron at the beginning of each semester reminding them about the Code of Student Conduct.

Employees, regardless of if they are teaching online, abroad, or off-campus, are provided pertinent information during their onboarding process. The Drug Free Workplace Policy is provided to new hires via the online onboarding process in Workday. Detailed information regarding the policy and relevant resources is also available via the University of Akron's Human Resources Benefits website. Employees are also notified annually by email Digest of our safety report, which includes updated information regarding the Drug-Free Workplace Policy, possible sanctions, health risks associated with the use of illicit drugs and the abuse of alcohol, and treatment resources.

Policy Requests

Students requesting to review the campus policies for alcohol will be referred to the Department of Student Conduct and Community Standards or can view the complete Code of Student Conduct on the department's webpage. The entire Code of Student Conduct can be viewed by clicking here.

Employees seeking clarity on policies should contact Human Resources or can visit the Drug-Free Workplace Policy by clicking **here**.

Health Risks and Resources for Student and Employees

Health Risks for Alcohol and Drug Use

The University of Akron reminds students, employees, stakeholders, and other members of the campus community of the psychological and physiological risks associated with the use, misuse, and abuse of alcohol and other substances. Extensive research exists on the various health risks associated with the use, misuse, and abuse of alcohol and other drugs.

Effects can have short and/or long-term consequences as well as direct and indirect ramifications. Variables, including but not limited to, the specific substance used, how the substance is consumed, how much is used, and an individual's current health status are all factors that influence the effects that a substance may have on the body. Short term effects can range from changes in appetite, mental alertness, heart rate and blood pressure changes, mood alterations, self-harm, heart attack, stroke, and psychosis to overdose and possibly death. These health effects can occur with a single, one-time use of a substance. Long-term effects associated with alcohol and/or drug use may include heart or lung disease, cancer, mental illness, HIV/AIDS, hepatitis, and addiction/dependency.

Alcohol and substance use also have indirect effects on both the individual using the substance and those around them. These effects include a change in an individual's nutrition status, sleep habits, decision-making abilities, and impulsivity. There is also increased risk for trauma, violence, injury, and the contraction of a communicable disease. Broader negative effects may include poor academic performance, problematic employment, housing and/or relationships issues, as well as potential involvement with the criminal justice system.

Similar to direct and indirect effects of alcohol and other drug use, addiction behavioral signs include changes in peer group interactions and/or peer groups, carelessness with grooming habits, declining academic performance, missing classes/work, anhedonia, changes in eating or sleeping habits, and deteriorating relationships with family and friends.

Alcohol overdose occurs when there is so much alcohol in the bloodstream that basic life supporting functions of the brain begin to be affected. Symptoms of alcohol overdose include mental confusion, difficulty maintaining consciousness or inability to wake up, vomiting, seizures, slow breathing or irregular breathing, slow heart rate, clammy skin, dulled responses, decreased or absent reflex response, and low body temperature. Alcohol overdose can lead to permanent brain damage or death.

Marijuana directly affects the brain. Specifically, it affects those areas responsible for memory, learning, attention, decision making, coordination, emotions, and reaction times. It is known that the amount of tetrahydrocannabinol (THC) in marijuana has increased over the past few decades. The higher the THC content the stronger the effects on the brain. The effects marijuana has on the brain may be long lasting or even permanent. Long term effects include mood swings, decreased ability to learn, lung infections, inhibited mental development, panic attacks, memory loss, anxiety, and paranoia. Use of stimulant type drugs increase the activity of the brain chemicals dopamine and norepinephrine. Dopamine is involved in the reinforcement of rewarding behaviors while norepinephrine affects blood vessels, blood pressure, heart rate, blood sugars and breathing. Stimulant drugs include both legal and illicit drugs. Illicit stimulants include cocaine, methamphetamine, and crack. Prescription stimulants include Ritalin, Adderall, and Concerta. Stimulants increase alertness, attention, and energy. Their misuse can lead to psychosis, anger, paranoia, heart, nerve and stomach problems, heart attack, and/or seizure activity. Prescription stimulant misuse can lead to substance use disorder.

Prescription opioids (hydrocodone, oxycodone, and morphine) and illicit opioids (heroin and illegally manufactured fentanyl) are powerful drugs that have the risk of a potentially fatal overdose. Death from an opioid overdose happens when too much of the drug overwhelms the brain and interrupts the body's natural drive to breathe. Dangerously slow breathing or stopped breathing causes brain damage and death. Additional signs of an opioid overdose include small, constricted pupils, loss of consciousness, choking or gurgling sounds, limp body, and pale, blue, or cold skin.

Narcan Spray Rescue Boxes

As part of Governor Mike DeWine's RecoveryOhio program and in partnership with the Ohio Department of Higher Education and the Ohio Department of Health, the University of Akron received approval to participate in the College and University Emergency Access Naloxone Unit Installation program on March 8, 2023. Naloxone emergency access cabinets are an effective and easy way to provide the public with access to life-saving naloxone. Similar to an AED, an emergency access cabinet is a wall-mounted device that contains the necessary tools needed to respond to an overdose. Naloxone is a medication that can reverse an overdose caused by an opioid drug. When administered during an overdose, naloxone blocks the effects of opioids on the brain and quickly restores breathing.

A total of five cabinets were granted to the University of Akron. Cabinets are in the following buildings, Student Recreation and Wellness Center, Jean Hower Tabor Student Union, Bierce Library, Simmons Hall, and the Polsky building. Items included in the cabinets are the phone number to call for a campus emergency, two doses of naloxone nasal spray, gloves, an airway barrier should rescue breathing be necessary, two QuickStart guides, and instructions on cabinet replacement notifications. Cabinets are maintained and checked monthly by Student Health Services. Replacement after use is completed within 24 hours. Training on the use of naloxone is available to the campus community via Bright Space or in-person training can be scheduled through Student Health Services. To date there has been no use of the cabinets for suspected overdose emergencies.

Available Resources for Students and Employees

The University of Akron is committed to supporting any individual in our campus community that is struggling with alcohol and or drug use/abuse. A student may engage with the CARE Team, the Department of Student Conduct and Community Standards, the Dean of Students Office or the University of Akron Police Department and be provided appropriate referrals and support. An employee may engage with Human Resources and be provided with appropriate referrals and support. In addition, in Fall 2022 and Fall 2023, ZipAssist held a Community Resource Fair to introduce students to a myriad of off campus services; such as, the Summit ADM Counseling & Mental Health Board, Portage Path Behavioral Health, Child Guidance and Family Solutions, and others from the community.

Crisis Assessment Referral Evaluation (CARE) Team

The CARE Team is a university entity that provides guidance and assistance to students who are experiencing crises, displaying odd or unusual behaviors, or are engaging in other behaviors that may be perceived as being harmful (either to the student or to others). The CARE Team accepts referrals and responds to students (and their families, faculty, and staff) when concerns for a student's health, welfare, and safety are identified. The CARE Team will be notified and respond when there is a concern for a student's possible alcohol and other drug abuse.

The CARE Team is comprised of representatives from the offices of: Adult Focus, Counseling and Testing Center, Dean of Students, Residence Life and Housing, Student Conduct and Community Standards, Zip Assist, Office of Academic Affairs, the Vice President of Student Affairs, and UAPD. The CARE Team is also advised by a representative of the Office of General Counsel and works closely with the appropriate academic unit, as circumstances dictate. The CARE Team meets weekly and more frequently when emergency situations arise. Because of the broad composition of the CARE Team, individuals can report to their home departments concerning recurring incidents and emerging trends of behavior, and to develop effective responses to those trends through education, programming, and if necessary, disciplinary action.

The CARE Team also supports members of the University community who interact with at- risk students by assessing and evaluating situations, communicating with individuals involved or impacted by a student's behavior, and providing referrals and resources to assist and address behavioral concerns. In addition to working directly with students and other concerned parties, the CARE Team fulfills its duties to the University community by reviewing existing policies and procedures and proposing new policies and procedures that serve to both balance the needs of students and promote the mission of the University.

By fostering collaborative relationships with university departments and maintaining open lines of communication with previously identified and referred students, their families, and faculty and staff, the CARE Team makes a commitment to educating the University community about existing policies and instructing community members on how to address students in crisis.

Collegiate Recovery Community, Roos in Recovery

A Collegiate Recovery Community (CRC) is a formal University or Student Organization that supports students who are already in, or seeking, recovery from substance use disorders. It is grounded in the principle of recovery support and peer community. A CRC allows students to have an authentic college experience while maintaining their recovery. It amplifies a voice for a healthy campus and offers advocacy for related community issues and initiatives. A CRC is not a support group per se; it is a platform for sober social engagement, service, and advocacy.

Counseling and Testing Center

The Counseling and Testing Center provides culturally responsive psychological counseling and psychotherapy, career decision counseling, educational counseling, testing, outreach, and consulting services to the University community. The Center is staffed by a culturally diverse group of psychologists and psychology trainees. Counseling services are free and confidential to enrolled students.

Dean of Students Office

The Dean of Students Office at the University of Akron provides individualized care and support to students in need and work to create a healthy environment by promoting safety, healing, and wellbeing for all students. This office will also coordinate with faculty members to write letters of support for the student during their absences or assist with a withdrawal due to extraordinary circumstances if the student needs to withdraw from the university to seek treatment.

Department of Student Conduct and Community Standards

The Department of Student Conduct and Community Standards strives to build a community and create an atmosphere conducive for learning. We realize students can make poor decisions and sometimes need the consultation of our department to determine how to best resolve the situation. The Department of Student Conduct and Community Standards is always available to answer questions, guide students through deciding when and how to report a potential violation of policy and to discuss policies that were designed to help students learn how to make better decisions without being penalized. For example, Informal Resolution, Medical Amnesty and Limited Amnesty.

Employee Assistance Program

The University of Akron's Employee Assistance Program provides online resources and counseling services. In addition to the free EAP resources, employees and their dependents covered by the University of Akron medical plan have access to inpatient and outpatient substance use disorder treatment.

Help-A-Zip/ZipAssist

Help-A-Zip referrals are for students having personal or academic difficulties. Students who exhibit academic, mental health, personal, or social concerns or those who need emergency financial assistance can benefit from submitting a referral to Help-A-Zip or by contacting ZipAssist. Examples include academic concerns (missed assignments; poor grades on exams, assignments, and projects; repeated absences from class, etc.), mental health concerns (depression, anxiety, substance dependence, etc.), personal/social concerns (relationships, social contentedness, roommate compatibility, homesickness, etc.), and/or experiencing an unexpected financial hardship and need additional support. Staff in ZipAssist serve as certified facilitators for Mental Health First Aid, a wellness training model which includes information about dependency and recovery.

Off-Campus Resources

Students can engage with local, community resources such as: CHC Addiction Services, IBH Addiction Recovery Center, Urban Minority Alcoholism and Drug Abuse Outreach Programs Inc (UMADAOP)., ASIA (Asian Services in Action) Inc., Alcoholics Anonymous (includes associated services such as Al- Anon, Alateen, Narcotics Anonymous), Greenleaf Family Center, Mature Services Avenues to Recovery, the Summit County ADM Counseling & Mental Health Board, Portage Path Behavioral Health, Child Guidance & Family Solutions, and more.

Also, by going to the website for Addictions.com (https://www.addictions.com/rehabs/ohio/akron/) resources for detox centers, inpatient & outpatient rehabs in the Akron area are listed with their contact information and insurance requirements (if any).

Student-Athlete Concern Team

The Student-Athlete Concern Team is comprised of members of the athletics department administrative team, including representatives from sports medicine, sport psychology, student-athlete academic services, strength and conditioning, and a member of athletics leadership team. This group meets regularly to identify student-athletes who may need additional wraparound services due to emergencies at home, mental health concerns, etc. The Team's purpose is to destigmatize and education regarding help-seeking, identify student-athletes of concern and assist these student-athletes in getting help, and disseminate pertinent information to individuals in the best position to assist the student-athletes.

Student Health Services

Student Health Services, located the Student Recreation and Wellness Center, assists students in achieving their educational and personal goals by addressing their health care concerns while they are enrolled at the University of Akron. Our Advanced Practice Nurses can diagnose, treat illness, and perform screenings and physicals that will assist you in getting well and staying healthy.

University of Akron Police Department

The University of Akron Police Department operates around the clock, 365 days a year, providing the campus and adjoining neighborhoods with law-enforcement services that enhance safety and security. Our 34 full-time officers are fully commissioned by the State of Ohio and have law-enforcement authority identical to municipal police officers and sheriff's deputies. Officers will assist in transporting a student to detox or rehabilitation facilities.

Alcohol and Drug Related Incidents On and Off Campus

On-Campus Incidents

Crimes Reported	Year	On Campus (no residence facilities)	Residence Facilities	Campus Total
		Arrests		
Alcohol Law Violations				
	2022	0	0	0
	2021	1	0	1
Drug Law Violations				
	2022	4	0	4
	2021	6	1	7
		Disciplinary Referrals		
Alcohol Law Violations				
	2022	3	52	55
	2021	0	49	49
Drug Law Violations				
	2022	1	45	46
	2021	2	36	38

Incidents Reported to Campus Officials

CARE Team:

During the 2022-2023 fiscal year, there were a total of 14 incidents reported to the CARE Team which were related to the use of alcohol or other drugs. The University of Akron CARE team reviewed each case and coordinated support and response to the student behavior outlined below. Students were referred to the University CARE team for these specific reasons. Some students were referred within the same referral for different concerns.

	Students
Drug or alcohol use in incidents involving overdose or alcohol poisoning	8
Concern from others regarding the student's drug or alcohol use	14
Drug or alcohol use in incident involving suicide or suicide ideation	4

Warrant or police action following disorderly behavior related to drugs or alcohol	6
Drugs or alcohol were reportedly used in a public or disruptive fashion	9

These 14 incidents resulted in the following actions taken by the University of Akron CARE Team. Some students received more than one referral/on-going care and support:

- 14 students were verified safe through outreach within the community by Resident Assistants, a university employee, or the University of Akron Police;
- 6 students received a referral for the Counseling and Testing Center;
- 8 students met with members of the CARE Team for educational conferences;
- 7 students were transported to local hospitals for additional care and support;
- 1 student was referred to a detox facility;
- 5 students were referred to a member of the University community for additional support and monitoring;
- 3 students were referred to their academic college or offered support in discussing absences with faculty;
- 0 students were referred to Roos in Recovery (the University of Akron's collegiate recovery community);
- 0 students were referred to Health Services;
- 0 students received support through the Athletics Department;
- 2 students withdrew from the University;
- and 1 student was referred to community resources.

During the 2023-2024 fiscal year, there were a total of 13 incidents reported to the CARE Team which were related to the use of alcohol or other drugs. The University of Akron CARE team reviewed each case and coordinated support and response to the student behavior outlined below. Students were referred to the University CARE team for these specific reasons. Some students were referred within the same referral for different concerns.

	Students
Drug or alcohol use in incidents involving overdose or alcohol poisoning	5
Concern from others regarding the student's drug or alcohol use	13
Drug or alcohol use in incident involving suicide or suicide ideation	2

Warrant or police action following disorderly behavior related to drugs or alcohol	6
Drugs or alcohol were reportedly used in a public or disruptive fashion	3

These 13 incidents resulted in the following actions taken by the University of Akron CARE Team. Some students received more than one referral/on-going care and support:

- 13 students were verified safe through outreach within the community by Resident Assistants, a university employee, or the University of Akron Police;
- 2 students received a referral for the Counseling and Testing Center;
- 5 students met with members of the CARE Team for educational conferences;
- 4 students were transported to local hospitals for additional care and support;
- 0 students were referred to a detox facility;
- 5 students were referred to a member of the University community for additional support and monitoring;
- 1 student was referred to their academic college or offered support in discussing absences with faculty;
- 0 students were referred to Roos in Recovery (the University of Akron's collegiate recovery community);
- 0 students were referred to Health Services;
- 1 student received support through the Athletics Department;
- 1 student withdrew from the university;
- and 1 student was referred to community resources.

Department of Student Conduct and Community Standards:

Students disciplined or otherwise sanctioned for violation of alcohol and drug laws or university policies. The number of students found responsible for violating the Code of Student Conduct by the Department of Student Conduct and Community Standards is listed below:

Code of Student Conduct Policies	Violations	
	July 1, 2022 – June 30, 2023	July 1, 2023 – June 30, 2024
(10) Drugs: Unlawful use, possession, manufacture, cultivation, distribution or facilitating the distribution of marijuana or any narcotic, hallucinogenic, drug or abuse, or other controlled substance as defined in applicable federal, state, or local law. Possession of drug paraphernalia is also prohibited	13 (3 utilized the Amnesty Policy)	25 (2 utilized the Amnesty Policy)
(11) Alcohol: Use, possession, manufacture or distribution of		

alcoholic beverages, or public intoxication in a manner prohibited by law or university policy including, but not limited to, any violation of rule 3359-47-01 of the Administrative Code. Alcoholic beverages may not, in any circumstance, be used by, possessed by, or distributed to any individual under twenty-one years of age.	18 (2 utilized the Amnesty Policy)	29 (2 utilized the Amnesty Policy)

Please note: A student may have been found responsible for multiple violations of the Code and may be counted in both categories listed below. These figures do not reflect the number of referrals for discipline for violations of alcohol and drug laws in which the student is found not responsible, which are included in the University's Annual Security Report.

Help-A-Zip/ZipAssist:

During the 2022-2024 fiscal year, there were a total of 13 incidents reported to the Help-A-Zip team, which were related to the use of alcohol or other drugs. The University of Akron's Help-A-Zip team, comprised of staff in the student advocacy and support office, ZipAssist, reviewed each case and coordinated support and response to the student behavior outlined below.

In most instances, students were referred to the University CARE team as well as community and campus resources. Some students were referred for more than one concern, such as academic matters, mental health, personal concerns, and/or financial hardship. These incidents resulted in (1) further referral to campus or community resources, (2) mentorship, or (3) ongoing support/care. Examples of interventions by the Help-A-Zip team include a referral to CARE Teams, connection to Collegiate Recovery Network/Roos in Recovery (student organization), connection to on-campus and off-campus counseling resources, ongoing support through meetings with ZipAssist staff, or referral to community-based care.

Athletics Department:

The Athletics Department have not conducted any institutional drug tests during the 22-23 or 23-24 academic year. The only drug tests conducted were NCAA drug tests.

Human Resources Department:

There were 0 violations by employees for 07/01/2020 to 06/30/2022. There was 1 violation by an employee for 07/01/2022-6/30/2024.

Off-Campus Incidents

Crimes Reported	Year	Non-Campus	Public Property
		Arrests	
Alcohol Law Violations			
	2022	0	1
	2021	0	0
Drug Law Violations			
	2022	0	2
	2021	0	0
		Disciplinary Referrals	
Alcohol Law Violations			
	2022	0	1
	2021	0	0
Drug Law Violations			
	2022	0	0
	2021	0	0

Policy Enforcement, Sanctioning, Data and Related Outcomes

Enforcement of Campus Policies

The three primary departments on campus that enforce policies and laws regarding alcohol and other drug use/distribution are the University of Akron Police Department, Human Resources, and the Department of Student Conduct and Community Standards. The University of Akron Police Department operates around the clock providing the campus and adjoining neighborhoods with law-enforcement services that enhance safety and security. They are full-time officers fully commissioned by the State of Ohio and have law- enforcement authority identical to municipal police officers and sheriff's deputies. There is not a current Memorandum of Understanding between the University of Akron and the City of Akron Police Department for alcohol and drug related incidents involving students. Although the three primary departments on campus that enforce policies and laws regarding alcohol and other drug use/distribution are the University of Akron Police Department, the Department of Student Conduct and Community Standards, and Human Resources, other departments such as Residence Life and Housing and Athletics uphold and monitor students, employees, and student alcohol regarding alcohol and other drug use.

Enforcing Alcohol and Drug Laws

The University of Akron Police Department (UAPD) is actively involved with enforcing alcohol & drug laws of the City of Akron/State of Ohio, and the University of Akron's Student Code of Conduct. UAPD works directly with Student Conduct & Community Standards to help educate and hold students accountable for their infractions. Officers make online referrals to Student Conduct and Community Standards whenever there are alcohol or drug related incidents that we are aware of. UAPD will conduct pre-party outreach to individuals that have advertised on social media that they will be holding a house party. The outreach includes safety planning tips and allows for questions and answers between the host(s) and UAPD. House parties are monitored, if UAPD determines the party may become an issue, officers will stop and offer safety tips to the host(s). If an issue arises from a house party, it is reported to Student Conduct and Community Standards for follow up. In the Residence Halls, UAPD works hand in hand with Residence Life and Housing to handle underage drinking and drug violations. The UAPD works to develop good relationships with students and staff by providing numerous presentations throughout the year regarding alcohol facts, state/local laws, safety concerns, medical emergencies, bystander intervention, safe party practices, and how to interact with responding officers. Outreach programming like "drunk goggles" that are provided to students helps to reinforce the drinking age, while educating students on the risks associated with alcohol and drug use.

Sanctioning Guidelines for Students

If students are found responsible for violating the Code of Student Conduct many possible sanctions and penalties are considered. The Code of Student Conduct, Section (F)(8)(a) reads: "(c) Sanctions should be commensurate with the violation(s) found to have occurred. More than one sanction may be imposed for any single violation. Individual circumstances, attitude, and prior conduct history are considered when determining the sanction(s). Possible sanctions include, but are not limited to:

(i) Deactivation – a student organization's loss of all privileges, including university recognition, for a specified period of time.

(ii) Educational sanctions – other appropriate sanctions may be imposed, including but not limited to educational conferences, and/or discussions, reflection papers, workshops, work assignments, essays, service to the university or university community, or other related discretionary sanctions.

(iii) Failing or lowered grades – in cases of academic misconduct, a student may be issued a failing or lowered grade in a course and/or loss of credit on coursework.

(iv) Fine – monetary charge assigned for a violation in accordance with the schedule approved by the board of trustees.

(v) Formal reprimand – a notice in writing to the student that the student is violating or has violated university regulations and that future violations will result in further charges and sanctions.

(vi) Loss of privileges – denial of specified privileges for a designated period of time, including but not limited to, restrictions or access to university facilities, university sponsored events, and residence hall actions up to and including cancellation of contract.

(vii) Probation – probation is imposed for a designated period of time and includes the probability of more severe disciplinary sanctions if the student is found to violate any university regulation(s) during the probationary period. Students shall not be considered to be in good standing with the university until the probationary period has ended. Probation may affect a student's ability to participate in athletics, serve in a leadership capacity in a student organization or act as a representative of.

(viii) Revocation of an academic degree.

(ix) Revocation of admission (for violations that occur prior to the student's first-class attendance.)

(x) Restitution – compensation for loss, damage, or injury. This may take the form of appropriate service and/or monetary or material replacement.

(xi) University deferred suspension – suspension that is delayed or deferred, pending completion of assigned sanction(s) or behavioral expectations. A finite period of observation and review occurs during the deferred suspension. This suspension will go into effect immediately if the student fails to complete the assigned sanctions or behavioral expectations or is found responsible for violations of the code of student conduct while on deferred suspension.

(xii) University suspension - separation of the student from the university for a specified period of time, after which the student is eligible to return. Conditions for readmission may be required.

(xiii) University dismissal - permanent separation of the student from the university.

Although each case is unique and handled individually, Student Conduct & Community Standards generally uses the following sanction guideline when applying specific sanctions for violations of the alcohol and drug provisions of the Code of Student Conduct.

	Code of Conduct Alcohol Violation	Code of Conduct Drug Violation*
1st Offense	• Formal Warning • Disciplinary Probation • Complete E-CHUG Survey • Attend Discussing Our Choices Workshop offered by Counseling and Testing Center • Fact Finding Meeting/Hearing Board Fee • 1st Offense Alcohol Fine	• Formal Warning • Disciplinary Probation • Complete the online education course Marijuana 101 offered by 3rd Millennium Classrooms • Fact Finding Meeting/Hearing Board Fee • 1st Offense Drug Fine • Residence Life and Housing Warning - Future violation results in removal from University Housing

2nd Offense	• Formal Warning • Disciplinary Probation • Alcohol Assessment with Counseling and Testing Center and follow Treatment Recommendations • Fact Finding Meeting/Hearing Board Fee • 2nd Offense Alcohol Fine	• Formal Warning • Disciplinary Probation • Drug Assessment with Counseling and Testing Center and follow Treatment Recommendations • Fact Finding Meeting/Hearing Board Fee • 2nd Offense Drug Fine • Removal of resident student from University Housing

3rd Offense	• Formal Warning • Disciplinary Probation • Suspension from University • Alcohol Assessment/Counseling Off Campus • Readiness to Return Form filled out by Licensed Counselor • Fact Finding Meeting/Hearing Board Fee • 3rd Offense Alcohol Fine	• Formal Warning • Disciplinary Probation • Suspension from University • Drug Assessment/Counseling Off Campus • Readiness to Return Form filled out by Licensed Counselor • Fact Finding Meeting/Hearing Board Fee • 3rd Offense Alcohol Fine
		*Drug Distribution: Dismissal from University Trespass Warning for University Property Drug Sales/Distribution Fine

Enforcement of Campus Policies for Employees

If someone is found responsible for using drugs/alcohol, they may be expected to participate in a mandatory referral for professional counseling and rehabilitation through the University's EAP provider. Such employee shall be subject to disciplinary procedures as from time to time are promulgated by the Board of Trustees, up to and including termination, but in accordance with the established rights of the employee, including the right to due process. If the University of Akron receives notice of conviction of an employee for violation of any criminal drug statute, the University, within thirty days of receiving such notice shall:

1. take appropriate personnel action against such an employee subject to established disciplinary procedures, up to and including termination, in accordance with the requirements of due process or

2. require such employees to participate satisfactorily in a drug abuse assistance or rehabilitation program approved for such purposes by a federal, state, or local health, law enforcement, or other appropriate agency.

Needs Assessments, Surveys, Data and Outcomes

Core Alcohol and Other Drug Survey

The University of Akron does not currently utilize the Core Alcohol and Other Drug Survey.

National College Health Assessment Survey

The National College Health Assessment Survey was last completed by the University of Akron in 2009.

Prescription Drug Study

The Prescription Drug Study was last administered during Spring 2018 semester. The results of this study can be found in the 2018-2020 Drug Free Schools and Community Act Report. Click here to view.

Campus Climate Survey

The Campus Climate Survey is distributed to the University of Akron campus community every two years and is led by the direction of the Sexual Assault and Violence Education Assessment Team. The Campus Climate Survey is a broad assessment of the campus climate, including the assessment of alcohol use, awareness about gender-based misconduct, bystander intervention, personal climate, university climate, misconduct, peer to peer engagement, personal engagement in prevention of gender-based misconduct, prevalence of gender-based misconduct, rape myth acceptance, reporting of gender-based misconduct knowledge, and training. In 2024, 512 students and 159 employees completed the survey. The results of the Campus Climate survey are as follows:

Question 17: How often do you have a drink containing alcohol?

	Students		Employees	
No answer	118	23.05%	0	0%
4 or more times a week	6	1.17%	11	6.92%
2-3 times a week	33	6.45%	18	11.32%
2-4 times a month	76	14.84%	46	28.93%

Monthly or less	127	24.80%	51	32.08%
Never	152	26.69%	33	20.75%

Question 18. How often do you think your co-workers have a drink that contains alcohol?

	Employees	
No answer	11	6.92%
More than 4 times a week	9	6.08%
Between 2-4 times per week	55	37.16%
Less than twice per week	75	50.68%
Never	9	3.08%

Question 19. When you do drink, how many drinks containing alcohol do you typically have?

	Students		Employees	
No answer	117	22.85%	3	1.89%
10 or more	5	0.98%	0	0.00%
7 to 9	4	0.78%	0	0.00%
5 or 6	20	3.91%	1	0.64%
3 or 4	67	13.09%	14	8.97%
1 or 2	142	27.73%	111	71.15%
I never drink	157	30.66%	30	19.23%

Resident Student Annual Assessment

The Resident Student Annual Assessment was conducted in Fall 2022 from current residence hall students. There was a total of 366 responses. The assessment consisted of two alcohol and other drug-related questions:

1. As a result of your on-campus housing experience, you better understand the negative consequences of: Drug use (7-point Likert scale: Strongly Disagree to Strongly Agree)
   Mean result for Fall 2022: 5.53
   Result: 58.9% selected 6 or 7, for strongly agree

2. As a result of your on-campus housing experience, you better understand the negative consequences of: Alcohol use (7-point Likert scale: Strongly Disagree to Strongly Agree)
   Mean result for Fall 2022: 5.51
   Result: 58% selected 6 or 7, for strongly agree

The Resident Student Annual Assessment was also conducted in Fall 2023 from current residence hall students. There was a total of 237 responses. The assessment consisted of two alcohol and other drug-related questions:

1. As a result of your on-campus housing experience, you better understand the negative consequences of: Drug use (7-point Likert scale: Strongly Disagree to Strongly Agree)
   Mean result for Fall 2023: 5.59
   Result: 63.2% selected 6 or 7, for strongly agree

2. As a result of your on-campus housing experience, you better understand the negative consequences of: Alcohol use (7-point Likert scale: Strongly Disagree to Strongly Agree)
   Mean result for Fall 2023: 5.51
   Result: 60.8% selected 6 or 7, for strongly agree

College Alcohol and Drug Survey

The University of Akron participated in the 2024 College Alcohol and Drug Survey which gathers information from four-year colleges and universities regarding their efforts to address alcohol concerns. This long standing (45 years) triennial survey has been used widely to provide rich information about campus strategies and leader's assessment of various issues. The expansion to include cannabis, other drug related issues has helped campus, state, and national leaders with planning timely and needs-based strategies and services. The aggregate results of this survey will be compiled and a comparative analysis with prior years will be conducted. The University of Akron will use the results of this survey to evaluate the needs of our campus community and develop appropriate next steps. The data results of this survey are pending in Summer 2024.

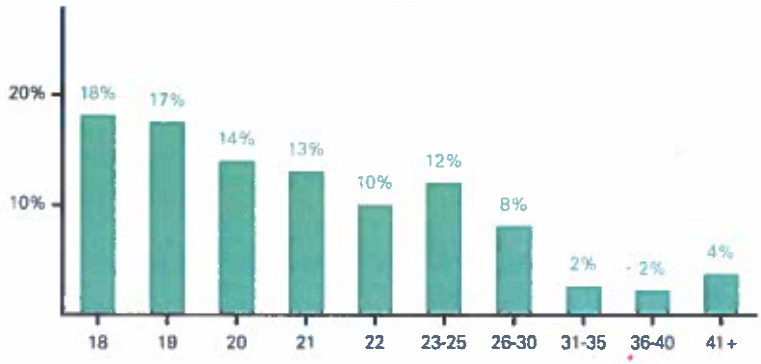
The Healthy Minds Study

The Healthy Minds Study (HMS) provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluated programs and policies; plan for services and programs; and advocate for resources. Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 8,000 students or more, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample. The University of Akron participated in the HMS in November of 2020 and surveyed 1931 students. Questions and answers pertaining to alcohol and other drugs are listed below. The complete survey can be found under Appendix B.

The following are results for the University of Akron:

SAMPLE CHARACTERISTICS (N=1931)

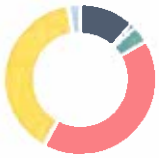
Age (years)



Gender

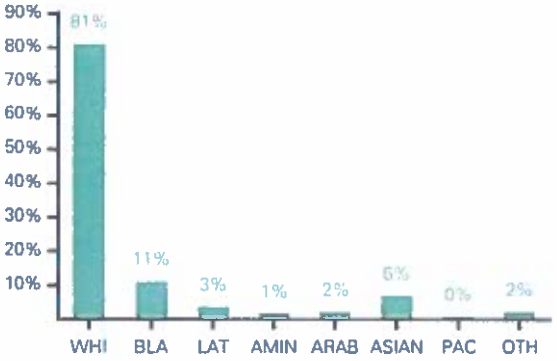
49% Female
49% Male
0% Transgender/gender non-conforming

Living arrangement



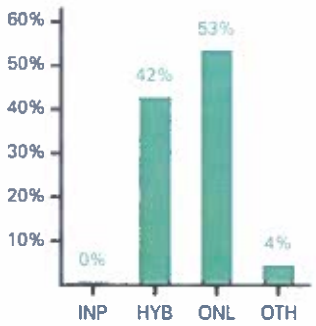
12% Campus residence hall
1% Fraternity or sorority house
4% Other university housing
41% Off-campus, non-university housing
Parent or guardian's home
Other

Race/ethnicity



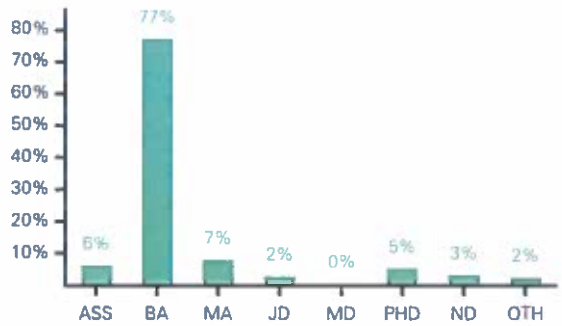
WHI White or Caucasian
BLA African American/Black
LAT Hispanic/Latino
AMIN American Indian/Alaskan Native
ARAB Arab/Middle Eastern or Arab American
ASIAN Asian/Asian American
PAC Pacific Islander
OTH Other

Class Format



INP All In-Person
HYB Hybrid
ONL All Online
OTH Other

Degree program



ASS Associate's degree
BA Bachelor's degree
MA Master's degree
JD JD
MD MD
PHD PhD or equivalent
ND Non-degree student
OTH Other

HEALTH BEHAVIORS AND LIFESTYLE

Drug use

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

17%	Marijuana
0%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
1%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
2%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	MDMA (also known as Ecstasy or Molly)
0%	Ketamine (also known as K, Special K)
1%	LSD (also known as acid)
1%	Psilocybin (also known as magic mushrooms, boomers, shrooms)
1%	Kratom
0%	Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)
1%	Other drugs without a prescription
81%	No, none of these

Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following:

A 12-ounce can or bottle of beer
A 4-ounce glass of wine
A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (female), 5 (male), 4 or 5 (transgender/gender non-conforming) or more drinks in a row? (among those with any alcohol use)

43% None
23% Once
15% Twice
14% 3 to 5 times
3% 6 to 9 times
1% 10 or more times

Exercise

In the past 30 days, about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity, where "moderate intensity" would be roughly equivalent to brisk walking or bicycling)

42% Less than 1
25% 1-2
11% 3-4
22% 6 or more

Comprehensive Programs, Data and Outcomes

The University of Akron provides educational programming for individuals, groups, and to the entire campus community. This comprehensive inventory will highlight the programs submitted for the 2022-2024 review period.

Individual Based Programs/Interventions

Electronic Screening Tools: e-CHUG and e- TOKE. The Counseling and Testing Center (CTC) offers e-CHUG (electronic Check-Up to Go) and e-TOKE free to all the University of Akron students as an interactive Web survey that allows college and university students to enter information about their drinking and marijuana use patterns and receive feedback about their use at any time from any location. The assessment takes less than 30 minutes to complete, is self-guided, and requires no face-to-face contact time with a counselor or administrator. No identifiable information is required for e-CHUG or e- TOKE, allowing students to complete it anonymously. After all information has been entered, the information is validated and processed. The e-CHUG and e-TOKE programs calculate a number of variables and compare students' responses to national and local college norms. Students receive personalized feedback and assessment in an easy-to-read format. College AIM lists e-Chug as a national best practice program.

The Department of Student Conduct and Community Standards may require completion as a sanction, with students then required to attend "Discussing Our Choices." This enables this training to be used as part of educational learning opportunities for students with sanctions for substance abuse. Student Health Services may refer students who score high on the Audit to e-CHUG. Some classes will require completion as a class assignment. "Discussing Our Choices" is a two-hour workshop that the CTC hosts at least three times each fall and spring semester.

This group discussion addresses alcohol and drug use. Students are required to take e-CHUG and e-Toke. ***Summary metrics.*** E-Chug and e-TOKE is offered 365 days and is continuously available to students. E-Chug was completed by 105 students between July 2022 and April 2024 E-Toke was completed by 11students between July 2022 and April 2024. ***Satisfaction and reflections of staff/faculty administering.*** CollegeAIM certifies e-Chug as a highly effective program. The staff would agree that this program is cost efficient and highly effective for the University of Akron students. CTC staff would like more students to proactively use the e-Check up to Go programs.

Individual Assessment Programs through Student Health Services

Student Health Services (SHS) assists students in meeting their academic and personal goals by addressing health concerns and providing quality, cost-effective, culturally competent, and compassionate healthcare, and health education. SHS partners with several other campus offices to

provide information and programming about alcohol and substance use among college students and the potential detrimental effects of alcohol and drug abuse, while serving as a conduit between students and the community resources that are available to treat health-related issues brought on by drug and/or alcohol abuse.

As part of the intake process for students identified as first-time visits to SHS or as repeat patients being seen in a new calendar year, questions are posed regarding health history, alcohol, and substance use. The intake process includes completion of the AUDIT C questionnaire (Alcohol Use Disorders Identification Test) and depending upon the answers provided, the full AUDIT is provided. The AUDIT C is an abbreviated version of the full AUDIT Questionnaire that consists of the following three questions:

- How often do you have a drink containing alcohol?
- How many standard drinks containing alcohol do you have on a typical day when drinking?
- How often do you have six or more drinks on one occasion?

The AUDIT questionnaire is designed to assist in the self-assessment of alcohol consumption and to point out any implications for the person's health and wellbeing now and in the future. The responses to these questions are incorporated into the student's electronic medical record (EMR) and can be scored with the total score providing feedback to the student. In some cases, the medical professional is prompted to provide specific advice for potential problem use and a referral to a higher level of care that could consist of the Counseling and Testing Center, CARE Team, or community treatment provider.

Summary metrics. EMR data was collected in late Spring Semester of the 2022 academic year. There is a noted gap in data collection related to circumstances surrounding the COVID-19 pandemic that began in March of 2020 and its effects on the presence of a patient population on the physical campus and the services provided by SHS during that period.

The data collected in the tables below are reflective of only the students that have engaged in obtaining services at Student Health Services and therefore cannot be construed as reflective of the entire student body of the main campus.

Student Health Services completed screenings on 81% of the patients seen in Student Health Services. Of note, not all encounters require a screening to be completed. Repeat patients in the same semester, allergy injection patients, faculty and staff, and lab draw only patients are examples of patients that do not complete screenings.

During the academic year, an average of 13% of students screened are classified as underage as underage drinkers. Underage drinking is defined as any alcohol use regardless of the amount that occurs in a student under the legal age to consume alcohol in Ohio.

Of the students that completed the Full AUDIT, students that fell into the Harmful Alcohol Consumption risk category at the conclusion of the screening session were more likely to be male than female and represented 16% of full audit population. Additionally, less than 1% of those screened fell into the alcohol use disorder catagory.

Moving forward the current data will be compared to new data for the total completion rate of screening compared to the number of scheduled patients meeting with a medical provider, the percentage of underage drinkers found to be in the Harmful Alcohol Consumption category, and the trending data overall as it relates to the academic semesters and known events that traditionally result in increased risk of alcohol consumption.

Alcohol screenings conducted by Health Services:

Total AUDIT C Screens Completed – Spring 2022								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
January	175	152 (87%)	25	16%	15	16%	10	12%
February	107	98 (91%)	14	14%	8	14%	6	12%
March	114	109 (86%)	22	20%	13	18%	9	22%
April	116	99 (85%)	16	16%	11	19%	6	19%
May	84	72 (86%)	17	20%	8	18%	9	18%

Total Full AUDIT Screens Completed (10 Questions) – Spring 2022							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
January	22	9	13	0	1	5 (3 males, 2 females)	0
February	13	5	8	0	3	3 (1 male, 2 females	0
March	16	3	13	0	10	5 (3 males, 2 females)	0
April	16	7	9	0	6	4 (3 male, 1 female)	1
May	14	7	6	1	2	4 (4 males)	0

Total AUDIT C Screens Completed - Summer 2022								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
May	54	47	11	23%	3	6%	7	5%
June	57	30	2	.06%	0	0%	2	6%
July	77	56	3	5%	3	15%	0	0%
August	122	87	14	16%	6	8%	8	16%

Total Full AUDIT Screens Completed (10 Questions) – Summer 2022							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
May	11	7	3	1	3	5 (4 males, 1 no sex given)	0
June	1	1	0	0	1	0	0
July	1	1	0	0	3	0	0
August	1	6	4	0	15	3 (1 male, 2 females	0

Total AUDIT C Screens Completed - Fall 2022								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
September	198	175	28	16%	15	10%	13	27%
October	175	137	14	10%	6	5%	8	5%
November	196	144	14	7%	5	4%	9	12%
December	69	48	8	16%	3	6%	5	20%

Total Full AUDIT Screens Completed (10 Questions) – Fall 2022							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
September	18	6	11	1	29	3 (2 males, 1 female)	0
October	9	5	4	0	35	2 (2 males, 0 females)	0
November	11	6	5	0	29	2 (males, 0 females)	0
December	7	5	2	0	7	3 (3 males, 0 females)	0

Total AUDIT C Screens Completed – Spring 2023								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
January	160	125	13	8%	6	5%	3	5%
February	195	190	26	14%	19	16%	7	3%
March	167	127	19	15%	7	6%	10	13.5%
April	107	80	9	11%	4	5%	3	8%
May	25	16	2	12%	1	0.6%	1	1%

Total Full AUDIT Screens Completed (10 Questions) – Spring 2023							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
January	9	3	6	0	23	1 (1 males, 0 females)	2
February	26	7	19	0	28	5 (4 males, 1 female)	0
March	19	12	7	0	23	3 (2 males, 1 female)	1
April	9	3	6	0	13	1 (0 males, 1 female)	1
May	2	1	1	0	0	0	0

Total AUDIT C Screens Completed - Summer 2023								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
June	56	30	5	6%	1	0.3%	5	2%
July	47	23	2	0.8%	2	0.6%	2	0.1%
August	62	41	8	13%	4	10%	2	1%

Total Full AUDIT Screens Completed (10 Questions) – Summer 2023							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
June	4	3	1	0	4	1 (1 male, 0 females)	0
July	2	1	1	0	2	0	0
August	5	2	3	0	6	0	0

Total AUDIT C Screens Completed – Fall 2023								
Month	Encounters	Total Completed	Positive Screens	% of Positive Screens	Female Positive Screens	Female % Positive	Male Positive Screens	Male % Positive
September	202	182	14	7%	7	5%	5	7%
October	210	178	18	10%	10	7%	8	10%
November	186	136	20	14%	4	3%	11	15%
December	87	60	9	15%	2	2%	1	0.7%

Total Full AUDIT Screens Completed (10 Questions) – Fall 2023							
Month	Total Completed	Male	Female	Gender not given	Underage Drinkers	Harmful Consumption	Alcohol Use Disorder
September	13	5	8	0	23	3 (3 males, 0 females)	0
October	17	8	9	0	28	2 (2 males, 0 females)	0
November	16	10	6	0	19	3 (3 males, 0 females)	1
December	4	1	3	0	7	1 (0 males, 1 female)	0

Satisfaction and reflections of staff/faculty administering the AUDIT C

The SHS staff have identified the following strengths related to AUDIT C:

- Opportunity for self-awareness related to personal choice-making connected to alcohol with personalized information and educational discussions.
- Educational opportunity for social norming.
- Opportunity to engage 1:1 with students and health care providers utilizing modified SBIRT (Screening, Brief Intervention, and Referral to Treatment) and Motivational Interviewing techniques.
- Discussions and shared information surrounding harm reduction and available resources.

The following are key weaknesses related to the AUDIT C:

- The Audit C can be time consuming when maintaining 15–20-minute appointment slots for medical appointments.
- Unsuccessful in gaining data on follow-up referrals to E-CHUG completion rates.
- It is suspected that once a student completes a screening and is aware of the implications and pending discussions on return visits, they tend to score themselves to reflect less alcohol consumption or in the case of underage drinker, as not consuming alcohol.

Individual Assessment Programs through Counseling and Testing Center. CTC psychologists and interns conduct clinical interviews to determine substance use impact upon functioning. Referrals for services include counseling in the center, online web tools, groups/workshops, and services in the community. ***Summary metrics.*** CTC incorporates information about these assessments into general data about services. ***Satisfaction and reflections of staff/faculty administering.*** CTC staff members are satisfied with this tool rated as a best practice by CollegeAIM.

Individual Based Counseling and Interventions Programs. CTC staff provides individual counseling and psychotherapy services for students seeking help for substance abuse concerns. All communication is held in strict confidence and all identifying information, including the fact that an individual has visited CTC, may be released to others only with the written consent of the patient, unless the patient is a clear danger to himself/herself/their self or others. There is no charge to eligible students except for nominal fees associated with certain career and psychological tests. ***Summary metrics.*** The CTC does not share the data from their individual counseling and psychotherapy services. ***Satisfaction and reflections of staff/faculty administering.*** CTC staff are satisfied with these tools and services.

Referral Programs to Off-Campus Treatment Providers for Students. Students can get referred to or connected to off-campus treatment providers through several different avenues. CTC makes referrals on an as-needed basis to available specialized community resources (e.g.Alcoholic Anonymous, Narcotics Anonymous, Community Health Services (CHS), or Portage Path Behavioral Health). Through the ZipAssist Office and the CARE Team students may also get connected to off-campus treatment providers and given off-campus options for support. ***Summary metrics.*** In the past two years, CTC has not tracked the referrals or recommendations in a way that data could be pulled. ***Satisfaction and reflections of staff/faculty administering.*** CTC can refer students to many off campus agencies located nearby in Akron and Summit County off- campus agencies when needed. Due to the campus' location downtown, many of these agencies are close to campus, allowing students to seek services and support using public transportation.

Individual Interventions for Faculty and Staff. Employees have access to confidential professional support 24 hours a day, 365 days a year through AllOne Health/IMPACT Solutions. This includes access to unlimited phone consultation, six complimentary face-to-face counseling sessions per person per occurrence, plus an expansive collection of resources. IMPACT solutions are the University of Akron's Employee Assistance Program. Employees can seek help on their own or may be referred if they self-disclose issues related to drugs or alcohol.

Employees undergoing disciplinary action may receive a mandatory referral. ***Summary metrics.*** There was one employee mandatory referrals to the Employee Assistance Program for substance abuse during the reporting period. De-identified utilization data from our EAP provider indicates during the time period of July 1, 2022-June30, 2021, 39 people sought counseling services and none of those had the primary presenting problem of substance abuse. During the time period of July 1, 2023-March 31, 2024, 26 people sought counseling services, none were for substance abuse concerns. ***Satisfaction and reflections of staff/faculty administering.*** The Human Resource Office has been very satisfied with the resources that they are able to provide employees both on a voluntary and mandatory basis. The EAP program is available to all full- time employees and their family members, allowing them six free sessions per issue per year. It is a tremendous benefit and resource of our employees and their families.

Educational Programs for Policy Violations for Others. Educational programs for policy violators of the University's Alcohol and Drug policies could include events during Alcohol Awareness Week, classes that CTC offers in the College Survival Guide, E- Chug and Discussing Our Choices (through CTC), and e-Toke (all options can be sanctioned by Student Conduct and Community Standards). All of the Alcohol Awareness Week programs, College Survival Guide classes, e-Chug, and e-Toke are available to all the University of Akron students. ***Summary metrics.*** Attendance and participation for the above-mentioned programs are detailed in the CollegeAIM Strategy Planning Worksheet. ***Satisfaction and reflections of staff/faculty administering.*** Overall, the DFSCA Team is pleased

with the quality and variety of program options available to individual students. The team plans to further utilize the CollegeAIM matrix to address additional areas of programming for the upcoming year.

Group Based Programs/Interventions

Small Group Social Norm Interventions. Discussing Our Choices (DOC) is a two-hour group education program where students explore attitudes, risks, and decision-making surrounding the use of alcohol and other drugs. The program is offered three to six times per semester, primarily in a group format and sometimes individually by CTC. ***Summary metrics***. Between July 2022 – April 2024, DOC groups were typically offered 3 times per semester with a total of 41 people attending. As of April 2024, at least 6 people have signed up so far for the May DOC. ***Satisfaction and reflections of staff/faculty administering***. CTC staff are satisfied with the results of the tools and services but would like for more students to take advantage proactively of the DOC program.

Educational Awareness Programs. Every fall Campus Programs' helps to coordinate, market, and plan Alcohol Awareness Week. A majority of the events held during this week are done in collaboration with other organizations and departments on-campus. Each year, faculty of some classes will require attendance at certain programs as an assignment or provide extra credit for participation. This section contains the information for the highlighted events that were a part of Alcohol Awareness Week in Fall 2022 and Fall 2023. The full calendar of events for Fall 2022 and Fall 2023 can be found in Appendix A. ***Summary metrics.*** In 2022, Alcohol Awareness Week consisted of 8 programs with a total attendance of 619. In Fall 2023, Alcohol Awareness Week had 6 advertised programs with a total attendance of 931. Satisfaction and reflections of staff/faculty administering. In Fall 2022 and 2023, the committee was able to host the traditional programming and add a few new programs to the schedule. New events included a speaker. Beers Aren't bad, tabling efforts and a self-defense course. This week continues to be difficult to program for students as it is a challenge to earn student-buy in on these important topics.

Mocktails. This is the annual Alcohol Awareness Week program that kicks off the week. This fun program allows student organizations to create non-alcoholic beverages for peers to taste. Facts about alcohol use are displayed on each table. This fun alternative to drinking shows students that they can be creative with enjoying fun beverages in college without the impacts of alcohol. ***Summary metrics***. In Fall 2022, roughly 200 students attended the program and 15 student organizations participated in making drinks. In Fall 2023, 6 organizations participated with a total attendance of 245. Overall, Mocktails continues to be a successful program to kick start Alcohol Awareness Week. The program is effective and low cost. Year to year, participants are mainly first-year students and thus it provides an opportunity to continue education on alcohol use and misuse while in college.

Fraternity and Sorority Life Programs. Each year the governing councils require a certain percentage of chapter members to attend these programs. As part of Alcohol Awareness Week, Interfraternity and Panhellenic Governing Councils work with the Office of Fraternity and Sorority Life to create an interactive and educational program on alcohol use and misuse that is open to all students. In Fall 2022, the program was "Above the Influence", focusing on changing perceptions of binge drinking and knowing your pour. Students participated in activities including Drunk Goggles and Alcohol Education trivia hosted by the councils. In the Fall 2022, 68 students attended the program virtually. In Fall 2023, Beers Aren't Bad EDU presentation on alcohol education was held. This program is a grassroots movement, blending education and entertainment with a vision to revolutionize risk education. The program provides alcohol education in a way that students are able to engage with presenters and each other. Beers Aren't Bad EDU focuses on providing education on the student's level without using scare tactics or unrealistic expectations. ***Summary Metrics.*** This program had a total of 260 students in attendance. ***Satisfaction and reflections of staff/faculty administering.*** According to student feedback, the Beers Aren't Bad program was authentic and informative. The new direction this program took alcohol education was received in a positive way. Overall, the new direction for the program was positively received due to the balance of memes, storytelling, and deep discussion. This program cost roughly $3,000-$4,000.

Zip N Paint. Zip N Paint is also an annual Alcohol Awareness Week program that allows students to experience a traditional paint and sip event without the alcohol. ***Summary metrics.*** In Fall 2022, 36 students attended and in Fall 2023, 59 students attended. ***Satisfaction and reflections of staff/faculty administering.*** This is a fun program that provides students with an alcohol-free environment to paint. This program has been effective. However, due to high costs, ZPN is looking for a similar event experience at lower cost.

Root Beer Kegger. This program tends to conclude the University of Akron Alcohol Awareness Week, by providing an educational and social environment for students. This co- sponsored event is hosted by ZPN, Residence Life and Housing, Student Conduct and Community Standards, and the University of Akron Police Department. UAPD is in attendance with drunk goggles and tricycles. Students were asked to "drive" the tricycles through the halls while wearing the goggles to show how impairment can truly affect hand/eye coordination, decision making, etc. There were tables where students could answer alcohol safety trivia and earn small prizes. This event is successful due to the different topics discussed about alcohol-use. ***Summary metrics.*** In Fall 2022, 181 students participated in the program and in Fall 2023, 225 students attended. ***Satisfaction and reflections of staff/faculty administering.*** Overall, this program is effective and one of our more popular events this week. It provides an educational environment, with fun and interactive activities.

Mocktails. In efforts led by ZAB, residence hall students are asked to attend a function in the Student Union. This event has many student organizations who follow a theme and compete to create the best mocktail, table, and costumes. The purpose of the event is to show that functions without alcohol can be fun and to give creative ideas to socialize in an alcohol-free environment. Students in various RLH organizations and Hall Governments host tables and socialize with attendees. ***Summary metrics:*** This event was held on October 18, 2022 and October 16, 2023. Hundreds of students stop by the residence hall tables to taste the various mocktails. ***Satisfaction and reflections of staff/faculty administering:*** This is a low cost, impactful event for students that helps educate them on drinking alternatives.

Professional Leadership Speaker: Elaine Pasqua spoke to the Emerging Leader Akron Experience classes (four sections) during fall semester 2022. The presentation included information on partying, relationships and excessive use of alcohol and drugs. She gave students important information on alcohol including safety tips and staggering statistics. ***Summary metric:*** This event was held on October 19, 2022 with one hundred and sixteen students/staff in attendance. ***Satisfaction and reflection of staff/faculty administering:*** This was a repeat appearance by Elaine. She is extremely effective in educating our emerging leaders in an interactive atmosphere.

Alcohol-Free Social Options: The University of Akron provided a variety of alcohol-free events for students. ***Summary Metrics:*** Residence Hall Program Board (RHPB) and Residence Hall Council (RHC) co-sponsored several 7:17 Coffeehouse and 9:09 Major Events each semester during the 2022 – 2023 and 2023 – 2024 academic years. Although these events are geared toward residence hall students, the rest of campus is welcome to attend as well. ***Satisfaction and reflection of staff/faculty administering***: Students enjoy these live entertainment shows as noted by the numbers in attendance, i.e. 2,577 for six shows in fall 2022 (average of 430 per show).

Residence Life and Housing Programming:

Every year, Residence Life and Housing (RLH) provides a wide variety of educational programming concerning alcohol and drug use to its student residents during the academic year. Individual Resident Assistants and Residence Life Coordinators design and implement programming to best meet the needs of their resident communities. The department conducts a resident satisfaction survey annually, which includes questions related to alcohol use, the results of which are used to assist the department with setting its annual programming priorities and to serve as a resource for employees. In addition to its own internal programming, RLH supports and participates in Alcohol Awareness Week events. The subcategories below will highlight the main training and programs offered during this reporting period.

In the **2023-2024** academic year, the resident assistants (RAs) put on the following programs in their respective buildings, where a total of approximately 150 students attended:

- Bulger Residence Hall: "Donut do drugs" – RA presented on the dangers of illegal drugs and followed up with a trivia game to test the audience's knowledge.
- Spanton: "Alcohol awareness" – In collaboration with UAPD, RAs and officers talked to residence about the importance of consuming alcohol safely using demonstrations that included drunk goggle while riding on a tricycle and shooting basketballs to simulate intoxication.
- Spanton: "Under the influence" - In collaboration with UAPD, RAs and officers talked to residence about the importance of consuming alcohol safely using the beer goggles and engaging in a water pong game. \
- Spicer: "Spicer Saloon" – Wild Wild West themed alcohol education with mocktails.
- Spicer: "Pot party" – Marijuana education around usage and effects along with updated UA policies with law changes. Gave out succulents and decorated plant pots.
- Spicer: "Spring break safety" – Spring break safety education around alcohol with mocktails.
- South: "Mocktail night" – Spring break safety education around alcohol with mocktails.

***Summary metrics*:** These events were held in Bulger Residence Hall, Spanton Residence Hall, Spicer Residence Hall and South Hall during the fall and spring semesters. UAPD assisted with the beer goggles for simulations and took the opportunity to engage with residents. Conducting alcohol education programs in all residence halls, each semester, is a goal for the next academic year. **Satisfaction and reflections of staff/faculty administering**: These are low-cost and impactful events for students that educate, in a fun and engaging way, on the real risks that exist in social situations like spring break, parties, etc.

Risk Management Leadership Training

At the start of each semester, chapter leadership is required to attend the office sponsored Leadership Retreat. In conjunction with this retreat, chapter leadership learns and discusses risk management policies, crisis management procedures, alcohol and drug policies, and overall event safety techniques. ***Summary Metrics.*** These retreats have all 22 chapters in attendance each semester. ***Satisfaction and reflections of staff/faculty administering.*** Assessment from this training shows that chapter leadership was confident in their knowledge of risk management prior to the training, but the review helped keep them informed.

IFC an PHC Event Registrations and Event Meetings

In partnership with the Office of Fraternity & Sorority Life, the Interfraternity and Panhellenic Councils review and meet with chapter leaders for every event with alcohol their chapter holds. The chapters are required to register all events with alcohol 10 days prior to their event, have a certificate of liability insurance on file, submit a guest list, have extensive policies regarding alcohol and drug use, risk management and event management, and then meet with their council leaders to review and discuss the event. ***Summary Metrics.*** For the 11 IFC Fraternities and 5 PHC Sororities, the following

numbers are approved event registrations for events with alcohol. Fall 2023, IFC had 26 registered events and PHC had 6 registered events. Spring 2024, IFC had 11 registered events and PHC had 4 registered events. ***Satisfaction and reflections of staff/faculty administering.*** In recent years, increased focus has been on providing education to the risk management officers and requiring a point of contact for the chapter. The meetings provide the chapter with the opportunity to ask questions about potential situations that may occur, requiring them to think through how they would carry out their policies.

Department of Athletics. The Department of Athletics provides a variety of training programs for student athletes. Training is provided in a variety of formats to include on-line programs and in person presentations. The programs provide information concerning the effects and risks of alcohol, marijuana, performance-enhancing drugs, prescription drugs, NCAA-banned substances, and tobacco. Counseling and education are provided to student-athletes by the Akron Children's Hospital for any violations to Athletics Drug-Testing policy. The Student-Athlete Concern Team provides an additional resource for supporting and managing student-athletes through any issue including alcohol and drug concerns. ***Summary Metrics.*** With 18 men's and women's varsity teams, there are over 400 student-athletes. All student athletes are required to participate in the various programs, which are coordinated by their team. ***Satisfaction and reflections of staff/faculty administering.*** Overall, the various formats and programs used to provide education to student athletes have been successful.

Group Based Programs for Employees. Currently, the University of Akron does not have any formalized group-based programs for employees. We expect to add programming for employees in 2024, as the University has identified mental health as a primary area of focus this fiscal year and beyond.

Recovery Based Programs. The University of Akron houses a formal Collegiate Recovery Community called Roos-in-Recovery. Active membership diminished during and immediately following COVID, but it is still a vibrant group that is always actively seeking new members. Key accomplishments and activities during these last two academic years include:

- Conducting a virtual student to student support group meeting.
- Active social media presence on Facebook and Instagram. The Roos currently have 601 followers on Facebook.
- Continued membership with the Association of Recovery in Higher Education.
- Advocated or funding with the Ohio Department of Mental Health and Addiction Services: OMHAS, in coordination of Ohio Citizen Advocates (501c-3, is now creating a funding stream to build a network of Collegiate Recovery Communities across Ohio.
- Used SAMHSA grant funding for September 2023 Recovery Month Celebration event by hosting national comedian, and person in recovery,

Patrick Holbert for a 90-minute stigma busting comedy show at the Student Union. He provided a second show for persons currently in treatment at the Interval Brotherhood Home.

- Funded 2 student to attend the national Collegiate Recovery Conference at Virginia Commonwealth University in July 2022. Funded 5 students to attend the 2023 Collegiate Recovery Conference at Ohio State University in June 2023.
- Partnered with a local Recovery Community Organizations to provide sober recreational activities.
- Information Dissemination: Roos in Recovery have provided multiple interviews and mental wellness PSA's on WZIP radio.

Environmental/Socio-Ecological Based Program/Alcohol-Free Social Options. The University of Akron provides a variety of alcohol-free social options for students. There are two student-run programming boards who plan alcohol free events. These are the Zips Activities Board (ZAB) and Residence Life Hall Programming Board (RHPB).

ZAB is a major student organization that plans regularly scheduled events stimulating, educating, and entertaining the students at the University. Each executive board member implements programs specific to their position (i.e. diversity, late night, traditional). All of the programs offered by ZAB are alcohol-free. The ZPN Late Night Chair executes one program a month, that is an alcohol-free alternative, for students between Wednesday, Thursday, and Friday nights.

RHPB plans regular 7:17pm and 9:09pm programs, as well as other late-night alternative programs. These programs are mainly geared towards residence hall students but are open to all.

In addition to the work done by these boards, all the events planned by the Department of Student Life and the Student Recreation and Wellness Center are alcohol free.

Wellness Programming Facilities and Resources. Student Recreation and Wellness Services (SRWC) provides many opportunities for students and employees to practice a healthy lifestyle in their alcohol and drug- free facilities. With options for group fitness classes, intramural and club sports, open gym time, and personal fitness training there are group activities for students and employees to participate with peers.

Many of the club sports teams practice regularly from 9:00pm to 11:00pm and include triathlon, wrestling, rugby, running, paintball, water polo, baseball, lacrosse, and ultimate frisbee. The Intramural Sports program offers a variety of late-night programming throughout the year, with games running between 6:00pm and 10:00pm. In addition, the evening and weekend hours of the

SRWC provide a late-night drop-in recreation adoption for swimming, rock climbing, weight training, basketball, and cardio training. These are all available until 10:00pm each weekday night, except for Friday when they are available until 9:00pm. To view the SRWC website for information, click here.

The University of Akron offers a variety of campus services and community resources to provide support for a holistic approach to living well. The goal is to provide students and employees with the tools necessary to achieve a well-balanced life across the many dimensions of wellness. To view the University of Akron's Campus Wellness website, click here.

Increased Service Learning/Volunteer Opportunities. Through serveAkron-Civic Engagement Programs, students can participate in numerous volunteer experiences each week. Through weekday drop-in service programs held on campus and Super Service Saturdays, there are a variety of ways for students to make a difference in the Akron community. Students that enjoy service can also apply to be a Service Engagement Guide (SEG). These students go through training and attend monthly meetings. The SEG's help table and promote service opportunities, run drop-in service events, and lead trips to community agencies on Fridays and Saturday mornings. To view all serveAkron events, click here.

Wellness Ambassador Program. Previously funded through two American College Health Association's CoVAC grants, the University created a Wellness Ambassador program in 2021, overseen through ZipAssist and AmeriCorps assigned to the Campus Cupboard program. The goal of the wellness ambassador program was to provide guidance and education for holistic wellbeing. Using the Wellness Wheel as a framework, the scope of resources included COVID-19 mitigation, mental health, substance abuse, and physical wellness. The program recruited UA students to receive training and serve as peer wellness ambassadors. The program worked closely with UA Health Services to ensure that reliable health information was shared and to dispel any misinformation. The program dually served as a way for healthcare practitioners to provide interactive community outreach and support to students. Due to lack of funding, this program did not continue through FY2022-2024; however, with funds from ODHE Mental Health Support, the plan is to hire a short-term Health Educator to bring back this program.

Certified Peer Educator Program. Previously funded through the Ohio Department of Higher Education, the University used the NASPA Certified Peer Educator program to train 10 UA students to serve as peer mentors for a pilot program with Akron Public Schools [APS]. Formally known as the OhioCorps program, the mentorship program focused on educated APS students about the danger of opioids and substance abuse. Coupled with peer mentorship and college readiness skills, the year-long program provided weekly curriculum and expert guest speakers to educate the students about substance use/abuse and community resources for those affected by addiction. The outcomes of the yearlong program were impactful for all participants, both UA mentors and APS mentees. Due to

lack of funding, this program did not continue through FY2022-2024; however, with funds from ODHE Mental Health Support, the plan is to hire a short-term Health Educator to bring back this program.

Comprehensive Program Goals and Objectives

The following goals and objectives were established for this biennium and the achievement results are summarized below:

1. **The AOD Task Force needs to be a priority.** *Summary of results:* The implementation and logistics of the AOD Task Force is currently being discussed by departments on campus.
2. **Continue the use of the CollegeAim Matrix for tracking the effectiveness of interventions, and use as a reference guide for programming, assessments, and surveys.** *Summary of results:* CollegeAim data for the University of Akron was last updated in 2019. A new strategic planning tool, *Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students*, was published by the DEA/Campus Drug Prevention (www.campusdrugprevention.gov) in January 2024. Health Services is evaluating this new tool to determine if it should replace CollegeAim and become the new planning tool for the university.
3. **Emphasize in-person AOD programming.** *Summary of results:* Departments on campus developed AOD programming for in-person participation and the University of Akron's preference for the participation in events is through in-person delivery.
4. **Re-establish the Peer Educator Program, including recruiting and training new peer educators and finding ways to connect them with students.** *Summary of results:* Due to lack of funding, this program did not continue through FY2022-2024; however, with funds from ODHE Mental Health Support, the plan is to hire a short-term Health Educator to bring back this program.
5. **Measure the effectiveness of the newly implemented Amnesty Program.** *Summary of results:* The Department of Student Conduct and Community Standards is offering Amnesty (medical and limited) to students/organizations that qualify. The Department of Student Conduct and Community Standards is realizing that students are more forthcoming in reporting alcohol and drug situations and they are honest about their involvements in these situations when they are given the option of amnesty.
6. **Monitor the progress of the Garrett Lee Smith Campus Suicide Prevention Grant in the areas of enhancing and promoting services, preventing and reducing disorders, identifying and treating disorders.** *Summary of results:* Funding from this grant allowed for improved efforts to increase assessment of student needs and campus resources, launch social media campaigns, enhance services for students, including those at risk for substance use disorders, and improve identification for treatment of at-risk college students. The University of Akron became

ineligible for continued funding through this grant and therefore the Garrett Lee Smith Campus Prevention Grant concluded in 2022.

SWOT/C Analysis

Strengths

1. Continued to use a strategic planning tool (i.e. CollegeAim) for the evaluation our programming efforts against evidence-based criteria.
2. Expanded the presence of Collegiate Recovery Community (Roos in Recovery) through social media platforms, email, radio, and virtual meeting.
3. Timely and focused response of CARE Team for at-risk student behaviors.
4. The responsibility for AOD awareness programming is shared among a wide range of departments and university division.
5. Implemented Amnesty Program for medical and limited purposes through the Department of Student Conduct and Community Standards.
6. Standard use of an alcohol and drug-free logo for promoting alcohol and substance free campus events.
7. AOD programming to focus on other drug/substance misuse and abuse.
8. Campus wide dissemination of the Drug Free Schools and Community Act review.

Weaknesses

1. Lack of an Addiction Counselor with availability to assist in program development and campus educational opportunities.
2. Lack of a designated Health Educator on campus to oversee and direct AOD programming.
3. AOD awareness has primarily focused on the general undergraduate population. There is a gap in programming that targets high-risk students, athletes, Greek Life students, non-traditional students, international students, and graduate student populations.
4. University-wide financial constraints that impede and prohibit the advancement of AOD programming and expansion.
5. University-wide staff turnover and vacant positions which impact AOD programming, administration, surveying, and data analysis.
6. No Memorandum of Understanding (MOU) between the University of Akron Police department and the City of Akron Police related to alcohol and other drug incidents involving the University of Akron students.
7. Halting of the Certified Peer Educator program.
8. Need an AOD Task Force for the university.

Opportunities

1. Strengthen partnerships with community resources and stakeholders.
2. Re-establish the Certified Peer Educator program.
3. Potential grant funding to support AOD programming and research.
4. Develop partnerships with other colleges and universities.
5. The centralized location of our campus allows for partnerships with the City of Akron and other local entities.
6. The joining of campus partners with ZipAssist to participate in the Community Resource Fair which introduces students to a myriad of off campus services, such as, the Summit ADM Counseling & Mental Health Board, Portage Path Behavioral Health, Child Guidance and Family Solutions, and others from the community
7. Expand the Collegiate Recovery Community (CRC) on campus. CRC's aspire to augment the positive campus experience for students in recovery, many of who has remained a silent minority in our student body. According to SAMHSA[i] 12/3% of college aged adults (18-25) met the criterion for a substance use disorder. This statistic is the highest of any age category. Absent from this data are the numbers of young persons who are in recovery from addition. Add to that, the volume of non-traditional adult learners who return to college after encountering recovery in their adulthood.

   Benefits of CRC's:

   - Student Retention: Having a CRC available to UA students can offer a type of social support and recovery meaning that reduces chances of relapse. Studies indicate more than 40% of student attrition involve substance abuse[ii]. Texas Tech University makes a business case for the value of their CRC. They include students who have sought help for substance use into their peer support model. By ensuring their engagement in the CRC they estimate retaining $430,500 in direct tuition revenue that could be lost through relapse and dropping out.[iii]
   - Student Recruitment: Addictions recovery is a lifestyle. Last year, in Summit County alone, almost 5,000 persons received substance use treatment. As many of these are launched into a recovery lifestyle, they look for opportunities, be they professional or academic, congruent with recovery beliefs. According to a national study on collegiate recovery programs in 2013[v], 34% of students would not be in college if not for CRC [iv]. In short, some students choose a college based on how well their recovery may be supported. A CRC could make Akron a destination program for persons in recovery.
   - Congruent with our beliefs: With the birth of Alcoholics Anonymous, the recovery movement was born right here in Akron, Ohio. Every June over 20,000 persons in recovery, from all over the world, make pilgrimage to Akron, Ohio as part of AA

Founders Day Weekend. This event, and all the attention it receives, is held right here on our campus. Imagine the opportunity this provides for our own students in recovery - past, present, and future.

- Per the Association of Recovery in Higher Education (ARHE): The most successfully sustained CRC's have a campus coordinator and dedicated social space. We presently have neither, our CRC has been developed and maintained through faculty participation and student volunteerism.

[i] Transforming Youth Recovery (2015) Collegiate Recovery Asset Survey: 2015 Monitor. Stacy Matthewson Foundation, Reno NV.

[ii] Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer: United States, 2015. HHS Publication NO. SMA-16-Baro-2015. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015

[iii] Sullivan M, Rieke R. (2003) Understanding college alcohol abuse and academic performance: Selecting appropriate intervention strategies, Journal of College Counseling. 3:114-123.

[iv] Center for the Study of Addiction and Recovery (2010) Making an Opportunity for Your Campus: A Comprehensive Curriculum for Designing a Collegiate Recovery Community. University Press: Texas Tech University

[v] Laudet, A, et al, (2015) Characteristics of Students Participating in Collegiate Recovery Programs: A National Survey. Journal of Substance Abuse Treatment. Volume 51, April 2015, Pages 38-46.

Threats/Challenges

1. Continued financial constraints for the university.
2. University-wide staff turnover and vacant positions across campus.
3. Increase in the participation of vaping by college students.
4. Outreach to and response from high-risk students, athletes, Greek Life students, non-traditional students, international students, and graduate student populations.

Recommendations for Next Biennium

The following are the recommended goals for the next biennium, 2024-2026:

1. Prioritize the implementation of the AOD Task Force.
2. Continue the use of a strategic planning tool (i.e.CollegeAim) for tracking the effectiveness of interventions, and use as a reference guide for programming, assessments, and surveys.
3. Research funding opportunities to implement the Certified Peer Educator Program.
4. Continue to measure and report on the effectiveness of the Amnesty Program (both medical and limited).
5. Increase the participation of campus partners to assist in the writing of the Drug Free Schools and Community Act report.

Conclusion

The academic year 2023-2024 will continue to present financial and staffing issues for the University of Akron. Individual departments on campus will need to prioritize their departmental goals with funding limitations while also contributing to meet the established goals of the Drug Free Schools and Community Act. During this time, AOD programmers should collaboratively continue to create comprehensive alcohol and other drug programs for the campus community. The University of Akron faculty and staff will continue to strive to utilize all available resources for an alcohol and drug free school and community.

Appendix A

Alcohol Awareness Week Flyers

Alcohol Awareness Week

MONDAY, OCTOBER 17TH
AVOID A SCARY SITUATION
11:00am-1:00pm
Jean Hower Taber Student Union
International Lounge
Sponsored by: Campus Programs

ABOVE THE INFLUENCE
Presentation & Activity
7:00pm-8:00pm
Jean Hower Taber Student Union
Ballroom C, D, E
Sponsored by: Fraternity & Sorority Life

TUESDAY, OCTOBER 18TH
MOCKTAILS
6:00pm
Jean Hower Taber Student Union Ballroom
Sponsored by: ZPN

WEDNESDAY, OCTOBER 19TH
ELAINE PASQUA
Sex and Excess: Surviving the Party
3:05pm
Jean Hower Taber Student Union Gardner Theatre
Sponsored by: Residence Life & Housing

SELF-DEFENSE COURSE
5:00pm-7:00pm
Student Recreation & Wellness Center - Blue Courts
Sponsored by: Campus Programs, UAPD, & Student Recreation

OCTOBER 17TH-21S T

ZIP N PAINT
6:00pm
Jean Hower Taber Student Union Ballroom A
Sponsored by: ZPN

THURSDAY, OCTOBER 20TH
ROOTBEER KEGGER
8:00pm-10:00pm
Jean Hower Taber Student Union
2nd Floor Concourse
Sponsored by: ZPN, RHC & Student Conduct & Community Standards

FRIDAY, OCTOBER 21ST
DISCUSSING OUR CHOICES
10:00am-12:00pm
Call (330) 972-7082 to RSVP
Sponsored by: Counseling and Testing Center

CAMPUS PROGRAMS

QUESTIONS?
CONTACT ALLIE ADLER AT
AADLER@UAKRON.EDU

ALCOHOL AWARENESS WEEK
OCTOBER 16
11 - 1 AM IN THE UNION CONCOURSE
TABLING WITH CAMPUS PROGRAMS
OCTOBER 16
7 PM IN THE UNION THEATER
IFC SPEAKER: BEERS AREN'T BAD
OCTOBER 16
5 - 6:30PM IN THE UNION BALLROOM
MOCKTAILS
OCTOBER 17
4 - 6 PM IN THE REC CENTER BLUE COURTS
DODGEBALL
OCTOBER 18
7 - 9 PM IN STUDENT UNION 335
ZIP N PAINT
OCTOBER 19
8 - 10 PM IN THE UNION 2ND FLOOR
ROOTBEER KEGGER
TEQUILA

Appendix B
The Healthy Minds Study

University of Akron

THE HEALTHY MINDS STUDY

Fall 2020 Data Report

ABOUT THE HEALTHY MINDS STUDY (HMS)

STUDY TEAM

Principal Investigators: Daniel Eisenberg, PhD & Sarah Ketchen Lipson, EdM, PhD & Justin Heinze, PhD

Co-investigator: Sasha Zhou, PhD, MPH, MHSA

Project Managers: Amber Talaski, MPH & Akilah Patterson, MPH

REPORT TEAM

Graphic Designer: Sarah Fogel, University of Michigan School of Art and Design, Class of 2014

Report Automation: Paul Schulz and Lingxi Li, Population Dynamics and Health Program, University of Michigan

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STUDY PURPOSE

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

STUDY DESIGN

The Healthy Minds Study is designed to protect the privacy and confidentiality of participants. HMS is approved by Advarra, an independent Institutional Review Board. To further protect respondent privacy, the study is covered by a Certificate of Confidentiality from the National Institutes of Health.

SAMPLING

Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over the age of 18. Large schools typically provide a random sample of 8,000 students or more, while smaller schools typically provide a sample of all students. Schools with graduate students typically include both undergraduates and graduate students in the sample.

DATA COLLECTION

HMS is a web-based survey. Students are invited and reminded to participate in the survey via emails, which are timed to avoid, if at all possible, the first two weeks of the term, the last week of the term, and any major holidays. The data collection protocol begins with an email invitation, and non-responders are contacted up to three times by email reminders spaced by 2-4 days each. Reminders are only sent to those who have not yet completed the survey. Each communication contains a URL that students use to gain access to the survey.

NON-RESPONSE ANALYSIS

A potential concern in any survey study is that those who respond to the survey will not be fully representative of the population from which they are drawn. In the HMS, we can be confident that those who are invited to fill out the survey are representative of the full student population because these students are randomly selected from the full list of currently enrolled students. However it is still possible that those who actually complete the survey are different in important ways from those who do not complete the survey. The overall participation rate for the fall 2020 study was 14%. It is important to raise the question of whether the 14% who participated are different in important ways from the 86% who did not participate. We address this issue by constructing non-response weights using administrative data on full student populations. Most of the 36 schools in the fall 2020 HMS were able to provide administrative data about all randomly selected students. The analysis of these administrative data, separated from any identifying information, was approved in the IRB application at Advarra and at each participating school. We used the following variables, when available, to estimate which types of students were more or less likely to respond: sex, race/ethnicity, academic level, and grade point average. We used these variables to estimate the response propensity of each type of student (based on multivariate logistic regressions), and then assigned response propensity weights to each student who completed the survey. The less likely a type of student was to complete the survey, the larger the weight they received in the analysis, such that the weighted estimates are representative of the full student population in terms of the administrative variables available for each institution. Finally, note that these sample weights give equal aggregate weight to each school in the national estimates. An alternative would have been to assign weights in proportion to school size, but we decided that we did not want our overall national estimates to be dominated by schools in our sample with very large enrollments.

ABOUT THIS REPORT

This data report provides descriptive statistics (percentages, mean values, etc.) from the sample of respondents at your institution for a set of key measures. In addition to the key measures highlighted in this report, an appendix is also included with descriptive statistics for each survey item (see below).

APPENDIX

The appendix includes values for most measures in the three standard survey modules that are administered on all participating campuses: Demographics, Mental Health Status, and Mental Health Services Utilization/Help-Seeking. For each measure, the data tables display the following information: the value table for your institution, the 95% confidence interval for your institution's value, the value for the national sample, and an indicator if your institution's value is significantly higher or lower than the national value. All values in the appendix have been weighted to be representative of the full student populations to which they refer (see Non-response Analysis). Also note that for some measures, respondents were allowed to check more than one response category (e.g., they might have gone to more than one type of provider for mental health services), so the percentages

EXPLORING YOUR DATA FURTHER

There are two options for exploring your data beyond what is in this report. First, you can use statistical software (e.g., SPSS, Stata, etc.) to analyze the full data set for your students, which has been provided to your school. Second, you will be able to log on to a user-friendly website with drop-down menus, at data.healthymindsnetwork.org.

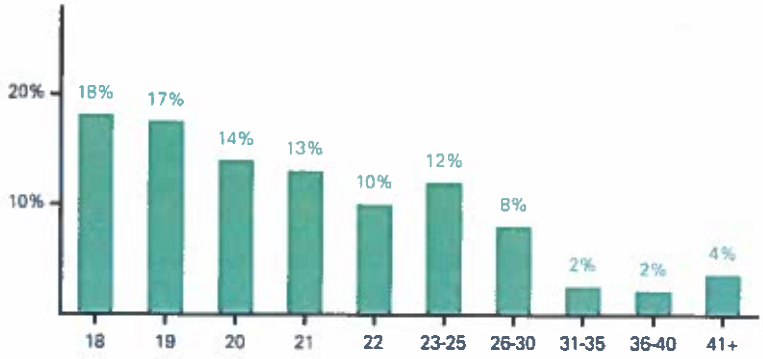
KEY FINDINGS

This section offers a quick look at results that may be of special interest to your institution.

Estimated values of selected measures for University of Akron	Percentage of students
Major depression (positive PHQ-9 screen)	26%
Depression overall, including major and moderate (positive PHQ-9 screen)	46%
Anxiety disorder (positive GAD-7 screen)	39%
Eating disorder (positive SCOFF screen)	11%
Non-suicidal self-injury (past year)	26%
Suicidal ideation (past year)	15%
Lifetime diagnoses of mental disorders	39%
Psychiatric medication (past year)	24%
Mental health therapy/counseling (past year)	25%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	47%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	53%

SAMPLE CHARACTERISTICS (N=1931)

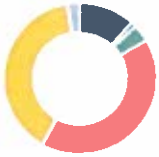
Age (years)



Gender

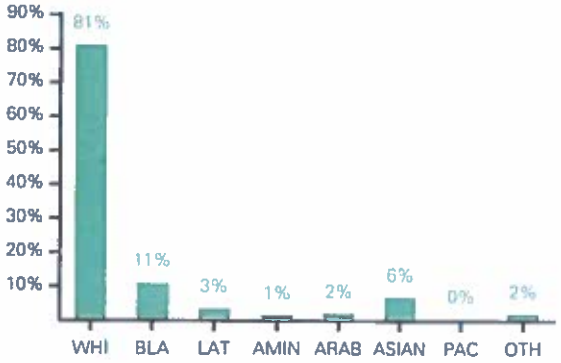
49% Female
49% Male
0% Transgender/gender non-conforming

Living arrangement



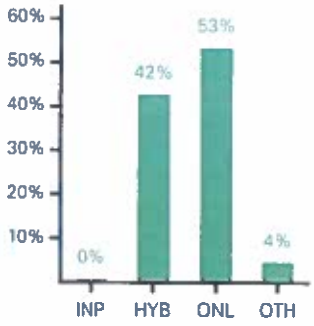
12% Campus residence hall
1% Fraternity or sorority house
4% Other university housing
41% Off-campus, non-university housing
Parent or guardian's home
Other

Race/ethnicity



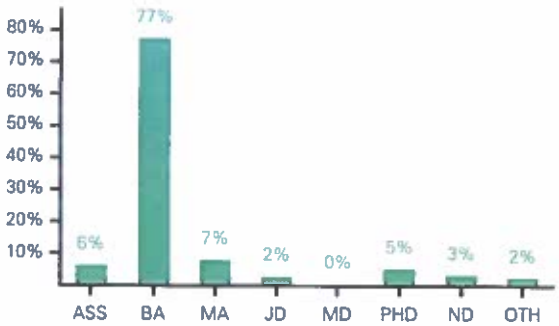
WHI White or Caucasian
BLA African American/Black
LAT Hispanic/Latino
AMIN American Indian/Alaskan Native
ARAB Arab/Middle Eastern or Arab American
ASIAN Asian/Asian American
PAC Pacific Islander
OTH Other

Class Format



INP All In-Person
HYB Hybrid
ONL All Online
OTH Other

Degree program



ASS Associate's degree
BA Bachelor's degree
MA Master's degree
JD JD
MD MD
PHD PhD or equivalent
ND Non-degree student
OTH Other

PREVALENCE OF MENTAL HEALTH PROBLEMS

DEPRESSION SCREEN

Depression is measured using the Patient Health Questionnaire-9 (PHQ-9), a nine-item instrument based on the symptoms provided in the Diagnostic and Statistical Manual for Mental Disorders for a major depressive episode in the past two weeks (Spitzer, Kroenke, & Williams, 1999). Following the standard algorithm for interpreting the PHQ-9, symptom levels are categorized as severe (score of 15+), moderate (score of 10-14), or mild/minimal (score <10).

ANXIETY SCREEN

Anxiety is measured using the GAD-7, a seven-item screening tool for screening and severity measuring of generalized anxiety disorder in the past two weeks (Spitzer, Kroenke, Williams, & Lowe, 2006). Following the standard algorithm for interpreting the GAD-7, symptom levels are categorized as severe anxiety, moderate anxiety, or neither.

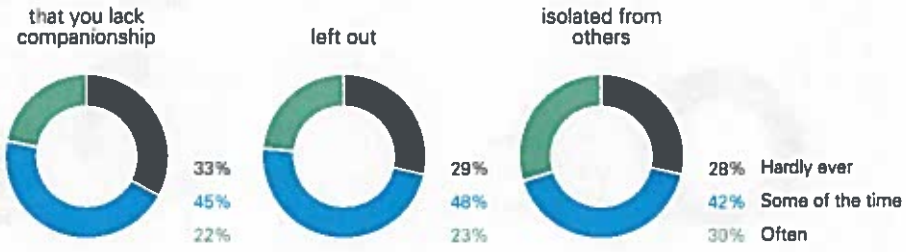
EATING DISORDER SCREEN

Eating disorders are measured using the written U.S. version of the SCOFF, a five-item screening tool designed to identify subjects likely to have an eating disorder (Morgan, Reid, & Lacey, 1999).

LONELINESS

Loneliness is measured using the UCLA three-item Loneliness Scale (Hughes, Waite, Hawkley, & Cacioppo, 2004).

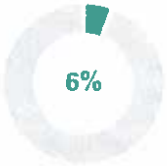
How often do you feel...



SUICIDALITY AND SELF-INJURIOUS BEHAVIOR

Suicidal ideation (past year)

Suicide plan (past year)



Suicide attempt (past year)

Non-suicidal self-injury (past year)

LIFETIME DIAGNOSES OF MENTAL DISORDERS

Have you ever been diagnosed with any of the following conditions by a health professional (e.g. primary care doctor, psychiatrist, psychologist, etc.)? (Select all that apply)

26%	Depression or other mood disorders (e.g., major depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
31%	Anxiety (e.g., generalized anxiety disorder, phobias)
3%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
6%	Trauma and Stressor Related Disorders (e.g., posttraumatic stress disorder)
5%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
3%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
0%	Psychosis (e.g., schizophrenia, schizo-affective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
1%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
61%	No, none of these

ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?

15% None
25% 1 - 2 days
26% 3 - 5 days
34% 6 or more days

POSITIVE MENTAL HEALTH

Positive mental health

Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

HEALTH BEHAVIORS AND LIFESTYLE

Drug use

Over the past 30 days, have you used any of the following drugs? (Select all that apply)

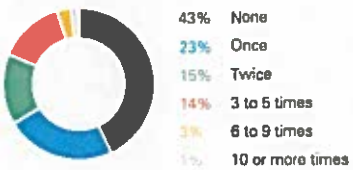
17%	Marijuana
0%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
0%	Opioid pain relievers (such as Vicodin, OxyContin, Percocet, Demerol, Dilaudid, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
1%	Benzodiazepenes
0%	Methamphetamines (also known as speed, crystal meth, or ice)
2%	Other stimulants (such as Ritalin, Adderall) without a prescription or more than prescribed
0%	MDMA (also known as Ecstasy or Molly)
0%	Ketamine (also known as K, Special K)
1%	LSD (also known as acid)
1%	Psilocybin (also known as magic mushrooms, boomers, shrooms)
1%	Kratom
0%	Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)
1%	Other drugs without a prescription
81%	No, none of these

Binge drinking

The following questions ask about how much you drink. A "drink" means any of the following:

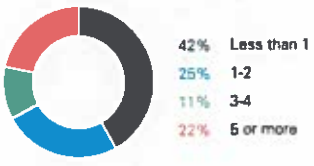
A 12-ounce can or bottle of beer
A 4-ounce glass of wine
A shot of liquor straight or in a mixed drink

During the last two weeks, how many times have you had 4 (female), 5 (male), 4 or 5 (transgender/gender non-conforming) or more drinks in a row? (among those with any alcohol use)



Exercise

In the past 30 days, about how many hours per week on average did you spend exercising? (include any exercise of moderate or higher intensity, where "moderate intensity" would be roughly equivalent to brisk walking or bicycling)

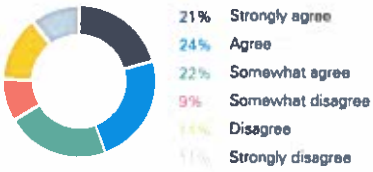


ATTITUDES AND BELIEFS ABOUT MENTAL HEALTH SERVICES

KNOWLEDGE

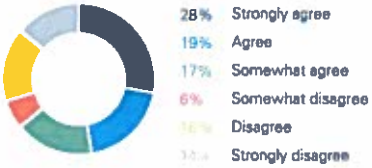
Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go to access resources from my school.



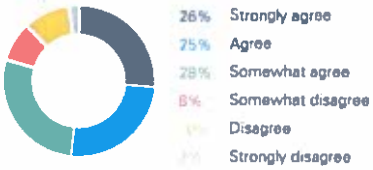
Perceived need (past year)

In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



Perceived need (current)

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



SCHOOL CLIMATE

Anti-racism

I believe my school actively works towards combating racism within the campus community.

USE OF SERVICES

Psychotropic medication use, all students (past year)

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several times per week. (Select all that apply)

4%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
17%	Anti-depressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
1%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
7%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
3%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
4%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
2%	Other medication for mental or emotional health
76%	None

Psychotropic medication use among students with positive depression or anxiety screens (past year)

In the past 12 months have you taken any of the following types of medications? Please count only those you took, or are taking, several times per week. (Select all that apply)

6%	Psychostimulants (e.g., methylphenidate (Ritalin, or Concerta), amphetamine salts (Adderall), dextroamphetamine (Dexedrine), etc.)
24%	Antidepressants (e.g., fluoxetine (Prozac), sertraline (Zoloft), paroxetine (Paxil), escitalopram (Lexapro), venlafaxine (Effexor), buproprion (Wellbutrin), etc.)
1%	Anti-psychotics (e.g., haloperidol (Haldol), clozapine (Clozaril), risperidone (Risperdal), olanzapine (Zyprexa), etc.)
10%	Anti-anxiety medications (e.g., lorazepam (Ativan), clonazepam (Klonopin), alprazolam (Xanax), buspirone (BuSpar), etc.)
5%	Mood stabilizers (e.g., lithium, valproate (Depakote), lamotrigine (Lamictal), carbamazapine (Tegretol), etc.)
7%	Sleep medications (e.g., zolpidem (Ambien), zaleplon (Sonata), etc.)
3%	Other medication for mental or emotional health
67%	None

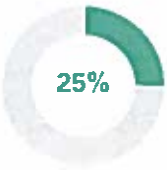
Mental health care access

How has your access to mental health care been affected by the COVID-19 pandemic?

10%	Much more difficult or limited access
16%	Somewhat more difficult or limited access
25%	No significant change in access
2%	Somewhat less difficult or limited access
1%	Much less difficult or limited access
45%	Don't know or not applicable (have not tried to access care)

Mental health counseling/therapy, all students (past year)

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?



Mental health counseling/therapy among students with positive depression or anxiety screens (past year)

In the past 12 months have you received counseling or therapy for your mental or emotional health from a health professional (such as psychiatrist, psychologist, social worker, or primary care doctor)?

Mental health counseling/therapy, all students (lifetime)

Have you ever received counseling or therapy for mental health concerns?

Mental health counseling/therapy among students with positive depression or anxiety screens (lifetime)

Have you ever received counseling or therapy for mental health concerns?

Informal help-seeking

In the past 12 months have you received counseling or support for your mental or emotional health from any of the following sources? (Select all that apply)

12%	Roommate
42%	Friend (who is not a roommate)
32%	Significant other
35%	Family member
4%	Religious counselor or other religious contact
2%	Support group
1%	Other non-clinical source
34%	None of the above
3%	Faculty member/professor
2%	Staff member

Barriers to help-seeking

In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received? (Select all that apply)

5%	I haven't had the chance to go but I plan to
38%	No need for services
16%	Financial reasons (too expensive, not covered by insurance)
19%	Not enough time
13%	Not sure where to go
7%	Difficulty finding an available appointment
23%	Prefer to deal with issues on my own or with support from family/friends
2%	Privacy concerns
3%	People providing services don't understand me
7%	Other
15%	No barriers

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Email: healthyminds@umich.edu
Website: www.healthymindsnetwork.org

The Healthy Minds Network

APPENDIX: DESCRIPTIVE STATISTICS FOR SURVEY ITEMS

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics				
Sample				
N	1931			
Response Rate	11%			
Gender				
Female	49%	(47%, 51%)	55%	X
Male	49%	(47%, 51%)	42%	X
Transgender/gender non-conforming	0%	(0%, 0%)	0%	
Race/Ethnicity				
White / Caucasian	81%	(79%, 82%)	72%	X
Black / African American	11%	(9%, 12%)	10%	
Hispanic / Latino	3%	(2%, 4%)	13%	X
American Indian	1%	(1%, 2%)	2%	X
Arab / Middle Eastern	2%	(1%, 2%)	1%	
Asian / Asian American	6%	(5%, 8%)	10%	X
Pacific Islander	0%	(0%, 1%)	1%	X
Other	2%	(1%, 2%)	2%	
Country				
US Resident / Citizen	95%	(94%, 96%)	96%	X
International	5%	(4%, 6%)	4%	X
Residence				
Campus residence hall	12%	(10%, 13%)	14%	X
Fraternity / sorority house	1%	(1%, 2%)	2%	X
Other campus housing	4%	(3%, 5%)	5%	
Off-campus / non-university housing	41%	(39%, 44%)	41%	
Parent or guardian's home	39%	(37%, 42%)	34%	X
Other	3%	(2%, 3%)	5%	X
Academic level				
Associates	6%	(5%, 7%)	28%	X
Bachelors	77%	(75%, 79%)	50%	X
Masters	7%	(6%, 9%)	9%	
JD	2%	(2%, 3%)	1%	X
MD	0%	(0%, 0%)	1%	X
PhD or equivalent	5%	(4%, 6%)	6%	X
Other	2%	(1%, 3%)		
Non-degree	3%	(2%, 4%)	5%	X
			3%	
Ever trained for or served in the military (Armed Forces, Reserves, or National Guard)	3%	(2%, 4%)	3%	
Age				
18-22	72%	(70%, 74%)	63%	X
23-25	12%	(11%, 13%)	13%	
26-30	8%	(7%, 9%)	11%	X
31+	8%	(7%, 9%)	14%	X
Highest educational attainment of either parent				
Less than high school degree	3%	(2%, 4%)	5%	X
High school degree	28%	(26%, 30%)	25%	X
College degree	46%	(44%, 48%)	41%	X
Graduate degree	23%	(21%, 25%)	29%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Respondent Characteristics				
Religiosity				
Very important	19%	(17%, 20%)	23%	X
Important	21%	(20%, 23%)	22%	
Neutral	27%	(25%, 29%)	25%	
Unimportant	15%	(13%, 16%)	14%	
Very unimportant	18%	(16%, 20%)	16%	X
Current financial situation				
Always stressful	17%	(15%, 19%)	16%	
Often stressful	24%	(22%, 26%)	24%	
Stressful	37%	(34%, 39%)	35%	
Rarely Stressful	18%	(16%, 19%)	18%	
Never Stressful	5%	(4%, 6%)	6%	X
Financial situation growing up				
Always stressful	12%	(10%, 13%)	12%	
Often stressful	17%	(15%, 19%)	18%	
Stressful	33%	(31%, 36%)	29%	X
Rarely Stressful	26%	(24%, 28%)	27%	
Never Stressful	12%	(11%, 13%)	14%	X
Relationship status				
Single	49%	(47%, 52%)	50%	
In a relationship	39%	(37%, 41%)	33%	X
Married or domestic partnership	10%	(9%, 11%)	15%	X
Divorced	1%	(0%, 1%)	1%	
Sexual orientation				
Heterosexual	81%	(79%, 83%)	81%	
Bisexual	11%	(10%, 12%)	10%	
Gay / lesbian	3%	(2%, 4%)	3%	
Queer	2%	(1%, 2%)	3%	X
Questioning	3%	(2%, 4%)	3%	
Other	2%	(1%, 3%)	3%	X
Chronic disease				
Diabetes	2%	(1%, 3%)	2%	
High blood pressure	3%	(2%, 4%)	4%	X
Asthma	16%	(14%, 17%)	15%	
Thyroid disease (e.g., hypothyroid or hyperthyroid)	2%	(2%, 3%)	3%	X
Gastrointestinal disease (e.g., Crohn's Disease, Ulcerative Colitis)	2%	(2%, 3%)	2%	
Arthritis	2%	(2%, 3%)	2%	
Sickle cell anemia	0%	(0%, 1%)	0%	
Seizure disorders (e.g., epilepsy)	1%	(0%, 1%)	1%	
Cancers	1%	(0%, 1%)	1%	
High cholesterol	1%	(1%, 2%)	2%	X
HIV/AIDS	0%	(0%, 0%)	0%	
Other autoimmune disorder (please specify)	2%	(1%, 3%)	2%	
Other chronic disease (please specify)	5%	(4%, 6%)	5%	
Race/Ethnicity Subcategories				
Black				
African	16%	(11%, 22%)	17%	
African American	75%	(68%, 81%)	73%	
African Carribean	5%	(1%, 10%)	11%	
Afro-Latina/o/x	3%	(1%, 5%)	5%	
Other	5%	(2%, 8%)	6%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Race/Ethnicity Subcategories				
Asian				
East Asian (eg Chinese, Japanese, Korean, Taiwanese)	43%	(34%, 52%)	46%	
Southeast Asian (eg Cambodian, Vietnamese, Hmong)	13%	(7%, 19%)	19%	
South Asian (eg Indian, Pakistani, Nepalese, Sri Lankan)	36%	(28%, 45%)	22%	X
Filipina/o/x	7%	(3%, 11%)	15%	X
Other	2%	(0%, 5%)	2%	
Hispanic				
Mexican/Mexican American	42%	(30%, 54%)	49%	
Central American	8%	(0%, 15%)	12%	
South American	17%	(8%, 26%)	18%	
Carribean	18%	(9%, 27%)	14%	
Other	18%	(10%, 26%)	11%	
Mental Health Measures				
Positive Mental Health				
Flourishing Scale (8-56)	41.8	(41.4, 42.2)	43.2	X
Depression (PHQ-9)				
Overall score (0-27)	10.1	(9.7, 10.4)	8.9	X
In moderate range (10-14)	16%	(15%, 18%)	17%	
In moderately severe range (15-19)	12%	(11%, 14%)	10%	X
In severe range (20-27)	10%	(9%, 12%)	8%	X
Major depression (positive screen)	26%	(24%, 28%)	21%	X
Other depression (positive screen)	19%	(17%, 21%)	19%	
Depression overall	46%	(43%, 48%)	39%	X
Impairment from depression (1)				
Not difficult at all	20%	(18%, 22%)	23%	X
Somewhat difficult	48%	(46%, 51%)	51%	X
Very difficult	19%	(17%, 20%)	17%	
Extremely difficult	12%	(11%, 14%)	8%	X
Generalized anxiety (GAD-7)				
Overall score (0-21)	8.5	(8.2, 8.8)	7.7	X
In moderate range (10-14)	20%	(18%, 22%)	18%	X
In severe range (15-21)	19%	(17%, 21%)	16%	X
Probable anxiety disorder (positive screen)	39%	(37%, 42%)	34%	X
Depression/Anxiety				
Depression or anxiety disorder	53%	(51%, 56%)	47%	X
Disordered eating and body image				
Probable eating disorder (3+ on SCOFF)	11%	(9%, 12%)	11%	
Need to be very thin to feel good about self	25%	(23%, 27%)	25%	
Think you are very underweight	2%	(1%, 2%)	2%	
Academic impairment from mental health, past 4 weeks (2)				
None	15%	(13%, 17%)	17%	X
1-2 days	25%	(23%, 27%)	29%	X
3-5 days	26%	(24%, 28%)	26%	
6 or more days	34%	(31%, 36%)	28%	X

(1) How difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

(2) How many days have you felt that emotional or mental difficulties have hurt your academic performance?

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Self-Injury and Suicide				
Non-suicidal self-injury, past year				
Any	26%	(24%, 28%)	23%	X
Cutting self	5%	(4%, 6%)	5%	
Burning self	2%	(1%, 2%)	2%	
Punching or banging self	12%	(10%, 14%)	10%	X
Scratching self	9%	(8%, 11%)	8%	
Pulling one's hair	9%	(8%, 11%)	8%	X
Biting self	4%	(3%, 5%)	4%	
Interfering with wound healing	9%	(8%, 11%)	8%	
Carving words or symbols in skin	1%	(0%, 1%)	1%	
Rubbing sharp objects on skin	3%	(2%, 4%)	3%	
Punching or banging wall or object	9%	(8%, 10%)	7%	X
Other	2%	(1%, 2%)	1%	
Frequency of self-injury, past year (among those with any)				
Once or twice	46%	(41%, 50%)	52%	X
Once a month or less	28%	(24%, 32%)	25%	
2 or 3 times a month	14%	(11%, 18%)	13%	
Once or twice a week	8%	(5%, 10%)	6%	
3 to 5 days a week	3%	(2%, 5%)	3%	
Nearly everyday, or everyday	1%	(0%, 3%)	1%	
Suicidality				
Seriously thought about attempting suicide, past year	15%	(14%, 17%)	13%	X
Made a plan for attempting suicide, past year	6%	(4%, 7%)	6%	
Attempted suicide, past year	1%	(1%, 2%)	1%	
Previous Diagnoses of Mental Disorders				
Mental disorders				
Any	39%	(37%, 41%)	41%	
Depression or mood disorder				
Any	26%	(24%, 28%)	28%	
Major depression	14%	(13%, 16%)	14%	
Dysthymia	2%	(1%, 2%)	2%	
Premenstrual dysphoric disorder	0%	(0%, 1%)	1%	
Bipolar and related disorders				
Any	3%	(2%, 4%)	3%	
Bipolar I disorder	1%	(0%, 1%)	1%	
Bipolar II disorder	1%	(1%, 2%)	1%	
Cyclothymic disorder	0%	(0%, 0%)	0%	
Anxiety disorder				
Any	31%	(29%, 33%)	31%	
Generalized anxiety disorder	25%	(23%, 27%)	25%	
Panic disorder	5%	(4%, 6%)	5%	
Agorophobia	0%	(0%, 1%)	0%	
Specific phobia	0%	(0%, 1%)	1%	
Social anxiety disorder or social phobia	6%	(5%, 7%)	7%	
Obsessive-compulsive or related disorders				
Any	4%	(3%, 5%)	5%	
Obsessive-compulsive disorder	4%	(3%, 4%)	4%	
Trauma and stressor related disorders				
Any	6%	(5%, 7%)	8%	X
Posttraumatic stress disorder	5%	(4%, 6%)	7%	X
Acute stress disorder	0%	(0%, 1%)	1%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Previous Diagnoses of Mental Disorders				
Psychotic disorder				
Any	0%	(0%, 0%)	0%	
Schizophrenia	0%	(0%, 0%)	0%	
Neurodevelopmental disorder or intellectual disability				
Any	5%	(4%, 6%)	7%	X
ADHD	4%	(3%, 5%)	6%	X
Other intellectual disability	0%	(0%, 0%)	0%	X
Autism spectrum disorder	1%	(0%, 1%)	1%	X
Eating disorder				
Any	3%	(2%, 4%)	3%	
Anorexia nervosa	1%	(1%, 2%)	2%	
Bulimia nervosa	1%	(0%, 1%)	1%	
Binge eating disorder	1%	(1%, 2%)	1%	
Personality disorder				
Any	1%	(0%, 1%)	1%	X
Substance abuse disorder				
Any	1%	(1%, 1%)	2%	X
Alcohol abuse disorder	1%	(0%, 1%)	1%	
Health Behaviors and Lifestyle				
Substance use, past 30 days				
Cigarettes	6%	(5%, 7%)	7%	
Vape pen or E-Cigarette	15%	(13%, 16%)	15%	
Marijuana	17%	(16%, 19%)	20%	X
Cocaine	0%	(0%, 1%)	1%	
Heroin	0%	(0%, 0%)	0%	
Opioid pain relievers without a prescription or more than prescribed	0%	(0%, 1%)	0%	
Benzodiazepenes	1%	(0%, 1%)	0%	
Methamphetamines	0%	(0%, 0%)	0%	
Other stimulants without a prescription or more than prescribed	2%	(1%, 2%)	1%	
MDMA (also known as Ecstasy or Molly)	0%	(0%, 0%)	0%	
Ketamine (also known as K, Special K)	0%	(0%, 0%)	0%	
LSD (also known as acid)	1%	(0%, 1%)	1%	
Psilocybin (also known as magic mushrooms, boomers, shrooms)	1%	(1%, 2%)	2%	
Kratom	1%	(0%, 1%)	0%	
Athletic performance enhancers (anything that violates policies set by school or any athletic governing body)	0%	(0%, 0%)	0%	
Other drugs without a prescription	1%	(0%, 1%)	1%	
In the past 2 weeks, about how many times did you have 4 [female]/5 [male]/4 or 5 [transgender/gender non-conforming] or more alcoholic drinks in a row? (1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink.)				
More than one time	28%	(26%, 30%)	28%	
More than 3 times	9%	(8%, 10%)	9%	
Time studying/doing homework				
Less than 1 hour/week	3%	(2%, 3%)	2%	X
1-2 hours/week	7%	(5%, 8%)	6%	
3-5 hours/week	18%	(16%, 20%)	20%	X
6-10 hours/week	28%	(26%, 30%)	28%	
11-15 hours/week	18%	(16%, 20%)	17%	
16-20 hours/week	13%	(12%, 15%)	13%	
More than 20 hours/week	14%	(13%, 16%)	15%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Health Behaviors and Lifestyle				
Violence (past 12 months)				
Did anyone strike or physically injure you?	6%	(5%, 8%)	6%	
Attitudes and Beliefs about Services				
...think less of someone who has received mental health treatment.				
I...	6%	(4%, 7%)	6%	
Most people...	53%	(51%, 55%)	45%	X
know where to go to access resources				
Agree or strongly agree	66%	(64%, 69%)	70%	X
Beliefs about effectiveness of treatment for depression				
Believes medication is helpful or very helpful for depression	58%	(55%, 60%)	60%	X
Believes therapy is helpful or very helpful for depression	78%	(76%, 80%)	84%	X
Help-Seeking				
Think you needed help for emotional or mental health problems, past year				
Strongly agree	28%	(26%, 30%)	25%	X
Agree	19%	(18%, 21%)	18%	
Somewhat agree	17%	(15%, 19%)	17%	
Somewhat disagree	6%	(5%, 7%)	6%	
Disagree	16%	(14%, 18%)	15%	
Strongly disagree	14%	(12%, 16%)	19%	X
Prescriber (among those with any past-year medication use)				
General practitioner/nurse practitioner/primary care physician	65%	(61%, 70%)	62%	
Psychiatrist	31%	(26%, 35%)	36%	X
Other type of health provider	4%	(2%, 6%)	4%	
No prescription	4%	(2%, 6%)	4%	
Don't know	3%	(1%, 5%)	1%	X
Discussed medication with provider, past year (among those with medication use)				
Not at all	13%	(9%, 17%)	9%	X
1-2 times	37%	(33%, 42%)	40%	
3-5 times	25%	(21%, 29%)	27%	
More than 5 times	23%	(19%, 27%)	22%	
Whom you would talk to, if you were experiencing serious emotional distress				
Professional clinician	29%	(27%, 31%)	33%	X
Roommate	13%	(11%, 14%)	15%	X
Friend (who is not a roommate)	43%	(40%, 45%)	43%	
Significant other	33%	(31%, 35%)	35%	
Family member	40%	(38%, 42%)	43%	X
Religious counselor / other religious contact	7%	(6%, 8%)	7%	
Support group	3%	(2%, 4%)	4%	
Other non-clinical source	1%	(1%, 1%)	1%	X
No one	9%	(7%, 10%)	9%	
Therapy or counseling for mental health				
Past year	25%	(23%, 27%)	29%	X
Current	14%	(13%, 16%)	14%	

Help-Seeking

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Visits in past year, among those with any				
1-3	42%	(38%, 45%)	39%	
4-6	16%	(14%, 19%)	20%	X
7-9	13%	(11%, 15%)	13%	
More than 10	7%	(6%, 9%)	7%	
Use of specific providers for therapy or counseling for mental health				
Campus Provider A	7%	(6%, 9%)	10%	X
Campus Provider B	1%	(0%, 1%)	1%	
Campus Provider C	2%	(1%, 2%)	2%	
Use of specific providers for therapy or counseling for mental health				
Psychiatric emergency services	1%	(1%, 1%)	1%	
Inpatient psychiatric hospital	1%	(1%, 2%)	1%	
Partial hospitalization program	1%	(0%, 1%)	1%	
Provider in the local community (not on campus)	7%	(6%, 8%)	9%	X
Provider in another location (such as hometown)	11%	(9%, 12%)	11%	
Other	1%	(1%, 2%)	2%	X
Any medication or therapy for mental health				
Past year	36%	(34%, 39%)	39%	X
Current	25%	(23%, 27%)	26%	
Any medication or therapy, among those with positive depression or anxiety screen				
Past year	47%	(44%, 51%)	53%	X
Current	35%	(32%, 38%)	38%	
Any visit to a health provider				
Past year	67%	(65%, 69%)	71%	X
Received counseling or support for mental health from these sources, past year				
Roommate	12%	(11%, 14%)	14%	
Friend (other than roommate)	42%	(40%, 45%)	40%	
Significant other	32%	(29%, 34%)	30%	
Family member	35%	(32%, 37%)	37%	
Religious contact	4%	(3%, 5%)	4%	
Support group	2%	(1%, 2%)	2%	
Other non-clinical source	1%	(0%, 1%)	1%	
None of the above	34%	(32%, 36%)	35%	
How helpful, overall, do you think the medication(s) was or has been for your mental or emotional health?				
Very helpful	33%	(29%, 38%)	38%	X
Helpful	34%	(29%, 38%)	32%	
Somewhat helpful	24%	(20%, 28%)	22%	
Not helpful	9%	(6%, 12%)	8%	
How helpful, overall, do you think therapy or counseling was or has been for your mental or emotional health?				
Very helpful	34%	(30%, 37%)	36%	
Helpful	29%	(25%, 32%)	27%	
Somewhat helpful	24%	(21%, 27%)	25%	
Not helpful	13%	(11%, 16%)	13%	

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Help-Seeking				
Of the places you reported receiving counseling or therapy, how were your counseling or therapy sessions conducted?				
In-person only	35%	(31%, 40%)	35%	
Remote/telehealth only (digital video conferencing, text/app chat, etc.)	27%	(23%, 32%)	29%	
Both in-person and remote	37%	(33%, 42%)	36%	

Satisfaction with Therapy, Campus Providers

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Convenient hours				
Very dissatisfied	1%	(0%, 2%)	3%	X
Dissatisfied	3%	(1%, 4%)	5%	X
Somewhat dissatisfied	13%	(7%, 19%)	7%	X
Somewhat satisfied	16%	(11%, 21%)	19%	
Satisfied	42%	(34%, 49%)	42%	
Very satisfied	26%	(20%, 33%)	24%	
Location				
Very dissatisfied	1%	(0%, 3%)	2%	
Dissatisfied	3%	(1%, 6%)	3%	
Somewhat dissatisfied	7%	(3%, 10%)	6%	
Somewhat satisfied	16%	(10%, 22%)	15%	
Satisfied	51%	(44%, 59%)	47%	
Very satisfied	21%	(16%, 27%)	27%	
Quality of therapists				
Very dissatisfied	2%	(0%, 4%)	4%	
Dissatisfied	4%	(1%, 7%)	5%	
Somewhat dissatisfied	7%	(3%, 11%)	8%	
Somewhat satisfied	16%	(11%, 22%)	14%	
Satisfied	30%	(24%, 37%)	33%	
Very satisfied	40%	(33%, 48%)	36%	
Respect for privacy concerns				
Very dissatisfied	0%	(0%, 0%)	2%	
Dissatisfied	1%	(0%, 2%)	1%	
Somewhat dissatisfied	3%	(0%, 5%)	2%	
Somewhat satisfied	5%	(2%, 9%)	8%	
Satisfied	39%	(31%, 46%)	38%	
Very satisfied	52%	(44%, 60%)	49%	
Scheduling appointments w/o long delays				
Very dissatisfied	4%	(1%, 8%)	5%	
Dissatisfied	3%	(1%, 6%)	5%	
Somewhat dissatisfied	5%	(2%, 8%)	7%	
Somewhat satisfied	16%	(9%, 22%)	15%	
Satisfied	36%	(29%, 43%)	36%	
Very satisfied	37%	(29%, 44%)	33%	

Note: the confidence intervals are wide for these numbers, because the sample sizes are small (these questions were only asked of service users).

Satisfaction with Therapy, Non-Campus Providers

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Convenient hours				
Very dissatisfied	1%	(0%, 2%)	1%	
Dissatisfied	2%	(0%, 4%)	3%	
Somewhat dissatisfied	5%	(2%, 9%)	7%	
Somewhat satisfied	17%	(11%, 22%)	19%	
Satisfied	50%	(42%, 57%)	43%	
Very satisfied	26%	(19%, 33%)	27%	
Location				
Very dissatisfied	3%	(1%, 5%)	2%	
Dissatisfied	4%	(2%, 8%)	3%	
Somewhat dissatisfied	5%	(3%, 8%)	6%	
Somewhat satisfied	12%	(8%, 15%)	16%	X
Satisfied	50%	(44%, 55%)	43%	X
Very satisfied	27%	(22%, 32%)	29%	
Quality of therapists				
Very dissatisfied	3%	(1%, 5%)	3%	
Dissatisfied	3%	(1%, 5%)	4%	
Somewhat dissatisfied	6%	(4%, 9%)	6%	
Somewhat satisfied	14%	(10%, 18%)	14%	
Satisfied	35%	(30%, 41%)	31%	
Very satisfied	38%	(32%, 43%)	41%	
Respect for privacy concerns				
Very dissatisfied	2%	(0%, 3%)	1%	
Dissatisfied	1%	(0%, 2%)	1%	
Somewhat dissatisfied	2%	(0%, 4%)	2%	
Somewhat satisfied	6%	(3%, 9%)	7%	
Satisfied	38%	(32%, 43%)	35%	
Very satisfied	52%	(46%, 57%)	53%	
Scheduling appointments w/o long delays				
Very dissatisfied	5%	(3%, 8%)	4%	
Dissatisfied	2%	(1%, 3%)	4%	X
Somewhat dissatisfied	8%	(5%, 11%)	6%	
Somewhat satisfied	16%	(11%, 19%)	14%	
Satisfied	37%	(32%, 43%)	34%	
Very satisfied	33%	(27%, 38%)	38%	

Barriers and Facilitators to Help-Seeking

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Reasons for receiving no or fewer services for mental health				
I haven't had the chance to go but I plan to.	5%	(4%, 5%)	4%	
No need for services	38%	(36%, 41%)	40%	
Financial reasons	16%	(14%, 18%)	17%	
Not enough time	19%	(17%, 21%)	18%	
Not sure where to go	13%	(12%, 15%)	13%	
Difficulty finding an available appointment	7%	(6%, 8%)	7%	
Prefer to deal with issues on my own or with support from family/friends	23%	(21%, 25%)	21%	X
Other	7%	(6%, 9%)	7%	
No barriers	15%	(13%, 16%)	15%	
Reasons for seeking help				
Decided on my own	70%	(66%, 74%)	71%	
Friend encouraged or pressured me	17%	(14%, 20%)	18%	
Family member encouraged or pressured me	34%	(30%, 38%)	36%	
Other person encouraged or pressured me	5%	(4%, 7%)	5%	
A campus advisor mandated me to seek help by campus staff	1%	(0%, 1%)	1%	
I acquired more information about my options	1%	(0%, 1%)	1%	
A campus advisor referred me to seek help	4%	(2%, 5%)	3%	
Health professional recommended help	14%	(11%, 17%)	13%	
Other reasons	4%	(2%, 5%)	4%	
Source of health insurance				
None (uninsured)	5%	(4%, 6%)	5%	
Parent's employer	51%	(49%, 53%)	47%	X
Own employer	5%	(4%, 8%)	9%	X
Spouse's employer	2%	(2%, 3%)	4%	X
Student plan	3%	(2%, 4%)	5%	X
Embassy or other international source	0%	(0%, 0%)	0%	
Individual market	2%	(1%, 2%)	2%	X
Public insurance	9%	(8%, 10%)	10%	
Uncertain whether insured	1%	(1%, 2%)	1%	
Insured but uncertain of source	3%	(2%, 4%)	3%	
Plan provides any coverage for local mental health visits (among those with a plan)				
Yes, it definitely would	26%	(24%, 28%)	31%	X
I think it would but am not sure	28%	(26%, 31%)	29%	
I have no idea	37%	(34%, 39%)	30%	X
I think it would not but am not sure	7%	(5%, 8%)	7%	
No, it definitely would not	2%	(2%, 3%)	3%	
Plan meets needs for mental health services (among those with a plan)				
Have not needed plan to cover services	63%	(60%, 65%)	58%	X
Yes, everything I have needed is covered	29%	(27%, 32%)	32%	X
No, the coverage is inadequate to meet my needs	8%	(7%, 9%)	10%	X

MEASURE	All Students	95% CONFIDENCE INTERVAL	NATIONAL SAMPLE	Significantly Different from National Sample
Supportiveness of Academic and Social Environment				
Talked with any academic personnel about mental health problems affecting performance	14%	(12%, 15%)	14%	
Supportiveness of response by academic personnel				
Very supportive	46%	(40%, 52%)	51%	
Supportive	37%	(31%, 43%)	41%	
Not supportive	12%	(8%, 16%)	7%	X
Very unsupportive	4%	(2%, 7%)	2%	X
Whom would you talk to about mental health problems affecting academic performance				
Professor from one of classes	23%	(21%, 25%)	30%	X
Academic advisor	22%	(20%, 24%)	27%	X
Another faculty member	5%	(4%, 6%)	5%	
Teaching assistant	1%	(1%, 2%)	1%	
Student services staff	8%	(7%, 9%)	10%	X
Dean of Students or Class Dean	3%	(2%, 4%)	3%	
Other	4%	(3%, 5%)	4%	
No one	36%	(34%, 38%)	32%	X
Persistence/retention				
Am confident I will finish my degree no matter the challenges	70%	(68%, 72%)	74%	X