



Drug-Free Schools and Communities Act 2016 Biennial Report

EST. 1890

UNT
UNIVERSITY
OF NORTH TEXAS

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I. Introduction

Since 1890, the University of North Texas (UNT) has been a catalyst for transformation for our students and for the North Texas region. As one of the nation's largest public university, UNT is dedicated to providing an excellent educational experience for 36,216 students while fueling the intellectual, economic and cultural progress of one of the largest, most dynamic regions in the United States.

A student-focused public research university, UNT graduates nearly 8,500 students each year from 12 colleges and schools and offers 100 bachelor's, 83 master's and 37 doctoral degree programs, many nationally and internationally recognized. As Dallas-Fort Worth's largest and most comprehensive university, UNT is growing as a national leader in education, research and scholarship, student support and community engagement – the pillars of a great public research university.

University Mission

UNT is a public research university deeply committed to advancing educational excellence and preparing students to become thoughtful, engaged citizens of the world.

This is accomplished through a broad and balanced array of programs where well-prepared students and dedicated scholars and artists collaborate with our local and global communities in the creation, integration, application and dissemination of knowledge. In this way, UNT creates an enriched and sustainable future for our students, state, nation and world.

University Vision

As the most comprehensive public research university providing a top quality education in one of the nation's largest, most dynamic regions, UNT will be celebrated for its academics, arts and athletics. UNT will be a diverse and inclusive institution creating knowledge and innovations that will shape the future, while cultivating excellence in the next generation of scholars and leaders for the global community.

University of North Texas and Drug Free Schools and Community Act

The University of North Texas is dedicated to developing and creating a community that is free from the illegal use of alcohol beverages and drugs. The success and development of all students is a priority at the University of North Texas. We are dedicated to creating an environment that is safe and stimulating to the growth potential of every student. We believe it is important to create this environment due to the health risks associated with consumption of alcohol including,

- Possibility of substance use disorder (formerly known as alcohol addiction)
- Consumption of alcohol, even in small amounts, has been shown to cause both liver and heart damage

- Working out and cardiovascular exercise after consuming alcohol can significantly increase heart and liver damage for up to 5 days
- Alcohol disrupts sleep and neurological rhythms vital to repair, growth, and healing
- About 97,000 students between 18-24 experiencing alcohol-related sexual assault or date rape
- 696,000 U.S. university students experience assault by another student who has been drinking
- Overdose can lead to neurological and/or physiological damage as well as death

To create an environment that is free from illegal use of alcohol and drugs, the University of North Texas takes various proactive steps. University regulations prohibit any unlawful possession, use, distribution, or sale of alcohol and other drugs by students, faculty, staff, or guests to the university, on university-owned property and at all university sponsored activities. University of North Texas students are also prohibited from the illegal use of drugs or alcohol whether on or off campus. The legal age for the consumption of alcohol is 21 years of age. Any underage student consuming alcohol is violating standards for student conduct. Additionally, excessive alcohol use can lead to additional violations, such as driving while intoxicated or public intoxication.

University Smoke-Free Campus Policy

The University of North Texas became a smoke-free campus on January 1, 2013. In the interest of promoting the health, well-being and safety of students, faculty, staff and campus visitors, the University of North Texas (“UNT”) prohibits smoking anywhere on university property and limits the use of smokeless tobacco products and electronic cigarettes on the UNT campus.

The smoke-free includes:

- Smoking is prohibited on UNT property (indoors and outdoors) and in UNT-owned vehicles.
- The use of smokeless tobacco and electronic cigarettes is prohibited in buildings. It is allowed only outdoors, 25 feet or more from a building entrance.
- The sale and distribution of tobacco products are prohibited on campus.
- Smoking is allowed in personal vehicles provided that the windows are closed and waste products are disposed of properly.

PART ONE

PROGRAMS

II. Drug and Alcohol Programs

A. Student Activities

One of the goals of the Student Activities Center is to help students get involved on campus, to maximize their college experience. Through a variety of events, services, and resources, the office provides students with opportunities to connect to the university and to other students. Student Activities promotes a sense of community and loyalty to the university while serving to enhance the social, intellectual, and developmental growth of students as individuals or as members of student organizations. We do this through three main areas: campus-wide events and traditions, off-campus student services, and student organization services.

Student Activities Center programs include:

Student Organization Orientation

Orientation is required annually for organization registration. At least one officer must participate. During orientation, organization officers are made aware of University rules and regulations relating to student organizations, as well as services and resources for their benefit. Basic risk management, event planning, and University policy information is covered.

Student Organization Risk Management Training

As required by state law, advanced risk management training is required annually for specified officers of student organizations that are perceived as participating in higher risk activities, including fraternities and sororities in the Office of Greek Life and organizations overseen by the Sport Club Committee. In addition, the training is required once for the specified organizations' advisors. Topics include alcohol violations and sanctions found in the Code of Student Conduct.

For the second school year in a row, Student Activities has shown the risk management video to all student organizations, via our mandatory student organization orientation. The video covers information about alcohol and illegal drugs, including a brief overview of what happens for related violations of the Code of Student Conduct.

Event Safety Committee

The purpose of the Event Safety Committee (ESC) is to ensure that student organization events with possible risks associated with them are executed in the safest way possible, to promote the health and safety of organization members and their guests.

Student organizations wishing to hold events on UNT property dealing with elements that are risky in nature, including the use or distribution of alcohol, must be referred to ESC per UNT University Policy [11.001 Facilities Use Coordination](#). The ESC is chaired by a staff member in the Division of Student Affairs and is comprised of representatives from the Student Activities Center, UNT Police Department, Risk Management (insurance advisor & fire marshal), and a respective facility representative.

In each case, the ESC works with the student organization to achieve its intended goals while promoting safe activities that will protect the organization members, guests, community and property. Advisement of safe and legal handling of alcohol is given to the organization event planners during the ESC meeting and a staff member and UNT Police attend events with alcohol to ensure all measures that were agreed upon in the meeting are being followed. If any violations of the agreements are broken, the organization and individual members must face sanctions or review by one or more of the following:

UNT Police Department

Event Safety Committee

Student Activities Center

Dean of Students Office

ESC Website – http://studentaffairs.unt.edu/programs/event_safety_committee

B. Orientation and Transition Programs

Orientation and Transition Programs (OTP) is a department within Student Affairs Division at University of North Texas. OTP focuses on orientation and providing programs to students who are new to the institution.

Orientation Leader Training

The Orientation Leader team was trained on Campus Safety and Drug Awareness by UNT Police Office Kevin Crawford on Friday, March 29, 2015 and Wednesday, June 8, 2016.

Dean of Students After Dark

An event held in partnership with the Dean of Students Office during freshman orientation, that involved the UNT Police department and the Substance Abuse Resource Center and was intended to educate students on various topics including drugs, alcohol, sexual assault and intimate partner violence.

Life on Campus

During freshman orientation, students and parents participate in a presentation called Life on Campus. Life on Campus is a series of vignettes about real college issues. The Orientation Leader teams performed the vignettes during every freshman orientation session.

C. Student Government Association

Student Government Association (SGA) is the official voice of the undergraduate student body. The organization is used to voice the concerns of the undergraduate student body and also provide programming throughout the school year. As the official representation of the undergraduate student body, the organization works constantly to improve the collegiate experience.

SGA You're Not Alone

A program implemented to raise awareness of various disorders, diseases, and focus groups. Students were able to pick up and wear any of the free colored ribbons, each of which

represented a different disorder or disease. The purpose of the event was to show students that they have more in common than they realize, and to prompt conversations. Substance abuse disorders were represented among the disorders/diseases.

SGA Resolution

In Spring 2016, the SGA Senate passed a resolution supporting revenue generated by the sale of alcohol in the Fuzzy's Taco Shop in the University Union going to Alcohol Education, Drug Prevention, and Mental Health programs.

D. Student Health and Wellness Center

The Student Health and Wellness Center (SHWC) is committed to providing excellent healthcare to our students. Student success, development, and preparation for global citizenship is dependent on the many facets of good health. Mindful of our diverse population we promote responsible personal health choices to enhance each individual's lifelong health and well-being.

Within their purpose we support the mission of the university to ensure service and quality in teaching performance, public service and outreach. SHWC conducted several programs that help educate students on the use of drugs and alcohol.

Clinical Appointments

The Student Health and Wellness Center (SHWC) medical clinic provided students a total of 24 clinical appointments for alcohol and other drugs in 2015. The breakdown of appointments included 3 appointments for alcohol; 13 for cannabis; 2 for cocaine; 2 for opioids; 2 for unspecified stimulants; and 2 for sedatives.

The Student Health and Wellness Center (SHWC) medical clinic provided students a total of 64 clinical appointments for alcohol and other drugs in 2016. The breakdown of appointments included 16 appointments for alcohol; 33 for cannabis; 1 for cocaine; 15 for nicotine; 1 for opioids; 3 for unspecified psychoactive substances; and 3 for sedatives.

The Meadows Center for Health Resources (MCHR) is the health education department of the SHWC. The MCHR provided a total of 64 programs that touched on alcohol and other drugs and engaged 2,694 students during 2015. For 2016, MCHR provided 44 programs and had 949 student contacts. Specific program details are provided in the following entries.

Alcohol Free Events (Fall 2015)

MCHR teamed up with the Substance Abuse Resource Center (SARC) to provide alcohol free events on campus. These events encouraged social gatherings without alcohol to demonstrate that students could enjoy each other's company without alcohol. Two of these events were hosted in Fall 2015 and engaged 361 students.

Alcohol Free Tailgating (Fall 2015 & 2016)

MCHR collaborated with the Collegiate Recovery Program (CRP) and SARC to provide alcohol-free activities during tailgating for UNT home football games. Three tailgating events were held

during the Fall 2015 football season and engaged 342 students. Four tailgating events were held during the Fall 2016 football season and engaged 216 students.

CODE Talks and Eagle Watch Programming (Fall 2015)

MCHR partnered with SARC to provide programming about cannabis and other drugs and bystander intervention in residence halls on campus. This partnership occurred 8 times and resulted in 209 student contacts.

Eagle Watch Bystander Intervention Program (2015 & 2016)

MCHR provided a Bystander Intervention Program discussing tips and techniques for staying safe while at UNT. This program covers consent, hazing, intimate partner violence, and drug and alcohol use. Sixteen Eagle Programs were held during 2015 for a total of 319 contacts. Four Eagle Watch programs were held during Fall 2016 for a total of 260 contacts.

Mental Health Programming (Spring & Fall 2016)

The SHWC was tasked with providing additional programming for mental health services, including the CRP, Counseling and Testing Services (CTS), SARC and other services for addictions to alcohol and other drugs. We provided information about these services at 2 events in Spring 2016 for a total of 93 student contacts. Twelve mental health programs were held in Fall 2016 with 2,553 student contacts.

Mobile Condom Club (Spring 2016)

MCHR runs the Condom Club, a program in which students are educated on appropriate use of barrier methods and can come into the MCHR office in Chestnut Hall once a week to receive a safer sex kit. In Spring 2016, MCHR staff started to provide the Condom Club in a mobile environment, by providing the education and distributing safer sex kits from a cart. These mobile Condom Club events included a conversation about the effects of alcohol and other drugs on consent. Mobile Condom Club was held 2 times and engaged a total of 65 students.

National Drug and Alcohol Facts Week (January 25-31, 2016)

To educate students about effects of alcohol and drugs, the SHWC partnered with CRP, the Student Money Management Center (SMMC), and SARC to hold several on-campus events as part of National Drug and Alcohol Facts Week (NDAFW). Events included tabling activities to provide brief education to students and a Lunch and Learn program to provide more detailed information. The MCHR participated in 3 events for this week and engaged 24 students.

New Student Transition Programs (January and August 2015, January and August 2016)

For new students starting in the Fall and Spring semesters, the University provides programs to help acclimate students to the University and to become acquainted with resources available to UNT students. Thirteen MCHR programs during these new student transition programs touched on alcohol and other drugs, usually in connection with consent for sexual activities or bystander intervention training. For 2015, MCHR provided 7 programs and engaged 321 students. For 2016, MCHR engaged 672 students at 5 events and through 2 online programs.

Safer Sex Programs (2015 & 2016)

MCHR provides safer sex programs that discuss healthy sexual behaviors, proper use of barrier methods, and discussions about consent to sexual activities, including the effects of alcohol and other drugs on consent. For 2015, MCHR provided 19 safer sex programs and engaged 467 students. MCHR provided a total of 15 safer sex programs in 2016 and engaged 657 students.

Sexual Assault Awareness Month (April 2015 & April 2016)

MCHR participated in on-campus events related to Sexual Assault Awareness Month (SAAM), including resources fairs; tabling about safer sex practices, consent and sexual assault resources information; and participating in programs aimed at preventing sexual assaults. In 2015, MCHR participated in a total of 6 programs and engaged 234 students. In 2016, MCHR participated in a total of 5 programs and engaged 191 students.

Sexy Week (February 8-12, 2016)

Sexy Week is a weeklong series of events planned by MCHR to promote safer sexual activities, including the effect of alcohol and other drugs on the ability to provide consent for sexual activity. Five programs held during this week touched on alcohol and other drugs and engaged 415 students.

Spring Break Safety Programs (Spring 2015 and Spring 2016)

MCHR partnered with SARC and SMMC to host an outdoor event the week before Spring Break. At the event, students were educated about responsible use of alcohol, financial planning for spring break trips, sexual health and consents, and sun safety tips. The Spring 2015 event reached 376 students and the Spring 2016 reached 42 students, mainly because weather conditions forced it to an indoor location.

E. Housing and Residence Life

Residence Life Training (RLT)

Residence Life Advisors (RLA) are live-in, part-time, student staff members that work in the Department of Housing & Residence Life. RLAs are made up of the following positions: Resident Assistants, Housing Ambassadors, and Facility Assistants. All RLAs attend Residence Life Training (RLT) prior to the start of each long academic semester to prepare for their job responsibilities. This preparation includes informing them of their role as university staff members regarding both policy and enforcement of issues involving drugs and alcohol. The following training topics are presented to RLA staff, as needed, to allow them to properly fulfill their job responsibilities.

- University and Housing Policy – Housing staff are familiarized with university and Housing policy regarding student conduct. Review of the Code of Student Conduct and the Housing Handbook are included to inform staff of the specific policies they will be enforcing.
- Emergency Protocol and On-call Training – Resident Assistants are provided with a departmental Standard Operating Procedure (SOP) manual which outlines response protocol for emergency situations and disciplinary infractions including: drugs, drug

suspicion, alcohol confiscation, intoxication, and overdose. Additionally, the SOP outlines how RA staff should confront disciplinary situations appropriately.

- Incident Report (IR) Writing – RAs are trained on how to properly document disciplinary incidents so that the information can be utilized for completion of the disciplinary process by Housing staff and the Dean of Students Office.
- Confidentiality – RLA staff are introduced to confidentiality regulations associated with the Family Educational Rights and Privacy Act (FERPA) as well as departmental confidentiality policies related to students being our primary business client.
- Behind Closed Doors (BCD) – Rookie RA staff members practice confronting disciplinary and emergency situations in an artificial setting facilitated by various staff from the department. Central Housing staff, Hall Director staff, and some veteran RAs oversee the process to provide feedback and support for the RAs that is able to be put in to practice during the performance of the job responsibilities.
- Case Study Competition – Veteran RA staff have the opportunity to practice confronting disciplinary and emergency situations by responding to a case study situation. This situation contains several policy violations and the RAs are assessed by both Housing and Dean of Student staff members on how they responded to the situations. This is an ongoing training tool for veteran RAs.

Professional Staff Training

The UNT Housing Professional Staff (Pro Staff) is made up of Hall Directors (HD), Graduate Assistants (GA), and Special Assistants (SA). HDs are full-time, live-in, professional staff members in the residence halls that directly oversee the operation and supervision of the building. HDs participate in a training session before the start of each long academic semester that takes place in advance of RLT for the RLA staff. Additionally, Housing Pro Staff attend, participate, and conduct portions of RLT for the RLA staff. The following are specific topics covered during Pro Staff training:

- University and Housing Policy – Staff are thoroughly familiarized with university and Housing policy regarding student conduct. The Code of Student Conduct, the Hall Director Manual, and the Housing Handbook are reviewed and made available for further reference giving staff the ability to answer questions from staff, students, and parents alike.
- Emergency Protocol and On-call Training – HDs (and some SAs) are provided with a departmental Standard Operating Procedure (SOP) manual which outlines response protocol for emergency situations and disciplinary infractions including: drugs, drug suspicion, alcohol confiscation, intoxication and overdose. Additionally, the SOP outlines how HD staff should confront disciplinary situations and inform University Administration for incidents that threaten personal or community safety.

- Confidentiality – HD staff are familiarized with the Family Educational Rights and Privacy Act (FERPA) and the aspects that apply to management of student records. Departmental confidentiality policies related to students being our primary business client are also covered extensively.
- Incident Report (IR) Writing and Documentation Management – HDs (and some SAs) are trained on IR documentation preparation and documentation management to be prepared to relay information about events that occur within the residence halls so that the information can be utilized for completion of the disciplinary process by Housing staff and/or the Dean of Students Office. In addition, HDs are trained on the steps to maintain appropriate and complete student disciplinary records for Housing use.
- In-hall Discipline Meetings – HDs receive directions for conducting disciplinary meetings with students and are given an understanding of the role that their position plays within the student conduct process in coordination with the Dean of Students Office.

Housing Community Development

The Department of Housing & Residence Life trains their staff in building community with all the students in the residence halls. Part of what the staff works with our students on is promoting healthy behavior on the part of students, as well as, providing health education information for topics that students may not be familiar with. Several partnerships have been developed to ensure that accurate and appropriate information is presented to students through programming.

The Meadows Center for Health Resources, the Substance Abuse Resource Center (SARC), the Drug and Alcohol Education Task Force, Counseling and Testing Services, and the University of North Texas Police Department all provide educational programming or information within the residence halls to address topics such as alcohol and drug awareness, safety, and responsible behavior.

In addition to partnership programming, Housing staff plan and execute intentional programming to engage students both socially and academically to further promote healthy and responsible choices and behavior. Programs offer alternates to negative behaviors, such as alcohol or drug abuse.

Housing employs four doctoral level counseling students who serve as an educational resource and as crisis management professionals. The counselors are available to Housing staff to schedule educational programming on a variety of topics including: addictions, stress management, and other related topics. The Housing counselors also serve as emergency response professionals for students that experience severe distress and are in need of crisis intervention.

Housing also developed an on-going poster campaign to educate residents on the consequences and effects of alcohol/drug abuse as well as personal choices that impact academic success with the Drug & Alcohol Education Taskforce. The posters are on display throughout the residence halls on a year round basis and provide residents with another viewpoint on how their decisions impact them as students at UNT.

Housing & Residence Life Alcohol and Drug Programs

Spring 2015

- **Dine + Palette:** This program replicated the environment of a wine and palette but instead of drinking wine residents were offered healthy snack and drinks. While eating those said snacks, residents learned painting techniques and skills to create a masterpiece of their own.
- **Spring Break Safety RHA:** During this social event, residents were taught harm reduction strategies for drug/alcohol use. The program also gave people tips on how to be responsible for themselves and for their friends should they choose to partake in certain things over spring break.
- **Kerr Beach Party:** This cookout centered event offered residents different activities to promote safety across different aspects such as drug and alcohol use before going into Spring Break.
- **Spring Break Alcohol Awareness:** Non-alcoholic beverages were served to residents, while they played volley pong. Before the event though, a police officer came out to facilitate drunk goggles with residents to simulate the dangers of being intoxicated.
- **Root Beer Pong:** A video about the effects of alcohol was shown prior to residents engaging in a root beer pong tournament.
- **Lets Get Baked On 4/20:** This program will showed people the negative side effects of marijuana. It was a social gathering that showed residents specific facts about marijuana. The play on words of "let's get baked" showed residents that the term "baked" can be used for a positive meaning.

Fall 2015

- **Alcohol Awareness Party:** This program was disguised as a house party/hang out. Throughout the program different facts relating to the effects of alcohol were taped up on the walls. As the end of the program nears, we will bring attention to all of the facts that were posted and have a discussion about them with the residents.
- **Think Before You Drink:** This passive program displayed facts and myths that are associated with alcohol to raise awareness of alcohol consumption. In addition, I put up alcohol poisoning symptoms and long term effects of alcohol consumption.
- **Facts about Alcohol:** This passive program listed eight to ten facts about alcohol on butcher paper with a creative design.
- **Rethink Your Drink:** This passive program displayed the alcohol content within various types of alcohol to assist them if they decide to drink, how to drink responsibly.
- **A+D Awareness:** This discussion based program educated residents of alcohol and drug abuse and to discuss ways to improve their decision making.
- **Water Pong:** Residents partook in the classic game of "beer-pong," but without the beer. Instead, cups were filled with water. Throughout the program, posters were placed on the perimeter of the room that showcased various facts about alcohol.
- **Alcohol Not So Fun Facts:** This passive program included handmade posters showing the dangers of alcohol based off of traditional serving sizes.
- **Weed + Alcohol:** During this discussion based program, residents discussed the effects of marijuana and alcohol on the body and discussed the moral issues regarding both.

Spring 2016

- Root Beer Pong: Sweet twist on a classic game. The root beer program was aimed towards educating residents about the consumption of alcohol. This program not only educated residents about the over consumption of alcohol, but also educated residents about recent accidents in universities that were alcohol related. A PowerPoint was also on loop throughout the program displaying various facts about alcohol.
- Alcohol + Drug Awareness with UNTPD: UNT PD Officer Crawford presented on alcohol and drug statistics and facts and how they pertain to college students.
- Let's Play Water Pong: Residents will partake in the classic game of "beer-pong," but without the beer. Instead, cups are filled with water. Afterwards, the SARC office came out to also discuss the programs and assistance that are available to students.
- #ThinkB4UDrink: This program is an alcohol awareness passive program for spring break party goers. Butcher paper informational signs are placed throughout the hall informing residents to think before they decide to or to not drink.
- Mario Kart: "Mario Kart" was a spin off of the classic Nintendo game Mario Kart. Residents will take the virtual wheel and attempt to navigate various tracks while wearing drunk goggles. The goal of this program was to show residents the dangers of driving while under the influence.
- Stay AWARE My Friends: This passive program was a spin off of the Dos Equis beer commercial "Stay thirsty my friends". Butcher paper was hung on the wall that displayed fun and helpful facts about alcohol, how to stay away from drinking, or how to drink responsibly.
- Root Beer Pong: Residents partook in the classic game of "beer-pong," but without the beer. Instead, cups are filled with root beer. Throughout the program, there were active reminders around the room of how to drink and have fun responsibly.
- HOHA/CHA Rave: During this program, residents were encouraged to attend a "rave-like" party free from alcohol or drugs. The goal of this program was to show residents that they can have a good time without the use of drugs or alcohol.
- Root Beer Pong: Residents will partook in the classic game of "beer-pong," but without the beer. Instead, cups were filled with root beer. After this program, residents had an open discussion about the dangers of binge drinking and alcohol poisoning.
- Mario Kart: Mario Kart was a spin off of the classic Nintendo game Mario Kart. Residents took the virtual wheel and attempted to navigate various tracks while wearing drunk goggles. The goal of this program was to show residents the dangers of driving while under the influence.

Fall 2016

- Who's DrivingTonight.com DWI-Prevention Kits: The Department of Housing & Residence received information from Sherry Matthews Marketing in Austin (on behalf of the TxDOT Traffic Safety Division) on DWI-Prevention Education kits. These kits are designed to be used by RAs as a tool to share sober-driving materials and DWI and DUI consequence information with residents. Each kit includes three posters that can be used for bulletin boards around the halls, low-tac, removable decals for bathroom mirrors and windows, sign-up sheets and a booklet. The materials direct students to the website (WhosDrivingTonight.com) where they will find a RideFinder application, videos, and fact sheets.

F. University Union

Turn Down for What featuring Jamie Utt: April 2015

National speaker Jamie Utt discussed ways to address sexual violence on campuses and spoke specifically on how to change the culture of parties as a way to prevent sexual violence. His lecture included educating students that parties where binge drinking is the norm tends to lead to higher assaults. (<http://jamieutt.com/services/positive-sexuality-and-sexual-violence-prevention/>)

Condom Casino: September 2015 and September 2016

Condom Casino offers a variety of casino style games that have an awareness component of safe sex, in particular regarding alcohol and drugs. A few of the games offered involve making safe sex decisions while under the influence.

G. Greek Life

Alpha Phi- "Alcohol Awareness and Staying Safe, and Emergency Procedures"

In September 2015 Alpha Phi hosted an informational session that included several safety topics. "Alcohol Awareness and Staying Safe, and Emergency Procedures" The chapter Advisor spoke to the chapter about facts and statistics about alcohol overuse in college students, and college women in particular. Some of which cited "Facts About Underage Drinking" from NCADD (National Council on Alcoholism and Drug Dependence). The program also talked about sexual violence and alcohol use, date rape drugs, not leaving anyone behind you came with, signs of GHB and Rohypnol, and what to do if a member suspects that they or a friend has ingested it.

Interfraternity Council (IFC) New Member Orientation

A welcoming event to introduce the incoming freshmen or transfer students to the IFC community. There will be informative presentations on drug abuse, underage drinking and, a general knowledge of our IFC fraternities.

Joint Spring Break Bash

In spring 2015, this event was held in conjunction with SARC, UNT police, the Meadows center and MHMP. Drug and alcohol abuse education was one of the topics covered.

Alternative Spring Break

During Spring Break in 2015 and 2016, the Greek Life Office worked with the Center for Leadership and Service. Both years the Greek Life trip worked with the St. Bernard's Project which is in Chalmette, LA. The students made a pledge that they will not engage in the consumption of alcohol or the use of drugs while on the trip.

Sigma Lambda Gamma Spring Break Awareness

In March of 2016, the women of the sorority had an information in the library mall and provided information to the University of North Texas campus community about how to have a fun and safe spring break.

Conversation/Meeting with Lambda Theta Alpha Sorority associates

An open dialogue was had between the new members of Lambda Theta Alpha Sorority, Incorporated and the Coordinator of Greek Life about hazing, alcohol abuse, and drug usage.

Delta Sigma Phi Bye-To-Drugs

Delta Sigma Phi hosted an educational tabling event in the library mall about the dangers of drug and alcohol abuse, as well as information on mental health. The fraternity collaborated with SARC because they wanted to make sure they were providing the most up to date and factual information. At the tabling event they had a jar and notes for students to anonymously express their feelings on how the above have affected themselves, friends, and family.

Chi Omega Greek LifeEdu

Chi Omega implements an alcohol awareness program called Greek Life Edu. GreekLifeEdu is a Web-based prevention program using the latest prevention techniques and science-based research to educate students about alcohol consumption, hazing and sexual assault. GreekLifeEdu is intended to empower our members to make well-informed decisions and help them better cope with the behavior of their peers. The program is online and provided by Chi Omega's national headquarters. The program is required by all members of the group and is designed to target specific years in school. The online program provides alcohol awareness videos with simulations and a brief quiz at the end of each level of the program.

IFC Risk Manager Monthly Meeting

Meeting held by spring 2016 and fall 2016 IFC Vice President of Risk Management, Mr. Amir Kessler spoke to representatives of each of the organizations where he spoke about alcohol use, abuse, and the consequences of underage drinking. During the meeting, he asked for open dialogue from the attendants where they provided examples and solutions to issues that Mr. Kessler created.

Panhellenic Driving Away from DUI's

The event rose awareness of the effects of alcohol while driving and the dangers and the legal infractions that come with it. The event, which has been co-sponsored and planned with the UNT Police Department consisted of the Panhellenic council meeting at the parking lot by Apogee and setting up a test course for golf carts. A person drank a glass of Root Beer (to assimilate drinking a real beer) put on a pair of drunk goggles (provided by UNT PD) and attempted to drive a coned course. After they drive, police officers were present to discuss the effects of drunk driving and other statistics that go along with that.

Sigma Nu Lead

The session is designed to explore relevant scenarios that confront college students, learn laws and policies, and identify effective techniques for intervention, response and consumption.

ThinkDrink

All potential new members must take ThinkDrink and pass it with a grade of 75 or higher before joining any Greek organization. The completion of ThinkDrink for new members is monitored and verified by the Office of Greek Life Staff. ThinkDrink is a national online alcohol prevention program offer. The program provides a personalized approach for all students, regardless of their habits (heavy, moderate, and non-drinkers). The program assists students in making healthy

decisions regarding alcohol, for example, it gives students access to valuable tools such as a blood alcohol concentration calculator so you can know your limits before reaching them.

Alpha Phi- "Alcohol Awareness and Staying Safe, and Emergency Procedures"

In September 2015 Alpha Phi hosted an informational session that included several safety topics. "Alcohol Awareness and Staying Safe, and Emergency Procedures" The chapter Advisor spoke to the chapter about facts and statistics about alcohol overuse in college students, and college women in particular. Some of which cited "Facts About Underage Drinking" from NCADD (National Council on Alcoholism and Drug Dependence). The program also talked about sexual violence and alcohol use, date rape drugs, not leaving anyone behind you came with, signs of GHB and Rohypnol, and what to do if a member suspects that they or a friend has ingested it.

Sigma Nu- Greek Life EDU and LEAD Program

Sigma Nu Fraternity, Inc. has partnered with EverFi to offer online education and prevention programs to its members. GreekLifeEdu is a non-opinionated, science-based course addressing the critical issues of alcohol awareness. GreekLifeEdu achieves behavior change objectives, helps students practice safe decision-making, and empowers students to make well-informed decisions by providing simple strategies to help keep them and their friends safe. In phase 1 of Sigma Nu Fraternity's L.E.A.D. module, new members learn the basics of Sigma Nu's Risk Reduction Policy and Guidelines, test their knowledge and participate in an online education program (GreekLifeEdu).

All-Campus Alcohol Awareness Event Hosted by Pi Beta Phi and Theta Chi

In February of 2016, Pi Beta Phi and Theta Chi hosted an informative alcohol awareness event. Dr. Lucy Underwood, a doctor in philosophy and an experience psychologist outlined the dangers that drugs and alcohol pose and how they can effect one's body.

Sigma Lambda Gamma Spring Break Awareness

In March of 2016, the women of the sorority had an information in the library mall and provided information to the University of North Texas campus community about how to have a fun and safe spring break.

Alpha Delta Pi Mocktails

In March of 2016, Alpha Delta Pi sorority members hosted a Mocktails event, which is an annual event they have hosted for the last five years. The Mocktails event gave educational tips on alcohol consumption and presented creative ways to create a tasty non-alcoholic drinks.

Mock Training Party

In April of 2016, the IFC VP of Risk Management, Amir Kessler, held an event where members of the Interfraternity Council and the Panhellenic Council participated in an interactive training event. The teams had to identify risk situations during a simulated party. Participants were assessed on how they acted in different situations.

Alcohol Awareness program with SARC

Greek Life will work with the Substance Abuse Resource Center (SARC), SGA, Housing, and the University Police Department to provide information about alcohol and drug misuse through events and speakers during the Fall 2016 semester.

H. Student Legal Services

Student Legal Services (SLS) provides UNT students with legal advice, assistance, representation and education. The Director of SLS provided a presentation “Hazing & The Law.” The presentation discussed the legal ramifications of hazing, which included a description of various behaviors that would qualify as hazing, including but not limited to the voluntary or involuntary ingestion of large amounts of alcohol as encouraged by an organization, its leaders, or its members.

I. Dean of Students Office

Drug & Alcohol Education Taskforce

The Division of Student Affairs appointed a Drug & Alcohol Education Taskforce (DAET) designed to spearhead the effort of providing drug and alcohol educational opportunities to students, staff, and faculty. Created in 2011, the DAET has representation from the Dean of Students, Housing, Substance Abuse Resource Center (SARC), Student Activities, Orientation and Transition Programs, Greek Life, Human Resources, UNT Police Department, Athletics, and faculty members.

The DAET has served the UNT community through active programming, passive programming, and as a think-tank for the key partners represented. Outside of the specific programs outlined below, the constituents on the DAET have been crucial in providing programs through their various areas or departments based on what the DAET sees as salient issues, concerns, or trends among the members of the UNT community.

CODE Talks

The Cannabis & Other Drugs Education program, like its predecessor, The Myths and Facts of Substance Chats, was formatted for open discussion, as well as to provide varying viewpoints and the latest research regarding the effects and impacts of cannabis/marijuana. One faculty member from the Meadows Center for Health Resources and one staff member from the Substance-Abuse Resource Center provided the unique viewpoints based on each of their expertise as well as current research.

During fall 2014 through spring 2016, The CODE Talks took place each week in the lobby area of a residence hall. The focus was primarily on educating UNT staff, faculty, and students with heavy marketing focus on first-year students.

First Flight Week – Changing Perceptions

During First Flight Week 2015 and 2016, the DAET has teamed up with the Substance-Abuse Resource Center and Meadows Center for Health Resources to address student’s misperception of alcohol content and consumption amounts during common drinking games other common events; such as pre-gaming, house parties, etc. The event included staff and students participating in games designed to show potential alcohol content of common drinks as well as blood-alcohol

concentration (BAC). The students played standard drinking games using water, which were eventually measured, to show the common misperceptions as well as how easily their BAC could climb. Furthermore, students were educated on common mistakes regarding the amounts of alcohol used in mixing personal drinks or punches.

First Flight Week – The Think Challenge

The Substance Abuse Resource Center and DAET provided informational tabling in the Onstead Promenade (UNT Library Mall) which engaged students into conversations regarding alcohol, marijuana, and prescription drugs. This event allowed students to win prizes for existing knowledge or learned during the event.

Alternative Event

Based on student feedback, The Substance Abuse Resource Center, Eagle Peer Recovery, Collegiate Recovery Program, and the Meadows Center for Health Resources held an alternative (no alcohol) dance event in Fall and Spring 2016. The event consisted of popular dance music and multiple giveaways. These large alternative events are held once per long semester.

National Drug Awareness Chat

The Substance Abuse Resource Center and the Drug, Eagle Peer Recovery, Collegiate Recovery Program, and Alcohol Education Taskforce, hosted a nationally distributed webinar in conjunction with the National Institute of Drug Addiction (NIDA) on the potential consequences and effects of prescription and other drugs. The webinar is an annual event in conjunction with NIDA's national program presented in Willis Library and was heavily marketed to all UNT students.

UNT Annual Recovery Conference

Formerly known as the Reel Film Festival & Conference, the Recovery Conference is focused on educating and organizing student, faculty, and other professionals in the substance use helping industry. The Substance Abuse Resource Center, Eagle Peer Recovery, Collegiate Recovery Program, and multiple treatment centers presented a nationally recognized 3 day conference focused on recovery, paths to recovery, new research in treatment and recovery, and provided an open discussion to gather information regarding efficacy of multiple styles and approaches. The conference was held in the UNT Gateway center over three days in August 2015 & will be held again August 2016. The conference included nationally recognized presenters, 2 films focused on recovery, and multiple breakout sessions focused on new approaches, improvements in existing approaches, exploration of new research, and collaborative discussions to assess present programming.

National Collegiate Alcohol Awareness Week

During the 2015 National Collegiate Alcohol Awareness Week, the DAET, Eagle Peer Recovery, Collegiate Recovery program, and Substance Abuse Resource Center produced multiple posters, executed an online marketing campaign. Additionally, alcohol awareness and safety programs were presented throughout residence halls and multiple locations across the university over five days.

Poster Campaigns

The DAET has developed reality posters each semester since its inception. In the 2015-2016 academic year, there have been a total of 10 posters from the DAET (see appendix):

1. “College students using marijuana make lower grades and have higher rates of unemployment after graduating”.
think we know about weed”
3. Perception of 1 drink; poster showing the perception of a standard alcoholic drink by a college student is one full solo cup when the actual amount of one standard drink of
4. A poster with a brief explanation of why we make bad decisions after consuming alcohol: “I swore I would never drive when I was drinking... I don’t know why I did that”
5. “50% of students involved in a drug violation have a GPA of 2.0 or lower”
6. “Cocaine damages your brain’s dopamine receptors”
7. “Cocaine accelerates the process of brain ageing”
8. “Make sure you don’t over consume”
9. “Just because its medicine, doesn’t mean it’s safe”
10. “I can’t remember what happened, but that’s not something I would do”

The new posters for the 2015-2016 semesters were modeled after marketing tested posters from the Department of Transportation and top substance awareness campaign organizations in the country. Each poster is distributed among residential buildings, Greek houses, as well as academic and administrative buildings. Furthermore, we implemented the heavy Internet-based campaign as well: twitter, Facebook, YouTube, and UNT’s public website.

Publications

The DAET updated and distributed single-sheet publications regarding alcohol awareness and drug awareness. The flyers provided definitions, consequences, quick facts, and who to call for help regarding each topic. These two publications were part of a series that was created out of collaboration between the UNT Police Department and the Dean of Students Office. The Substance Abuse Resource Center and Housing also created business card sized brochures explaining the signs of alcohol poisoning, how to address symptoms, and emergency contact information.

Tailgate Events

Through a collaborative process, Eagle Peer Recovery, Substance Abuse Resource Center, and Meadows Center for Health Resources helped to spearhead tailgating events at all 2015-2016 UNT home football games. Those events included marketing and promotion of alcohol awareness efforts and non-alcohol related activities in which students could participate. Some of the activities included free food, games, an inclusive non-alcohol area, as well as two large flat screen TVs to watch the game.

Dean of Students After Dark

In a partnership with Orientation and Transition Programs, the Dean of Students after Dark (Dean Of Students After Dark) became an educational and social event during freshmen orientation seasons of 2015 and 2016. Dean Of Students after Dark occurred while students were

staying on campus for their mandatory freshmen orientation session. A DJ was provided for entertainment and various departments and staff members were present to support and encourage various educational efforts on drugs, alcohol, sexual assault and intimate partner violence. University of North Texas Police Department provided educational activities, and various handouts, flyers, and posters regarding consequences, safety, and awareness of alcohol and other drugs by the Substance Abuse Resource Center.

Morning After Program

In collaboration with Money Management, Drug and Alcohol Education Taskforce, and Eagle Peer Recovery, the Substance Abuse Resource Center cohosted multiple educational tables around campus regarding substance use, money management, and

Go Greek

Partnering with individual Greek Life Chapters, the Substance Abuse Resource Center presented relevant information and research to groups focusing on trending substances. The presentations aimed at opening avenues of conversation within Greek Life and providing potential ongoing services through SARC. This programming is ongoing through every long semester.

Mindfulness Recovery Group

The substance Abuse Resource Center, in collaboration with Eagle Peer Recovery, conducts a weekly support/processing group for students hoping to find or maintain a life without substance misuse. The meetings are held during long semesters every Monday at 4pm in the Collegiate Recovery conference room.

SPF Event (SPF 15 & SPF 16)

A multiple program/departamental program focused on educating students regarding substance use issues, sexual health risks, and money management problems associated with spring break. This program is ongoing and presented a week before university spring break.

Play Hard

Play Hard Program focuses on individual athletic teams on the UNT campus. In collaboration with Counseling and Testing and the athletics staff, the Substance Abuse Resource Center provides vital substance use information in a group setting. The program is a hybrid of presentation and open discussion. This program started Fall of 2015 and is presented on the club floor of the stadium every semester.

Sexy Week & Condom Carnival

In collaboration with the Meadows Center for Health Resources, the Substance Abuse Resource Center presents information on sexual health and substances. The program consists of 3 different events focusing on personal health and how substances can influence decisions and potentially risky outcomes.

420 Talk

The substance Abuse Resource Center and Drug and Alcohol Education Taskforce developed and delivered this presentation to address the growing use and interest in marijuana on the UNT

campus. The presentation was held on April 10th at 4:20pm to draw on the significance of the date/time for current cultural significance. 420 was presented in a presentation format with open discussion encouraged throughout. The information presented was focused on current myths, the latest research, and the difference between medical and recreational marijuana.

No Shave November

In collaboration with the Meadows Center for Health Resources, , the Substance Abuse Resource Center focused on educating and bring awareness to the connection between marijuana use and testicular cancer in men between the ages of 18-24 (and further). This program focused on education through sporadic tabling around campus, online media marketing, and encouraging campus members not to shave during this month and express why to those around them.

Future programming goals 2016 – 2017

- Continue effective programs throughout the year
- Add one more alternative program to each semester
- Continue expanding Athletic and Greek Life programming and connections
- Continue to increase community level programming (housing, campus-wide, etc)
- Build stronger relationship with law enforcement, judicial, and other external programs focused on student success

Targeted Substance Abuse Educational Programming and Outreach

Providing targeted education programming to at-risk groups, using skill-based training and challenging expectations, has been shown to be an efficacious strategy for reducing problems associated with alcohol and other drug use. Programming and office branding continues to significantly increase self-referrals by students seeking help for themselves or understanding of others regarding substance use issues. The SARC program responds to program requests by assigning a staff member to work with the requesting group and provide individualized and specialized programs. During the reporting period the following programs were completed:

Alcohol and Drug Prevention Presentations –programs follow a basic curriculum developed to increase knowledge about alcohol (effects on brain/body, standard drink size, binge drinking, alcohol poisoning, related laws), and other substances (effects on brain/body, consequences of use, related laws). Presentations during this reporting period were made to:

- Greek Organizations
- All Residence Halls
- Student Athletes (individually and in team presentations)
- Student Organizations
- Alcohol and Drug Addiction - Small group substance abuse education
- Phi Kappa Tau
- Alcohol and Date Rape Drugs in College – Education for on-campus residents
- Alcohol and Drug education to Athletes - Campus athletes
- How Alcohol Affects You - Alcohol Education
- Pi Kappa Phi Fraternity
- Pi Beta Phi Sorority

- In-class Substance abuse focused presentations throughout academic school year (Addictions, counseling, sociology, case management, family and group therapy, etc.)
- Class Presentation/Education for RHAB 3200 HOST Binge Drinking Presentation – Educated the Residence Hall Desk Staff
- Alpha Chi Sigma
- Orientation Leader Training– Educated the Orientation Leaders on AlcoholEdu/ThinkDrink, so that entering students would have additional resources for questions
- Student Portraits: A Symposium for UNT Employees – Session presented as part of the program curriculum
- Campus tabling for Alcohol Awareness week
- Campus tabling in canvassing for recovery month
- Alternative sober events: tailgating, housing events, promoting safe spring breaks
- Collaborated to assist with 2016 Recovery Conference
- Health & Fitness Expo – outreach for the university community at the first ever Health & Fitness Expo
- SARC Information Table – Outreach through tabling at all Freshman and Transfer Orientation sessions
- Core Alcohol and Drug Survey

The Core Alcohol and Drug Survey was created by the US Department of Education, to measure alcohol and other drug usage attitudes and views among college students at two-year and four-year institutions. The survey is distributed every three years at the University of North Texas and seeks to measure and evaluate the following attributes below:

- Student attitudes, perceptions, and opinions about alcohol and drugs
- Students thoughts on own use and consequences of use
- Demographic and campus climate issues

J. Athletic Department

Health and Safety Awareness Program

The use of non-prescription drugs and other controlled substances by young people has proliferated over the years, both in and out of the academic setting. The use of these materials have seriously affected the productivity of the community and the quality of life of the users. The quality of life of the families and friends of the users have been affected as well. It is within the scope of the mission of the University of North Texas to educate young people on the drug problem generally and the effect that illicit drugs and controlled substances may have on them currently and throughout their lives. The university recognizes that the future of education, the economic productivity of the population and the quality of life of a substantial portion of our nation's young people may be seriously imperiled by the continued spread of illicit controlled substances. The university is committed, through an education and counseling program to bring to its students attention the disastrous consequences of illicit drug and controlled substance use.

The National Collegiate Athletics Association (NCAA) adopted the policy of drug testing athletes at NCAA Championship events due to similar concerns regarding illicit drug use by young student-athletes. Since the University of North Texas intends to maintain its eligibility in

NCAA Championship events; the university has determined that a program of education, testing and counseling be implemented.

All athletics staff members must be aware of, and committed to, the drug education and testing program. No athletics staff member shall encourage or advise any student-athlete to take performance enhancing/non-therapeutic drugs or unapproved dietary supplements. Furthermore, they shall not issue or assist student-athletes in obtaining any performance enhancing/non-therapeutic drugs or unapproved dietary supplements. Any staff member who violates these policies is subject to disciplinary action. Additionally, staff members must actively advise and educate student-athletes regarding the potential harmful effects of these substances and report use, or suspected use, to the Athletics Director.

All athletics staff members shall direct any student-athlete who desires to use dietary supplements to the athletic training staff. Due to poor regulation of dietary supplements by the Food and Drug Administration, the student-athlete may be jeopardizing his/her health and/or eligibility by taking products that may contain banned substances. The athletic training staff holds annual educational sessions for student-athletes for the purposes of (1) deterring dietary supplement use; (2) providing them with an opportunity to disclose any dietary supplements that they are currently taking; and, (3) familiarizing them with institutional procedures to evaluate the safety of the products.

The purpose of the program is:

- To educate and counsel student-athletes with respect to unauthorized drug use, especially with regard to “street drugs” and performance/ enhancement drugs. In cases where education and counseling are not successful, certain sanctions may also be imposed.
- To obtain a drug free maximum health and personality growth in academic and athletic performances for the student athlete.
- To identify student-athletes who have problems or potential problems and provide education and pathways for necessary treatment.
- To assist the coaching staff in monitoring the student-athlete’s progress; and obtain information as to the state of the general health of the student-athlete through drug testing.

Drug Education

Athletics staff members representing athletic training, compliance, and student services are responsible for educating student-athletes with regards to the hazards of substance use. Student-athletes are required to attend at least one drug/alcohol lecture per school year and are encouraged to attend additional awareness classes as available.

If a student-athlete’s substance abuse is evident, he/she is required to take a drug education course and/or enter a rehabilitation program. If a student-athlete self identifies as having a substance abuse problem, he or she may be eligible for the Safe Haven Program. Note that Safe Haven Program does not exclude student-athletes from being tested by the NCAA or deter sanctions for positive drug tests determined through the NCAA testing programs.

Drug and Alcohol Training for the Fall 2016 semester were conducted by Tim Trail Coordinator of Substance Abuse Educator and Dr. Jay Darr from Counseling and Testing Services.

We had the Drugs and Alcohol vs. Athletic Performance presentation for the Mean Green Football team Thursday November 25th. The guest speakers were Dr. Jay Darr (Clinical Psychologist) from UNT Counseling & Testing Center as well as Tim Trail Coordinator in the Dean of Students Office.

Annually we send 3-4 student-athletes to represent North Texas Athletics at the NCAA Apple Conference every January. The next conference will be January 20th-22nd in Nashville, TN. The Apple Conference is Drug & Alcohol Awareness Conference. See the link: <https://apple.studenthealth.virginia.edu/> We sent four student-athletes, along with an academic advisor and compliance rep, to the 2016 Apple Conference in January 2016 in Grapevine, Texas.

Institutional Drug Testing Notification

Before the start of the playing season, each student-athlete will receive a written copy of North Texas Athletics Drug/Alcohol Awareness, Educational Policy and Procedures which includes a drug- testing consent form. The student-athlete indicates understanding of the program and provides voluntary consent to the drug testing process through his or her signature on the consent form. The consent form also provides release of the testing results to a limited and pre-defined number of individuals. Signing of the consent form is a pre-condition for participation in North Texas athletics.

Method of Institutional Testing

To reiterate, all student-athletes are subject to drug screening urinalyses on a year-round basis to permit testing for any or all of the substances listed as a banned drug classes as determined by the NCAA. Drug tests may take place any day of the week. Because of the random nature of the testing, student-athletes may be tested numerous times during any given academic year. Subjects may include entire teams, randomly selected student-athletes from a particular team, and randomly selected student-athletes from several teams. A student-athlete may also be subject to testing at any time when the Athletics Director or his or her designee determines there is reasonable suspicion to believe the participant is using a prohibited drug. Such reasonable suspicion may be based on objective information as determined by the Athletics Director or by the Head or Assistant Coaches, Athletic Trainers, or Team Physicians, and deemed reliable by the Athletics Directors or their designee. Reasonable suspicion may include, without limitation the following: (1) observed possession or use of substances appearing to be prohibited drugs; (2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances; and, (3) observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs substances.

Among the indicators which may be used in evaluating a student-athletes conduct, performance, or abnormal appearance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. If the student-athlete fails to submit to drug screening, the individual must be interviewed by the Director of Athletics and the Director responsible for Drug Screening to explain his or her reasons. Under

such circumstances, the Athletics Department reserves the right to refuse the student-athlete the privilege to participate in any team practices or intercollegiate competition. All aspects of the drug testing program are administered and reviewed by the Drug Testing Committee (DTC). This committee consists of Athletic Director, Senior Woman Administrator, Deputy Athletic Director, Drug Testing Coordinator/Certified and Licensed Trainer.

Collection Procedures:

1. Drug Testing Committee meets.
2. Drug test date is confirmed.
3. The total number of student-athletes to be tested is confirmed. Student-athletes are randomly selected.
4. The Drug Testing Coordinator will notify in writing each selected student-athlete the day before the testing.
5. The collection of urine samples shall be taken under the supervision of the Drug Testing Coordinator who will follow proper protocol in submitting the samples to the drug testing lab for screening.
6. All results will be sent from the testing lab directly to Athletic Director or designee.
7. The results are reviewed by the Athletic Director and the Drug Testing Coordinator to confirm the identification of the specimens.
8. The Drug Testing Committee will meet and review the results.
9. Notification letters will be printed by the Drug-testing Committee for those student-athletes who tested positive for an illegal substance. These letters will be delivered to the head coach for distribution. The letters will include instructions as well as a copy of the sanctions. The head coach will be required to meet with the student and review the instructions that are written in the notification letter.

Every possible step will be taken to ensure the integrity of the testing procedures and maintenance of the accuracy and confidentiality of the test results. The Drug Testing Coordinator adheres to a series of custody procedures to account for the integrity of each urine specimen by tracking its handling and storage from the point of collection to final disposition. Such procedures are designed to disclose evidence of specimen tampering.

Any student-athlete who tests positive for an illegal substance from a randomly scheduled test administered by North Texas Athletics department will be subject to sanctions.

In the event that a student-athlete is unable to attend a drug test, the athlete shall contact the DTC, who determines if the absence is excusable. If the absence is unexcused, the following protocol shall be followed:

1. The Drug Testing Coordinator notifies the Head Coach as well as the members of the Drug Testing Committee.
2. The student-athlete will be suspended from all athletics activities for a period of time to be determined by the Drug Testing Committee and the Head Coach. A make-up test will be scheduled by the Drug Testing Coordinator.

Penalties: University Rules and Regulations

Federal and state laws regarding the possession, use, and sale of alcoholic beverages and illegal drugs are strictly enforced by the UNT Police Department. Any student who is arrested or

convicted for a criminal offense related to the illegal use, possession, and/or sale of drugs or alcohol on campus that are prohibited by state, federal, or local law will be subject to a minimum disciplinary penalty under the Code of Student Conduct.

Safe Haven Program

A student-athlete who self-identifies as having a substance abuse problem is eligible for the Mean Green Safe Haven Program. The student-athlete can refer himself/herself to the program for voluntary evaluation, testing and counseling.

A student is not eligible for the program after he or she has been informed of an impending drug test or after having received a positive institutional or NCAA drug test.

The Drug Testing Coordinator will work with the student-athlete to prepare a treatment plan which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Haven Program and such a positive initial test will not result in any administrative sanction except those listed in this section (the student-athlete may be suspended from play or practice if medically indicated). A student will be permitted to remain in the Safe Haven Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Haven Program thirty (30) days prior to NCAA or Conference post-season competition. A student-athlete will only be permitted to enter the Safe Haven Program one time during their athletic eligibility at the University of North Texas.

If a student-athlete is determined to have new substance use after the initial Safe Haven Program test (as determined by follow up testing), or fails to comply with the Safe Haven Program treatment plan, the student-athlete will be removed from the Safe Haven Program and be subject to appropriate sanctions as detailed in North Texas Drug Testing Program Description. While in compliance with the Safe Haven Program's treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing. However, student-athletes in the Safe Haven Program may be selected for drug testing by the NCAA.

The athletics director, the directors for student and academic services, the director for athletic training/sports medicine, the student-athlete's head coach and the attending team physician may be informed of the student's participation in the Safe Haven Program. The athletic trainer assigned to that sport may also be notified, if medically appropriate. The assistant coach(es) also may be informed at the discretion of the head coach. Other university employees may be informed only the extent necessary for the implementation of this policy.

In addition, the athletic department, through its Student-Athlete Development Program, has engaged in the following education and community service projects with our student-athletes. Each of these events is conducted on an annual basis (and usually occur in the spring semester).

- Dating and Sexual Violence Workshop
- UNT "Take Back the Night" for Sexual Violence Awareness Month
- Substance Abuse Speaker – 2015-16 Dr. Linda Hancock from VCU

In fall 2016, all of student-athletes and coaches and staff participated in Title IX workshops and educational sessions conducted by the UNT Office of Diversity. These workshops were led by Inya Baiye Director of Equal Opportunity, ADA & Title IX Coordinator and Dr. Cinnamon Sheffield, Deputy Title IX Coordinator.

Our SAAC (Student-Athlete Advisory Committee) invited Renee LeClaire McNamara (Asst. Director of Student Advocacy, Crisis Intervention and Violence Prevention) to speak about Crisis Intervention.

K. Student Financial Aid and Scholarships

The Free Application for Federal Student Aid (FAFSA) includes a question that reads: "Have you been convicted for the possession or sale of illegal drugs for an offense that occurred while you were receiving federal student aid (such as grants, loans, or work-study)?" The students self-certify this question their answer to this question. Student Financial Aid and Scholarships (SFAS) is notified if a student admits to a conviction by the federal processor.

SFAS must determine if the convictions affect the students' eligibility. No financial aid can be processed until SFAS receives confirmation from the U.S. Department of Education (ED) that the students are eligible for aid. ED requires students convicted to complete a qualified drug rehabilitation program; which must include two unannounced drug tests.

FAFSA Management of Drug Abuse Prevention Program Requirements Relative to Federal Student Aid

Students complete the FAFSA and self-certify if they have been convicted for the possession or sale of illegal drugs for an offense that occurred while they were receiving federal student aid.

- If students self-certify with a "no" response, then the students are eligible for aid.
- If students self-certify with a "yes" response, the Institutional Student Information Record has a comment code to indicate students that said "yes". This causes a checklist to populate for the student.
- Students are instructed to go back to the FAFSA to complete the Student Aid Eligibility Worksheet. Once they have completed the worksheet, they will be able to determine their eligibility date. Based on the results of the worksheet, students make required changes to the question on their FAFSA and take additional steps to notify their school, if required.

SFAS collects additional documentation related to students' drug convictions to ensure students meet the state's eligibility requirements for state aid.

Management of Drug Abuse Prevention Program Requirements Relative to TEXAS Grant

Students awarded a TEXAS Grant will complete an electronic certification annually on their myUNT student account when accepting their award. They self-certify by answering the following question, "Have you ever been convicted of a felony or an offence under Chapter 481, Health and Safety Code (Texas Controlled Substance Act), or under law of another jurisdiction involving a controlled substance as defined by Chapter 481, Health and Safety Code?"

- If the students self-certify with a "no" response, then the students are eligible for aid.

- If the students self-certify with a “yes” response, it causes a checklist to populate for the student and they are not eligible to receive the TEXAS Grant award.

There are no requirements for institutional grants or scholarships in reference to drug offenses. The following are various sections from UNT’s (Institution) Federal Student Aid School Eligibility Program Participation Agreement with the U.S. Department of Education listing requirements relative to a Drug Free Workplace.

General Terms and Conditions

The Institution certifies that on the date it signs this Agreement, it has a drug abuse prevention program in operation that it has determined is accessible to any officer, employee, or student at the Institution.

Selected Provisions from General Provisions Regulations, 34 CFR Part 668.14

Has in operation a drug abuse prevention program that the institution has determined to be accessible to any officer, employee, or student at the institution;

Certifications Required From Institutions

The Institution should refer to the regulations cited below. Signature on this Agreement provides for compliance with the certification requirements under 34 C.F.R. Part 82, "New Restrictions on Lobbying," 34 C.F.R Part 84, "Government wide Requirements for Drug-Free Workplace (Financial Assistance)," 34 C.F.R. Part 85, "Government wide Debarment and Suspension (Nonprocurement)," and 34 C.F.R. Part 86, "Drug and Alcohol Abuse Prevention." Breach of any of these certifications constitutes a breach of this Agreement.

Part 1 Certification Regarding Lobbying; Drug Free Workplace; Debarment, Suspension and Other Responsibility Matters; And Drug and Alcohol Abuse Requirements

Drug Free Workplace (Grantees Other Than Individuals)

As required by the Drug-Free Workplace Act of 1988, and implemented at 34 CFR Part 85, Subpart F, for grantees, as defined at 34 CFR Part 85, Sections 85.605, and 85.610-

The Institution certifies that it will or will continue to provide a drug-free workplace by:

- A. Publishing a statement notifying employees that the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance is prohibited in the grantee's workplace and specifying the actions that will be taken against employees for violation of such prohibition;
- B. Establishing an on-going drug-free awareness program to inform employees about-
 - 1. The dangers of drug abuse in the workplace;
 - 2. The Institution's policy of maintaining a drug-free workplace;
 - 3. Any available drug counseling, rehabilitation, and employee assistance programs;
 - (4) the penalties that may be imposed upon employees for drug abuse violations occurring in the workplace;
- C. Making it a requirement that each employee to be engaged in the performance of the grant be given a copy of the statement required by paragraph (a);
- D. Notifying the employee in the statement required by paragraph (a) that, as a condition of employment under the grant, the employee will -
 - 1. Abide by the terms of the statement, and

2. Notify the employer in writing of his or her conviction for a violation of a criminal drug statute occurring in the workplace no later than five calendar days after such conviction;
- E. Notifying the agency, in writing, within 10 calendar days after receiving notice under this subparagraph (d)(2) from an employee or otherwise receiving actual notice of such conviction. Employers of convicted employees must provide notice, including position title, to: Director, Grants and Contracts Service, U.S. Department of Education, 400 Maryland Avenue, S.W. (Room 3124, GSA Regional Office Building No.3), Washington, DC 20202-5140. Notice shall include the identification number(s) of each affected grant;
- F. Taking one of the following actions, within 30 calendar days of receiving notice under subparagraph (d)(2), with respect to any employee who is so convicted-
1. Taking appropriate personnel action against such an employee, up to and including termination, consistent with the requirements of the Rehabilitation Act of 1972, as amended; or
 2. Requiring such employee 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;
- G. Making a good faith effort to continue to maintain a drug-free workplace through implementation of paragraphs (a), (b), (c), (d), (e), and (f).

Drug-Free Workplace (Grantees Who Are Individuals)

As required by the Drug-Free Workplace Act of 1988, and implemented at 34 CFR Part 85, Subpart F, for grantees, as defined at 34 CFR Part 85, Sections 85.605, and 85.610-

1. As a condition of the grant, the Institution certifies that it will not engage in the unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance in conducting any activity with the grant; and
2. If any officer or owner of the Institution is convicted of a criminal drug offense resulting from a violation occurring during the conduct of any grant activity, the Institution will report the conviction, in writing, within 10 calendar days of the conviction, to: Director, Grants and Contracts Service, U.S. Department of Education, 400 Maryland Avenue, S.W. (Room 3124, GSA Regional Office Building No.3), Washington, DC 20202-5140. Notice shall include the identification number(s) of each affected grant.

Drug and Alcohol Abuse Prevention

As required by the Drug-Free Schools and Communities Act Amendments of 1989, which added section 1213 to the Higher Education Act, and implemented at 34 C.F.R. Part 86, the undersigned Institution certifies that it has adopted and implemented a drug prevention program for its students and employees that, at a minimum, includes—

1. The annual distribution in writing to each employee, and to each student who is taking one or more classes for any kind of academic credit except for continuing education units, regardless of the length of the student's program of study, of:
 - a. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.

- b. A description of the applicable legal sanctions under local, state or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
 - c. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
 - d. A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with local, state and federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violation of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.
 - e. A description of any drug or alcohol counseling, treatment, or re-entry programs that are available to employees or students.
2. A biennial review by the Institution of its program to:
 - a. Determine its effectiveness and implement changes to the program if they are need.
 - b. Ensure that its disciplinary sanctions are consistently enforced.

L. Counseling & Testing Services

The Counseling and Testing Services provides confidential counseling services, psychological assessment, and consultation to enrolled UNT students. The program uses a short-term counseling model within existing staff specialties and expertise, and the center's scope of care. The Counseling and Testing services works together with the Substance Abuse Resource Center, Student Health and Wellness Center, and Eagle Peer Recovery groups to provide services for students with alcohol, other drug use concerns and dual diagnosis concerns.

2016 (August 1, 2016 – 11/28/16)

936 clients completed the Counseling and Testing Services' initial intake paperwork. Several questions address alcohol and drug use. The questions and responses are below:

- Please choose the most important reason you came today.
 - 2 clients, 0.2%, selected "Alcohol/Drugs."
- Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink).
 - 69.0% responded "None."
 - 14.3% responded "Once."
 - 6.6% responded "Twice."
 - 6.6% responded "3 to 5 times."
 - 1.7% responded "6 to 9 times."
 - 0.7% responded "10 or more times."
- Think back over the last two weeks. How many times have you used marijuana?
 - 75.0% responded "None."

- 5.8% responded “Once.”
 - 4.0% responded “Twice.”
 - 4.7% responded “3 to 5 times.”
 - 3.4% responded “6 to 9 times.”
 - 6.0% responded “10 or more times.”
- How many times have you felt the need to reduce your alcohol or drug use?
 - 69.2% responded “Never.”
 - 10.4% responded “1 time.”
 - 11.1% responded “2-3 times.”
 - 1.7% responded “4-5 times.”
 - 5.7% responded “More than 5 times.”
- When was the last time you felt the need to reduce your alcohol or drug use?
 - 6.8% responded “Within the last 2 weeks.”
 - 4.1% responded “Within the last month.”
 - 7.1% responded “Within the last year.”
 - 3.9% responded “Within the last 1-5 years.”
 - 0.5% responded “More than 5 years ago.”
- How many times have others expressed concern about your alcohol or drug use?
 - 81.9% responded “Never.”
 - 6.7% responded “1 time.”
 - 5.5% responded “2-3 times.”
 - 1.1% responded “4-5 times.”
 - 3.0% responded “More than 5 times.”
- When was the last time others expressed concern about your alcohol or drug use?
 - 2.7% responded “Within the last 2 weeks.”
 - 2.0% responded “Within the last month.”
 - 3.7% responded “Within the last year.”
 - 2.8% responded “Within the last 1-5 years.”
 - 1.2% responded “More than 5 years ago.”
- How many times have you received treatment for alcohol or drug use?
 - 95.4% responded “Never.”
 - 2.1% responded “1 time.”
 - 0.3% responded “2-3 times.”
 - 0.1% responded “More than 5 times.”
- When was the last time you received treatment for alcohol or drug use?
 - 0.3% responded “Within the last 2 weeks.”
 - 0.1% responded “Within the last month.”
 - 0.3% responded “Within the last year.”
 - 0.7% responded “Within the last 1-5 years.”
 - 0.3% responded “More than 5 years ago.”

- Data from Counseling Center Assessment of Psychological Symptoms (CCAPS)

Subscales	Center Average Score	National Average Score	National Standard Deviation	Center Standardized Difference
Depression	1.99	1.57	0.93	0.45
Generalized Anxiety	2.01	1.56	0.91	0.50
Social Anxiety	2.27	1.79	0.93	0.51
Academic Distress	2.04	1.87	1.03	0.17
Eating Concerns	1.15	0.99	0.89	0.17
Family Distress	1.53	1.22	0.94	0.33
Hostility	1.15	1.01	0.86	0.16
Substance Use	0.63	0.73	0.85	-0.12

***Fall 2016 – CTS Substance Abuse Programming**

- CTS paired with SARC for National Collegiate Alcohol Awareness Week. This event was part of a national event that takes place across college campuses. The event strives to provide students with harm-reduction strategies and information regarding alcohol use. For UNT’s event, SARC provided each table with a common myth about alcohol that the students debunked with each organization. After each student visited every table at the event, they were given free pizza.
- Dr. Jay Darr conducted 5 joint presentations for Athletics (Women’s Basketball, Track, Golf, Swimming, Diving, and Men’s Track, Golf, Baseball, and Football) on Substance Use and Performance. Dr. Darr also administered a pre-participating screening, which includes substance use questions.
- Dr. Grossman partnered with the Office of Substance Misuse & Mental Health Recovery Research and Eating Recovery Center to bring in three speakers to the UNT 4th Annual Recovery Conference. One of the speakers presented on comorbid substance use and eating disorders. UNT CTS staff were also present at a resource table for the conference.

Laura Nutt, M.Ed., LPC, offered a workshop (Party HARDish) for students to gain support, psychoeducation, and set personal goals regarding substance use. However, students did not attend this weekly workshop so the workshop was canceled.

2015 (January 1 – December 31, 2015)

1,649 clients completed the Counseling and Testing Services’ initial intake paperwork. Several questions address alcohol and drug use. The questions and responses are below:

- Please choose the most important reason you came today.

- 11 clients, 0.7%, selected “Alcohol/Drugs.”
- Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink).
 - 69.7% responded “None.”
 - 14.6% responded “Once.”
 - 9.6% responded “Twice.”
 - 6.5% responded “3 to 5 times.”
 - 1.7% responded “6 to 9 times.”
 - 0.9% responded “10 or more times.”
- Think back over the last two weeks. How many times have you smoked marijuana? (Question was changed during the year to: How many times have you used marijuana?)
 - 79.8% responded “None.”
 - 6.6% responded “Once.”
 - 3.4% responded “Twice.”
 - 5.9% responded “3 to 5 times.”
 - 3.0% responded “6 to 9 times.”
 - 5.6% responded “10 or more times.”
- How many times have you felt the need to reduce your alcohol or drug use?
 - 71.0% responded “Never.”
 - 9.9% responded “1 time.”
 - 12.1% responded “2-3 times.”
 - 2.2% responded “4-5 times.”
 - 5.8% responded “More than 5 times.”
- When was the last time you felt the need to reduce your alcohol or drug use?
 - 0.1% responded “Never.”
 - 5.9% responded “Within the last 2 weeks.”
 - 3.6% responded “Within the last month.”
 - 7.3% responded “Within the last year.”
 - 3.9% responded “Within the last 1-5 years.”
 - 0.7% responded “More than 5 years ago.”
- How many times have others expressed concern about your alcohol or drug use?
 - 81.8% responded “Never.”
 - 7.5% responded “1 time.”
 - 6.2% responded “2-3 times.”
 - 1.3% responded “4-5 times.”
 - 3.5% responded “More than 5 times.”
- When was the last time others expressed concern about your alcohol or drug use?
 - 0.1% responded “Never.”
 - 2.7% responded “Within the last 2 weeks.”

- 1.5% responded “Within the last month.”
 - 4.5% responded “Within the last year.”
 - 3.6% responded “Within the last 1-5 years.”
 - 0.9% responded “More than 5 years ago.”
- How many times have you received treatment for alcohol or drug use?
 - 94.4% responded “Never.”
 - 2.7% responded “1 time.”
 - 1.2% responded “2-3 times.”
 - 0.1% responded “4-5 times.”
 - 0.2% responded “More than 5 times.”
- When was the last time you received treatment for alcohol or drug use?
 - 0.2% responded “Within the last 2 weeks.”
 - 0.2% responded “Within the last month.”
 - 0.4% responded “Within the last year.”
 - 1.5% responded “Within the last 1-5 years.”
 - 0.5% responded “More than 5 years ago.”
- Data from Counseling Center Assessment of Psychological Symptoms (CCAPS)

Subscales	Center Average Score	National Average Score	National Standard Deviation	Center Standardized Difference
Depression	1.90	1.57	0.93	0.35
Generalized Anxiety	1.97	1.56	0.91	0.45
Social Anxiety	2.17	1.79	0.93	0.41
Academic Distress	1.92	1.87	1.03	0.05
Eating Concerns	1.10	0.99	0.89	0.13
Family Distress	1.56	1.22	0.94	0.36
Hostility	1.16	1.01	0.86	0.17
Substance Use	0.66	0.73	0.85	-0.09

2016 (January 1 – August 8th, 2016)

1,032 clients completed the Counseling and Testing Services’ initial intake paperwork. Several questions address alcohol and drug use. The questions and responses are below:

- Please choose the most important reason you came today.
 - 3 clients, 0.3%, selected “Alcohol/Drugs.”

- Think back over the last two weeks. How many times have you had: five or more drinks* in a row (for males) OR four or more drinks* in a row (for females)? (*A drink is a bottle of beer, a glass of wine, a wine cooler, a shot glass of liquor, or a mixed drink).
 - 62.2% responded “None.”
 - 18.1% responded “Once.”
 - 9.9% responded “Twice.”
 - 6.8% responded “3 to 5 times.”
 - 1.6% responded “6 to 9 times.”
 - 0.4% responded “10 or more times.”

- Think back over the last two weeks. How many times have you used marijuana?
 - 76% responded “None.”
 - 6.3% responded “Once.”
 - 3.4% responded “Twice.”
 - 4.7% responded “3 to 5 times.”
 - 2.4% responded “6 to 9 times.”
 - 5.3% responded “10 or more times.”

- How many times have you felt the need to reduce your alcohol or drug use?
 - 68.8% responded “Never.”
 - 9.7% responded “1 time.”
 - 11.4% responded “2-3 times.”
 - 2.6% responded “4-5 times.”
 - 5.5% responded “More than 5 times.”

- When was the last time you felt the need to reduce your alcohol or drug use?
 - 5.7% responded “Within the last 2 weeks.”
 - 3.7% responded “Within the last month.”
 - 6.3% responded “Within the last year.”
 - 4.5% responded “Within the last 1-5 years.”
 - 0.8% responded “More than 5 years ago.”

- How many times have others expressed concern about your alcohol or drug use?
 - 80.6% responded “Never.”
 - 7.9% responded “1 time.”
 - 6.6% responded “2-3 times.”
 - 1.0% responded “4-5 times.”
 - 2.0% responded “More than 5 times.”

- When was the last time others expressed concern about your alcohol or drug use?
 - 2.3% responded “Within the last 2 weeks.”
 - 2.2% responded “Within the last month.”
 - 4.7% responded “Within the last year.”
 - 2.7% responded “Within the last 1-5 years.”
 - 0.8% responded “More than 5 years ago.”

- How many times have you received treatment for alcohol or drug use?
 - 95.3% responded “Never.”
 - 2.1% responded “1 time.”
 - 0.5% responded “2-3 times.”
 - 0.2% responded “More than 5 times.”
- When was the last time you received treatment for alcohol or drug use?
 - 0.8% responded “Within the last year.”
 - 1.0% responded “Within the last 1-5 years.”
 - 0.2% responded “More than 5 years ago.”
- Data from Counseling Center Assessment of Psychological Symptoms (CCAPS)

Subscales	Center Average Score	National Average Score	National Standard Deviation	Center Standardized Difference
Depression	1.90	1.57	0.93	0.36
Generalized Anxiety	2.01	1.56	0.91	0.50
Social Anxiety	2.23	1.79	0.93	0.48
Academic Distress	1.95	1.87	1.03	0.08
Eating Concerns	1.11	0.99	0.89	0.14
Family Distress	1.52	1.22	0.94	0.32
Hostility	1.20	1.01	0.86	0.22
Substance Use	0.69	0.73	0.85	-0.04

- **Alternative Activities:** Counseling & Testing Services also offers therapy groups and drop-in workshops every semester which can be considered Alternative Activities to substance use.

Fall 2016 - Plans

- Beginning late Summer 2016, Dr. Jay Darr has been collaborating with Tim Trail of SARC. They have been conducting joint presentations for Athletics (in the Summer, specifically Men’s Basketball and Soccer) on Substance Use and Performance. The presentations are being scheduled for other teams for the Fall 2016 semester. They are also administering a pre-participating screening, which includes substance use questions. Dr. Darr and Dr. Trent Petrie (in Sports Psychology) developed/refined the screening based on NCAA best practices.
- Laura Nutt, M.Ed., LPC, is planning to offer a 10-week drop-in group for students to gain support, psychoeducation, and set personal goals regarding substance use. The group will

be focused on harm-reduction and moderation. She is also working to collaborate with the Collegiate Recovery Program, Substance Abuse Recovery Center, and Life of Purpose for referrals.

- Dr. Steffanie Grossman is in the planning stages of a collaboration/outreach program regarding alcohol use with Greek Life that she intends to present during the Fall 2016 semester.
- Planned Groups/Alternative Activities flyers within the addendum.

M. Department of Disability and Addiction Rehabilitation

The Department of Disability and Addiction Rehabilitation makes referrals to on-campus and off-campus resources when students self-identify as needing help with drug and alcohol issues. The program partners with the Substance Abuse Resource Center (SARC) and the Collegiate Recovery Program (CRP) with practicum and internships.

The Department of Disability and Addiction Rehabilitation sponsored a number of events this year designed to raise awareness of substance related issues to increase support of recovery and to reduce the stigma associated with substance use disorders and recovery. CRP Director, Amy Trail helped plan a recovery themed Art Gala that was held on the UNT campus. A number of graduate and undergraduate students from the department attended the gala as well as numerous community supporters and sponsors. The Department of Disability and Addiction Rehabilitation staff and faculty collaborated with the UNT CRP and SARC on numerous occasions to deliver on campus education to students about substance use disorders. The Department of Disability and Addiction Rehabilitation also sponsored fall, spring and summer seminars on substance use disorder treatment that was attended by faculty, staff, community partners and students from multiple departments at large. In the fall, we launched the Lunch and Learn Series and had 10 community partners provide seminars related to substance use and recovery that was open to all UNT students. We continued it this spring with an additional 10 seminars hosted by professionals from the addiction community. Our summer speaker series included 8 different weekly topics. An average of 15 students attend each seminar in the fall and spring and approximately 10 during the summer.

The Department of Disability and Addiction Rehabilitation recently received funding through the Hogg Foundation to coordinate the dissemination of the Recovery to Practice (RTP) curricula. The development of the Recovery to Practice initiative encourages recovery-based principles and practices for addiction professionals and students across the country through education and training. Essentially, Recovery to Practice promotes a more concise understanding of what recovery is, how to utilize recovery-oriented practices and the roles of behavioral health professions in this process. The Department of Disability and Addiction Rehabilitation continues to offer minors and certificates in addiction studies and substance use disorder treatment. In addition to 13 professionals from addiction treatment programs across the state, two UNT students participated in the Train-the-Trainer event that was held on the UNT campus.

Additionally, the Department of Disability and Addiction Rehabilitation received a \$100,000 donation in March of 2016 from Life of Purpose Treatment to establish the Office of Substance Misuse and Mental Health Recovery Research. This gift serves as a springboard to raise \$3.5 million to recruit a leading R1 researcher to serve as the chair of the Office to spearhead the program. The vision of the Office is to provide research, courses and workshops for allied disciplinary practitioners in addictions. As its work progresses, the program will offer visits by internationally renowned scholars and practitioners in the field to promote collaborative research efforts, teaching and knowledge mobilization. We have 12 UNT researchers from 3 different colleges who are collaborating with the office. The establishment of the Office of Substance Misuse and Mental Health Recovery Research enabled the Department of Disability and Addiction Rehabilitation to host the 4th Annual Recovery Conference, which is a national 2-day event that brings together behavioral health professionals, educators, researchers, students and industry leaders every September during recovery month. This event features multiple addictions professionals, social workers, community supports, private industry employers, and offers 10+ educational workshops that are 100% free to students at the university.

Collegiate Recovery Program

The collegiate recovery program at the University of North Texas provides peer to peer resources for students that are in or seeking recovery from alcohol and drug disorders. During the 2015/16 academic year the UNT CRP provided 210 behavioral health groups, hosted 25 sober events and more than 2,000 hours of case management and peer recovery coaching.

The UNT CRP also provides clinical referrals to on-campus and off-campus resources for students who identify as in need of assistance with a substance use disorder. During the 2015/16 academic year, 15 referrals were made to on-campus resources, 6 referrals were made to off-campus resources (IOP treatment, In-patient treatment, and private LPC/LCDCs). A small portion of the funds from the Life of Purpose donation are being used to develop a better battery of assessment instruments and outcome data that can be used to measure the effectiveness of the UNT collegiate recovery program.

The Collegiate Recovery Program also houses a student organization, Eagle Peer Recovery, which provides substance-free alternative events, recovery meetings, and a peer fellowship for all students of the university. The organization currently has over 750 members (Spring 2016) and holds 32 substance education meetings per semester, 48 recovery-focused peer meetings, and also leads the “North Texas Sober Tailgaters” events at the University Football games. These tailgates have partnered with UNT athletics and the Substance Abuse Resource Center to counteract any negative impact of Alcohol now being sold at football games, and promoting the use of safe-drinking and designated drivers.

The UNT CRP partnered with Housing to develop a Recovery Focused REAL Community. The REAL Community also known as the “Recovery Nest” opened in the fall of 2015 and is located at College Inn. The Recovery Nest is open to all students living in recovery from substance use disorders, mental health illness, and other quality of life concerns. The Recovery Nest is the first residence hall wing serving students that are in long-term recovery, or that live a life of wellness by choice. The Recovery Nest community integrates fun in recovery with a focus on success in individual academic careers.

UNT Student Organization–Eagle Peer Recovery

This organization is open to any student at the university. The goal of this organization is to integrate the academic lives and recovery lives of students living in and seeking long-term recovery at the university. Eagle Peer Recovery promotes awareness of recovery from substance use disorders and mental health concerns, as well as works to decrease the stigma often associated with these conditions, through community and campus involvement.

The organization is student driven by a governing body that is elected every two-years. The organization has made contact with numerous community agencies and individuals who support this vision, and these partners are willing to provide speakers in classrooms or other events when needed. Additionally, many desire to act as referral support services if anyone should need resources for quality of life issues.

The organization intends to maintain visibility through no less than one function in the community and on campus each semester. Daily visibility will also occur through use of social media and electronic communication for networking. The organization now boasts over 750 members, has graduated 21 alumni, and currently is working to develop leaders for the next 4 years to provide sustainability. Eagle Peer Recovery also sponsors numerous events on campus and in the North Texas community such as the North Texas Sober Tailgating activities, mutual aid support groups, alternative pathways to recovery groups, and community service events.

N. University of North Texas Police Department

The University of North Texas Police Department (UNTPD) takes a proactive approach with enforcing alcohol and drug violations around the University of North Texas campus.

The University of North Texas Police Department also takes a proactive approach in educating the UNT Community on alcohol and drugs by offering both an Alcohol Awareness and Drug Recognition and Education Program to all UNT Departments, student organizations and groups. The UNT Police Department regularly presents to the UNT residents at the residence halls, the UNT Greek community and the UNT international student community.

The UNT Police Department takes an active role with educating UNT students on alcohol and drugs during undergraduate health classes offered by the UNT Kinesiology Department with a coordinating effort from the professors. Also, the UNT Police Department teamed up with the Dean of Students Office and offer alcohol awareness and education during Freshman Orientations. This program is called Dean of Students After Dark and consists of an UNT Police Officer educating students on alcohol awareness and having student participants wear the Fatal Vision Goggles and perform the “Walk and Turn” test.

The UNT Police Department also hosted TAMS Drugs Awareness on August 18· 2016 in which 22 students attended,

The Alcohol Awareness Program presented by the UNT Police Department includes four parts;

1. Effects of alcohol – mental and physical
2. Alcohol and the law
3. Demonstration conducted by the presenting officer that involves the use of volunteer participants wearing the Fatal Vision Goggles and performing the “Walk and Turn” test to show the physical impairment of alcohol introduced into the body
4. Prevention and personal safety

They presented this program on October 5, 2016 in which 20 students attended.

The Drug Recognition and Educational Program presented by the UNT Police Department includes four parts;

1. Effects of drugs – mental and physical
2. Drug and drug paraphernalia recognition
3. Prevention and personal safety

O. Employee Assistance Program

The Employee Assistance Program (EAP) is designed to aid employees in managing daily responsibilities, life events, work stresses or issues affecting quality of life. Confidential services are provided at no cost to employees and their benefit eligible dependents including assessments, referrals and short-term problem resolution, by calling a toll free number available 24 hours a day, 7 days a week.

Web-based Services

In addition to the toll free number, the EAP has established HelpNet, an online database housing 1500 tip sheets, resources, interactive tools, prevention guides and self-assessments geared towards assisting employees with various work and personal issues, with substance abuse and treatment as one of the main areas of focus.

Counseling Services

Solution-focused counseling is short-term in nature and focuses on solutions rather than problems. Counselors work with the client to develop an action plan and can help employees and their families with challenges that may affect their personal lives, relationships, job performance, and work behavior. Referrals to external resources are also provided to employees and their family members if issues expand beyond the scope of the EAP.

Educational Services

The EAP offers trainings geared towards addressing the topic of substance abuse. The course, “Substance Abuse 101: Drug and Alcohol Awareness” is designed to increase employees’ knowledge of the problems associated with alcohol and drug abuse in the workplace, as well as to assist in identifying the signs and symptoms of substance abuse.

P. Human Resources

Drug Free Schools and Communities Act (DFSCA)

The Drug-Free Schools and Communities Act (DFSCA) of 1989 - also known as the Drug-Free Schools and Campuses Act - requires institutions of higher education to establish policies that address unlawful possession, use, or distribution of alcohol and illicit drugs. The DFSCA also requires the establishment of a drug and alcohol prevention program.

All members of the UNT community are encouraged to review the information on the following pages. This information is distributed on an annual basis.

EAP (Alliance Work Partners)

Short term counseling and referral for qualified employees 1-800-343-3822 online resources, education and training.

Program Participation Agreement

As part of the Department's Program Participation Agreement (PPA) the university must make a certification statement, which is signed by the President of the university. Under the PPA, if an employee is found to have a drug or alcohol related issue, the university must have programs and procedures in place to assist that employee. The Employee Assistance Program satisfies the employee portion of the PPA. The PPA must be completed and renewed every five years as part of maintaining eligibility for administering financial aid programs.

National Red Ribbon Week

UNT Campus Human Resources and the Division of Student Affairs promoted National Red Ribbon Week during the week of October 24-28 to encourage a drug-free lifestyle and to raise awareness of substance abuse prevention and treatment resources at UNT. EAP and CARE Team resources were distributed around campus, and the WeareRed Team traversed campus and passed out cherry LifeSavers to anyone they saw wearing red.

Q. Life of Purpose

Life of Purpose is a substance use treatment center that focuses on helping young people find direction in life and reasons to obtain and maintain their recovery. The mission of Life of Purpose is to help pull young people toward something positive rather than simply away from alcohol and drugs. This often comes in the form of higher education. We offer intensive outpatient treatment, academically focused case management and continued care, as well as recovery housing. People do not need to be currently enrolled at a college or university in order to become clients but our focus is on serving young people who are currently in school or interested in enrolling. We are located on the first floor of Chilton Hall on UNT's Denton campus and we are the first treatment center in an academic building in the country.

II. Drug and Alcohol Program Assessments

Individual Drug and Alcohol Assessment, Intervention, Education, and Referral

The Substance Abuse Resource Center program provides each student an opportunity to meet individually with SARC staff to assess alcohol and other drug use, and receive education and referral to appropriate treatment options both on and off campus. Individuals may be referred from the Dean of Students Office, the Student Health and Wellness Center (SHWC), the Student Counseling Center, UNT Police, UNT Housing, or may self-refer for services. Individual assessment, intervention, education, and referral services will vary depending on the needs and goals of the student.

Marijuana 101

Depending on the severity of use, there are two typical interventions a student with a marijuana violation may be assigned. The first is an online educational module, Marijuana 101, which is focused on reducing the harm associated with marijuana use. During the academic year of 2013, 34 students participated in this program, which is designed to help students who have violated drug policies make safer and healthier choices. The program provides a personalized and customized educational experience that:

- Produces strategic learning gains
- Changes perceptions
- Motivates behavior change
- Supports healthier decisions

Motivational Interviewing

Aimed at heavier users, meetings are combination of multiple psycho-education sessions as well as a motivational interviewing based research assignment by the student. This program provides a personalized and customized educational experience that:

- Sets strategic learning objectives
- Changes perception
- Motivates behavioral changes
- Supports healthier decision-making

Explores in-depth neurological, physiological, cognitive, academic, and legal consequences associated with marijuana.

Targeted Substance Abuse Educational Programming and Outreach

Providing targeted education programming to at-risk groups, using skill-based training and challenging expectations, has been shown to be an efficacious strategy for reducing problems associated with alcohol and other drug use. The SARC program responds to program requests by assigning a staff member to work with the requesting group and provide the program. Compared to 2011-12 academic year, SARC has increased face-to-face educational communication from 2,400 students to just over 10,000 at the 2015-16 year end. During the reporting period the following programs were completed:

- Alcohol and Drug Prevention Presentations –programs follow a basic curriculum developed to increase knowledge about alcohol (effects on brain/body, standard drink size, binge drinking, alcohol poisoning, related laws), and other substances (effects on brain/body, consequences of use, related laws). Presentations during this reporting period were made to:
 - Greek Organizations
 - All Residence Halls
 - Student Athletes (individually and in team presentations)
 - Student Organizations
- Haunted House Program – In late October, the SARC and Meadows Center for Health Resources offices are decorated for an open house, allowing students to come and learn about health and substance abuse issues
- Alcohol and Drug Addiction - Small group substance abuse education
- Phi Kappa Tau
- Women and Drugs - Residents in Crumley Hall, the all-female residence hall
- Alcohol and Date Rape Drugs in College – Education for on-campus residents
- Alcohol vs Athletes - Campus athletes
- How Alcohol Affects You - Alcohol Education
- Pi Kappa Phi Fraternity
- Pi Beta Phi Sorority
- In-class Substance abuse focused presentations throughout academic school year (Addictions, counseling, sociology, case management, family and group therapy, etc.)
- Class Presentation/Education for RHAB 3200 HOST Binge Drinking Presentation – Educated the Residence Hall Desk Staff
- Alpha Chi Sigma
- Orientation Leader Training/ Educated the Orientation Leaders on AlcoholEdu/ThinkDrink for College, so that entering students would have additional resources for questions
- Student Portraits: A Symposium for UNT Employees – Session presented as part of the program curriculum
- Campus tabling for Alcohol Awareness week (five days)
- Campus tabling in canvassing for recovery month (five days)
- Alternative sober events: alternative to thirsty Thursdays, tailgating, and housing events on weekend nights.
- Collaborated to assist with 2013 Reel Recovery Film Festival and Conference: showcased 12 movies focused on recovery, conducted round table discussions with presenters and students, and provided three educational breakout sessions.
- Health & Fitness Expo – outreach for the university community at the first ever Health & Fitness Expo
- SARC Information Table – Outreach through tabling at all Freshman and Transfer Orientation sessions

Core Alcohol and Drug Survey

The Core Alcohol and Drug Survey was created by the US Department of Education, to measure alcohol and other drug usage attitudes and views among college students at two-year and four-

year institutions. The survey is distributed every three years at the University of North Texas and seeks to measure and evaluate the following attributes below:

- Students attitudes, perceptions, and opinions about alcohol and drugs
- Students thoughts on own use and consequences of use
- Demographic and campus climate issues

III. Procedures for Distributing Written AOD Information

The University of North Texas Illegal Drugs and Alcohol Policy ([05.004](#)), Drug-Free Workplaces Policy ([05.047](#)), Drug-Free Workplaces Statement ([05.048](#)) and Biennial Report are provided during the online onboarding process for new employees. The policies are available on the [UNT Policy Manual](#) website. Additionally, the Biennial Report is emailed annually by the Division of Student Affairs to all faculty, staff and students.

IV. Sanction Enforcement

Student Sanctions: Dean of Students Office

The Dean of Students Office reviews all allegations of student misconduct, including allegations relating to the use of alcohol and drugs. The Code of Student Conduct details what conduct is prohibited and may result in sanctions, as well as the procedures used to review and adjudicated allegations of misconduct. Students found responsible for violating university policies relating to alcohol and drugs receive sanctions for these violations. Consistency in sanctioning is ensured by use of typical sanctions guidelines that are reviewed for revision annually, routine training and supervision of all staff who review alleged violations, and checks by the chief conduct officer of each completed review.

Alcohol-Related Misconduct

Alcohol-related misconduct reviewed by the Dean of Students Office include offenses such as driving while intoxicated, being a minor in possession of alcohol, public intoxication, providing alcohol to minors, and illegal distribution of alcoholic beverages. From January 1, 2012 to August 1, 2014 the Dean of Students Office reviewed 1,011 allegations of alcohol-related misconduct (49.0% of all allegations) for behavior taking place on and off campus. Six hundred eighty nine (689) of these allegations of alcohol-related misconduct were substantiated after review based on greater weight of the evidence, resulting in the imposition of sanctions.

Alcohol-Related Sanctions

The Code of Student Conduct outlines the possible sanctions for misconduct. These sanctions can include: Warning, Level I Conduct Probation, Level II Conduct Probation, Level III Conduct Probation, Suspension, Expulsion, Residence Hall Relocation, Residence Hall Removal, Loss of Privileges, and Educational Sanctions such as a referral to the Substance Abuse Resource Center (SARC) or completion of an Ethical Decision Making Workshop (EDMW).

Sanctions issued for alcohol-related misconduct are based on a number of factors: The number of prior offenses, the nature of the misconduct, any current probationary status in effect, the impact of the behavior on the student and the community, and learning and behavioral outcomes identified for the student during the course of their participation in the conduct process.

Sanctioning includes two parts: A status-based sanction (i.e., probation) in effect for a period of time meant to deter future misconduct, and an educational sanction (e.g., a referral to SARC or the EDMW) designed to achieve learning and behavioral outcomes. Violations that take place in residence halls may also include a residence hall status component (e.g., relocation or removal from on-campus housing) intended to mitigate the impact of the student's behavior on the residential community.

First-time alcohol violations that are of lower severity (e.g., minor in possession of alcohol or public intoxication) typically result in Level I Conduct Probation, a referral to SARC, and a warning that subsequent violations may result in more severe sanctions. Level I Conduct Probation is imposed for a period of time (typically 1 calendar year), and is intended to

encourage students to engage in thoughtful decision-making regarding their behavior during the period of time the probation is in effect. Level I Conduct Probation does not remove good conduct standing. SARC provided individualized evaluations and psychoeducation to students to address alcohol-related behavior with the goal of increasing motivation to change and reducing negative consequences. SARC has the flexibility to determine the most appropriate psychoeducational program for each student referred, and may elect to see a student for 1 to 5 individualized or group sessions. All information shared with SARC by the student remains a part of SARC’s internal records and is not shared with the Dean of Students Office.

First-time alcohol violations that are more serious in nature (e.g., driving while intoxicated, providing alcohol to minors, or illegal distribution of alcoholic beverages) typically result Level II Conduct Probation, a referral to SARC, and a warning that subsequent violations may result in more severe sanctions. Level II Conduct Probation is imposed for a period of time (typically 1 calendar year), and is intended to encourage students to engage in thoughtful decision-making regarding their behavior during the period of time the probation is in effect. Level II Conduct Probation does remove good conduct standing for the period of time it is in effect.

Egregious or repeated alcohol violations can result in the imposition of Level III Conduct Probation, Suspension, or in extreme cases, Expulsion. These sanctions create a permanent record for the student. The Dean of Students Office may also require students with egregious or repeated alcohol violations to revisit with SARC for additional support, or to seek alcohol education or counseling with an appropriately licensed professional within the community, and provide documentation of completion as a condition of enrollment.

The table below shows the frequency of imposition for each sanction for alcohol-related violations by calendar year.

Sanction	2015	2016	2017 as of 11.3.2016
Warning	131	44	37
Level I Conduct Probation	203	205	69
Level II Conduct Probation	38	29	7
Level III Conduct Probation	6	2	1
Suspension	5	4	0
Expulsion	0	0	0
Loss of On-Campus Housing Privileges	6	7	1
SARC Referral	227	217	75

Drug-Related Misconduct

Drug-related misconduct reviewed by the Dean of Students Office include offenses such as illegal use, possession, distribution or manufacture of illegal or controlled substances; abuse or unlawful possession of a controlled substance; or possession of drug paraphernalia. From January 1, 2015 to August 1, 2016 the Dean of Students Office reviewed 284 allegations of drug-related misconduct (28.7% of all allegations) for behavior taking place on and off campus. Two hundred and ten (210) of these allegations of drug-related misconduct were substantiated after review based on greater weight of the evidence, resulting in the imposition of sanctions.

Drug-Related Sanctions

The Code of Student Conduct outlines the possible sanctions for misconduct. These sanctions can include: Warning, Level I Conduct Probation, Level II Conduct Probation, Level III Conduct Probation, Suspension, Expulsion, Residence Hall Relocation, Residence Hall Removal, Loss of Privileges, and Educational Sanctions such as a referral to the Substance Abuse Resource Center (SARC) or completion of an Ethical Decision Making Workshop (EDMW).

Sanctions issued for drug-related misconduct are based on a number of factors: The number of prior offenses, the nature of the misconduct, any current probationary status in effect, the impact of the behavior on the student and the community, and learning and behavioral outcomes identified for the student during the course of their participation in the conduct process. Sanctioning includes two parts: A status-based sanction (i.e., probation) in effect for a period of time meant to deter future misconduct, and an educational sanction (e.g., a referral or the EDMW) designed to achieve learning and behavioral outcomes. Violations that take place in residence halls may also include a residence hall status component (e.g., relocation or removal from on-campus housing) intended to mitigate the impact of the student's behavior on the residential community.

First-time drug violations that are of lower severity (e.g., possession of drug paraphernalia or possession or use of less than 2 ounces of marijuana) typically result in Level II Conduct Probation, a referral to SARC, and a warning that subsequent violations may result in more severe sanctions. Level II Conduct Probation is imposed for a period of time (typically 1 calendar year), and is intended to encourage students to engage in thoughtful decision-making regarding their behavior during the period of time the probation is in effect. Level II Conduct Probation does remove good conduct standing for the period of time it is in effect.

SARC provided individualized evaluations and psychoeducation to students to address drug-related behavior with the goal of increasing motivation to change and reducing negative consequences. SARC has the flexibility to determine the most appropriate psychoeducational program for each student referred, and may elect to see a student for 1-5 individualized or group sessions. All information shared with SARC by the student remains a part of SARC's internal records and is not shared with the Dean of Students Office. First time violations involving the possession or use of any illegal drug or the unlawful possession of any controlled substance in the residence halls also typically result in residence hall removal.

First-time drug violations that are more serious in nature (e.g., possession of 2-4 ounces of marijuana) typically result Level III Conduct Probation, a referral to SARC, and a warning that subsequent violations may result in more severe sanctions. Level III Conduct Probation creates a permanent record for the student, and removes them from good conduct standing.

Egregious (e.g., possession of more than 4 ounces of marijuana, possession of other controlled substances, distribution of illegal drugs or controlled substances) or repeated drug violations can result in the imposition of Suspension, or in extreme cases, Expulsion. These sanctions create a permanent record for the student. The Dean of Students Office may also require students with egregious or repeated drug violations to revisit with SARC for additional support, or to seek drug

education or counseling with an appropriately licensed professional within the community, and provide documentation of completion as a condition of enrollment.

The table below shows the frequency of imposition for each sanction for drug-related violations by calendar year.

Sanction	2015	2016	2017 as of 11.3.2016
Warning	61	66	1
Level I Conduct Probation	3	4	0
Level II Conduct Probation	133	110	10
Level III Conduct Probation	10	13	0
Suspension	19	14	1
Expulsion	2	5	0
Loss of On-Campus Housing Privileges	66	29	1
SARC Referral	132	120	10

Campus Drug and Alcohol Incidents

Below is a report that includes incidents that are classified as Liquor Law violations and Drug Law Violations in regards to arrest and disciplinary actions for the prior three years. This data can be found online: [Annual Security Report 2016-2017](#)

Student Activities Student Organization Sanctions

The Student Activities Center, in conjunction with the Event Safety Committee (ESC) works with student organizations to ensure that registered on-campus events are executed in the safest way possible, to assure the safety of the organization members and their guests.

Student Activities & events disciplinary process

In the event a student organization(s) fails to meet the expectations and/or requirements set forth by the ESC, the student organization(s) must (at minimum) have an After Action Meeting where the ESC will review their event. They will discuss what went well and address any minor/major issue(s). If necessary, the organization(s) can have restrictions placed on future events including but not limited to; future events are contingent upon certain criteria, additional security, earlier start/end time, disapproval of future events, etc.

Student Organization disciplinary process

The Student Activities Center staff refers all alleged violations of the Code of Student Conduct to the Dean of Students Office for investigation.. It is the charge of these offices to implement sanctions that will help the organization(s) address any issues related Code violation, while also helping them to use the experience to enhance their organization(s) and move forward.

Greek Life

The Office of Greek Life has oversight of the 39 fraternities and sororities that are affiliated with one of the four Greek governing councils; Interfraternity Council (IFC), Multicultural Greek

Council (MGC), National Pan-Hellenic Council (NPHC), Panhellenic Council. All alleged violations of the UNT Code of Student Conduct, international, state, local, or federal law(s), or any other university policy are referenced to the Dean of Students Office.

Additionally, in the event that any alleged violation(s) are found to be either credible or confirmed, the appropriate Greek Judicial Board and/or the Office of Greek Life will conduct a hearing regarding the alleged violation.

Human Resources – Faculty and Staff Sanctions

Employees of the University of North Texas are subject to the sanctions imposed by Policy [05.004](#), which “range from mandatory participation in university-approved drug counseling and rehabilitation programs to dismissal/termination from the university.”

Additionally, staff employees are subject to the Staff Employee Discipline and Involuntary Termination Policy [05.033](#). Violation of this policy may subject an employee to disciplinary action up to and including termination of employment. The Discipline Policy for Faculty is listed under [06.025](#).

Faculty sanctions are listed under the [UNT Faculty Discipline Policy](#). Staff sanctions are listed under the [Staff Employee Discipline Policy](#).

Standards of Conduct

Use of illegal drugs, and the illegal use of alcoholic beverages, is identified as "conduct which adversely affects the university community." University regulations prohibit any unlawful possession, use, distribution, or sale of alcohol and other drugs by university students, faculty, staff, or guests to the university, on university-owned property and at all university sponsored activities.

Penalties Under Texas Law

Offense	Punishments *minimum **maximum
Manufacture or delivery of controlled substances (drugs)	*Jail term up to 2 years and a fine up to \$10,000 **Imprisonment for life and a fine up to \$250,000
Possession of controlled substances (drugs)	*Jail term not more than 180 days, a fine up to \$2000, or both **Imprisonment for life and fine up to \$250,000
Delivery of marijuana	*Jail term not more than 180 days, a fine up to \$2000, or both **Imprisonment for life an fine up to \$100,000
Possession of marijuana	*Jail term not more than 180 days, a fine up to \$2000, or both **Imprisonment for life and fine up to \$50,000
Driving while intoxicated (includes intoxication from alcohol, drugs, or both)	*License suspension of at least 60 days **Jail term not more than 180 days and fine up to \$2000 ***Imprisonment up to 10 years, and fine up to \$10,000
Public Intoxication	*A fine not to exceed \$500 **Varies with age and number of offenses
Purchase of alcohol by a minor	*A fine not to exceed \$500 **Varies with number of offenses ***At least 8 hours of Community Service, 30 day license suspension
Consumption or possession of alcohol by a minor	*A fine not to exceed \$500 **Varies with number of offenses ***At least 8 hours of Community Service, 30 day license suspension, Mandatory Alcohol- Awareness classes
Providing alcohol to a minor	*A fine not to exceed \$4,000 or confinement in jail for not more than one year, or both ***If binge drinking involved: *Driver's License Suspension for 180 days *20-40 hours of Community Service *Alcohol Awareness Class

Note: Penalties may be enhanced for prior offenses and/or offenses within 1000 ft. of a public university.

VI. Updates from 2014 Recommendations

1. *Encourage more collaboration between the Office of Greek Life, Student Activities Center and Dean of Students Office so that there is more proactive programming in connection to drug use and alcohol consumption for Greek and Student Organizations.*

Student Activities collaborated with Greek Life to provide the state-mandated risk management training to presidents and/or risk management officers of each fraternity and sorority. One of the topics covered is alcohol, including a brief overview of (1) what happens for alcohol-related violations of the Code of Student Conduct and (2) Policy [05.004](#).

Begun showing the risk management video to all student organizations (not just select high-risk organizations like sport clubs, as had been done in prior years), via our mandatory student organization orientation.

In an effort to assist with alcohol prevention Greek Life staff members rode along with the UNT police department on an unannounced basis while informing the Greek community that we would be doing so. This provided staff with a different knowledge of what was happening within the community and also worked to reduce incidents of alcohol use within the Greek areas on campus.

SARC developed new or increased existing collaboration with multiple departments in 2015 including: The Collegiate Recovery Program, Eagle Peer Recovery, UNT PD, Greek Life, Housing, Meadows Center, Counseling and Testing, Dean of Students, The Mental Health Taskforce, Student Activities Center, campus departments, as well as, multiple student organizations.

Along with the existing programs, SARC developed and collaborated on multiple new events. Some of these events are: the NCAA Alcohol awareness campaign, Greek Life drunk driving simulator, Cannabis and Other Drug Education (CODE) Talks, a stronger National Alcohol Awareness Week, a multi-departmental annual spring break event, and Eagle Watch (a Meadows Center collaborative program involving SARC and focusing on awareness and sexual assault).

2. *Utilize the Collegiate Recovery Program in the alcohol and drug related sanctions process to provide enhanced resources and services for those students with multiple infractions that focus on recovery from a substance abuse.*

DOS Representatives are trained to discuss the CRP with students accused of alcohol and other drug violations. Voluntary referrals are made to CRP as warranted. CRP/SARC are invited to come and meet with the DOS conduct team on an annual basis to exchange information.

The Collegiate Recovery Program (CRP) has met with the campus police department to provide awareness of the CRP and promote the CRP as a potential referral source.

Additionally, the CRP has met with campus housing to discuss the RA reporting process and best practices for recovery housing locations on campus. Future steps: the CRP will begin tracking referrals from the dean of students' office.

3. *Expand all substance-free alternative events to include a larger percentage of the entire university population in collaboration with the Collegiate Recovery Program, Dean of Students Office, Athletics, and Student Health and Wellness.*

The Meadows Center for Health Resources, as the health education department of the Student Health and Wellness Center, provided education on responsible alcohol and drug use this past year. The Meadows Center attempted to meet our students where they are by going out and presenting at locations the student body frequents. Our mission is to dispel myths and establish a presence on campus that invites our students to seek us out and get the information they need.

C.O.D.E Talks

We established a presence in all on campus residence halls by weekly hour-long visits. We partnered with the Substance Abuse Resource Center and presented trifold and brochures, as well as being available to answer any questions students may have had regarding cannabis and other drug use. We also discussed how due to impairment, a person's ability to give consent in sexual situations is reduced. These programs engaged 209 students.

Eagle Watch

Eagle Watch is a bystander intervention program we have created to implore and encourage students to look out for one another. We discuss matters that involve alcohol and other drug use and give students resources in the community to contact if they are concerned for a fellow classmate. We are hoping that, by educating students on the warning signs and giving them the resources to act, we will create active bystanders. We provide brochures and safety whistles and listen to our students' stories about what is going on around campus. These programs engaged 431 students.

Tailgates

The Meadows Center has begun tailgating this year, and served food and education at three home games. Alcohol is a part of the activities at Apogee stadium and the Meadows Center has established a presence as an alcohol-free location where students can drop by and receive education on safer sex practices, alcohol use in conjunction with sexual consent, and informational brochures. This series of events engaged 342 students.

Safer Spring Break

Spring break is a time of the year that irresponsible behaviors can put students at risk. The Meadows Center partners with the Substance Abuse Resource Center and the Student Money Management Center (SMMC) to provide educational activities to reinforce responsible decision making. We bring best practices to the forefront of our student's minds concerning financial responsibility, safer sex practices and responsible drug and alcohol consumption. This event engaged 376 students.

First Flight/Spring Soar Weeks

First Flight Week and Spring Soar Week are great opportunities to reach new incoming students. This year we partnered with MHMR of Tarrant County, and the Substance Abuse Resource Center to present safer sex and alcohol use BINGO. We read facts about each topic with each number called. Students asked questions, and met with department representatives to get resources in the community. These programs engaged 321 students.

Alcohol Awareness Week

We partnered with the Substance Abuse Resource Center (SARC) to provide programming during this nationally-recognized week. We set up tables and the Health Hut to provide information regarding alcohol and sexual consent. This event engaged 350 students.

Collaborations for Alcohol Free Events

Between mocktail parties, tailgating events and National Collegiate Alcohol Awareness Week, the Meadows Center for Health Resources hosted or co-sponsored five alcohol free events that engaged 703 students. Two additional tailgating events were planned for Fall 2015, but were cancelled due to rain.

Safer Sex Programs

All of the safer sex programs provided through the Meadows Center for Health Resources office have a component on alcohol and other drugs inhibiting the ability to provide consent for sexual activity. These programs engaged 712 students.

The CRP has co-sponsored the following substance-free alternative events: 72 hour challenge, multiple sober tailgating events, 5K run for recovery (partnered with Greek Life), sober spring break, recovery conference, holiday substance-free parties (Halloween, Thanksgiving & Christmas), finals week massages, camping trip, drug facts week, Unite. Future steps: the CRP will host the following events during the 2016 academic year: drug facts week, art gala, recovery conference.

SARC has collaborated with the Collegiate Recovery Program, Student Health and Wellness, and Athletics on providing substance-free tailgating. SARC has also collaborated on many substance-free events with UNT Housing, Meadows Center, Counseling and Testing, academic departments, student organizations, as well as, fraternities and sororities.

4. *Open and operate a Recovery-focused residence hall wing for students that present with a substance abuse disorder and seek recovery-related services.*

The recovery-focused residence hall opened in August of 2015. Future steps: the CRP will work with its members to implement community outreach projects. The CRP also met with housing and student affairs to develop/collaborate.

A Recovery Wing was implemented beginning in the Fall 2015 semester in collaboration with Housing, the Collegiate Recovery Program and PACS faculty. Space in Kerr Hall

was allocated and the Recovery Wing was advertised through the Collegiate Recovery Program to its membership as well as prospective incoming students that had previously participated in a licensed recovery program for any of the following: alcohol abuse, substance abuse, psychological recovery treatment, emotional or physical abuse, or other licensed recovery treatment. 12 students opted to participate in the community at the start of the fall semester.

Programmatic components have been an ongoing process between residents, Housing staff, and CRP staff during the initial implementation year. We continue to discuss options and explore ways to best serve this small community of residents within the larger community of the residence hall.

The Recovery Wing for the 2016-2017 academic year will be relocating to College Inn to better meet needs of these residents with the physical features of the room as well as providing an environment that is more conducive to supporting their on-going recovery.

VII. 2016 Recommendations

- 1) Create a taskforce to address issues concerning Fentanyl/ Opiates from the training and programming perspective. This taskforce will address training for Housing Resident Assistants, police training, and evaluating the need for NARCAN nasal spray for police and UNT to have access to should the need arise.
- 2) UNT, the Collegiate Recovery Program, and Life of Purpose on the UNT Campus will collaborate on serving UNT students affected by Substance Use and develop effective communication and outreach.
- 3) The Drug, Alcohol Education Taskforce (DAET) will develop a semester calendar of Drug and Alcohol programming that will be published by the 12th class day of each long semester for the UNT Community to participate in. DAET will collaborate with UNT and Denton Community partners for effective programming. The calendar will be found on the Substance Abuse Resource Center website and promoted on educational materials handed out throughout the year.

PART TWO

ALCOHOL AND DRUG LAW
AND POLICIES

Alcohol and Drug Laws and Policies

I. Texas State Drug and Alcohol Laws

- a) [Alcoholic Beverage Code Title 4. Regulatory and Penal Provisions Chapter 101. General Criminal Provision](#)
- b) [Alcoholic Beverage Code Chapter 106. Provisions Relating to Age](#)
- c) [Health & Safety Code Subtitle H. Public Health Provisions Chapter 161. Public Health Provisions Subchapter E: reports of gunshot wounds and Controlled Substance overdoses, section 161.042 - 161.403](#)
- d) [Health & Safety Code Subtitle C. Substance Abuse Regulation and Crimes Chapter 481. Texas Controlled Substances Act](#)
- e) [Government Code Chapter 2113. Use of Appropriated Money; Subchapter A. General Provisions](#)

II. University of North Texas Policies and Procedures

- a) [05.004 Illegal Drugs & Alcohol](#)
- b) [15.004 DOT Drug and Alcohol Testing of Commercial Drivers](#)
- c) [15.008 Operation of University Vehicles](#)
- d) [04.016 Use of Alcoholic Beverages](#)
- e) [04.011 Smoke-Free Campus](#)
- f) [04.012 Tobacco-Free Workplace](#)
- g) [05.047 Drug-Free Workplaces](#)
- h) [05.048 Drug Free Workplaces Statement](#)
- i) [07.012 Code of Student Conduct and Discipline](#)
- j) [07.001 Student Travel](#)
- k) [07.030 Procedures for Determining Whether a Student's Room Should Be Searched](#)
- l) [07.022 Administrative Entry and Searches of University Residence Halls](#)

PART THREE

ALCOHOLEDU, THIIINKDRINK,
AND CORE SURVEY

AlcoholEdu and ThinkDrink

In Academic year 2014-2015, UNT used AlcoholEdu for College for incoming students under the age of 21, these students are required to complete a 3 hour online educational module.

AlcoholEdu results for 2014-15 show 41% of incoming students self-reported as abstainers of alcohol, among the remaining 11% of UNT respondents reported as high risk drinkers; 15% moderate drinkers; 73% non-drinkers compared to 20%, 18% and 63% respectively for national average. Pre-course exam to post course exam showed 24% increase in correct answers, from 57% to 81% Positive Behavior Intentions index showed a positive mean increase of 31.0%, thus indicating a healthy increase of knowledge of alcohol use options 89% of UNT students found the AlcoholEdu program to help them establish a plan for responsible decisions regarding alcohol.

In academic year, 2015-16, UNT change alcohol education programs and began using ThinkDrink for incoming students under the age of 21 years old.

ThinkDrink is created by Campus Outreach Online which offers user-demographic driven online program to educate students about high risk drinking and sexual assault. Users are engaged with interactive, web-based, thirty minute modules featuring a film backdrop interspersed with social media and decision-making responsibilities. The programs enable students to safely navigate social situations in a virtual environment.

Learning outcomes include essential risk issue knowledge, empathy-building and bystander intervention skill development. User demographics create a unique program for each individual based on their gender, race, athletic activities, religious affiliations, and other parameters. Social media pop-ups mimic the technological world in which students are constantly immersed, recreating the difficulty of making decisions in real life. The Courses feature pre-, post-, and longitudinal tests. Assessment of student attitudes and behaviors are provided in reports for subscribing institutions. Extended course impact and risk management arises from follow-up emails during campus-specific risk events.

ThinkDrink results for 2015-16 indicate respondents had 21% increase knowledge and 11% over score increase from pretest to post-test 90% from 79%. Results also showed an increase in Attitude 77% to 84%, Behavior 79% to 86%, Bystander 90% to 94%, and Knowledge 69% to 92%.

AlcoholEdu for College Course Map

PART ONE			PART TWO		
1. Getting Started <ul style="list-style-type: none">• Introductory Video• Custom Welcome Letter• Custom Welcome Video	4. Goal Setting <ul style="list-style-type: none">• What's Important to You?• What Do You Want to Focus on this Year and Why• My Choices	7. My Action Plan <ul style="list-style-type: none">• Drinker/Non-Drinker Plan• Choose Your Strategies• Activities on Campus	10. Introduction <ul style="list-style-type: none">• Welcome Back		
2. Standard Drink <ul style="list-style-type: none">• Student Alcohol Knowledge Interviews• Pre-Assessment• Standard Drink Definition• Identifying Standard and Non-Standard Drinks• Pouring Standard Drinks	5. Drinking & Motivation <ul style="list-style-type: none">• What Do You Think?• Factors That Can Influence Decisions• Why/Why Not Drink? Poll• Expectancy Theory & Advertising• Ads Appealing to Men/Women• Alcohol & Advertising Poll• Write a Tagline	8. Laws & Policies <ul style="list-style-type: none">• Alcohol Related Laws• Campus Policies• Drinking & Driving	SURVEY 3		
SURVEY 1	6. Brain & Body <ul style="list-style-type: none">• BAC Basics• What Factors Affect BAC• Risk/Protective Factors• BAC Calculator• Marijuana & Drugs• Sexual Assault & Understanding Consent• Brain & Body Science• Biphasic Effect• A BAC Story	9. Helping Friends <ul style="list-style-type: none">• Taking Care of Yourself & Others• Alcohol Poisoning• Helping Your Friends Poll• Drinking & Driving• Getting Help	11. Recognizing Problems <ul style="list-style-type: none">• Taking Care of Yourself & Others – The Roommate		
3. Where Do You Stand? <ul style="list-style-type: none">• Risk Factors & Choices• You Are Not Alone/Benefits of Not Drinking/Calories & Cash/Support for Your Choice• Your Drinking Profile/ Your Peak BAC/Reducing Your BAC/ Drinking Consequences/ Calories & Cash/Your Drinking Habits		EXAM	12. Course Conclusion <ul style="list-style-type: none">• Summary of Key Topics• Review Goals, Choices and Plan		
		INTERSESSION			

Highlights From Your Data



Completed Survey 1: 3405
Completed Survey 2: 3225
Completed Survey 3: 1240

10%

of your students reported drinking in a high risk way, when measured midway through the fall semester (Survey 3).

89%

of students, after completing *AlcoholEdu* (Survey 2), reported that the course prepared them to make responsible decisions about drinking.

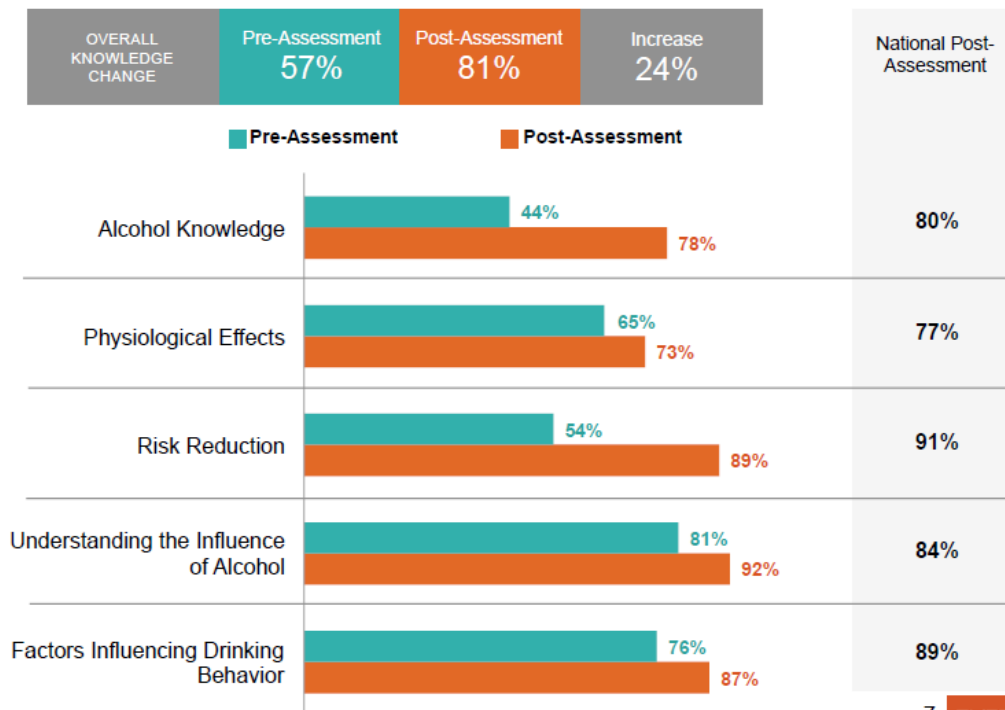
The most common drinking-related risk behaviors that your students engage in are **doing shots** and **pre-gaming**.

Two of the most frequently reported negative consequences of drinking are **hangovers** and **blacking out**.

Students reported that some of the most important reasons not to drink are because **I am going to drive** and that **I don't want to spend the money**.

6 EVERFI

Pre and Post Course Formative Assessments



7 EVERFI

Gains from AlcoholEdu

Students reported that <i>AlcoholEdu</i> prepared them to:	From Survey 2
Prevent an alcohol overdose	88%
Help someone who may have alcohol poisoning	91%
Establish a plan ahead of time to make responsible decisions about drinking	89%
Change their drinking behavior	51%
Change their perceptions of other's drinking behavior	68%

Alcohol and Sexual Assault (SA):

Research finds that alcohol is the primary tool used by perpetrators to commit SA and *AlcoholEdu* has been shown to improve SA related attitudes and behaviors and **significantly reduce¹** victimization rates among students!

¹Paschall et al. (2011). Effects of *AlcoholEdu* for College on alcohol-related problems among freshmen: A randomized multi-campus trial. *Journal of Studies on Alcohol and Drugs*, 4, 642-650.

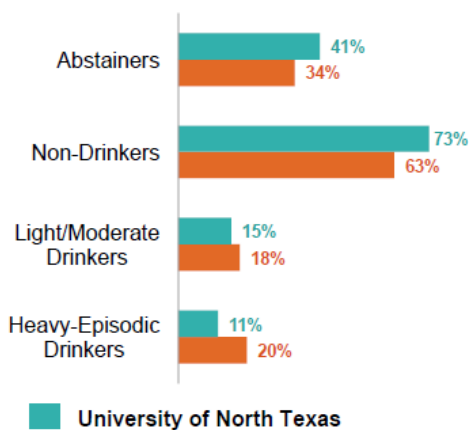
Impact For High-risk Students:

Among the **59%** of high risk drinkers (**228 students**) who saw "no need to change the way they drink" before taking *AlcoholEdu*, **52%** (**112 students**) indicated their readiness to change after completing the course.

A Profile Of Your Students

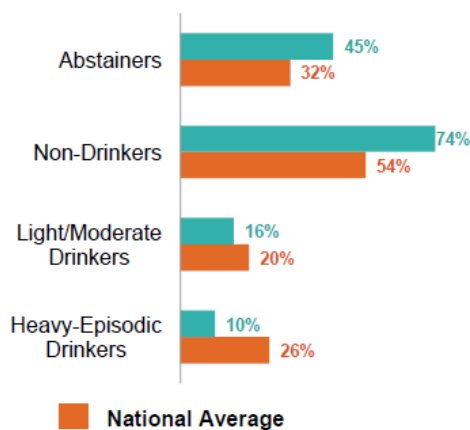
Survey 1 (n=3405)

Data shows that **41%** of your students have not had a drink of alcohol in the past year. Among those who have (n=1984), the drinking rates are as follows:



Survey 3 (n=1240)

Data from the final survey shows how your students' (n=679) drinking rates changed early in the first semester as compared to the national aggregate.



Abstainers: 0 drinks in the past year
Non-Drinkers: 0 drinks in the past two weeks
Light/Moderate drinkers: 1-3 drinks for females; 1-4 drinks for males on at least one occasion in the past two weeks
Heavy-Episodic drinkers: 4 or more drinks for females; 5 or more drinks for males on at least one occasion in the past two weeks

Reasons For Drinking Or Not Drinking

Students indicated the most important reasons for choosing whether or not to drink alcohol (Survey 1, n = 3405).

Percentage Important/Very Important**

1. How important to you is each of the following reasons for drinking alcoholic beverages:*

University of North Texas

To celebrate	58%
To have a good time with my friends	50%
Because I like the taste	35%

2. When you choose NOT to drink alcohol, how important are the following reasons:

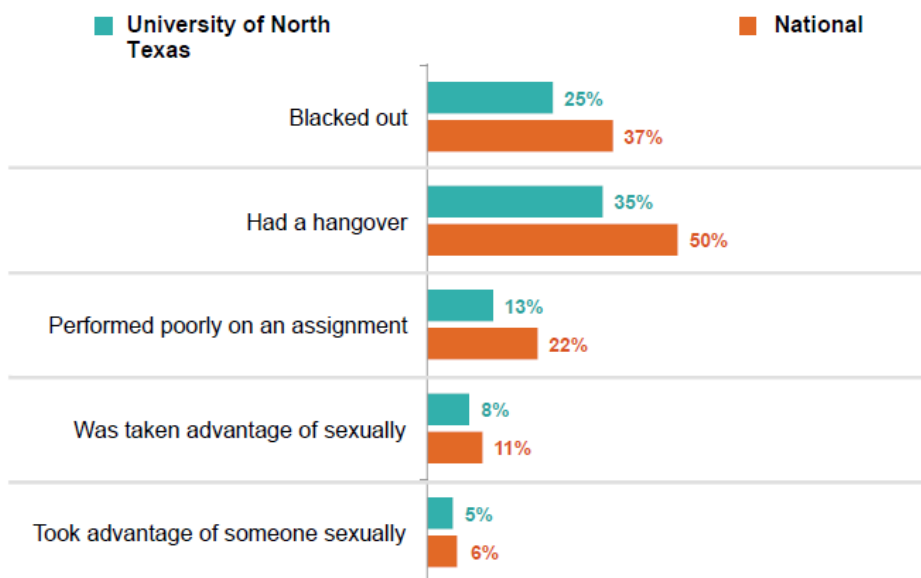
I am going to drive	79%
I don't want to spend the money	69%
I don't have to drink to have a good time	38%

*Drinkers only

** Percentages represent responses answering 5-7 on the likert scale

Negative Consequences From Drinking

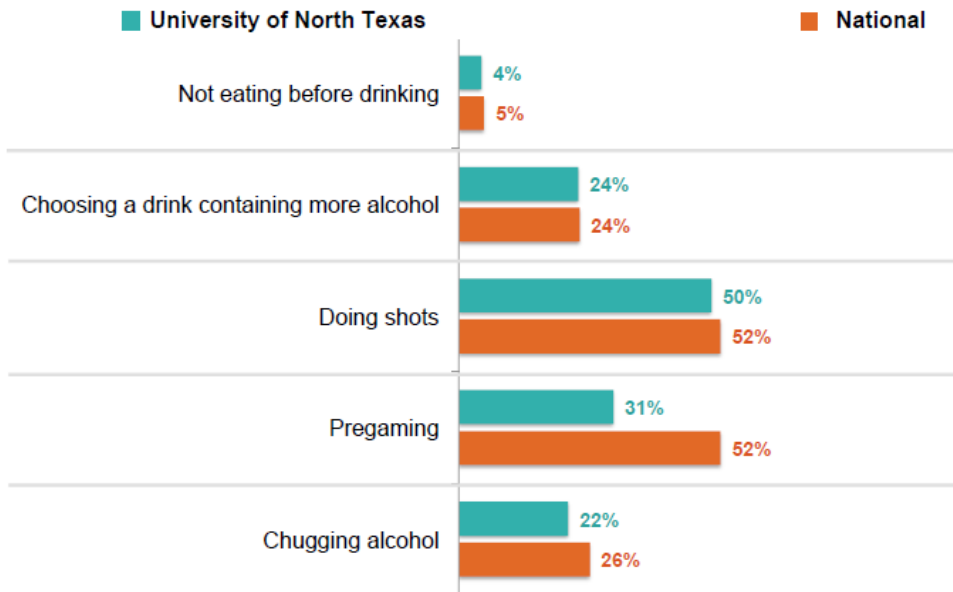
Students who reported drinking in the last two weeks experienced the following negative consequences (Survey 3, n = 1240):



Percentages represent responses 2-7 on 7 point Likert scale, 1=Never experienced)

High Risk Drinking Behaviors

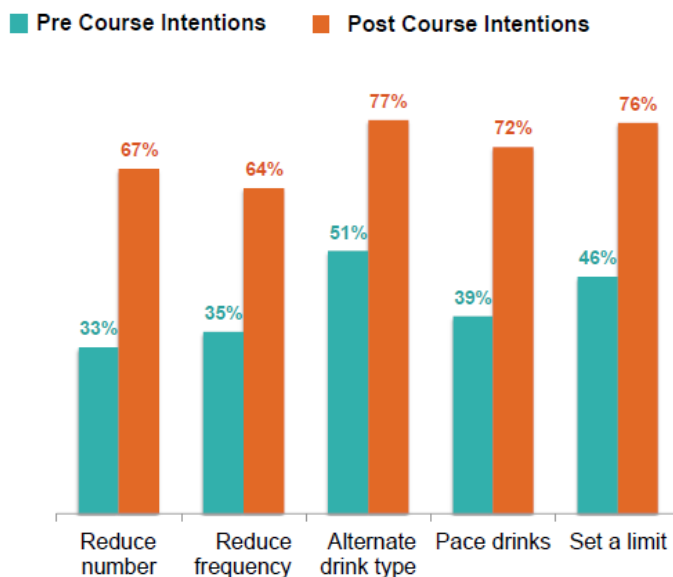
These are some of the most common risk-related drinking behaviors reported by your students who had a drink in the past two weeks (Survey 3, n = 1240):



Percentages represent responses 5-7 on 7 point Likert scale, 1=Never

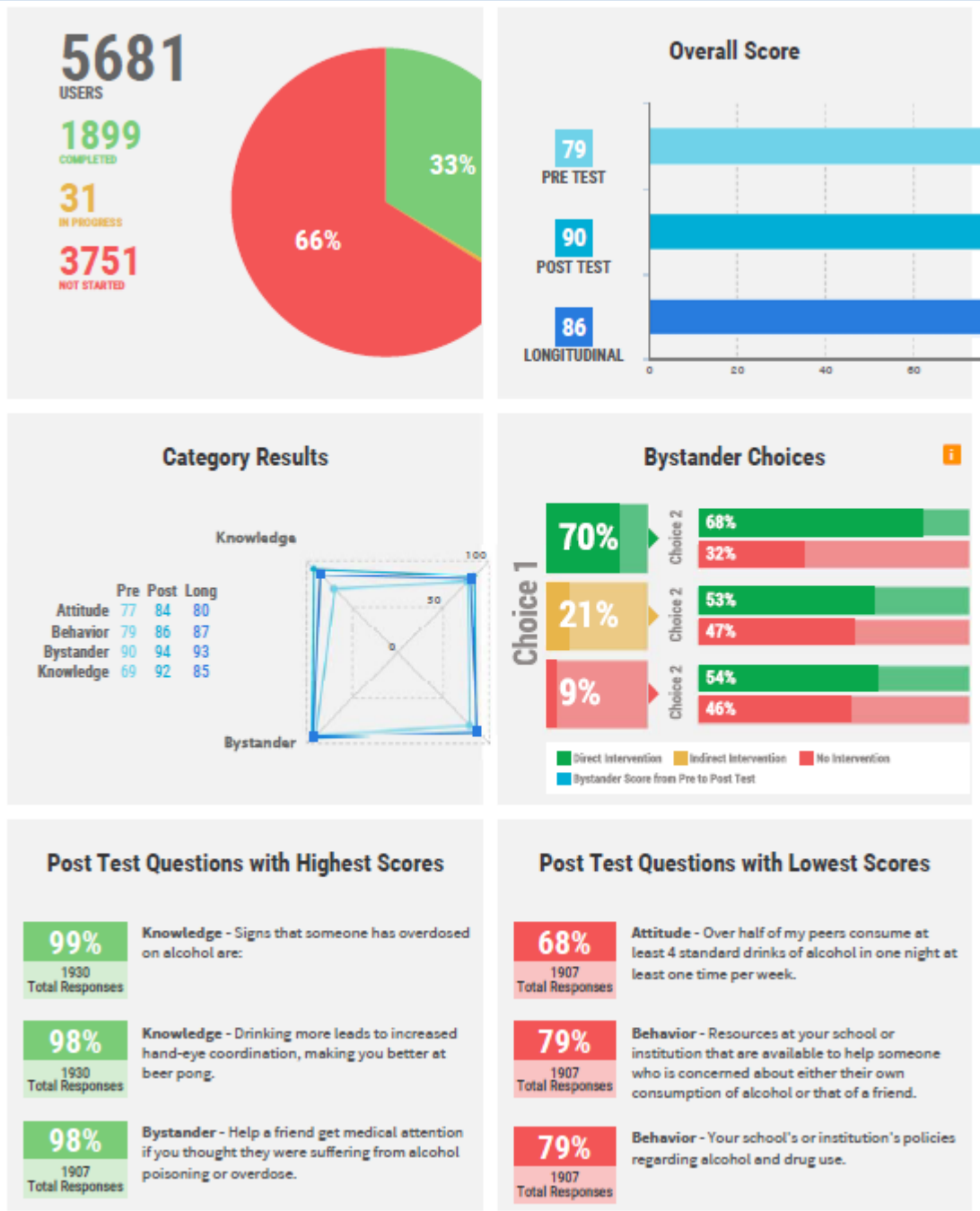
Positive Behavioral Intentions

After completing *AlcoholEdu*, students reported an increase in several positive behavioral intentions.

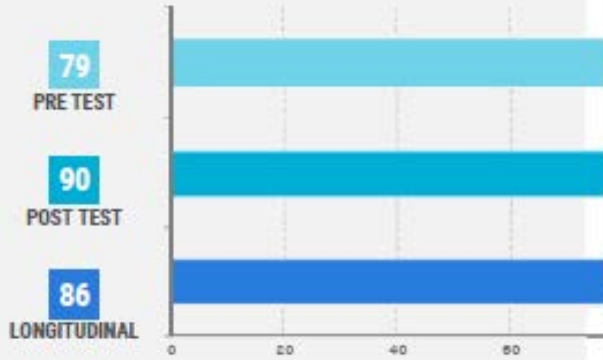


Source: Survey 1 and 2

ThinkDrink Results 2015- 2016



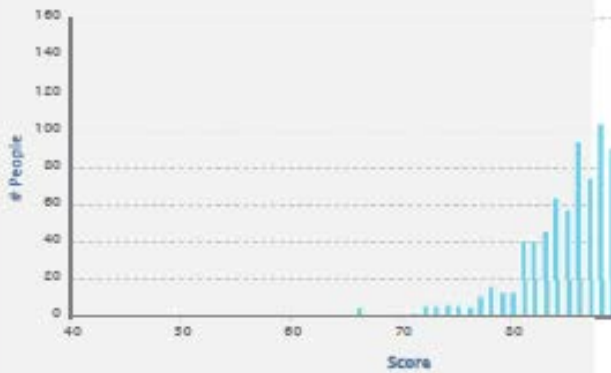
Overall Score



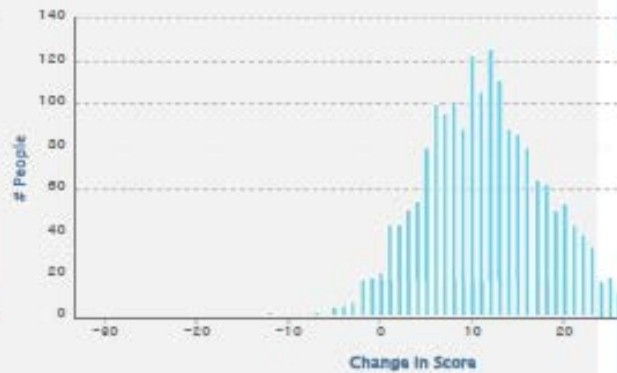
Category Results



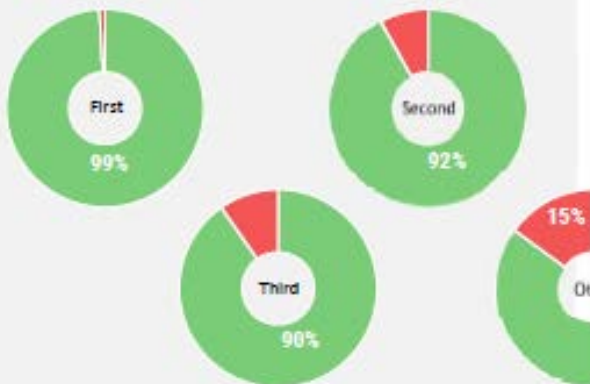
Overall Post Test Score Distribution



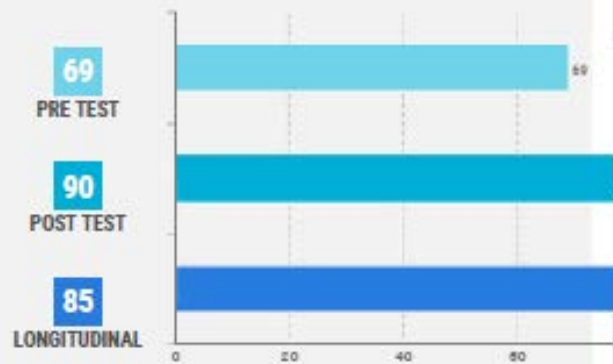
Overall Distribution of Change from Pre to Post Test



Percentage Passed By Attempt



Knowledge Score

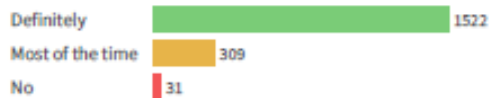


Course Evaluation

The characters were believable and relatable.



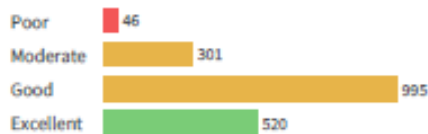
The program was easy to navigate.



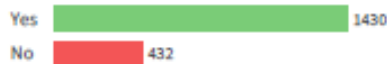
I liked the use of social media in the program.



Compared to the other programs I've seen on alcohol, ThinkDrink addressed alcohol in a way that was:



The program had at least some content that was relevant to me personally.



The program made me think my personal choices will have an impact on other people in situations involving alcohol.



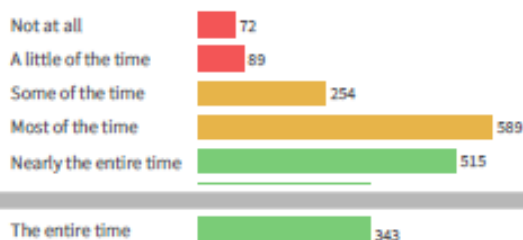
The program made me think I can help others who are struggling with alcohol issues.



I liked the ability to enter the program as a character and make real-time decisions.



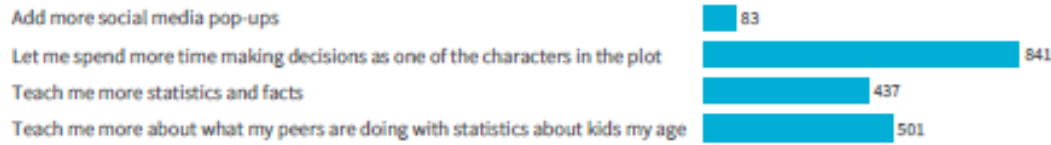
The program had my attention for:



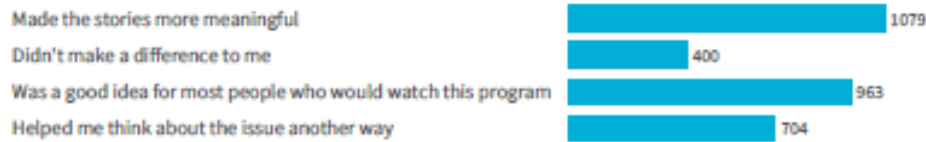
The program showed the consequences of your choices.



If I could change one thing about the program, it would be:



I thought having the actors step out of character and talk on camera (check all that apply):



Individual Questions

PRE	POST	LONG	CATEGORY ▲	QUESTION - CLICK EACH FOR ANALYSIS
62	-	67	Attitude	Alcohol makes you feel more relaxed in social situations.
81	-	84	Attitude	Beer Pong and similar games are only fun if you consume a lot of alcohol while you are playing them.
82	93	89	Attitude	I can help prevent my peers from drinking so much that they could get hurt or hurt someone else.
73	68	67	Attitude	Over half of my peers consume at least 4 standard drinks of alcohol in one night at least one time per week.
87	90	94	Attitude	The amount of alcohol that I currently consume during an average week is an amount with which I am comfortable.
83	-	88	Behavior	In the future, if you were in a social situation and saw someone who was drinking too much, you would do something to try to get that person to stop or slow down their drinking.
71	79	81	Behavior	Resources at your school or institution that are available to help someone who is concerned about either their own consumption of alcohol or that of a friend.
87	93	92	Behavior	To make sure that you don't drink more than 4 drinks over the course of 5 hours.
85	93	92	Behavior	To make sure that you know how much alcohol you are consuming in each drink.
70	79	84	Behavior	Your school's or institution's policies regarding alcohol and drug use.
97	98	97	Bystander	Help a friend get medical attention if you thought they were suffering from alcohol poisoning or overdose.
97	98	97	Bystander	Make sure a friend who had too much to drink got home safely.
88	94	93	Bystander	Say something to stop a friend who was trying to get someone else drunk.
91	95	93	Bystander	Tell a friend who was drinking too much that they should slow down or stop drinking.
75	87	85	Bystander	Tell a friend who was getting alcohol illegally that you didn't think that was a good idea.
78	89	91	Knowledge	Being intoxicated vs. experiencing alcohol poisoning is the result of
-	98	-	Knowledge	Drinking more leads to increased hand-eye coordination, making you better at beer pong.
-	94	-	Knowledge	Even if you're not drinking, you should post party pictures for your friends to see.
89	94	92	Knowledge	One "drink" is:
-	89	-	Knowledge	One way to help others is to pay attention to how much you're drinking.
92	99	99	Knowledge	Signs that someone has overdosed on alcohol are:
47	90	79	Knowledge	To help someone who has alcohol poisoning or overdose, you should:
39	85	64	Knowledge	You can best slow the body's absorption of alcohol by:

Core Alcohol and Drug Use Survey Findings 2016

The Core Alcohol and Drug Survey is administered every three years to gather and evaluate the views and attitudes of students towards alcohol and drugs. The following report has been adapted from the University of North Texas online Core Survey 2016 results from the SIUC/Core Institute in Carbondale, Illinois.

Key Findings from students at University of North Texas (online)

Following are some key findings on the use of alcohol:

- 81.3% of the students consumed alcohol in the past year ("annual prevalence").
- 67.1% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 49.5% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 27.3% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 37.0% of the students have used marijuana in the past year ("annual prevalence"). 21.3% of the students are current marijuana users ("30-day prevalence").
- 14.0% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 6.4% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 21.3% Marijuana (pot, hash, hash oil)
- 2.6% Amphetamines (diet pills, speed)
- 2.0% Other illegal drugs

Following are some key findings on the consequences of alcohol and drug use:

- 20.9% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 19.8% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

80.8 % of students said the campus has alcohol and drug policies;
18.3 % said they "don't know"; and
0.9 % said there wasn't a policy.

55.7 % of students said the campus has an alcohol and drug prevention program;
43.4 % said they "don't know"; and
0.9 % said there wasn't a program.

69.3 % of students said the campus is concerned about the prevention of drug and alcohol use;
17.8 % said they "don't know"; and
12.9 % said the campus is not concerned.

With regard to students' perceptions of other students' use:

89.3% of students believe the average student on campus uses alcohol once a week or more.
71.1% of students believe the average student on this campus uses some form of illegal drug at least once a week.
33.8% of students indicated they would prefer not to have alcohol available at parties they attend.
79.6% of students indicated they would prefer not to have drugs available at parties they attend.

The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

75.8% of the respondents said they saw drinking as central in the social life of male students.
67.3% of the respondents said they saw drinking as central in the social life of female students.
27.0% of the respondents said they saw drinking as central in the social life of faculty/staff.
40.6% of the respondents said they saw drinking as central in the social life of alumni.
56.3% of the respondents said they saw drinking as central in the social life of athletes.
83.6% of the respondents said they saw drinking as central in the social life of fraternities.
79.0% of the respondents said they saw drinking as central in the social life of sororities.

40.0 % of the students said they believe the social atmosphere on campus promotes alcohol use.
 22.5 % of the students said they believe the social atmosphere on campus promotes drug use.
 6.3 % of the students said they do not feel safe on campus.

Compared to other campuses...

- 8.7 % feel that alcohol use is greater
- 21.7 % feel that alcohol use is less
- 69.6 % feel alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 88.7 % said students cared about sexual assault
- 83.5 % said students cared about harassment because of race or ethnicity
- 83.2 % said students cared about harassment because of sexual orientation
- 81.4 % said students cared about assaults that are non-sexual
- 81.4 % said students cared about harassment because of gender
- 72.3 % said students cared about harassment because of religion
- 53.0 % said students cared about campus vandalism
- 46.8 % said students cared about alcohol and other drug use

Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

Table 1 - Experiences of Harassment or Violence

<u>Experience</u>	<u>Used Alcohol or Drugs</u>	<u>Incident</u>
9.8%	15.6%	Ethnic or racial harassment
7.7%	20.0%	Threats of physical violence
3.9%	50.0%	Actual physical violence
3.0%	33.3%	Theft involving force or threat of force
3.3%	70.0%	Forced sexual touching or fondling
3.3%	70.0 %	Unwanted sexual intercourse

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were, "no risk", "slight risk", "moderate risk", "great risk", and "can't say". The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 6.6 % try marijuana once or twice
- 8.2 % smoke marijuana occasionally
- 22.1 % smoke marijuana regularly
- 32.1 % try cocaine once or twice
- 74.5 % take cocaine regularly
- 36.5 % try LSD once or twice
- 69.7 % take LSD regularly
- 41.0 % try amphetamines once or twice
- 70.9 % take amphetamines regularly
- 14.3 % take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- 61.2 % take four or five drinks nearly every day
- 60.7 % have five or more drinks in one sitting
- 49.4 % take steroids for body building or improved athletic performance
- 36.7 % consume alcohol prior to being sexually active
- 33.0 % regularly engage in unprotected sexual activity with a single partner
- 83.9 % regularly engage in unprotected sexual activity with multiple partners

Sexual Behavior:

64.7 % of the students reported engaging in sexual intercourse within the past year. Of these, 13.6 % used alcohol the last time they had intercourse, and 8.4 % used drugs.

In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 57.2 % refused an offer of alcohol or other drugs
- 10.0 % bragged about alcohol or other drug use
- 64.4 % heard someone else brag about alcohol or other drug use
- 14.3 % carried a weapon such as a gun, knife, etc. (not hunting or job related)
- 29.7 % experienced peer pressure to drink or use drugs
- 13.3 % held a drink to have people stop bothering you about why you weren't drinking
- 19.7 % thought a sexual partner was not attractive because he/she was drunk
- 7.6 % told a sexual partner that he/she was not attractive because he/she was drunk

The following data describes how students say their friends would feel if they...

Tried marijuana once or twice	- 34.4 % of their friends would disapprove
Smoked marijuana occasionally	- 43.0 % of their friends would disapprove
Smoked marijuana regularly	- 70.0 % of their friends would disapprove
Tried cocaine once or twice	- 89.0 % of their friends would disapprove
Took cocaine regularly	- 97.0 % of their friends would disapprove
Tried LSD once or twice	- 78.5 % of their friends would disapprove
Took LSD regularly	- 95.5 % of their friends would disapprove
Took one or two drinks every day	- 53.0 % of their friends would disapprove
Took four or five drinks every day	- 91.9 % of their friends would disapprove
Had five or more drinks at one sitting	- 67.6 % of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 74.8 % say it breaks the ice
- 73.0 % say it enhances social activity
- 50.9 % say it makes it easier to deal with stress

- 62.2 % say it facilitates a connection with peers
- 63.5 % say it gives people something to talk about

- 55.0 % say it facilitates male bonding
- 51.2 % say it facilitates female bonding

- 62.7 % say it allows people to have more fun
- 73.7 % say it gives people something to do
- 26.4 % say it makes food taste better

- 20.7 % say it makes women sexier
- 19.6 % say it makes men sexier
- 19.5 % say it makes me sexier
- 40.9 % say it facilitates sexual opportunity

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 125,371 students from 288 institutions from the 2012 to 2014 National Data.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use _____?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

Substance	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Week or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	44.6	42.2	27.4	32.4	16.3	21.1	9.6	10.6
Alcohol	85.7	84.4	81.3	81.5	67.1	68.7	16.4	20.0
Marijuana	55.4	46.1	37.0	33.6	21.3	19.9	9.0	8.2
Cocaine	10.5	7.6	4.4	4.4	1.5	1.8	0.0	0.2
Amphetamines	12.0	9.9	5.0	5.4	2.6	3.0	1.2	1.4
Sedatives	12.0	6.2	5.6	3.1	2.0	1.5	1.5	0.4
Hallucinogens	12.0	7.7	5.2	4.5	1.2	1.3	0.0	0.2
Opiates	6.7	2.4	3.2	1.3	1.2	0.8	0.3	0.3
Inhalants	4.7	2.7	1.5	1.0	0.6	0.5	0.0	0.2
Designer drugs	11.7	8.9	4.7	5.5	0.6	1.7	0.0	0.2
Steroids	2.0	1.0	0.3	0.6	0.3	0.4	0.0	0.2
Other drugs	6.4	3.7	3.2	1.9	2.0	0.7	0.0	0.2

Notes:

Coll. = University of North Texas (online)

Ref. = Reference group of 125371 college students

The average number of drinks consumed per week at this institution is 2.3 drinks. The national average is 4.3 drinks (based on a sample of 123,430). The percentage of students who report having binged in the last two weeks at this institution is 27.3% compared to the national average of 43.6%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<u>This Institution</u>	<u>Reference Group</u>	<u>Experience</u>
1.5	1.1	Been arrested for DWI/DUI
5.0	10.5	Been in trouble with police, residence hall, or other college authorities
3.0	4.6	Damaged property, pulled fire alarms, etc.
18.6	17.6	Driven a car while under the influence
17.3	26.5	Got into an argument or fight
2.7	1.3	Tried to commit suicide
6.5	4.5	Seriously thought about suicide
11.8	14.1	Been hurt or injured
8.9	7.7	Been taken advantage sexually
1.5	1.8	Taken advantage of another sexually
5.9	4.4	Tried unsuccessfully to stop using
9.8	9.1	Thought I might have a drinking or other drug problem
13.9	19.1	Performed poorly on a test or important project
22.1	33.1	Done something I later regretted
16.3	24.5	Missed a class
21.6	27.3	Been criticized by someone I know
23.0	32.3	Had a memory loss
44.1	50.1	Got nauseated or vomited
53.1	59.1	Had a hangover

Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

	<u>Gender</u>		<u>Age</u>		<u>Average Grades</u>		<u>Campus Residence</u>	
	Female	Male	16-20	21+	A-B	C-F	On	Off
Sample Sizes:	218	127	92	253	315	30	78	267
Currently use (in the past 30 days) alcohol	67.7	65.9	49.5	73.4	66.8	70.0	50.0	72.1
Currently use (in the past 30 days) marijuana	21.7	20.6	25.3	19.8	20.4	30.0	16.7	22.6
Currently use (in the past 30 days) illegal drugs other than marijuana	5.5	7.9	5.5	6.7	6.1	10.0	3.8	7.2
Had 6 or more binges in the past 2 weeks	1.8	2.4	1.1	2.4	2.2	0.0	1.3	2.3
Have driven a car while under the influence during past year	16.7	21.8	17.6	19.0	18.0	25.0	19.2	18.4
Have been taken advantage of sexually during past year	9.3	8.1	6.7	9.7	8.1	18.5	2.6	10.8
Have taken advantage of another sexually during past year	1.9	0.8	1.1	1.6	1.6	0.0	0.0	1.9

Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire

- 8.7 % were freshmen
- 15.1 % were sophomores
- 22.6 % were juniors
- 23.2 % were seniors
- 29.6 % were graduates
- 0.9 % were other
- 52.2 % were in the "typical" college age range of 18-22.
- 63.2 % were female.
- 77.4 % lived off campus.
- 65.8 % worked part-time or full-time.
- 85.5 % were full-time students.
- 22.4 % reported spending at least 5 hours per month in volunteer work.

PART FOUR

ADDENDUM – UNIVERSITY
AND COMMUNITY RESOURCES

University and Denton Resources

Resources for UNT Students

- Emergency: 911
- Student Health & Wellness Center: 940-565-2333
<http://www.healthcenter.unt.edu>
- Meadows Center for Health Resources: 940-565-2787
<https://studentaffairs.unt.edu/meadows-center-health-resources>
- Substance Abuse Resource Center: 940-565-2787
<http://sarc.unt.edu>
- Dean of Students Office: 940-565-2648 or 940-565-2039
<http://deanofstudents.unt.edu/>
- Counseling and Testing Services: 940-565-2741
<http://studentaffairs.unt.edu/counseling-testing-services>
- UNT Police Department: 940-565-3000
<http://www.unt.edu/police/>
- Student Legal Services: 940-565-2614
<http://studentlegal.unt.edu/>
- UNT Psychology Clinic: 940-565-2631
<https://psychology.unt.edu/clinics-and-centers/psychology-clinic>

Resources for UNT Employees

- Employee Assistance Program (EAP): 1-800-343-3822
<https://hr.untsystem.edu/employees/benefits-employee-assistance-program>

Other Resources

- Local meeting of Support Groups AA, NA, Al-Anon
Contact the CRP at: 940-565-3465
<http://www.step12.com/texas.html> OR <http://www.texas-al-anon.org>
- Denton Regional Medical Center: 940-384-3535
<http://www.dentonregional.com>
- MHMR 24 Hour Crisis Line: 1-800-762-0157
<http://www.dentonmhm.org>
- Alcohol and Drug Abuse Hotline: 1-800-784-6776
<http://www.addictioncareoptions.com>
- Narcotics Anonymous: 1-818-773-9999 ext. 771
<http://www.na.org>
- National Institute on Drug Abuse/Treatment Hotline: 301-443-1124
<http://drugabuse.gov/nidahome.html>
- AIDS Information Hotline: 1-800-448-0440
<http://www.thebody.com/index/hotlines/national.html>
- National STD Hotline: 1-800-232-4636
<http://www.cdc.gov/std>
- National Domestic Violence Hotline: 1-800-799-SAFE
<http://www.thehotline.org>

Treatment Options

A variety of resources exist for alcohol and other drug prevention education, counseling and referral. For detailed information concerning these resources available from the University and community agencies, students may contact either the Student Health and Wellness/Meadows Center or the Substance Abuse Resource Center, 1700 W. Chestnut, 940-565-2787 or the UNT Collegiate Recovery Program, 940-565-3465. Faculty and staff members may contact the Employee Assistance Program at 1-800-343-3822 or Human Resources at (940) 565-4817.

Meadows Center for Health Resources and Substance Abuse Resource Center - 940-565-2787

Individual assessment and counseling for UNT students:

1. Early intervention, assessment, education, and referral
2. Educational sessions for those concerned about alcohol or other drug use
3. Judicial (Mandatory) referrals
4. State mandated offender programs
5. Mean Green Screen - personalized screen for alcohol use
6. Harm reduction training
7. Support Groups

Educational Programs

1. Speakers on a wide variety of topics related to drug and alcohol use
2. Training for Intervention Procedures (TIPS)
3. Choices
4. Alcohol, drug, and marijuana use programs available by appointment

Events

1. Alcohol and drug free events
2. Safer Spring Break
3. North Texas Sober Tailgaters (UNT Football games)
4. Keeping it Safe and Sober (KISS) Party February
5. Mocktail Parties
6. Drunk Driving Simulator Activity
7. Drunk Driving Awareness & Driver Safety Activities

[Student Health and Wellness Center](#) - 940-565-2333

Medical and Psychiatric Service

[Counseling and Testing Services](#) - 940-565-2741

Professional, confidential consultation/screenings and counseling services

[UNT Police Department](#) - 940-565-3000

Presentations on legal aspects of alcohol and other drug use and related issues

[Dean of Students Office](#)- 940-565-2039

Address Code of Student Conduct, enforces policies and procedures, and provides students with resources necessary to resolve personal disputes.

[Student Legal Services](#) - 940-565-2614

Legal advice and counsel.

[UNT Human Resources Department](#) - 940-565-2281

Services, guidance, education, and training (faculty and staff), mandatory referrals to Employee Assistance Program (EAP) (faculty and staff), enforces policies and procedures for staff;

assistance with disciplinary action for staff; assistance with mediation procedures through the Alternate Dispute Resolution (ADR) program for faculty and staff.

Drug & Alcohol Education Task Force Posters

College students using marijuana make lower grades and have higher rates of unemployment after graduating.
 UM School of Public Health, 2013

D
 should have date

Students

According to a 2013 study by the University of Michigan School of Public Health, 1,000 students were followed for the duration of their college careers. The research found that students using marijuana dropped class more, spent significant time on-campus studying, earned lower grades, dropped out of college more often, and had significantly higher rates of unemployment after graduation. Many students even experienced serious cognitive function, academic, and social consequences that were more likely to occur in college than people that didn't smoke.

DRUG & ALCOHOL EDUCATION TASKFORCE
 UNIVERSITY OF NORTH TEXAS

Actual Size of 1 Drink vs **Average Student's Perception of 1 Drink**

1.5 ounce

1 Solo Cup

1 solo cup can put you over the legal limit!
 1 cup can make your blood alcohol concentration dangerously high!

DRUG & ALCOHOL EDUCATION TASKFORCE
 UNIVERSITY OF NORTH TEXAS

A green light to greatness! **UNT**

At UNT...

50% of students involved in a drug violation have a GPA of 2.0 or lower. Many academic departments require an overall GPA of at least 2.5 or higher to declare a major.

drugs are not part of the equation.

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 STUDENT AFFAIRS
 "Where Resilience Matters"

DRUG & ALCOHOL EDUCATION TASKFORCE

"I swore I would never drive when I was drinking... I don't know why I did that"

Alcohol turns off the part of our brain that is: character, personality, & right vs. wrong

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HOUSING & RESIDENCE LIFE **UNT**

DRUG & ALCOHOL EDUCATION TASKFORCE **UNT**

Cocaine damages your brain's dopamine receptors

Cocaine blocks the normal recycling process causing a buildup of dopamine in the synapse.

Dopamine transporter blocked by cocaine

Cocaine

Dopamine

This lowers the ability to feel pleasure, happiness and reduces sex drive

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Cocaine accelerates the process of brain ageing.

“As we age, we all lose grey matter. However, what we have seen is that chronic cocaine users lose grey matter at a significantly faster rate.”



Dr Karen Ersche, of the Behavioural and Clinical Neuroscience Institute at the University of Cambridge

The researchers found that the rate of age-related grey matter volume loss in cocaine-dependent individuals was significantly greater than in healthy volunteers. The cocaine users lost about 1.08 ml brain volume per year, which is almost twice the rate of healthy volunteers (who only lost about 1.00 ml per year). The accelerated age-related decline in brain volume was most prominent in the prefrontal and temporal cortex, important regions of the brain which are associated with attention, decision-making, and self-regulation as well as memory.

Previous studies have shown that psychological and physiological changes typically associated with old age such as cognitive decline, brain atrophy and immunodeficiency are also seen in middle-aged cocaine-dependent individuals. However, this is the first time that premature ageing of the brain has been associated with chronic cocaine abuse.

See more at: <http://www.cam.ac.uk/research/news/chronic-cocaine-use-may-speed-up-ageing-of-brain#sthash.1HbhSkon.dpuf>

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OxyContin Ambien Vyvance Adderall Xanax Ritalin Valium Codeine Hydrocodone

“Just because it’s medicine, doesn’t mean it’s safe”

“Overdose is the leading cause of accidental deaths in the US, exceeding traffic, homicides and suicides.”

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“I can’t remember what happened, but that’s not something I would do.”



Alcohol turns off the part of our brain that is character, personality and right vs wrong

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Make Sure You Don't Over Consume

It's Easy To Accidentally Drink Too Much
Remember, the legal drinking age is 21!



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WEED

Poison Ivy is Natural, But You Don't Smoke It.
Maybe it's time to reconsider what we think
we know about weed

Marijuana is illegal in the State of Texas and therefore prohibited at UNT
Don't ruin your educational experience just to get high

DRUG & ALCOHOL
PREVENTION CENTER
UNT

SUBSTANCE ABUSE
RESOURCES CENTER
UNT

HOLDING &
RESURGENCE LIFE
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Substance Abuse Resource Center Pamphlet



Substance Abuse Resource Center

Mission

The Substance Abuse Resource Center at UNT will provide evidence-based individual, group, and environmental level education regarding alcohol and other drug use through services and strategies that encourage healthy decision making, in an effort to reduce the harmful effects of substance use.

Vision

The Substance Abuse Resource Center will create a culture of personal responsibility, thereby encouraging responsible behaviors related to alcohol and other drug use, thus reducing and eliminating negative consequences and the barriers to personal, professional, and academic success.

Values and Goals

- Harm reduction
- Data driven intervention
- Research
- Personal responsibility
- Ethical practice
- Confidentiality
- Continuing education & staff development
- Diversity

Student Services Available

- Individual & group education & intervention
- Educational programs for residence halls & student organizations
- Referral to university or local services for mental health or substance use issues

UNIVERSITY OF NORTH TEXAS®

SUBSTANCE ABUSE
RESOURCE CENTER
Division of Student Affairs




- Is marijuana addicting?
- How long should I wait before working out after drinking?
- Is marijuana natural? Does it really kill brain cells?
- Is Adderall really a study drug?
- How does alcohol really effect me?

Most people believe they know the answers to these questions. Too many websites, documentaries, and even media are presenting false information. SARC is here to educate students with evidence-based information, assist with making a plan for change, and provide guidance to optional services if needed.

Basic self screening:

- ♦ Have you ever tried to cut down on drinking or substance use?
- ♦ Have you ever driven a car under the influence of alcohol or another drug?
- ♦ Have you ever felt guilty about alcohol or drug use?
- ♦ Thinking about or using drugs illegally?

If you answered yes to any of these questions, consider making an appointment with SARC.

 twitter.com/untsarc



sarc.unt.edu

 facebook.com/untsarc

Phone

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Counseling & Testing Services Flyers



Spring 2015 Groups and Workshops

Interpersonal Process Group, Mondays 3:00-4:30PM: Interpersonal process group therapy is often the treatment of choice for people who experience troubled relationships, loneliness, depression, anxiety, grief/loss, and low self-esteem.

Coping with Trauma Group, Tuesdays 3:00-4:30PM: The group is designed to help individuals heal from past traumatic experiences. In this group, you will not be expected to discuss the details of your trauma, rather, the group provides an opportunity for you to explore how your trauma affects your relationships, your beliefs about safety and trust, and the way you view yourself.

Of a Feather: LBGQT Support Group, Wednesdays 2:00-3:30PM: Informal, unstructured support group. Focus on establishing positive connections with others and on exploring the process of integrating one's sexual and gender identities in authentic, self-affirming ways.

Family Dynamics Group, Wednesdays 5:00-6:00PM: A process group for individuals who are experiencing distress within their family of origin relationships and who want to work on improving their relationship with family members. We will discuss many topics including healthy communication, conflict resolution, respect, boundaries, and shifting family dynamics.

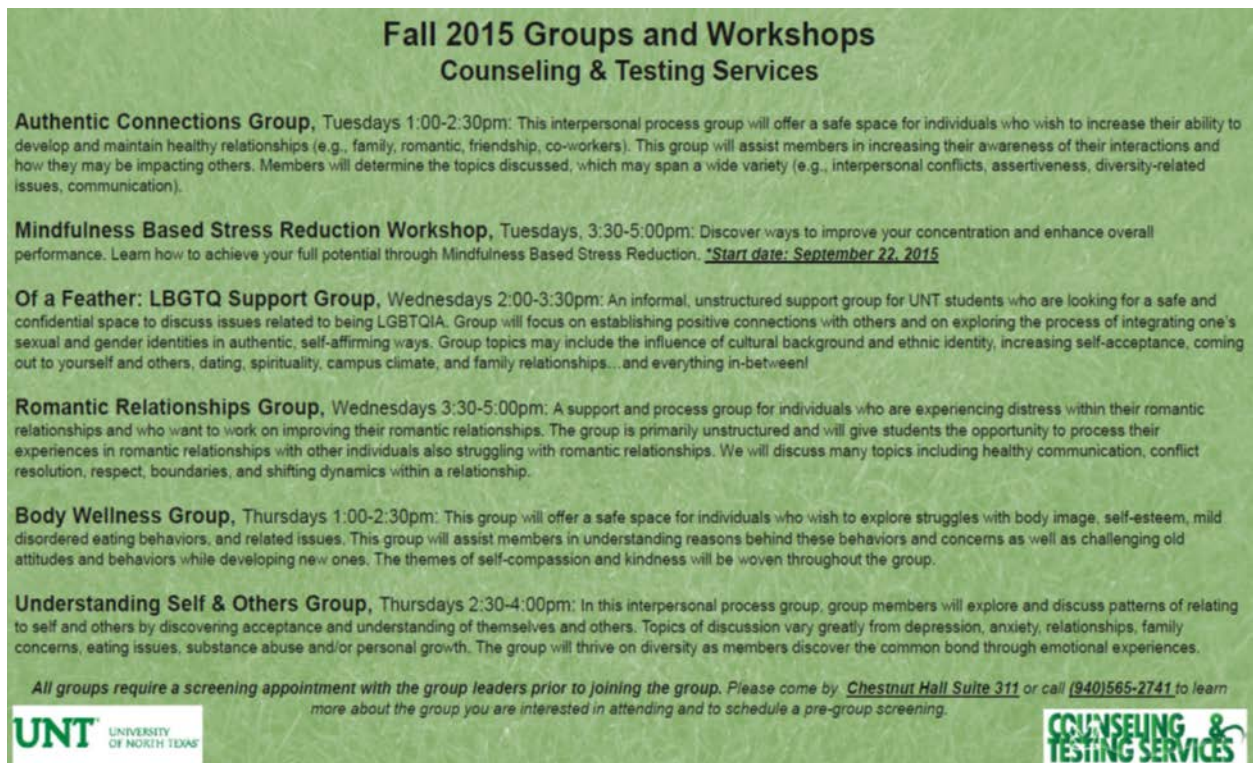
Men's Group, Thursdays 1:00-2:30PM: This is an interpersonal group designed to be a space for men to illuminate common life experiences and explore relationship issues. Topics include academic stress, substance abuse, families, relationships, anger, depression, masculinity, and other relevant issues.

Mindfulness Based Stress Reduction Workshop, Thursdays and Fridays, 3:30-4:45PM: Discover ways to improve your concentration and enhance overall performance. Learn how to achieve your full potential through Mindfulness Based Stress Reduction.

Self-Compassion Group, Wednesdays, 3:30-5:00PM: The interpersonal process group will offer a safe environment to give and receive support and feedback, identify and explore feelings, practice new, healthier ways of relating to others, and experience corrective interpersonal experiences. The themes of self-kindness, common humanity, and mindfulness will be woven throughout the group.

Want to learn more? Stop into **Chestnut Hall Suite 311** or call **(940)565-2741** to learn more about the group you are interested in attending.

COUNSELING & TESTING
Division of Student Affairs **UNT**



Fall 2015 Groups and Workshops

Counseling & Testing Services

Authentic Connections Group, Tuesdays 1:00-2:30pm: This interpersonal process group will offer a safe space for individuals who wish to increase their ability to develop and maintain healthy relationships (e.g., family, romantic, friendship, co-workers). This group will assist members in increasing their awareness of their interactions and how they may be impacting others. Members will determine the topics discussed, which may span a wide variety (e.g., interpersonal conflicts, assertiveness, diversity-related issues, communication).

Mindfulness Based Stress Reduction Workshop, Tuesdays, 3:30-5:00pm: Discover ways to improve your concentration and enhance overall performance. Learn how to achieve your full potential through Mindfulness Based Stress Reduction. ***Start date: September 22, 2015**

Of a Feather: LBGQT Support Group, Wednesdays 2:00-3:30pm: An informal, unstructured support group for UNT students who are looking for a safe and confidential space to discuss issues related to being LGBTQIA. Group will focus on establishing positive connections with others and on exploring the process of integrating one's sexual and gender identities in authentic, self-affirming ways. Group topics may include the influence of cultural background and ethnic identity, increasing self-acceptance, coming out to yourself and others, dating, spirituality, campus climate, and family relationships...and everything in-between!

Romantic Relationships Group, Wednesdays 3:30-5:00pm: A support and process group for individuals who are experiencing distress within their romantic relationships and who want to work on improving their romantic relationships. The group is primarily unstructured and will give students the opportunity to process their experiences in romantic relationships with other individuals also struggling with romantic relationships. We will discuss many topics including healthy communication, conflict resolution, respect, boundaries, and shifting dynamics within a relationship.

Body Wellness Group, Thursdays 1:00-2:30pm: This group will offer a safe space for individuals who wish to explore struggles with body image, self-esteem, mild disordered eating behaviors, and related issues. This group will assist members in understanding reasons behind these behaviors and concerns as well as challenging old attitudes and behaviors while developing new ones. The themes of self-compassion and kindness will be woven throughout the group.

Understanding Self & Others Group, Thursdays 2:30-4:00pm: In this interpersonal process group, group members will explore and discuss patterns of relating to self and others by discovering acceptance and understanding of themselves and others. Topics of discussion vary greatly from depression, anxiety, relationships, family concerns, eating issues, substance abuse and/or personal growth. The group will thrive on diversity as members discover the common bond through emotional experiences.

All groups require a screening appointment with the group leaders prior to joining the group. Please come by **Chestnut Hall Suite 311** or call **(940)565-2741** to learn more about the group you are interested in attending and to schedule a pre-group screening.

UNT UNIVERSITY OF NORTH TEXAS

COUNSELING & TESTING SERVICES

Counseling and Testing Services
Group Counseling Program
Spring 2016 Schedule

Weekly Workshops

(No appointment needed unless you are experiencing suicidal ideation - if so, please schedule a workshop screening appointment prior to attending group to determine if it will be a good fit for you.)

Accountability - Mondays, 2 - 3 pm

This workshop provides a safe space for students to hold each other accountable. Students will create a goal for the following session about something to accomplish or a change they wish to make. Past goals have included completing a thesis or drinking 8 cups of water on at least four days. Students can either work toward one goal for the entire semester, such as passing a course, that is broken down into smaller steps or focus on different goals as often as they wish. Come and find support in your successes!

Dog Breath - Mondays, 3 - 4 pm, Chestnut Hall, Room 324

Practice meditation with our furry friend, Buddy the therapy dog! Learn meditation skills that can be used to help relieve stress and manage anxiety while also spending time with a loveable pet.

Stronger You: Building Emotional Resilience - Tuesdays, 11:30 am - 1 pm

How do you bounce back from unexpected disappointments? How do you let go of past hurts? This workshop will focus on healing from life's hurts, identifying your life purpose, and cultivating strength to move forward with gratitude, compassion, and acceptance. This workshop will provide information regarding emotional resilience and strive to increase your ability to utilize what you learn. This is a safe space to process reactions and experiences.

Mindfulness Based Stress Reduction - Tuesdays, 3:30 - 5 pm, Chestnut Hall, Room 324

Discover ways to improve your concentration and enhance your overall performance. Learn how to achieve your full potential with this mental workout. Mindfulness activities will be practiced weekly.

Vets Connect - Wednesdays, 3 - 4:30 pm, Sage Hall, Suite 123

The transition from the demands of military life to university life is sometimes confusing and can create a significant amount of stress. Vets Connect will be held at Student Veteran Services (Sage Hall 123) and offers Veterans a safe space to genuinely connect with and support one another.

Healing Arts - Wednesdays, 3:30 - 4:30 pm, Chestnut Hall, Room 324

This workshop will provide a safe space for students to use art as a means of coping with stress and emotions. Students will receive the tools necessary to heal themselves. Art activities will be completed weekly. No art experience is necessary, so let your creativity, emotions, and energy flow!

Dancing Mindfulness - Thursdays, 11 am - 12 pm, Chestnut Hall, Room 324

Tried meditation and had trouble staying focused or sitting still? Looking for a fun way to manage stress better? Join us for Dancing Mindfulness where students of all shapes, sizes, and physical abilities can learn how to use simple movement without judgement, and dance to manage stress and be fully present in the moment.

Tea and Tiaras - Fridays, 11 am - 12 pm

Struggling with low self-esteem? Is your life lacking joy or riddled with anxiety? Students looking to find their inner powerful royalty and learn new strategies for success and leading a life of joy are welcome to join for tea!

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Therapy Groups (please schedule an appointment!)

Grief Support - Mondays, 3:30 - 5 pm

A support group for students who want to explore and process feelings regarding the death of someone in their life. We will explore the impact of the loss and explore healthy ways of coping with and processing grief. Potential topics the group will explore include common grief reactions, the difference between depression and grief, physical/emotional/mental/spiritual reactions to grief, and coping skills.

Women's Body Wellness - Mondays, 4 - 5:30 pm

This group will offer a safe space for women to explore issues related to body image, self-esteem, and food. We will strive to increase understanding of the reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. Self-compassion and self-kindness will be woven throughout the group.

Understanding Self & Others: Jogging Therapy - Tuesdays & Thursdays, 3 - 4 pm

Exercise has therapeutic effects that can help alleviate symptoms of depression and anxiety. This group is about a therapy experience, not running, training, or exercise. Students will explore and discuss patterns of relating to self and others by discussing acceptance and understanding. Topics vary from depression, anxiety, relationships, family, substance abuse, and personal growth. The group thrives on diversity as members discover the common bonds formed through emotional experiences.

Of a Feather: LGBTQ Support - Wednesdays, 2 - 3:30 pm

This is an informal, unstructured, support group for students looking for a safe and confidential space to discuss issues related to being LGBTQIA. The group will focus on establishing positive connections with others and exploring the process of integrating ones sexual and gender identities in authentic, self-affirming ways.

Body Wellness for All - Thursdays, 1 - 2:30 pm

This group will offer a safe space for students of all genders to explore issues related to body image, self-esteem, and food. We will strive to increase understanding of reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. The theme of gender roles and their expectations impact on body image and self-esteem will be woven through the group.

Soon to Graduate - Thursdays, 3:30 - 5 pm

The approach to college graduation can stimulate many reactions, as much change is on the horizon for the graduate. In this co-ed support group, graduating seniors will have the opportunity to connect in a supportive environment to discuss concerns associated with the approach of graduation. Possible discussion topics may include family, career concerns, financial independence, and the uncertainty of the future.

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Counseling and Testing Services

Group Counseling Program

Summer 2016 Schedule, starting June 6

Weekly Workshops

(No appointment needed unless you are experiencing suicidal ideation - if so, please schedule a workshop screening appointment prior to attending group to determine if it will be a good fit for you.)

Dog Breath - Mondays, 2 - 3 pm, Chestnut Hall, Suite 311

Practice meditation with our furry friend, Buddy the therapy dog! Learn meditation skills that can be used to help relieve stress and manage anxiety while also spending time with a lovable pet.

Man Vision - Tuesdays, 1 - 2 pm, Chestnut Hall, Suite 311

Through what "man" glasses are you looking? Join us in a safe setting to explore what it means to be a "man."

Know Thyself - Wednesdays, 1 - 2 pm, Chestnut Hall, Suite 311

Developing self-knowledge is a key ingredient to building and maintaining healthy relationships. Learning how to pay attention to behaviors, thoughts, and feelings in a safe space may help you with enhancing self-awareness and relationships.

Vets Connect - Wednesdays, 3 - 4:30 pm, Sage Hall, Suite 123

The transition from the demands of military life to university life is sometimes confusing and can create a significant amount of stress. Vets Connect will be held at Student Veteran Services (Sage Hall 123) and offers Veterans a safe space to genuinely connect with and support one another.

Healing Arts - Thursdays, 1 - 2 pm, Chestnut Hall, Suite 311

This workshop provides a safe space for students to use art as a means of coping with stress and emotions. Students are encouraged to bring up anything they are wanting support in, while doing some de-stressing art. No art experience necessary... come let your creativity, emotions, and energy flow!

Mind Spa Instruction - Thursdays, 2 - 2:30 pm & Fridays, 10 - 10:30 am, Chestnut Hall, Suite 311,

One-time introductory appointment - max of six students per session!

Learn to relax your mind and body in our mind spa. This room encourages self-care at your convenience. Join us in a demonstration of our biofeedback software and learn how resources in the Mind Spa can help you with symptoms of anxiety, stress, and depression.

Therapy Groups

(Please schedule an appointment!)

Understanding Self & Others: Jogging Therapy - Tuesdays & Thursdays, 8:30 - 9:30 am, Chestnut Hall, Suite 311

Exercise has therapeutic effects that can help alleviate symptoms of depression and anxiety. This group is about a therapy experience, not running, training, or exercise. Students will explore and discuss patterns of relating to self and others by discussing acceptance and understanding. Topics vary from depression, anxiety, relationships, family, substance abuse, and personal growth. The group thrives on diversity as members discover the common bonds formed through emotional experiences.

Body Wellness - Wednesdays, 2 - 3:30 pm, Chestnut Hall, Suite 311

This group will offer a safe space for students to explore issues related to body image, self-esteem, eating, and food. We will strive to increase understanding of the reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. Self-compassion and self-kindness will be woven throughout the group.

Survivors of Sexual Assault (SOSA) - Wednesdays, 4 - 5:30 pm, Chestnut Hall, Suite 311

Our SOSA group was created to provide a healing and safe environment for survivors of sexual assault to learn about sexual trauma and connect with other survivors. Group members will have opportunities to learn information, share experiences, process thoughts and feelings, and learn skills to cope in their healing journey. SOSA is for students who have experienced sexual assault within the past six months.

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Dog Breath

Mondays from 2:30 - 3:30, Chestnut Hall 311
 Thursdays from 10 - 11, Discovery Park Counseling Center

Practice meditation with our furry friend, Buddy the therapy dog! Learn meditation skills that can be used to relieve stress and manage anxiety while spending time with a lovable pet.

Livin' The Dream

Tuesdays from 3-4, Career Center, Chestnut Hall 160

It feels overwhelming when you are expected to have everything figured out, and everybody else seems to have it together. Learn what the "dream" is and what it means to "live the dream" in your life, education, and career.

Healing Arts

Wednesdays from 1:30 - 2:30, Chestnut Hall 311

This workshop provides a safe space for students to use art as a means of coping with stress and emotions. Students are encouraged to bring up anything they are wanting support on, while creating de-stressing art. No art experience is necessary, so come let your creativity, emotions, and energy flow!

Vets Connect

Wednesdays from 3-4:30, Student Veteran Services, Sage Hall 123

The transition from the demands of military life to university life is sometimes confusing and can create a significant amount of stress. This group will be held at Student Veteran Services and offers Veterans a safe space to genuinely connect with and support one another.

Viewing Resiliency through Unbreakable Kimmy Schmidt

Wednesdays from 4-5:30, Chestnut Hall 324

Call ahead to schedule a group screening.

Come watch clips of the Unbreakable Kimmy Schmidt with us while learning how to use positive psychology to increase resiliency!

CAREfrontation

Thursdays from 12 - 1, Chestnut Hall 311

If you're wanting to figure out how to better communicate with someone, this group is for you! If you're having a conflict, struggling to manage a relationship with a roommate, parent, or friend, or just want to figure out how to be more assertive, come and get support by determining strategies to communicate your wants and needs.

Stress Survival

Thursdays from 3:30 - 4:30, Learning Center, Sage Hall 315

Are you thriving or surviving? Come learn how to survive your stress and move toward success in school and life.

Missing Home and Need a Buddy?

Fridays from 10:30 - 11:30, Chestnut Hall 311

Coming to college and leaving family, friends, and pets behind can be hard. This group is great for students who are struggling to connect with others or are missing their home. Come get support and spend time with Buddy the therapy dog!

You Got Game?

Fridays from 3 - 4, Chestnut Hall 311

This is a group for students who feel that gaming has impacted their life and for those who may choose the virtual world over the real one. This group is designed to bring the gamer out in a safe, real world place where you can discuss what gaming means to you.

Mind Spa Instruction

To Be Determined, Chestnut Hall 311

Call ahead to make an appointment.

Learn how to relax your mind and body in our mind spa. This room encourages self-care at your convenience. Join us in a demonstration of our biofeedback software and learn how resources in the Mind Spa can help you with symptoms of anxiety, stress, and depression.

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Counseling and Testing Therapy & Support Groups

Fall 2016

Appointment necessary!

Dr. Saucedá's Group

This group will highlight universal themes of the search for authentic self, setting relational boundaries, and identifying areas of connection and disconnection. A mixture of support and process, this group will serve as maintenance for some, supplementary treatment for others, and social skills practice for others.

Mondays from 1 - 2:30, Chestnut Hall 311

The Big Questions: Religious and Spiritual Doubt

This is an existential exploration group of student's unique spiritual and/or religious development and identity. In this co-ed process group, students of all faiths or lack thereof will have a safe place to explore doubt in the context of religious and spiritual identity without the pressure to join another's faith.

Mondays from 4 - 5:30, Chestnut Hall 311

Men's Health and Wellness

This group will offer a safe space for men to explore issues related to masculinity, gender roles, body image, self-esteem, and food. We will strive to increase understanding of the reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviours while developing new ones.

Tuesdays from 12 - 1:30, Chestnut Hall 311

Body Project

This is an evidence-based, six session psycho-educational group for female students that uses a variety of activities to increase body satisfaction and self-esteem. The group is active and has homework activities designed to help fight body shaming and ideals.

Tuesdays from 2 - 3, Chestnut Hall 311

Understanding Self & Others Jogging Therapy

Exercise has therapeutic effects that can help alleviate symptoms of depression and anxiety. This group is about a therapy experience, not running, training, or exercise. Students will explore and discuss patterns of relating to self and others by discussing acceptance and understanding. The group thrives on diversity while discussing topics such as relationships, family, substance abuse, and personal growth.

Tues. & Thurs. from 3 - 4, Chestnut Hall 311

Survivors of Sexual Assault

Our SOSA group was created to provide a healing and safe environment for male survivors of sexual assault to learn about sexual trauma and connect with other survivors. Group members will have opportunities to learn information, share experiences, process thoughts and feelings, and learn skills to cope in their healing journey.

Men's Group - Tuesdays from 3-4:30, Chestnut Hall 311

Women's Group - Wednesdays from 4 - 5:30, Chestnut Hall 311

Of a Feather: Queer Support Group

This is an informal, unstructured, support group for students looking for a safe and confidential space to discuss issues related to being queer. The group will focus on establishing positive connections with others and exploring the process of integrating ones sexual and gender identities in authentic, self-affirming ways.

Wednesdays from 2:30 - 4, Chestnut Hall 311

Grief Support Group

A support group for students who want to explore and process feelings regarding the death of someone in their life. We will explore the impact of the loss and explore healthy ways of coping with and processing grief. Potential topics the group will explore include common grief reactions, the difference between depression and grief, physical, emotional, mental, and spiritual reactions to grief, and coping skills.

Thursdays from 1:30 - 3, Chestnut Hall 311

Women's Body Wellness

This group will offer a safe space for women to explore issues related to body image, self-esteem, and food. We will strive to increase understanding of the reasons behind bothersome behaviors and concerns as well as challenge old attitudes and behaviors while developing new ones. Self-compassion and self-kindness will be woven throughout the group.

Thursdays from 3 - 4:30, Chestnut Hall 311

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Life of Purpose Brochure

A Social Work Intervention

Traditionally, emerging adults have been diverted away from higher education due to the view that a university campus is an "abstinence-hostile" environment. The alternative to the pursuit of higher education is full-time employment in the unskilled workforce.

The lack of upward mobility and perceived stagnation created by this dynamic undermines the progress made during treatment and the individual's ability to maintain recovery. This strongly correlates with feelings of dissonance and existential crisis within young adult recovery populations.

Academically Focused Aftercare

Full-time academic case managers work with clients one-on-one to review class assignments, prepare for class projects and exams, as well as help clients develop effective study habits and the tools to deal with the pressures of being a student.



Our Continuum of Care

Collegiate Recovery Communities (CRC) and Collegiate Recovery Programs (CRP) are integrated into our continuum of care which extends long beyond the completion of services at Life of Purpose. Research shows that students in recovery have higher GPAs than traditional students and relapse rates are lower when they engage with a CRC or CRP.

By referring to universities with collegiate recovery services, the client experiences uninterrupted support services. Long-term, low-level community support services are provided by the colleges themselves, in the form of CRCs and CRPs, at no additional cost simply through the individual's status as a student. This is consequently much more economically viable for families than an endless cycle of residential treatment episodes.



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TREATMENT

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www.lifeofpurpose.com

Life of Purpose, Florida

3848 FAU Blvd, Suite 100
Boca Raton, Florida 33431

Primary, intensive outpatient,
academically focused aftercare

Life of Purpose, Texas

1155 Union Circle #311456
Denton, Texas 76203

Intensive outpatient,
academically focused aftercare

Life of Purpose, Tennessee

1800 S Rutherford Blvd, Suite 201
Murfreesboro, TN 37130

Intensive outpatient,
academically focused aftercare

Life In Progress

Transitional housing for students in
Florida, Texas, and Tennessee

We accept most major insurance policies, out of network benefits.



LIFE OF PURPOSE
TREATMENT

Academically-focused substance use
disorder treatment on a university campus™

1-888-PURPOSE (787-7673)
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About Life of Purpose

Life of Purpose is the first primary care treatment center on a college campus in the United States. We specialize in the treatment of young adults, ages 17 and older, whose education has been disrupted by substance misuse.

Through specialized, academically focused substance use disorder treatment™ we provide a framework for success in recovery and purpose in life. Our non-traditional therapeutic model empowers young adult clients to utilize every available tool of academic support in addition to evidenced-based treatment modalities in order to achieve self-efficacy and independence, while actively forging their own pathways to professional success.

Levels of Care

- Primary Care – 60 Days
- Transitional Placement – 15 to 30 Days
- Intensive Outpatient – 90 Days
- Academically Focused Aftercare – 90 Days to 180 Days
- Full Continuum at Life of Purpose – 240 to 330 Days

Life In Progress

In addition to primary, outpatient and aftercare services, we offer transitional housing available to male students in recovery. Life In Progress facilities include on-site, full-time academic case managers as well as live-in recovery residence managers. Our transitional houses are conveniently located near major universities. Florida Life of Purpose is adjacent to Florida Atlantic University, Palm Beach State College, and Lynn University. Our Denton, Texas, Life In Progress facility is located next to the University of North Texas.

SERVICES

- Academically-Focused Substance Use Disorder Treatment™
- Abstinence-Based
- Twelve Step Friendly
- Dual Diagnosis Capable
- Cognitive behavioral therapy, motivational interviewing, narrative therapy, adventure therapy, and cognitive reframing

EDUCATION

- Education and life skills included in all treatment plans
- We prepare clients for GED, SAT, ACT, GMAT, GRE, LSAT, and MCAT exams
- We manage enrollment for high school completion, college, as well as vocational and certification programs
- An existential, strengths-based approach with a focus on empowerment through higher education and the establishment of self-efficacy

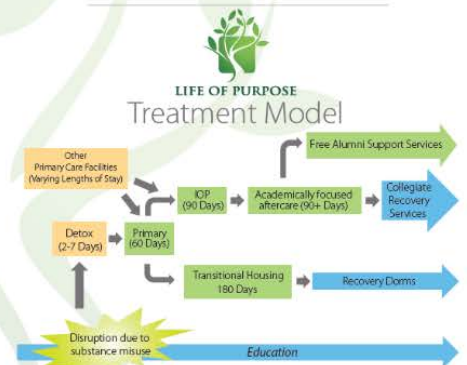
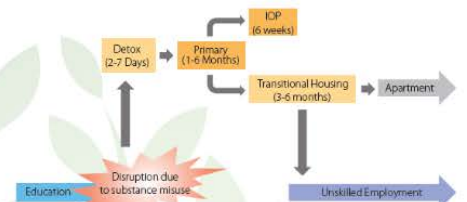
CARE

- Psychiatric Care:** One to two sessions per week, depending on complexity of co-occurring mental health concerns, by a psychiatric nurse practitioner and a psychiatrist
- Medical Care:** Provided by an on-site, full-time nurse with referrals to external medical appointments
- Pre-admission screening** required in all cases
- 15-30 day transitional placements** are available for clients coming to Life of Purpose from other primary care facilities

SUPPORT

- Family program and support provided
- Alumni support
- Weekly family participation with clinical staff and case management during client's treatment is required

Standard Treatment Model



For those whose education has unraveled or has been disrupted by substance use, the Life of Purpose Treatment model offers the opportunity to pursue academic goals alongside a comprehensive continuum of care.

In the event a client has received extensive primary care services prior to Life of Purpose, he or she may enter directly into intensive outpatient or academically-focused aftercare.