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**Drug-Free Schools and Communities Act
Drug & Alcohol Abuse Prevention Report (DAAPP)
Biennial Report
2017 -2018**



Drug-Free Schools & Communities Act Committee Members

Maureen McGuinness, Ed.D

Dean of Students/Assistant Vice President Student Affairs, Chair

Jeff Smith

Senior Associate Athletic Director, Sports Medicine

Robert Braswell

Assistant Director for Residence Life, Department of Housing and Residence Life

Erin Farrell

Office Support Associate, Student Health and Wellness Center

Mark Bergstrom

Police Captain, University of North Texas Police Department

Kate van Saaze

Human Resources Senior Consultant

Timothy Trail

Coordinator, Substance Abuse Educator, Substance Abuse Resource Center

Kari White

Coordinator, Greek Life

Muhammad Kara

President, Student Government Association

Jay Darr, Ph.D.

Liaison for Athletics Dept. and Men's Chapters of Greek Life, Counseling and Testing Center

Justin Watts, Ph.D.

Assistant Professor of Rehabilitation, Department of Rehabilitation Health Services

Roman May

Student Services Coordinator

David Robinson

Graduate Assistant, Substance Abuse Resource Center

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I. Introduction

Since 1890, the University of North Texas (UNT) has been a catalyst for transformation for 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 38,087 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 more than 8,500 students each year from 12 colleges and schools and offers 103 bachelor's, 86 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

At the University of North Texas, our caring and creative community prepares students for careers in a rapidly changing 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. UNT is dedicated to creating an environment that is safe and stimulating to the growth potential of every student and believes 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 five days
- Alcohol disrupts sleep and neurological rhythms vital to repair, growth and healing
- About 97,000 U.S. university students between 18-24 experience 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.

The Drug-Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) of 1989 requires institutions of higher education to certify it has adopted and implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by students and employees both on its premises and as a part of any of its activities. At a minimum, each institution of higher education must annually distribute the following to all students and employees:

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

The law further requires that institutions conduct a biennial review of its program with the following objectives:

- Assess the effectiveness of the drug and alcohol abuse prevention programs;
- Evaluate the consistency of sanctions imposed for violations of its disciplinary

- standards and codes of conduct related to drugs and alcohol;
- Identify areas requiring improvement or modification; and
 - Produce a report of biennial review findings.

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 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.

Procedures for Distributing Written DAAPP Information

All members of the UNT community are encouraged to review the information in this report. Every semester, the UNT Dean of Students distributes written information about Drug Free Schools and Communities Act report and the Drug & Alcohol Abuse Prevention (DAAPP) report to all students, faculty and staff. The DAAPP report is also distributed to all students who enroll at a date after the initial distribution and to employees who are hired at different times throughout the year through email. Students, faculty and staff may request information about the DAAPP review by contacting the Dean of Students office at 940-565-2648, in Union 409 or through email at deanofstudents@unt.edu.

Responsible Department

The DFSCA Biennial Report is coordinated through the Dean of Students Office in the Division of Student Affairs. This is a collaborative effort with a number of university departments, such as Athletics, Housing, Student Health and Wellness Center, UNT Police, Human Resources, UNT Well, Substance Abuse Resource Center, Greek Life and Student Government Association.

Procedures for Assessing DFSCA & DAAPP

The DFSCA Committee meets to discuss the effectiveness of UNT's drug and alcohol prevention programs on an annual basis. The committee empowers the Drug and Alcohol Education Taskforce (DAET) to bring to our attention drug and alcohol issues impacting the UNT community. Through that information, additional programming and educational efforts are made to enhance the institution's prevention efforts.

PART ONE
PROGRAMS

I. Drug and Alcohol Programs and Services

A. Student Activities

One of the goals of Student Activities is to help students get involved on campus in order 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. This is done through three main areas: campus-wide events and traditions, off-campus student services, and student organization services.

Student Activities 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 section 51.9361 of the Texas Education Code, 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.

Student Activities has shown the risk management video to all student organizations, via the 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 in order 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 Student Activities 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

ESC Website – <https://studentaffairs.unt.edu/event-safety-committee>

Programming Information

72 Hour Challenge (Fall 2017 & 2018)

In honor of National Collegiate Alcohol Awareness Week the Eagle Peer Recovery, all willing students were asked to take a challenge: The "72-Hour Alcohol-Free Challenge." Free food was provided to the students who choose to accept the challenge. The goal was to raise awareness about safe alcohol consumption practices and for students to pledge to abstain from alcoholic beverages for at least 72 hours.

Get Wrecked - Student Health Advisory Committee

On April 25, 2018, and November 8, 2018, students participated in a popular racing game (Mario Kart) while wearing impairment simulation (drunk) goggles in order to demonstrate the dangers of driving while intoxicated at various BAC levels. There also was an area where students could try out the goggles in order to better understand how alcohol can affect motor skills.

90s Night - Residence Hall Association

3/8/2018 20:00 On March 8, 2018, the Residence Hall Association hosted 90s Night, a faux party experience and throwback to the 90s. Everyone was debriefed as they left about alcohol awareness and party statistics.

Marijuana Panel: Hard Conversations

On April 20, 2017, a panel discussion was held speaking on the different perspectives on the use of Marijuana in the United States, diving into the social and economic impacts the industry makes. The panelists expressed views from "War on Drugs" stance to legalized medical use to decriminalization to legalized recreational use. The event was live streamed to both Facebook Live and YouTube via Hard Conversations' social media.

Alcohol Awareness Event - Pi Beta Phi Fraternity, Inc.

On April 4, 2017, Pi Beta Phi hosted an Alcohol Awareness event with another organization to create awareness in the Greek community about the effects of drugs and alcohol. A speaker presented information about strategies to safely deal with drug and alcohol situations.

Alcohol Awareness Event - Pi Kappa Phi

On April 2, 2017, an event was held to serve as a forum for the ladies of Zeta Tau Alpha and the gentlemen of Pi Kappa Phi to gather and host "Sam Spady," an interactive alcohol awareness presentation.

Driving away from DUI's - Panhellenic Council

On October 18, 2016, this event focused on raising awareness of the effects of alcohol while driving and the dangers, along with the legal infractions that come with it. The event, which was 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. The idea was that a person will drink a glass of Root Beer (to simulate drinking a real beer), put on a pair of drunk goggles (provided by UNT PD) and attempt to drive a coned course. Police officers discussed the effects of drunk driving and presented other impactful statistics.

B. Orientation and Transition Programs

Orientation and Transition Programs (OTP), a department within Student Affairs, focuses on orientation and providing programs to students who are new to the institution.

Orientation Leader Training (June 2018)

The Orientation Leader team was trained on Campus Safety and Drug Awareness by UNT Police Sgt. Kevin Crawford.

Dean of Students After Dark (Summer 2017 and 2018)

This was 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 educating students on various topics, including drugs, alcohol, sexual assault and intimate partner violence.

Life on Campus (Summer 2018)

During freshman orientation, students and parents participated in a presentation called Life on Campus, which was a series of vignettes about real college issues, including alcohol and drug use. The Orientation Leader performed the vignettes during every freshman orientation session.

C. Student Health and Wellness Center

The Student Health and Wellness Center (SHWC) is committed to providing excellent healthcare to UNT students. Student success, development and preparation for global citizenship is dependent on the many facets of good health. Mindful of the diverse population, the SHWC promotes responsible personal health choices to enhance each individual's lifelong health and well-being. The SHWC supports the mission of the university to ensure service and quality in teaching performance, public service and outreach. The SHWC conducted several programs that helped educate students on the use of drugs and alcohol.

Clinical Appointments

The SHWC medical clinic provided students a total of 50 clinical appointments for alcohol and other drugs in 2017. The breakdown of appointments included 24 appointments for alcohol and 26 for cannabis. The medical clinic provided students a total of 148 clinical appointments for alcohol and other drugs in 2018. The breakdown of appointments included 52 appointments for alcohol; 71

for cannabis; 4 for opioids; 3 for unspecified hallucinogen substances; 5 for unspecified stimulants; and 13 for sedatives.

The Meadows Center for Health Resources (MCHR) is the health education department of the SHWC. The MCHR provided a total of 66 programs that touched on alcohol and other drugs and engaged 4,363 students during 2017. For 2018, the MCHR provided 62 programs and had 3,687 student contacts. Specific program details are provided in the following entries.

Alcohol-Free Monthly Awareness Events (Fall 2017)

The MCHR teamed up with the Substance Abuse Resource Center (SARC) to provide alcohol-free events on campus that were centered towards spreading awareness over various topics. 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 2017 and engaged 44 students.

Alcohol-Free Tailgating (Fall 2017 & 2018)

The MCHR collaborated with the Collegiate Recovery Program (CRP), SARC and Spiritual Life to provide alcohol-free activities during tailgating for UNT home football games. Four tailgating events were held during the fall 2017 football season and engaged 377 students. Four tailgating events were held during the fall 2018 football season and engaged 283 students within the first home game and Family Weekend home game.

Eagle Watch Bystander Intervention Program (2017 & 2018)

The MCHR provided a Bystander Intervention Program discussing tips and techniques for staying safe while at UNT. This program covered consent, hazing, intimate partner violence and drug and alcohol use. Six Eagle Watch programs were held during 2017 for a total of 243 contacts. Two Eagle Watch programs were held during spring 2018 for a total of 26 contacts.

HIV Awareness Education and Programs (2017 & 2018)

The MCHR and the SHWC collaborated with the Tarrant County MHMR, Prism Health and The AIDS Healthcare Foundation to provide free HIV testing with education on the spread of HIV through sexual encounters and drug abuse. These programs covered various topics of sexual health, bystander intervention, consent, recovery and use of drugs and alcohol. There were 247 students tested, and a total of three programs with 250 students in attendance in 2017. In 2018 there were 318 students tested, and six programs with 201 students in attendance.

Mental Health Programming (2017 & 2018)

The SHWC and the MCHR were 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. Information about these services was provided at 15 events in 2017 for a total of 340 student contacts. Fourteen mental health programs were held in 2018 with 320 student contacts.

New Student Transition Programs (January and August 2017, January and August 2018)

For new students starting in the fall and spring semesters, the university provided programs to help acclimate them to the university and to become acquainted with resources available to them. There were two online MCHR programs during the new student transition programs that touched on

alcohol and other drugs, usually in connection with consent for sexual activities or bystander intervention training. In 2017, MCHR online programming reached a total of 1,835 students and, for 2018, MCHR online programming was engaged with 1,138 students.

Safer Sex Programs (2017 & 2018)

The 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 2017, the MCHR provided 14 safer sex programs and engaged 449 students. The MCHR provided a total of 18 safer sex programs in 2018 and engaged 794 students.

Sexual Assault Awareness Month (April 2017)

The 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 2017, the MCHR participated in a total of six programs and engaged 148 students.

Sexy Week (Spring 2017, Spring 2018)

Sexy Week is a weeklong series of events planned by the 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 340 students in February 2017 and 215 students in February 2018.

Spring Break Safety Programs (Spring 2017 and Spring 2018)

The MCHR partnered with SARC and Student Money Management Center (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 2017 event reached 343 students, and the spring 2018 reached 249 students.

D. 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 the primary business clients.
- 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, Community Director staff and some veteran RAs oversee the process to provide feedback and support for the RAs that is able to be put into practice during the performance of the job responsibilities.

Professional Staff Training

The UNT Housing Professional Staff (Pro Staff) is made up of Community Directors (CD), Assistant Community Directors (ACD) and Graduate Coordinators (GC). CDs are full-time, live-in, professional staff members in the residence halls that directly oversee the operation and supervision of the community. ACDs are live-in, graduate assistants that assist the CD to oversee the operation and supervision of the community. GCs report directly to Assistant Directors for the specific functional areas and are in the on-call rotation. CDs/ACDs/GCs participate in a training session before the start of each long academic semester that takes place in advance 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 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 – CDs/ACDs/GCs 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 CD staff should confront disciplinary situations and inform university administration for incidents that threaten personal or community safety.
- Confidentiality – CD/ACD/GC 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 the primary business clients are also covered extensively.
- Incident Report (IR) Writing and Documentation Management – CDs/ACDs/GCs 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, CDs are trained on the steps to maintain appropriate and complete student disciplinary records for Housing use.

- Student Conduct Meetings – CDs 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 professional and undergraduate staff to build community with all residence hall students. The staff promotes healthy behavior and provides health education information for topics that students are unfamiliar 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 (DAET), Counseling and Testing Services (CTS), 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 partnered programming, Housing & Residence Life staff plan and execute intentional programming to engage students socially and academically to further promote healthy and responsible choices and behavior. These programs offer alternatives to negative behaviors, such as alcohol or drug abuse.

Housing & Residence Life, in partnership with CTS, employs two full-time counselors who provide educational resources and act as crisis management professionals. The counselors are available to Housing & Residence Life staff to schedule educational programming on a variety of topics, including addiction, health and wellness and stress management. The counselors exclusively see students who live in the residence halls and are officed out of Maple Hall, making them an easy resource for students to access, as well as part of the residence hall communities. The counselors also serve as emergency response professionals for students that experience severe distress and are in need of crisis intervention.

Housing & Residence Life partners with the Drug & Alcohol Education Taskforce to develop an on-going poster campaign to educate residents on the consequences and effects of alcohol/drug abuse and personal choices that impact academic success. The posters are displayed throughout the residence halls regularly and provide residents with a viewpoint on how their decisions impact them as UNT students.

E. University Union

Condom Casino (September 2017 and September 2018)

Condom Casino offered a variety of casino style games that promote safe sex awareness, specifically regarding alcohol and drugs. Activities and trivia questions at the event discussed making safe sex decisions while under the influence.

Alcohol Awareness Maze (April 2018)

This event featured a maze for participants to navigate in order to “arrive home safely.” Participants completed the maze by correctly answering questions about common alcohol related myths and misconceptions.

F. Greek Life

ThinkDrink Online (Spring 2017)

All potential new members were required to take ThinkDrink and pass it with a grade of 75 or higher before joining any Greek organization. The completion of ThinkDrink for new members was 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 they can know their limits before reaching them.

Presidents Retreat - Camp Copass

In January 2018, Tim Trail from the Substance Abuse Resource Center (SARC) and Sgt. Kevin Crawford provided information to chapter presidents and chapter leaders in attendance at the 2018 Presidents Retreat about the education of drugs and alcohol.

Alternate Spring Break

From March 11, 2017, to March 19, 2017, the Greek Life Office worked with the Center for Leadership and Service. On a service trip with the St. Bernards Project, which is in Chalmette, LA. The students made a pledge that they would not engage in the consumption of alcohol or the use of drugs while on the trip.

Pi Beta Phi Alcohol Awareness event

On April 10, 2017, Pi Beta Phi hosted an Alcohol Awareness event with another organization to create awareness in the Greek community about the effects of drugs and alcohol. A speaker gave information on how to safely deal with drug and alcohol situations.

Fall 2017

ThinkDrink Online

All potential new members were required to take ThinkDrink and pass it with a grade of 75 or higher before joining any Greek organization. The completion of ThinkDrink for new members was monitored and verified by the Office of Greek Life Staff.

Risk Management Meeting with Lambda Theta Alpha Latin Sorority Inc.

On October 5, 2017, a meeting was held for prospective new members and provided information about alcohol abuse.

Phi Beta Sigma Fraternity, Incorporated,: “Marijuana Education - Part One”

On October 24, 2017, Phi Beta Sigma Fraternity, Incorporated, provided an educational presentation on the pros and cons of marijuana legalization and decriminalization in the United States.

Greek Emerging Leaders

On November 1, 2017, during the last class for the semester, a group in the class of Greek Emerging Leaders presented to persons who attended their class and to Timothy Trail ways to provide education. The group provided their thoughts on making alcohol and drug education engaging to students on drug and alcohol use.

Alpha Kappa Alpha “Alcohol Awareness”

On November 1, 2017, an alcohol awareness event was hosted by Alpha Kappa Alpha Sorority, Incorporated, where information was provided to the undergraduate community.

Phi Beta Sigma Fraternity, Incorporated,: “Marijuana Education- Part Two”

On November 27, 2017, held in the UNT Student Union, room 338, was part 2 of the presentation regarding marijuana education and the pros and cons of legalization and decriminalization America.

Spring 2018

ThinkDrink Online

All potential new members were required to take ThinkDrink and pass it with a grade of 75 or higher before joining any Greek organization. The completion of ThinkDrink for new members was monitored and verified by the Office of Greek Life Staff.

Sigma Nu Greek Life EDU and LEAD Program

Sigma Nu Fraternity, Inc. 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 learned the basics of Sigma Nu's Risk Reduction Policy and Guidelines, tested their knowledge and participated in an online education program (GreekLifeEdu).

Presidents Retreat - Camp Compass

On November 13, 2018, Tim Trail from the Substance Abuse Resource Center (SARC) and Sgt. Kevin Crawford provided information to chapter presidents and chapter leaders in attendance at the 2018 Presidents Retreat about the education of drugs and alcohol.

Alternate Spring Break

During Spring Break 2018, the Greek Life Office worked with the Center for Leadership and Service for a service trip working with the Turpentine Creek Wildlife Refuge in Eureka Springs, Arkansas. The students made a pledge that they would not engage in the consumption of alcohol or the use of drugs while on the trip.

Pi Kappa Phi-Tabling

On March 20, 2018, Pi Kappa Phi provided information about the effects of drugs and alcohol.

Fall 2018

Alcohol EDU Online (Formerly ThinkDrink)

All potential new members were required to take Alcohol EDU and pass it with a grade of 75 or higher before joining any Greek organization. The completion of Alcohol EDU for new members was monitored and verified by the Office of Greek Life Staff.

Lambda Theta Alpha Latin Sorority, Incorporated - Conversation about Hazing, Alcohol and Drug use with associates

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

Know Your ABV's Poster Campaign

On October 12, 2018, the Zeta Omicron chapter of Sigma Nu Fraternity and the Gamma Phi chapter of Zeta Tau Alpha supported a national initiative that included a poster on the different types of alcohol and their effects, and a "conversation starter" that details the risk of hard alcohol and explains why it is the hope that drinks under 15 percent ABV's becomes the norm if students choose to drink.

Lambda Theta Alpha Latin Sorority, Incorporated - Car Crash Display

On December 3, 2018, a tabling event was held with a crashed car displayed and had people pledge against driving under the influence.

G. Student Legal Services

Student Legal Services (SLS) provides currently enrolled UNT students with legal advice, assistance, representation, and legal educational programming.

2018 First Flight presentation “Know Your Rights: Police Encounters.”

The presentation discussed the legal ramifications of being caught with alcohol as a minor, driving under the influence and the possession illegal drugs, which included a description of various legal, financial, career and social consequences of being charged with an alcohol or drug offenses.

H. Dean of Students Office

Drug & Alcohol Education Taskforce (DAET)

The Dean of Students 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 represents several departments including, but not limited to, the Dean of Students office, 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 (CODE) program is formatted for open discussion, as well as providing varying viewpoints and the latest research regarding the effects and impacts of alcohol and other substances. Faculty and staff members provided the unique viewpoints based on each of their expertise as well as current research.

From spring 2017 through fall 2018 (in each of the long semesters), The CODE Talks took place each week in the lobby area of various residence halls. The focus was primarily on educating UNT staff, faculty and students with heavy marketing focus on first-year students. Approximately 360 students were engaged as part of this programming.

First Flight Week – Changing Perceptions

During First Flight Week 2017 and 2018, the DAET teamed up with the Substance Abuse Resource Center and the Meadows Center for Health Resources to address students’ misperceptions 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 UNT Library Mall which engaged students 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 2017 and spring 2018. 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 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.

International Overdose Awareness Day

On August 31, 2018, the Substance Abuse Resource Center, in collaboration with several other departments, such as the Dean of Students office, Housing, Collegiate Recovery Program, Eagle Peer Recovery, UNT Police Department, as well as outside organizations such as the Drug Enforcement Agency (DEA), participated in International Overdose Awareness Day (IOAD). It is a global event held each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. International Overdose Awareness Day spreads the message that the tragedy of overdose death is preventable.

UNT Annual Recovery Conference (Sept. 19-21, 2017)

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 three day conference focused on recovery, paths to recovery and 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 Ballroom and included nationally recognized presenters, two 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 National Collegiate Alcohol Awareness Week in 2017 and 2018, the DAET, Eagle Peer Recovery, Collegiate Recovery Program and Substance Abuse Resource Center produced multiple posters and executed an online marketing campaign. Additionally, alcohol awareness

and safety programs were presented throughout residence halls and multiple locations across the university over several days.

Poster Campaigns

The DAET has developed reality posters each semester since its inception. In the 2017 and 2018 academic year, there were a total of 14 posters from the DAET (see appendix):

1. “Poison Ivy is natural, but you don’t smoke it. Maybe it’s time to reconsider what we know about weed.”
2. Perception of 1 drink; poster showing the perception of a standard alcoholic drink by a college student.
3. A poster describing the prevalence treatment of cannabis dependency “Clearing your head...” It also describes issues frequently experienced by students who use cannabis long-term.
4. “50% of students involved in a drug violation have a GPA of 2.0 or lower.”
5. “The number one cause of death among college-age people is car accidents,” which involves the use of alcohol.
6. A poster describing potential consequences of driving while intoxicated.
7. “Make sure you don’t over consume.”
8. “Just because its medicine, doesn’t mean it’s safe” in reference to Adderall.
9. A poster cautioning students about consuming energy drinks and alcohol: “Partying all night...”
10. “Possession of Adderall without a prescription or distribution is a felony offense.”
11. A poster that describes the risks of unsafe sex practices and drinking: “Playing the odds.”
12. “If you stopped smoking weed today, you would begin feeling sharper and more motivated within 1-5 weeks.”
13. A poster that warns about the differing BAC levels in men and women.
14. “College students using marijuana make lower grades and have higher rates of unemployment after graduating.”

The new posters for the 2017 and 2018 semesters were modeled after marketing tested posters from the Department of Transportation and top substance awareness campaign organizations in the country. Each poster was distributed among residential buildings, Greek houses, and academic and administrative buildings. The campaign was also promoted via Twitter, Facebook, YouTube, Instagram and UNT’s 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, the Substance Abuse Resource Center and the Meadows Center for Health Resources helped to spearhead tailgating events at UNT home football games in fall 2017 and fall 2018. 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 and 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 became an educational and social event during freshmen orientation seasons of 2017 and 2018. A total of seven events were held in summer 2017, and a total of 11 events were held in 2018. Dean of Students After Dark occurs while students are staying on campus for their mandatory freshmen orientation session. A DJ is provided for entertainment and various departments and staff members are present to support and encourage various educational efforts on drugs, alcohol, sexual assault and intimate partner violence. The University of North Texas Police Department provides educational activities, and various handouts, flyers and posters regarding consequences, safety, and awareness of alcohol and other drugs are distributed by the Substance Abuse Resource Center.

Morning After Program

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

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 and the Collegiate Recovery Program, 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 17 & SPF 18)

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 Services and 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 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 three 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 10 of each year 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 bringing awareness to the connection between marijuana use and testicular cancer in men between the ages of 18-35 (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 2018 – 2019

- 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. SARC 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 featuring HOST Binge Drinking Presentation – Educated the Residence Hall Desk Staff
- Alpha Chi Sigma
- Orientation Leader Training – Educated the Orientation Leaders on AlcoholEdu 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 future collegiate recovery efforts
- Health & Fitness Expo – outreach for the university community at the first Health & Fitness Expo
- SARC Information Table – Outreach through tabling at all Freshman and Transfer Orientation sessions
- Core Alcohol and Drug Survey (Spring 2019)

The Core Alcohol and Drug Survey was created by the U.S. 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:

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

I. Athletics Department

Intercollegiate Athletics Drug Education, Testing and Counseling Program Policy Statement

The University of North Texas believes the use of prescription drugs for reasons other than as prescribed and the use of illegal drugs and unapproved dietary supplements are detrimental to the physical and mental well-being of its students. For these reasons, the university has developed a Drug Education, Testing and Counseling Program to educate student-athletes about the dangers of the improper and illegal use of drugs and dietary supplements, detect the improper and illegal use of drugs and provide counseling to assist student-athletes maintain a safe and healthy lifestyle.

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.

Procedures and Responsibilities

The University of North Texas Drug Education, Testing and Counseling Program is separate and distinct from the NCAA Drug Testing Program and is intended to prevent the illegal use and abuse of drugs, including alcohol, by University of North Texas student-athletes. Specific goals of the University of North Texas Program include:

1. Educating student-athletes on the dangers of drug use.
2. Identifying drug use by student-athletes through testing.
3. Deterring drug use by student-athletes.
4. Helping arrange treatment for student-athletes when necessary.
5. Disciplining student-athletes when appropriate.

The Head Athletic Trainer serves as the Director of the UNT Drug Education, Testing and Counseling Program.

Drug Education

A. Athletics Department and Student-Athlete Education Responsibilities

The University of North Texas Department of Athletics considers education to be an important part of the program and to student-athletes' health and safety. Athletics Department staff and coaches are responsible for ensuring the University of North Texas Drug Education, Testing and Counseling Program and the NCAA substance abuse policies and drug testing guidelines are thoroughly covered by an Athletics Department athletic trainer or compliance coordinator at mandatory orientation for all student-athletes at the beginning of the academic year and/or in individual team meetings before the start of the season. Department staff will educate coaches, athletic trainers, physicians, strength coaches and other department personnel concerning any changes or updates to institutional policy, procedures, or sanctions related to the program; and coaches involved in recruiting should ensure prospective student-athletes are aware of the program.

B. Student-Athlete Responsibilities

Student-athletes are responsible to themselves and the university to maintain high standards of conduct and a sound respect for their physical, mental and emotional health. This responsibility includes following all university policies and federal and state laws related to the use, possession or distribution of drugs and alcohol, and for taking reasonable steps to know whether anything they ingest, including dietary supplements, contains a prohibited substance.

C. Prohibited Conduct and Substances

Student-athletes are prohibited from unlawfully possessing, using and distributing alcohol and illegal drugs, acquiring multiple legal prescriptions for the same injury or illness from multiple physicians, misusing any legal prescription drug, giving a legally prescribed prescription drug to another person or altering any drug prescription. They also are

prohibited from having the following substances in their bodies at any time while a student at the University of North Texas, except when lawfully prescribed by a licensed physician:

- o Stimulants
- o Narcotics
- o Anabolic agents
- o Substances banned for specific sports
- o Diuretics
- o Street drugs
- o Peptide hormones and analogues
- o Anti-estrogens
- o Beta-2 agonists
- o Substances banned by the NCAA; and
- o Any substance chemically related to these classes of substances

The Athletics Department is responsible for publishing a list of prohibited substances that can be found on the NCAA website and notifying all current student-athletes of the prohibited substances before the beginning of their season or the academic year, whichever is earlier.

D. Dietary Supplements

University of North Texas athletics is a “food-first” program which emphasizes proper nutrition and hydration. Like the NCAA, the UNT Athletics Department advises student-athletes that the most effective and safest way to enhance individual performance is to rely on a combination of a healthy diet, appropriate conditioning, rest and recovery; and to avoid the use of dietary/nutritional supplements, prohibited substances and tobacco and the unlawful use or abuse of alcohol.

There are many health risks associated with taking dietary supplements, including the risks of testing positive for a banned substance that is not marked on the product’s label. Nevertheless, the department recognizes that many student-athletes make the personal decision to use dietary supplements and strongly encourages any student athlete who wishes to use supplements to inform the Sports Medicine staff and or Team Nutritionist before taking the product.

Student-athletes should always bring all supplement products to the designated athletics staff before using them and then checking all supplements through Drug Free Sport Axis (DFS Axis) which is staffed by the National Center for Drug Free Sport, the NCAA’s third-party drug testing administrator. DFS Axis is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NCAA banned substances.

Products labeled as dietary supplements sold over the counter, in print advertisements and through the Internet are under-regulated by the United States Food and Drug Administration. Dietary supplements are at risk of contamination or may include ingredients that are banned under the drug testing program. Student-athletes have tested positive and lost their eligibility using dietary supplements. Any product containing dietary supplement ingredients is taken at the student-athlete’s own risk.

To access DFS Axis, call toll free 1-877-202-0769 or go to www.drugfreesport.com/axis, select NCAA, and insert password ncaa1. Right on the home page you can select “Ask about Dietary Supplements” or go to the “Prescription/Over-the-Counter Drug Search.”

By signing the Policy Consent Form, the student-athlete:

- A. Acknowledges that he/she understands that he/she is to disclose all dietary supplements used to the head athletic trainer;
 - B. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
 - C. Fully accepts he/she has been made aware of the University of North Texas and the National Collegiate Athletic Association (NCAA) policies with regard to the use of dietary supplements;
 - D. Accepts any and all liability if he/she has in the past used, continues to use, and/or uses at any time in the future, dietary supplements in any form; and releases the University of North Texas, its agents and all personnel of any and all responsibility and liability related to such use.
- E. Use of Tobacco and Smoking
- The use of tobacco in any athletic facility, in any facility in which tobacco is prohibited under university policy or during practice or competition is prohibited by all student-athletes. Smoking is prohibited on all University of North Texas property as set out in university policy.

Drug Testing

All student-athletes are subject to being tested for drugs at any time, without advance notice, under the University of North Texas Drug Education, Testing and Counseling Program and the NCAA testing program. Each student-athlete is required to consent to drug testing by the university and NCAA in return for the privilege of participating in intercollegiate athletics at the University of North Texas and to sign a consent form before participating in an NCAA sanctioned activity. Failure or refusal to appear for or participate in a drug test conducted under this policy will be treated as a positive test.

A. Confidentiality

Confidentiality is essential to an effective Drug Education, Testing and Counseling Program. Athletics Department personnel and individuals associated with the Athletics Department are strictly prohibited from disclosing any information about a student-athlete that is obtained from a student-athlete’s participation in the program. Disclosing includes directly or indirectly releasing information or alluding to information related to testing or counseling provided under the program whether the information relates to an individual student-athlete, one or more University of North Texas intercollegiate athletic teams or the Athletics Department unless required by law or court order. Any Athletics Department personnel or individual associated with the Athletics Department who violates confidentiality is subject to immediate termination or employment or business relationship and appropriate legal action.

Testing Procedures

1. Student-athletes will be notified of the time and location of a drug test and required to complete and sign a Drug Testing Notification Form (Appendix A) prior to each test listing any medications and dietary supplements the student-athlete is taking.
2. The student-athlete is required to report at the time and location set out in the notice. The student-athlete must present a photo ID or have his/her identification verified by a member of the Athletics Department staff before being released to the custody of sample collection personnel properly trained in appropriate collection techniques by a certified laboratory (“Collector”) and approved by the Director of Athletics or the AD’s designee.
3. A Collector will observe the collection of a urine sample from each student-athlete being tested and each sample will be individually coded to ensure a proper chain of custody and to protect the student-athlete’s confidentiality.
4. The Program Director or Athletics Director will be notified of any positive test results. The Program Director and Athletics Director or the Athletics Director’s designee will discuss the results before notifying the student-athlete’s Head Coach. The violation procedures will be followed as appropriate.

C. Notification of Student-Athletes

The Program Director or the director’s designee will notify the student-athlete of a scheduled drug test. Notice will be given no more than 24 hours prior to the test and include information regarding the specimen collection process. The student-athlete is required to complete a Drug Testing Notification Form (Appendix A), acknowledging receipt of the notice and verifying the date, time and location of the test. The student-athlete may have a witness accompany him or her to the collection station.

D. Drug Testing Site

The University of North Texas Athletics Center will be the testing site for institutional testing unless otherwise directed by the Athletics Director. Test directed by the NCAA will be located in a designated locker room/restroom area within the athletics facilities.

E. Specimen Collection Manipulation or Adulteration

Any attempt to manipulate or adulterate a urine specimen will be treated as a positive drug test. Manipulation includes but is not limited to the use of any product for the purpose of diluting the urine sample, including excessive water consumption, or the substitution of a urine sample. Adulteration includes but is not limited to the mixing or attempted mixing of any chemical (excluding water) directly to the urine sample that alters the composition of the student-athlete’s sample or interferes with the testing process.

F. Types of Testing

1. Random Testing

Random drug testing will be performed on a regular basis throughout the school year. A Department of Athletics official will use a computer program to select the number or percentage of student-athletes to be tested for each sport from a current roster. Student-athletes attending summer sessions or who are not enrolled in summer school but who

participate in supervised on-campus off-season conditioning programs are subject to random drug testing.

2. Post-Season/Championship Screening

Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within 30 days prior to the post-season competition. If a student-athlete tests positive, he or she may not be allowed to compete at the post-season event and will be subject to disciplinary action.

3. Re-Entry Testing

A student-athlete whose eligibility to participate in intercollegiate sports has been suspended as a result of a positive test may be required to undergo testing prior to regaining eligibility. The Director of Athletics or the Athletics Director's designee will arrange for re-entry testing after the counselor or specialist working with the student-athlete confirms that re-entry into the intercollegiate sports program is in the student-athlete's best interest.

4. Follow-Up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Athletics Director or his/her designee in consultation with the counselor or specialist working with the student-athlete.

5. Pre-Season Testing

Student-athletes are subject to pre-season testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to their first competition.

6. Reasonable Suspicion Testing

Any student-athletes may be tested when there is reasonable suspicion to believe the student-athlete may be using a substance prohibited under this policy. Reasonable suspicion includes, but is not limited to, the following:

- a. an arrest or conviction for drug related activities
- b. observed possession or use of what reasonably appears to be a prohibited substance
- c. admission of unlawful possession or use of a prohibited substance
- d. physical or psychological signs of possible impairment reasonably attributable to use of a prohibited substance
- e. observed unusual/abnormal conduct or behavior reasonably attributable to use of a prohibited substance (factors to consider in assessing these observations include but are not limited to increase or decrease in weight over a short period of time, increase in absence from class or athletic activities, significant change in classroom

motivational level or performance, increase in injury or illness rate, erratic change in emotional condition or mood, etc.)

Any coach, athletic administrator or athletics staff member concerned with a particular student-athlete should express this information confidentially to the Drug Testing Program Director and/or the Director of Athletics or his/her designee. Grounds for a reasonable suspicion drug test will be decided by a committee headed by the Associate Vice President/Chief Operating Officer for Athletics, Senior Women's Administrator, Head Coach and Drug Testing Coordinator/Certified and Licensed Athletic Trainer. In the event of a tie within the committee, the Director of Athletics will make the final decision on the drug testing status. Any Athletics Department personnel who reasonably suspects that a student-athlete is under the influence of or is misusing a prohibited substance should immediately inform the Program Director or Athletics Director. The student-athlete's identity and reasons for the suspicion must be communicated in a confidential manner. The Program Director, Athletics Director and Senior Women's Administrator, in consultation with other Athletics Department personnel or university officials as appropriate, will determine whether reasonable suspicion exists. The decision to test a student-athlete based on reasonable suspicion should be documented and include a clear description of the reasons for suspecting the student-athlete of using a prohibited substance.

G. Confirmation of Positive Drug Test

If a student-athlete tests positive, the individual's medical record will be reviewed to determine whether the result could be caused by approved medications (prescription or over the counter) or dietary supplements. If the records indicate the student-athlete was using approved medications or supplements, the Program Director will consult appropriate personnel (prescribing physician, toxicologist, etc.) to confirm whether the medication or supplement was used appropriately and properly. Upon confirmation that a positive result reasonably could have been caused by the appropriate and proper use of a medication or supplement, the result will be deemed a "medical exception" and the student-athlete will not be subject to the Guidelines for Responding to Positive Test Results described below.

Absent a medical explanation, a student-athlete who has a positive test will be required to participate in the Counseling Program and will continue to be tested on a regular basis. Mandatory testing will continue until the student-athlete tests negative for the prohibited substance on two consecutive tests or as often as counseling personnel determine is in the student-athlete's best interest. If follow-up testing shows an increase in the amount of a prohibited substance, the student-athlete will be deemed to have tested positive and referred to the appropriate level of the Guidelines for Responding to Positive Test Results described below.

A student-athlete who tests positive may ask for his or her sample to be re-analyzed. The student-athlete must submit the request, in writing (including via email), to the Director of the Drug Education, Testing and Counseling Program within 3 business days after receiving notice of the positive result. Upon receipt of the request, the Program Director will ask the laboratory that conducted the test to re-analyze the student-athlete's sample. The student-athlete or the student-athlete's authorized representative may observe the re-analysis in person and at the student-athlete's expense, or, the student-athlete may ask the laboratory to appoint someone to observe the re-analysis. If the re-analysis is negative, the original test will be deemed to be negative. The re-analysis results will be final.

Guidelines for Responding to Positive Test Results

The university's response to positive tests results are based upon the number of times a student-athlete tests positive. A positive result from a test administered under NCAA rules counts as a positive test under the program, and all positive results are cumulative throughout a student-athlete's eligibility. Any student-athlete who tests positive will be sanctioned as set out in this policy. However, in addition to these sanctions, Head Coaches may develop and enforce team rules regarding the use of prohibited substances and alcohol (except for requiring testing outside of this Program) and a student-athlete's eligibility to participate in team activities and competitions. Team rules may vary and be stricter from team to team and will be supported.

A. General Guidelines and Notice of a Positive Test

The testing laboratory will forward all test results to the Program Director. The Program Director or that person's designee is responsible for notifying the Athletics Director, the student-athlete, the student-athlete's parent(s)/guardian(s) (if the student-athlete is under 18 years of age, and the student-athlete's Head Coach of the positive test. The student-athlete must be notified verbally and in writing.

B. Guidelines for First Positive Test

1. The Program Director will meet with the student-athlete and have the individual acknowledge the positive test result, the terms of Athletics Department disciplinary action, and the consequences of a second positive test. (Appendix C). The acknowledgment must be signed by the student-athlete, and refusal to sign the acknowledgement will result in immediate dismissal from the athletics program and loss of athletic scholarship.
2. The student-athlete will be required to meet with a Team Physician or the physician's designee for evaluation and to develop the appropriate course of action plan, to include substance abuse counseling and recommended medical treatment. All medical costs associated with the plan will be the responsibility of the student-athlete.
3. During the plan, the student-athlete may be subject to random testing. If a test reveals the presence of the same prohibited substance for which the student-athlete first tested positive after an eight-week period, or if the student-athlete tests positive for a different prohibited substance, the result will be deemed a positive test and guidelines for a second positive result will be followed.
4. The student-athlete will perform no fewer than 10 hours of community service, which will be arranged through the Director of Volunteer Services. Community service hours assigned under the program may run concurrently with any community service hours required by a court for the same offense.
5. The Program Director will inform the student-athlete when he or she has officially completed the plan, including completion of any recommended medical treatment. After official completion, the student-athletes is no longer subject to random testing as part of the plan, but remains subject to testing under the Drug Education, Testing and Counseling Program.
6. Failure to successfully complete the plan will result in the loss of athletic scholarship and/or the privilege of participating in team activities and competitions.

C. Guidelines for Second Positive Test

1. The Program Director will meet with the student-athlete and have the individual acknowledge the second positive test result, the terms of suspension from athletic-related activities and the consequences of a third positive test. (Appendix C). The acknowledgment must be signed by the student-athlete, and refusal to sign the acknowledgement will result in immediate dismissal from the athletics program and loss of athletic scholarship.
2. The student-athlete will be required to meet with a Team Physician or the physician's designee for evaluation and to develop the appropriate course of action plan, to include substance abuse counseling and recommended medical treatment. All medical costs associated with the plan will be the responsibility of the student-athlete.
3. During the plan, the student-athlete may be subject to random testing. If a test reveals the presence of the same prohibited substance for which the student-athlete tested positive after an eight-week period, or if the student-athlete tests positive for a different prohibited substance, the result will be deemed a positive test and guidelines for a second positive result will be followed.
4. The student-athlete will perform no fewer than 20 hours of community service, which will be arranged through the Director of Volunteer Services. Community service hours assigned under the program may run concurrently with any community service hours required by a court for the same offense.
5. The student-athlete will be suspended from competition for 10 percent of countable athletic contests (as calculated by using the rounding-down method) or up to 30 days, whichever is less. The suspension begins the date the student-athlete is notified of the positive test and will carry over into the following year if it is not possible to complete it the sanction in the current year. Suspension from athletic competition does not relieve the student-athlete from any other responsibility as a team member, including, but not limited to participation in all practices and other team events/activities and corrective measures imposed by the Head Coach for violating team rules. This sanction will be observed in all sports.
6. The Program Director will inform the student-athlete when he or she has officially completed the plan, including completion of any recommended medical treatment. After official completion, the student-athlete is no longer subject to random testing as part of the plan, but remains subject to testing under the Drug Education, Testing and Counseling Program.
7. Failure to successfully complete the plan will result in the loss of athletic scholarship and/or the privilege of participating in team activities and competitions.

D. Guidelines for Third Positive Test

1. The Program Director will meet with the student-athlete and have the individual acknowledge the positive test result and the consequences of testing positive a third time. (Appendix C).
2. The student-athlete will be required to meet with a Team Physician or the physician's designee for evaluation and to develop the appropriate course of action plan, to include substance abuse counseling and recommended medical treatment. All medical costs associated with the plan will be the responsibility of the student-athlete.
3. The student-athlete will be suspended indefinitely from all athletic-related activities (competition, practice, weight-lifting, running, etc.) pending reinstatement by the Administrative Appeals Committee. The suspension begins the date the student-athlete is notified of the positive test. This sanction will be observed in all sports.

4. A student-athlete may be allowed to keep his or her scholarship pending a decision by the Administrative Appeals Committee whether to reinstate the student-athlete at the discretion of the Director of Athletics. A student-athlete who is allowed to keep his or her scholarship during this time must continue to comply with the Drug Education, Testing and Counseling Program and is subject to random testing. A student-athlete who tests positive for a prohibited substance or who violates university policy or any Athletics Department or team rule automatically forfeits his or her scholarship.
5. Upon request by the student-athlete, the Athletics Department Administrative Voting Committee (comprised of the Director of Athletics, Program Director, Senior Women's Administrator and Faculty Athletics Representative) may consider whether the student-athlete should be reinstated. A student-athlete will be reinstated only when it is in the best interest of the student, the team, the Athletics Department and the university. In the event of a tie within the committee, the Director of Athletics' decision is final.
6. A student-athlete who is reinstated must fully comply with all Athletics Department rules for the remainder of the student-athlete's time at University of North Texas. The Administrative Voting Committee, at its discretion, may place conditions on the student-athlete's reinstatement to full eligibility (e.g. loss of scholarship, suspension, community service, etc.)
7. A student-athlete who is reinstated by the Administrative Voting Committee or who successfully appeals a third positive test is subject to random testing for eight weeks after the date of the third positive result. If an institutional or NCAA test reveals the existence of any prohibited substance after the eight-week period, the student-athlete will be permanently ineligible from participating in any and all athletic-related activities the remainder of the student's time at the University of North Texas.

E. Appeal of Positive Result

A student-athlete may appeal a positive test result in person to the Athletics Department Appeals Committee prior to the imposition of any sanction. The student-athlete must notify the Athletics Director of the appeal in writing (including via email) and within 3 business days of notification of a positive test result. The Appeals Committee will be chaired by the Director of Athletics/designee and comprised of the Drug Education, Testing and Counseling Director/designee, Senior Woman Administrator, and the student-athlete's Head Coach.

The appeal should take place no more than 72 hours after the written request is received, but this time may be extended at the sole discretion of the Director of Athletics. The student-athlete may have a representative present at the appeal; however, only the student-athlete may speak on his or her behalf. The student-athlete (and his or her representative if present) will be given the opportunity to review the laboratory report and present evidence, including why the guidelines for responding to the positive test that are set out in this policy should not apply or should be modified. The appeal shall be confidential and the decision by the Appeals Committee is final.

Safe Harbor Program/Self-Referral

The University of North Texas and the Athletics Department encourages student-athletes to voluntarily seek assistance if they are using any prohibited substance or if they are having difficulty managing the use of lawfully prescribed drugs, alcohol or dietary supplements. The university and Athletics Department are committed to helping students make the first step toward a positive life change through its Safe Harbor program.

A. Eligibility

A student-athlete may voluntarily refer himself or herself for the Safe Harbor program for drug or alcohol evaluation and counseling one time during his or her intercollegiate athletic career at the University of North Texas without facing the possibility of sanctions under the university's Drug Education, Testing and Counseling Program.

A student-athlete who is participating in a treatment plan related to a positive test is not eligible for the Safe Harbor program until 30 days after he or she is officially released from the plan.

Also, a student-athlete who refers himself or herself after being informed of a pending drug test or after having been informed of a positive test is not eligible for the Safe Harbor program and will face the sanctions outlined in the Guidelines for Resolving Positive Test and applicable NCAA ineligibility rules.

B. Volunteering for Safe Harbor

A student-athlete may volunteer for the Safe Harbor program by contacting the Program Director (Head Athletic Trainer). Participation in the Safe Harbor program is confidential except the Program Director (Head Athletic Trainer) may inform the Director of Athletics or his/her designee, and the student-athlete's Head Coach when doing so will provide the student the best environment and support to successfully complete the program.

C. Safe Harbor Program Requirements

1. The Program Director (Head Athletic Trainer) will refer the student-athlete to a counselor who will perform an evaluation and recommend a treatment plan. In addition to counseling, the plan may include confidential testing and medical intervention. The student-athlete is responsible for any financial cost associated with the treatment plan; however, the counselor will assist the student identify low or no-cost resources both on and off-campus and but will support the student-athlete in completing the treatment plan.
2. The student-athlete will be permitted to remain in the Safe Harbor program for a reasonable amount of time as determined by the treatment plan, generally not more than 30 days.
3. Upon entry into the program, a student-athlete may be administered a test to determine the presence and levels of any prohibited substance in his or her system. A student-athlete will not face sanctions based on the results of the initial program-entry test except as set out in this section and will not be subject to random testing while in the program. If any subsequent tests administered as part of the student's participation in the Safe Harbor program indicate continued use of any prohibited substance(s) or if the student-athlete fails to comply with the treatment plan, the student-athlete will be released from the program and subject to the appropriate sanctions set out in the Guidelines for Responding to Positive Tests.
4. The Program Director (Head Athletic Trainer) will inform the student-athlete when he or she has successfully completed and is released from the Safe Harbor program. The student-athlete also will be informed of counseling resources available through the UNT Student Health and Wellness Center and the UNT Substance Abuse Resource Center (SARC), that he or she now is subject to random testing under the Drug Education, Testing and Counseling Program and that the student-athlete is no longer eligible to participate in the Safe Harbor program while a student at the University of North Texas.

2018-19 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Illicit Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified. See *exceptions* in the following examples listed for each class.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping
- b. Gene Doping
- c. Local Anesthetics (under some conditions)
- d. Manipulation of Urine Samples
- e. Beta-2 Agonists permitted only by prescription and inhalation (i.e. Albuterol)

NCAA Nutritional/Dietary Supplements WARNING:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

Check with your athletics department staff prior to using a supplement.

Some Examples of NCAA Banned Substances in Each Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.

Do not rely on this list to rule out any label ingredient.

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):

Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

exceptions: finasteride is not banned.

Illicit Drugs:

heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

Peptide Hormones and Analogues:

growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

exceptions: insulin, Synthroid are not banned.

Anti-Estrogens:

anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or <http://www.drugfreesport.com/axis> password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

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.

Drug Education

In addition, the athletics department has engaged in the following education with our student-athletes:

- Monday 10/30/17 - Dating violence awareness (how alcohol can influence judgment)
- Friday 7/13/18 - NCAA Choices
- Tuesday 8/28/18 - Drug and Alcohol Speaker

NCAA CHOICES Alcohol Education Grant Program

The misuse of alcohol by college students is of great concern to the NCAA. In an effort to educate students about the risks involved with the misuse of alcohol, the NCAA has developed the NCAA CHOICES Grant Program, through the support of the Anheuser-Busch Foundation.

The NCAA CHOICES Alcohol Education Grant Program provides funding for NCAA member institutions and conferences to integrate athletics departments into campus-wide efforts to reduce alcohol abuse. NCAA CHOICES projects must partner athletics with other campus departments in the development and implementation of effective alcohol education projects.

The University of North Texas' R.E.A.L. (Realistic Education on Alcohol and Life) CHOICES program engages student-athletes and other student leaders in activities designed to increase student awareness regarding alcohol misuse and reduce risky behavior related to alcohol consumption. This will be accomplished through collaboration among multiple entities on campus, educational programming, alcohol-free campus events, training and a comprehensive program evaluation. A unique feature of the grant is the development of an online academic course on leadership and alcohol education that will facilitate participation of athletes and other student leaders with demanding schedules.

The project is housed in the Department of Rehabilitation and Health Services and collaborates with partners from across the campus including Athletics, the Collegiate Recovery Program, the Substance Abuse Resource Center, UNT housing and residence halls and the Meadows Center for Health Resources to reduce alcohol misuse and promote healthy activities. The project is unique in that students and student leaders are involved in every aspect of program development and curriculum delivery.

References

[UNT Policy 04.011 Smoke-Free Campus](#)
[UNT Policy 04.016 Use of Alcoholic Beverages](#)
[UNT Policy 05.004 Illegal Drugs and Alcohol](#)
[UNT Policy 05.047 Drug-Free Workplace](#)
[UNT Policy 05.048 Drug-Free Workplace Statement](#)
[NCAA Bylaw 11.1.5 Use of Tobacco Products](#)

J. 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 their answers 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 states 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, "Governmentwide Requirements for Drug-Free Workplace (Financial

Assistance)," 34 C.F.R. Part 85, "Governmentwide 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 C.F.R. Part 84, Subpart B, for grantees, as defined at 34 C.F.R. Part 84, Sections 84.200 through 84.230 -

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

- a) Publishing a drug-free workplace 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 if he or she is convicted for a violation of a criminal drug statute occurring in the workplace no more 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., Washington, DC 20202. 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 C.F.R. Part 84, Subpart C, for recipients who are individuals, as defined at 34 C.F.R. Part 84, Section 84.300:

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 related to the award; 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 award 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., Washington, DC 20202. 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:
 - 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.
 - A description of the applicable legal sanctions under local, State or Federal law for the unlawful possession or distribution of illicit drugs and alcohol.
 - A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
 - A description of any drug or alcohol counseling, treatment or rehabilitation or re-entry programs that are available to employees or students.
 - 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.
2. A biennial review by the Institution of its program to:
 - Determine its effectiveness and implement changes to the program if they are needed.
 - Ensure that its disciplinary sanctions are consistently enforced.

K. Counseling & Testing Services (CTS)

CTS consists of two inter-related parts: The Counseling Center and Testing Services. The department serves the students and community of UNT in support of the mission of the university. Through Counseling Center services, the department strives to support the academic success and general well-being of UNT students through professional counseling, career counseling, consultation, mental-health screenings, educational programs and self-help resources as well as a referral services.

The department offers to consult with students, parents, faculty and staff who may be concerned about a UNT student (while still respecting the confidentiality of clients). With client permission, the department works closely with physicians and psychiatrists, the Career Center, Office of Disability Access and many other helpful resources in order to provide the best overall care. The department values diversity, and students can expect to be treated in a respectful and accepting manner.

CTS also works together with the Substance Abuse Resource Center, Student Health and Wellness Center, Collegiate Recovery Program and Eagle Peer Recovery groups to provide services for students with alcohol, other drug use concerns and dual diagnosis concerns.

2017 & 2018 (January 1, 2018 – October 26, 2018)

4,437 students completed the Counseling Center Assessment of Psychological Symptoms (CCAPS) multi-dimensional assessment as part of Counseling and Testing Services' initial intake paperwork. Several questions address alcohol and drug use. The questions and responses are below:

Students indicate how well each statement describes them during the past two weeks, from 'not at all like me' (0) to 'extremely like me' (4), by marking the correct number.

- I use drugs more than I should:
 - 75.8% responded “0.”
 - 9.5% responded “1.”
 - 7.3% responded “2.”
 - 4.1% responded “3.”
 - 3.3% responded “4.”

- I drink alcohol frequently:
 - 66.2% responded “0.”
 - 14.6% responded “1.”
 - 9.7% responded “2.”
 - 5.8% responded “3.”
 - 3.7% responded “4.”

- When I drink alcohol I can't remember what happened:
 - 80.3% responded “0.”
 - 10.3% responded “1.”
 - 5.1% responded “2.”
 - 2.7% responded “3.”
 - 1.7% responded “4.”

- I enjoy getting drunk:
 - 51.4% responded “0.”
 - 13.3% responded “1.”
 - 15.0% responded “2.”
 - 13.2% responded “3.”

- 7.1% responded “4.”
- I have done something I have regretted because of drinking:
 - 70.4% responded “0.”
 - 9.0% responded “1.”
 - 6.3% responded “2.”
 - 6.7% responded “3.”
 - 7.6% responded “4.”

4,432 students responded to questions related to the need to reduce alcohol and substance use, along with any prior participation in alcohol and substance use treatment as part of Counseling and Testing Services intake paperwork.

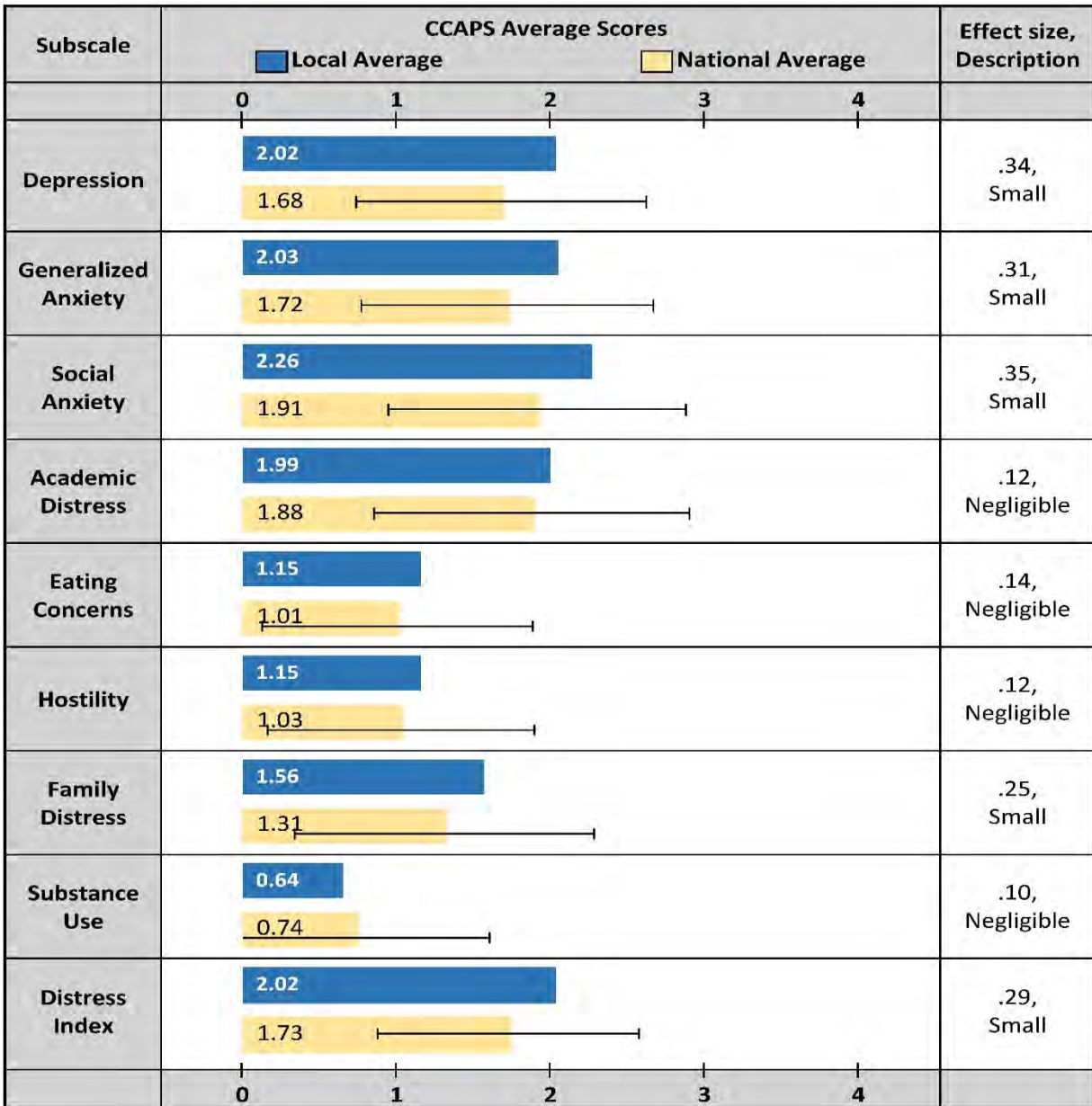
- Need to Reduce D&A (How many)?
 - 2.1% had no response
 - 67.1% responded “Never.”
 - 10.0% responded “1 time.”
 - 12.4% responded “2-3 times.”
 - 2.3% responded “4-5 times.”
 - 6.1% responded “More than 5 times.”
- Need to Reduce Drug & Alcohol (Last time)?
 - 77.9% had no response
 - 6.3% responded “Within the last 2 weeks”
 - 4.8% responded “Within the last month”
 - 6.3% responded “Within the last year”
 - 4.1% responded “Within the last 1-5 years”
 - 0.6% responded “More than 5 years ago”
- Others Concern Alcohol (How many)?
 - 2.0% had no response
 - 80.1% responded “Never.”
 - 7.6% responded “1 time.”
 - 6.4% responded “2-3 times.”
 - 1.3% responded “4-5 times.”
 - 2.7% responded “More than 5 times.”
- Others Concern Alcohol (Last time)?
 - 87.3% had no response
 - 3.0% responded “Within the last 2 weeks”
 - 2.3% responded “Within the last month”
 - 3.7% responded “Within the last year”
 - 3.2% responded “Within the last 1-5 years”
 - 0.5% responded “More than 5 years ago”
- Prior Drug & Alcohol Treatment (How many)?

- 2.0% had no response
 - 94.7% responded “Never.”
 - 2.6% responded “1 time.”
 - 0.5% responded “2-3 times.”
 - 0.1% responded “4-5 times.”
 - 0.1% responded “More than 5 times.”
- Prior Drug & Alcohol Treatment (Last time)?
 - 98.1 % had no response
 - 0.02% responded “Within the last 2 weeks”
 - 0.04% responded “Within the last month”
 - 0.5% responded “Within the last year”
 - 1.0% responded “Within the last 1-5 years”
 - 0.3% responded “More than 5 years ago”

CCAPS National Comparison — Initial Distress

Ver. 2/2017

Based upon first scoreable CCAPS-62 Administration per Client, from 01/01/2017 to 10/26/2018
3948 Unique Local Clients compared to the CCMH 2013-2015 national sample of 141,055



Legend:

- **CCAPS Average Scores:** *Local:* the average local scores for each subscale; *National:* the composite average subscale score for CCMH member institutions.
- : This line represents a range of 2 standard deviations, one above and one below the national average subscale score. (NOTE: that for Eating Concerns and Alcohol Use subscales, the lower bound of this range is cut off as it extends below zero.)
- **Effect size, Description:** The numerical value is the Cohen's *d* effect size (Cohen, 1988). This indicates the strength of the difference between the local average and the national average. The description represents the practical implication of the difference between local and national averages, based on Cohen's *d*. Negligible = 0.00 to 0.19, Small = 0.20 to 0.49, Medium = 0.50 to 0.79, and large = 0.80 or greater.

CCAPS Data Table

Subscale	National average	National SD	Local Average	Local SD	Raw Average Difference	Raw SD Difference	Pooled SD	Cohen's <i>d</i>	% of Clients Above National Average
Depression	1.68	0.94	2.02	0.90	0.342176	0.043103	0.921839	0.371188	60.35%
Generalized Anxiety	1.72	0.94	2.03	0.93	0.307660	0.015295	0.936555	0.328502	59.18%
Social Anxiety	1.91	0.97	2.26	0.94	0.347489	0.027549	0.952639	0.364764	60.18%
Academic Distress	1.88	1.02	1.99	0.98	0.115293	0.034382	1.001191	0.115156	53.24%
Eating Concerns	1.01	0.88	1.15	0.89	0.138342	0.007506	0.883071	0.156660	54.41%
Hostility	1.03	0.87	1.15	0.87	0.118276	0.000110	0.866140	0.136555	53.85%
Family Distress	1.31	0.97	1.56	0.98	0.247957	0.007686	0.971180	0.255316	57.16%
Substance Use	0.74	0.86	0.64	0.82	0.104701	0.039784	0.840822	0.124522	46.49%
Distress Index	1.73	0.85	2.02	0.81	0.290283	0.039420	0.828936	0.350187	59.78%

CCAPS Data Table Legend:

National average: the composite average scores for all CCMH member institutions

National SD: the composite standard deviation of average scores for all CCMH member institutions

Local average: the average scores at your center for a given subscale

Local SD: the standard deviation of average scores at your center

Raw average difference: the absolute value of the difference between the local and national averages

Raw SD difference: the absolute value of the difference between the local and national standard deviations

Pooled SD: a combination of local and national standard deviations, used in calculation of Cohen's *d*

Cohen's *d*: the strength of the difference between a local center's average and the national average

% of clients above the national average (probability of superiority): the likelihood that a student entering your clinic has a starting subscale score higher than what is expected for the national mean. A center with mean subscale scores equivalent to national means would have a 50% probability; percentages above and below 50% indicate comparatively higher and lower mean subscale scores compared to national means.

SI/THO Item Analysis

Item	% Responses > 0 (Local / National)	Item Average (Local / National)	Local Response Frequencies (# / %)				
			0	1	2	3	4
"I have thoughts of ending my life (SI)"	51.1% / 36.3%	1.11 / 0.73	1929 / 48.86%	738 / 18.69%	516 / 13.07%	453 / 11.47%	312 / 7.90%
"I have thoughts of hurting others (THO)"	12.7% / 13.9%	0.22 / 0.23	3445 / 87.26%	280 / 7.09%	109 / 2.76%	79 / 2.00%	35 / 0.89%

CCAPS Pre-Post Change Data Table

Subscale by Initial Distress Level	Local Average Change in Raw Subscale Score	# of Local Clients Above Cut Score	% of Local Clients Above Cut Score	National Average Change in Raw Subscale Score	# of National Clients Above Cut Score	% of National Clients above Cut Score
Depression Low-Cut	0.750	481	85.6 %	0.673	34,356	71.7 %
Depression High-Cut	1.002	342	60.9 %	0.835	24,369	50.8 %
Generalized Anxiety Low-Cut	0.606	471	83.8 %	0.523	35,923	74.9 %
Generalized Anxiety High-Cut	0.772	299	53.2 %	0.684	22,916	47.8 %
Social Anxiety Low-Cut	0.487	433	77.0 %	0.419	30,170	62.9 %
Social Anxiety High-Cut	0.643	282	50.2 %	0.525	17,372	36.2 %
Academic Distress Low-Cut	0.550	401	71.4 %	0.475	32,448	67.7 %
Academic Distress High-Cut	0.830	202	35.9 %	0.776	14,468	30.2 %
Eating Concerns Low-Cut	0.778	212	37.7 %	0.595	16,463	34.3 %
Eating Concerns High-Cut	0.829	179	31.9 %	0.662	13,343	27.8 %
Hostility Low-Cut	0.838	285	50.7 %	0.544	22,630	47.2 %
Hostility High-Cut	1.022	186	33.1 %	0.724	13,957	29.1 %
Alcohol Use Low-Cut	0.753	145	25.8 %	0.570	15,870	33.1 %
Alcohol Use High-Cut	0.919	87	15.5 %	0.749	10,163	21.2 %
Distress Index Low-Cut	0.599	478	85.1 %	0.490	36,138	75.4 %
Distress Index High-Cut	0.838	251	44.7 %	0.672	16,856	35.2 %

Data Table Column Descriptions

Subscale by Initial Distress Level	Scores on the CCAPS are divided into three ranges of distress, Low-Distress (white), Moderate Distress (yellow), and Elevated Distress (red), using Low and High cut-scores (Low-Cut and High-Cut). Clients that score over the Low-Cut include Moderate Distress plus Elevated Distress scores. Those that score over the High-Cut include Elevated Distress scores only. For more information about cut-scores please view the CCAPS User Manual under "CCAPS" in the Help Tab.
Local Average Change in Raw Subscale Score	The average difference in Pre-Post CCAPS scores at your center for a given subscale and initial distress.
# of Local Clients Above Cut Score	The number of clients at your center that scored above the indicated cut-score (low or high) per subscale.
% of Local Clients Above Cut Score	The percentage of clients at your center that scored above the indicated cut-score (low or high) per subscale.
National Average Change in Raw Subscale Score	The national average Pre-Post change in CCAPS scores for the indicated subscale and cut-score.
# of National Clients Above Cut Score	The number of clients in the national sample that scored above the indicated subscale and cut-score.
% of National Clients Above Cut Score	The percentage of clients in the national sample that that scored above the indicated subscale and cut-score.

Fall 2018 – Counseling & Testing Services Substance Abuse Programming

- Counseling & Testing Services collaborated with other Division of Student Affairs departments during International Overdose Awareness Day. International Overdose Awareness Day is a global event held on August 31 each year that aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.
- Dr. Jay Darr conducted 10 joint presentations for Athletics on Substance Use and Performance. Dr. Darr also administered a pre-participating screening, which included substance use questions.
- Dr. Jay Darr represents Counseling and Testing services on NCAA REAL Choices and DAET to provide clinical expertise and coordination of services for students with substance use concerns. **Alternative Activities:** Counseling & Testing Services also offers therapy groups and drop-in workshops every semester which can be considered Alternative Activities to substance use.

L. Department of Rehabilitation Health Services

The Department of Rehabilitation Health Services 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) and UNT WELL (an on-campus clinic that provides mental health support in addition to vocational evaluations) with practicum and internships.

The Department of Rehabilitation Health Services 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 Rehabilitation Health Services' staff and faculty collaborated with the UNT CRP, NCAA CHOICES Program and SARC on numerous occasions to deliver on-campus education to students about substance use disorders. The Department of Rehabilitation Health Services 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, the department launched the Lunch and Learn Series and had several community partners provide seminars related to substance use and recovery that was open to all UNT students.

The Department of Rehabilitation Health Services 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.

Their online community has 816 followers, the virtual community of practice has 995 members from across the state of Texas and a few outside the state as well.

Recovery to Practice has presented at the Texas Association of Addiction Professionals (TAAP), the National Association for Addiction Professionals Conference and has had 10 other local area in person trainings hosted by chapters across the state. The program has already started a second round of local area trainings, partnering with the 10 TAAP chapters across Texas.

Additionally, the Department of Rehabilitation Health Services received a \$100,000 donation in 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. There are 12 UNT researchers from three 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 Rehabilitation Health Services to host the fifth Annual Recovery Conference, which is a national two-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 and private industry employers, and offers 10+ educational workshops that are 100% free to students at the university.

RTP LIVE

RTP LIVE streamed from the Signature event in Dallas celebrating musicians and artists in recovery; speakers from the DFW Behavioral Health Symposium; interviews at the Aging and Longevity Center of Dallas supporting Medication Assisted Recovery; and speakers at multiple Dallas and Ft. Worth TAAP chapter CEU events. RTP also presented at the Recovery Support Systems Conference in Austin and the Texas Recovery Initiative meeting in Austin. RTP had 50 LIVE streamed videos in 2018 inside the virtual community, and 37 LIVE streams in 2017 from the inception of the community in Aug 2017 to Dec 2017.

RTP featured Paula Heller Garland lecturing on the RTP curriculum of Many Pathways and What is Recovery. RTP visited Weatherford College and is reaching out to universities and community colleges across the state this year to share the free 16 semester course of RTP curriculum Paula Heller Garland has created. The curriculum will include PowerPoints, quizzes, and written curriculum that can be infused into existing programs, in full or in part. Recovery to Practice also has a YouTube Channel and a website <https://rtp.unt.edu/>

The Department of Rehabilitation Health Services also has a minor in addictions studies that is designed for students interested in working with individuals experiencing addictive disorders. The program is structured to meet the state licensing educational requirements for licensure as a chemical dependency counselor. The demand for licensed chemical dependency counselors (LCDCs) in criminal justice agencies, schools, medical facilities, social welfare programs and private practice is urgent. In an effort to help meet this rapidly growing demand, UNT's Department of Rehabilitation Health Services offers an 18-hour minor in addiction studies that prepares students

for this challenging and rewarding career. The minor in addiction studies requires completion of six courses (18 hours) and must consist of: RHAB 3975 Addictions or RHAB 4075 Drugs and Alcohol and RHAB 4175 Addiction Treatment Models Plus four of the following courses (12 hours): RHAB 4275 Alcohol, Drugs & Disability RHAB 4375 Addiction Counseling and Groups, RHAB 4500 Assessment in Rehabilitation, RHAB 4575 Current Issues in Substance Abuse, RHAB 4675 Addiction Counseling Practices.

UNT WELL.

UNT's Wellness and Employment Learning Lab (UNTWELL) was created in 2016 to provide services for students to assist them with their personal and/or academic goals through programs such as the Collegiate Recovery Program and Tuesday Night Flight. UNTWELL also provides hands on learning opportunities for students within the Department of Rehabilitation and Health Services. In spring 2017, the UNTWELL Wellness Clinic opened to provide counseling, vocational and adjunctive therapy services to students and community members. Clients are seen by faculty-supervised counselor trainees from the Rehabilitation Counseling Master's Program which allows the clinic to offer no-cost services to students. In 2018, the clinic provided services to 138 students on campus.

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 2017/2018 academic year, the UNT CRP provided 132 behavioral health groups, hosted over 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. The community also participated in 239 outreach, speaking and tabling events (reaching 13,457 UNT students) providing information and support for students in recovery or students who might benefit from the services of the CRP.

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, 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 fall 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 has graduated 35 alumni and currently is working to develop leaders for the next four 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.

University of North Texas NCAA R.E.A.L. (Realistic Education on Alcohol and Life) CHOICES Program

The NCAA has awarded grant funding to UNT in order to create engaging and effective programs regarding collegiate alcohol use. The CHOICES Curriculum is intended to increase students' and student athletes' awareness regarding alcohol misuse and reduce risky behavior related to alcohol consumption. The online curriculum addresses several aspects of alcohol use including: the basics of how alcohol impacts the body, the mysteries around BAC and intoxication, physical and legal consequences and university support resources. The online curriculum was developed to support students' and student athletes' busy schedules and can be accessed at <https://www.realchoices-unt.com/>. In the first year of the program, 30 events were hosted reaching over 3,354 UNT students.

M. 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 UNT 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 offered alcohol awareness and education during Freshman Orientations. This program is called Dean of Students After Dark and consists of a UNT Police Officer educating students on alcohol awareness and having student participants wear beer goggles, used to simulate varying levels of alcohol intoxication, and complete simple tasks. The UNT Police Department also provides educational brochures.

The UNT Police Department also hosted TAMS Drugs Awareness on August 15, 2018, in which 22 students attended.

UNT PD held two events, one in January 2017 and one in February 2017, related to opioids. This was a PowerPoint presentation and discussion with both Greek Life and Kappa Alpha, of which a total of 47 students were in attendance that covered the dangers of opioids, how to identify them, and what emergency actions to take.

On March 3, 2017, the department held an event in the Library Mall, in which 20 students participated, called pin the badge on the cop while wearing beer goggles, a device used to simulate varying levels of alcohol intoxication. The goal was to help participants identify the difficulties of completing simple tasks while intoxicated.

During Spring Break, UNT PD hosted a program that engaged 250 students in the Library Mall and Kappa Gamma, which involved various panels and discussions to help students identify the dangers of using drug and alcohol during spring break.

During spring and fall 2017 and 2018, UNT PD hosted several events to discuss alcohol and other drug awareness, in which a total of 233 students were engaged, from both the general student body and various Greek Life organizations. The programming involved PowerPoint presentations and discussions to help students identify drug and alcohol dangers, the physical and mental effects and legal aspects.

N. 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, seven days a week.

Web-based Services

In addition to the toll free number, the EAP has established HelpNet, an online database housing 1,500 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.

O. 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 semesterly basis.

EAP (Alliance Work Partners)

Short-term counseling and referral for qualified employees and 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.

II. Drug and Alcohol Program Assessments

Individual Drug and Alcohol Assessment, Intervention, Education and Referral

The Substance Abuse Resource Center provides each student an opportunity to meet individually with SARC staff to assess alcohol and other substance 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), Counseling and Testing Services, 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.

Motivational Interviewing

This technique focuses on individuals using alcohol and other substances at hazardous levels. Meetings are combination of multiple psycho-education sessions as well as a motivational interviewing-based techniques with students. This program provides a personalized and customized educational experience that:

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

This technique 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. SARC responds to program requests by assigning a staff member to work with the requesting group. Compared to 2016-17 academic year, SARC has increased face-to-face educational communication from 5,700 students to just over 10,000 at the 2017-20 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
- Alcohol and Substance Use Disorders - Small group substance use education
- Phi Kappa Tau
- Women and Drugs – Education for on-campus residents
- 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 2017 Annual Recovery Conference
- Health & Fitness Expo – outreach for the university community
- 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 U.S. 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 every semester and enrollment period 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 adjudicate 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, 2017, to December 2018, the Dean of Students Office found 412 students responsible for misconduct related to alcohol.

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 his/her 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 one 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 498 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 one to five 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 one 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.

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, 2017, to December 2018, the Dean of Students Office found 285 students responsible for misuse of drugs.

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 two 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 one 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 353 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 one to five 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 two to four 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 four 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 alcohol and drug-related violations by calendar year.

Sanction	2016	2017	2018 as of 12/5/18
Warning	44	32	17
Level I Conduct Probation	205	118	122
Level II Conduct Probation	29	66	7
Level III Conduct Probation	2	4	7
Suspension	0	0	2
Expulsion	0	0	2

Loss of On-Campus Housing Privileges	7	2	0
SARC Referral	217	190	190

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 2018-2019](#)

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

Student Activities 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 42 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.

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

The department offers services, guidance, education and training (faculty and staff); mandatory referrals to Employee Assistance Program (EAP) (faculty and staff); enforces policies and procedures for staff; and provides assistance with disciplinary action for staff.

Penalties Under Texas Law

Offense	Punishments	
	*minimum	**maximum
Manufacture or delivery of controlled substances (drugs)	*Jail term up to two 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 \$2,000, 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 \$2,000, or both	**Imprisonment for life and a fine up to \$100,000
Possession of marijuana	*Jail term not more than 180 days, a fine up to \$2,000, or both	**Imprisonment for life and a 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 a fine up to \$2000
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 eight 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 eight 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 1,000 ft. of a public university.

Penalties under Federal Law

Federal law prohibits the manufacture, distribution or dispensing, or possession with intent to manufacture, distribute or dispense, a controlled substance. The following summarizes selected provisions of federal laws which provide criminal and civil penalties for unlawful possession or distribution of drugs. See <http://www.justice.gov/dea/agency/penalties.htm> for updated information.

Federal Penalties and Sanctions for Illegal Possession of Controlled Substances

21 U.S.C. 844(a) Simple Possession: First Conviction: Up to one year imprisonment, or fined at least \$1,000, or both. After one prior drug conviction: At least 15 days in prison, not to exceed two years; or fined at least \$2,500; or both. After two or more prior drug convictions: At least 90 days in prison, not to exceed three years; or fined at least \$5,000; or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least five years in prison, not to exceed 20 years; or fined at least \$1,000; or both, if: first conviction and the amount of crack possessed exceeds five grams; second crack conviction and the amount of crack possessed exceeds three grams; third or subsequent crack conviction and the amount of crack possessed exceeds one gram.

Special sentencing provisions for possession of flunitrazepam: Imprisonment for not more than 3 years ; fines as provided in other 844(a) convictions; and upon conviction, a person who violates this subsection shall be fined the reasonable costs of the investigation and prosecution of the offense.

21 U.S.C. 881(a)(4) Criminal Forfeiture: Forfeiture of vehicles, boats, aircraft or any other conveyance which are used, or are intended for use, to transport, or in any manner to facilitate the transportation, sale, receipt, possession or concealment of a controlled substance or the raw materials, products or equipment used to manufacture the controlled substance.

21 U.S.C. 844a Civil Penalty for Possession of Small Amount of Certain Controlled Substances: Any individual who knowingly possesses a controlled substance that is a personal use amount shall be liable for a fine up to \$10,000.

21 U.S.C. 862 Denial of Benefits: Denial of federal benefits, such as student loans, grants, contracts and professional and commercial licenses, up to one year for first offense, up to five years for second and subsequent offenses for possession of controlled substances. Increased penalties apply if convicted for drug trafficking.

V. Health Risks Associated with Use of Drugs and Alcohol

Specific serious health risks are associated with the use of alcohol and illicit drugs. Some of the major risks are listed below:

Alcohol and Other Depressants (barbiturates, sedatives and tranquilizers)

Addiction, accidents as a result of impaired ability and judgments, alcohol poisoning, overdose when used with other depressants, damage to a developing fetus, heart and liver damage.

Marijuana

Impaired short-term memory, thinking and physical coordination. Can cause panic reaction and increase the risk of lung cancer and emphysema. Can interfere with judgment, attention span, concentration and overall intellectual performance. Impairs driving ability. May cause psychological dependence and compromise the immune system.

Cocaine

Addiction, cardiovascular system damage including heart attack, brain damage, seizures, lung damage, severe depression, paranoia, psychosis. Similar risks are associated with other stimulants, such as speed and uppers.

Nicotine

Tobacco smoke contains thousands of chemical compounds, many of which are known to cause cancer. Nicotine, which is a central nervous system stimulant, produces an increase in heart and respiration rates, blood pressure, adrenaline production and metabolism. People can rapidly become physically and psychologically dependent on tobacco. Compromises the immune system.

Inhalants

Inhalants are a diverse group of chemicals that easily evaporate and can cause intoxication when their vapors are inhaled. Most inhalants are central nervous system depressants. Use of these drugs slows down many body functions. High doses can cause severe breathing failure and sudden death. Chronic abuse of some of these chemicals can lead to irreversible liver damage and other health problems.

Prescription Drug Abuse

Adverse reactions, dependency, withdrawal and overdose.

VI. Updates to 2016 Recommendations

Below are updates to DFSCA 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.*

The Drug and Alcohol Education Taskforce and Substance Abuse Resource Center became the taskforce as it has members from PD, SARC, DOS, Counseling and Testing Services, Greek Life, Housing and the department of Disability and Addictions Counseling (now RHS). Opiate overdose training was created in summer 2018 and is currently available to UNT and community members. Test trainings have begun within the student population in fall 2018 and will be rolled out as regularly scheduled programs in spring 2019. The UNT PD and Wellness Clinic are equipped with Narcan nasal spray.

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.*

The Substance Abuse Resource Center and Collegiate Recovery Program collaborated through combined and individual efforts to address substance use throughout the UNT community. The programs addressed pre-use (psychoeducation), harm-reduction, bystander intervention and recovery-based issues. Although Life of Purpose chose to leave the UNT community in early 2017, the combined efforts of SARC and CRP have offered extensive benefits and outreach within the UNT community. This collaboration is seen in psychoeducation-based tabling, training seminars, support meetings and one-on-one academic and support coaching. Although Life of Purpose is no longer available at UNT, the CRP and Department of Rehabilitation Health Services (RHS) collaborated to provide services to the broader student community affected by substance use. Over the course of the year, the CRP impacted over 3,000 students via tabling events, class presentations and psychoeducational meetings/events. Although the CRP was unable to collaborate with Life of Purpose once it left, it was able to partner with DFW area and Texas state organizations for the Big Texas Rally for Recovery in San Antonio and the Recovery in the Park hosted by Fort Worth TAAP. Lastly, the departments continued signature events such as Sober Tailgating (reaching over 600 students); facilitated peer-led recovery oriented groups (reaching over 700 students at different points in recovery) and maintained peer coaching services which had a 55% engagement level for all enlisted members.

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.*

The DAET calendar was published and distributed as planned by the 12th of every long semester. The DAET partnered with multiple community members and organizations both internally and externally regarding AOD programming. Some of the partners these last two years were UNT and Denton PD, city attorneys and judges, individual students, student organizations, UNT Meadows Center, UNT Wellness Center, UNT Athletics, UNT Greek Life, the Department of Disability and Addictions Counseling, UNT Dean of Students office, UNT Housing, International Overdose Awareness Day Campaign, We the People, Denton County Probation and the Substance Abuse Resource Center.

VII. 2018 Recommendations

- Rename the UNT Substance Abuse Resource Center (SARC) as the Center for Substance Use, Resources and Education (SURE). This change will help create a more inviting initial approach for students seeking help or support from UNT services and will help remove the negative stigma behind students seeking assistance.
- Sponsor International Overdose Awareness Day each fall and a UNT Overdose Awareness Day in Spring for the UNT and Denton Communities, and to create an awareness day in the spring of each year focused on education and prevention of drugs and alcohol. These events will be a collaborative effort of UNT departments, and the Denton community and Texas resources.
- Enhance collaboration of UNT Departments such as SURE, Counseling and Testing Services, UNT Well, Collegiate Recovery Program, Student Health and Wellness Center and Rehabilitation Studies, among others, to provide programming and education from a more holistic approach, as well as create a focus on long-term recovery.

PART TWO

ALCOHOL AND DRUG LAWS
AND POLICIES

Alcohol and Drug Laws and Policies

Texas State Drug and Alcohol Laws

- [Alcoholic Beverage Code Title 4. Regulatory and Penal Provisions Chapter 101. General Criminal Provision](#)
- [Alcoholic Beverage Code Chapter 106. Provisions Relating to Age](#)
- [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](#)
- [Health & Safety Code Subtitle C. Substance Abuse Regulation and Crimes Chapter 481.](#)
- [Texas Controlled Substances Act](#)
- [Government Code Chapter 2113. Use of Appropriated Money; Subchapter A. General Provisions](#)

University of North Texas Policies and Procedures

- [04.016 Use of Alcoholic Beverages](#)
- [04.011 Smoke-Free Campus](#)
- [04.012 Tobacco-Free Workplace](#)
- [05.004 Illegal Drugs & Alcohol](#)
- [05.047 Drug-Free Workplaces](#)
- [05.048 Drug-Free Workplaces Statement](#)
- [07.012 Code of Student Conduct and Discipline](#)
- [07.001 Student Travel](#)
- [07.022 Administrative Entry and Searches of University Residence Halls](#)
- [07.031 Intercollegiate Athletics Drug Education, Testing and Counseling Program](#)
- [15.004 DOT Drug and Alcohol Testing of Commercial Drivers](#)
- [15.008 Operation of University Vehicles](#)

PART THREE

**ALCOHOLEDU, THIINKDRINK
AND CORE SURVEY**

AlcoholEdu and ThinkDrink

In Academic Year 2017, UNT used ThinkDrink, and in Academic Year 2018, AlcoholEdu for College was used to educate incoming students. Incoming students under the age of 21 are required to complete a three hour online educational module.

ThinkDrink is created by Campus Outreach Online which offers a user-demographic driven online program to educate students about high-risk drinking and sexual assault. Users are engaged with interactive, web-based, 30 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.

AlcoholEdu is created by EverFi and is an interactive online platform designed to educate students on the effects of alcohol and drugs. Students work through modules that teach healthy decision making, and bystander intervention, and encourage students to think about the decisions they will make regarding substance use.

Learning outcomes for both courses include essential risk issue knowledge, empathy-building and bystander intervention skill development. User demographics create a unique program for individuals 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 event

AlcoholEdu

The results of the AlcoholEdu survey are compiled from an outside vendor, which at this time are not available. All information will be published by end of spring 2019. As of November 2018, 3,445 students completed Part 1 of AlcoholEdu.

Here is a sample of the email that went out to every incoming student for Academic Year 2018:

As part of prevention efforts for the campus, the University of North Texas expects every new student under the age of 21 to complete a **MANDATORY** online course, *AlcoholEdu*. This course offers a confidential, personalized experience creating awareness and education regarding the effects of alcohol and drugs. All survey responses are confidential; UNT will only receive information about the student body as a whole and will never see any individual student's answers.

Course Details:

AlcoholEdu – Learn about alcohol and the effects it has on the mind and body, how to help a friend, and information to make healthy decisions.	
COURSE OPENS	June 4, 2018
Part 1 Due	August 16, 2018
Part 2 Due	November 1, 2018

If students have further questions, they are to contact the Substance Abuse Resource Center at 940.565.3177 or HealthyDecisionsUNT@unt.edu.

ThinkDrink

ThinkDrink was used in Academic Year 2017 and was required of all incoming students under the age of 21. Here is a sample of the email that was sent to all incoming students:

The University of North Texas provides two courses that address critical life skills dealing with alcohol abuse prevention and sexual assault prevention. As part of our comprehensive prevention efforts for new students, University of North Texas expects each new student to complete ThinkDrink and Haven. These online courses are programs for adults committed to thinking about their life choices. Please read below on how to access courses.

HAVEN

- Login into your MyUNT Portal.
- Then click on the 'Student' tab located on the top of the portal. This is different than your 'Student Center'.
- On the right side there is a message box with Haven.
- To access course, click on link.
- While setting up your Haven profile, you will need your UNT ID number. This is the number provided with your UNT acceptance information (it is an 8 digit number that starts with the number 1).

Part 1 was due August 17.

Part 2 will not open until the end of September

ThinkDrink

- An email was sent to students from Think with the course link and temporary password
- The link is <http://think1st.org/loginLogin> using your EUID@unt.edu (i.e. abc1234@unt.edu) and the temporary password in the Think email.
- If you need a new password, please email HealthyDecisionsUNT@unt.edu, to have your password reset and a new temporary password will be sent by Think.
- Think is not located on the MyUNT portal.

If you have questions regarding either course, please email HealthyDecisionsUNT@unt.edu

CORE Alcohol and Drug Use Survey 2019

The CORE Alcohol and Drug Use Survey is administered every three years to gather and evaluate the views and attitudes of students towards alcohol and drugs. The next dissemination of the CORE Survey has been scheduled to take place at the University of North Texas during spring 2019.

The CORE Survey will address the following:

Use of alcohol:

- Annual prevalence
- 30-day prevalence
- Underage students' (younger than 21) alcohol consumption in the previous 30 days.
- Students' report on binge drinking in the previous two weeks (binge drinking is defined as consuming five or more drinks in one sitting)

Use of illegal drugs:

- 30-day prevalence
- Use of an illegal drug other than marijuana in the past year ("annual prevalence").
- Current users of illegal drugs other than marijuana ("30-day prevalence").
- The most frequently reported illegal drugs used in the past 30 days

Key findings will be noted on the consequences of alcohol and drug use

- 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.
- 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.

Opinions about the campus environment:

- Students' knowledge about campus alcohol and drug policies
- 55.7% of students' knowledge about alcohol and drug prevention programs
- 69.3% of students perception about the school's concern about the prevention of drug and alcohol use

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

- Students' belief about the average student on campus alcohol use once a week or more.

Percentages of survey respondents who think they see drinking as a central part of the social life of the following groups:

- male students
- female students
- faculty/staff
- alumni
- athletes
- Fraternities
- Sororities

PART FOUR

**UNIVERSITY and
COMMUNITY RESOURCES**

University and Denton Resources

Resources for UNT Students

- Emergency: 911
- Student Health & Wellness Center: 940-565-2333
<https://studentaffairs.unt.edu/student-health-and-wellness-center>
- Meadows Center for Health Resources: 940-565-2787
<https://studentaffairs.unt.edu/meadows-center-health-resources>
- Substance Abuse Resource Center: 940-565-3177
<http://sarc.unt.edu>
- Dean of Students Office: 940-565-2648
<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: 940-565-2671
<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, SMART Recovery, Contact the CRP at: 940-369-5358
AA: <http://www.step12.com/texas.html>
Al-Anon: <http://www.texas-al-anon.org>
NA: <https://www.na.org/>
SMART Recovery: <https://www.smartrecovery.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>
- SAMHSA's National Helpline 1-800-662-HELP (4357) <https://www.samhsa.gov/find-help/national-helpline>
- 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 (7233)
<http://www.thehotline.org>
- The National Sexual Assault Telephone Hotline
<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

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 Center/Meadows Center (Chestnut Hall, second floor, 940-565-2333), the Substance Abuse Resource Center (University Union 376C, 940-565-3177) or the UNT Collegiate Recovery Program (Chilton Hall, 136, 940-369-5358). Faculty and staff members may contact the Employee Assistance Program at 1-800-343-3822 or Human Resources at (940) 565-2281.

Substance Abuse Resource Center - 940-565-3177

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. Conduct (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. Drunk Driving Simulator Activity
5. 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](#) - 940-565-2648

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

Offers 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.

I. Drug & Alcohol Education Task Force 2017 & 2018 Posters

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

DRUG & ALCOHOL EDUCATION TASKFORCE
 STUDENT AFFAIRS

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

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

DRUG & ALCOHOL EDUCATION TASKFORCE | **UNT**
 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.
UNT Student Affairs

drugs are not part of the equation.

UNT
University of North Texas
STUDENT AFFAIRS
 "Where Students Matter"

DRUG & ALCOHOL EDUCATION TASKFORCE

Clearing your head...

REALITY.

More college students are treated for marijuana dependency than for alcohol and other drugs combined. College is a place to learn, make friends and build a foundation for your future, not to develop memory problems, depression or suicidal tendencies. Be smart and face the realities of college life.

UNT

Sponsored by: Department of Housing and Residence Life 940-565-2610; Center for Student Cultural and Recreational Programs 940-565-2000; Student Health and Wellness Center 940-565-2333; UNT Public Department 940-565-3333

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

EST. 1890 **UNT**

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 0.56 ml per year). The excessive and 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 neuroinflammation 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 alone.

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

EST. 1890



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.”

EST. 1890 **UNT**

The number one cause of death among college age people is car accidents and close to 1/3 of those accidents involve alcohol. Do not miss out on graduating college and achieving your goals because of one night of indiscretion.

DA ET DRUG & ALCOHOL EDUCATION TASKFORCE
UNT STUDENT AFFAIRS

Call us at 606-343-2222 or visit www.unt.edu/daet

UNT
UNIVERSITY OF NORTH TEXAS
STUDENT AFFAIRS
“Where Students Matter”

Make Sure You Don't Over Consume

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



EST. 1890

UNT

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
COUNSELING CENTER
UNT

SUBSTANCE ABUSE
RESOURCES CENTER
UNT

HOUSING &
RESOURCES CENTER
UNT

EST. 1890

UNT

In a marijuana detection experiment at UNT, Rex (pictured K9) identified drug samples in this room in under 60 seconds.



For an open, nonjudgmental conversation or if you want to know more, contact the SARC at Chesser Hall (940) or call 940-565-2797.

DRUG & ALCOHOL
COUNSELING CENTER
UNT

A green light to greatness.

UNT

Possession of Adderall without a prescription or distribution is a felony offense.

Students with a felony can no longer get loans, grants, or scholarships.

As well, the State of Texas restricts individuals with felonies from getting professional licensing; such as accountants, doctors, dentists, lawyers, or electricians.



The 25 mg and 30 mg strengths are available. For more information, contact the SARC at Chesser Hall (940) or call 940-565-2797.

DRUG & ALCOHOL
COUNSELING CENTER
UNT

A green light to greatness.

UNT

II. Substance Abuse Resource Center Brochure

UNT 12:07 PM 100% SARC Contact >

AL, UNT Student

SARC changed my life.

OSN, UNT Student

Weed-anxiety weed-anxiety, I was stuck in this cycle until I went to SARC. Thank you from the bottom of my heart.

Thanks, guys! We ❤️ helping UNT students! Stop by our office (Union 376C) or call us to set up an appt.

(940) 565-3177 📞 🇺🇸

Follow SARC on social media to stay connected!

🐦 📷 📘

@untsarc

Check out our website FMI on our services!

studentaffairs.unt.edu/substance-abuse-resource-center

SARC
SUBSTANCE ABUSE RESOURCE CENTER

Changing Lives through Research, Education and Compassion

UNT
EST. 1890

What We Do

We are passionately dedicated to helping UNT students and the Denton community learn about substance use/abuse and promote a better quality of life. We offer a unique **evidence-based** psychoeducational approach in a personalized and safe environment. Our specialist encourages personal responsibility, acceptance and healing from a **holistic** research-based foundation.



DYK: The eye begins to lose the ability to track fast motion at only .02%. Makes more sense not to drink and drive.

Services We Offer

Individual and Group Education

Educational Programming for Residence Halls

Educational Programming for Student Orgs

In-Class Presentations

General Assessment

Compassionate, Professional and Individualized Approach to Student Success Regarding Substance Use

DYK: As little as 1 standard drink of alcohol has been shown to cause scarring in the liver and heart.

DYK: Working out too close to drinking significantly increases heart damage. Take at least 5 days off.

DYK: Weed can increase the chance of breast & testicular cancer.

Take the Test

I've tried to cut back drinking/smoking but can't.

I've driven a car while drinking/smoking.

Sometimes I feel guilty for what I did while using alcohol, weed or other drugs.

I need to smoke/drink to help me sleep.

It really helps me keep my anxiety down.

I drink a little/lot more than I mean to.

I can't remember parts/all of last night.

I hurt myself/someone else under the influence.

It helps me to keep from thinking about...

If you or a friend have/are experiencing any of these, then let's talk. (940) 565-3177

For more DYK facts, check out our website. bit.ly/untcare

III. Counseling & Testing Services Flyers



Understanding Self and Others

Thursdays, 3:30 - 4:30, Chestnut Hall 311

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.

Romantic Relationship Group

Mondays, 3:30 - 5, Chestnut Hall 311

If you are struggling or have struggled with romantic relationships and want to improve your current or future relationships, this is a great group for you! Come join us and get support on topics such as healthy communication, conflict resolution, respect, boundaries, and realistic expectations!

Survivors of Sexual Assault - CLOSED - CHECK BACK NEXT SEMESTER!

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.

Understanding Self & Others Jogging Therapy CLOSED - CHECK BACK NEXT SEMESTER!

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.

Grief Support Group

Tuesdays from 3:30 - 5, Chestnut Hall 311

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. Topics may include common grief reactions, the difference between depression and grief, physical, emotional, mental, and spiritual reactions to grief, and coping skills.

Body Project - CLOSED - CHECK BACK NEXT SEMESTER!

This is an evidence-based, 4-6 session psycho-educational group for students that uses a variety of activities to challenge body ideals (e.g., thin-ideal, lean-ideal) and decrease body dissatisfaction. The group has homework activities designed to help fight body shaming and ideals.

Women's Body Wellness

Thursdays from 1 - 2:30, Chestnut Hall 311

This group will offer a safe space to explore issues related to sexism, sizeism, body image, self-esteem, and food. If what you've been taught and told of what a woman should look like is creating conflict and distress in your life, this is a great group to get support and challenge rigid body image, sexism, and sizeism. Self-compassion and self-kindness will be woven in the group.

Positive Psychology Group - CLOSED - CHECK BACK NEXT SEMESTER!

Join us to learn positive psychology techniques to decrease depression and anxiety, and be happier with your world!

EST. 1890

940-565-2741

**COUNSELING
& TESTING** | **UNT**



Counseling and Testing
Spring 2018 Weekly Workshops
Call for Start Dates!

Dog Hour

Mondays 2-3, Chestnut Hall 311

Dog Hour is a group for those who want to take a moment to destress, decompress, and cuddle a dog!

#Adulting

Check Back Next Semester!

#Adulting is a workshop around how to do the difficult adult tasks that we weren't taught in high school, such as laundry, budgeting, making appointments, making food in a dorm room, self-care, stress management, and working on the transition from leaving home!

Dog Breath

Tuesdays 12-1, Chestnut Hall 311

Come hug and be hugged by a poodle named Buddy! Learn skills that can be used to relieve stress and manage anxiety while spending time with a lovable pet!

Calm Down! Group

Tuesdays 1-2:30 (by appointment), Chestnut Hall 311

This group is intended to provide a safe space for developing essential life skills for managing various types of stressors in every-day life. Dialectical behavioral therapy (DBT) skills are taught to help you calm down!

Coffee with Buddy!

Check Back Next Semester!

Coffee with Buddy! is a stress management group with Buddy the Therapy Poodle. It is time to hug and be hugged by a loving poodle named Buddy. Coffee's on you, dog kisses provided by us!

Mind Spa Instruction

Tuesdays 3-4 (by appointment), Chestnut Hall 311

The Mind Spa 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 and depression.

Express Yourself! Art as Therapy

Tuesdays 3-4:30, Chestnut Hall 311

Express Yourself! is a safe space to explore and express feelings, manage stress and anxiety, and explore new art materials. Each week a different media will be presented with an intervention designed to facilitate expression, relaxation or just for fun. Focusing on the process of art making, as opposed to the end product is encouraged to challenge perfectionistic tendencies and practice mindfulness.

Mind/Body Wellness for 2018

Check Back Next Semester!

Students will get the opportunity to try various activities to promote mind/body wellness while with other students in a comfortable environment.

EST. 1890

3/23/18

COUNSELING
& TESTING 

940-565-2741

Workshops Continued....

Vets Connect

Tuesdays 11-12:30, General Academic Building 119

This group is a combination of support and process designed to provide Veterans a safe space to genuinely connect with and support one another.

Pause for Paws and Netflix

Wednesdays at 4-5, Chestnut Hall 311

Students will get the opportunity to connect with others in a comfortable environment, with therapy dogs, to select episodes of a Netflix show and discuss how the characters' behavior reflects situations that they deal with in their own life.

Engage

Check Back Next Semester!

This group is for any student on the Autism Spectrum struggling with adjusting to college, making new friends or healing from past bullying. Come meet other students for support and friendships!

Color with Rockstar the Therapy Dog

Thursdays 11-12, Chestnut Hall 311

Come join Rockstar the therapy dog for some destressing art! We have materials for you to color and draw with, and a furry friend that just wants his belly rubbed!

Defense Against the Dark Thoughts

Thursdays 1-2, Maple Hall Living Room

Join us as we explore common issues among Muggles and Wizards alike including loneliness, pressure to be perfect, and self-doubt. Discussions and activities based on the Harry Potter Series will help you find your own Patronus to guide you through difficult thoughts and feelings!

A Healing Hook: Crochet Workshop

Thursdays 4:30-5:30, Chestnut Hall 311

Students will have the opportunity to learn to crochet, complete crochet/knit projects, and connect with peers.



Counseling and Testing
Therapy & Support Groups
Spring 2018
Appointment Necessary!

Queer, Questioning and Trans People of Color (QTPOC) Group

Check Back Next Semester!

This is a support group dedicated to creating a confidential space for queer, questioning and trans people of color to encourage and uplift each other through community, authentic dialogue and compassionate listening.

Women's Body Wellness

Check Back Next Semester!

This group will offer a safe space to explore issues related to sexism, sizeism, body image, self-esteem, and disordered eating behaviors. If what you've been taught and told of what a woman should look like is creating conflict and distress in your life, this is a great group to get support and challenge rigid body ideals and disordered eating behaviors. Self-compassion and self-kindness will be woven throughout group.



Check Website or Call 940-565-2741 to Ensure Dates!

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IV. Housing and Residence Life Posters



West Hall

SAFETY WEEK
SEPTEMBER 18 - 22

M	HIV + AIDS Awareness Day	WEAR RED
T	Just Dance Party	Kitchenette @ 9:00 p.m.
W	Police Safety FREE Engravings	West Lobby @ 6:30 p.m.
TH	Alcohol/Drug Awareness Program	West Lobby @ 6:30 p.m.
F	Safer Sex Program w/ Condom Club	West Lobby @ 5:00 p.m.



West Hall

WELLNESS WEEK
MARCH 5 - 9

WATER PONG	Lobby @ 5 p.m.
<i>Monday</i> SMOOTH N COOL	Kitchenette @ 6 p.m.
<i>Wednesday</i> SZA YOGA	Kitchenette @ 7 p.m.
WESTretch	Kitchenette @ 6 p.m.
<i>Thursday</i> SWIPE RIGHT	Study Room @ 7 p.m.

NO PROGRAMS ON TUESDAY OR FRIDAY
SEE YOUR RA OR THE FRONT DESK FOR MORE INFO