Saint Joseph's University

Biennial Review

2012-2014
Saint Joseph’s University by virtue of its mission, educates and cares for the whole person. As such, the University recognizes that, given the significant alcohol-related problems in society, serious efforts must be made to educate students so that they can make responsible choices.

Guided by care and concern for the individual person and the welfare of all students, the following two paragraphs constitute the official Alcohol Policy as approved by University Council (May 12, 1987) and the president:

In compliance with the laws of the Commonwealth of Pennsylvania, no person under twenty-one years of age shall attempt or carry out the purchase, possession, consumption or transport of alcoholic beverages on University property or at any event sponsored by the University. No student or employee of the University shall attempt or carry out the transfer of any form of identification for the purpose of falsifying age in order to secure alcohol. No student or employee of the University shall give permission or render assistance in the sale, furnishing, or providing of alcohol to any person under twenty-one years of age.

Only under the conditions clearly stipulated in the University guidelines is the possession or consumption of alcoholic beverages by students twenty-one years and older permitted. This conditioned permission should not be interpreted to mean that the University encourages the use of alcoholic beverages. Furthermore, the University considers intoxication, disorderliness or offensive behavior deriving from the use of alcoholic beverages, regardless of a person’s age, to be unacceptable and subject to disciplinary action.

Guidelines for Alcohol Beverage Distribution and Consumption:

Students must secure approval for alcohol-related events. The President has Appointed the Vice President for Student Life/Associate Provost to approve requests of faculty, administration, staff, alumni and off-campus groups for events where alcohol will be served. This arrangement is a systematic reminder to the whole community that the University is serious about promoting responsible alcohol awareness.

The following paragraph constitutes the Interim Drug Policy as listed on the Community Standards website:

Saint Joseph’s University encourages and sustains an academic environment conducive to learning and promotes the health, safety, and welfare of all members of its community. In accordance with the Drug Free Schools and Communities Act Amendments of 1989 and as a Catholic, Jesuit institution, this policy
reinforces the University’s commitment to maintaining an environment that is dedicated to the physical, emotional, spiritual and psychological development of all persons.

The University is vitally interested in the well-being of all members of its community and therefore offers assistance rather than punishment. The University recognizes that chronic drug usage does not occur in isolation. Rather, it is a symptom of other difficulties that the individual may be experiencing. In view of this, the University makes available to all members of its community a counseling office staffed by licensed psychologists and doctoral level trainees. The services of a qualified psychiatrist and a substance abuse specialist are also available. The University strongly urges its members to take advantage of these services. In addition, the Counseling Center offers a comprehensive library collection on the topic of drug use and abuse.

To ensure the continuance of its academic function, the University will find it necessary to initiate disciplinary action in certain situations. Such action is not taken without guaranteeing administrative due process to the individual involved. It is also imperative that no member of the University community considers this campus a sanctuary from civil law, as the University accepts seriously its responsibility to cooperate with law enforcement. In certain cases, the University may have to separate an individual from the residence system. If such separation is deemed necessary, an attempt should be made by the University to provide the individual with appropriate guidance before separation takes effect. If the University’s counseling service is unable to handle a case, the individual will be referred to another competent agency. Separation from the University community may be the result of disciplinary action, but only as a last resort.

The Student Handbook details information with respect to Standards of Conduct and specifies the Policy on Alcohol, the Policy on Drugs and Guidelines for Alcohol Beverage Distribution and Consumption.

The current Saint Joseph’s University Alcohol policy and Drug policy, in compliance with the Drug Free Schools and Communities Regulations, includes the following:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on University property, or as part of any University sponsored activity
- A description of the legal sanctions for the unlawful use, possession or sale of illicit drugs and alcohol available under local, state and federal law
- A clear statement of the disciplinary sanctions that will be imposed on students and employees for violation of the policy and a description of those sanctions
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of applicable counseling, treatment, referral, and Employee Assistance programs

This review covers the period from June 1, 2012 through May 31, 2014.
The University policy on alcohol and drug use has traditionally been included in the Faculty Handbook, the Administrative and Professional Staff Handbooks, and the Student Handbook and is distributed annually. New employees receive a paper copy of the policy and sign that they have received it. Faculty and staff are annually notified of the policy via an e-mail with a link to the policy on-line. All students are e-mailed a link to the website to view the Student Handbook. All handbooks are available on-line in numerous locations; a link to the policy is posted on the Office of Community Standards web site, the Human Resources web site, and on http:/my.sju.edu, the university portal used to access university e-mail accounts and other pertinent information.

Evaluation of Program

The University has conducted an evaluation of its Drug Free Schools Program as required by federal law to:

1) Determine its effectiveness and implement changes to the program (if necessary).
2) Ensure that the disciplinary sanctions are consistently enforced.

To reflect its commitment to alcohol and other drug awareness, the University calls upon key departments to educate the community on the dangers of substance abuse and to enforce University policies on alcohol and drugs (AOD).

- The Office of Student Outreach & Support including the Wellness, Alcohol, and Drug Education (WADE) Program provides outreach and educational events and programs for the campus community. Additionally, the department provides individual assessments utilizing the BASICS model, small group assessments and refers students to on-campus services, including counseling or off-campus services, as needed. The program is a resource to the campus community including faculty, staff, students and parents. The office advises a peer education program made up of trained student leaders who also raise awareness of AOD issues on campus. Significant collaborations with the other departments occur throughout the year to reach students with information critical to their overall health.

- The Office of Public Safety and Security assists in implementing and enforcing the alcohol policy and monitors individuals entering residence halls through contracted desk attendants in residence hall lobbies.

- The Office of Community Standards consistently enforces the University Code of Conduct for violations of the alcohol and drug policies with a focus on educational sanctions. Program planning and collaboration on educational events also takes place throughout the year.

- The Office of Residence Life promotes health and wellness throughout the halls in numerous ways. The department invites WADE staff into their Resident Assistant (RA) Training each year to educate their staff on alcohol and other drug (AOD) issues including signs of intoxication and overdose. RAs are on duty each night and conduct rounds of the building to enforce policy and address behaviors
as needed. The Office of Residence Life also collaborates with WADE and others to educate resident students about AOD issues. The Resident Assistants offer their communities several alcohol-education events each semester. Led by faculty, staff or members of the Jesuit community, typical programs include informal conversations about decision-making as it relates to alcohol, formal presentations whereby students learn the physiological effects of alcohol and events, such as the addictions discussions co-facilitated by experts on campus.

- **Student Health Center** advocates for health and wellness for all students and works collaboratively with WADE and others to raise awareness about AOD issues and educate students about healthy options as well as refer to additional services as needed.

- **Counseling and Psychological Services (CAPS)** provides services for students who are struggling with AOD issues personally or in their families in the form of individual counseling and/or referral. CAPS also has a substance abuse specialist on staff.

- **Athletics** department helps to reach the athletic community in many ways including providing time for workshops and presentations throughout the year. Each fall semester, every athletic team is required by Athletics to attend a one hour session hosted by WADE to discuss AOD issues and bystander intervention.

- **Center for International Programs** has a mission to educate and prepare those students studying abroad either for a short class study tour or for an entire semester and focuses on alcohol and other drug topics as part of their health and safety training.

- **Student Leadership and Activities**, similar to Athletics, provides time for AOD education at Orientation and for all Greek Life organizations.

- **Office of Multicultural Life** collaborates with other departments to plan and implement awareness weeks and events for the student body.

- **Faculty Members at SJU** are often great collaborators bringing AOD education to students in the classroom. Through inviting AOD experts to speak to the class, collaborating on class projects focused on AOD information and promoting campus wide events to students, faculty are a great resource. For the first time in 2013-2014, two departments (Psychology and Business) invited staff from WADE to their departmental meetings to educate the faculty on the impact of alcohol on academics and ways faculty can play an active part in changing the culture.

- **Career Development Center** staff, in conjunction with WADE staff, has helped to facilitate a new workshop for students called Is Drinking in Your Job Description. Additionally, staff members have joined the awareness week committees and collaborated on bringing AOD education to the campus community.

- **SJU Advisory Council on Alcohol, Drugs and Student Health** evaluates the University-wide prevention efforts and assists the Vice President for Student Life/Associate Provost by making recommendations concerning programming, assessment and more. This Advisory Council is made up of over 25 faculty, staff and student members that cross divisions and disciplines. In the 2012-2014 term of this Council, recommendations were created to continue to gather assessment data of AOD issues from across campus and analyze the data already collected.
The insights about the state of alcohol issues at SJU discovered through analyzing the data should be developed into a strong marketing campaign to be shared with key constituents across campus, including faculty, and senior administrators to work toward institutional support for alcohol abuse prevention. The final recommendations suggest building partnerships with on-campus and off-campus constituents to address some of our most pressing issues including off-campus concerns.

**Policy, Enforcement and Sanctioning**

Policy

The most recently revised alcohol policy was implemented in 2008. Since the biennial review in 2010, the drug policy was reviewed and revised. In June 2013, this revised drug policy was listed as interim and is awaiting approval by the University through the Shared Governance process. Outreach efforts continually improve and violations continue to be consistently enforced.

Enforcement

Residential Area and Residence Hall Managers, who are full-time degreed professionals, live and work in the residence halls and function as judicial hearing officers. One Residential Area or Residence Hall Manager and one Senior Staff member (Associate/Assistant Directors of Residence Life Assistant Director and Director of Community Standards) are always on call. Resident Assistants are trained paraprofessionals that live with students on each floor and serve as advisors, guides and policy enforcers.

Contracted Desk Attendants check-in all students and visitors to the residence halls, as well as perform random bag checks. Their primary concern is the safety of the students and the enforcement of University policies. The University hires a Philadelphia Police Detail and a contracted Security Company of Bike Patrol Officers to monitor the area around campus every day that school is in session. The office of Public Safety monitors security cameras and lighting throughout campus, as well as the "Emergency Blue Light Call Boxes" that connect directly to the 24 hour Operations Center at Public Safety Headquarters.

Sanctioning Process

A student who is alleged to have engaged in an alcohol or drug violation receives communication of the alleged violation and is scheduled for a meeting with an Administrative Hearing Officer or Hearing Board, as outlined in the Student Handbook. [Click here](#) to see a flowchart describing the Community Standards process from incident report to case closure.
Environmental and Targeted Approaches
Wellness, Alcohol & Drug Education (WADE) Program Curriculum

I. CLASS STANDING
Each class is given a series of opportunities to learn about alcohol and other drugs in a format that ideally fits their developmental needs.

First Year Students: First year students are at high risk for alcohol and drug use and abuse due to the transitional issues they face. These students also enter the University community without much knowledge of the policies and procedures that will impact their daily life. In order to combat this, WADE has a well-rounded approach to reach many students where they are.

1) Orientation: During Orientation, WADE coordinates a presentation for all incoming students about basic alcohol and other drug issues on campus. This presentation is facilitated in small groups and is done in collaboration with many other administrators.

2) Online Course: During the summer, students are required to complete an online course that focuses on alcohol, other drugs and sexual violence and healthy relationships. In fall 2012, a comparative study took place between two different courses: Think About It® and MyStudentBody®. Incoming students were asked to take one of these two courses with 88% of freshmen completing one of the two courses. After the study, SJU decided to continue with Think About It®. In August, 2013, 93% of incoming freshmen completed the course and 67% completed part 2 in December, 2013. Think About It provides students with education and SJU with data on its students’ perceptions and behavior around alcohol.

3) Living on Campus: Working with Residence Life, WADE trains RAs to discuss alcohol and drug issues throughout the year including during the first floor meeting which all first year students in the residence halls must attend.

4) Staying Safe: In September of 2012, numerous offices gathered to present a panel on how students can stay safe on and off campus including issues surrounding alcohol and other drugs. Offices included: Community Standards, Student Outreach & Support, Public Safety, Lower Merion Police and Philadelphia Police. Due to its low attendance, the event was not continued in 2013 but instead these departments joined together at the Wellness Fair to address safety concerns with students.

Upperclassmen: Second year students are still dealing with numerous transitional issues but are also focusing on where they fit in at the University. This cohort is known for preparing to study abroad as well as getting more involved in organizations that will impact their development.

Juniors and seniors are known for their pursuit of a meaningful career while determining their lifelong goals. Many find internships or opportunities that impact their development.
during this stage. Many students are also legally allowed to consume alcohol during these years, as they turn 21, and need to learn bar appropriate behaviors as well as responsible drinking methods.

1) **Presentation: Alcohol Abroad:** This presentation focuses on cultural and safety issues when abroad and is a requirement for those students traveling for semester long trips as well as short class immersion trips. Although students are not permitted to drink alcohol while on a study tour or study abroad program, education about culture and emergency response is important. This collaboration with the Center for International Programs reached 396 students studying abroad in 2012-2013 and 417 in 2013-2014.

2) **Workshop: Is Drinking In Your Job Description?:** This program discusses the positive impacts of building relationships with others while socializing around alcohol in a professional setting. It also engages students to think critically about the pitfalls of this method of networking. This is co-hosted by the Career Development Center and was presented in December 2012 and September 2013.

II. **HIGH RISK GROUPS**
There are numerous high risk populations at SJU and WADE focuses its outreach to all of them in specific ways.

**Greek Life:** Greek Life organizations are high risk cohorts due to the possibility of hazing as well as the group think mentality and party atmosphere.

1) **Tell Me Something I Don’t Know:** This DVD program was purchased in 2012 and was requested as a presentation by 2 Greek Life organizations in 2012-2013, reaching 116 students. In 2013-2014, one Greek Life organization requested this workshop and 31 students attended.

2) **iCARE about Greek Life:** In spring 2014, all Greek Life organizations were sanctioned to take the Electronic CheckUp to Go (EChug) survey and attend a presentation with WADE staff. A total of 6 Greek Life chapters out of 8 followed through with this requirement; 605 Greek Life members took the survey and 295 attended the presentation in person.

**Athletes:** Athletic organizations, much like Greek Life, have an increased risk of alcohol and drug issues. Many athletes are health conscious but do not associate the effects of alcohol with athletic performance. Due to the competitive nature of their sport, many also are competitive drinkers and play drinking games. When an athlete’s sport is in season, they might abstain from drinking before the game and drink to extremes after to celebrate or “make up for” the loss of a party night from the night before. Also, depending on the sport, the body’s weight, muscle tone and metabolism might change and impact their ability to drink.

1) **Training:** Each fall semester, WADE works with athletics to conduct a training session with each individual team on alcohol issues and other drug issues that
specifically relate to athletes including bystander intervention. All 18 teams are required to first take an online survey called Electronic CheckUp to Go (EChug) then attend a session in which group motivational interviewing techniques, along with personalized feedback are utilized to address AOD behaviors and norms.

2) **Alcohol, Drugs & the Student Athlete Booklet:** Every athlete is given this personalized booklet which includes information on drugs. The booklet is also given to the athletics department to put in their offices including the locker rooms and weight rooms.

3) **Drug Testing:** Since 2010, all athletes undergo random drug testing by the athletics department. Upon a positive drug test, the student will be sent to the WADE Program to receive a brief assessment. In 2012-2013, just 2% of students who took a drug test failed (out of 60 tests). In 2013-2014, only 4% of students failed the test (9 out of 233). Of those drug test fails, 7 out of 9 were male, 8 out of 9 were for marijuana and most drug fails came from the men’s soccer team.

Rules and sanctions related to drug testing policy can be found online [HERE](#). This SJU drug testing policy is in addition to the NCAA drug testing procedures.

**Sanctioned Students:** Students who are sanctioned to participate in a WADE program through the Community Standards process have been identified as needing extra education around the topic of alcohol and/or other drugs. WADE offers numerous educational sanctions in order to reach students in a developmental way.

1) **E-Toke and E-Chug:** This quick online assessment tool surveys students about their use and perception of marijuana and alcohol respectively then provides them with instant personalized feedback about their responses compared to SJU students and the nation’s average. Information includes their frequency and quantity of use, personal risk factors and comparison information to other students nationally and at Saint Joseph's University.

2) **1:1 Brief Assessments using BASICS model:** These assessments are typically completed in two individual sessions between a student and a WADE staff member. Brief Alcohol Screening and Intervention for College Students (BASICS) is a nationally recognized, research-based intervention that includes NIAAA Tier 1 strategies such as cognitive-behavioral skills, motivational enhancement and challenging alcohol expectancies. In meetings while BASICS is utilized, the student is given bio-social-feedback and psycho-education around alcohol and/or other drug use and abuse. Many times the E-Toke or E-Chug assessments are used to help facilitate a discussion around the importance of and confidence in making changes around substance use. Journaling and self-monitoring can also be used.

During 2012-2013, WADE staff conducted 155 meetings with students and during 2013-2014, conducted 148 meetings with students.
3) **CHOICES:** This one hour workshop is designed for low level alcohol offenders and goes over the impact alcohol has on our social life. The interactive and highly reflective course teaches the basics about alcohol but also allows students to pause and think about their actions and the consequences on self and others. In 2012-2013, there were 89 students who attended over 12 classes offered. In 2013-2014, there were 100 students who took place in 12 classes.

4) **Community Living (formally known as Party 101):** This one hour workshop is designed for students who are found responsible for hosting an off campus party with alcohol. Through discussion and scenarios, smart options/ responsible hosting tips, policies, laws and other pertinent information is discussed. In 2012-2013, 84 students attended over 8 courses. In 2013-2014, 35 students attended over 6 courses.

**Residential Students:** WADE works directly with Residence Life and their student staff to educate their residents.

1) **RA Training:** WADE conducts an extensive training each fall and winter with all RAs to discuss personal responsibility as well as how to talk with their residents about alcohol and other drug issues. Focusing on how to spot the signs of abuse, overdose and addiction, RAs are given the skills needed to mentor their residents. Throughout the year, RAs are also given access to WADE for questions, bulletin boards and other resources.

2) **Bulletin Boards:** WADE provided RAs with new educational and interactive bulletin boards on topics related to alcohol, drugs and wellness education, which can be printed and posted at any time.

**Students in Recovery:** For those students who are struggling with addiction,

1) **Cura Personalis, RLC:** This Residential Learning Community with a substance free component was developed for initiation in fall 2012 and was designed for incoming freshmen only as a self-selected process. This first year of this offering, 2 incoming freshmen signed up for this community. We paired those students together as roommates and reverted back to our method of asking students to self-identify as in recovery under Medical Needs in the residence life housing selection online. A staff member will personally reach out to work with the student to identify the best housing option that addresses that student’s needs.

2) **Weekly E-Newsletter:** If students sign up for this newsletter, they will receive information on local 12 step meetings, substance free events and recovery events on campus and in the community and inspirational readings. In 2012-2013, there were 12 people subscribed to this newsletter. In 2013-2014, there were 18 people subscribed. People subscribed include students, faculty, staff and alumni.
3) **Addiction Speak Outs:** The Peer Educators host Addiction Speak Outs twice a year (once per semester.) In 2013-2014, we collaborated with Villanova University to offer a Cross Campus Speak Out which was held at the New Leaf Club, a local recovery community center. At this event in November, 2013, a total of 46 students from both Universities attended.

4) **Website:** The WADE website (www.sju.edu/wade) has information on the recovery community including links to local AA and NA meetings and other support networks.

5) **1:1 Brief Assessments:** These assessments can be completed in one or two 1:1 sessions between a student and a WADE staff member. Often times a referral is then made for the student to find additional support in other on or off campus resources.

6) **Transforming Youth Recovery Grant:** In spring 2014, SJU wrote a grant proposal and won $10,000 to work with students in recovery from addiction. Programs and services related to the work sponsored by this grant will begin in Fall, 2014.

**Campus Wide:** Almost every student on campus has or will come in contact with alcohol at some point and has had to make the decision to either drink or not drink. Everyone needs to be educated about the impacts of alcohol and other drugs and learn how to make responsible choices. WADE uses a variety of platforms to reach all students where they live, work and socialize. All of the resources listed for specific individuals and/or groups are also open to the entire campus.

1. **Informational Tables and Balloon Drop Initiatives:** WADE provides information through tabling in Campion and other high traffic areas. WADE also creates educational information which are tied to balloons and left in the cafeteria to raise awareness. A variety of topics that impact students can be utilized during these passive programs.

2. **Website:** The WADE website (www.sju.edu/wade) is consistently updated to provide information on alcohol and drug issues and resources in the area.

3. **Awareness Weeks and Days:** WADE follows a yearly calendar with awareness weeks to focus the programming and education around the topics that interest students at specific times. Each awareness week or awareness day has some outreach event and education surrounding the issues at hand.
   a. Wellness Week: September (2012-2014)
   b. National Collegiate Alcohol Awareness Week: October (2012-2014)
   c. Drug Awareness Week: November (2012-2014)
   d. Eating Disorder Awareness Week/Love Your Body Week: February (2012-2014)
   e. Safe Spring Break Week: February – March (2012-2014)
   f. Addiction Awareness Week: April (2012-2014)
4. **E-Chug and E-Toke:** These two separate online assessment tools give students immediate personalized feedback drawing on social norms and motivational interviewing theories. This program helps motivate students to reduce their high-risk use by using information about their own alcohol use and personal risk factors. It is free and is available to anyone on campus through the WADE website (www.sju.edu/wade).

5. **Facebook & Twitter:** WADE monitors a Facebook page where we are able to recruit for Peer Education, advertise events and share educational information with students. This page was created in fall 2011 and as of June 30, 2014, we have 444 “friends.” Twitter was also created in fall 2011 and as of June 30, 2014, we have 158 followers and are following 282 people. We often engage in conversation with students around wellness issues as evidence by our 934 tweets.

### III. STAKEHOLDERS

Certain stakeholders within the University can easily help spread the message of responsibility to the entire student body. Peer Educators, Parents and Faculty are three groups that WADE partners with to reach the students of SJU.

**Peer Educators:** The most influential people in the lives of college students are their peers. Therefore, we focus on the Peer Education program as a grassroots effort to get the message of responsible decision making out to the entire student body. These students are aware of, and trained in, the resources around them and can help their peers when in a precarious situation as well as teach others the information during workshops, events, programs and through simple conversations. This group has been in existence off and on since 2007 and has been steadily growing for the last few years. In 2012-2013, the group started with 11 students and ended the year with 17 students. In 2013-2014, the group started with 16 students and ended with 15 students.

1) **Training:** Peer Educators are trained early in the fall and spring semester on topics relating to alcohol, other drugs and wellness. By learning this information, peer educators are not only able to make more informed decisions for themselves but are also able to educate others around them. In 2012-2013, there was a two-day training in the fall and a one day training in the spring. In 2013-2014, there was a two-day overnight training retreat and a two-day spring training. This structure will be used again for the 2014-2015 academic year.

2) **Peer Exchange Conference:** In spring 2013, SJU hosted this mini-conference for local peer educators and brought together SJU students with other Peer Educators from Villanova University and LaSalle University. At this daylong event, each group was asked to share their most effective programs as well as brainstorm ways to more effectively reach the student body. Unfortunately, in the spring of 2014, no school was able to commit to hosting the event, and therefore the conference did not take place. An attempt will be made to hold this event in the future.
3) **Peer Institute:** In spring 2014, four students attended this Peer Institute hosted at Rider University. This three day conference focused on leadership development and education on best practices to effectively change high risk behavior on campus. We hope to send more students to this event in the future.

4) **Events and Programs:** The Peer Educators create their own events, programs, tables and awareness campaigns to reach the student body at SJU. Since they are created by the students, for the students, the interest and attendance is usually high. In 2012-2013, students facilitated 31 events throughout the year reaching 730 students. The group created one new workshop and now has five to offer the campus community; they hosted 12 workshops upon request this year. They also hosted two Addiction Speak Outs. In 2013-2014, the group hosted fewer events (23) but reached the same number of students (720). This shows higher attendance at each of their events. They hosted 10 workshops for the campus community and three large Addiction Speak Outs, one off campus.

5) **Annual Speak Outs:** The Peer Educators host a large bi-annual event, along with the WADE office, that provides a safe space for those struggling with, or impacted by, addiction to speak and raise awareness/end stigma about addiction. This took place for the first time in 2011-2012 and has grown in popularity each time it is hosted.

**Parents:** Students often call their parents first in times of trouble. Parents know their students much better than our office does therefore providing them with education and information on resources is one way to reach the student body.

1) **Website:** WADE includes information on the website ([www.sju.edu/wade](http://www.sju.edu/wade)) for parents such as how to talk to your student, signs of abuse/addiction and resources when concerned.

2) **Orientation Presentation:** Student Outreach and Support, and the Assistant Vice President for Student Development, present to parents during freshman Orientation with information on how to communicate with their student about alcohol and drug issues, as well as how to detect the warning signs of when additional help and support may be needed.

3) **Orientation Resource Fair:** Student Outreach and Support/WADE has a table at the Parent Resource Fair during Freshman Orientation to allow parents to take information and ask questions. WADE has offered a variety of informational items including the [Pennsylvania Liquor Control Board’s Guide for Parents: Conversations about Alcohol](http://www.sju.edu/wade) brochure.
Faculty: The faculty members at SJU interact with students often and can pick up on the signs of alcohol or drug related issues. It is important for the WADE program to guide these faculty members on how to discuss these issues with students as well as providing information on the resources in the area to direct a student if needed. Also, connecting the social life and the academic life of students can help them to realize a more balanced and productive lifestyle. Therefore, collaborating with faculty on projects and presentations is critically important.

1) Guest Lecture: Each semester, certain professors have asked WADE to come into their classroom as a guest lecturer and teach one or more classes about alcohol and other drugs. These classes are a mix of all types of students and are usually classes based around wellness topics. WADE has visited 16 classes with nine faculty members in 2012-2013 and just one class for one faculty member in 2013-2014. The goal is to re-promote this opportunity and see an increase in requests.

2) Class Projects: WADE actively seeks out collaborative opportunities with faculty and in 2011 began to plan a class project in the Theories of Addiction course. In fall 2012 and 2013, this project consisted of the class attending an AA meeting and interviewing a student in recovery. WADE assisted with partnering students in recovery with students in the class for these interviews. Plans for fall, 2014 have been made to incorporate more guest lecturing into the Theories of Addiction course, bring in a student in recovery to speak to the class, and for students in the class to attend part of Peer Educator training to learn about addiction as a disease of the brain.

Alternative Programming

Late Night & Weekends
Under the Student Leadership and Activities office the Student Union Board (SUB) has a sub-committee dedicated to weekend nighttime programming. Each weekend, there is either an on-campus entertainment event or an off-campus trip, such as a shuttle to the King of Prussia Mall, the Manayunk Movie Theater or First Friday in Center City Philadelphia.

SUB provides a variety of campus activities including comedians, spoken word artists, trips to New York City, Washington and Baltimore throughout the year. SUB continues to end the school year with Hawk-A-Palooza, a six to eight hour event including free food, inflatables, Battle of the Bands and other featured entertainment. Approximately 600-800 students will cycle through this event. In 2012-2013, SUB provided 85 events. In 2013-2014, SUB moved from providing Friday and Saturday night events to just provided an event one night a weekend and hosted 53 events.

The O’Pake Recreation Center is open on Friday and Saturday nights until 12am. Students have full access to basketball courts and the gym. During the week, the O’Pake Recreation Center is open until 10:00 pm. The Perch, a student hang-out space offers a 24/7 hour space for alcohol-free programming, video games, pool, ping-pong and large
screen tv’s. In addition, there are over 75 clubs and organizations that sponsor campus activities throughout the year.

**Annual Events**

SJU’s Annual Spring Concert has, for the past two years, been held on a Wednesday night at the end of April. In 2013, there were 2,580 tickets sold and a large number of intoxicated attendees. Therefore, in 2014, after 1,796 tickets sold, a new ‘Sober Friend’ program was developed. This program called upon 22 student leaders to volunteer to be ‘Sober Friends’ and were asked to walk home anyone who either wanted to leave the concert early, or was asked to leave the concert due to alcohol use. There were 15 people walked home through this program.

The annual SnowBall is the student formal held every December. Over the past few years the attendance has decreased. In 2012 115 tickets were sold, therefore in 2013, the SnowBall was cancelled. In 2012, the Homecoming Dance held in the fall semester was started as a new tradition to help build school spirit. In the first two years of the event, over 300 tickets were sold each year.

SUB instituted the first “Black and White Ball” in spring 2008. This alcohol-free formal dinner and dance was attended by approximately 232 students in 2012-2013 and 210 students in 2013-2014.

Greek Week, held every spring, is an alcohol-free week of educational activities, philanthropic endeavors and team-building events. In spring 2014, this week long event was cancelled due to violations of policy by Greek organizations.

**Environmental Approaches Off-Campus**

The University works closely with Philadelphia Police, Lower Merion Police and the Pennsylvania State Police Liquor Control & Enforcement Unit regarding nuisance bars and houses.

The position of Assistant Director for Off Campus and Commuter Student Life was formed in the Office of Community Standards in 2011 and works directly with off-campus students to foster positive community relations and responds to community complaints concerning University students. All trainings and workshops focus on how to be a good neighbor and the rights and responsibilities of living within a community. In spring 2014, this position was re-classified as Assistant Director for Community Standards and Off Campus Student Life and Laura Egan was hired into this role.

**Support Services**

A variety of support services are available for University employees and students with substance abuse problems, including the following: the Human Resources Department, the Employee Assistance Program through Unum, the Work-Life Balance Assistance
Employee Support Services
Employees can utilize the SJU Counseling and Psychological Services Office (CAPS) for the purposes of consultation and referral. The CAPS staff, made up of licensed psychologists, including a substance abuse specialist, has information about a wide variety of resources and services available in the surrounding area. Consultation and referral service is free of charge.

The University’s Human Resources Department offers assistance and referrals to employees with drug and alcohol problems whenever possible. The Human Resources Department has experience with substance abuse cases within the work force. In conjunction with, or as an alternative to disciplinary action, the Human Resources Department may offer or mandate referrals to the Employee Assistance Program provided through Unum, the University’s life and disability insurance provider. Also available to employees is the Work-Life Balance Assistance Program which assists employees in finding solutions to everyday challenges of work and home such as physical and emotional well-being, child and elder care referrals, personal relationship counseling and stress management.

Student Support Services
The University makes available to all full-time students a counseling office staffed by professionally trained personnel. The Office of Counseling & Psychological Services (CAPS), consists of a staff of licensed Psychologists as well as a part time Psychiatrist and a Psychologist/Substance Abuse Specialist. The University strongly urges its student to take advantage of these services.

Narcotics Anonymous (NA) is available to the entire campus, as well as the surrounding community, and takes place in the Campion Student Center on Wednesday nights at 7:30pm. Alcoholics Anonymous (AA) does not take place on SJU’s campus; however, AA meetings that take place at Villanova University are promoted to SJU students. These meeting occur on Thursdays at 8:30pm, Saturdays at 8:30am and Saturdays at 10:30am in Villanova University’s Health Center. In spring 2014, a senior SJU student in recovery attempted to bring AA to campus and began hosting a Friday, 6:30pm meeting in Merion Hall. Unfortunately, this meeting did not bring any followers and the student stopped hosting this meeting shortly after it began.

Assessment and Evaluation
In 2013-2014, the Advisory Council on Alcohol, Drugs and Student Health compiled all assessment across campus that relate to alcohol issues and use. This High Risk Trends document lists each question from various surveys that address alcohol behavior from 2007 to present. Topics such as alcohol use, binge drinking rates, environmental factors, protective factors and negative consequences of drinking are all included. The Advisory
Council plans to use this document as a way to consistently compile and review assessment done across campus about alcohol. This 16 page document can be obtained by emailing Katie Bean, Chair of the Advisory Council at kbean@sju.edu.

Program evaluations and/or pre-post tests have taken place throughout the year after almost every workshop or program hosted by Student Outreach and Support and the Wellness, Alcohol and Drug Education Program.

**Wellness, Alcohol & Drug Education (WADE) Program Goals & Achievement**

The Transformative Learning Goals (TLG’s), below, were developed in 2010 by a division-wide committee and continue to remain important guidelines for reaching students across the division. The WADE Program creates its own goals with these TLGs in mind. The TLGs are:

1. Develop faith and spiritual awareness
2. Appreciate diversity
3. Realize a satisfying and productive lifestyle
4. Practice servant leadership focused on social justice
5. Discern personal, educational and professional goals

Also, Saint Joseph’s University has been a member of the Alcohol Prevention Coalition, through EverFi Inc, since 2010. Over the past two years, EverFi has developed an Action Plan for SJU after a Diagnostic Inventory was created. Representatives from Student Outreach and Support have also attended EverFi’s Annual Research Summit each year to learn about current best practices in the areas of alcohol, drug and violence prevention.

Both items above are the driving forces in goal setting and strategic planning for the Wellness, Alcohol and Drug Education (WADE) Program.

1. **Increase the Number of Student Calls for Help**

   *Through an increase in bystander intervention programming and awareness using the iCARE campaign, increased programs in residence halls, and increased publicity of the help seeker policy, students will demonstrate an understanding of the signs and danger of alcohol overdose by showing a 5% increase in the number of times calls for help are made for a student showing sign of alcohol overdose.*

   - Bystander intervention programming increased as education of bystander intervention was included in all 18 athlete presentations.
   - Programming in the Residence Halls did not increase. Eight Residence Hall programs occurred in 2013-2014, compared to fifteen residence hall programs in 2012-2013.
   - There was a 6% decrease in calls for help by students in 2013-2014.
     - AY 2011-2012: 25% of student alcohol transports to the hospital were called for by a student (11 out of 44)
2. **Create Full Recommendation on the Wellness, Alcohol & Drug Assessment Needs of the Campus**

*Students will experience an increase in effective education and outreach efforts around Alcohol and Drug Awareness on campus. The SJU Advisory Council on Alcohol, Drugs and Student Health will progress towards creating a full recommendation on the wellness, alcohol and drug assessment needs of the campus to provide to upper level administration by January 2014. This increased campus assessment tool will allow for an increase in effective education and outreach efforts, especially for upperclassmen students.*

- A recommendation addressing the alcohol, drug and wellness needs of the campus community was created by the Advisory Council and was submitted to the Vice President of Student Life/Associate Provost for review in July, 2014.

3. **Increase Faculty Collaboration in Alcohol Education**

*Through an increased effort to reach out to faculty departments in person and via email, including asking to attend department meetings to briefly discuss wellness education options in the classroom, WADE will increase faculty collaboration with the office and increase the amount of guest speaker invitations from 18 classes through 9 faculty to 23 classes through 10 faculty.*

- In 2013-2014, WADE reached out to faculty through an emailed letter in the beginning of the fall and spring semesters inviting faculty to take an active role in educating students on alcohol, drug or wellness issues.
- In the fall 2013, WADE emailed department chairs directly offering to bring information regarding the impact of alcohol on academics at SJU to a departmental meeting. The Psychology Department and the Business School were accepted and WADE presented to both of those departmental meetings.
- In 2013-2014, WADE was invited into one classroom for one faculty member which was a dramatic decrease from last year (18 classes through nine faculty members) although WADE advertised more than in previous years and reached out directly to those faculty members who have invited WADE staff in the past.

**Summary of Strengths and Weaknesses**

Program strengths include:

1. The WADE Program engages in strong collaboration with experts in other areas within Student Life, Residence Life and Athletics as well as experts off campus.
Partnerships have been developed over time and continue to help the program reach their goals.

2. SJU is a member of the Alcohol Prevention Coalition, through EverFi Inc., with access to their expertise and resources. The Action Plan, created by EverFi for SJU, helps direct the goals and strategic planning of alcohol education and prevention efforts.

3. WADE, along with the Advisory Council on Alcohol, Drugs and Student Health, has gathered assessment from across campus on alcohol issues and has created a High Risk Trends document which tracks alcohol data from 2007 to present. With this research and continued analysis, SJU can better address student issues related to alcohol.

4. The Peer Education team is growing and training for this group of students has increased over the past few years.

5. The WADE Program has begun conducting personalized normative feedback sessions in small groups (athletes, Greek life, student leader groups). Through these workshops, data is being collected on these high risk groups and students are being provided with best practice methods for addressing high risk behavior, including motivational interviewing.

6. SJU has strong written alcohol policies.

Program weaknesses include:

1. SJU has a method of collecting data from incoming freshmen and graduating seniors about their alcohol use. However, they University has yet to conduct a campus climate survey for the entire campus while they are active students at SJU.

2. There is minimal faculty involvement within the alcohol and drug prevention realm.

3. There is a lack of institutionalization around alcohol and drug prevention issues. Though there is a commitment from several members of the Division of Student Life and other areas of campus to alcohol education, there is just one staff member that works solely with the Wellness, Alcohol and Drug Education (WADE) program. There is also no individual budget for alcohol education efforts or the WADE program.

Recommendations for revising WADE programs include:

1. Continue to track alcohol data yearly to inform educational efforts by utilizing the newly created High Risk Trends document which captures questions from ten separate surveys already utilized on campus regarding alcohol use. As part of this effort, work to increase all survey response rates each year and engage faculty members to help analyze the data.

2. The insights about the state of alcohol issues at SJU discovered through analyzing the High Risk Trends data should be developed into a strong marketing campaign
by December 2014 to be shared with key constituents across campus, including faculty, and senior administrators during spring 2015. Through the 2015-2016 academic year work toward institutional support for alcohol abuse prevention.

3. Continue to collect student off-campus addresses to track student housing trends. This will enable the University to address alcohol issues within student neighborhoods through proactive and educational measures as well as providing support for students such as alerts following incidents in those neighborhoods.

4. SJU will take leadership in building partnerships between the four institutions invested in student living and behavior in Manayunk (Temple University, LaSalle University, Philadelphia University & SJU) beginning in summer 2014 to assess off campus outreach efforts, determine best practices and take action within the 5th police district/Manayunk.

5. Increase Public Safety communications with the Police Department of the 5th District (Manayunk) on a continual basis to gain a deeper understanding of student alcohol-related incidents thereby increasing SJU’s ability to address specific student behaviors.

6. Increase communication and engagement with bar and restaurant owners in the 5th District (Manayunk) to collaborate on alcohol abuse prevention efforts through offering TIPS Trainings and organizing Fake ID Trainings.

**Conclusion**

Saint Joseph’s University, in compliance with the Drug Free Schools and Campuses Regulations, certifies that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees both on the University premises and as part of any of its activities. Disciplinary sanctions as a result of violations to the Saint Joseph’s University Drug and Alcohol policy have been consistently enforced. Saint Joseph’s University has implemented a comprehensive substance abuse prevention and intervention program including a wide range of support services and educational opportunities for students and employees. The University will continue to improve and enhance its outreach to the campus community around AOD issues to increase knowledge and awareness of substance abuse issues and reduce the harm related to the negative secondary effects.