

Alcohol & Other Drug Abuse Prevention, Education & Intervention Programs

On college campuses across the country, hazardous drinking and the negative consequences associated with it have become a national concern. The University of Virginia takes seriously the problem of irresponsible and dangerous drinking and illicit drug use among students. Although most UVa students do not experience serious alcohol-related problems, alcohol use is prevalent among, and accepted by, many students and contributes to a variety of negative outcomes. Ensuring the health and safety of students is a University-wide priority.

UVa prevention programs are science-based, comprehensive, and coordinated across the University. The culture of student self-governance at UVa ensures that students are significantly engaged in the decision-making process.

The University assesses student attitudes toward, and the use of, alcohol and other drugs through annual surveys. The University collects confidential data through the University Police Department, UVa Emergency Department and other sources.

The University employs the prevention model developed by the National Academy of Science's Institute of Medicine to address the three prevention populations: universal (all students); targeted (students in high-risk environments); and indicated (individuals who have demonstrated high-risk behaviors).

Universal Prevention: for all UVa students

Peer Education

Alcohol and Drug Abuse Prevention Team (ADAPT): Members promote awareness, provide educational presentations, and serve as accessible resources for fellow students. Students are trained through a three-credit class taught by staff at the Gordie Center for Substance Abuse Prevention and earn academic internship credits by coordinating and evaluating educational programs to reduce participation in and the consequences of celebratory drinking events.

Peer Health Educators (PHEs): Student Health's Office of Health Promotion recruits and trains a select group of students interested in a variety of health-related topics. Members are trained through a three-credit course and extend their knowledge through credit-bearing internships. Students promote awareness, provide one-on-one patient education and present educational programs on numerous health issues including alcohol.

Hoos Sober: ADAPT coordinates this weekly e-mail to 1,500 subscribers that details activities that are not alcohol-based and that are open to the public. To subscribe, send an e-mail to sympa@virginia.edu with the subject "subscribe hoos-sober."

The following peer education groups also address alcohol and other drug education:

One in Four: This all-male sexual assault peer education group presents a one-hour program, "How to Help a Sexual Assault Survivor: What Men Can Do," to all-male audiences.

One Less: One Less is a sexual assault education group that advocates for survivors of rape and sexual assault living in the University community. They present a one-hour program that focuses on ways friends can help and support survivors.

University-Wide Efforts

Advisory Committee on Alcohol and Substance Abuse: This University-wide committee considers effective ways to promote short and long-term programs that minimize drinking and substance abuse among underage students and tackles abuse among students of legal age. The committee is proactive in identifying key issues that should be of institutional priority.

Alcohol Risk Management Training: This on-line education program provides information on UVa policies and Virginia law concerning alcohol service and basic principles of risk management. If alcohol is served on University property, the University requires that personnel trained in this program be present to supervise the legal distribution of alcohol.

After Hours weekend events: Programs include events in the first-year residential area, Newcomb Hall and other venues with a focus on Thursday through Saturday night events.

Mass communication: Via mass e-mail to all students, the Vice President and Chief Student Affairs Officer sends periodic messages about safety, including reminders about the safe and legal use of alcohol and use of other drugs.

UVa Police Department: Officers in the Crime Prevention Unit speak with student groups upon request and coordinate safety fairs.

Selective Prevention: for students in higher-risk environments

First-Year Students

Alcohol-Wise: All first-year and transfer students are expected to complete this confidential, online alcohol education program before fall classes begin. The program provides personalized feedback on drinking patterns, tips on avoiding hazardous drinking and how to deal with others who are disruptive or in danger. New graduate and professional students must also complete the online module.

Grounds for Discussion: All first-year students attend this peer theater production that addresses a variety of college life issues, including alcohol use. Small discussion groups are held after the production.

Resident Staff and Orientation Leader Training: These student leaders are trained in multiple alcohol education issues, including how to care for an intoxicated person, intervention techniques, social norms theory, and the true drinking norms at UVa. Workshops on other drug topics are also provided.

Stall Seat Journal: Social norms marketing posters in the bathrooms of first-year residence halls and several common spaces convey accurate data on student drinking plus tips for staying safe.

Fraternity and Sorority Members

Fraternal Organization Agreement requirements: Every fraternity and sorority chapter is required to have at least one hour of alcohol education each year with at least 70% attendance.

Greek-Wise: This Web-based course is designed as a sanction for chapter alcohol policy violations. The course provides personalized feedback on behaviors and addresses alcohol abuse, social hosting, hazing and sexual violence prevention.

Student-Athletes

Student-Athlete Mentors (SAMs): The Department of Athletics & the Gordie Center for Substance Abuse Prevention train members of each athletic team to serve as SAMs, who coordinate alcohol education programs and community service opportunities for their teams & serve as internal resources on University services. The *SAMs Say* poster series provides health information specific to student-athlete concerns including alcohol & other drugs.

Fourth-Year Students

Substance Abuse Awareness Week: ADAPT, PHEs, SAMs and the Fourth-Year Class Trustees coordinate a week of events, including a pledge drive against participation in the fourth-year fifth (attempting to consume a fifth of liquor before the last home football game), the Susan Grossman Memorial Speaker, and the 4th Year 5K. Events are planned to raise awareness of normative healthy behaviors as well as the hazards of celebratory drinking practices. Proceeds from the 4th Year 5K are donated to the Leslie Baltz Scholarship Foundation.

Students Attending Celebratory Events

Safe Halloween: ADAPT coordinates a social marketing campaign, including a poster series and reverse trick or treating. ADAPT members distribute candy labeled with reminders of safe behaviors on Halloween and information on healthy ways to celebrate fall.

Safe Spring Break: ADAPT and the PHEs coordinate a pledge drive to promote safe drinking behaviors over the break. In return for signing the pledge not to drink and drive over break, students receive packs of free goodies.

Foxfield Races: ADAPT members coordinate a social marketing campaign to promote low-risk behaviors for the spring Foxfield Races. At the Student Safety Tent at the races, ADAPT provide free food, water and sunscreen to students.

Indicated Prevention: for students with high-risk behaviors

Brief Alcohol Screening and Intervention for College Students (BASICS) This evidence-based program provides a confidential, non-judgmental environment to assess personal risk, identify potential changes and help reduce risk for developing future problems. Students complete an online survey and schedule a meeting to discuss results.

Marijuana 101: This Web-based course is designed as a first intervention response to student marijuana use or paraphernalia possession and uses a non-confrontational approach to encourage self-reflection. It is available for all students who wish to make more informed decisions about cannabis.

CHOICES is a motivational, six-week group through CAPS that empowers students to make positive choices that might reduce the harmful effects of using alcohol or other substances, so students can maximize their potential.

Hoos in Recovery: A network of recovering students, faculty, and alumni and those considering recovery from substance abuse that meets weekly to share a meal and provide support. HoosInRecovery@virginia.edu

Counseling and Psychological Services (CAPS) Clinicians are available to counsel students on any alcohol or other drug concern or issue. CAPS staff coordinate a substance abuse evaluation and treatment team within the Department of Student Health.

Online Alcohol & Other Drug Screenings: The Gordie Center and CAPS provide links to several anonymous online alcohol and other drug screening programs that offer personalized feedback and treatment referral.

Dean on Call: The Office of the Dean of Students provides 24-hour on-call crisis response services to University students who are in need of support or referrals.

University Judiciary Committee: This student-run committee adjudicates alleged violations of the student Standards of Conduct, including those involving alcohol or other drug use. The committee may sanction students to BASICS and/or assign community service or other sanctions relevant to the policy violation.

Prevention Partners

Faculty: All new faculty and teaching assistants receive information on how to help a student in distress as part of faculty and TA orientation. Specific training on alcohol/drug abuse prevention and intervention is provided to faculty leading study abroad trips. Materials on curriculum infusion are available on the Gordie Center Web site. Courses that explore substance abuse issues include Concepts in Peer Health Education, Substance Abuse in Society, Contemporary Health Issues, Peer Alcohol Education, and Personal Development.

Parents: Gordie Center staff serve on a safety panel during summer orientation. A section on “Communication Strategies for Parents of First-Year Students” is included in the UVa Handbook for Parents, which is given to all parents and is posted on the Web.

Safe Transportation

Designated Driver Program: Restaurants on the Corner provide free non-alcoholic drinks to designated drivers.

Charge-a-Ride Program: UVa students who have no reliable or safe means of transportation and no money for cab fare can call Yellow Cab at 434-295-4131 and charge the ride to their UVa account. No questions asked.

SafeRide: Safe Ride is an on-demand van shuttle service intended to provide UVa students safe transportation home in lieu of walking alone after UTS has gone out of service. Rides may be requested via Transloc OnDemand (online or mobile app) or by calling 434-242-1122.

Policies

- Approval Request for Alcoholic Beverages at Approved University Functions
<http://vpsa.virginia.edu/alcohol>
- Emergency Room Procedures
<http://gordiecenter.studenthealth.virginia.edu/policies/medicalamnesty>
- Parental Notification Policy
<http://gordiecenter.studenthealth.virginia.edu/policies/parentalnotification>
- Use of Alcoholic Beverages and Prohibition of Other Drugs Policy
<http://uvapolicy.virginia.edu/policy/STU-001>

Resources

- Gordie Center for Substance Abuse Prevention (ADAPT, SAM, Hoos in Recovery, BASICS)
434-924-5276 <http://www.virginia.edu/gordiecenter>
- Office of Health Promotion (Peer Health Educators, Social Norms Marketing)
434-924-1509 <http://www.virginia.edu/studenthealth/healthpro.html>
- Counseling and Psychological Services 434-924-5556 (Choices)
<http://www.virginia.edu/studenthealth/caps.html>
- Police Department Crime Prevention Unit 434-924-8845
<http://www.virginia.edu/uvapolice/>
- Student Health 434-924-5362
<http://www.virginia.edu/studenthealth/>

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