

# A Systems Approach to Improve the Timeliness and Impact of Mandated BASICS Interventions

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Ithaca College



Center for Health Promotion

# Lessons Learned

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- ➔ Substance abuse and related harm is the #1 college health problem and we have no choice but to address it.
- ➔ AOD Prevention Specialists are not responsible for the problem, nor do we have control over it.
- ➔ Institutional change will only occur at a rate dictated by the campus culture.
- ➔ Collaborative partnerships are essential and require a superhuman level of patience.



# Gaps Identified- Fall 2009

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- No task force or committee existed to communicate about and work on AOD issues.
- No one was tracking AOD incidents.
- Consequences for AOD Policy violations were inconsistently applied, and were a mystery to students.
- The flow of BASICS referrals was erratic.
- Long lag time between an incident and the first BASICS meeting.

# Key Accomplishments

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- ➔ **Spring 2010:** Convened Alcohol & Other Drug Prevention Team.
  - Hospital transports identified as #1 concern.
- ➔ **Spring 2010:** Added CHP to distribution list for Public Safety daily incident logs.
- ➔ **Spring 2011:** Launched Medical Amnesty Policy.
- ➔ **Spring 2011:** Launched Monday Morning Email strategy.
- ➔ **Fall 2012:** Launched Revised Judicial Protocol for Alcohol and Marijuana Violations.

# Alcohol & Other Drug Prevention Team: Meets Monthly

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- Program Director, Center for Health Promotion (Chair)
- Director, Center for Counseling, Health & Wellness
- Director, Residential Life and Judicial Affairs
- Associate Director, Residential Life and Judicial Affairs
- Assistant Director, Judicial Affairs
- Residence Director, Residential Life
- Senior Associate Vice President, Educational Affairs
- Investigator, Office of Public Safety and Emergency Management
- Academic Advisor, Academic Advising Center
- Program Coordinator, Office of New Student Programs
- Nursing and Clinic Manager, Hammond Health Center
- Assistant Director, Intercollegiate Athletics
- Open Position, Faculty
- Student Partners: Representatives from SSDP and SGA are invited to collaborate on initiatives

NIAAA Tiers of Effectiveness	Strategy	Level of Operation		
		Individuals, including At-Risk and Dependent Drinkers	Student Population as Whole	Community
<b>Tier 2:</b> <b>Effective with general populations</b>	Increased enforcement of minimum drinking age laws	No	Yes	No
	Implementation, increased publicity, and enforcement of other laws to reduce alcohol-impaired driving	No	Yes	Yes
	Responsible beverage service policies in social & commercial settings	No	Yes	Yes
	The formation of a campus/community coalition	No	Yes	Yes
<b>Tier 3:</b> <b>Promising</b>	Adopting campus-based policies to reduce high-risk use.	No	Yes	No
	Increasing publicity about enforcement of underage drinking laws/eliminating "mixed" messages	No	Yes	Yes
	Consistently enforcing disciplinary actions associated with policy violations	No	Yes	

# DeJong, Wm., Langford, L., “A Typology for Campus-Based Alcohol Prevention: Moving Toward Environmental Management Strategies,” 2002

TABLE 2. Strategic objectives focused on environmental change

## ALCOHOL-FREE OPTIONS

*Problem:* Many students, especially at residential colleges, have few adult responsibilities and a great deal of unstructured free time, and there are too few social and recreational options.

*Strategic objective:* Offer and promote social, recreational, extracurricular and public service options that do not include alcohol and other drugs.

*Examples of specific strategies:*

- Create new alcohol-free events
- Promote alcohol-free events and activities
- Create student service learning or volunteer opportunities
- Publicize student service learning or volunteer opportunities
- Require community service work as part of the academic curriculum
- Open a student center, coffeehouse or other alcohol-free settings
- Expand hours for student center, gym or other alcohol-free settings
- Promote consumption of nonalcoholic beverages at events

## NORMATIVE ENVIRONMENT

*Problem:* Many people accept drinking and other drug use as a “normal” part of the college experience.

*Strategic objective:* Create a social, academic and residential environment that supports health-promoting norms.

*Examples of specific strategies:*

- Change college admissions procedures
- Modify the academic schedule
- Offer substance-free residence options
- Increase academic standards
- Increase faculty-student contact
- Create program to correct student misperceptions of drinking norms

## ALCOHOL AVAILABILITY

*Problem:* Alcohol is abundantly available to students and is inexpensive.

*Strategic objective:* Limit alcohol availability both on- and off-campus.

*Examples of specific strategies:*

- Ban or restrict use of alcohol on campus
- Prohibit alcohol use in public places
- Prohibit delivery or use of kegs or other common containers on campus
- Require use of registered and trained alcohol servers
- Institute responsible server-training programs
- Disseminate guidelines for off-campus parties
- Limit number and concentration of alcohol outlets near campus
- Increase costs of alcohol sales licenses
- Limit days or hours of alcohol sales
- Limit container size for alcohol sales
- Limit number of servings per alcohol sale
- Require keg registration
- Increase state alcohol taxes

## MARKETING AND PROMOTION OF ALCOHOL

*Problem:* Bars, restaurants and liquor stores use aggressive promotions to target underage and other college drinkers.

*Strategic objective:* Restrict marketing and promotion of alcoholic beverages both on- and off-campus.

*Examples of specific strategies:*

On campus

- Ban or restrict alcohol advertising on campus
- Ban or restrict alcohol industry sponsorship of on-campus events
- Limit content of party or event announcements

Off campus

- Ban or limit alcohol advertising in the vicinity of schools
- Ban alcohol promotions with special appeal to underage drinkers
- Ban alcohol promotions that show drinking in high-risk contexts
- Require pro-health messages to counterbalance alcohol advertising
- Institute cooperative agreement to institute minimum pricing
- Institute cooperative agreement to limit special drink promotions

## POLICY DEVELOPMENT AND ENFORCEMENT

*Problem:* Campus policies and local, state and federal laws are not enforced consistently.

*Strategic objective:* Develop and enforce campus policies and local, state and federal laws.

*Examples of specific strategies:*

On campus

- Revise campus alcohol and other drug (AOD) policy
- Disseminate campus AOD policy
- Require on-campus functions to be registered
- Increase ID checks at on-campus functions
- Use decoy operations at campus pubs and on-campus functions
- Increase patrols near on-campus parties
- Increase disciplinary sanctions for violation of campus AOD policies
- Increase criminal prosecution of students for alcohol-related offenses

Off campus

- Change driver’s licensing procedures and formats
- Impose driver’s license penalties for minors violating alcohol laws
- Educate sellers/servers about potential legal liability
- Increase ID checks at off-campus bars and liquor stores
- Enforce seller penalties for sale of liquor to minors
- Enforce law against buying alcohol for minors
- Enforce penalties for possessing fake ID
- Use decoy operations at retail alcohol outlets
- Increase patrols near off-campus parties
- Increase enforcement of DUI laws
- Pass ordinances to restrict open house assemblies and noise level

# Process

## Benchmarking

	ELON	BUTLER	UMASS	BRADLEY	DRAKE	VILLANOVA	CORNELL	MERCER
<b>First violation</b>	Official warning; \$100 fine, Alcohol Education Program or Project, and parent notification letter. (All Fines double if not paid within 5 days.)	Required online course (Judicial Educator) – no fee charged	Housing probation for one year and BASICS 1 with \$100 fee	\$50 fine + online education program + parental notification	Formal reprimand \$50.00 fine Parent notification for First-Year students	Consumption without authorization-written warning, and/or \$50.00 fine. The fine for a case of beer is \$100.00.  Kegs, beer balls, - disciplinary probation and fine of \$200.00 per person residing in the room. Outdoor violation-disciplinary probation, fine of \$300.00. DUI- suspension from the University.	Oral Warning; BASICS with \$60 fee; 2 page reflections paper.	Educational activity + \$75 fine. Parent notification.
Underage Possession Consumption								
Intoxication	Disciplinary probation; \$150 fine, 15 campus restitution hours, Alcohol Education Program or Project, Substance Abuse Assessment and completion of recommendations, parent notification			\$50 fine, Fresh Start group program, assessment, parent notification				DWI- Educational activity; \$150 fine. 16 hrs. community service.
Marijuana					\$100.00 fine Conduct probation		Same as alcohol; except it is a Written Reprimand + add 20 hrs community service.	
<b>Second violation</b>	Disciplinary probation; \$150 fine, 20 campus restitution hours, Alcohol Education Program; Substance Abuse Assessment and completion of recommendations, parent notification	Required group alcohol education seminar: \$50 fee	Housing removal deferred for one year and BASICS 2 with \$175 fee. Parental notification	\$50 fine, Fresh Start group program, parent notification, assessment	Warning/Probation \$75.00 fine. Parent notification. Additional sanctions are left to the discretion of staff, which may include probation, community service and alcohol assessment/counseling	Use or possession of marijuana - disciplinary probation plus an automatic fine of \$500.00, up to and including suspension or expulsion. Second offense- expulsion from the University.	Written Reprimand, AOD2 (4 week group, plus meeting w/counselor before and after group) + \$150 fee; sometimes 1 yr probation if very close in time to first incident (to put them on notice that they will need to leave if there is a third	Alcohol assessment at student's expense. \$100 fine. Parent notification. 8 hrs. community service.
Underage Possession Consumption								
Intoxication	Preliminary suspension or disciplinary suspension; \$300			If transport, passed out, or DUI: suspension from university				

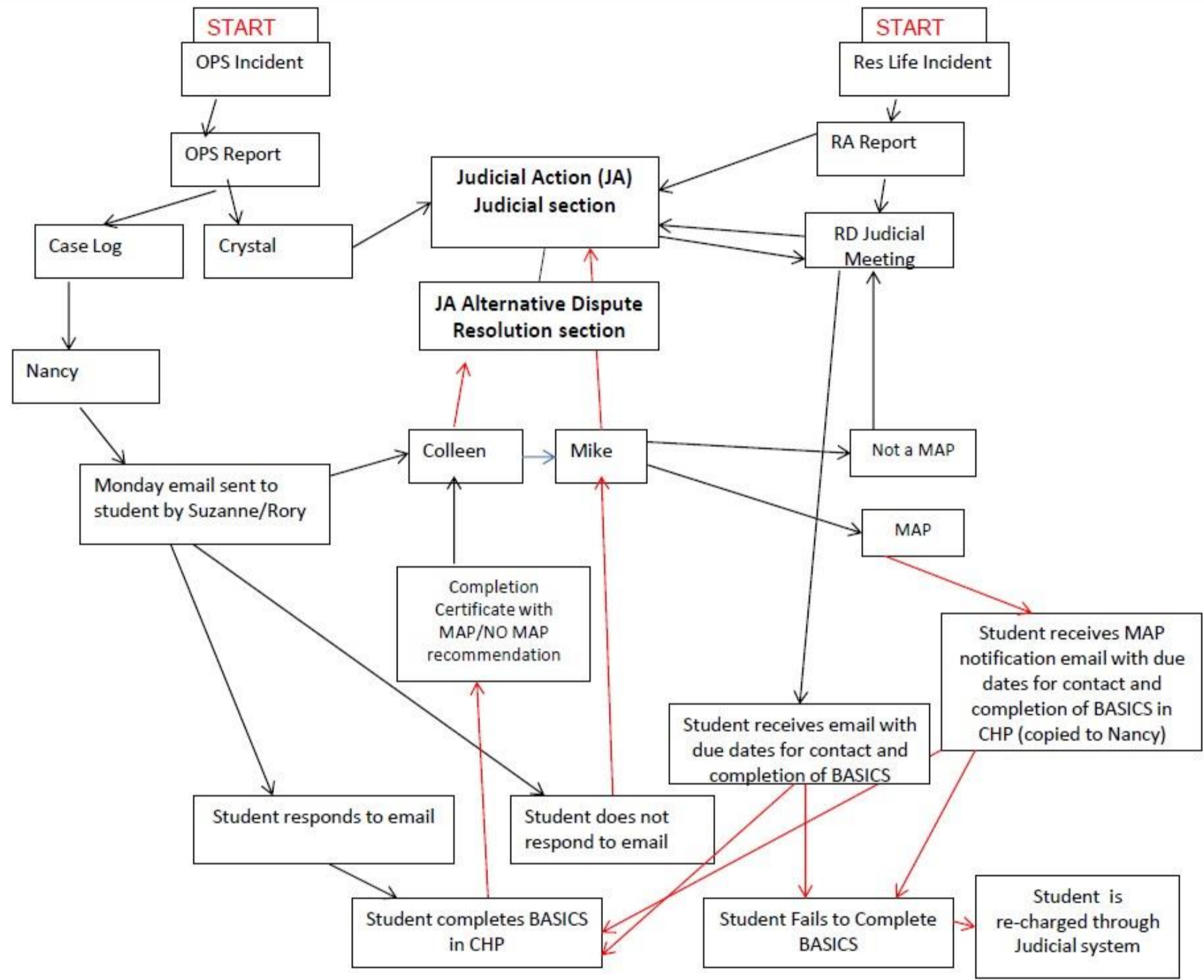
Many, many meetings



## Student Involvement







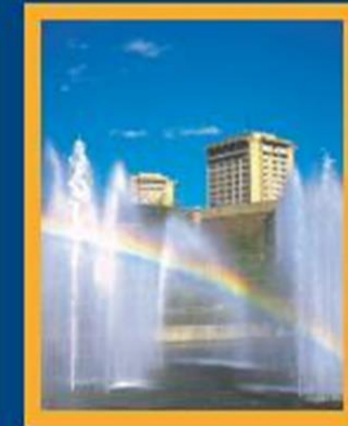
### Sanction & Intervention Protocol For Alcohol and Marijuana Violations

This protocol is intended as a guideline for judicial decisions regarding the minimum sanctions and interventions which shall be imposed for student alcohol and marijuana violations. Sanctions may accelerate based on the progression, severity, or frequency of the violation, particularly when sale or distribution of alcohol or other drugs, or threatening, violent, and/or destructive behavior is present. Accelerated sanctions may include removal from campus housing, suspension, or expulsion. Criminal prosecution may also occur in cases that rise to the level of a crime. Violations accrue over the course of a student's entire matriculation period. Once a student commits a Level II violation, any future violations within a year of the date of the first will be considered Level II, even if the violation is Level I. If a full year passes without incident, then a Level I violation will be considered as such.

	<u>Level I Behavior</u>	<u>Level II Behavior</u>
	<i>Unlawful possession or use of alcohol or marijuana.</i>	<i>Unlawful possession or use of alcohol or marijuana accompanied by one or more of the following: significant impairment of functioning, medical transport, behavior that is disruptive, destructive, or disorderly, and/or any other evidence of problematic use.</i>
<b>FIRST VIOLATION (minimum sanctions)</b>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Official Letter of Written Warning.</li> <li>Web-based Education with \$50 Program Fee.</li> </ul>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Disciplinary Probation for one semester.</li> <li>BASICS I with \$75 Program Fee.</li> <li>Parent Notification may be added based on the severity of the incident.</li> </ul> <p>If the violation qualifies as a Medical Amnesty Policy (IC MAP) case, timely completion of the BASICS program is required. The program fee is waived. Any future violation will be considered a first violation.</p>
<b>SECOND VIOLATION (minimum sanctions)</b>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Disciplinary Probation for one year.</li> <li>Final warning before loss of campus housing.</li> <li>Parent Notification.</li> <li>BASICS I with \$75 Program Fee.</li> </ul>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Disciplinary Probation for one year.</li> <li>Final warning before loss of campus housing.</li> <li>Parent Notification.</li> <li>BASICS II with \$125 Program Fee and substance abuse evaluation.</li> </ul>
<b>THIRD VIOLATION (minimum sanctions)</b>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Disciplinary Probation or Deferred Suspension.</li> <li>Removal from campus housing.</li> <li>Parent Notification.</li> <li>BASICS II with \$125 Program Fee and substance abuse evaluation.</li> </ul>	<ul style="list-style-type: none"> <li>Meeting between Hearing Officer and student.</li> <li>Deferred Suspension.</li> <li>Removal from campus housing.</li> <li>Parent Notification.</li> <li>BASICS III with \$150 Program Fee and substance abuse evaluation. Required completion of all treatment recommendations by the given due date.</li> </ul>
<b>FOURTH VIOLATION (minimum)</b>	<ul style="list-style-type: none"> <li>Deferred Suspension or Suspension.</li> </ul>	<ul style="list-style-type: none"> <li>Suspension.</li> </ul>

Revised 2012

### Alcohol and Other Drugs on Campus: Student Behavior and Judicial Response



ITHACA COLLEGE  
Office of Alcohol & Drug Education

Online at :

[http://www.ithaca.edu/sacl/judicial/docs/AOD\\_Brochure/](http://www.ithaca.edu/sacl/judicial/docs/AOD_Brochure/)

- Equalized alcohol and marijuana violations.
- Implemented a set of Program Fees to support prevention/intervention efforts.
- Helped us discuss and clarify our medical amnesty and parental notification policies and rationales; How many chances should a student get?
- Orientation mailing to incoming students and parents. Orientation session.
- OL training and OL small groups during Orientation.
- Alcohol Wise courses, Student Health 101
- Email sent to all incoming students.
- RA training and RA hall meetings the first night of the semester.
- Bulletin board kit for RAs.
- Fall parent newsletter.
- Judicial hearings conducted by Residence Directors.

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**From:** Judicial Affairs  
**Sent:** Tuesday, October 14, 2014 12:21 PM  
**To:** Sample Student  
**Cc:** Rory Rothman; Michael Leary; Nancy Reynolds  
**Subject:** Follow up to your recent incident

# “Monday Morning Email”

Dear Sample Student,

On October 4, 2014, you were involved in a campus incident in which your alcohol or other drug use resulted in serious concern regarding your health and safety. Due to this incident, I am requesting that you complete the [BASICS \(Balancing Alcohol and Other Substance use to Improve College Success\) Program](#) as soon as possible. To schedule your first BASICS meeting, please email the BASICS Program at [BASICS@ithaca.edu](mailto:BASICS@ithaca.edu).

The BASICS Program is directed by Nancy Reynolds in the Center for Health Promotion. Nancy is a knowledgeable and nonjudgmental educator on the topic of alcohol and other drugs, and I believe that you will gain important and helpful information from her program.

In addition, you will be contacted by a hearing officer from the Offices of Residential Life and Judicial Affairs to schedule a judicial meeting (unless your situation qualifies as a medical amnesty case). Your timely and cooperative completion of both the BASICS program and this judicial meeting will be taken into account during the sanctioning process.

If you have questions about completing the BASICS Program, please contact Nancy Reynolds at [nreynolds@ithaca.edu](mailto:nreynolds@ithaca.edu) or 607-274-7933. If you have questions about your judicial meeting or the sanctioning process, please contact Mike Leary in the Office of Judicial Affairs at (607) 274-3375.

It is my sincere hope that you remain safe and healthy throughout your remaining time here at Ithaca College.

Sincerely,

Rory Rothman  
Senior Associate Vice President for Student Affairs and Campus Life

# Monday Morning Email Compliance

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Year	MME's	BASICS Completions	
2010-2011*	45	40	89%
2011-2012	94	84	89%
2012-2013	81	76	94%
2013-2014	88	81	92%
2014-2015	17	16	94%

\*Spring 2011 only

\*\*Fall 2014 to date

# Impact on **BASICS**

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- Fewer high risk students fall through the cracks.
  - Referrals have increased.
  - Completion rate is high (over 90%).
  - Students come in with a greater understanding of what's next, judicially.
- Timeliness of the intervention is improved.
  - First BASICS session typically occurs on Tuesday or Wednesday following a weekend incident.
- BASICS staff can keep up.
  - Referrals are coming in at a more steady rate.
- Quality/impact of BASICS sessions is greatly improved.
  - Incident memory is fresh.
  - Defenses are not yet established; student is in a vulnerable state.
  - Improved rapport: opportunity for crisis intervention, referral, and advocacy.
  - Immediacy factor:
    - Change talk flows more readily.
    - Harm reduction strategies come up in the first session.
    - Provider can identify motivational hooks.

# AOD Judicial Cases

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	AOD Judicial Cases
2010-2011*	739
2011-2012	553
2012-2013**	453
2013-2014	464

\*Record over-enrollment of incoming students

\*\*New AOD Judicial Protocol began

# Alcohol Violation Recidivism

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	Number of Students with 2+ Alcohol Violations				Total
	2	3	4	5	
2010-2011*	90	17	5	3	115
2011-2012	55	10	6	1	72
2012-2013**	38	7	0	0	45
2013-2014	46	6	1	0	53

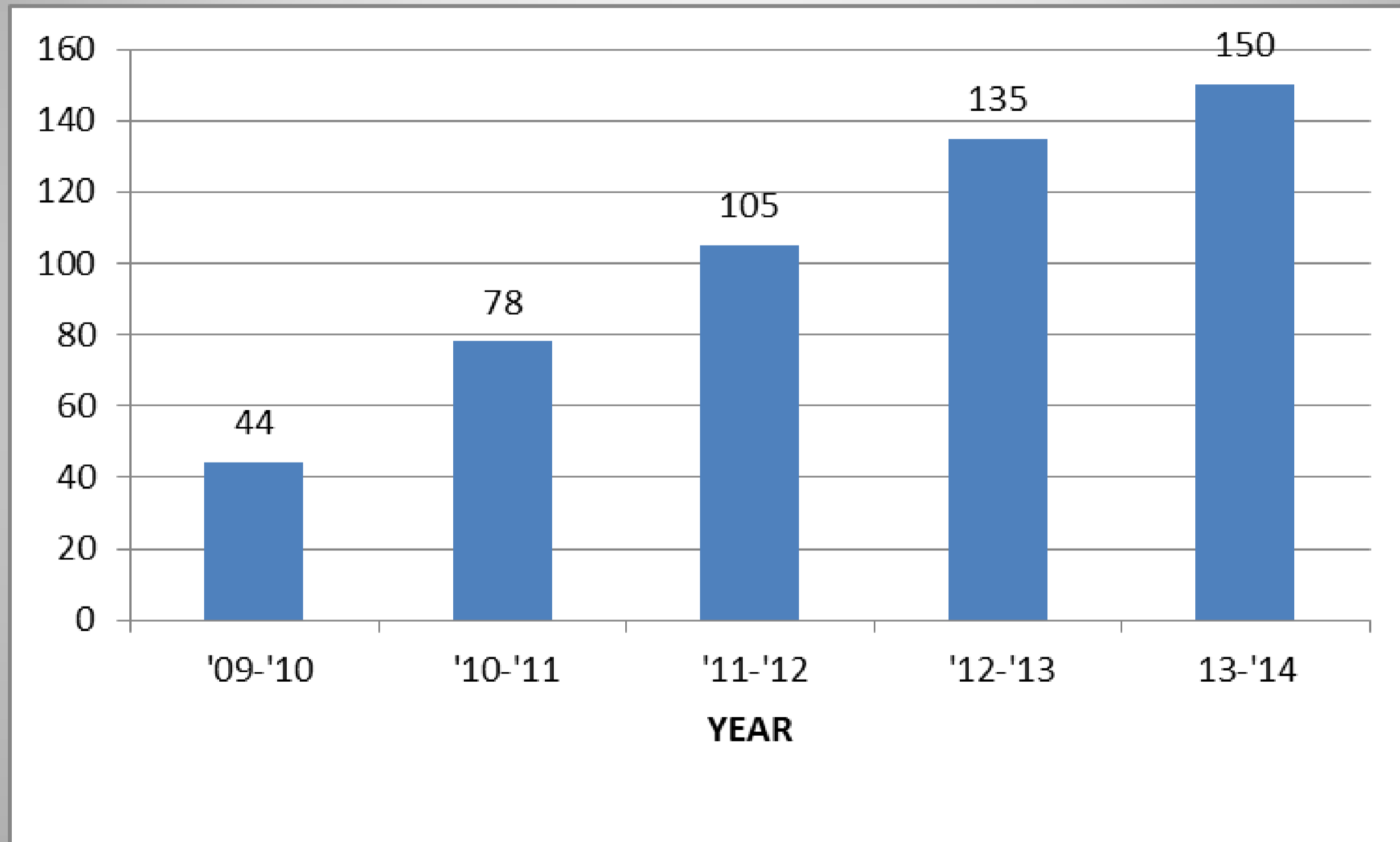
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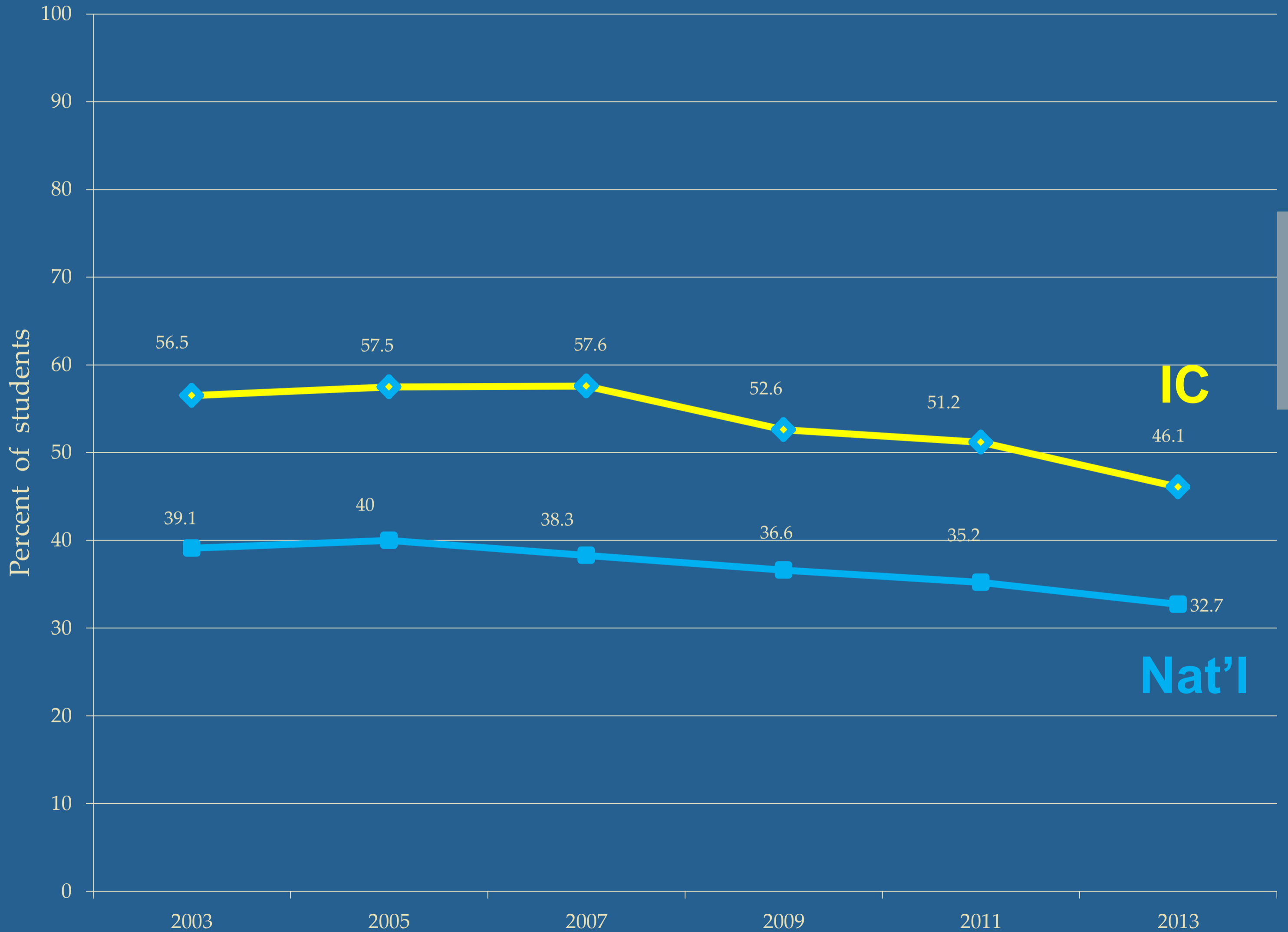
# BASICS Students

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# NCHA Data 2003-2013

Consumed 5 or more drinks in one sitting during the past 2 weeks



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Nat'l

# Parting words

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- Choose your words strategically.
  - Use “hiatus” for getting rid of things you don’t like, and “pilot” for what replaces them.
  - “Program Fees” may be accepted more readily than “Fines.”
- Benchmarking is worth the time and effort (and can mostly be done online).
- Making friends with the Judicial Affairs Office and with Residential Life will pay off.
- Differentiation of roles is important, but sometimes you have to do other people’s jobs.
  - BASICS is about health & wellbeing.
  - Judicial Affairs/Conduct is about clear standards and fair and consistent consequences.