

## DESCRIPTION OF AOD PROGRAM ACCOMPLISHMENTS

### Prevention

Designed as alcohol-free, weekend, evening event, typically 9:00 p.m. to 2:00 a.m. There were **six** Late Knight events held last year, and **seven** are planned for this academic year. The average attendance is **1,500 students** at each event.

RA's are required to bring their residents to programs that are coordinated and presented by other SDES departments. These programs are called 'tag-a-longs'. RA's use the Late Knight program series as a 'tag-a-long', bringing a total of **476** residents with them to the programs.

These student classes are given in a controlled, supervised environment, administering alcohol under strict guidelines to eligible adults according to their body weight. Students then observe the simulation of sobriety and breath tests given the subjects. Motor skills, speech, etc., are examined at each controlled drink. Approximately **3,000** students a year go through this program.

Utilizing special goggles that impede normal vision, simulating a drunk driver's impairment, a mini driving course is set up with traffic cones and golf cart. An officer rides with the driver for safety. It has been found that the experience makes an impact on the approximate **1,000 students** who participate yearly.

UCF is one of 25 institutions nationally that have hosted the North-American Interfraternity Conference program, Alcohol Summit. The Summit was hosted by UCF in September 2003 with **sixty-four** UCF students attending the conference.

Greek chapter's social calendar must include at least **two non-alcoholic** events per semester; the chapters are also awarded for sponsoring an alcohol awareness program during the year. A new Assistant Director of Greek Affairs has also recently been hired and will have oversight of chapter programming, retreats, etc.

NCAS and SABRE Centre Student Athlete Outreach partnered with MADD and their Tie One On for Safety campaign to promote both education and prevention. Programs were offered for **56 student-athletes** to hear from someone who had been affected by a drunk driver. Student athletes later participated in a promotion, passing out **1,300** red ribbons on campus. The campaign is scheduled to return in November 2004.

RA's conducted **738 events** on the weekends, with a total attendance of **11,776**. Offering weekend activities provides students with an alternative to participating in potentially risky and unhealthy off-campus activities.

RA's conducted **128 meetings** within the first week of the fall and spring semesters, addressing issues surrounding alcohol and other drug policies and enforcement.

Housing and Residence Life and the LINK Program sponsors Alternative Spring Break (ASB) that provides service-learning opportunities for students during spring break and is an alcohol and substance free program. In Spring 2004, **55 students** and 6 advisors participated. It is hoped that this will increase in Spring 2005 to 100.

During fall check-in, welcome information is distributed by Housing to all residents regarding low risk alcohol choices and alcohol free events on campus.

Thirty-four O-Teamers perform social responsibility skits one night of the 15 two-day orientation sessions for a total of **6,000 new FTICs**. Parts of the skits deal with issues related to alcohol and other drugs.

REACH provides a three hour training session for new O-Teamers during the month of May.

Dr. Michael Dunn, professor in the Psychology Department, conducts "Alcohol 101" each year as part of the Honors Symposium.

UMADD Chapter has been formed on campus with approximately **30 members**.

Orientation sessions - **51** alcohol and other drug and college health education sessions for both FTIC and transfer parents and students in 2004.

In 2002-2004, **1,084** students were tested for HIV/AIDS and counseled regarding the risks, including alcohol, and protective factors. Sexually transmitted infections are closely correlated with alcohol and other drug use (70 - 90% of cases reportedly contracted under the influence of mind-altering substances).

In Spring 2004, Safe Spring Break campaign provided **1,000 safe spring break packets** to students promoting low risk alcohol choices and alcohol free alternatives.

Participate with UCF Athletics in Freshmen Frenzy at first home football game. This is an alcohol-free event that bussed over **800 first year students** to the game,

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dropped them off in the Fan Faire area, provided food and special seating at the game, and then bussed the students back to the Late Knight event on campus.

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Participate with Athletics in the Fan Faire event at home football games. This event draws about 3,000 fans each game, approximately **300 of which are students**. It is hoped that the number will increase as Fan Faire is a strong prevention activity that provides fun and entertainment in an environment that restricts underage and excessive drinking. It serves as an alternative to tailgating activities outside the Citrus Bowl.

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Social norming - the A&OD Programming Office gives away well **over 25,000 promotional items a year**, with social norming or educational messages on them. These items are typically given out at every event, workshop, class presentation, and Orientation session. Examples include water bottles, mouse pads, footballs, message boards, cups, notebooks, pens, T-shirts, towels, etc.

The Greek Community also participated in social norming by handing out T-shirts with "drink responsibly" messages.

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In collaboration with UCF Athletics and other departments on campus, organized the Responsible Tailgating and Vendor Committee in 2003 to address high risk and responsible alcohol use, as well as the sale of alcohol, at UCF sporting events, primarily football. This committee developed and implemented standards of behavior that improved the safety, number of arrests, and enjoyment of the event:

- **Reduced the number of student arrests from over 100 at the first home game in 2002 to 50 at the first home game of 2003, and to less than 30 by the end of the season, to only a handful at the first home game in 2004;**
- **Student parking lots are now less chaotic and unsafe, and may be used by UCF students only. Additional rules implemented to achieve this included no kegs, no glass, no furniture, and no ground fires.**
- **There has also been increased coordination between Athletics, the Citrus Bowl, UCF and local law enforcement and Alcohol, Beverage and Tobacco Control.**
- **The cost of a beer inside the stadium has also been increased to \$5, while the size of the cup was decreased. Sales also end after 3rd quarter.**

## Education

The Office of Alcohol and Other Drug Programming and the REACH Peer Education Program coordinated a variety of educational events, programs, and health promotion and enhancement activities. The goal was to encourage UCF students to make low-risk healthy decisions regarding their use of alcohol and to have fun in the process. Sponsoring many of the activities were: Housing and Residence Life, LINK First Year Experience, Wellness Center, Greeks Advocating Mature Management of Alcohol (GAMMA), Volunteer UCF, SGA, Late Knights, Schenk Distributing, KnightCaps and Planet Smoothie. There were well **over 1,000** participants at the main REACH Beach event.

Alcohol and Other Drug Office and Student Health Services provided screenings for high risk drinking. Over **200 students** were screened and provided brief personal risk one on one feedback.

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NCAS and SABRE Centre Student-Athlete Outreach invited Dr. Carolyn Cornelison, a member of the approved NCAA CHAMPS/Life Skills Speaker Bureau, to speak to freshmen student-athletes. A total of **158 students** were in attendance.

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IFC/Panhellenic brought in guest speaker, Paul Chabot from CampuSpeak, the leading campus educational speaker's bureau in the country, on October 27, 2004, to discuss club drugs and alcohol. Approximately **225 students** were in attendance.

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The content of the Introduction to the Foundation of Leadership Course, which all **367 LEAD Scholars** must take, addresses alcohol and substance abuse. A capstone project for this course includes a case study which addresses the values and behaviors associated with substance and alcohol use, requiring students to conduct an in-depth study on this area as it relates to leadership.

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In the Mentor Academy (training and education of approximately **30 peer facilitators** for the above introduction course), significant time is spent addressing appropriate relationships with students including the use of alcohol, under-aged drinking, consequences, etc.

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The Residence Life's programming model was restructured to incorporate Chickering's Seven Vectors of Student Development. Included in this model is the "Establishing Identity" vector which focuses on programs surrounding the issues of alcohol and drug abuse, personal health and sex education. RA's completed a total of **32 programs** specifically addressing the issue of alcohol and other drugs, with a total attendance of **518 students**.

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LINK presented a "How to Have a Safe Spring Break" program on November 14, 2003, with an estimated **250 students** in attendance. Information about safe alcohol consumption was presented.

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Boosting Alcohol Consciousness Concerning the Health of University Students (BACCHUS), an international association of college and university based peer education programs focusing on alcohol abuse prevention and other related student health and safety issues, is holding their annual Peer Education conference at UCF in November 2004. Fraternity and sorority members, as well as athletes and REACH Peer Educators will be in attendance.

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GAMMA average meeting attendance has increased from **20 to 40 students** per week. GAMMA is a national organization and is the nation's leading collegiate alcohol awareness network supporting students' efforts of promoting responsible decisions about alcohol use.

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For the three athlete sections of SLS (**70 students**), a REACH peer educator comes into one class of each section to speak directly on the topic of alcohol and other drugs. In the 33 SLS sections (**900 students**) one chapter in the text is devoted to Wellness and Stress Management which includes issues related to alcohol and other drugs.

## Intervention

OSI and the Office of Greek Affairs are working to develop a policy for student organization's off-campus events that include the use/sale of alcohol. It is expected that the policy will be completed by the end of Spring semester.

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The UCFPD intercedes when encountered with students who are under the influence of alcohol and/or other controlled substances by referring the students to the Office of Student Rights and Responsibilities for judicial action or discipline as needed. (These figures are included in the figures below for Referrals and Sanctions.)

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Currently undergoing training in the areas of A&OD assessment, intervention, resource and referral services from the A&OD Programming Office and local professionals from the Center for Drug Free Living. The Counseling Center also has alcohol and other drug risk assessment questions on their intake forms, which they review and make referrals to the A&OD Programming Office when needed.

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This year, SHS began a program which periodically screens students who visit the center for hazardous drinking. Approximately **600** students are being screened per month.

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SHS also took the lead in submitting a grant proposal to NIAAA related to Hazardous Drinking Intervention. If selected, this will be one of only a few studies in the U.S. that has used student health providers as an intervention for hazardous drinking.

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RA's conduct regular community rounds and environmental health and safety inspections and report alcohol and other drug violations to Area Coordinators. Area Coordinators meet one-on-one with students who are suspected of behaviors of underaged drinking, binge drinking, illegal use of drugs, etc. These students are then referred to either the Counseling Center or the A&OD Office.

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From May 2002 to present, the A&OD Programming Office conducted:

- **294 two-hour alcohol and other drug assessments** to determine risk of abuse or dependence for mandated and self-referred students;
  - **389 hours of individual counseling sessions;**
  - **53 family, faculty and staff consultations;**
  - **bi-weekly 6-hr ADAPT (Alcohol and Drug Awareness and Prevention Training) class for 875 mandated students from the Office of Student Rights and Responsibilities**
  - **926 students completed 6-hour ADAPT classes (Alcohol, Drug Abuse and Prevention Training).**
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From 2002 to present, REACH Peer Educators conducted:

- **4,849 individual health education sessions (phone/walk-in sessions);**
- **524 health education workshops for 12,540 students;**
- **30 campus-wide health promotion events;**
- **health education workshops to 300 Greek students and 210 athletes;**
- **taught 8 sections of HLP 2701, Peer Education Training, a 3-hr credit course to 245 students;**
- **distributed educational information at tables at the Student Union every Wednesday.**

## Enforcement

The alcohol and drug statistics from the Office of Student Rights and Responsibilities indicate that the number of alcohol cases has decreased, while the number

of drug/controlled substance referrals has increased from 2002-03 to 2003-04:

- Alcohol Cases	(2002-2003): 793	(2003-2004): 658	-17%
- Drug-Related	(2002-2003): 244	(2003-2004): 274	11%

Freshmen and Greek alcohol and drug related cases in Student Conduct have increased, suggesting that strong enforcement promotes early identification of potential high-risk alcohol and other drug users.

- Freshmen	(2002-2003): 206	(2003-2004): 356	42%
- Greek Affiliated	(2002-2003): 20	(2003-2004): 31	35%

KnightWatch was created four years ago, with nearly all law enforcement agencies in the area, as well as MADD and Rollins College, as members. The goal of KnightWatch is the reduction of underage alcohol consumption by point of sales reduction, possession, etc. The efforts of KnightWatch were awarded by MADD last year.

Write fines to sororities and fraternities for not submitting approval forms for socials at least 15 days in advance, and for risk management infractions at events. Make referrals of students and organizations to Student Conduct when required or needed. (These figures are included in the information from OSSR.)

The Department of Housing and Residence Life publishes a *Community Living Guide* that is distributed to all residents and contains policies related to underaged drinking and illegal use of drugs. These policies state that residents are subject to the full extent of university sanctions including housing contract termination and university and/or local law enforcement agency interaction if they are found in possession and/or illegally use controlled substances.

Alcohol Violations (August 03 - July 04):	Campus - 119,	Affiliated Housing - 44
Controlled Substance Violations (August 03 - July 04):	Campus - 46,	Affiliated Housing - 18

## Assessment

Survey results over the past four years have shown that the majority of entering freshmen (55% - 60%) had consumed alcohol in the preceding twelve months.

The A&OD Programming Office, with the assistance of the Office of Operational Excellence and Assessment Support, is currently administering the CORE Survey online, with over **700 students** having already responded. The survey is being paid for by a state mini-grant received through UCF's membership and participation in the statewide FHE:ASAP Coalition (Florida Higher Education: Alliance for Substance Abuse Prevention), with a report expected by the end of the semester. Findings from previous CORE data administered in 2000 and 2002:

- **the average UCF student consumed less and reported less binge drinking than the national average;**
- **UCF showed a slightly higher average on underage drinking in the previous 30 days than the national;**
- **UCF students who had been sanctioned and attended the ADAPT class had higher incidents rates than the overall national average and the UCF totals.**

LINK administered the Student Development Task Lifestyle Assessment to a pilot group of **332 FTIC students** in the Fall 2203. A web-based post-test was administered in Spring 2004, with **146 FTIC students** participating. This survey contains a Salubrious Lifestyle Scale which measures the degree to which one's lifestyle is consistent with or promotes good health and wellness, including consumption of alcohol, tobacco, nutrition, body weight, sleep patterns, exercise and stress management.

As assessment tool has been developed this year to help identify how much the participants typically drink on weekend evenings when not attending alcohol-free programming, such as Late Knights.

## Miscellaneous

As part of the initial recommendations from the Alcohol Task Force formed in 2002, the Alcohol and Other Drug Campus Community Task Force and Coalition meets quarterly. Several subcommittees were recently formed in order to take a more in-depth look at issues such as prevention, education, environmental mental management, intervention, enforcement, etc.

As a mandate of the Drug Free Schools and Campuses Act Biennial Review, the Golden Rule Alcohol and Other Drug policy language is reviewed, revised and distributed annually.

NCAA rules dictate the drug testing of student-athletes and referral to the Alcohol and Other Drug Programming Office. This process was recently reviewed and revised.

Responsible Tailgating, Vending and Advertising subcommittee of the Alcohol and Other Drug Campus Community Task Force and Coalition meets throughout the year.

