

A Alcohol and Other Drugs

THE OHIO STATE UNIVERSITY

Student Affairs Assessment Report

March 2006

Trends, Education, and Prevention Measures

Introduction

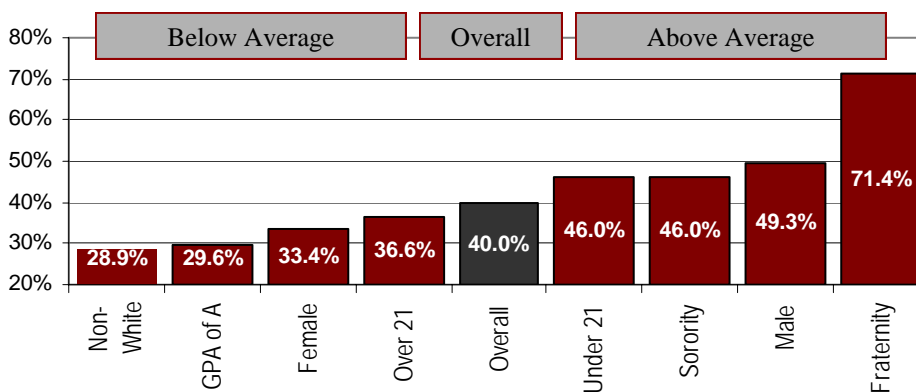
This report consists of two sections. Section I includes information from Ohio State's participation in external surveys. These surveys provide both longitudinal and national comparative data for OSU findings. Section II contains information regarding current programs and program assessment efforts taking place within Student Affairs to reduce drug and alcohol use and associated problems.

Section I : Statistics on Drug and Alcohol Use

OSU participated in two national surveys regarding drug and alcohol use: the 2003 National College Health Assessment (NCHA) and the 2000, 2002, and 2004 CORE Alcohol and Drug Survey (CORE Survey). The NCHA received 562 responses from a sample of 3,000 undergraduate, graduate, and professional students (18.7% response rate). Three administrations of the CORE survey ('00, '02, '04) each sampled 1,000 students and had response rates of 48.4%, 41.9%, and 45.5% for a total of 1,358 responses.

Depending on the measure used, results from both surveys indicate that alcohol use at OSU is either at, or slightly above, the national average. Both surveys define "Binge Drinking" as having five or more alcoholic drinks in one sitting. Based on NCHA data, the following graph indicates that while, overall, 40.0% of students report binge drinking at least once in the last two weeks, this percent varies widely depending on student characteristics.

Percent of Students Who Report Binge Drinking



Student abuse of alcohol and other drugs is an important issue to the University regarding student success and campus safety. This report includes information from several sources to describe students' behavior and opinions regarding alcohol and drug use and information from Student Affairs programs including program assessment information. Patterns of student substance use appear to indicate that these efforts have made a positive impact.

For more detail, please see the Core, NCHA, Late Night, and Greek Life surveys available at:

http://studentaffairs.osu.edu/sa_assessment.asp
and
<http://www.ohiounion.osu.edu/aboutus/assessment.asp>

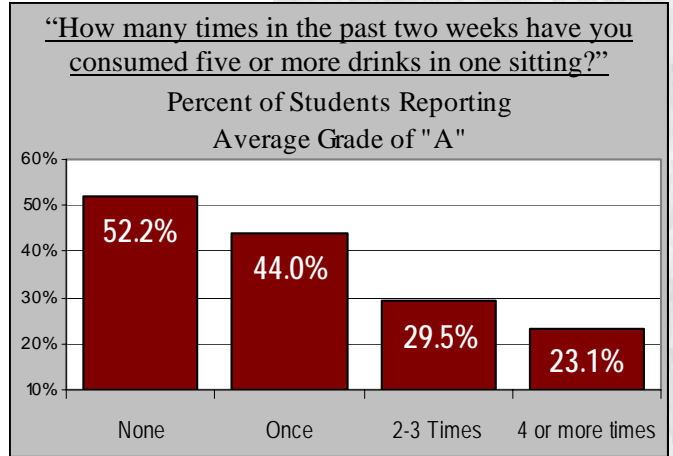
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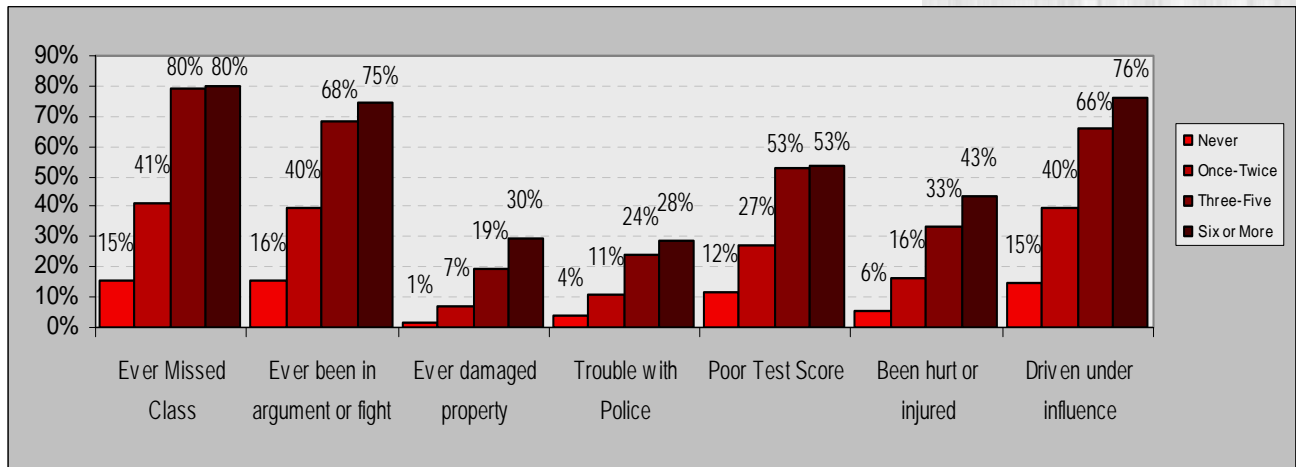
Findings

Impact of Alcohol and Drug Use

Negative outcomes are correlated with alcohol use in both CORE and NCHA data. NCHA data indicate that binge-drinkers reported significantly lower grade point averages. Of students who reported not binge drinking, 52% have an average grade of A, compared to 23% of frequent binge drinkers. CORE data indicate significantly higher incidences of negative experiences among binge drinkers. For instance, 75% of frequent binge drinkers reported having gotten into a fight or argument as a result of drinking, compared to 16% of those who didn't binge drink. Binge drinkers also reported higher rates of being in abusive relationships (NCHA).



How many times in the past two weeks have you consumed five or more drinks in one sitting?



Perceptions and Opinions Regarding Alcohol and Drug Use

Twenty-six percent of students reported they have not used alcohol in the last 30 days. Whether students use alcohol or not, many students acknowledged that alcohol use is disruptive. (See Chart Below).

In which of the following ways does other students' drinking interfere with your life around campus?	Have you used Alcohol in Last 30 Days		
	No	Yes	All
Interrupts studying	37.6%	35.8%	36.2%
Makes you feel unsafe	42.4%	26.4%	29.8%
Messes up your space	35.5%	37.1%	36.7%
Affects your involvement in organized groups	16.8%	6.4%	8.6%
Prevents you from enjoying events	38.9%	17.1%	21.8%
Interferes in other ways	52.2%	37.2%	40.4%

Students perceive that drug and alcohol usage is more common than it is. This information is important for reduction efforts based on **social norming**, in which providing correct information to students regarding their peers' behavior reduces social pressure to participate, some examples of this are as follows:

- While 87% of OSU students think that the typical student uses marijuana, only 15% report usage in the last 30 days.
- While 36% of OSU students think that the typical student drinks alcohol daily, only 0.5% students report drinking that often.

Section II : Student Affairs Programming and Assessment

University Prevention and Education Efforts

In 1997 the Ohio State University initiated a comprehensive alcohol prevention plan. The plan was designed to address campus culture pertaining to student alcohol and other drug use and change the campus environment that contributed to their use. While many campus offices address drug and alcohol issues, this report focuses on departments and organizations within Student Affairs including: The Student Wellness Center (SWC), Recreational Sports, University Housing, Ohio Union Activities Board (OUAB), Greek Life, and Counseling and Consultation Services.

Student Perception of University Policies

In the Spring of 2005, a brief survey was conducted by SWC to investigate alcohol purchase patterns. It provided information indicating that a majority of students believe that the university is concerned, but they do not believe that the policies are enforced.

	Did not use alcohol in last 30 days	Used alcohol in last 30 days	Drinks 15 or more drinks a week
Yes, Policies are enforced.	34.2%	50.7%	45.4%
Yes, The University Is Concerned	54.1%	70.5%	73.6%

The Student Wellness Center

The Student Wellness Center offers programs and services to individuals and groups on campus, disseminates information, and works to develop a healthier and more caring campus. The Student Wellness Center staff are leaders in the statewide college initiative organized by the Ohio's Drug-Free Action Alliance. The following are SWC programs addressing Alcohol and Other Drug (AOD) issues on the OSU campus.

First Year Success Series (FYSS): Since Autumn 2001, the Student Wellness Center has coordinated a series of special lectures, seminars and events as part of the FYSS program. These sessions compliment a one credit hour survey course required of first-year students during the first quarter on the Columbus campus. Workshop titles include: *Reasons for Drinking?*, *Double Dare*, *Women and Alcohol*, *Who's Doing What at OSU?*, *Kickin' Butts*, and *Choices About Alcohol*.

Program goals:

- Increasing student knowledge of health, social, legal, and related consequences of using alcohol and/or drugs.
- Correcting misperceptions of student usage by stressing social norms (see page 2).
- Looking at motivations for alcohol/substance use and educating students on alternative activities and lifestyles.
- Promoting campus- and community-based resources for prevention and assistance.

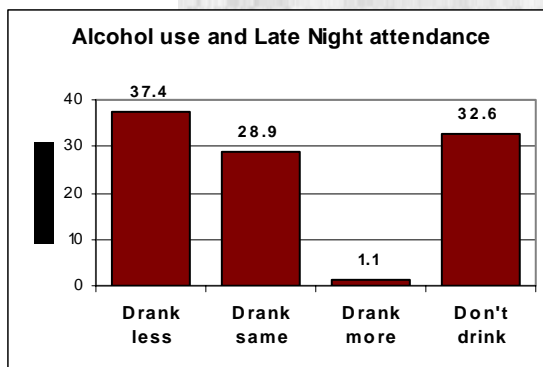
Program Statistics and Assessment:

- The program has grown from 2,000 students (41 sessions) in '01-'02 to 2,800 students (99 sessions) in '04-'05.
- 26 non-FYSS Alcohol and Other Drug Sessions, attracting over 640 students, were held in 2004-2005.
- 80 sessions, reaching an estimated 3,100 students, are scheduled for the Autumn Quarter 2005.
- Student satisfaction ratings indicated that the majority of students found these programs interesting.

BASICS: The Brief Alcohol Screening and Intervention for College Students (BASICS) program is a free program offered to students on a confidential basis. In 2004-2005, 83 students participated in BASICS.

Moonlight Madness- Late Night Programming: Initiated in Autumn 2000 as part of the university's comprehensive prevention plan to address alcohol use, Moonlight Madness offers alcohol-free events and activities.

- An estimated 32,000 people attended 55 events in '04-'05
- Awareness of Late Night and the number of students who attended at least one event has increased yearly.
- 32.6% of all attendees responded that they did not drink alcohol. (see table)
- 85.6% of attendees felt Late Night contributed positively to the OSU environment and 89.9% believed events were a good example of having fun without alcohol.



PREVENTION AND EDUCATION (cont.)

University Housing

Alcohol and Drug Related Policies

- Violation of University Housing policies result in an individual intervention, community intervention, or judicial hearing. Every student documented for a violation meets with a professional or graduate staff member. After three offenses, a meeting is required with the Director of Housing Education, usually resulting in parental notification.
- In the summer of 2002, policies were re-written to include a good Samaritan clause (to protect students who contact emergency services for medical attention) and an "empties" policy (prohibiting empty containers in the possession of minors and reducing alcohol paraphernalia). The CORE survey indicates these changes coincide with a reduction of university housing students agreeing with the question, "Does the campus environment promote alcohol use?"

Alcohol and Drug Related Programs

- Substance-free floors are available within Smith Hall and Morrill Tower; students on these floors interact with the Student Wellness Center to plan substance-free programs on campus.
- All first-year students have a scheduled conversation with their Resident Advisor during winter quarter that includes discussion of drug and alcohol use.
- Educational programming regarding drugs and alcohol, in addition to alternative programming, is provided, with hundreds of programs conducted each year for Housing residents.
- A Wellness Week is conducted each autumn in which distributed information and bulletin boards focus on wellness issues, particularly alcohol use.
- Parents and students are surveyed every summer to assess their expectations regarding alcohol use.

Recreational Sports

In the fall of 2005, the U.S. Department of Education awarded the OSU Student Wellness along with the Department of Recreational Sports a model grant to fund "Healthy Bodies, Healthy Minds. This project will expand the current successful initiatives targeting first year students to sport club and intramural participants at OSU.

Ohio Union Activities Board (OUAB)

The Student Activity Fee enables the Ohio Union Activities Board to host activities for OSU students throughout the school year, including concerts, comedians, and celebrity speakers. OUAB's Late Night Programming, though not a part of the university's comprehensive alcohol prevention plan, hosts events designed to be fun, safe, and alcohol-free. Events include craft fairs, casino nights, movies, and special theme nights. Between September 2002 and September 2005, OUAB sponsored 36 late-night events. Average attendance is about 2,000 students per event.

Greek Life Task Force (GLTF)

Formed in October 2000 to initiate reform within the Greek community, the GLTF surveyed Greek and non-Greek students in '01 and '04. Surveys were designed to assess the status of the Greek community prior to implementing policies and standards set forth by the GLTF, and to re-assess the community following implementation. Both were telephone surveys of a random sample of students. The following are some key findings from the survey.

- The average number of drinks per week reported by Greek students decreased from 9.6 in 2001 to 8.14 in 2004.
- The percentage of non-Greeks strongly agreeing that alcohol was a central part of the social life in the Greek community decreased significantly from 2001 (56.9%) to 2004 (46.7%).
- Binge drinking rates for Greeks (65.1%) remained substantially higher than that of non-Greeks (43.8%)

Greek Life promotes the *CHOICES* (Cultivating Healthy Opportunities In College Environments) program for its members. This program targets students who have not yet developed alcohol related problems, but face a heightened risk. Many chapters have also taken part in some form of alcohol programming to meet their quarterly risk management requirements

Counseling and Consultation Services (CCS)

CCS provides formal assessment, individual and group treatment and prevention/education outreach for students with substance use problems. Assessment during the initial triage appointment, called an intake, determines the appropriate level of care for the problem. Students with problems that can be managed with weekly individual and/or group therapy may use the CCS services which are free and confidential for all students. Those needing partial or full hospitalization are referred to the community for AOD rehab. Occasionally students are referred for a mandated assessment with a report back to the referring authority (e.g. DUI, positive drug screen, Student Judicial). Students pay a fee for this comprehensive, three-session assessment. If they subsequently choose CCS treatment, it is free and confidential.