



University of Washington, Seattle

Biennial Review of Alcohol and Other Drug Programs Academic Years 2022-2023 and 2023-2024

Signature of President Ana Mari Cauce

Date

Summary and Intent of Report

The contents of this report were compiled as a part of the University of Washington's compliance with the Drug Free Schools and Communities Act requiring all institutions of higher education that receive any form of federal financial assistance to adopt and implement regulations to aid in alcohol and other drug education and prevention by students and employees of the University.

This document demonstrates compliance with the legal requirements of conducting the biennial review and serves to summarize all programs and resources related to alcohol and other drug prevention on the University of Washington, Seattle campus.

An announcement of availability of the biennial review will be sent to all University students and employees. A copy of the review will also be made available on the university website and publicly accessible upon request.

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Introduction to Alcohol, Other Drugs, & The University of Washington

The University of Washington is committed to cultivating a campus environment that provides educational opportunities to support individuals in making informed decisions regarding alcohol, drugs, and other substances. We aim to engage our university community in initiatives designed to prevent substance abuse and promote the wellbeing of both students and employees. Educational and prevention programs related to alcohol and other drugs are offered throughout the year and through a variety of formats and platforms.

Alcohol and Other Drug Policy

To help ensure the safety and well-being of employees, students, volunteers, and the general public, the University of Washington is committed to maintaining a campus environment that is free of illegal drugs, and of drugs and alcohol that are used illegally. Accordingly, the University prohibits the consuming of alcoholic beverages on University property, except in accordance with state of Washington liquor license procedures. Under WAC [478-121-115](#), [478-121-127](#), and [478-124-020](#) (2)(f), the University also prohibits the unlawful possession, use, distribution, or manufacture of alcohol or controlled substances that are illegal under federal, state, or local law on University property or during University-sponsored activities. Violation of the University's alcohol and drug prohibitions is cause for disciplinary or other appropriate action.

The table below indicates the type of cases and number of cases reported to UWPD involving alcohol and/or drug misuse.

Offense Reported	On-Campus Property	On-Campus Student Housing	Non-Campus Property	Public Property	Unfounded
Arrests: Drug Abuse Violations	2	0	0	0	0
Disciplinary Referrals: Drug Abuse Violations	76	73	0	0	0
Arrests: Liquor Law Violations	2	2	0	0	0
Disciplinary Referrals: Liquor Law Violations	224	202	0	0	0

Disciplinary Sanctions for Violations of University Alcohol & Other Drug Policy

Employees, students, and volunteers who are found to be in violation of federal, state, or local law prohibiting the use or possession of illegal drugs may be subject to arrest and conviction under the applicable criminal laws of local municipalities, the state of Washington, or the United States. Conviction can result in sanctions including probation, fines, and imprisonment. The University will assist employees, students or volunteers who disclose that they have an alcohol or drug abuse problem by making a referral to treatment and or as described below in [Section 3](#); however those individuals remain responsible for resolving any alcohol or drug abuse problems they may have. Employees and volunteers who violate this policy are subject to disciplinary action, including termination, and referral for prosecution. Employees and volunteers who are convicted of a criminal drug violation in the workplace must notify their supervisor within five calendar days. Students who violate this policy are subject to disciplinary sanctions including: warning and reprimand, disciplinary probation, suspension, or dismissal in accordance with the Student Conduct Code ([Chapter 478-121 WAC](#)).

Statement of Health Risks Associated with Alcohol and or Drug Use/ Abuse

Employees, students, and volunteers should be aware that it can be dangerous to use and abuse alcohol and other drugs. There are health risks associated with alcohol and other drug use. Engaging in the misuse and or abuse of alcohol and other drugs could lead to chemical dependency, can be harmful during pregnancy, and potentially result in death. Many illnesses and deaths have been medically-related to the use and abuse of alcohol and illegal drugs. Individuals that choose to engage in the use of alcohol or other drugs will experience the effects in slightly different ways as related to factors including but not limited to their body size, gender, family history, and tolerance.

This is not a complete listing of all health risks associated with alcohol and other drugs. The National institute on Drug Abuse (NIDA) provides expanded information on alcohol and commonly used and abused drugs. Examples of information provided include drug street names, commercial names, common ways taken, and possible health risks and effects. For additional information of this nature, please visit the NIDA website.

<https://nida.nih.gov/research-topics/commonly-used-drugs-charts>

Education, Intervention, Health Promotion, & Training

Education regarding Alcohol and Other Drugs takes many forms, is done on several different platforms across campus, and is administered throughout the year. Students, faculty, and staff all receive information on policies, expectations, and resources regarding alcohol and other drugs. The following is a summary of the platforms and mechanisms used to distribute, promote and educate our university community.

The University of Washington uses a multi-tiered model of education on a variety of health topics including alcohol and other drugs specifically. Education begins during Advising & Orientation when students receive information helping prepare them for their time at the University of Washington.

First Year Programs Advising & Orientation

Orientation is given to all international, domestic, and transfer undergraduate students online through self-paced modules and videos, followed by a live-attendance two day session via Zoom. Alcohol and Other Drug education throughout Advising & Orientation is conducted collaboratively by the following offices: UW Student Conduct, UW Police, Residential Life, and LiveWell. Throughout this time students receive harm reduction and evidenced-based education on substance use, as well as information on all relevant laws and conduct policies related to alcohol or other drug use.

eCheckup Assessment: All students in Orientation are required to take a confidential, online self-assessment with personalized feedback through an online module called eCheckup. eCheckup has been rated “higher effectiveness” for individual level strategies by CollegeAim which is the Alcohol Intervention Matrix published by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) College Drinking Prevention.¹ eCheckUp helps students:

- Understand individual drinking patterns and accurate peer use patterns
- Learn about individual level of tolerance with alcohol
- Explore your unique family history and how this might impact your use
- Develop personalized strategies to help reduce harm
- Learn about other helpful resources on campus

Peer Health Education: A live presentation is conducted remotely by trained Peer Health Educators from LiveWell, building upon eCheckup, for substance use education. PHEs educate all A&O attendees on harm reduction strategies for alcohol and other substances, some basic physiology of how alcohol works in the body, and teach accurate

¹ CollegeDrinkingPrevention.gov, CollegeAim Individual Level Strategies, Higher Effectiveness rating, Assessed December 5, 2024.

consumption statistics for alcohol and cannabis to reinforce that moderation is the norm. Norms clarification is reviewed and endorsed as an effective intervention by CollegeAim.² This workshop also addresses: how to recognize and intervene in a situation of alcohol poisoning or another substance-related emergency, the WA state Good Samaritan law, and strategies for minimizing risk related to alcohol or other drug use. Topics covered include the risks of mixing sex and substances, the risks of mixing substances, and other resources on-campus that provide a higher level of support related to substance use issues.

Parent Guide: An annual fall correspondence from our Vice President for Student Life engages parents and guardians as collaborators in setting safe and healthy expectations with their college students. An electronic handbook is sent in follow up to all new UW guardians/parents providing information, research- and skill-based strategies for having conversations with students about alcohol and other drugs. This program has also been assessed³ and reviewed by CollegeAim⁴ as an effective strategy in addressing underage college drinking.

Ongoing Education for Students Across Campus (beyond Advising & Orientation):

LiveWell: Center For Advocacy and Health Promotion

LiveWell works collaboratively to deliver effective educational programming and intervention services to students at the University of Washington. Below are some of the educational programming efforts offered.

Healthy Huskies E-Magazine: All registered UW Seattle students are sent an online wellness magazine monthly that features various health topics and educational content. Frequently alcohol and other drug education articles are a part of the magazine content along with links to local UW Campus resources. Students can also search the magazine for past articles by topic. Over the course of the last two years articles on alcohol and other drugs have been sent to all UW students:

- [*Drinking to cope? What to do if alcohol is becoming an issue*](#)
- [*What to know about mixing alcohol with common medications*](#)
- [*Ask the doc: "Can drinking alcohol impair my ability to learn?"*](#)
- [*How binge drinking could be affecting your grades*](#)

² CollegeDrinkingPrevention.gov, CollegeAim Individual Level Strategies, Moderate Effectiveness rating, Assessed December 5, 2024.

³ Turrisi, R., Jaccard, J., Taki, R., Dunnam, H., & Grimes, J. (2001). Examination of the short-term efficacy of a parent intervention to reduce college student drinking tendencies. *Psychology of Addictive Behaviors*, 15(4), 366–372. <https://doi.org/10.1037/0893-164X.15.4.366>

⁴ CollegeDrinkingPrevention.gov, CollegeAim Individual Level Strategies, Moderate Effectiveness rating, Assessed December 5, 2024.

- [Want to quit vaping? How to tell if you're ready](#)
- [Fentanyl is being laced in other drugs—here's how to recognize the signs of overdose](#)
- [Your top safety tips for attending live music events](#)
- [Is vaping occasionally bad for you? What to know about “social smoking”](#)
- [Is dabbing safe? What you need to know about cannabis concentrates](#)
- [A student's journey through addiction and recovery](#)
- [Hangover anxiety is real—learn what causes it and how to avoid it](#)

LiveWell Peer Health Educators (PHEs): PHEs provide workshops, events, and educational campaigns on various wellness topics including alcohol and drug education.

Educational Workshops: Peer Health Educators provide an Alcohol Education workshop, a Naloxone & Fentanyl Test Strip Education workshop, and a Cannabis/Nicotine workshop for student audiences. There is also important substance use related education embedded in other health-related workshops they give related to sex, relationships, stress management and mental health, physical health, and sleep hygiene. These workshops include basic physiology on how the substance works in the body, accurate peer use norms, harm reduction skills, the risks of mixing substances, naloxone and fentanyl test strip distribution information, and other resources on campus for substance use related concerns.

Educational campaigns and events include but are not limited to:

- 1) Safe Spring Break Kits containing information on alcohol risk reduction strategies -available to all students
- 2) Sober programming and alcohol-free wellness events such as “the Great Husky Race” and “LiveWell & UW Planetarium” events promote health, well-being and social connectivity in an alcohol/drug-free environment.
- 3) Awareness campaigns target misperceptions amongst college students related to substance use and debunk substance related myths, while teaching skills for safety and moderation. These campaigns help teach accurate use norms and evidenced-based harm reduction skills. Responding to substance use related emergencies is also a component of these educational campaigns, and directing students to useful resources as needed. Examples include: Naloxone & Fentanyl Test Strip Education, the Most Steer Clear Campaign, the Alcohol & Social Skills Campaign, the Fentanyl One Pill Can Kill DEA Campaign.

Educational Workshop Numbers

	AY 22-23	AY 23-24
Alcohol Education	19	22
Cannabis Education	6	4

Of students who rated the Alcohol Education workshop 90% learned 1-3 new harm reduction skills for alcohol and 97% rated the workshop as “helpful” or “very helpful”. 80% of students who rated the Cannabis Education Workshop rated it as “very helpful”.

Greek Life

As a part of the University of Washington Recognition Agreement, every year Greek Organizations are required to have 80% of their chapter membership attend an educational event on substance use. Currently Greek Chapters schedule their own presentations and with providers of their choosing. Compliance and monitoring of the requirement is done through the UW Office of Fraternity and Sorority Life.

Athletics

All incoming and current student-athletes must complete alcohol awareness and abuse prevention training each academic year. Training is provided three times per year via new student-athlete orientation, in LEAP and Life Skills classes. Educational alcohol sessions are also provided to individual teams and tracked by ICA staff. Wellness groups for each team meet monthly to discuss individual student-athlete health and wellness issues. This group includes the ICA Director of Wellness, trainer, doctor, nutritionist and psychologist. Student-athletes are barred from using “Prohibited Drugs” as defined by the NCAA and specifically noted below at any time. The unlawful use of alcohol by student-athletes is prohibited by Washington State Law and the University. In addition, coaches may make specific team rules restricting the lawful use of alcohol or marijuana that apply to each institutional sport program.

UW Residential Life

Housing and Food Services substance use policy can be found on page 17 of the [housing agreement](#). Students sign this stating they will abide by the policies as well as consequences if they fail to adhere to the agreement. Sanctions for violating the policy agreement include educational interventions- both individual and group Alcohol Skills Training Program (ASTP) meetings. Residential Advisors and Community Managers receive training on motivational Interviewing and alcohol and other drug education provided by faculty in the Department of Behavioral Science.

The tables below indicate Housing and Food Services Data as related to AOD sanctions, clery, and violations responsibility for the last two academic years:

Sanctions

Alcohol Skills Training Workshop	101
Individual Alcohol Assessment	7
Individual Marijuana Assessment	20
Marijuana and Other Drugs Workshop	5
Reflection Paper - Marijuana Use	14
Reflection Paper - Alcohol Use	51

Overall Cases Referred for Clery

Alcohol	329
Drug	56

Violations Responsibility

Alcohol in Public	3
Alcohol Knowingly Present	132
Alcohol Storage	24
Alcohol Use/Consumption/Influence	149
Endangerment	20
Illegal Drug Paraphernalia	18
Illegal Drugs	44
Illegal Drugs Knowingly Present	3
Intoxication	4
Alcohol Advertisements	2
Alcohol Common Source	2
Alcohol Container	31

Community Standards and Student Conduct (CSSC): One of the core services of the office of Community Standards and Student Conduct is to investigate and adjudicate violations of the Student Conduct Code, including but not limited to violations related to Alcohol and Other Drugs. Their work strives to promote student accountability through cultivating responsible, ethical behavior of the individual student. Through CSSC’s partnerships with other units and referrals to campus services, students are provided with comprehensive education and assessment related to conduct process outcomes such as educational sanctions.

CSSC AOD Conduct Process Data for the last two academic years:

Students Referred to AOD Assessments (from a conduct investigation)	11
Registered Student Organizations found responsible for alcohol violations under the Student Conduct Code	2

CSSC also offers a campus workshop titled “Breaking the Bottle: A Sobering Look at Alcohol and Hazing”. In this program, participants learn about the relationship between hazing and alcohol and engage in conversation about unconscious hazing and its role in alcohol use among new members. <https://www.washington.edu/hazingprevention/campus-programming/>

Intervention Services

Intervention services for students are offered across campus and in a variety of settings. The services include:

Alcohol Skills Training Program (ASTP) The Alcohol Skills Training Program (ASTP) is another intervention with “higher effectiveness” in CollegeAIM. The providers of ASTP are the Alcohol and Drug Education Coordinators (ADECs), two clinical psychology doctoral students funded in a two-year position and currently supervised by the Department of Psychology and funded by Student Life–Housing and Food Services. The ASTP is provided to all first-time violators of the campus substance use policies by the person in the ADEC position.

Interventions for cannabis: An extension of the ASTP is offered to students following a policy violation for substances other than alcohol. Current Federal law prohibits cannabis

use despite changes in state law related to Initiative 502 (I-502) on December 6, 2012 (which permits possession and use of up to one ounce of usable marijuana for people over the age of 21) – on the UW campus, use and possession of marijuana remains illegal. The Cannabis and Other Drug workshop is modeled after the ASTP, and uses motivational enhancement strategies in the delivery of information about marijuana, hallucinogens, alcohol, drug interactions, and any other substances participants have questions about (consistent with efforts to meet participants “where they are”). The program seeks to elicit personally relevant reasons for change, and discusses strategies for making changes when relevant or of interest to participants. All students who complete the workshop also complete a post-intervention questionnaire (also used in longitudinal research with college students) to assess effects on contemplation and intent to change.

Electronic CHECKUP TO GO: for both Alcohol & Cannabis: Free and available to all students, the eCHECKUP program was developed at San Diego State University, and is another intervention we offer with a “high effectiveness” rating in CollegeAIM⁵. eCHECKUP TO GO provides quick, confidential feedback with regard to both their alcohol use and/or cannabis use. This assessment tool allows a student to complete a personal “check-up” on multiple occasions to track changes in use and risk behavior. Echeckup To Go is sent to all new students during registration and can be accessed anytime by students online through [LiveWell](#).

Alcohol eCheckup Numbers

AY 22-23	AY 23-24
8512	6796

Cannabis eCheckup Numbers (Launched in Spring Quarter 2022)

AY 22-23	AY 23-24
137	83

LiveWell Assessment: LiveWell: Center for Student Advocacy and Health Promotion has an Alcohol and Other Drug Program that offers free individual consultation meetings for students wanting to learn more about their individual use, those mandated by Community Standards and Student Conduct, as well as students referred by community partners. Students seeking LiveWell services complete a pre-meeting assessment that includes the Audit-C. Students who score accordingly have a brief motivational

⁵ CollegeDrinkingPrevention.gov, CollegeAim Individual Level Strategies, Higher Effectiveness rating, Assessed December 5, 2024

intervention with regard to their alcohol and other drug use and receive additional opportunities for follow-up and care. All Students engage in skills training and goal setting in their individual meetings and have one on one time with a trained professional who utilizes an evidence based approach and intervention tools as reviewed by College Aim⁶ including but not limited to Brief Alcohol Screening and Intervention for College Students (BASICS).

LiveWell Peer Health Educator Peer Wellness Coaching (PWC): Peer Wellness Coaching is a FREE service offered by our Peer Health Educators for students at the UW-Seattle campus. A selected few of the most experienced Peer Health Educators go through additional and in-depth training and supervision to be able to serve as Peer Wellness Coaches. PWC is a great option for students who are looking to strengthen and enhance their personal well-being, solve problems effectively, and work toward intentional change in their lives and self. Topics of discussion include alcohol use and social norms clarification. Peer Wellness Coaches are trained in evidence-supported models of motivational interviewing and relational support. They use a strengths-based, multi-culturally aware lens in supporting students during coaching appointments.

As of Autumn 2024, there is a partnership between CSSC and LiveWell to offer Peer Wellness Coaching as a voluntary educational sanction to students who are going through the conduct process for minor violations. By offering Peer Wellness Coaching as an educational sanction, we are allowing students the opportunity to learn new skills and gain knowledge that can positively impact their development and choices moving forward.

Counseling Center: The Counseling Center provides confidential personal counseling to UW students for issues such as stress, anxiety, depression, and relationship problems. Within the Counseling Center staff there are five Brief Alcohol Screening and Intervention for College Students (BASICS) trained counselors available to support students. <https://wellbeing.uw.edu/unit/counseling-center/>

Referrals for treatment: When assessment or treatment services are indicated, referrals can be received from Husky Health Center. Husky Health Center offers assessments and referral for alcohol and other drug-related problems. Additionally, substance use evaluations are available through the Psychological Services and Training Center. For details, please call 206-543-6511.

LiveWell can also assist in connecting students to off-campus alcohol and other drug related support services.

⁶ CollegeDrinkingPrevention.gov, CollegeAim Individual Level Strategies, Higher Effectiveness rating, Assessed December 5, 2024

Additional Resources and Assistance

The University recognizes that alcohol and drug use, alcoholism, and drug abuse are treatable illnesses, and encourages employees, students, and volunteers who may have alcohol or drug abuse problems to seek treatment for them. Any employee afflicted by alcoholism or drug dependency will have the same options as those with other illnesses do to participate in prescribed treatment programs, including the use of paid leave, if available, and unpaid leave.

Employees and students with health insurance should consult their health insurance plan to determine the treatment program coverage that may be available to them.

The following resources may be available to University employees, students, and volunteers that may be interested in alcohol and other drug support services:

Washington Recovery Helpline: University employees, students, and volunteers may call the Washington Recovery HelpLine, which provides 24-hour help for substance abuse and related problems. The [Washington Recovery Help Line](#) website contains information about and links to recovery resources. Also available online is a Directory of Certified Chemical Dependency Services in Washington State, published by the state Department of Social and Health Services.

Alcohol & Drug Recovery Helpline: 206-722-3700, 1-800-562-1240 (in Washington State only)

Washington State Employee Assistance Program: [Washington State Employee Assistance Program \(WA EAP\)](#) provides employee assistance services for benefits-eligible employees, their dependents, and their family or household members in any location nationwide. WA EAP can assist employees with:

- Confidential counseling;
- Legal and financial services; and
- Critical incident assistance and debriefing.

Alcoholics Anonymous: Several campus chapters meet weekly and are open to all University employees and students. Strict confidentiality is maintained. 206-587-2838

Addictions, Drug, and Alcohol Institute: The [Addictions, Drug, and Alcohol Institute](#) (ADAI) provides general information on research in the areas of alcoholism and drug abuse, and available community resources. The ADAI Clearinghouse provides free

materials about drug and alcohol prevention to individuals, parents, and community groups in Washington State.

Human Resources and Academic Human Resources Consultants

Human Resources Consultants are available to provide general information on University and other resources to help address alcohol and drug abuse problems, and to assist employees and supervisors to address and resolve job performance or workplace behavior problems. Academic Human Resources is available to provide assistance regarding alcohol and drug abuse problems involving academic personnel.

Conclusion

The University of Washington provides an extensive array of resources and support regarding alcohol and drug education, prevention, and policy enforcement. A key strength of our educational and prevention initiatives is the ongoing development of annual programming. By initiating these efforts during Orientation and First Year Programs, we establish a solid foundation for students, informing them about the available resources and interventions for support. Additionally, the University emphasizes the importance of fostering collaborative relationships and innovation among campus partners to promote a cohesive message concerning UW policies, education, and resources.

Recommendations:

- Maximize institution wide communication strategies to address and educate our community on the scope and impacts of alcohol and other drug use, misuse, and abuse.
- Continue to expand collaborative campus partner prevention programming efforts to decrease the percentage of students who engage in risky and harmful consumption of alcohol and other drugs.
- Develop and implement ongoing strategies to continuously evaluate program effectiveness throughout the year.

Report Contributors

The 2022-2024 Drug Free Schools and Communities Act Biennial Review was prepared by LiveWell: Center for Advocacy and Health Promotion in conjunction with University of Washington, Seattle Campus partners.