

## UMKC DRUG AND ALCOHOL PREVENTION PROGRAM

Pursuant to the Drug-Free Schools and Communities Act Amendments of 1989, the University of Missouri is required to establish a drug-and-alcohol-prevention program for its students and employees. The University of Missouri program includes education and information about the dangers of drugs and alcohol abuse in the workplace and within the campus community; programs that address unlawful controlled substance and alcohol use and high-risk use, including personnel actions that may result from such violations; self-referrals, as well as supervisory referrals, to drug and alcohol counseling and rehabilitation programs available through the Employee Assistance Program, the UMKC Counseling Services, and/or community agencies.

**Standards of Conduct.** University of Missouri regulations prohibit the unlawful manufacture, distribution, dispensation, possession or use of alcohol and illicit drugs on University-owned or -controlled property and at University-sponsored or -supervised activities.

**Legal Sanctions.** Local, state and federal laws also prohibit the unlawful manufacture, distribution, dispensation, possession or use of alcohol and illicit drugs. Criminal penalties for violation of such laws range from fines up to \$20,000 to imprisonment for terms up to life.

**Health Risks.** Specific serious health risks are associated with the use of illicit drugs and alcohol. Some of the major risks are listed below.

- *Alcohol and other depressants (barbiturates, sedatives, and tranquilizers):* Addiction; accidents as a result of impaired ability and judgment; overdose when used with other depressants; damage to a developing fetus; heart and liver damage.
- *Marijuana:* Addiction; panic reaction; impaired short-term memory; increased risk of lung cancer and emphysema, particularly in cigarette smokers, impairment of driving ability.
- *Cocaine:* Addiction; heart attack, seizures, lung damage; severe depression, paranoia, psychosis. Similar risks are associated with other stimulants such as speed and uppers.
- *Hallucinogens (acid, LSD, PCP, MDMA, etc.):* Unpredictable behavior, emotional instability, and violent behavior, organic brain damage in heavy users, convulsions, and coma.
- *Narcotics (heroin, Demerol, Morphine, Codeine, etc.):* Addiction, accidental overdose, risk of hepatitis and AIDS from contaminated needles.
- *Inhalants (gas, aerosols, glue, nitrites, etc.):* Loss of consciousness, suffocation, damage to the brain and central nervous system, sudden death, nausea and vomiting, nosebleeds and impaired judgment.

**Resources.** A variety of resources exist for drug or alcohol counseling, treatment, or rehabilitation programs. UMKC participates in [Partners in Prevention](#), Missouri's higher education substance abuse consortium, and provides prevention resources to the UMKC community through the [UMKC Counseling Services](#) and Student Health and Wellness health promotion services. For referrals, students and employees may contact the Counseling Center at 816-235-1635. Such referrals are confidential. Employees may also utilize the [Employee Assistance Program](#).

**University Discipline.** Violation of these University of Missouri regulations can result in disciplinary action up to and including expulsion for students and termination for employees.

## **UMKC Alcohol & Drug Abuse Prevention Program Programming & Services**

### **I. Program Mission**

To serve the university community in promoting healthy behaviors, with regards to use of substances, which are congruent with academic and personal goals.

Through use of evidenced-based practices in prevention and intervention, the Program will:

1. Ensure that UMKC students and staff are informed/educated with accurate information concerning alcohol and drugs.
2. Increase awareness of risks associated with alcohol misuse and drug abuse through media campaigns, special events, and presentations to classrooms and organizations.
3. Dispel myths of social and cultural extreme use of alcohol and other drugs through distribution of research data reflecting use on the UMKC campus, on Missouri state campuses, and national campus use.
4. Identify students at risk for misuse and abuse of alcohol for early intervention using the BASICS model (Brief Alcohol Screening and Intervention for College Students).
5. Ensure that UMKC policies concerning alcohol and drugs are (a) congruent with the latest prevention research for substance use on college campuses and are (b) consistent across the various campus departments.
6. Support judicial and legal enforcement efforts on campus and in the local community (underage drinking, campus judicial violations, drinking and driving).
7. Address environmental contributors to excessive use of alcohol.

### **II. Goals/Objectives**

Goal 1 – Assist students in making responsible decisions and choices around alcohol and/or drug use.

- Objective 1 – Reduce risks and harm associated with use of alcohol and/or drugs
- Objective 2 – Reduce underage use of alcohol
- Objective 3 – Reduce use of illegal and prescription drug abuse on campus
- Objective 4 – Help students resolve discrepancies between their behaviors and their values/beliefs/goals

Goal 2 – Assist students in strengthening personal coping mechanisms and developing healthy life skills.

- Objective 1 – Increase students' repertoire of healthy stress management practices
- Objective 2 – Increase students' repertoire of social and relational skills
- Objective 3 – Reduce patterns of addiction connected with use of substances

Goal 3 – Guide the university community in assessing concerns around substance use, implementing actions to address those concerns, and in evaluating outcomes.

- Objective 1 – Maintain collaborative working relationships with departments across campus
- Objective 2 – Facilitate the campus/community coalition in overseeing the alcohol and drug program at UMKC and in assessing policies and making recommendations to UMKC administrators
- Objective 3 – Provide resources and consultation to university faculty, staff, and administrators

### **III. Program Outcomes**

- A. Intended student learning outcomes (cognitive abilities): students receiving education/accurate information on short and long-term effects of alcohol use and risks; education on personalized BAC and increasing protective behaviors; clarification of social norms for our campus and understanding influences of perceived and actual group behaviors
- B. Intended student development outcomes (affective abilities): students experiencing clarification of their own motivations for alcohol or drug use and processing any dissonance between their values/beliefs/goals and behaviors; and personal resolution of any negative consequences with risk/benefit analysis; students developing skills in personal management of stress, healthy social relationships, and personal self care
- C. Intended faculty development outcomes: availability for consultation, trainings/workshops, provision of materials/resources as needed
- D. Intended staff development outcomes: availability for consultation, trainings/workshops, provision of materials/resources as needed

### **IV. Program Components:**

#### **A. Prevention (education & increased awareness)**

- a. Educational materials, activities, events, and presentations
- b. Strategies to correct distorted images of college-experience drinking behaviors that affect perceptions and peer-influenced social behaviors involving drinking and drug use
- c. Consultations with individuals and groups of students using motivational interviewing to engage participants in a personal evaluation of one's relationship with alcohol and/or drugs

#### **B. Intervention**

- a. Meeting with students who have violated campus policies related to alcohol and/or drugs
- b. Clinical work with students, referred by concerned staff or friends, whose academic and/or personal life is suffering due to problems with substance use
- c. Clinical work with students, who are self-referred, to get assistance with reducing or eliminating substance use in their life
- d. Referral to community services for students whose substance use has reached a serious level of addiction and/or dependence
- e. Follow-up with students who have been referred for community services

#### **C. Recovery**

- a. Support of student organization, RooCovery, serving students who are active in recovery from dependence and addiction with weekly support meetings, students who are contemplating a recovery lifestyle, and students who are allies for students in recovery and participate in activities that support a sober lifestyle
- b. Referrals of students to RooCovery meetings and peer helpers

### **V. Assessment & Evaluation**

- A. MACHB (Missouri Assessment of College Health Behavior) Survey
- B. Program evaluations
- C. Twice yearly Counseling Services satisfaction survey
- D. Annual assessment/evaluation by UMKC's Coalition for Student Health, Safety, and Wellness

## VI. Collaborations and Strategic Planning

- A. Partners in Prevention – Missouri’s higher education substance abuse consortium, includes 21 universities and colleges across Missouri that focus on lowering college student underage and high-risk drinking and other health behaviors with negative consequences.
- B. UMKC Coalition for Student Health, Safety, and Wellness – The Campus Coalition for Student Health, Safety, and Wellness includes representation from Student Health and Wellness, Counseling Services, UMKC Intercollegiate Athletics, Office of Student Involvement, Women’s Center, Residential Life, UMKC Police Department, School of Pharmacy, School of Nursing, School of Medicine, Office of Services for Students with Disabilities, International Student Affairs, and Faculty. Other Offices and student representatives also attend *ad hoc*.
- C. Outreach Committee – Counseling Services, Health & Wellness, Health Educator, Counseling Outreach Coordinator, Alcohol & Drug Prevention Program Coordinator, Disability Services Coordinator.

## VII. University Policies

- UMKC Student Handbook: <http://info.umkc.edu/saem/students/student-handbook/>
- UM Student Standard of Conduct: [http://www.umsystem.edu/ums/rules/collected\\_rules/programs/ch200/200.010\\_standard\\_of\\_conduct](http://www.umsystem.edu/ums/rules/collected_rules/programs/ch200/200.010_standard_of_conduct)
- UM Parental Notification Policy: [http://www.umsystem.edu/ums/rules/collected\\_rules/information/ch180/180.025\\_parental\\_notification\\_of\\_alcohol\\_controlled\\_substances\\_violations](http://www.umsystem.edu/ums/rules/collected_rules/information/ch180/180.025_parental_notification_of_alcohol_controlled_substances_violations)
- UM Human Resources Policy Manual: <http://www.umsystem.edu/ums/rules/hrm/hr500/hr508>

## VIII. University Resources

- UMKC Counseling Services: <http://www.umkc.edu/counselingcenter/alcohol-substance-abuse-prevention.asp>
- UM Employee Assistance Program: <http://info.umkc.edu/hr/employee-relations/employee-assistance-program-eap/>