

University of Missouri – Kansas City
2013-2014 BIENNIAL ALCOHOL/DRUG REVIEW



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UMKC Drug and Alcohol Prevention Program

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

Legal Sanctions Local, state and federal laws also prohibit the unlawful possession, use, distribution and sale 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 or uppers.
- **Hallucinogens (acid, LSD, PCP, MDMA, etc.)** Unpredictable behavior, emotional instability, 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.

Prevention Programming Annual strategic plans for prevention include outreach to students through educational materials, presentations at campus fairs and in classrooms and for departments, social norming campaigns, motivational approaches in individual and group settings and inclusion of research-based effective interventions. Students referred for campus violations participate in two or more consultation sessions at the Counseling, Health, and Testing Center.

Resources A variety of resources exist for drug and alcohol counseling, treatment and rehabilitation programs. For detailed information concerning these resources available from the University and community agencies, students can contact the University Counseling, Health and Testing Center at 816-235-1635, and employees can contact the Department of Human Resources at 816-235-1621. Such referrals will be confidential.

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

Campus and Community Coalition

A campus and community coalition exists and meets quarterly and it has regularly reviewed and made recommendations as to the direction the campus and community should take in order to most effectively deal with the misuse and abuse of alcohol. This task force is composed of representatives from Student Life, Greek Life, Residential Life, Counseling, Multicultural Student Affairs, Student Health Services, Athletics, and University Police. This Coalition has developed a strategic plan that includes goals, objectives, action steps, and outcomes, which is included in this Biennial Review.

Contributors to this Biennial Review include:

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Annual Drug & Alcohol Programming Interventions

Partners in Prevention: A Coalition of Public Institutions of Higher Education in Missouri

UMKC is a member of the stateside coalition called Partners in Prevention (PIP) composed of 21 institutions of higher education in Missouri and relevant state agencies (the Missouri Division of Alcohol and Other Drug Abuse, Missouri Division of Alcohol and Tobacco Control and the Missouri Department of Transportation's Highway Safety Division). The purpose of PIP is to collaboratively develop strategies for reducing and preventing high-risk drinking among Missouri's college students. The coalition encourages and nurtures collaboration among the colleges and state agencies and creates partnerships that will result in systemic change in the environment. PIP provides a communication network and on-going training opportunities through monthly meeting/in-services, a state conference, a drive-in workshop, a quarterly newsletter and web resources. PIP provides valuable resources for prevention programming in materials, technical assistance, research, and support.

BASICS (Brief Alcohol Screening & Intervention for College Students)

BASICS is an evidenced-based brief intervention that is effective in helping college students reduce the risks involved with drinking and move along the change continuum toward healthier behaviors both personally and socially. It creates space for a student to reflect on his or her relationship with alcohol by using motivational approaches of balancing values, goals, and beliefs with behaviors. It uses a combination of education, clarification of social norms, clarification of values with reflection on behavior, and motivational questions and statements to walk a student through the process to come to their own conclusions and decision about changes they may make to increase their protective behaviors and to be empowered to make responsible choices for themselves and others. The BASICS program is coordinated by Dale Voigt-Catlin, LCSW. Services are provided by a clinical social worker, doctoral interns, and a social work practicum student.

BASICS is conducted as a two session consultation. The first session is a comprehensive assessment which involves a 1 – 1 ½ hour interview followed by completion of a questionnaire packet. The BASICS consultant organizes a written reflection of the conversation and questionnaire answers into a feedback report. The second session is a 1 – 1 ½ hour feedback session, which occurs 1-2 weeks after the assessment session. It involves reviewing the report together and discussing reactions, reflections, and realizations. The consultant works to elicit statements from the student that reflect the change process and new goals.

Referrals for this service come primarily from Residential Life and Student Conduct as judicial policy violations and involve a \$50 fee for alcohol consultations. Additionally, referrals are received from Athletics, Fraternity and Sorority organizations, and Academic Unit Study Abroad/Travel Field Trips for violations including positive drug testing, breach of organization codes of conduct, and alcohol/drug policy violation which studying abroad on official school trips. Referrals for drug violations use the same process and involve a \$75 fee. Additionally, this service is available at no fee for anyone who is interested in a consultation regarding their

alcohol or drug use. Brochures are available around campus as well as this free service being described on the university Counseling Center's webpage.

Comprehensive Yearlong Programming

Our campus takes a comprehensive approach to prevention and intervention using competency-based programming and activities which are guided by a campus coalition. The coalition creates and monitors the strategic plan. We conduct annual behavioral health research to understand our campus' behavioral and attitudinal data in order to set appropriate goals and monitor trends and progress in our goals. We use a combination of educational approaches, social norms approach, motivational approach, policy review, environmental management, and enforcement for a multi-faceted approach. Prevention efforts are held through various mediums including in the classroom, major campus events, in the dorms, in Greek houses, at sporting events, in the MindBody Connection, through social media including FaceBook/Twitter/blogs, through postings in the campus newspapers and online bulletins for both staff and students. Coordination occurs with various departments and schools across campus. We attempt to include diversity into our programming and try to be inclusive of our various graduate and professional programs. A summary of programming is provided as Appendix A.

MindBody Connection

The MindBody Connection serves as a drop-in center and resource center for students. It is our "front porch" access with students and invites them in to relax and reduce their stress. All the while, we are able to provide them with support and activities to help them build a balanced lifestyle, promoting responsibility for self-care, and providing resources and referrals for identified areas of concern. The MBC also serves as a resource for students, faculty, and staff on a large variety of wellness issues ranging from alcohol and other drugs to nutrition, fitness, stress, sleep, sexual health, eating disorders, gambling, self-esteem, relationships, etc. This center provides a holistic framework for health which includes behavioral health and personal growth and wellbeing.

Summer Freshman Orientation

Starting in April each year and working through July, staff from the UMKC Counseling Center and the Student Health and Wellness center staffed an educational booth on student safety, wellness, and resources on campus for student well-being. The brochure "What every parent needs to know...information about alcohol and other college health issues" was shared with every parent along with a flyer on "What Can Parents Do To Best Support A Child's College Experience". New students were given brochures on "What Every College Student Needs to Know" and "What's Your Degree Worth? Maybe not as much if you have been convicted of an alcohol or drug-related crime in Missouri". Staff visited with parents and students about safety and personal responsibility and campus resources to help as needed. Each year around 1,200-1,400 new students attend.

Educational Brochures

Brochures on a variety of health, well-being, and safety topics are distributed around campus in key classroom buildings, the athletic department, dorms, and student health-related centers. They are also available at campus events and various requested presentations.

Alcohol Awareness Events and Screenings

We are using more social media to promote alcohol awareness using education and social norms messaging to reach more students. Screenings for alcohol are available in our MindBody Connection as well as special promotion times in the fall and the spring semesters. We also provide information to other groups on campus who are hosting various events to include in their programming.

Saturation Patrols

In conjunction with the UMKC Police Department we implemented saturation patrols during key weekends to decrease the likelihood of drunk driving.

Suicide Prevention

Our campus has worked on suicide prevention efforts over the past two years by promoting the AskListenRefer online training to staff and students. We have succeed in getting all Student Affairs staff trained in AskListenRefer. We have promoted this effort at our annual academic year kick-off with interactive tabling and giveaways of "I'm Not Afraid to Ask" t-shirts. Staff have also developed a follow up experiential training that has been delivered to groups on campus interested in honing their intervention skills. Staff also received the Question/Persuade/Refer training and have integrated that into the experiential follow up training. Each year the new Residential Assistants are also trained in suicide prevention and recognizing mental health concerns and making referrals for assistance.

Fraternity and Sorority Life

The University of Missouri Kansas City has sixteen Fraternities and Sororities. They each follow their national charters with regards to regulations around substance use and safety, as well as create and participate in organization and campus-wide events. The Intrafraternity Council voted and implemented a Risk Management chairperson to continue to create more activities in this area. Fraternity and sorority life also assists with Booze Free Bash and Safe Spring Break, which are annual events.

Residential Life

Residential Life educates all residential students at the beginning of each year on policies and practices around safety and prohibition of alcohol and drugs and paraphernalia. Res Life hosts the annual Booze Free Bash each spring and has had high attendance and participation. It provides a typical party with food and dancing without alcohol and educates on the risks of drinking and what to be careful about at a party. Through Bulletin Board displays, Res Life has addressed the issues of safe sex, alcohol awareness, Spring Break tips, and precautions to take away on spring break. Residential Life staff participate in the major prevention events each year of Drive Safe Drive Smart, Alcohol Awareness, and Safe Spring Break.

University Police

The UMKC campus police have an assigned Crime Prevention officer who is an active member of the statewide Partners in Prevention coalition, representing the enforcement piece of prevention and intervention. He provides programming to student groups as well as participates in special events such as Drive Safe Drive Smart and Safe Spring Break.

Athletics

The Athletics Department holds a special Orientation for all of its new and returning student athletes each Fall with information on alcohol safety and responsibility included as part of the orientation. Programming on alcohol and substance use is also presented to freshman through our Life Skills class. Relevant information is presented in the form of a pamphlet for the student-athletes. Alcohol and substance use is also discussed with each team as it pertains to their athletic health. In addition, information on substance use and safety is in our student-athlete handbook (<http://www.umkckangaroos.com/pdf9/2992338.pdf>).

Student athletes are referred to the counseling center for individual substance use consultations (BASICS) when the coach, training staff, and senior administration determine a referral to be in need.

The Athletics Department has just completed its second year of a three-year Choices Grant. A major focus has been implementing alternative experiences for UMKC students, rather than drinking, known as Blue and Gold Games. There were 10 games throughout the year, which students were encouraged to attend. These games included many give-away items, and tailgates (free food). The message was about finding alternative sources of entertainment while engaging with the campus. These games will continue in 2014, with the opening game on August 24. There will be a two hour tailgate with free food and entertainment. Grant monies were also used to develop safe driving key chains that are given away to UMKC students at the games with information provided on alternatives to drinking and driving. Also, information is passed out at the dorms on safe alternatives. The main plan for next year is to continue with the Blue and Gold Games but increase the tailgating. We will now have tailgating before Men's Soccer, Women's Soccer, Volleyball and possibly Women's Basketball. The free food, games and entertainment would be offered to all UMKC students.

Athletic initiatives have included:

- Alcohol and Drug Education in Summer Bridge Programming (Men's and Women's Basketball and Volleyball)
- Alcohol and Drug Education pamphlets distributed to student-athletes at start of year
- Mandatory Nutrition Education for all new student-athletes (freshman and transfers), where alcohol and performance is discussed
- MyPlaybook module completion for all new students (freshman and transfers)
- MyPlaybook access for student-athletes who have been identified as in need
- Drug Free Sport Educational sessions – under contract for four sessions, 2014-2016

- Alcohol and drug use is discussed with each team
- Alcohol and drug use information presented in Student-Athlete Handbook
- Drug Testing occurrences and policy
- Student-athletes referred to the Counseling Center when need identified
- Step-Up Bystander Intervention Training for member of Academic team

Swinney Recreation Center

Our recreation center offers a personalized exercise program for students called PEP. After completing a health history form, certified staff develop an individualized exercise program that helps students meet their goals and complement their interests and current level of fitness. Students receive instruction on proper warm-up and cool-down activities, exercise techniques and selected equipment in the fitness center. A BOD POD Assessment is included in this session. The BOD POD Assessment is a valuable tool for monitoring and tracking fitness and health. Programs can be designed to assist in reduction of body fat, enhance cardiovascular fitness, increase muscle tone, stability, and strength and improve musculoskeletal flexibility.

Swinney Recreation Center offers a wide variety of Group Fitness classes for all levels and interests. Group Fitness classes are excellent ways to improve fitness and health in a relaxed, social atmosphere with fellow Roos. Exercise promotes many aspects of holistic health, beyond physical fitness, for example: stress and anxiety can be conquered in Group Fitness Yoga or Tai Chi classes, aggression and nerves can be worked through in Boot Camp and Group X, and we dare students to try and not smile in one of our great Zumba® classes.

The Recreation Center also spearheads the Roo Wellness: Complete Student Wellness Program (<http://www.umkc.edu/src/roo-wellness.asp>). This online program provides a portal to the many campus and community resources available to assist UMKC students in developing a life that is balanced. The vast majority of Roo Wellness programs and services are completely free to UMKC students. The portal provides students with tips on wellness, resources available on campus and in the community, and a mechanism for students to connect with each other in order to support the campus wellness initiatives and each other.

Massage Therapy is available at Swinney Recreation Center by appointment. Massage therapy has been shown to have profound effects on your physical, mental and emotional well-being. Benefits include stress reduction, chronic muscular tension and insomnia relief, increased circulation and immune function enhancement. Massages are customized to each individuals needs with modalities including Swedish, Active Isolated Stretching (AIS), Esalen, trigger point, deep tissue and sports massage.

Program Review

Strengths/Highlights

- The University is pleased to have implemented an Employee Assistance Program for employees beginning April 1st, 2014. This provides needed services and resources for employees in many areas of personal concerns including alcohol and drug issues.
- UMKC employees enjoy the benefits of the UM System Healthy for Life Wellness Program, resources which promote healthy life practices for the whole wellbeing of an individual.

Challenges

- There have been some grey areas in policy interpretation and enforcement around the approval process for some faculty and staff groups to have alcohol at functions both on and off campus with students present. More recently, there has been trending movement toward fewer approved events with alcohol and closer alignment with University policies. This is an area that we are continuing to work on.

Opportunities

- Before the implementation of the EAP, the University did not have a clear course of action to remediate alcohol or drug issues with employees. Although there have been minimal concerns with employees around alcohol or drug concerns over the past two years with nothing brought to the attention of HR, clarification of disciplinary actions continues to be worked on.
- The Alcohol & Drug Coordinator will have the opportunity to talk with the Deans of each of the Schools and Colleges within the University to present key student survey data and updates on the implementation of the Alcohol & Drug Prevention Program.

UMKC Strategic Plan for Alcohol, Other Drugs, & Wellness Promotion

Vision: "To promote responsible choices and to decrease the rates of high risk alcohol use; illegal and prescription drug use; distracted driving and other potentially harmful behaviors among UMKC students."

Support:

The Alcohol and Other Drug Strategic Plan will obtain the financial support necessary through its partnership with the Missouri Partners in Prevention Program. With the support of the Missouri PIP, UMKC was also able to receive funding from the NCAA to assist the implementation of these goals.

Goals:

Goal I. Reduce heavy drinking among high risk students and decrease non-prescribed prescription drug and marijuana use.

Objectives:

- a) Using Missouri College Health Behavior Survey (MCHBS) data, we will work to reduce the proportion of UMKC students that reported that they engaged in binge drinking in the last two weeks. Using the "drinks in a sitting" definition, 2012 UMKC data shows 28% of respondents reported at least 1 binge episode in the last 2 weeks. 2013 UMKC data shows 27.4 (a .6% decrease from 2012-2013). The objective would be to decrease this to 26% by 2015.
- b) Using MCHBS data, 23.2% of UMKC students reported using marijuana in 2012 and 27.2% reported using marijuana in 2013 (a 4% increase in use from 2012-2013). The objective would be to decrease the percentage of respondents who endorse this behavior to 22% by 2015.
- c) Using MCHBS data, 21.8% of UMKC students reported using non-prescribed prescription medication in 2012, and 13.9% reported using non-prescribed medication in 2013 (a 36% decrease from 2012-2013). The objective would be to decrease the percentage of respondents who endorse this behavior to 12% by 2015.

Strategies:

1. Implement early semester saturation patrol by UMKC Police Department.
2. Develop effective communication strategies to increase student knowledge of campus policies on alcohol and drug use, to promote understanding of consequences of violations and to educate about the academic, health, and legal effects of use. Specific target audiences could include Fraternity/Sorority Life, Athletics, Residence Halls/Campus Apartments, First Year Students.
3. Develop 21st birthday card series modeled after Columbia Universities series.
4. Alcohol screening days during National Collegiate Alcohol Awareness Week.
5. Distribute social norming messages through residential life move-in materials, Union Fest, special event weeks, and with BASICS individual and group consultations.

Goal II. Strengthen responsible choices among group behavior and peer culture to decrease negative consequences of binge drinking and violence. Specifically, increase responsible choices related to alcohol and sexual assault by engaging in bystander intervention training.

Objectives:

- a) Our objective for 2012-2013 had been for 50% of our student athletes and 50% of our identified student leaders to be trained for bystander intervention, with 75% of those students trained by the end of the grant cycle for the CHOICES grant (2015). It was determined that the Green Dot program would not work for the UMKC campus, and a Task Force has been initiated to create a campus-specific by-stander intervention program. We were not successful in launching training for student athletes and student leaders in the 2012-2013 year. We would like to continue this objective for 2013-2015.

Strategies:

1. In collaboration with UMKC Women’s Center, the UMKC Violence Prevention and Response Program, and the UMKC By-Stander Training Task Force, support the development and implementation of a campus-wide by-stander intervention training program.
2. Roo Watch training Program.
3. Create and implement Bartending 101 to engage students in recognizing how much alcohol they are pouring and the legal implications of their house parties.

Goal III. Provide alternate program nights for UMKC students to engage in activities that do not involve alcohol as well as to support those UMKC students who choose not to drink.

Objectives:

- a) A successful outcome will be increasing the number of student-led alcohol-free events by 20%.

Strategies:

1. Comprehensively review current programming and identify those programs that should/could be classified as alternative program nights.
2. Identify and program toward those times that are identified as “high risk.” Examples: Halloween, St. Patrick’s Day, Spring Break, Finals
3. In collaboration with UMKC Athletics, create Blue & Gold games.

Goal IV. Create a collaborative environment within the campus community that actively supports the message of responsible decisions regarding alcohol, tobacco, marijuana and prescription drug use.

Objectives:

- a) Specific outcomes will be considered successful with at least quarterly meetings of the PIP UMKC Alcohol & Drug Advisory Committee.
- b) Establish a Student Wellness Promotion Team from representatives across Student Affairs that meets at least every two months to collaborate on strategies in implementing the strategic plan

Strategies:

1. Review where alcohol policy information is available on the UMKC website.
2. Review campus alcohol policies and procedures and make recommendations where appropriate.
3. Review campus marijuana policies and procedures and make recommendations where appropriate.
4. Create communication plan around Universities approach to alcohol, marijuana and prescription drug use.
5. Provide training as available to coalition members around prevention best practices including law enforcement, administration, prevention professionals, counselors, and Student Affairs staff.

Goal V. Reduce risks associated with dangerous and distracted driving practices and influence current and future healthy driving behaviors. Promote protective driving behaviors.

Objectives:

- a) The objective would be to reduce the number of students reporting that they drive after any consumption of alcohol from 33.1% (2012 data) to 25% over the next 3 years. 2013 data reported 26.9% (a 19% reduction) of UMKC students drove after consuming any alcohol.
- b) The objective would be to reduce the number of students reporting that they sometimes to always text while driving from 48.9% (2012 data) to 30% over the next 3 years. 2013 data reported 38.6% (a 21% reduction) of UMKC students sometimes to always text while driving.

Strategies:

1. Incorporate Partners in Prevention programs as integral components to reduce high risk distracted and dangerous driving, i.e. DriveSafe/DriveSmart.
2. Provide information and training throughout the academic year around concepts of distracted and dangerous driving (i.e. injuries, harm to self or others, death) through use of social media, handout materials, and social norms messages from the MindBody

Connection, Student Health, and Counseling and during Welcome Week at Union Fest and other Welcome Week events.

Goal VI. Reduce level of suicidal thinking and frequency of attempts and completions among students through empowering faculty, staff, and students to intervene effectively.

Objectives:

- a) Objective is to increase the percentage of UMKC students who have heard of the AskListenRefer online training from 22.6% in 2012 to 28% for 2013. We did not reach our goal for 2013 and had a reduction in the percentage of students who report that they have heard of ALR (22.1%). We would like to continue with our objective of 28% for 2014.
- b) The objective was to increase the numbers of students who have completed the ALR on-line training from 610 to 750 completions by July 2013. 701 students had completed the training by the end of July 2013, so we did not meet our objective; but we did increase the numbers by 91 additional students trained. The objective for 2014 is to increase this number to 800.
- c) The objective was to increase the numbers of faculty who have completed the ALR on-line training from 10 to 40 completions by July 2013. 17 faculty had completed the training by July 2013, so we did not meet our objective; but we did increase the numbers by 7 additional faculty trained. The objective for 2014 is to increase this number to 40.

Strategies:

1. Promote AskListenRefer on-line training to UMKC students through awareness events including Union Fest orientation day, Student Success Center Open House during Welcome Week, posting of ALR on BlackBoard, through the MindBody Connection program, and through social media messages using data from MCHBS.
2. Work with the campus LGBTQIA office to promote AskListenRefer with this population and to provide added support. Connect the LGBTQIA office to the Trevor Project resources. Support student leaders participation in the Show Me Pride Summit scheduled for September 14th on the University of Missouri campus, MU Student Center.
3. Promote AskListenRefer to faculty and staff through communications with department chairs, the Provost newsletter, the Counseling Center website, Faculty Convocation Program, and the UMatters faculty and staff e-newsletter.
4. Support the efforts of the By-Stander Training Task Force as they develop and implement a campus specific by-stander training program through consultation and staffing support, integrating suicide prevention into by-stander training.
5. Deliver follow-up in-person training to groups of students or faculty/staff, upon request, to practice intervening in a situation involving potential suicidal risk using QPR and ALR follow-up training.

Goal VII. Reduce reported tobacco use among UMKC students.

Objectives:

- a) The objective is to increase the percentage of students who report that they do not use tobacco products from 54.1% (2013 data) to 58% by 2015.
- b) Another objective is to increase the number of participants who participate in the Smoking Cessation Program at UMKC from 8 to 20 over the next year.

Strategies:

1. The UMKC campus is working towards a smoke-free campus policy to be in place in 2014.
2. Nurse practitioners and campus staff will refer students to the Smoking Cessation Program.
3. Programming and outreach will be implemented through a Great American Smoke-Out event, awareness through social media, and educational materials through the MindBody Connection, Student Health, and Counseling Center.

Goal VIII. Reduce prescription drug abuse and use on non-prescribed medications.

Objectives:

- a) Increase the percentage of students reporting that they feel their friends would disapprove of using prescription drug medication without a doctor's prescription from 72.3% in 2013 to 85% in 2014.
- b) Reduce the percentage of students who report that they have used non-prescribed drugs in the past year from 13.9% in 2013 to 11% in 2014.

Strategies:

1. Conduct a social media campaign around prescription drug misuse, particularly targeting the professional medical school programs.
2. Use social media and displays to educate students in the dorms around the risks of taking non-prescribed medications and the legal consequences of selling one's own medications.
3. Provide educational materials and displays in the MindBody Connection about the dangers of non-medical prescription use.
4. Promote by-stander intervention among friends around use of non-prescribed medications through social media campaigns and educational materials.

Appendix A: Annual Prevention Programming

Prevention Programming: combined approach using education, social norms clarification, motivational approaches, environmental management, policy consistency, enforcement

Key implementation staff include Drug & Alcohol Coordinator, Health Educator, and Law Enforcement Prevention Officer

1. Dissemination of Alcohol and Drug Policies and Programs/Services
 - Summer mailing to new students and parents
 - Discussed in parent/student conversations during Destination Graduation
 - Included in Residential Life orientation sessions and handbook
 - Parents brochures
 - Students brochures

2. Orientations
 - Freshmen and Transfer Students Orientations (presentations and brochures)
 - Union Fest (interactive tabling)
 - Athlete Orientation (presentation)
 - International Student Orientation (interactive tabling)
 - School of Pharmacy Orientation

3. Welcome Week
 - Tabling
 - Residence Halls move-in materials

4. Special Events
 - Ready Campus Safety Event
 - Drive Safe/Drive Smart
 - Alcohol Awareness Week
 - Safe Spring Break
 - Booze Free Bash

5. Special Focus educational tabling
 - Prescription drug abuse
 - Suicide prevention (Ask, Listen, Refer)

6. Other Programming
 - Good Morning Roos giveaways (for commuter students)
 - Campus brochures

- Social media messages (social norms, educational information)
- Wellness Fairs
- Stress Reduction/Management workshops
- Peer educators
- Campus websites (Counseling Center, Student Health, MindBody Connection)
- Faculty brochures for referral to BASICS and Faculty Influence
- Bystander intervention training programmed into presentations (would like to have a comprehensive bystander intervention training program across campus)
- Sorority resource fairs

7. Summer Programs

- Avanzando Scholars
- Pre-Pharmacy summer program for high school students

8. Trainings for Professional Staff

- Resident Assistant training
- Professional residential staff
- Trainings for various departments (Police, OSI, ISAO, Greek Board Retreat, etc)
- Orientation leader training

9. Alcohol and Drug Screenings

- Alcohol and drug screening events
- Online Mental Health Screenings on counseling center website and MindBody Connection computer stations

10. MindBody Connection

- Alcohol and drug information
- Screenings available
- Stress reduction focus

Appendix B: Missouri College Behavioral Health Survey 2014 Results

		PIP 21 n=8994	UMKC n=382
ALCOHOL			
Q44	How old when first started drinking alcohol?		
1	12 or younger	1.7	3.1
2	13-15	12	12.8
3	16	14.3	19.6
4	17	10.8	8.1
5	18	19.2	16.2
6	19	7.8	7.3
7	20	4.7	3.4
8	21	7.4	7.6
9	22	0.5	0
10	23	0.2	0
11	24+	0.4	0.3
88	Never used	18.8	17.8
99	I prefer not to respond	2.3	3.7
Q45	Consumed alcohol in the past year	76.3	78.8
Q46	Do you identify as someone that is sober or in recovery?		
1	Yes	25.1	28
2	No	68	67
0	Prefer not to respond	6.9	5
Q47	Reasons for not drinking (check all that apply)		
1	My friends don't drink	24.2	18.7
2	So I don't have to worry about negative consequences	62	53.3
3	Alcohol costs too much	24	14.7
4	It's hard to access alcohol	5.1	1.3
5	I don't like the taste	27.7	20
6	I don't like how it feels	14.5	14.7
7	Too many personal responsibilities	53.2	40
8	Too many academic responsibilities	53.4	42.7
9	Personal beliefs/values	38.2	64
10	I don't want to do something I later regret	52.2	46.7
11	To be the designated driver	13	14.7
12	Because drinking is against the law/policy	46.4	33.3
13	I have a personal or family history with alcohol	23	16
14	I have health concerns or a current medical condition	9.7	5.3
15	Religious/Moral	43.3	42.7
16	Other (please specify)	4.4	5.3
17	I prefer not to respond	1.3	4

Q48 Specific Number of Days (in Past Month) Drank Available			
C_Q48 30 day drink rate Ranges (All Students)			
0	I did not drink in the past 30 Days	29.2	27.4
1	1-2 days	20.4	23.8
2	3-5 days	22.5	21.5
3	6-9 days	11.5	9.8
4	10-20 days	14.6	15.6
5	21-30 days	1.9	2
Q49 Specific Number of Days (in Past Two Weeks) Drank Available			
C_Q49 2 Week Drink Rate Ranges (All Students)			
0	I did not drink in the past 2 weeks	33.5	32.3
1	1-2 days	36.7	40.6
2	3-5 days	21.2	19.1
3	6-8 days	5	4.5
4	9-11 days	2	2.1
5	12-14 days	1.5	1.4
Q50 Specific Nights Students Typically Drink Available			
Q50 Specific Number of Drinks Per Night Students Typically Drink Available			
C Number of Drinks Consumed per Typical Week & Average Number of Drinks Available			
Quick Look at Alcohol Numbers--All Students			
C_Q51	Binge Drinkers--Two Hour Definition	26.9	20.3
C_Q52	Binge Drinkers--One Sitting Definition	28.3	23
C_Q53	Past 30 Days Binge Drinkers	31.8	26.8
Quick Look at Alcohol Numbers--Drinkers			
C_Q51	Binge Drinkers--Two Hour Definition	35	25.4
C_Q52	Binge Drinkers--One Sitting Definition	36.8	28.8
C_Q53	Past 30 Days Binge Drinkers	42.1	34.1
Q51 Over the past two weeks, how many times have you had 5+ drinks in a 2-Hour period? (Drinkers)			
1	0 times	65	74.6
2	1 time	15.1	12.9
3	2 times	9.2	7.1
4	3 times	3.7	2.4
5	4 times	2.9	1.4
6	5 times	1.4	1.4
7	6 times	0.9	0
8	7 times	0.3	0
9	8 times	0.2	0
10	9 times	0	0
11	10 times	0.1	0

12	More than 10 times	0.4	0
99	I prefer not to respond	0.9	0.3
Q52	Over the past two weeks, how many times have you had 5+ drinks in at a sitting? (Drinkers)		
1	0 times	63.2	71.2
2	1 time	15	10.5
3	2 times	8.8	7.8
4	3 times	4.4	3.7
5	4 times	3.1	3.7
6	5 times	1.9	1
7	6 times	1.1	0
8	7 times	0.4	0
9	8 times	0.5	0.7
10	9 times	0.2	0.3
11	10 times	0.1	0
12	More than 10 times	0.3	0
99	I prefer not to respond	1	1
Q53	Specific Number of Times Binged in Past Month Available		
Q54	Number of Drinks Consumed Last Time Available		
Q55	Number of Hours Drank Last Time Available		
C	BAC of Last Time Drank Available		
Q56	Where do you typically consume alcohol? (Check all that apply)		
1	Bars/Restaurants	46.8	52.1
2	Social gathering or friend's house (off campus)	66.7	68.4
3	Fraternity or Sorority house	13	3.1
4	Fraternity or Sorority Community in a residence hall	0.9	0.7
5	Residence hall	6.4	2.1
6	Sporting events	9.3	13.5
7	Where I live	52.1	54.9
8	Other (please specify)	0.5	0
99	I prefer not to respond	3.5	2.8
Q57	If you drink at sporting events, which sporting events do you drink at? (Check all that apply).		
1	I do not attend sporting events.	22.6	29.6
2	I do not drink at sporting events	33.3	24.1
3	Professional sports (NFL, NBA, NHL, etc.)	15.7	25.1
4	Intercollegiate Sports - College Football	8.5	6.5
5	Intercollegiate Sports - College Basketball	3.5	3.7
6	Intercollegiate Sports - Other	1	1.8
7	Intramural/Club Sports (i.e., Flag football, basketball, kickball)	1.1	2.1
8	Other (please specify)	0.5	0.3

Q58 If you pre-party, where do you typically do so? (Check all that apply)			
1	I do not pre-party	40.2	40.3
2	Bar/Restaurant	9.8	8.7
3	Social gathering or friend's house	42.6	45.1
4	Fraternity or Sorority House	6.3	1
5	Fraternity or Sorority Community in a residence hall	0.6	0
6	Residence hall	6.3	2.1
7	Sporting events (including tailgating)	6.4	11.1
8	Parking lot	6.6	10.4
9	In transit (e.g., driving, walking, etc., to a location)	5.5	10.1
10	Where I live	31.1	33.3
11	Other (please specify)	0.3	0
99	I prefer not to respond	1.7	1.4
Q59 If you pre-party, why do you typically do so? (Check all that apply)			
1	I do not pre-party	28.3	28.5
2	Under 21	10.2	11.8
3	To save money	26.8	32.2
4	To become more intoxicated, "loosen up"	12.1	11.3
5	To drink as much as my peers	1.5	1.8
6	To spend time with friends, socialize	30.4	29.8
7	Alcohol is not served at the event	7.9	9.9
8	Other (please specify)	0.6	0.3
99	I prefer not to respond	1.1	0.8
Q60 Last time you consumed the most alcohol...WHERE did you consume the majority of your drinks?			
1	Bar/Restaurant	23.3	2.4
2	Social gathering or friend's house (off campus)	40.2	29.5
3	Fraternity or Sorority House	6.1	41.7
4	Fraternity or Sorority Community in a residence hall	0.2	1.7
5	Residence hall	2.2	0
6	Sporting events	0.4	1
7	Where I live	21.9	19.8
8	Other (please specify)	2.7	3.5
99	I prefer not to respond	2.9	2.4
Q61 If you are under 21, how do you obtain your alcohol? (Check all that apply)			
		n=2703	n=102
1	Over 21 friend	57.9	57.8
2	Fake ID	4	6.9
3	I borrow someone else's real ID	1	0
4	Family Members buy alcohol for me	8.5	10.8
5	Know people in bars/restaurants who will serve me	0.7	1

6	Go where IDs not checked	2.6	3.9
7	Know people convenience/grocery stores who sell to me	0.3	0
8	From a fraternity or sorority	5.7	1
9	Other (please specify)	5.2	4.9
99	I prefer not to respond	14	13.7
Q62 How often in the past year have you been denied access while using your fake/borrowed ID?			
		n=134	n=7
1	Never	59.7	85.7
2	Rarely	30.6	14.3
3	Occasionally	6	0
4	Often	0.7	0
5	Always	0	0
99	I prefer not to respond	3	0
Q63 When you drink, what contributes to your decision to drink alcohol (check all that apply)			
1	I want to relax	56	62.9
2	I want to have fun with friends	80.8	81.6
3	To get drunk	37.5	28.5
4	Because my friends are drinking	20.8	20.6
5	There won't be any negative consequences	4.6	6.4
6	I have nothing better to do	10.1	12.4
7	I like the taste	39.8	37.8
8	I like how it makes me feel	31.5	31.1
9	To escape/so I can forget my problems	13.9	16.5
10	It doesn't negatively affect my academics	20	21
11	So I can lose my inhibitions.	8.4	7.5
12	I can handle any consequences related to my drinking	8.5	8.6
13	It's cheap	3.5	4.1
14	Alcohol is always readily available	7.4	9.4
15	It increases my chances of hooking up with someone	4.8	3.4
16	Other (please specify)	2.3	2.6
88	I don't drink	3	1.5
99	I prefer not to respond	1	0.4
Q64 What motivated you to drink less or not drink alcohol at all on one or more occasions (check all that apply)			
1	High cost of drinks/alcohol	53.4	53.2
2	Strict enforcement of alcohol laws	21	20.2
3	Academic obligations the following day	60.9	59.6
4	Chance of getting sick or having a hangover	41.6	46.1
5	Possibility of getting caught by authorities	20.6	13.9
6	My friends' drinking habits	10.1	10.9
7	Potential of doing something I will regret later	23.6	24.7
8	Being a designated driver	50.3	51.3

9	My parents might find out	5.6	3
10	My behavior when I am drunk	11.3	10.1
11	Religious/Moral Reasons	11.5	12.4
12	Alcoholism	7.4	4.9
13	Health/Calories	29.7	28.8
14	Don't like the taste	14.5	13.1
15	Family Obligations	11.2	12
16	Not in the mood	58.8	58.8
17	No interest in alcohol	15.6	15
18	Other (please specify)	2.8	2.2
99	I prefer not to respond	1.7	0.4

In the past year, how often have you done the following at parties or social gatherings where alcohol was served?

Q65 Use a designated driver

1	Never	11.8	14.2
2	Rarely	5.8	6
3	Occasionally	6.3	8.2
4	Sometimes	7.1	8.6
5	Usually	16.9	21.3
6	Always	48.3	39.3
99	I prefer not to respond	3.8	2.2

Q66 Determine not to exceed a set number of drinks

1	Never	16.6	19.1
2	Rarely	13.3	12.7
3	Occasionally	10.4	9.7
4	Sometimes	14.4	14.6
5	Usually	19.5	18.7
6	Always	22.3	23.6
99	I prefer not to respond	3.5	1.5

Q67 Alternate alcoholic and non-alcoholic drinks

1	Never	18.7	18.4
2	Rarely	15.3	13.9
3	Occasionally	12	9.7
4	Sometimes	17	17.6
5	Usually	16	18.7
6	Always	17.4	20.6
99	I prefer not to respond	3.6	1.1

Q68 Have a friend let you know when you have had enough to drink

1	Never	31.2	37.8
2	Rarely	15.1	12.7
3	Occasionally	9.1	9.4
4	Sometimes	10.9	7.9

5	Usually	12.5	15
6	Always	17	15
99	I prefer not to respond	4.3	2.2
Q69 Avoid Drinking Games			
1	Never	23.6	22.8
2	Rarely	19.4	19.5
3	Occasionally	12.5	9
4	Sometimes	12.6	15
5	Usually	10.8	10.5
6	Always	18	21
99	I prefer not to respond	3	2.2
Q70 Leave the bar/party at a predetermined time			
1	Never	18.7	19.9
2	Rarely	15.8	17.6
3	Occasionally	13.7	11.2
4	Sometimes	18.9	19.9
5	Usually	16.1	14.6
6	Always	11.7	12.7
99	I prefer not to respond	5.2	4.1
Q71 Make sure that you go home with a friend			
1	Never	9.2	11.2
2	Rarely	5.1	6.7
3	Occasionally	6.4	8.2
4	Sometimes	9.3	14.6
5	Usually	18.5	17.2
6	Always	47.6	40.4
99	I prefer not to respond	4	1.5
Q72 Know where your drink has been at all times			
1	Never	5	5.6
2	Rarely	3.1	3
3	Occasionally	2.9	1.5
4	Sometimes	4.6	4.1
5	Usually	15.2	16.5
6	Always	65.9	67.8
99	I prefer not to respond	3.4	1.5
Q73 Drink shots of liquor			
1	Never	15.3	15
2	Rarely	17	16.5
3	Occasionally	13.3	12.7
4	Sometimes	25.6	27
5	Usually	17	18
6	Always	9	9.4
99	I prefer not to respond	2.8	1.5

Q74 Stop drinking at a predetermined time			
1	Never	20.7	22.1
2	Rarely	16.9	13.9
3	Occasionally	13.3	12.4
4	Sometimes	18	19.1
5	Usually	13.9	18.7
6	Always	12.7	11.6
99	I prefer not to respond	4.6	2.2
Q75 Drink water while drinking alcohol			
1	Never	13.7	13.5
2	Rarely	13.2	11.2
3	Occasionally	11.9	10.9
4	Sometimes	17	16.5
5	Usually	19.7	21
6	Always	20.9	26.6
99	I prefer not to respond	3.7	0.4
Q76 Put extra ice in your drink			
1	Never	28.5	28.8
2	Rarely	17.6	16.1
3	Occasionally	11.5	12
4	Sometimes	17	17.2
5	Usually	11	10.9
6	Always	10.3	13.5
99	I prefer not to respond	4.1	1.5
Q77 Avoid mixing different types of alcohol			
1	Never	13.4	15.7
2	Rarely	15.4	17.6
3	Occasionally	12.6	10.5
4	Sometimes	14	12.7
5	Usually	21.8	23.2
6	Always	18.9	19.1
99	I prefer not to respond	4.1	1.1
Q78 Drink slowly, rather than gulp or chug			
1	Never	6.4	7.5
2	Rarely	7.1	7.9
3	Occasionally	12	11.6
4	Sometimes	17.9	16.5
5	Usually	28.5	29.6
6	Always	24.7	26.6
99	I prefer not to respond	3.5	0.4
Q79 Avoid trying to "keep up" or "out-drink" others			
1	Never	9.3	8.2
2	Rarely	7	6.7

3	Occasionally	8.5	8.2
4	Sometimes	10.9	12.4
5	Usually	23	19.1
6	Always	37.4	44.2
99	I prefer not to respond	3.9	1.1
Q80 Purposefully limited the amount of money I spent on alcohol			
1	Never	8.1	8.2
2	Rarely	5	6
3	Occasionally	7.2	7.9
4	Sometimes	13.2	17.2
5	Usually	25.7	24.7
6	Always	36	34.1
99	I prefer not to respond	4.8	1.9
Q81 Eaten before and/or during alcohol consumption			
1	Never	3.1	3.4
2	Rarely	1.6	2.2
3	Occasionally	4.3	7.1
4	Sometimes	10.6	12
5	Usually	33.9	34.1
6	Always	43.2	40.8
99	I prefer not to respond	3.5	0.4
Q82 Received free, non-alcoholic drinks at a bar/restaurant for being a designated sober driver			
1	Never	54.3	55.8
2	Rarely	9.5	11.2
3	Occasionally	6.2	4.9
4	Sometimes	10.1	11.6
5	Usually	6.8	6.7
6	Always	8.1	7.1
99	I prefer not to respond	5.1	2.6
Q83 Had at least one person in your group who was sober (had no drinks)			
1	Never	5.3	5.6
2	Rarely	8	10.1
3	Occasionally	8.7	10.9
4	Sometimes	13.5	12
5	Usually	23.8	22.1
6	Always	36.6	37.1
99	I prefer not to respond	4.1	2.2
Q84 Which of these activities have you participated in during the past academic year? (Check all that apply)			
1	21 birthday shots	9.5	6.4

2	Beer bong and/or keg stand	26.7	25.1
3	Drinking games	62.3	57.7
4	Drink specials	41.2	43.1
88	None of above	29.2	27.3
99	I prefer not to respond	1.8	0.4
C Following Consequences Available for Drinkers Only			
C How often in the past year have you experienced after, or as a result of, alcohol consumption? (All Students)			
Q85 Had a hangover			
1	0 times	49.5	45.3
2	1 time	13.6	17.4
3	2 times	9.5	12.2
4	3-5 times	11.9	11.3
5	5+ times	14.9	13.7
99	I prefer not to respond	0.6	0
Q86 Been in trouble with campus administrators			
1	0 times	96.7	97.4
2	1 time	2.2	2
3	2 times	0.3	0
4	3-5 times	0.1	0.3
5	5+ times	0.1	0.3
99	I prefer not to respond	0.6	0
Q87 Been arrested by campus police or other law enforcement			
1	0 times	98	97.7
2	1 time	1.1	1.7
3	2 times	0.2	0.3
4	3-5 times	0.1	0.3
5	5+ times	0	0
99	I prefer not to respond	0.6	0
Q88 Been hurt or injured			
1	0 times	89	89.5
2	1 time	6.3	5.2
3	2 times	2.7	4.1
4	3-5 times	1	0.3
5	5+ times	0.4	0.9
99	I prefer not to respond	0.6	0
Q89 Received medical attention			
1	0 times	97.1	96.5
2	1 time	1.8	2.6
3	2 times	0.3	0.3
4	3-5 times	0.1	0.3
5	5+ times	0.1	0.3

99	I prefer not to respond	0.5	0
Q90 Driven after consuming any alcohol			
1	0 times	76.5	67.2
2	1 time	8.4	9.6
3	2 times	5.4	8.7
4	3-5 times	3.9	7
5	5+ times	4.7	7
99	I prefer not to respond	1.1	0.6
Q91 Been arrested for DUI/DWI			
1	0 times	98.9	99.1
2	1 time	0.4	0.9
3	2 times	0	0
4	3-5 times	0.1	0
5	5+ times	0	0
99	I prefer not to respond	0.6	0
Q92 Vomited			
1	0	60	57.3
2	1	16.3	20.1
3	2	9.8	9.9
4	3-5 times	8.6	8.4
5	5+ Times	4.7	4.1
99	I prefer not to respond	0.6	0.3
Q93 Were taken advantage of sexually			
1	0 times	94.1	94.8
2	1 time	3.5	3.8
3	2 times	0.9	1.2
4	3-5 times	0.5	0
5	5+ times	0.3	0.3
99	I prefer not to respond	0.7	0
Q94 Took advantage of someone sexually			
1	0 times	97.9	98.3
2	1 time	0.8	1.2
3	2 times	0.3	0
4	3-5 times	0.1	0.3
5	5+ times	0.2	0.3
99	I prefer not to respond	0.7	0
Q95 Rode with someone after drinking			
1	0 times	71.5	63.7
2	1 time	11.3	11.9
3	2 times	7.6	12.8
4	3-5 times	5.3	6.1
5	5+ times	3.5	4.9
99	I prefer not to respond	0.8	0.6

Q96 Engaged in risky sexual behavior			
1	0 times	84.2	80.8
2	1 time	6	6.7
3	2 times	3.7	6.1
4	3-5 times	2.7	2.3
5	5+ times	2.6	4.1
99	I prefer not to respond	0.7	0
Q97 Forced or coerced into drinking more alcohol than you wanted			
1	0 times	83.8	81.1
2	1 time	7.2	9.9
3	2 times	4.3	5.2
4	3-5 times	2.3	1.7
5	5+ times	1.7	2
99	I prefer not to respond	0.7	0
Q98 Performed poorly on a test or assignment			
1	0 times	89	87.8
2	1 time	5	6.4
3	2 times	2.9	4.1
4	3-5 times	1.6	1.2
5	5+ times	0.9	0.3
99	I prefer not to respond	0.6	0.3
Q99 Missed class			
1	0 times	82.6	83.1
2	1 time	6.8	6.1
3	2 times	4.6	3.5
4	3-5 times	3.1	4.9
5	5+ times	2.3	2
99	I prefer not to respond	0.6	0.3
Q100 Experienced a "blackout"/memory loss			
1	0 times	73	74.4
2	1 time	10.8	9.9
3	2 times	5.7	5.2
4	3-5 times	5.1	5.5
5	5+ times	4.7	4.9
99	I prefer not to respond	0.7	0
Q101 How often have you experienced alcohol poisoning in the last year?			
1	0 times	94.4	94.4
2	1 time	3.3	2.9
3	2 times	1.1	0.9
4	3-5 times	0.4	1.2
5	5+ times	0.2	0.3

99	I prefer not to respond	0.5	0.3
C	Quick Look at Consequences--All Students, At least Once How often in the past year have you experienced after, or as a result of, alcohol consumption?		
C_Q85	Had a hangover	50.5	54.7
C_Q86	Been in trouble with campus administrators	3.3	2.6
C_Q87	Been arrested by campus police or other law enforcement	2	2.3
C_Q88	Been hurt or injured	11	10.5
C_Q89	Received medical attention	2.9	3.5
C_Q90	Driven after consuming any alcohol	23.5	32.8
C_Q91	Been arrested for DUI/DWI	1.1	0.9
C_Q92	Vomited	40	42.7
C_Q93	Were taken advantage of sexually	5.9	5.2
C_Q94	Took advantage of someone sexually	2.1	1.7
C_Q95	Rode with someone after drinking	28.5	36.3
C_Q96	Engaged in risky sexual behavior	15.8	19.2
C_Q97	Forced or coerced into drinking more alcohol than you wanted	16.2	18.9
C_Q98	Performed poorly on a test or assignment	11	12.2
C_Q99	Missed Class	17.4	16.9
C_Q100	Blackout/Memory loss	27	74.4
C_Q101	Alcohol Poisoning	5.6	5.6
Q102	What would you do if you were in the presence of a student whom you suspected had alcohol poisoning?		
1	I would call 911	63	61.4
2	I would take them to the hospital myself	30.2	32.6
3	I would not do anything because I would be afraid I would get in trouble with campus officials, or police	0.9	0.4
4	I would not do anything because I would not feel comfortable getting involved	2	3.4
99	I prefer not to respond	3.9	2.2
Q103	Which of the following occurred to you in response of experiencing alcohol poisoning? (Check all that apply)	n=396	n=15
1	I do not remember.	32.1	13.3
2	I was left alone.	12.9	20
3	I vomited in my sleep	31.6	20
4	No one helped me.	5.6	0
5	Friends let me sleep it off.	43.7	33.3
6	I was taken for medical attention.	8.3	0
7	Someone stayed with me to make sure I was okay.	50.8	53.3
8	Other (please specify)	2.8	6.7
99	I prefer not to respond	4.8	0
Q104	When you consume alcohol, how do you define the designated driver that you would typically use?	n=8994	n=382

1	Someone who has not had any alcohol beverages	80.9	75.5
2	Someone who has had a couple of alcoholic beverages, but a few hours have elapsed so he/she is sober enough to drive	17.8	23.8
3	Someone who has many alcoholic beverages but is the least drunk person in the group.	0.4	0
99	I prefer not to respond	0.9	0.8
Q105	In the last academic year, have you ever used a designated driver (*defined as someone who had no alcohol) when you drank and needed a ride home?		
1	100% (Always)	37.3	33.3
2	75-99% (Almost Always)	23.5	24.8
3	51-74% (More than half the time I drank)	5.1	3.5
4	50% (About half the time I drank)	3.7	5.8
5	25-49% (Less than half the time I drank)	2.8	1.6
6	1-24% (Almost never)	3.4	8.5
7	No, I have needed a DD because I walked	6.2	3.9
8	No, I have never needed a DD because I just stayed where I was drinking	11.5	10.5
9	No, I don't use a DD	3.5	5.8
99	I prefer not to respond	3.1	2.3
Q106	Who was your designated driver? (Check all that apply)	n=4424	n=200
1	A taxi service	23.5	30.5
2	Friend, family, or acquaintance	92.3	95
3	Fraternity or sorority designated driver	21.7	13
4	Other University DD program	7.9	1
99	I prefer not to respond	0.6	0.5
Q107	Have you heard of the CHEERS program?	n=8994	n=382
1	Yes	39.8	19.2
2	No	59.5	80.2
99	I prefer not to respond	0.7	0.6
Q108	In the past year, have you ever been a designated driver?		
1	Never	23.1	20.4
2	Rarely	15.8	16.5
3	Sometimes	32.4	30.4
4	Most of the time	12.4	18.3
5	Always	4.1	5
6	I have not been a designated driver in the past year	11	8.8
99	I prefer not to respond	1.1	0.6
Q109	In the past year, IF you have ever been a designated driver, how often have you used the CHEERS program?	n=3015	n=62
1	Never	74.4	62.9
2	Rarely	7.7	8.1
3	Sometimes	6.1	4.8
4	Most of the Time	1.3	9.7

5	Always	0.9	3.2
88	I have not been a designated driver in the past year	8.8	11.3
99	I prefer not to respond	0.8	0

Q110 In the past year, which of the following have you experienced as a result of another person's alcohol use? (Check all that apply)

		n=8994	n=382
1	Took care of someone who drank too much	58.5	59.9
2	Took someone for emergency medical care	3.2	2.2
3	Had your sleep interrupted	40.6	37.9
4	Had your study interrupted	23.7	21
5	Were prevented from enjoying events	21.3	23.2
6	Were harassed about sexual orientation, race/ethnicity, religion, or gender by an intoxicated person	4.7	5.6
7	Had a verbal argument	20.1	22.3
8	Been pushed, hit or assaulted	7	7.2
9	Been threatened with physical violence	5.4	6
10	Was taken advantage of sexually	2.7	2.5
11	Had your personal property or residence damaged	8	7.5
12	Felt unsafe	10.6	11
88	None of the above	26.7	24.8
99	I prefer not to respond	1.4	1.9

C

Quick Look at Frequency Perception : How often do you think the students in each category (on your campus) consume alcohol? Please provide your best guess. (3 or more times/week)

C_Q111	Yourself	6.1	8.2
C_Q112	Your Friends	15.5	18.5
C_Q113	Typical Student	18.4	23.8
C_Q114	Student-Athletes	17.2	21.3
C_Q115	Fraternity or Sorority Members	61.1	62.7
C_Q116	Student Leaders	6.4	9.1

Q118 Which statement below about drinking alcoholic beverages do you feel best represents your own attitude?

1	Drinking is never a good thing to do	10.7	13.5
2	Drinking is alright, but a person should not get drunk	31.1	27
3	Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	50.7	52.4
4	Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	1.9	2.8
5	Frequently getting drunk is okay if that's what the individual wants to do.	3.5	2.2
99	I prefer not to respond	2.2	2.2

Q119 Which statement below about drinking alcoholic beverages do you feel best represents the most common attitude of students on your campus?			
1	Drinking is never a good thing to do	4	2.5
2	Drinking is alright, but a person should not get drunk	7.9	5.3
3	Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	49.2	57.7
4	Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	17.5	17.2
5	Frequently getting drunk is okay if that's what the individual wants to do.	18.6	15.4
99	I prefer not to respond	2.7	1.9
Q120 What is your campus administration's attitude about alcohol?			
1	Drinking is never a good thing to do	31.3	34.5
2	Drinking is alright, but a person should not get drunk	35.5	34.8
3	Occasionally getting drunk is okay as long as it doesn't interfere with academics or other responsibilities	26.7	23.8
4	Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	1.6	1.3
5	Frequently getting drunk is okay if that's what the individual wants to do.	1.1	0.6
99	I prefer not to respond	3.7	5
Q121 Which of the following best fits your intentions to change the way you drink alcohol?			
1	I am currently trying to drink in a healthier/safer way	24.2	20.5
2	I am ready to try drinking in a healthier/safer way	3.3	3.3
3	I am thinking about drinking in a healthier/safer way	5.5	6.1
4	I see no need to change the way I drink alcohol	63.9	69.3
99	I prefer not to respond	3.1	0.8

ILLEGAL DRUG USE			
In the past year, how often have you used the following drug(s)?			
Q122	Marijuana		
1	1-6 times/year	11.7	17.4
2	1-2 times/month	3.5	3.2
3	1-2 times/week	1.9	2.2
4	3 or more times/week	2.3	3.8
5	Daily	2.9	5.7
88	I did not use	75.9	65.3
99	I prefer not to respond	1.8	2.5
Q123	How often do you think the typical student on your campus uses marijuana?		
1	1-6 times/year	34.3	28.1
2	1-2 times/month	24.7	30.6
3	1-2 times/week	13.7	18.9
4	3 or more times/week	5.2	8.8
5	Daily	1.8	2.5
6	Never	14.4	7.3
99	I prefer not to respond	5.9	3.8
Q124	How often have you drove after using drugs (marijuana, synthetic marijuana, bath salts, cocaine, amphetamines, methamphetamines, inhalants or club drugs)?		
1	0 times	87.3	78.5
2	1 time	2.2	5.0
3	2 times	1.6	2.5
4	3-5 times	1.5	2.5
5	5+ times	4.6	8.2
99	I prefer not to respond	2.8	3.2
Q125	Where have you used marijuana in the past year? (Check all that apply)	n=1660	n=102
1	Residence hall	7.8	6.9
2	Apartment/house	46.9	56.9
3	Greek house	8.8	2.0
4	Athletic events	3.1	6.9
5	Concerts	15.1	25.5
6	Bars	6.6	12.7
7	Parties	34.3	37.3
8	Social gatherings or friend's house (off-campus)	71.4	75.5
9	Outdoors	44.4	43.1
10	In a car	43.1	48.0
11	Other (please specify)	2.5	2.0
99	I prefer not to respond	2.8	3.9

Q126	When you used marijuana in a car, what was the status of the car?	n=704	n=49
1	Parked on campus	7.2	6.1
2	Parked off campus	44.7	40.8
3	Being driven	43.2	51.0
99	I prefer not to respond	4.8	2.0
Prescription Drug Use			
Q127	How would your family feel about you using prescription drug medication without a doctor's prescription?		
1	Strongly disapprove	67.3	65.0
2	Disapprove	22.9	27.1
3	Approve	2.5	1.6
4	Strongly Approve	0.4	0.0
99	Not applicable/I prefer not to respond	6.9	6.4
Q128	How would your friends feel about you using prescription drug medication without a doctor's prescription?		
1	Strongly disapprove	37.5	34.1
2	Disapprove	39.3	38.9
3	Approve	12.2	16.2
4	Strongly Approve	1.4	2.2
99	Not applicable/I prefer not to respond	9.7	8.6
Q129	Do you believe a person risks harming themselves, physically or otherwise, when they use prescription drugs without a doctor's prescription?		
1	No, no risk	0.9	1.3
2	Yes, a little risk	11.4	14.0
3	Yes, a moderate risk	26.6	25.2
4	Yes, very risky	59.2	58.3
99	I prefer not to respond	1.9	1.3
Q130	Please indicate your level of agreement with the following statement: My family talks about prescription drug misuse		
1	Strongly disagree	19.2	23.6
2	Disagree	31.2	31.8
3	Agree	27.9	24.2
4	Strongly Agree	7.0	7.6
99	Not applicable/I prefer not to respond	14.7	12.7
Q131	Please indicate your level of agreement with the following statement: Using prescription drugs without a prescription is safer than using illegal drugs.		
1	Strongly disagree, illegal drugs are safer.	5.1	5.1
2	Disagree, they are equally dangerous.	80.7	82.5
3	Agree, prescription drugs without a prescription are safer.	6.5	5.1
99	Not applicable/I prefer not to respond	7.8	7.3
Q132	In the <u>past year</u>, which of the following prescription drugs have you used without a doctor's prescription for your use? (Check all that apply)	n=7180	n=312
1	Stimulants (e.g. Dexedrine, Adderall, Ritalin, Concerta)	7.5	10.6

2	Pain Medications (e.g., Vicodin, OxyCotin, Tylenol 3 with Codeine, Demerol, Morphine)	7.4	11.2
3	Sedatives/Anxiety Medication (e.g., Barbiturates, Valium, Librium, Xanax, Ativan, Klonopin)	3.1	5.1
4	Sleeping Medications (e.g., Ambien, Halcion, Restoril)	1.8	4.2
88	I have not used any of these without a doctor's prescription	86.1	80.4
99	I prefer not to respond	1.7	0.5
Q133	In the past 30 days, which of the following prescription drugs have you used without a doctor's prescription for your use? (Check all that apply)	n=906	n=56
1	Stimulants (e.g. Dexedrine, Adderall, Ritalin, Concerta)	27.7	26.8
2	Pain Medications (e.g., Vicodin, OxyCotin, Tylenol 3 with Codeine, Demerol, Morphine)	21.0	25.0
3	Sedatives/Anxiety Medication (e.g., Barbiturates, Valium, Librium, Xanax, Ativan, Klonopin)	8.5	12.5
4	Sleeping Medications (e.g., Ambien, Halcion, Restoril)	4.4	7.1
88	I have not used any of these without a doctor's prescription	52.1	51.8
99	I prefer not to respond	0.2	0.8
How often have you used the prescription drug(s) (without a doctor's prescription)? (Percentages of users)			
Q134	Stimulants (e.g. Dexedrine, Adderall, Ritalin, Concerta)	n=520	n=33
1	1-6 times/year	71.9	78.8
2	1-2 times/month	17.7	12.1
3	1-2 times/week	5.4	3.0
4	3 or more times/week	2.3	0.0
99	I prefer not to respond	2.7	6.1
Q135	Pain Medications (e.g., Vicodin, OxyCotin, Tylenol 3 with Codeine, Demerol, Morphine)	n=505	n=35
1	1-6 times/year	72.5	85.7
2	1-2 times/month	17.2	5.7
3	1-2 times/week	2.2	0.0
4	3 or more times/week	1.6	2.9
99	I prefer not to respond	6.5	5.7
Q136	Sedatives/Anxiety Medication (e.g., Barbiturates, Valium, Librium, Xanax, Ativan, Klonopin)	n=215	n=16
1	1-6 times/year	70.2	68.8
2	1-2 times/month	17.7	12.5
3	1-2 times/week	5.1	12.5
4	3 or more times/week	1.9	0.0
99	I prefer not to respond	5.1	6.3
Q137	Sleeping Medications (e.g., Ambien, Halcion, Restoril)	n=121	n=13
1	1-6 times/year	65.3	53.8
2	1-2 times/month	11.6	15.4
3	1-2 times/week	7.4	15.4

4	3 or more times/week	4.1	0.0
99	I prefer not to respond	11.6	15.4
Q138 How do you obtain your prescription drugs without a doctor's prescription?		n=875	n=55
1	I purchase them from other people.	31.7	25.5
2	I steal them.	0.6	0.0
3	I was given them.	50.3	61.8
4	Other.	6.5	1.8
99	I prefer not to respond	11.0	0.0
Q139 From whom do you access your prescription drugs without a doctor's prescription?		n=920	n=59
1	From family	16.3	15.3
2	From friends	55.3	57.6
3	Floormates/roommates	3.7	3.4
4	Strangers	1.5	5.1
5	Other	7.2	6.8
99	I prefer not to respond	16.0	11.9
Q140 How easy do you think it is for the typical student to obtain prescription drug's without a doctor's prescription?		n=8994	n=382
1	Very easy	16.7	20.4
2	Fairly easy	35.8	34.5
3	Somewhat	31.3	33.5
4	Difficult	11.0	7.3
5	Very difficult	2.1	1.9
99	I prefer not to respond	3.2	2.2
People use prescription drugs for various reasons, including the reasons displayed below. For any of the drugs you used without a doctor's prescription, how important were these reasons for your use?		n=920	n=59
Q141 Stress reduction			
1	Not at all important	35.7	25.4
2	Not Important	10.2	6.8
3	Somewhat Important	17.2	28.8
4	Important	16.6	16.9
5	Very Important	16.0	20.3
99	I prefer not to respond	4.3	1.7
Q142 Sleep aid			
1	Not at all important	43.2	28.8
2	Not Important	13.4	16.9
3	Somewhat Important	15.7	20.3
4	Important	13.5	18.6
5	Very Important	10.0	13.6
99	I prefer not to respond	4.3	1.7

Q143 Mood enhancement			
1	Not at all important	38.2	30.5
2	Not Important	11.6	13.6
3	Somewhat Important	15.7	22.0
4	Important	17.6	16.9
5	Very Important	12.5	15.3
99	I prefer not to respond	4.5	1.7
Q144 Increased energy			
1	Not at all important	30.3	23.7
2	Not Important	9.1	11.9
3	Somewhat Important	15.8	16.9
4	Important	18.2	18.6
5	Very Important	22.2	27.1
99	I prefer not to respond	4.5	1.7
Q145 Weight loss			
1	Not at all important	60.4	52.5
2	Not Important	15.4	18.6
3	Somewhat Important	9.1	20.3
4	Important	5.7	5.1
5	Very Important	4.2	1.7
99	I prefer not to respond	5.1	1.7
Q146 To fit in with friends			
1	Not at all important	69.0	64.4
2	Not Important	13.8	16.9
3	Somewhat Important	7.3	13.6
4	Important	3.3	1.7
5	Very Important	1.5	0.0
99	I prefer not to respond	5.1	3.4
Q147 To have a good time			
1	Not at all important	46.2	40.7
2	Not Important	11.6	13.6
3	Somewhat Important	14.7	11.9
4	Important	12.3	16.9
5	Very Important	10.7	13.6
99	I prefer not to respond	4.6	3.4
Q148 To reduce pain			
1	Not at all important	33.9	20.3
2	Not Important	10.0	10.2
3	Somewhat Important	15.5	25.4
4	Important	19.0	20.3
5	Very Important	17.7	22.0
99	I prefer not to respond	3.8	1.7

Q149 To improve academic performance			
1	Not at all important	31.4	30.5
2	Not Important	8.3	11.9
3	Somewhat Important	11.3	18.6
4	Important	16.5	15.3
5	Very Important	27.2	22.0
99	I prefer not to respond	5.3	1.7
For any of the drugs you used without a doctor's prescription, to what extent have you experienced the following?		n=920	n=59
Q150 Academic problems (missed class, did poorly on exam, etc.)			
1	None at all	81.0	76.3
2	Very Little	7.0	10.2
3	Somewhat	3.6	6.8
4	Quite a Bit	2.5	3.4
5	To a great extent	1.7	0.0
99	I prefer not to respond	4.2	3.4
Q151 Strained relationships with family or friends			
1	None at all	81.7	76.3
2	Very Little	5.5	8.5
3	Somewhat	5.2	10.2
4	Quite a Bit	1.8	1.7
5	To a great extent	1.2	0.0
99	I prefer not to respond	4.5	3.4
Q152 Poor physical Health			
1	None at all	78.8	76.3
2	Very Little	7.4	8.5
3	Somewhat	6.4	10.2
4	Quite a Bit	1.6	1.7
5	To a great extent	1.2	0.0
99	I prefer not to respond	4.1	3.4
Q153 Lowered psychological well-being			
1	None at all	74.8	64.4
2	Very Little	10.4	18.6
3	Somewhat	7.0	6.8
4	Quite a Bit	1.7	1.7
5	To a great extent	1.7	5.1
99	I prefer not to respond	4.3	3.4
Q154 Legal troubles			
1	None at all	87.1	83.1
2	Very Little	3.3	5.1
3	Somewhat	2.8	5.1
4	Quite a Bit	1.6	1.7
5	To a great extent	1.0	1.7

99	I prefer not to respond	4.2	3.4
Q155 Financial problems			
1	None at all	82.1	74.6
2	Very Little	6.0	13.6
3	Somewhat	4.7	3.4
4	Quite a Bit	1.5	3.4
5	To a great extent	1.2	1.7
99	I prefer not to respond	4.6	3.4
Q156 Employment problems			
1	None at all	87.3	83.1
2	Very Little	3.3	5.1
3	Somewhat	3.6	6.8
4	Quite a Bit	1.1	1.7
5	To a great extent	1.5	0.0
99	I prefer not to respond	4.2	3.4
Q157 Reduced pain			
1	None at all	47.7	37.3
2	Very Little	6.4	6.8
3	Somewhat	15.8	23.7
4	Quite a Bit	16.3	22.0
5	To a great extent	9.8	6.8
99	I prefer not to respond	4.0	3.4
Q158 Improved academic performance			
1	None at all	43.6	42.4
2	Very Little	6.2	11.9
3	Somewhat	16.5	15.3
4	Quite a Bit	15.9	8.5
5	To a great extent	12.6	16.9
99	I prefer not to respond	5.2	5.1

TOBACCO			
Q172 Which of the following tobacco products have you used in the past year?			
1	Cigarettes	17.8	23.9
2	Cigars	14.1	12.3
3	Smokeless Tobacco (e.g., chewing, spit, dip)	5.4	4.2
4	Tobacco pipes	3.3	5.8
5	Hookah	22.4	28.8
6	E-cigarettes	10.2	12
7	Other (please specify)	0.2	0.6
88	Do not use Tobacco products	62.4	53.1
99	I prefer not to respond	0.8	0.3
How often do you use the following tobacco products?			
Q173 How often do you smoke cigarettes?		n=1283	n=74
1	A few times a year	44.4	35.1
2	1-3 times a month	13.7	8.1
3	1-2 times a week	7.6	2.7
4	3-6 times a week	6.7	8.1
5	Everyday	25.3	44.6
99	I prefer not to respond	2.3	1.4
Q174 Have you attempted to quit smoking since entering college?			
1	Yes	44.5	51.4
2	No	50.8	44.6
99	I prefer not to respond	4.7	3.2
Q175 What methods have you used to assist your quitting? (Check all that apply)		n=571	n=38
1	Quitting cold turkey (no assistance)	81.4	84.2
2	Substituting other types of tobacco instead of cigarettes	28.2	36.8
3	Reducing total number of cigarettes smoked	54.8	60.5
4	Spoke with someone to get support	10.3	21.1
5	Used medication	10.9	23.7
6	Other (please specify)	5.6	7.9
99	I prefer not to respond	1.1	0
Q176 Where have you sought assistance? (Check all that apply)			
1	University Health Center	11.5	0
2	University Counseling Center	5.1	0
3	University Wellness Center	5	0
4	Off Campus Medical Doctor/Facility	48.8	55.6
5	Support of family/friends	82.3	70
6	Other (please specify)	11.1	11.1
99	I prefer not to respond	9.4	12.5

Q177 Which statement best describes the results of your quit attempt?		n=569	n=38
1	I have not smoked a cigarette since quitting	29.3	26.3
2	I have greatly reduced my smoking but have occasional "slip-ups"	48	44.7
3	I continue to smoke at the same level as before the quit attempt	22	28.9
99	I prefer not to respond	0.7	0
Q178 Do you want to quit smoking?		n=1049	n=61
1	Yes	42.8	52.5
2	No	48.1	32.8
99	I prefer not to respond	9.1	14.8
Q179 Which of the following best fits your intentions to change the way you use tobacco?		n=568	n=38
1	I am currently trying to smoke less often and/or quit	61.8	60.5
2	I am ready to try smoking less and/or quitting	7.4	2.6
3	I am thinking about smoking less and/or quitting.	12.9	21.1
4	I see no need to change my tobacco use	15.3	13.2
99	I prefer not to respond	2.6	2.6

RELATIONSHIP AND ABUSE DATA			
Q191	Specific Numbers of Partners Available		
C_Q190	How many sexual partners have you had in the past year? (RANGES)		
1	0 partners	33	25.3
2	1 partner	39.3	37.5
3	2 partners	8.9	9.2
4	3-4 partners	7	9.2
5	5-7 partners	3.2	4.9
6	8+ partners	1.7	3.9
7	I prefer not to respond	6.9	9.9
Q191	How many sexual partners do you think the typical students has had in the past year?		
1	0 partners	2.1	1
2	1 partner	10.3	6.6
3	2 partners	24.5	22.4
4	3-4 partners	35.5	38.3
5	5-7 partners	13.7	16.2
6	8+ partners	3.5	4.6
7	I prefer not to respond	10.3	10.9
Q192	Have you ever used alcohol or drugs to help you feel more comfortable with a sexual partner?		
1	Yes	19	21.7
2	No	78.2	75.7
3	Prefer not to respond	2.8	2.6
Q193	In the past year, have you used alcohol or drugs to help you feel more comfortable with a sexual partner?		
1	Yes	12.3	10.9
2	No	85	86.2
3	Prefer not to respond	2.7	3
Q194	Have you ever done something more sexually than you had originally planned because you had been drinking alcohol or using drugs?		
1	Yes	21.4	22
2	No	76	76
3	Prefer not to respond	2.7	2
Q195	In the past year, have you ever done something more sexually than you had originally planned because you had been drinking alcohol or using drugs?		
1	Yes	13.3	12.2
2	No	84	85.9
3	Prefer not to respond	2.6	2

Q196	Have you ever been in an intimate relationship that has been: (check all that apply)		
1	Emotionally-verbally abusive	17.9	19.4
2	Sexually abusive	4.1	4.3
3	Physically abusive	5.9	6.9
4	Mentally abusive	14.4	19.7
5	Financially abusive	5.6	7.2
6	Abusive in any other way (please specify)	0.5	1
7	Not applicable/none of the above	74.3	70.7
8	Prefer not to respond	3	2.6
Q197	In the past year, have you ever been in an intimate relationship that has been: (check all that apply)		
1	Emotionally-verbally abusive	7.4	7.9
2	Sexually abusive	1.2	2.3
3	Physically abusive	1.7	3.3
4	Mentally abusive	5.1	5.6
5	Financially abusive	2.1	2.6
6	Abusive in any other way (please specify)	0.3	0.3
7	Not applicable/none of the above	87.5	87.8
8	Prefer not to respond	2.7	2
Q198	Ever experienced non-consensual sexual contact (against your will)?		
1	Yes	14.6	17.4
2	No	82.9	80.3
3	Prefer not to respond	2.5	2.3
Q199	In the past year, have you ever experienced non-consensual sexual contact (against your will)?		
1	Yes	3.5	3.9
2	No	94.6	94.7
3	Prefer not to respond	1.9	1.3
Q200	Has the non-consensual sexual contact occurred while attending this college/university?	n=1045	n=53
1	Yes	28.6	20.8
2	No	70.6	79.2
3	Prefer not to respond	0.8	0

WELL-BEING			
Q201 In the past two weeks, how stressed have you felt?			
1	I have experienced no stress	1.1	0.7
2	Minimal	8.5	8.2
3	A little stressed	16.9	13.8
4	Stressed, but managing	48.8	49
5	Overwhelmed	21.1	24.7
6	My stress is unbearable	2.7	3.3
99	I prefer not to respond	0.9	0.3
Q202 To what extent has stress impacted or interfered with your academic life?			
1	Not at all	16.3	17.1
2	Somewhat	37.7	36.2
3	Moderately	26.4	24.3
4	Considerably	13.6	15.5
5	A great deal	5.1	6.6
99	I prefer not to respond	0.9	0.3
Q203 To what extent has stress impacted or interfered with your personal life?			
1	Not at all	11.4	9.2
2	Somewhat	35.1	35.5
3	Moderately	27.2	27
4	Considerably	17.9	17.8
5	A great deal	7.4	10.2
99	I prefer not to respond	1	0.3
Q204 Which of the following are the main sources of your stress? (Check all that apply).			
1	School/Academics	89.4	90.1
2	Financial Concerns	54.4	62.8
3	Job	34.9	48
4	Dating/Relationships	29	34.9
5	Family	29.7	36.8
6	Friends	19.6	16.8
7	Roommates	16.6	15.1
8	Time management	52.2	55.9
9	Physical health	25.1	23
10	Future plans	53.2	51.6
11	Outside organizations/responsibilities	22.8	14.8
12	Mental Health Issues	9.9	10.2
13	Other	2.6	2

Q205 Which of the following have you done in the past two weeks to relieve stress (Check up to 3).

1	Made a list of what you needed to do	40.7	42.4
2	Exercised	38.9	39.5
3	Ate health foods	12.9	20.1
4	Ate unhealthy/junk food	15.1	12.2
5	Talked with friends	27.8	24.3
6	Talked with family	21.7	23
7	Said "no" to additional to time pressures	8.4	8.2
8	Smiled/Laughed	22.6	19.4
9	Online, video, or computer games	15.2	12.5
10	Took a nap	30.2	25.3
11	Listened to music	26.4	23.7
12	Religious practices	13.5	13.2
13	Drank alcoholic beverages	9.2	10.2
14	Smoked tobacco cigarettes	3.5	3.6
15	Used marijuana	4.8	6.3
16	Other	2.4	2.6

To what extent did the following help you relieve your stress?

Q206 Made a list of what you needed to do **n=2837** **n=129**

1	Not at all	2.6	2.3
2	Somewhat	20.2	18.6
3	Moderately	28	31
4	Considerably	30.2	29.5
5	A great deal	19	18.6

Q207 Exercised **n=2710** **n=120**

1	Not at all	0.5	0
2	Somewhat	10.7	10
3	Moderately	24.4	21.7
4	Considerably	35.8	31.7
5	A great deal	28.6	36.7

Q208 Ate healthy foods **n=885** **n=61**

1	Not at all	3.3	1.6
2	Somewhat	19	14.8
3	Moderately	28.4	34.4
4	Considerably	28.8	21.3
5	A great deal	20.6	27.9

Q209 Ate unhealthy/junk food **n=1040** **n=37**

1	Not at all	27.7	29.7
2	Somewhat	37.5	43.2
3	Moderately	23	18.9
4	Considerably	9.2	8.1
5	A great deal	2.6	0

Q210	Talked with a friend	n=1927	n=74
1	Not at all	0.7	0
2	Somewhat	11	10.8
3	Moderately	26.2	29.7
4	Considerably	36.6	33.8
5	A great deal	25.5	25.7
Q211	Talked with family	n=1495	n=70
1	Not at all	0.6	0
2	Somewhat	10.2	10
3	Moderately	22	17.1
4	Considerably	35	37.1
5	A great deal	32.2	35.7
Q212	Said "no" to additional to time pressures	n=577	n=25
1	Not at all	1.7	0
2	Somewhat	15.1	12
3	Moderately	26.9	20
4	Considerably	36.6	36
5	A great deal	19.8	32
Q213	Smiled/Laughed	n=1560	n=59
1	Not at all	1.1	1.7
2	Somewhat	10.2	11.9
3	Moderately	19.6	18.6
4	Considerably	35.6	35.6
5	A great deal	33.5	32.2
Q214	Online, video, or computer games	n=1047	n=38
1	Not at all	3.9	5.3
2	Somewhat	20.4	26.3
3	Moderately	30.3	15.8
4	Considerably	29.6	34.2
5	A great deal	15.8	9.1
Q215	Took a nap	n=2097	n=77
1	Not at all	4.9	3.9
2	Somewhat	21.2	22.1
3	Moderately	31	33.8
4	Considerably	26.8	22.1
5	A great deal	16.1	18.2
Q216	Listened to music	n=1831	n=72
1	Not at all	1.3	1.4
2	Somewhat	12.3	9.7
3	Moderately	26.9	26.4
4	Considerably	34.2	45.8
5	A great deal	25.2	16.7

Q217	Religious practices	n=930	n=40
1	Not at all	0	0
2	Somewhat	3.3	0
3	Moderately	12.5	15
4	Considerably	31.8	22.5
5	A great deal	52.4	62.5
Q218	Drank alcoholic beverages	n=635	n=31
1	Not at all	5.2	6.5
2	Somewhat	22	16.1
3	Moderately	35.3	35.5
4	Considerably	28.5	38.7
5	A great deal	9	3.2
Q219	Smoked tobacco cigarettes	n=234	n=11
1	Not at all	6.4	18.2
2	Somewhat	18.8	36.4
3	Moderately	34.2	27.3
4	Considerably	24.8	18.2
5	A great deal	15.8	0
Q220	Used marijuana	n=335	n=19
1	Not at all	2.4	5.3
2	Somewhat	5.1	5.3
3	Moderately	13.1	15.8
4	Considerably	32.5	26.3
5	A great deal	46.9	47.4
Q221	Whom do you feel you can go to ON CAMPUS when personal concerns arise? (Check all that apply)		
1	Friends/peers	75.6	60.9
2	University counseling center	22.2	22.4
3	Religious or spiritual advisor	11	6.9
4	Residence life staff	8.8	4.6
5	University health center	7	5.9
6	Law enforcement/campus security	4.4	4.9
7	Academic advisor	17.2	13.8
8	Faculty/Professor	22.7	18.1
9	University staff member	7.4	5.9
10	Other (please specify)	1.3	2.3
11	I don't feel like I can go to anyone on campus when personal concerns arise	15.4	26.3
99	I prefer not to respond		
Q222	Whom do you feel you can go to OFF CAMPUS when personal concerns arise? (Check all that apply)		
1	Parents	70.9	68.8
2	Sibling/extended family	50.7	46.1

3	Friends/peers	79.4	78
4	Mental health professional (counselor)	9.1	9.9
5	Religious or spiritual advisor	17.5	14.8
6	Chat rooms or online support groups	2.4	2
7	Dating partner/spouse	40	40.8
8	Other (please specify)	0.6	2
9	I don't feel like I can go to anyone off campus when personal concerns arise	3.6	4.6
99	I prefer not to respond	1	1
MENTAL HEALTH			
Q223	In the past year, have you had suicidal thoughts?		
1	Yes	15	15.1
2	No	83	82.9
99	I prefer not to respond	2	2
Q224	In the past year, have you attempted suicide?		
1	Yes	0.9	0.7
2	No	98.3	98.4
99	I prefer not to respond	0.8	1
Q225	Have you sought assistance for your suicide attempt/thoughts in the past year	n=1068	n=46
1	Yes	32.4	26.1
2	No	66.5	73.9
99	I prefer not to respond	1.1	0
Q226	Where did you initially seek assistance? (Check up to 2)	n=346	n=12
1	University counseling center	30.3	8.3
2	University health center	4	0
3	Religious or spiritual advisor	4.9	8.3
4	Hospital Emergency Room	2.9	0
5	Off-campus medical doctor	14.7	0
6	Off-campus mental health provider	26.3	33.3
7	In-patient psychiatric facility	3.8	16.7
8	Friends and family	56.1	58.3
9	Other (please specify)	3.8	8.3
88	None of the above	0.3	0
99	I prefer not to respond	0.6	0
Q227	What other services did you utilize? (Check up to 2)	n=346	n=12
1	University counseling center	20.8	8.3
2	University health center	4.9	0
3	Religious or spiritual advisor	7.5	8.3
4	Hospital Emergency Room	2.9	8.3
5	Off-campus medical doctor	14.5	8.3
6	Off-campus mental health provider	19.9	25
7	In-patient psychiatric facility	2.3	8.3
8	Friends and family	36.1	25

9	Other (please specify)	3.8	8.3
88	None of the above	24.3	25
99	I prefer not to respond	1.2	0
Q228	Which of the following have you experienced in the past year? (Check all that apply)	n=8994	n=382
1	Major depression	18.5	21.5
2	Sexual assault	1.5	1
3	Eating disorder(s)	5.8	6.9
4	Chronic sleep issues	18.8	22.1
5	Self-injury (not suicidal behavior)	3.6	4.6
6	Anxiety	44.1	47.2
7	Abusive relationship	3.2	4
8	Alcohol abuse/dependency	2.8	3.6
9	Panic attacks	15.4	19.5
10	Bipolar disorder	2.6	4.3
11	Other (please specify)	0.4	0
12	I have not experienced any of these	43.3	38
99	I prefer not to respond	1.5	0.7
Have you sought assistance for any of the following...			
Q229	Major depression	n=1313	n=65
1	Yes	50.3	43.1
2	No	48	55.4
99	I prefer not to respond	1.7	1.5
Q230	Sexual assault	n=109	n=3
1	Yes	30.3	33.3
2	No	65.1	66.7
99	I prefer not to respond	4.6	0
Q231	Eating disorder(s)	n=410	n=21
1	Yes	24.9	19
2	No	72.4	76.2
99	I prefer not to respond	2.7	4.8
Q232	Chronic sleep issues	n=1335	n=67
1	Yes	31.8	34.3
2	No	67	64.2
99	I prefer not to respond	1.1	1.5
Q233	Self-injury (not suicidal behavior)	n=259	n=14
1	Yes	39.4	35.7
2	No	59.1	64.3
99	I prefer not to respond	1.5	0
Q234	Anxiety	n=3123	n=143
1	Yes	36.9	37.8
2	No	61.4	60.1
99	I prefer not to respond	1.6	2.1

Q235	Abusive relationship	n=228	n=12
1	Yes	35.1	33.3
2	No	62.3	66.7
99	I prefer not to respond	2.6	0
Q236	Alcohol Abuse/dependency	n=200	n=11
1	Yes	21	36.4
2	No	77	63.6
99	I prefer not to respond	2	0
Q237	Panic attacks	n=1095	n=59
1	Yes	42.6	42.4
2	No	55.9	55.9
99	I prefer not to respond	1.6	1.7
Q238	Bipolar disorder	n=181	n=13
1	Yes	50.8	53.8
2	No	48.1	46.2
99	I prefer not to respond	1.1	0
Q239	Other	n=27	n=0
1	Yes	51.9	.
2	No	44.4	.
99	I prefer not to respond	3.7	.
Since entering college where did you seek assistance for...			
Q240	Major depression	n=660	n=28
1	University Counseling Center	26.5	17.9
2	University Health Center	5	0
3	Religious or Spiritual Advisor	3.2	3.6
4	Hospital Emergency Room	0.5	0
5	Off-campus Medical Doctor	27.3	25
6	Off-campus Mental Health Provider	21.7	35.7
7	Other	13.6	17.9
99	I prefer not to respond	2.3	0
Q241	Sexual assault	n=33	n=1
1	University Counseling Center	54.5	100
2	University Health Center	3	0
3	Religious or Spiritual Advisor	6.1	0
4	Hospital Emergency Room	6.1	0
5	Off-campus Medical Doctor	3	0
6	Off-campus Mental Health Provider	9.1	0
7	Other	12.1	0
99	I prefer not to respond	6.1	0
Q242	Eating disorder(s)	n=102	n=4
1	University Counseling Center	15.7	0
2	University Health Center	3.9	0

3	Religious or Spiritual Advisor	2.9	0
4	Hospital Emergency Room	1	0
5	Off-campus Medical Doctor	17.6	50
6	Off-campus Mental Health Provider	18.6	0
7	Other	32.4	50
99	I prefer not to respond	7.8	0
Q243	Chronic sleep issues	n=425	n=23
1	University Counseling Center	12.9	4.3
2	University Health Center	7.5	4.3
3	Religious or Spiritual Advisor	1.6	4.3
4	Hospital Emergency Room	0.5	0
5	Off-campus Medical Doctor	48.9	47.8
6	Off-campus Mental Health Provider	14.8	34.8
7	Other	13.2	4.3
99	I prefer not to respond	0.5	0
Q244	Self-injury	n=102	n=5
1	University Counseling Center	32.4	60
2	University Health Center	2.9	0
3	Religious or Spiritual Advisor	1	0
4	Hospital Emergency Room	2.9	20
5	Off-campus Medical Doctor	21.6	0
6	Off-campus Mental Health Provider	16.7	20
7	Other	17.6	0
99	I prefer not to respond	4.9	0
Q245	Anxiety	n=1152	n=54
1	University Counseling Center	22.7	16.7
2	University Health Center	3.8	0
3	Religious or Spiritual Advisor	6.2	11.1
4	Hospital Emergency Room	0.8	0
5	Off-campus Medical Doctor	33	31.5
6	Off-campus Mental Health Provider	16.8	25.9
7	Other	14.8	13
99	I prefer not to respond	1.8	0
Q246	Abusive relationship	n=80	n=4
1	University Counseling Center	20	0
2	University Health Center	0	0
3	Religious or Spiritual Advisor	8.8	25
4	Hospital Emergency Room	0	0
5	Off-campus Medical Doctor	5	0
6	Off-campus Mental Health Provider	16.3	25
7	Other	47.5	50
99	I prefer not to respond	2.5	0

Q247	Alcohol Abuse/dependency	n=42	n=4
1	University Counseling Center	28.6	0
2	University Health Center	4.8	0
3	Religious or Spiritual Advisor	2.4	0
4	Hospital Emergency Room	2.4	0
5	Off-campus Medical Doctor	16.7	50
6	Off-campus Mental Health Provider	16.7	0
7	Other	28.6	50
99	I prefer not to respond	0	0
Q248	Panic attacks	n=466	n=25
1	University Counseling Center	20.8	20
2	University Health Center	6.7	4
3	Religious or Spiritual Advisor	1.9	4
4	Hospital Emergency Room	3.2	0
5	Off-campus Medical Doctor	33.3	32
6	Off-campus Mental Health Provider	20	32
7	Other	11.6	8
99	I prefer not to respond	2.6	0
Q249	Bipolar disorder	n=92	n=7
1	University Counseling Center	17.4	28.6
2	University Health Center	5.4	0
3	Religious or Spiritual Advisor	0	0
4	Hospital Emergency Room	0	0
5	Off-campus Medical Doctor	31.5	42.9
6	Off-campus Mental Health Provider	35.9	28.6
7	Other	9.8	0
99	I prefer not to respond	0	0
Q250	Other	n=14	n=0
1	University Counseling Center	14.3	.
2	University Health Center	0	.
3	Religious or Spiritual Advisor	14.3	.
4	Hospital Emergency Room	14.3	.
5	Off-campus Medical Doctor	35.7	.
6	Off-campus Mental Health Provider	14.3	.
7	Other	7.1	.
99	I prefer not to respond	0	.