Campus Coalition for Alcohol and Other Drug Abuse Prevention
Strategic Plan
May 2015

Respectfully submitted on behalf of the Campus Coalition membership:

Dawn Thompson, Vice President for Student Life
Nancy Chase, Director, Student Wellness and Health Promotion
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Assisted by Sally Linowski, Ph.D., Consultant to the Campus Coalition
Summary

High-risk drinking among college students and its related consequences are a national problem, and data collected over many years through the University of Delaware College Risk Behaviors Survey show that the rates of student binge drinking at UD exceed national averages. To address this issue, Provost Domenico Grasso formed the University of Delaware Campus Coalition for Alcohol and Other Drug Abuse Prevention in early 2014 and charged the Coalition with developing a strategic plan for reducing high-risk drinking among all UD students.

For many years, UD has focused on a comprehensive prevention approach that includes strategies designed to change the campus and community environment in which students make decisions about alcohol, drugs, and other health behaviors. However, colleges and universities have limited ability to broadly address high-risk drinking among their students without partnerships and collaborations at the local and state levels. For this reason, the Coalition membership includes not only UD faculty, staff, and students, but also a member of the Board of Trustees, local business owners, and City of Newark officials. Importantly, the campus prevention plan directed by UD’s Student Wellness and Health Promotion provides a solid foundation upon which community-wide prevention capacity and outcomes can be maximized.

As defined by its membership, the Coalition’s mission is “to provide visionary leadership and effect transformational culture change throughout the campus community to minimize the risks of drinking and drug abuse within the student body.” To support its mission, the Coalition provides oversight to ensure that institutional concerns about substance abuse are addressed in a comprehensive manner and that University efforts are modeled after evidence-based practices. The Coalition focuses on environmental change strategies and advances successful alcohol prevention initiatives.

With the leadership of co-chairs Vice President for Student Life Dawn Thompson and Director of Student Wellness and Health Promotion Nancy Chase, the Coalition participated in prevention framework training, discussed current UD initiatives and prevention strategies, compared campus and national data related to student drinking and impacts, and participated in a one-day strategic planning retreat. Through its work, the Coalition identified three primary problems related to student drinking:

1. Campus and community norms support drinking to intoxication as an expected part of the University experience.
2. Students have a work hard, party hard attitude that permeates the UD culture and perceive minimal academic or personal risk in heavy drinking.
3. Student accountability for illegal or dangerous drinking behavior is affected by less stringent policies and sanctions and limited resources available for enforcement on and off campus.

To address these problems and to promote student health, safety, and success, the Coalition collaboratively developed a three-year strategic plan with three strategic initiatives, each with a specific focus: community, conduct, and communication. For each strategic initiative, related issues, priorities, work processes, action steps, and potential outcomes have been identified. In addition, recommendations for staffing, task force creation, and communication planning have been outlined to ensure a sustainable and effective Coalition structure.
In early 2014, Provost Domenico Grasso formed the University of Delaware Campus Coalition for Alcohol and Other Drug Abuse Prevention and charged the Coalition with developing a strategic plan for reducing high-risk drinking among all UD students. With the leadership of co-chairs Vice President for Student Life Dawn Thompson and Director of Student Wellness and Health Promotion Nancy Chase, the Coalition collaboratively developed a three-year strategic plan outlining the issues, priorities, work processes, and actions needed to comprehensively address the high-risk behavior and to promote student health, safety, and success.

**Mission and Focus of the Coalition**

As defined by its membership (Appendix A), the Coalition’s mission is to “provide visionary leadership and effect transformational culture change throughout the campus community to minimize the risks of drinking and drug abuse within the student body.” In support of its mission, the Coalition:

- Provides oversight to ensure that institutional concerns about substance abuse are addressed in a comprehensive manner and that University efforts are modeled after evidence-based practices;
- Implements environmental change strategies and advances current, successful alcohol prevention initiatives;
- Is a community-wide initiative engaging faculty, staff, students and other stakeholders from the UD and Newark communities in the development of practices that reduce the risks associated with alcohol and other drug abuse;
- Serves as an important model for cultivating community leaders who provide visible and vocal leadership for the University’s position on the abuse of alcohol and other drugs.

The Coalition’s focus is on environmental interventions, or actions that will benefit the larger population of students and community members. The diverse membership of the Coalition has led to robust and meaningful conversations about the unique challenges and opportunities that exist for reducing the prevalence of excessive drinking and related impacts within the University and Newark communities. The Coalition values serving as a distribution network for public information and education campaigns, generating new solutions to mutual problems, and building widespread support and active involvement in prevention activities. Since its creation, the Coalition has:

- Created a three-year strategic plan
- Established key priority areas
- Participated in a one-day strategic planning retreat
- Written a mission statement
- Developed shared working agreements
- Compared campus and national data related to student drinking and impacts
- Discussed UD current initiatives and prevention strategies
- Participated in prevention framework training

**High-Risk Drinking and Associated Problems**

High-risk drinking and its related consequences are a national problem. Annually, more than 1,500 college students die from alcohol-related, unintentional injuries. Nearly 600,000 students are
injured, 700,000 are assaulted, and nearly 100,000 are sexually assaulted. In 2013, nearly six out of ten U.S. college students reported consuming alcohol in the past 30 days, and four out of ten qualified as heavy episodic drinkers, using a gender-specific 5/4 measure of consumption in one sitting. Drinking at binge levels and beyond is associated with an increased risk for academic, interpersonal, disciplinary, and health consequences. One in four students reported that drinking adversely affected their academic performance.

Data collected over many years through the University of Delaware College Risk Behaviors Survey (CRBS) show that the rates of student binge drinking at UD have exceeded national averages, and according to the 2015 CRBS, rates of student binge drinking at UD continue to exceed national averages, with 78 percent of students reporting 30 day use and 57 percent engaging in heavy episodic drinking. Males (64 percent) were more likely to engage in high-risk drinking than females (53 percent). When the data are analyzed by class year, an increase in alcohol consumption can be seen over time. The increase in binge drinking rates by class year is noteworthy, with 65 percent of seniors versus 51 percent of freshmen reporting drinking at levels that result in negative consequences. Multiple factors influence college drinking, including individual genetic risk, use during high school, campus norms related to drinking, alcohol expectations, penalties for underage drinking, parental attitudes about their own children drinking while at college, Greek organization or athletic involvement, and conditions in the local community, including cost and accessibility of alcohol.

Necessity of a Collaborative Approach

Colleges and universities have limited ability to address the problem of high-risk drinking among their students without partnerships and collaborations at the local and state levels. The research is clear--students respond to cues in their environment, including how easy it is to get alcohol, how visibly it is marketed, how often it is discounted, and how clearly and consistently alcohol policies are communicated and enforced both on and off campus.

For many years, UD has focused on a comprehensive prevention approach that includes strategies designed to change the campus and community environment in which students make decisions about alcohol, drugs, and other health behaviors. UD’s comprehensive prevention approach (Appendix B) has been largely grounded in the work conducted by Student Wellness and Health Promotion (Student Wellness), which is charged with providing coordination and leadership to ensure the following actions:

- Adoption of universal prevention strategies
- Use of theory-based and evidence-informed practice
- Determination of correlations between health and learning
- Assurance of collaboration with faculty, staff, students, and community members to drive health-enhancing change
- Achievement of both health and learning outcomes
- Creation of environments in which health and learning happen

Student Wellness uses coalition building, networking, policy change, and community organizing to advance campus health promotion well beyond the defined campus health sector, and it coordinates these actions through sustained commitments from multiple University departments.

Many entities on the UD campus are concerned with and involved in proactively addressing student-related alcohol issues. This ongoing attention to the problem has brought years of insight and has helped to define specific campus priorities. Collaboratively working on the problem has helped determine the most fruitful efforts for which to invest limited resources and funding. In addition, attention to promising prevention strategies highlighted within the emerging professional literature and adherence to specific grant-funded prevention parameters has guided decisions about the choice of specific strategies.
Shared problems require a willingness to engage the surrounding community in problem-solving approaches. For communities like Newark and UD that want to reduce alcohol related harms, building a broad-based coalition reaps substantial dividends. Campus and community coalitions provide the resources and relationships necessary to implement environmental strategies on and off campus, to assess the needs within their communities, to create a plan to address those needs, and to jointly implement effective strategies to reduce alcohol availability and problems related to college drinking. Importantly, campus prevention plans, such as the one directed by Student Wellness, provide a solid foundation upon which prevention capacity and outcomes can be maximized.

Problem Identification
Coalition members identified three primary problems based on data and trends in student behavior on and off campus:

1. Campus and community norms support drinking to intoxication as an expected part of the University experience.
2. Students have a work hard, party hard attitude that permeates the UD culture and perceive minimal academic or personal risk in heavy drinking.
3. Student accountability for illegal or dangerous drinking behavior is affected by less stringent policies and sanctions and limited resources available for enforcement on and off campus.

Strategic Planning
At the strategic planning retreat in January 2015, the Coalition formed working groups to delve into each of the three identified problems. The groups reviewed best practices and determined which prevention strategies would most effectively address those problems. In the next step, the groups discussed campus and community capacity, resources, and readiness for change. Planning worksheets were completed by the working groups and were shared with the entire Coalition membership. The worksheets were then compiled and organized into three key strategic initiatives for the three-year strategic plan. The strategies, action steps, and potential outcomes developed by the Coalition may be found in tables 1-3 on the following pages.
Table 1

<table>
<thead>
<tr>
<th>Community Strategic Initiative: Review and revise institutional and community policy and protocols.</th>
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<tr>
<td><strong>Action Steps:</strong></td>
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<tr>
<td>A. Investigate successful party registration processes by conducting a benchmarking survey of other regional and national universities; involve students in this surveying work.</td>
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<tr>
<td>B. Investigate City laws and ordinances that govern the planning and hosting of parties serving alcoholic beverages; involve students in this work.</td>
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<tr>
<td>C. Create party responsibility resources for off campus students and develop a plan to proactively inform off-campus students about current policy and protocol.</td>
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<tr>
<td>D. Review current policies and practices for Fraternity and Sorority Life, club sports, student organizations, and Residence Life and Housing.</td>
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<td>E. Through the review of other campus' protocols, consider the efficacy of removing privileges for repeat offenders of campus alcohol or drug policy such as suspension from student activities such as club sports, fraternity and sorority life, registered student organizations or other clubs, etc.</td>
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<tr>
<td>F. Advocate for social host policies/city ordinance to place accountability and responsibility on event hosts.</td>
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<tr>
<td>G. Create surveys or other outcome measures to gauge current student understanding of campus and community laws, policies, and protocol and their perception of policy enforcement on and off campus, and to determine salient climate issues regarding students’ outlook on abusive drinking on campus, such as what is their level of agreement with the strictness of policy.</td>
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**Potential Outcomes:**

- Increased student knowledge of laws, policy, protocols, and safer party-host practices.
- Policy enactments that lead to increased student accountability.
- Implementation of party registration processes on and off campus.

Table 2

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<tr>
<th>Conduct Strategic Initiative: Review and make recommendations for University conduct process, sanctions and response protocols.</th>
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<td><strong>Action Steps:</strong></td>
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<tr>
<td>A. Collect five-year data from UD police, Office of Student Conduct, and Newark police regarding the number and types of violations/arrests. Also investigate the length of time it takes offenses to be adjudicated.</td>
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<td>B. Conduct research on the types of sanctions that have been successful on other campuses for both minor and major alcohol violations and use this information to inform changes to the current UD sanctioning process. Advocate for more consistency in how we sanction students who violate policy at UD.</td>
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<tr>
<td>C. Utilize the current Office of Student Conduct review process and final report to determine needed changes in adjudicating alcohol and drug violations.</td>
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<tr>
<td>D. Develop a fine structure for violations of campus alcohol and drug policy.</td>
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**Potential Outcomes:**

- Implementation of a sanctioning structure for student violations of campus drug or alcohol policy, to include the addition of fines.
- Refinements to the sanctioning process.
- Consistent collection, analysis, and utilization of conduct data.
Table 3

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<tr>
<th>Communication Strategic Initiative: Develop and implement a comprehensive communication plan to more clearly define the University’s standards and approach to managing issues related to student abusive drinking and other drugs use.</th>
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<tr>
<td>Action Step A: Increase student voice in the development of key messages.</td>
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<tr>
<td>i. Conduct focus group(s) with students to determine the kinds of messages regarding safety, consequences and resources will resonate with students and empower them to use their voice to impact the campus climate regarding drinking. Specifically involve freshmen.</td>
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<tr>
<td>Action Step B: Create a framing document—Why binge drinking has no place at UD.</td>
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<tr>
<td>i. Form a multi-departmental stakeholder subcommittee that includes at least some of the students from the focus group(s) to refine 5-6 key institutional messages to be disseminated with regard to safety, consequences and resources; Use student focus group information to shape these key messages; these key messages will be used to inform the development of all other communication materials to ensure consistency.</td>
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<tr>
<td>ii. Involve Communications and Public Affairs (CPA) to help determine the most effective methods and venues for communicating these messages to various campus and community constituencies.</td>
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<tr>
<td>Action Step C: Brand the Coalition and its efforts</td>
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<tr>
<td>i. Create a Coalition web presence.</td>
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<td>ii. Create forums in which the work of the Coalition will be highlighted.</td>
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<td>Action Step D: Educate the community to raise awareness about the issue of problematic student drinking.</td>
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<tr>
<td>i. Disseminate the key messages included in the framing document.</td>
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<tr>
<td>ii. Share campus-wide Alcohol and Other Drugs (AOD) data with constituent groups: parents, students, faculty, and the broader community, so as to better engage all constituencies in understanding the issues and impact on UD’s reputation, student success, and institutional costs.</td>
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<tr>
<td>iii. Increase visibility of enforcement of rules, policies, and laws regarding substance use, especially instances of abusive drinking; consider creating a record of punishment and/or publicize using appropriate media channels.</td>
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<td>iv. Develop pro-active publicity around high-risk drinking traditions-sporting events, drinking holidays, celebrations.</td>
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<tr>
<td>Action Step E: To assure consistency in messaging regarding student behavioral expectations and campus community standards regarding drinking and drug use, review all print and online materials used for new student recruitment and also those directed at incoming students and parents/families.</td>
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<tr>
<td>i. Consider adopting the use of stronger statements regarding the University’s position on abusive use of substances.</td>
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<tr>
<td>ii. Develop/refine and clearly communicate community standards/expectations for students regarding drug use and drinking behavior.</td>
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<tr>
<td>iii. Better define what constitutes a successful UD student.</td>
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Potential Outcomes:
- Increased student involvement for addressing campus issues regarding high risk substance use and in changing student drinking norms.
- Increased institutional commitment to abusive drinking prevention initiatives.
- Increased knowledge of institutional expectations for student behavior.
- Increased visibility of enforcement.

Implications and Next Steps
Coalitions must be fluid so that key partnerships can emerge, and a core planning team is recommended to lead the strategic planning process and to serve as a source of guidance when planning coalition meetings, solving problems, and directing the development of the Coalition as a whole. Many coalitions fail because of inadequate attention to the critical role of community organizing and expertise in coalition development and leadership in maintaining successful campus community partnerships in
combatting campus drinking cultures. The following recommendations will ensure a sustainable and effective Coalition structure and staffing model:

1. **Coalition Staffing:** The Coalition will benefit from hiring a full-time leader who has expertise in student affairs and understands community organizing—armed with a firm grasp on political climate, history, barriers and incentives to those who work in the community. It is highly recommended that the Coalition leader be recruited via a national search and report to the vice president for student life.

2. **Task Force Creation:** To achieve the action steps in the strategic plan, the Coalition will need to form working task force groups comprised of Coalition members and other University or City of Newark stakeholders. These working groups will establish timelines and determine responsible parties for the tasks and processes related to each strategic initiative.

3. **Communication Planning:** Uniform messaging within the Coalition and keeping all community partners well-informed is essential. Educating the media is critical in helping to overcome the common misconception that college drinking prevention only involves police and university administration. Replacing stereotypical visuals about college drinking—stock footage of beer pong, tailgates and riots—with more accurate visuals, sound bites, and spokespersons from a variety of community positions and interests telling the Coalition’s story will be important as well. A communications specialist is recommended to assist with promoting successes in the work, taking every opportunity to highlight positive changes through media channels, presentations to groups, newsletters, and to document the messages.

4. **Budgeting, Evaluation, and Assessment:** The working task force groups will include a plan for assessment, evaluation, and budget for each of the actions steps outlined herein.
References


Appendix A

University of Delaware
Campus Coalition on Alcohol and Other Drug Abuse Prevention
Membership List
Fall 2014

Co-chairs
Nancy Chase, Director, Student Wellness and Health Promotion
Dawn Thompson, Vice President for Student Life

Karen Aniunas, Assistant Vice President, University Development and Alumni Relations
Ann Ardis, Deputy Dean and Director, College of Arts and Sciences; Professor of English (on sabbatical through 1/1/15)
Bob Ashby, Owner, Deer Park Tavern
Jennifer Becnel-Guzzo, Associate General Counsel
John Bishop, Professor Emeritus, Human Development and Family Studies
Joann Browning, Senior Associate Dean for the Arts; Professor of Theatre, College of Arts and Sciences (for Ann Ardis, effective 2/15)
Rick Deadwyler, Director, Government Relations
Doug Doren, Senior Associate Dean, College of Arts and Sciences; Professor of Chemistry and Biochemistry (for Ann Ardis through 1/1/15)
Laura Gleason, Assistant to the Vice President for Student Life
Marge Hadden, Council Member, City of Newark
Evelyn Hayes, Professor, School of Nursing
Jawanza Keita, Director, Communications, Office of the Provost
Kathleen Kerr, Executive Director, Residence Life and Housing
Matt Kinservik, Vice Provost for Faculty Affairs
Ethan Kirk, Senior, College of Arts and Sciences (effective 3/15)
Carey Koppenhaver, Member of the Board of Trustees Student Life and Athletics Committee
Harry Lewis, Junior, College of Arts and Sciences (effective 3/15)
Nicole Long, Director, Assessment and Engagement, Student Life (effective 4/6/15)
Steven Martin, Associate Director, Center for Drug and Health Studies
Joe McCoy, President, Catherine Rooney’s Irish Pub and Restaurant
Christine Motta, Associate AD, Student-Athlete Development and Senior Women’s Administrator
Ricky Nietubicz, Planner, City of Newark
Patrick Ogden, Chief of Police
Lynn Okagaki, Dean, College of Education and Human Development
Raina Parikh, Senior, College of Arts and Sciences and member of SOS
Anthony Seraphin, Chair, Faculty Senate Committee on Student Life
Polly Sierer, Mayor, City of Newark
Paul Tiernan, Chief of Police, Newark Police Department
Christy Visher, Director, Center for Drug and Health Studies
Eric Ziady, Director, Athletics and Recreation Services
Appendix B

Current UD Campus Prevention Plan
Student Wellness and Health Promotion
Submitted by Nancy Chase, Director

The University of Delaware has focused on a comprehensive prevention approach that includes strategies designed to change the campus and community environment in which students make decisions about alcohol, drugs and other health behaviors. UD’s comprehensive prevention approach to date has been largely grounded in the prevention work conducted by Student Wellness and Health Promotion (Student Wellness). Student Wellness is charged with providing leadership and coordination to the campus to ensure the following actions:

- Adoption of universal prevention strategies;
- Use of theory-based and evidence-informed practice;
- Determination of correlations between health and learning;
- Assurance of collaboration with faculty, staff, students, and community members to drive health enhancing change;
- Achievement of both health and learning outcomes; and
- Creation of environments in which health and learning happen.

Student Wellness uses the following actions to move campus health promotion well beyond the defined campus health sector: coalition building, networking, policy change, community organizing; and coordinates these actions through sustained commitments from multiple university departments.

To date, campus alcohol and drug prevention efforts have focused primarily on UD students ages 18-25 and have been developed to address the risky, abusive binge drinking consumption pattern evident in the student population. This means targeting drinking that leads to extreme intoxication as evidenced by high blood alcohol concentrations (BACs), episodes of black out, and intoxication that requires medical transport or monitoring. Additionally, the following student sub-populations have been targeted for increased attention: first year/incoming students; student athletes of all designations; and students deemed to be at particular risk, such as those found in violation of campus alcohol and drug policy.

The intervening variables that are cause for particular concern regarding the UD student population are social access to alcohol, the lack of attractive alternative (meaning alcohol-free) activities being offered on campus during identified key student drinking times, and a significant lack of perceived risk among the student body regarding many documentable negative consequences being encountered as a direct result of abusive drinking.

As indicated above, many entities on the University campus have always been concerned and involved in proactively addressing alcohol issues within the student body. This extended attention on the problem has brought years of insight and helped specific campus priorities come better into focus. Collaboratively working the problem has helped determine the most fruitful efforts for which to invest limited resources and funding, and attentiveness to promising prevention strategies highlighted within the emerging professional literature, as well as adherence to specific grant-funded prevention parameters, has guided decisions about the choice of specific strategies.

The following pages list the major alcohol prevention strategies and actions operating on the UD campus as of the 2014-2015 academic year.
Strategy: Education
- Activity: Use of the population-wide, online educational program entitled *Alcohol.Edu for College* to educate incoming students under the age of 26.
- Activity: Mandated two-session bystander intervention training within the First Year Seminar.
- Activity: Use of online educational program entitled *MyPlaybook* with first-year varsity student athletes.
- Activity: Yearly trainings for student leaders such as Resident Assistants and educational sessions for other student groups such as fraternities and sororities.

Strategy: Information Dissemination
- Activity: Pre-matriculation messaging to the parents/guardians of incoming students via a letter sent home to the permanent address, a safety and health session for parents at New Student Orientation and a parent handbook.
- Activity: Use of electronic parent newsletters for ongoing outreach, two published annually, one during the first semester and one during the second semester.
- Activity: Pre-matriculation messaging with incoming students via a letter mailed home to the permanent address weeks before student arrival on campus.
- Activity: Mandatory building and floor meetings and Reader’s Theatre sessions during 1743 Welcome Days.
- Activity: Dean of Students all student well-being and safety email annually.
- Activity: Use of electronic newsletters to first-year students, two annually.
- Activity: Use of the e-zine *Student Health 101* with all students monthly.

Strategy: Community-based Processes
- Activity: Training of New Student Orientation Leaders to prepare them to educate about health and safety, specifically alcohol prevention, in sessions with incoming students during NSO.
- Activity: Leveraging key campus partnerships to enhance enforcement efforts, sanctioning processes, and policies governing student activities.
- Activity: UD APPLE Team, a coalition made up of key personnel from Student Wellness, Student Services for Athletes (SSA), and Athletics which assists with the implementation of the APPLE Model of substance abuse prevention within the Athletics Department.
- Activity: Campus Coalition for Alcohol and Other Drug Abuse Prevention.
- Activity: *ALTITUDE: Be the Change*, a partnership between UDPD and Student Wellness aimed at generating a grassroots effort to engage students in creating climate change regarding the abusive use of alcohol on campus.
- Activity: College Recovery Community (CRC), provides a place for recovering students to derive support and aims to increase awareness of substance abuse and addiction issues within the campus community.
- Activity: *Thrive* Wellness Living Learning Community.

Strategy: Problem Identification and Referral
- Activity: BASICS, a skill training program administered by Student Wellness which is designed to help students 1) reduce alcohol and other drug consumption and its adverse consequences; 2) promote healthier choices regarding substance use; and 3) provide important information, personalized feedback, and coping skills for risk reduction.
Strategy: Alternative Activities

- Activity: UNIDEL grant-funded effort entitled *Perkins LIVE* and *Trabant NOW* to increase and enliven on-campus, late night, weekend activities for students within the first ten weeks of the fall semester.
- Activity: Opt4 First Fridays are offered on the first Friday of every month at an on-campus venue; free, student-designed and implemented social activities.
- Activity: Increased alternative social programming and other prevention efforts during high-risk event times such as Halloween, Homecoming, and St. Patrick’s Day.
- Activity: Special events for varsity athletes.
- Activity: Annual First Year Tailgate.

Strategy: Environmental Strategies

- Activity: Increased enforcement of underage drinking and its related disruptive behaviors on campus and in the adjacent Newark neighborhoods concentrated on the first few weeks of the fall semester and at other high-risk event times throughout the academic year. The increased enforcement efforts include both the deployment of more units patrolling the campus at key times and the use of joint agency policing tactics.
- Activity: Substance-free housing option.
- Activity: Marketing campaigns.
- Activity: Code of Conduct Campus Drug and Alcohol Policies.
- Activity: CAP program governing fraternities and sororities.