Members: Ana Hammerschmidt, Gary Holquist, Sean Huls, Katie Jackson, Jeremy Leiferman, Kathleen MacLeay, Lauretta Perry, Ben Stoddart

CHAC Mission
The mission of the Chemical Health Advisory Committee is to develop campus collaborative efforts to assess and address current issues of students’ alcohol and other drug use in the Duluth and UMD communities.

CHAC Goals

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**GOAL 1**: CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally.

Objectives:
*Using BASICS meetings, discussions with UMD Seminar Classes, literature reviews, campus citation numbers, and professional trainings/conferences, CHAC will continue to monitor marijuana trends and follow the data collected from states with legalization of recreational use.*

Attending the 2018 NASPA Alcohol, Other Drug, and Violence Prevention conference in Portland Oregon, staff obtained data and best practices from Oregon, Colorado and Washington states regarding marijuana education, current trends and paraphernalia in drug culture, and effective educational/therapeutic sanctions for students violating campus drug policies. In addition, staff traveled to the medical marijuana dispensary in
Hibbing, Minnesota to learn about practical application processes to the state regulations and guidelines.

BASICS meetings (Brief Alcohol Screening Intervention for College Students) revealed the following in 48 out of 59 individual student meetings conducted: 5 students (10%) received BASICS specifically for a marijuana related violation; 4 students (8%) received BASICS for a combination of marijuana and alcohol violations; however, 34 students (58%) disclosed regular (defined as daily-weekly) use of marijuana regardless of what violation brought them to the meeting.

UMD PD collaborated with the school of Pharmacy to obtain grant funding so that UMD Officers would be equipped with nasal application of Naloxone. To date, there has been no evidence of student use, this pro-active action was taken based on the overwhelming number of opioid overdoses both locally and nationally. Policy has been approved by Legal Counsel and Officers are anticipated to begin carrying the treatment by fall of 2018. In addition, UMD Health Service medical providers have obtained injection kits for use as needed.

Review monthly incident reports from UMD Police, Detox, Housing, and the Office of Student Conduct

Monthly incident reports were compiled from the Office of Student Conduct and UMD Campus Police from September through May and discussed at monthly CHAC meetings. The most significant change was in the reduction of DUI’s from 32 in 2016-17 to 3 in 2017-18. The arrival of Uber and Lyft services to the Duluth area was the changed variable identified as possibly contributing to this shift. Underage consumption and drug related citations, detox and hospitalization visits, and social host violations continue to decrease for the third consecutive year.

GOAL 2: CHAC will provide a venue for creating campus collaborations on alcohol and drug education programming and prevention efforts.

Objectives:
CHAC will meet monthly to allow for networking and collaboration to occur on a regular basis

CHAC met this academic year from September through May and gained a new committee member affiliated with Kirby Students Center and Greek Life. This has enabled convenient and consistent information sharing and collaboration between multiple departments.

Select CHAC members will serve on the Tri Campus Coalition on College Student Drinking

Two members of CHAC served on the Tri Campus Coalition, the UMD Police Chief, and the Chemical Health Educator with the later serving as one of the group’s co-coordinators.
Risk reduction presentations regarding alcohol and marijuana will be provided on campus by selected CHAC members and students, and student organizations. This will include messaging on medical amnesty.

The Alcohol Peer Educators assisted the Chemical Health Educator in providing 16 classroom presentations throughout the academic year to UMD Seminar classes. In addition, presentations were conducted in Health and Wellness Classes (HLTH1100), and the course Women’s Health Issues each semester. All classroom presentations included the signs/symptoms of alcohol overdose and information regarding the state law Medical Amnesty. In addition, the entire freshman class was provided this information during Bulldog Welcome Week during the 360 Stay Safe presentation. Magnets providing the symptoms of alcohol overdose and action steps required were placed on the refrigerators of all UMD housing units. CHAC remains committed to this practice, recognizing the continuous change in our population requires on-going programming efforts.

The program Brief Alcohol Screening and Intervention for College Students (BASICS) was administered to 59 students who received alcohol or drug violations. These individual meetings incorporate motivational interviewing and goal setting with content reflecting material from risk reduction presentations. The number of meetings required varied from 1-3 to accommodate the needs of each individual student. Motivational interviewing has been identified as a best practice in working with students who are frequent users of marijuana (NASPA 2018).

Presentations will be provided to area high schools on alcohol and other drugs from a risk reduction standpoint.

Presentations occurred in the Health class of Harbor City High School in both fall and spring semester. These classes contain students ranging from sophomore to senior class rank. In addition, 35 students from Harbor City High School traveled to UMD in May for a symposium which included risk reduction information on alcohol and other drugs conducted by the Chemical Health Educator. None of the attendees at this event had been in the class sessions taught previously by Alcohol Peer Educators or UMD staff.

Staff met with the parents of seniors at Marshall High School in April to discuss current alcohol and drug trends on US college campuses and provided suggestions for ways to initiate the conversation with their sons/daughters emphasizing a harm reduction approach. Two sessions were also conducted with the senior class prior to prom to provide short presentations on risk reduction, sexual assault, and by-stander intervention.

CHAC will create student subcommittees, as needed, from a cross section of student organizations and positions to address select topics/issues, share data, and elicit feedback.

Move-In Day Focus Groups - Students participating in Move-In Day parties engaged in behaviors not previously noted, in the numbers seen. These behaviors included trespassing through neighbor’s property in large groups, and roaming to parties in large
numbers. The Office of Student Conduct and Conflict Resolution collaborated with UMD Police and the Chemical Health Educator to create focus groups for students receiving alcohol related violations, aimed at assisting the university in better understanding what happened on that day and why. The information collected was shared with the Vice Chancellor of Student Life, the Chief of UMD PD, and the Duluth PD with the intent of developing strategies to reduce the chance of repetition.

Alcohol and Sexual Assault/Misconduct Focus Groups - Due to the statistically high correlation between alcohol and sexual assault/misconduct, we seek to understand the nuances embedded in college culture which normalize student attitudes and behaviors related to this topic. To explore this further, focus groups were conducted with a cross section of students including: Greek Life, Athletes, LGBTQAI, Black Student Union, Sexual Health Peer Educators, and Alcohol Peer Educators. Findings from these groups are being compiled and will be shared with the Sexual Violence Response Team, the Sexual Health Peer Educators and the Alcohol Peer Educators.

Organization Specific Culture - Developing an intentional culture regarding substance use continues to be addressed with individual Greek organizations and Athletic teams. This academic year the Chemical Health Educator met with leadership and/or the entire organization from Football and Women’s Hockey teams; Tau Kappa Epsilon, Phi Kappa Tau and Phi Kappa Psi.

**Goal 3:** CHAC will make recommendations for the UMD campus concerning alcohol and other drug issues

**Objectives**

*Continue to monitor and respond, as appropriate, to efforts to legalize marijuana in the state of Minnesota as it relates to the public health lens of driving under the influence, curriculum and public service announcements.*

No bills were introduced regarding recreational use of marijuana in the state legislative session, however, it is anticipated to be a campaign issue in the up-coming election for Minnesota Governor. CHAC will continue to monitor this and respond as appropriate.

**Goal 4:** CHAC will share information and data with appropriate stakeholders.

**Objectives**

*Pending acceptance, UMD will present at the North Central College Health Association (NCCHA) conference in October on “Understanding the Nuances of College Student Marijuana Use”.*

The presentation was accepted by NCCHA and given on October 19, 2017 in Cedar Falls, Iowa.

*Using the data collected from the 2016 Alcohol Trends Survey, an article will be submitted for publication.*

The article *Effects of Social Capital on the Culture of College Drinking* was submitted to the Journal of Social Work in Public Health and the Journal of Alcohol and Drug
Assessment
Beginning in 2007, UMD has participated in the Boynton College Student Health Survey as a method of collecting data related to the health related behaviors of the student body. The survey instrument is conducted electronically, by random sample, in 3 year cycles. This year the survey opened Feb. 26, 2018 and closed on March 30, 2018. 2,799 UMD students were selected for participation and 1,215 completed the survey, providing a 43.4% response rate. Data will be available to CHAC members in the fall, when it will be reviewed and analyzed by committee members, and shared as appropriate with UMD administration, students, staff and faculty.

Budget
CHAC does not have a budget, or assigned EFS number. Appropriate departments contribute for specific costs.

Alcohol Overdose Magnets - $406.66 Fee covered by Health Services
Alcohol Edu – $35,850 Fee covered by Coca Cola monies
E-chug/E-toke (on-line assessment tools) - $1,950. Fees are equally distributed between the departments of Health Services, Housing, and the Office of Student Conduct and Conflict Resolution.

CHAC Strategic Plan for 2018-2019

GOAL 1: CHAC will regularly review and analyze current alcohol and other drug use and trends both locally and nationally. Linked to Campus goals 5 and 6; Student life goals 2 and 6

CHAC will review, analyze and share data, as appropriate, from the 2018 Boynton College Student Health Survey. This will include information related to student use of prescription medications.

GOAL 2: CHAC will provide a venue for creating campus collaborations on alcohol and drug education programming and prevention efforts. Linked to campus goals 1, 2, and 5. Student life goals 3. 1 and 4.2.

UMD will offer a weekly support group meeting, similar to Al-anon, for students struggling with the substance abuse of others

CHAC will meet monthly to allow for networking and collaboration to occur on a regular basis
Select CHAC members will serve on the Tri Campus Coalition on College Student Drinking

Risk reduction presentations regarding alcohol and marijuana will be provided on campus by select CHAC members and students, and student organizations. This will include messaging on medical amnesty.

Presentations will be provided to area high schools on alcohol and other drugs from a risk reduction standpoint.

CHAC will create student subcommittees, as needed, from a cross section of student organizations and positions to address select topics/issues, share data, and elicit feedback.

Goal 3: CHAC will make recommendations for the UMD campus concerning alcohol and other drug issues. 
Linked to campus goals 1, 5; Student goal 6.2

UMD will initiate a meeting with local ER staff to discuss the release and transportation of students following an alcohol/drug related incident.

Continue to monitor and respond, as appropriate, to efforts to legalize marijuana in the state of Minnesota as it relates to the public health lens of driving under the influence, curriculum, and public service announcements

Goal 4: CHAC will share information and data with appropriate stakeholders.
Linked to campus goal 6; Student life goals 5.2 and 6.2

CHAC members will share research findings related to UMD student marijuana use with UMD staff and faculty at a Lunch on a Mission event.

CHAC members will share findings from the alcohol and sexual assault/misconduct focus groups with members from the Sexual Violence Response Team, the Sexual Health Peer Educators and the Alcohol Peer Educators.