

2018 - 2020

Biennial Review

University of California, Santa Barbara



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Introduction

The Drug-Free Schools and Communities Act of 1989 and its implementing regulations (34 C.F.R. Part 86) requires that any institution of higher education that receives Federal financial assistance must adopt and implement a program to prevent the illicit use of drugs and alcohol abuse by students and employees on school premises or as part of any of its activities.

1. In accordance with federal law, the UC Santa Barbara campus annually, and regularly, provides every employee and student with the drug and alcohol abuse program and the implementing guidelines that includes:

- Standards of conduct that prohibit the unlawful possession, use or distribution of illicit drugs and alcohol on University property or part of our activities
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol
- A description of the applicable legal sanctions under local, state and federal law
- A description of intervention, counseling and treatment programs
- A clear statement and description of the disciplinary sanctions UC Santa Barbara will impose on students and employees.

2. On a biennial basis, UC Santa Barbara undertakes an internal review of its drug and alcohol abuse program to do the following:

- Determine the program's effectiveness and implement changes to the program if changes are needed;
- Determine the number of drug and alcohol-related violations and fatalities that 1) occur on the institution's campus or as part of any of the institution's activities 2) are reported to campus officials.
- Determine the number and type of sanctions that are imposed by the institution as a result of drug and alcohol-related violations and fatalities on the institution's campus or as a part of any of the institution activities
- Ensure that the sanctions are consistently enforced.

This 2018-2020 Biennial Review of UC Santa Barbara's alcohol and drug programs covers the time period from July 1, 2018 through June 30, 2020 and is electronically filed with the following offices: Office of the Chancellor, Office of the Vice Chancellor for Administrative Services; Office of the Vice-Chancellor for Student Affairs, Office of Governmental Relations; Office of the Dean of Students; Office of Financial Aid and Scholarships; Office of Public Affairs and Communications; Office of Student Conduct; Human Resources, Dept of Health & Wellness, Dept of Recreation and Student Health Services. A hard copy is also maintained on file with the Office of Financial Aid and Scholarships, Student Health Service and Office of Governmental Relations.

History/Overview of UC Santa Barbara (UCSB)

Situated about ten miles from downtown Santa Barbara, the UC Santa Barbara campus is bordered by the ocean and the community of Isla Vista. The population of Isla Vista is approximately 20,000, within one square mile, making it one of the most densely populated areas in California. The residential campus has approximately 18,000 undergraduate and 3,000 graduate students. The combination of an excellent climate, the ocean, easy bicycle access and Isla Vista has made UCSB a very popular campus.

In 1979 Vice Chancellor Edward Birch recommended the development of an Alcohol Task Force to assess the nature and degree of alcohol use by UCSB students. In 1980, UCSB established an Alcohol Awareness Program, the first of its kind in the University of California system and one of the first in the nation. Strategic elements of this original Task Force, including peer health education, substance use work groups, education and prevention services, continue to date and have been supplemented by the addition of clinical assessments, intervention services and counseling support.

UC Santa Barbara is recognized as a central figure in coordinating alcohol and other drug prevention for the adjacent community of Isla Vista and the greater Santa Barbara community. UC Santa Barbara continues to have a strong coalition of campus and community partners that work together to guide campus prevention efforts and impact community and state-level public policies in conjunction with such community agencies and partners such as Santa Barbara County Behavioral Wellness, Santa Barbara County Department of Public Health, the Santa Barbara Mental Wellness Program, the Santa Barbara County Fighting Back Coalition, Santa Barbara City College and numerous other local non-profit agencies.

The UC Santa Barbara campus and community provide comprehensive alcohol and other drug prevention initiatives, programs and services that focus on policy, environmental management, education, intervention, prevention, recovery services, research and assessment.

Policies and Sanctions

The UC Santa Barbara Substance Abuse Policy and Implementing Guidelines can be found at <https://www.policy.ucsb.edu/files/docs/policies/substance-abuse.pdf>

Employees

An employee is defined as a person who holds a University staff or academic appointment. This includes student employees and work-study students who work at the University. University policy prohibits the unlawful use, sale, manufacture, distribution, dispensing, or possession of alcohol or of controlled substances by University employees and students in the workplace, on University premises, at official University functions, or on University business. In addition, employees and students shall not use illegal substances or abuse legal substances in a manner that impairs work performance, scholarly activities or student life.

Employees violating these policies may be subject to corrective action and/or discipline, including dismissal, under applicable University policies and labor contracts, and may be referred for criminal prosecution and/or may be required to participate in an employee support program or appropriate treatment program. In this review period, the UC Santa Barbara campus did not issue any significant employment actions against staff employees for impairment in the workplace and/or excessive absenteeism likely due to alcohol and/or substance abuse.

Students / Student Organizations

A student is a person who is currently enrolled for academic credit on the UC Santa Barbara campus. University policy prohibits the manufacture, distribution, dispensing, possession, use, or sale of illicit drugs, or the attempted manufacture, distribution, dispensing, or sale of alcohol that is unlawful or otherwise prohibited by, or not in compliance with, University policy or campus regulations. Policy also prohibits the unlawful manufacture, distribution, dispensing, possession, use, or sale of, or the attempted manufacture, distribution, dispensing, or sale of controlled substances, identified in federal and state law or regulations. Violations of the University's policy on Substance Use shall be referred to the appropriate UC Santa Barbara official and/or the appropriate legal authority for processing in accordance with applicable law and/or University policies and regulations. Students and registered student organizations who are alleged to have violated these policies may be referred to a formal Student Conduct process under the Student Code of Conduct in addition to, or instead of, other appropriate UCSB official and/or legal authorities. This Code of Conduct also applies to off-campus conduct that occurs in the context of an education program or activity, or adversely affects the UC Santa Barbara Community and/or the pursuit of the University's objectives. Off-campus jurisdiction may be extended under limited circumstances as outlined in the Student Code of Conduct.

Resolution options for reports of alleged violations including individual students or student organizations may include a meeting with the Office of the Dean of Students, the Office of the Vice Chancellor for Student Affairs, the Office of Student Conduct, mediation or restorative justice. Students and student organizations found to be in violation of policy may receive administrative and/or educational sanctions and may result in the development of a Student Conduct Record. Typical sanctions for incidents involving illicit or controlled substances and/or alcohol include, but are not limited to: Formal Warning, Probation, Loss of Privileges and Exclusion from Activities, Suspension, Dismissal, Exclusion from Areas of the Campus or from University-Supported Activities, Restitution and Referral to the campus Alcohol and Drug

Program's counseling and educational services. Sanctions are designed to be educational in nature and to support the University's mission of promoting the health and wellness of its students, in pursuit of their academic goals and the orderly operation of the University. Sanctions, and referrals, are progressive and take into consideration a student or student organizations' cumulative Student Conduct Record and any aggravating/mitigating factors that may be present in the report. A student conduct record will generally contain the applicable incident report(s) and/or police report(s), meeting and decision letters, and other documents related to student conduct incidents the student or student organization has been involved in while a UC Santa Barbara student or while registered as a Student Organization.

A student conduct record is retained by the Office of Student Conduct for not longer than seven years from the date of the incident, or as otherwise required by law. Records involving dismissal are kept permanently. Student-athletes and teams may also receive sanctions as a result of violating the Student Athlete Code of Conduct concurrent to their participation in the Student Conduct Code process, or in instances where the Student Conduct Code may not apply. Such sanctions include, but are not limited to: loss of privileges, suspension from practice and/or games, dismissal from the team or suspension of seasonal competition, etc. For more information, please review the Student-Athlete Code of Conduct

UC Santa Barbara Student Conduct Code

[Student Code of Conduct](#)

Students are made aware of University drug and alcohol policies at annual orientation sessions, residence hall meetings, University announcements, and regular programming throughout the year.

UC Santa Barbara Responsible Action Protocol for Individual Students

(page 6 of Student Conduct Code)

Similar to California Good Samaritan laws, in situations in which student bystanders call for help in a medical, alcohol, or drug-related emergency, the University's disciplinary response for alcohol and drug violations either for the bystanders or the student(s) needing assistance, shall, barring exceptional circumstances (e.g. sexual or interpersonal violence, threats to the life of another student, or risk for severe bodily injury, etc.), only consist of educational meetings and/or programs (e.g. referral to the Alcohol & Drug Program for an educational group, fire safety seminar, etc.). Other disciplinary sanctions will not normally be considered or assigned. Housing, Dining & Auxiliary Enterprises reserves the right to consider, on a case-by-case basis, any and all incidents of medical response in making an overall assessment of a student's situation.

Student Regulations Policy on Student Organizations, Conduct and Discipline

[Student Regulations](#)

Office of Student Life Campus Regulations

[OSL Campus Regulations](#)

UC Santa Barbara Residential and Community Living Policies

UC Santa Barbara Dining and Auxiliary Enterprises provides housing and dining services for over 11,000 undergraduate students, graduate students and families, in addition to providing accommodations for conference guests and visitors. Policies and expectations regarding substance use can be found [here](#). UC Santa Barbara Residential and Community Living Policies regarding alcohol and drug use include:

Alcohol - Students under 21 may not possess, consume, distribute, manufacture, or otherwise use alcohol in violation of state law or University policy. Residents who are 21 or older are permitted to drink in their assigned room/suite with the door closed provided no individuals present are under 21 years of age. Students under 21 may not be in the presence of alcohol regardless of whether they are consuming

alcohol. Bulk quantities (i.e., quantities that could not reasonably be consumed in a single sitting by the individual(s) present), games or devices used for the rapid consumption of alcohol, and common containers (e.g., kegs, punch bowls, trash cans) are prohibited. Students may not be intoxicated in any Student Housing building.

Drugs - Unlawful possession, use, manufacture, or distribution of any controlled substance is prohibited. Possession of a medical marijuana card does not permit possession or use of marijuana. Disruption, including smelling of marijuana, as a result of drug use is prohibited, as is being under the influence of any drug.

Smoking - Smoking and tobacco use are not permitted on University property or in any Student Housing building or dining facility. Smoking means inhaling, exhaling, burning, or carrying of any lighted or heated tobacco product, as well as smoking substances that are not tobacco, and operating electronic smoking devices and other smoking instruments. Tobacco use includes inhaling, smoking, chewing, dipping, or any other assimilation of tobacco products. Smoking or tobacco use within 25 feet of any building entry, courtyard, stairway, passageway, pool area, patio, balcony, or operable window is considered a violation of Student Housing policy.

UC Santa Barbara Residential & Community Living - Living Learning Communities

Living Learning Communities

Provides a unique and engaging community experience through themed living options. Living Lifestyle Learning Communities include Substance Free and Wellness options to provide students with community-oriented participation in alternative campus and local community events.

UC Santa Barbara Smoke-Free and Tobacco-Free Policy

Smoke-Free & Tobacco-Free Policy

As of January 2014, the University of California system is smoke and tobacco-free. Smoking, the use of smokeless tobacco products, e-cigarettes, and unregulated products will not be allowed on UC-owned or leased properties. UC Santa Barbara is committed to providing students, faculty, staff, and visitors with a smoke-free and tobacco-free environment. Under the authority of [California Government Code 7597.1](#), smoking and the use of all tobacco products, the use of smokeless tobacco products, and the use of unregulated nicotine products (e.g., "e-cigarettes") are prohibited anywhere at all indoor and outdoor spaces managed by UC Santa Barbara. Violations of the adopted policy by students, faculty, and staff may result in University disciplinary action. Campus visitors are asked to comply with the policy or leave campus.

Intercollegiate Athletics (ICA)

ICA Policy

In addition to complying with campus policies, UC Santa Barbara Intercollegiate Athletics students and employees must also comply with departmental specific policies and procedures addressing alcohol and other drugs:

Alcohol is permitted at team functions where a campus alcohol permit is used and adherence to the campus alcohol policy is followed. No alcohol or drugs are allowed for student-athletes at team functions sponsored or endorsed by UC Santa Barbara intercollegiate athletics. A team function is any event in which team members are requested to participate and/or the coach is present. Coaches who host or attend functions attended by student-athletes must adhere to this policy. If there are any doubts about

the applicability of this policy, the athletic director should be consulted. Consumption of alcohol, drugs or tobacco products while participating as a member of a UC Santa Barbara team is a violation. At away contests, student-athletes and coaches are considered representatives of the university from the time they leave campus until they return.

UC Santa Barbara is a member of the National Collegiate Athletic Association (NCAA) and will adhere to all drug policies as established and published in the current NCAA manual. [NCAA Banned Drug List](#) is subject to change and the institution and student-athlete is held accountable for all banned drug classes on the current NCAA list. A partial list is provided within the Intercollegiate Athletics Drug policy online as well as the full list of banned substances on the NCAA website found at: www.ncaa.org. All tobacco products are banned by the NCAA at all practices, contests and team functions. The NCAA has approved year-round drug testing in every sport.

Responsibility of Student-Athlete Hosts

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Hosts are considered a representative of UC Santa Barbara and carry a great responsibility in hosting prospects. Failure to abide by UC Santa Barbara, NCAA and the State of California rules could result in interdisciplinary action to the host, and/or subsequent loss of eligibility for the prospect. The drinking age in the state of California is 21. Therefore, no alcohol should be served to an underage recruit at any time. No underage recruit should be present at any social occasion or event where alcohol is being served unless the event is at a site operating under commercial auspices such as a restaurant. Each host should have emergency information (i.e. coach's cell phone number as well as sports supervisor information). Friends or roommates who entertain the prospect should also be aware of this information. Under some circumstances, a host may be given money to entertain the prospect. This money is for entertaining the prospect only and must not be given to the prospect.

As of this review period, UC Santa Barbara intercollegiate athletics also has a Drug Testing Policy and Protocol in place in addition to the NCAA drug testing policy. Student-athletes may be drug tested randomly or if suspected of substance use from the NCAA banned substances list. There is an identified ICA drug testing program director and committee. The drug testing program director or designee in sports medicine will contact a student athlete by phone to request a face to face meeting when selected to participate in drug testing. The phone call and in person notification will occur no more than 24 hours in advance of the actual drug testing date/time. Failure to report for drug testing is considered the same as testing positive. If an athlete receives a positive result without an approved prior medical exemption on file, the athlete is mandated to counseling in Student Health's Alcohol and Drug Program. (All prescribed medications need to be shared with the team physician, sports medicine designee and form filled out in advance of the beginning of the season and/or academic year.) A student athlete will be prohibited from participating in 20% of regular season and postseason competition for a second positive drug test and 50% for a third positive. A fourth positive will constitute dismissal from the program.

It is not permissible for an institution to provide nutritional supplements to its student-athletes, unless the supplement is a non-muscle-building supplement and is included in one of the four classes identified in NCAA Bylaw 16. Additionally, it is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes.

Research & Assessment

For Employees

There is currently no research or assessment data available for employees regarding alcohol/drug use.

For Students

Over the years, UC Santa Barbara has participated in a number of federal, state and local initiatives that have provided funding for research and implementation of evidence-based programs. In order to better understand student behavior, UC Santa Barbara regularly surveys students regarding alcohol and other drug use. Based on the information obtained, the campus is better able to design and implement effective prevention strategies.

Spring 2019 American College Health Association – National College Health Assessment II - Highlights from Executive Summary

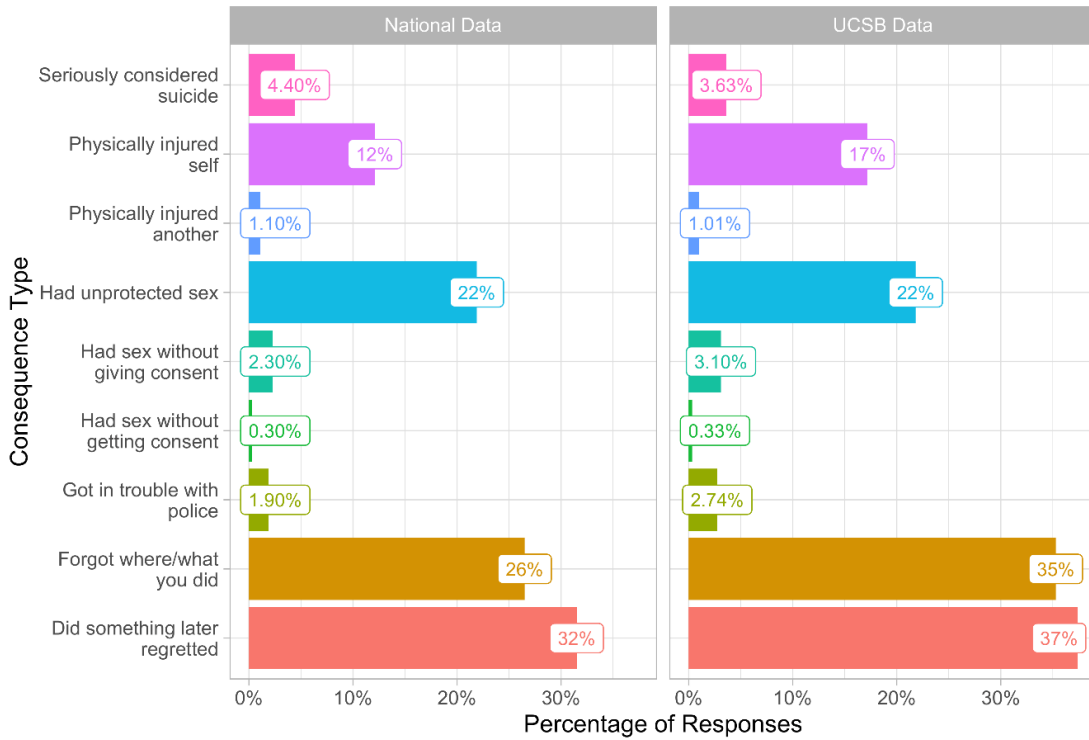
The American College Health Association – National College Health Assessment (ACHA – NCHA) is a national research survey to assist college health service providers, health educators, counselors and administrators in collecting data about their students' habits, behaviors and perceptions on the most prevalent health topics.

The ACHA – NCHA provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health. The UC Santa Barbara campus conducts the ACHA – NCHA on a biennial basis to benchmark the health of the student population and guide the strategic planning process.

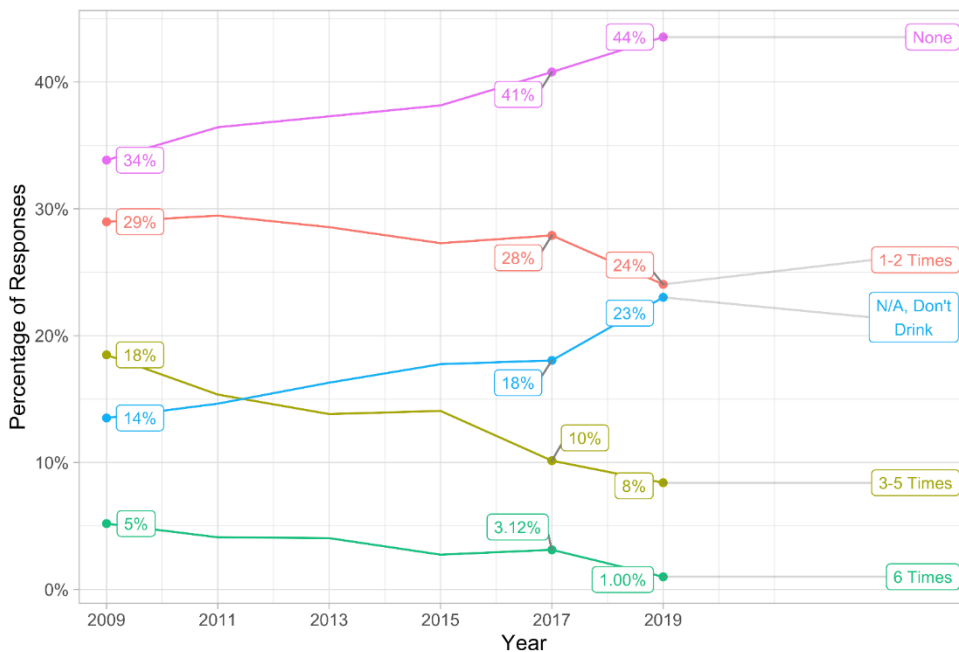
The portions of the Executive Summaries reprinted below highlight results of the ACHA – NCHA II Spring 2019 surveys for UC Santa Barbara undergraduates and graduate and professional students related to alcohol and other drug use/concerns.

Spring 2019 American College Health Association – National College Health Assessment II - Highlights from Executive Summary

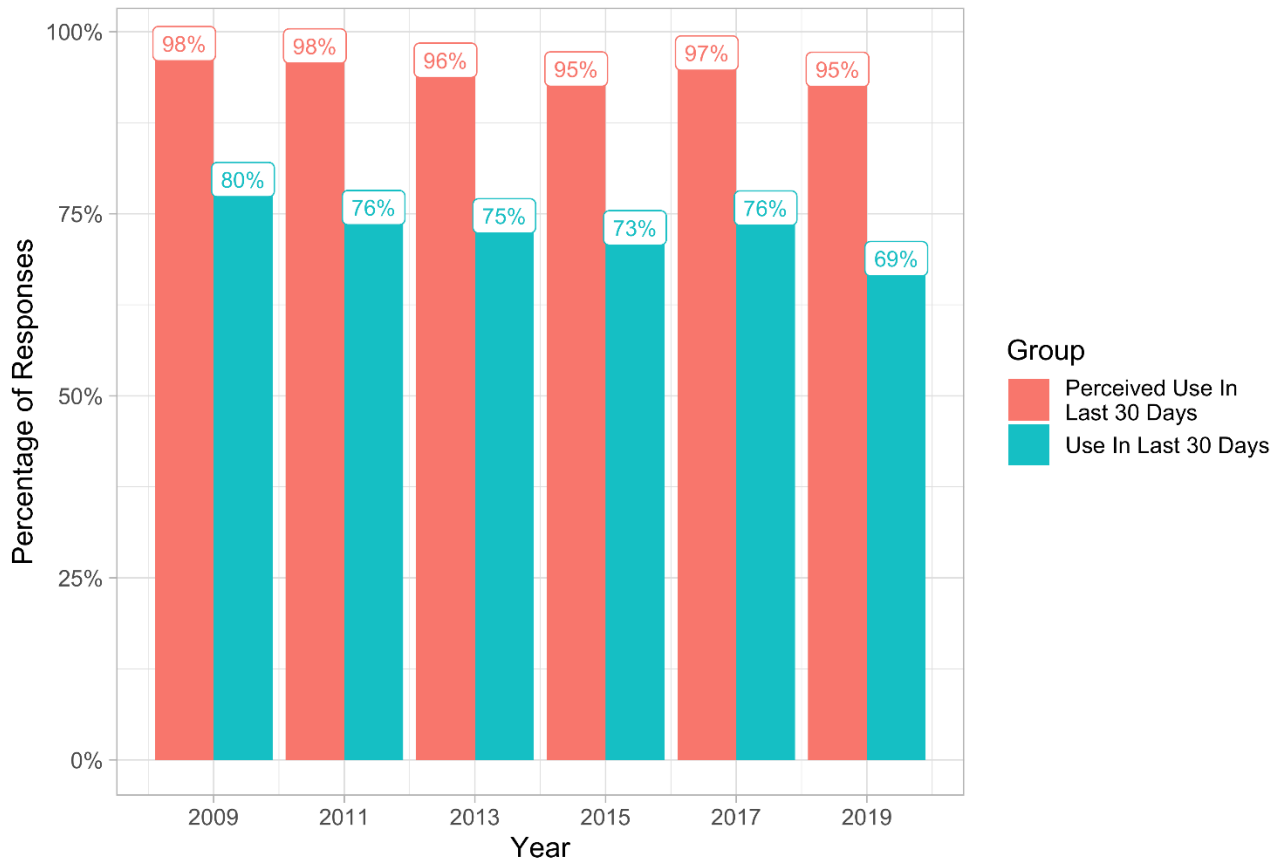
National vs UCSB Data: Consequences of Drinking



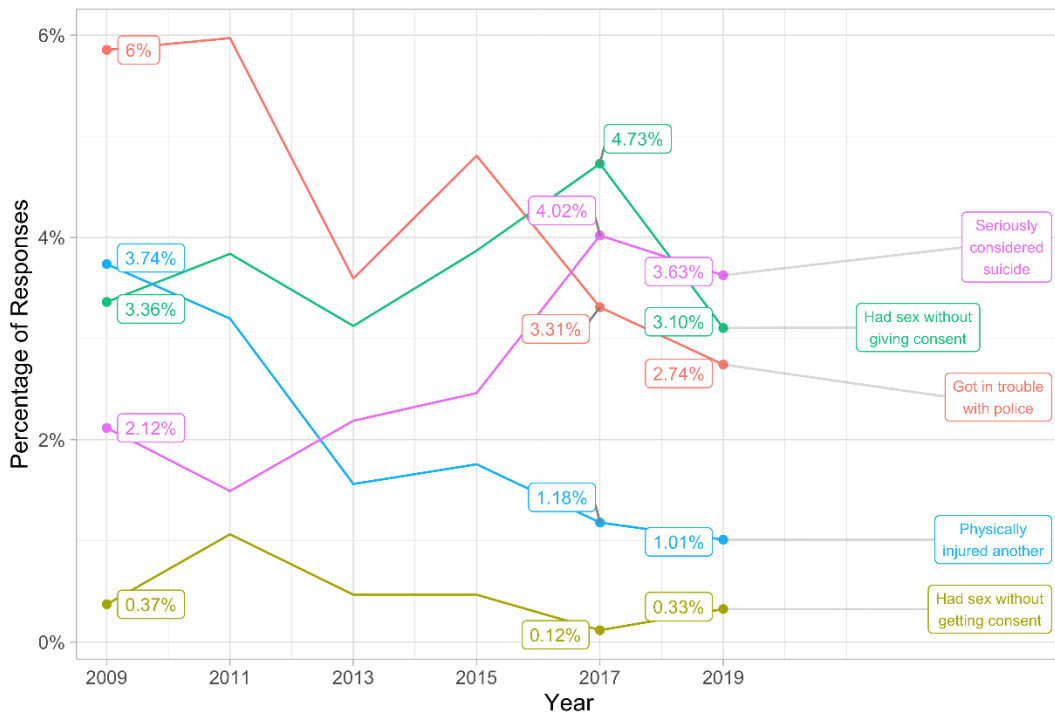
Last 2 weeks: 5 or more drinks of alcohol at a sitting



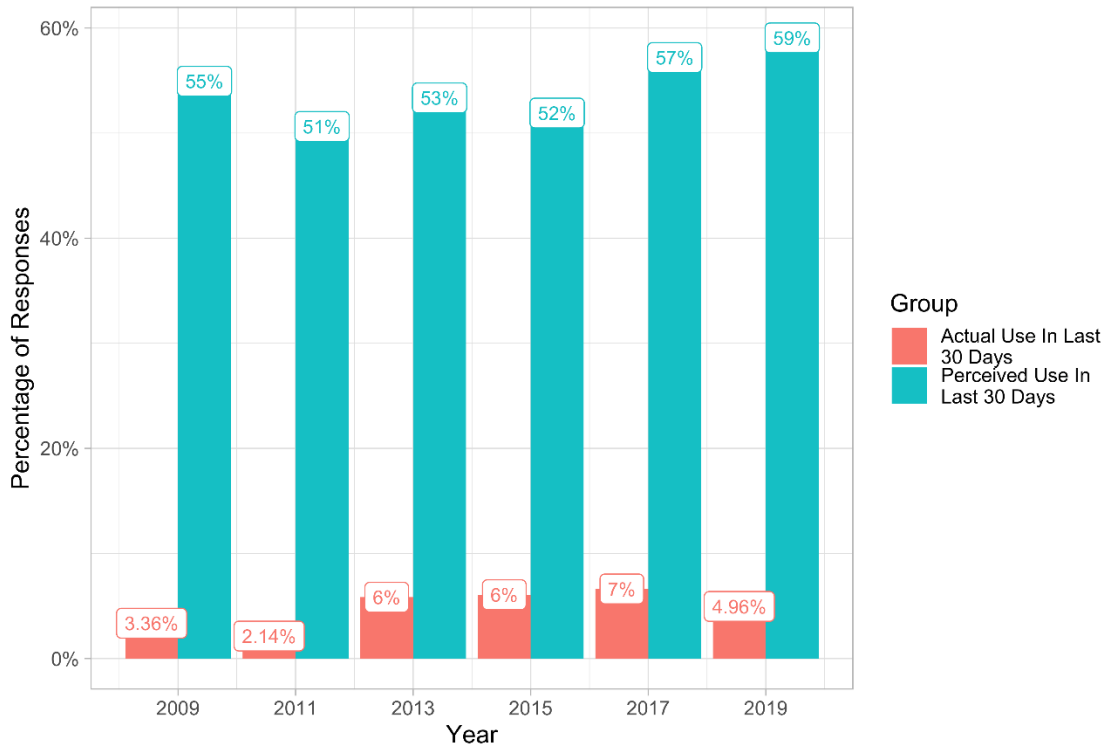
Actual vs Perceived Use: Alcohol



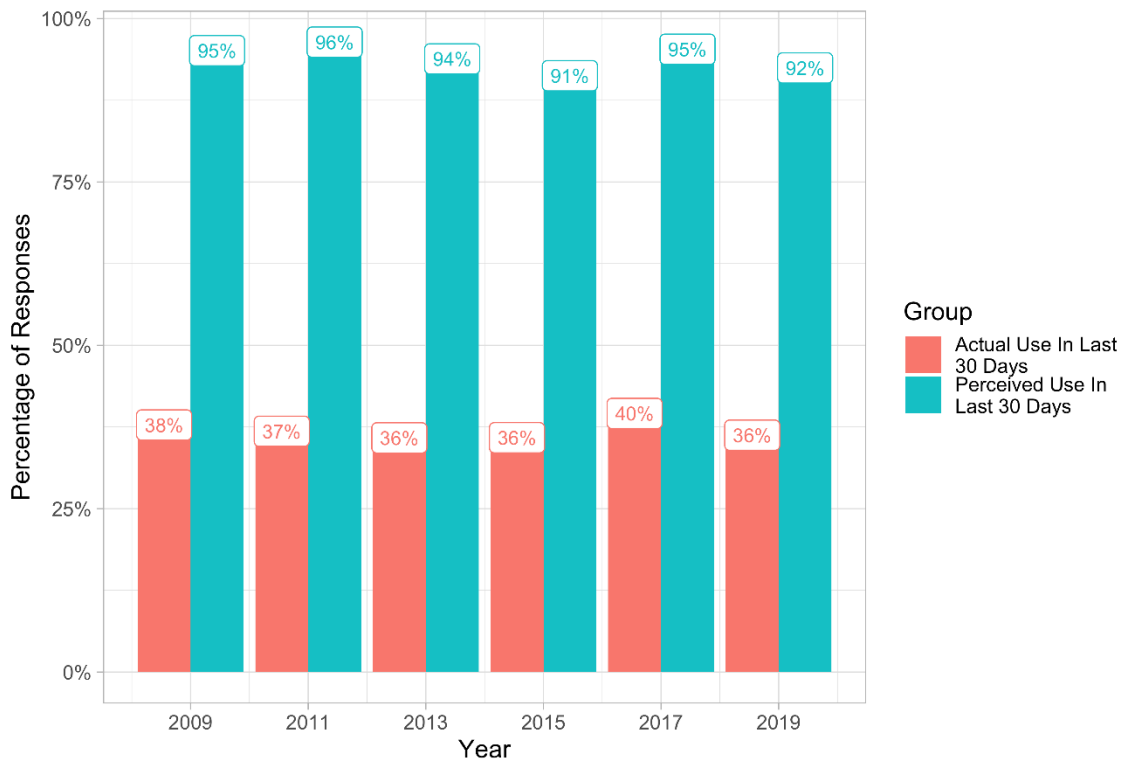
Bottom 5 Negative Consequences of Drinking

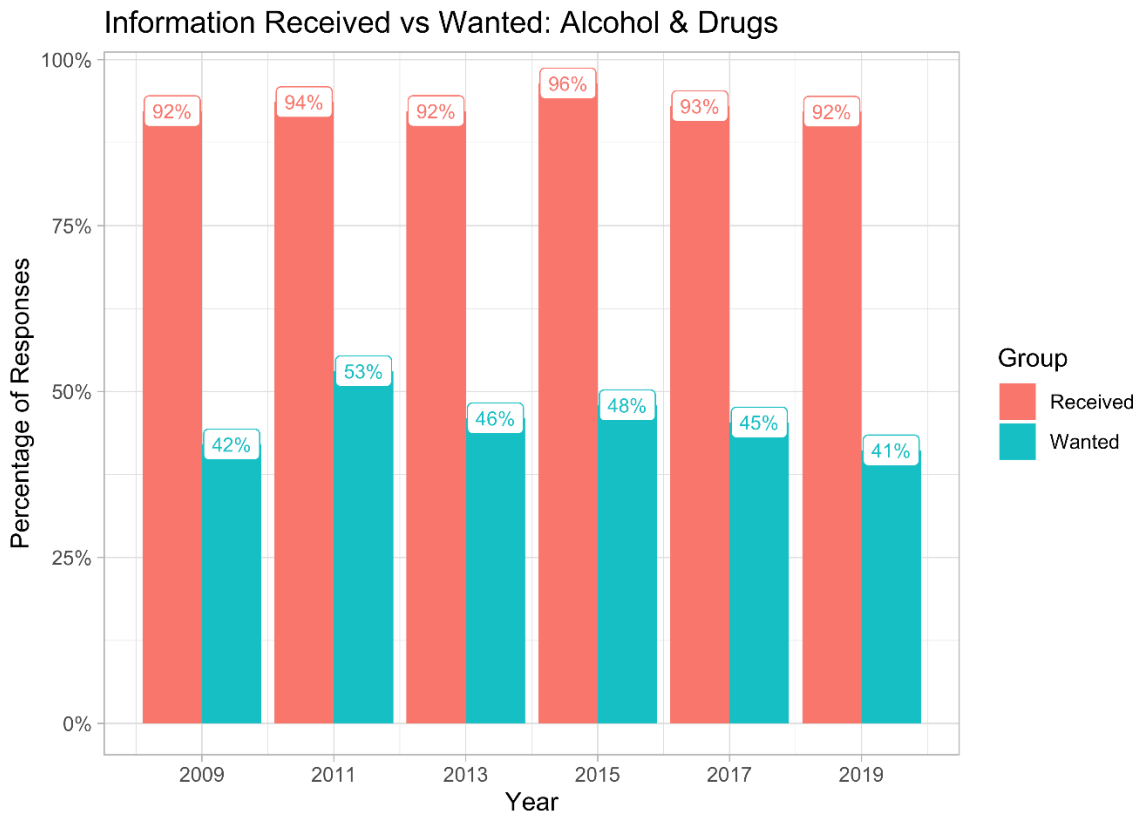
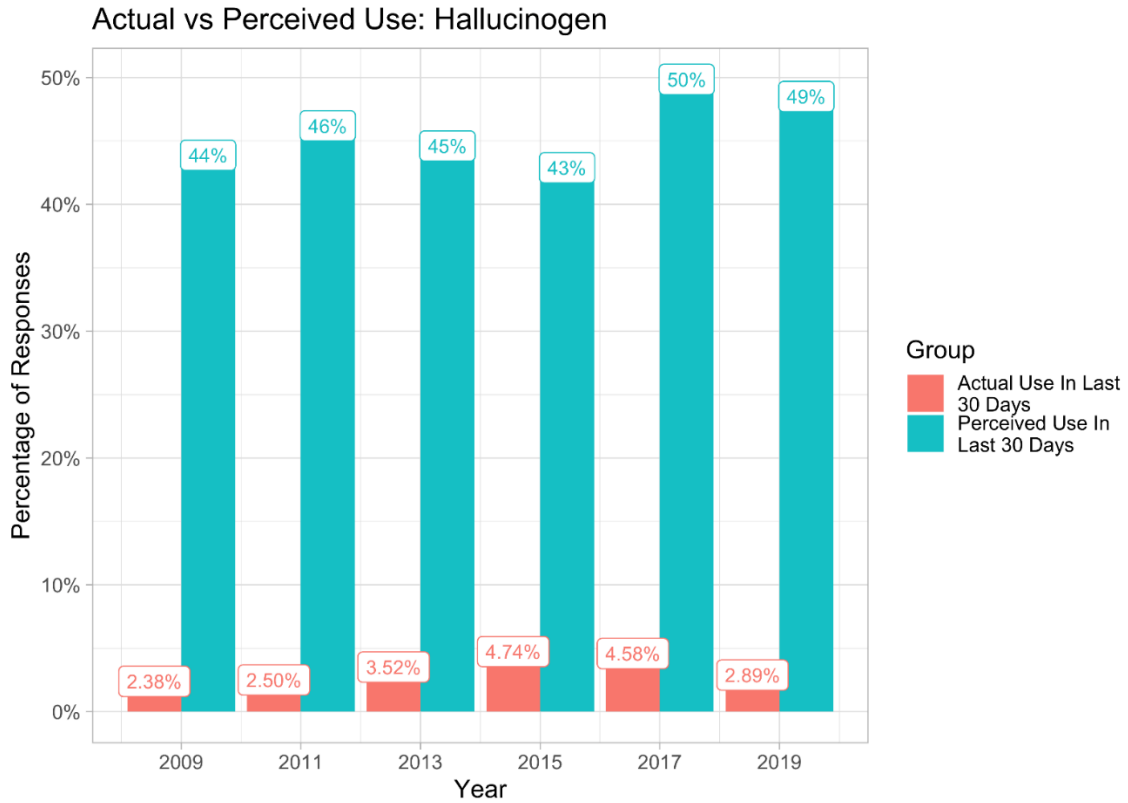


Actual vs Perceived Use: Cocaine



Actual vs Perceived Use: Marijuana

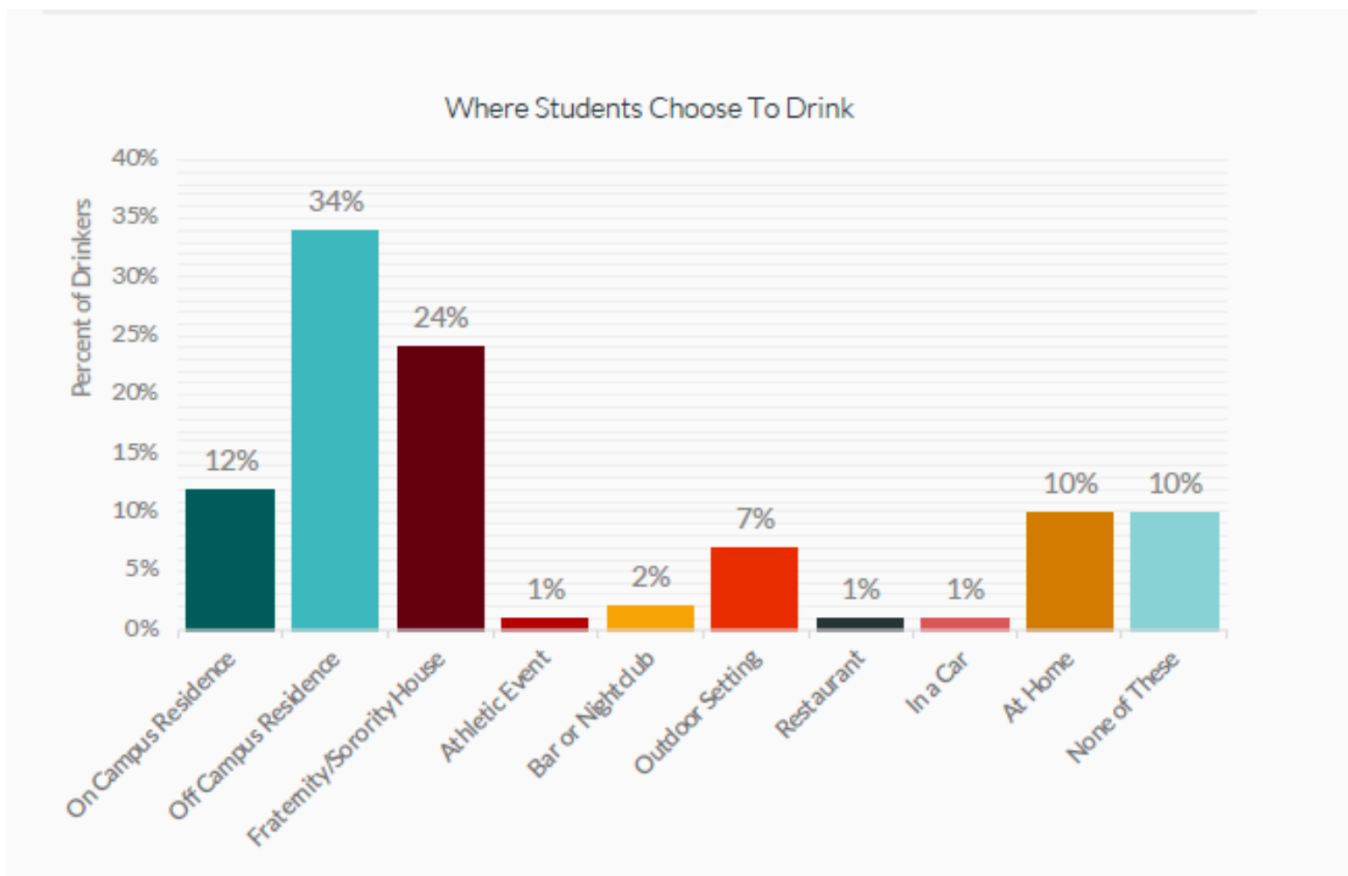




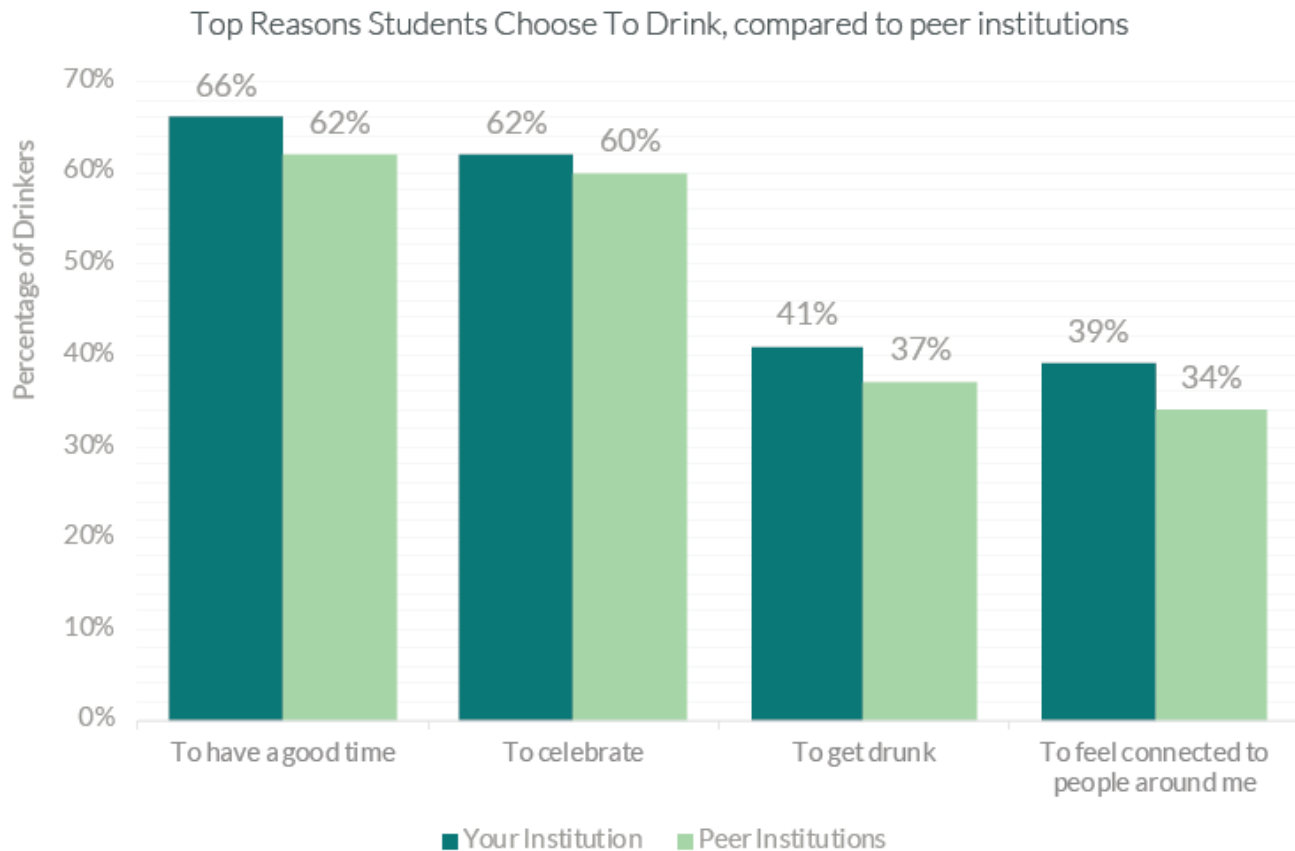
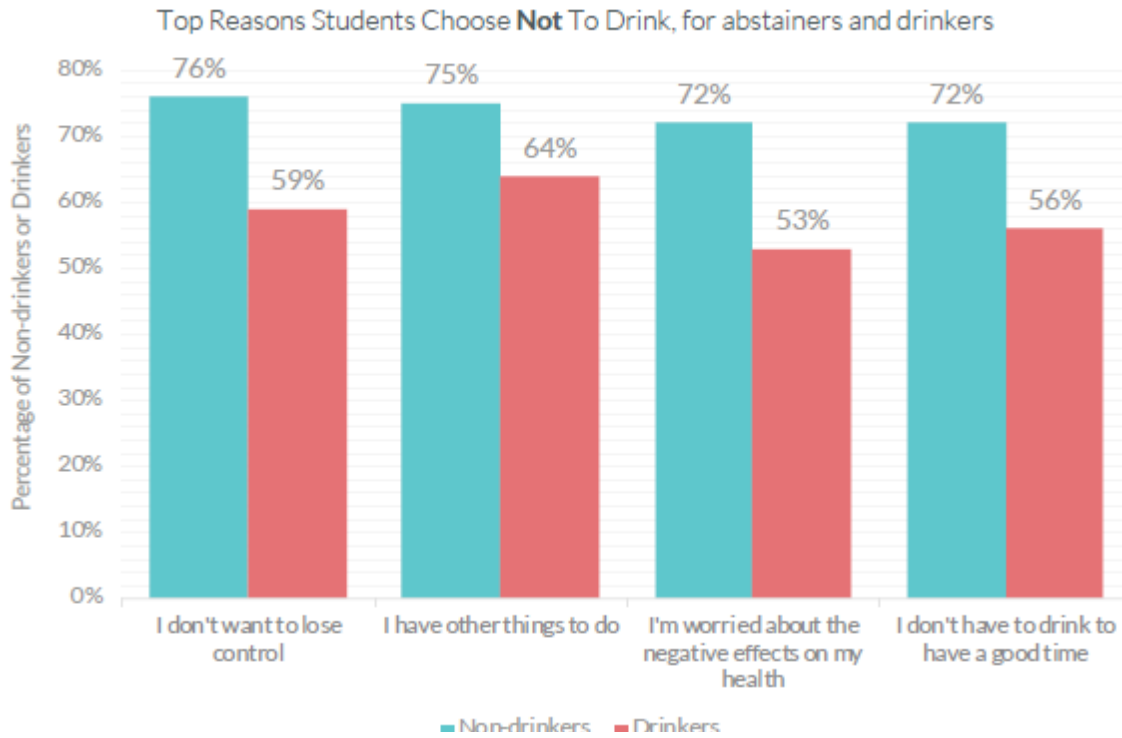
AlcoholEdu for College (provided by Everfi) UC Santa Barbara Impact Reports for Academic Years 2018- 2019 and 2019-2020.

AlcoholEdu for College is a course provided by Everfi that educates and assesses all incoming first year and students. This course was developed in collaboration with leading prevention experts and researchers. The course has interactive content that is guided by recommendations from the National Institute of Alcohol Abuse and Alcoholism (NIAAA) and is cited as a top-tier strategy by NIAAA. This course is one of the most widely used universal online AOD prevention programs since its development in 2000.

2018-2019 data (First Year and Transfer students)

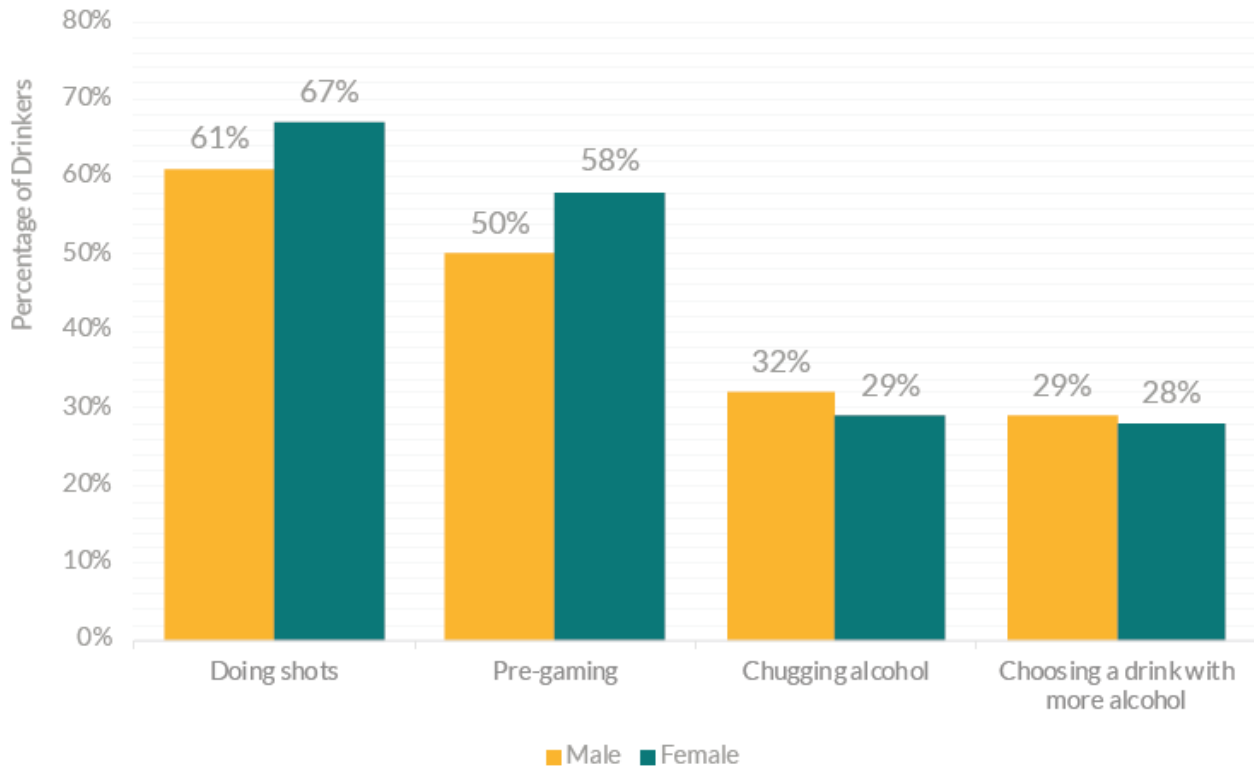


UC Santa Barbara Impact Reports for Academic Years 2018-2019 (First Year and Transfer students) cont...

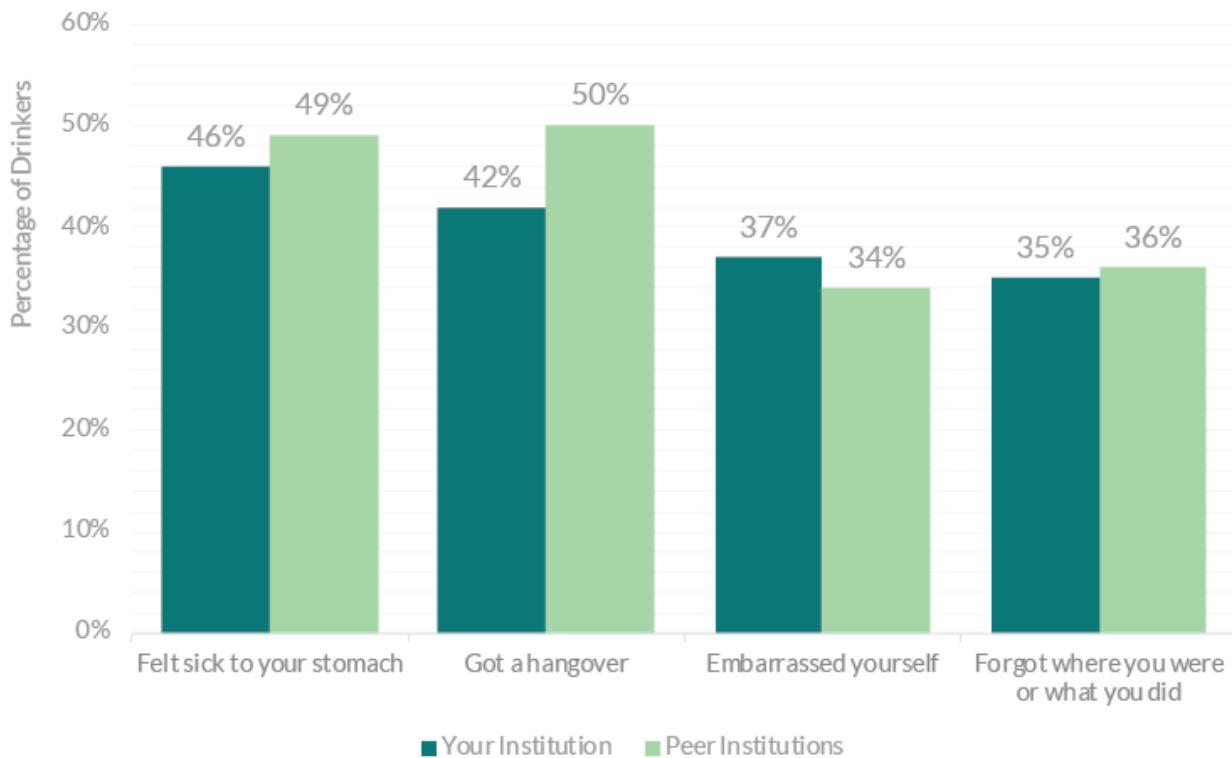


UC Santa Barbara Impact Reports for Academic Years 2018-2019 (First Year and Transfer students) cont...

Top Four High Risk Behaviors, by gender

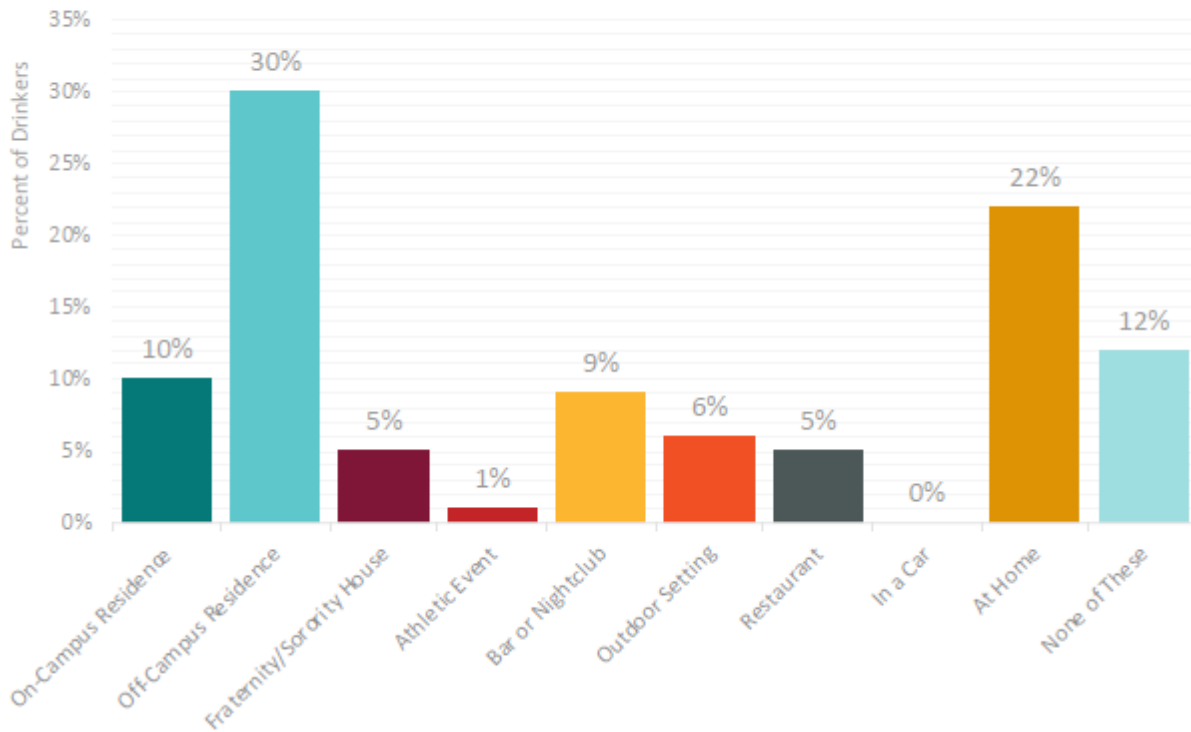


Top Negative Outcomes Experienced, compared to peer institutions

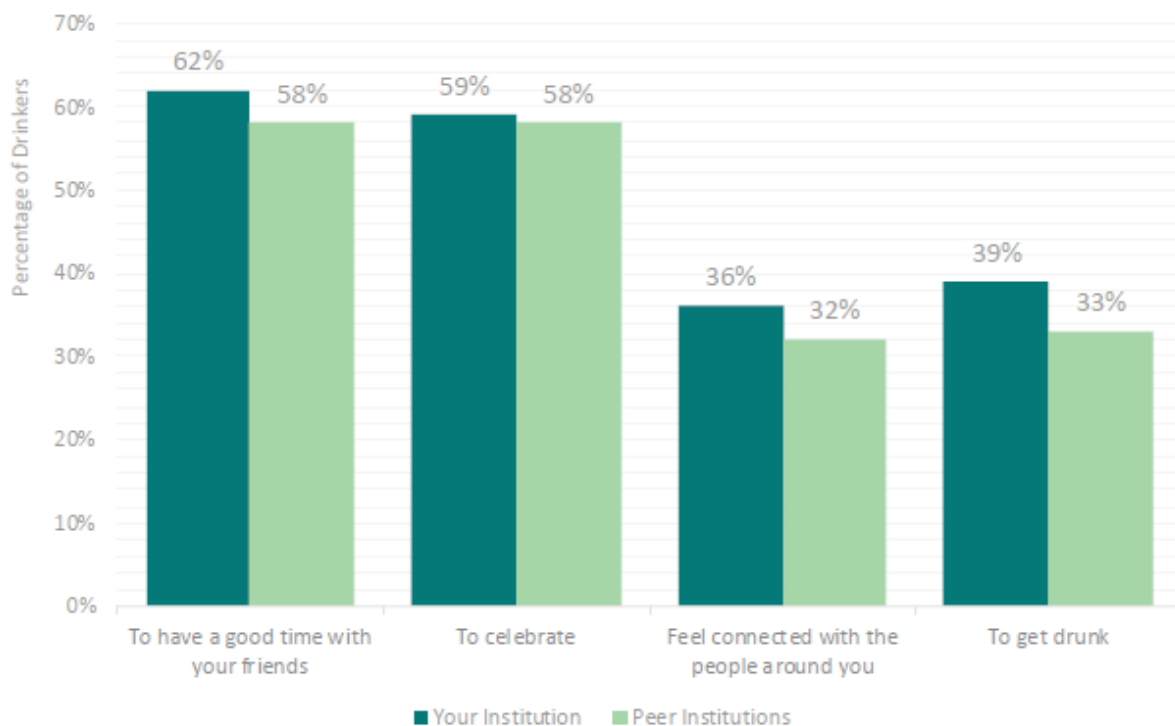


UC Santa Barbara Impact Reports for Academic Years **2019-2020** (First Year and Transfer students)

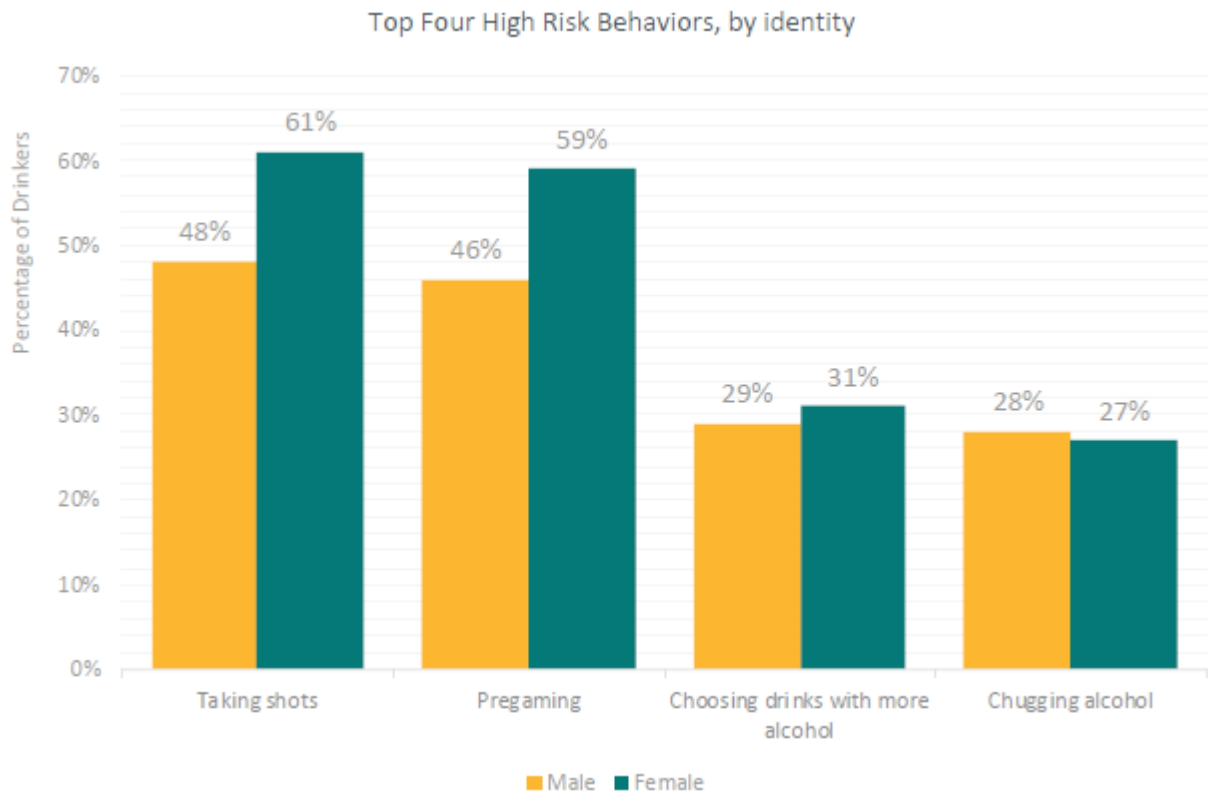
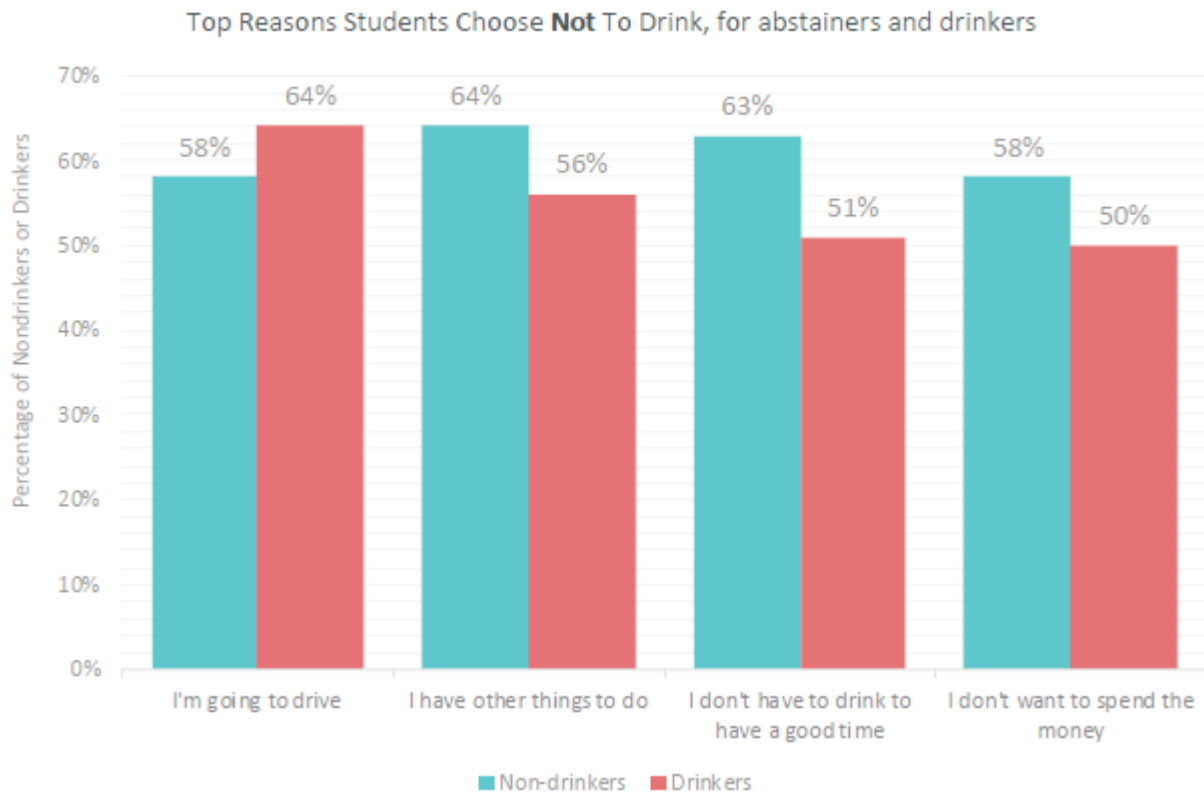
Where Students Choose To Drink



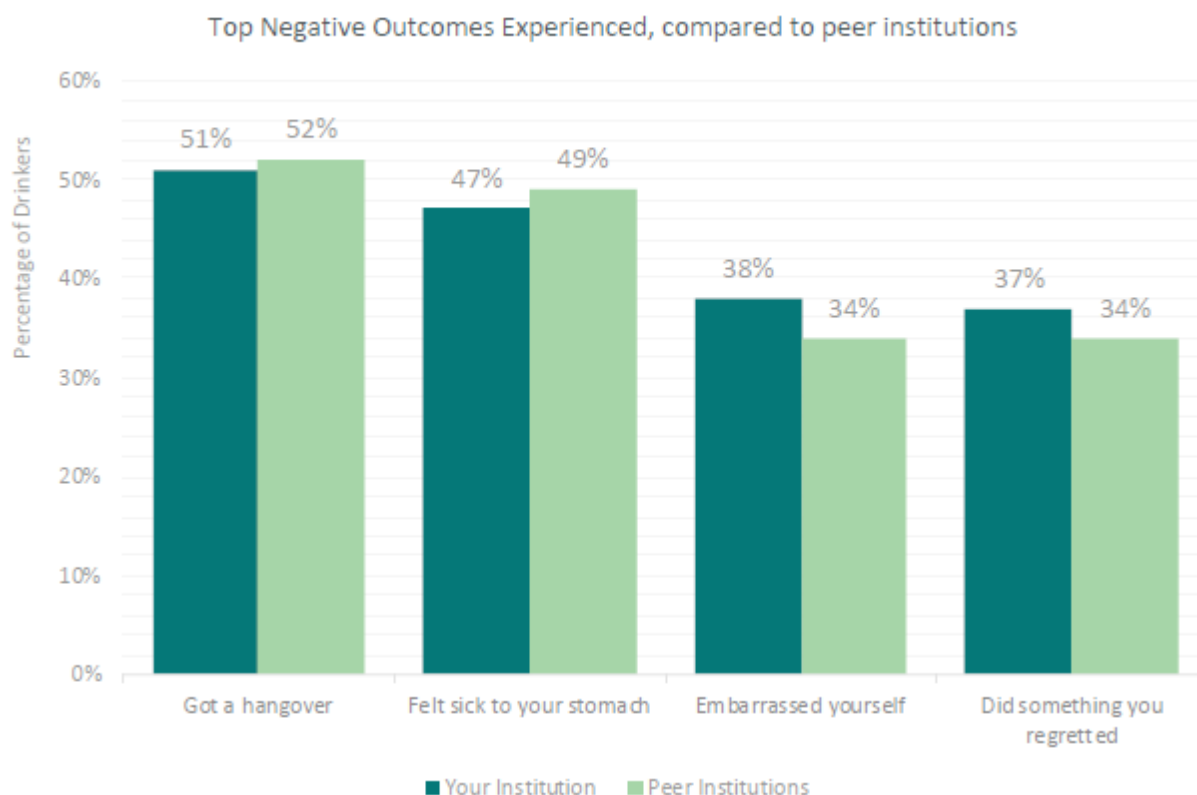
Top Reasons Students Choose To Drink, compared to peer institutions



UC Santa Barbara Impact Reports for Academic Years 2019-2020 (First Year and Transfer students) cont...



UC Santa Barbara Impact Reports for Academic Years 2019-2020 (First Year and Transfer students) cont...



Education, Prevention & Intervention

For Employees

Academic and Staff Assistance Program (ASAP)

ASAP is an employee assistance program that provides confidential, no cost, assessment, intervention, consultation and referral services to all UC Santa Barbara employees, including faculty, staff, postdoctoral scholars and eligible adult family members. Licensed psychologists assist employees in the recognition, intervention and referral for alcohol and drug use concerns. Additionally, ASAP licensed psychologists provide work re-entry support as needed. ASAP also assists staff and faculty members who might be concerned about a family member, friend, co-worker or subordinate who might have alcohol or drug problems. The goal is to provide intervention as early as possible. ASAP also offers consultations with administrators, managers and supervisors who are concerned about employee substance use. ASAP is strictly confidential; no information about participation is released to anyone without written consent except when legally mandated. No information from ASAP appears in any departmental, central or personnel file.

For the period between July 1, 2018 and June 30, 2020, there were 39 client appointments and 2 departmental consults for issues relating to substance use.

For Students

UC Santa Barbara has a collaborative and comprehensive network of services to offer education, prevention and intervention support to all students. The delivery of services is guided by several important evidence-based frameworks and strategies, including SAMHSA's Strategic Prevention Framework, NIAAA's College Alcohol Intervention Matrix (College AIM), the Higher Education Center's Environmental Management Model, The Jed Foundation and Everfi's Campus Prevention Network. The UCSB Alcohol and Drug Program (ADP), part of UCSB Student Health Services, is dedicated to creating a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. ADP emphasizes the elimination of harmful use, high-risk behavior and related violence and works collaboratively with campus departments, faculty, staff, students, administration, law enforcement, medical providers, and community members. ADP also coordinates the efforts of multiple campus and community partners to provide additional and complementary services and resources for students

UC Santa Barbara Alcohol & Drug Program (ADP) Program Goals

- Increase outreach and education efforts through peer-based alcohol and drug internships.

- Increase dissemination of information regarding current substance use and other addictive behavior trends to the college population and environment.

- Increase methods of supporting specific populations (i.e. Greek, Athlete, First Year, Transfer, marginalized and disconnected)

- Increase Gauchos for Recovery efforts to support students considering, or already engaging in, recovery and sober living lifestyles.

- Increase the frequency and consistency of alcohol-free/alternative events for students.

- Increase communications and information provided to parents regarding policies, programs and services to support student health and safety with regard to alcohol and drug use and

- Increase positive media coverage of UCSB and decrease negative reputation as a “party school.”

- Increase campus and community safety and health promotion.

- Support community collaborations with Santa Barbara County, Santa Barbara City College; local law enforcement; Santa Barbara County hospital and treatment providers; Isla Vista property owners, business and retail outlets and local non-profit community agencies.

- Increase the consistency of compliance with alcohol and drug recommended safe practices and policies.

- Collaborate with appropriate educational sanctions for alcohol and drug violations and offenses.

- Continue to support productive communication between law enforcement, emergency first responders and the student community.

Education, Workshops and Collaborations

"New Student Requirement- Part 1"

Web-Based Alcohol and Drug Educational Assessment

All incoming first year undergraduate and transfer students are required to complete AlcoholEdu, an online alcohol and drug education program, in addition to other Everfi online courses. These courses were developed specifically for college students, providing personalized feedback, interactive tools, and helpful strategies that are up-to-date and evidence-based. The topics covered in the course affect the entire campus and will help students make safer and more responsible choices for themselves and the community.

"New Student Requirement- Part 2"

In-Person (virtual for Fall 2020) Education and Safety Workshop **Gaucha FYI** was launched in 2012 as an added requirement for all incoming first year undergraduate and transfer students. Gaucha FYI requires attendance at a 90-minute staff/peer facilitated workshop within the first 4 weeks of Fall Quarter. Gaucha FYI incorporates a specially developed curriculum for the UC Santa Barbara campus/community that targets safety topics including alcohol and drug responsibility, mental health support, Isla Vista safety, diversity/inclusivity, sexual assault prevention, bystander intervention and campus/community resources.

Orientation Presentations

First year students, transfer students and parents who attend Orientation events hear direct messages from UCSB administrators and staff about alcohol and drug use, Isla Vista safety information, campus resources, policies and standards, local laws and ordinances, the consequences of policy violation, community membership, and student responsibility. In addition, parents are provided with information about the dangers of high risk drinking and drug use among college students and how to talk to their children about the risks of alcohol and drug use. Both incoming students and parents are informed of Alcohol & Drug Program resources and services. The Alcohol and Drug Program staff participate as facilitators of the "Your Student's First Year Experience" presentation offered to parents as an additional orientation opportunity.

"Making the Most" Workshop

This interactive workshop is required of all incoming students who attend summer orientations to help new students transition to the campus environment by presenting resources and allowing them to hear experiences from current Gauchos. Based on the common issues that students encounter in their academic, social, and personal transitions, "Making the Most" covers many topics including student life, health, safety, sexual assault prevention, mental health resources, and alcohol/drug safety.

Convocation Message

Normative, civility, and Isla Vista safety messages have been incorporated into New Student Convocation since fall 2000.

Parent Education on Alcohol and Drugs

In addition to Orientation programming, articles and resources are published in quarterly parent newsletters to help parents recognize and intervene if their children exhibit signs of alcohol or drug problems. The UCSB Alcohol & Drug Program website is regularly updated to include articles that educate parents and the ADP staff welcomes communication with parents and family members around topics involving alcohol, drugs and other addictive behaviors, while respecting student confidentiality protocols and procedures.

Weekly E-Newsletters

Weekly e-mail newsletters are sent to UC Santa Barbara students, campus members and community members from the Alcohol and Drug Program. These newsletters include information on alcohol and other drugs safety and is thematically designed to supplement information about campus programming and alternative substance-free activities

Life of the Party Peers

Life of the Party (LOTP) is a UC Santa Barbara student group that encourages safe socializing and offers resource information for students should they choose to use substances. The Life of the Party Peers provide virtual and in-person education: tabling at events when possible, outreach/zoom presentations, written educational materials (brochure, newspaper articles) and online information (social media, email). LOTP maintains a website, which is connected through the ADP website, and provides harm reduction tips, safety information, resources and connection to campus partners.

Gauchos For Recovery

Gauchos for Recovery (GFR) is a peer-driven UCSB program that aims to provide a safe, supportive, and engaging environment for students in recovery or seeking recovery from substance use disorders and addictive behaviors. GFR supports students engaging in any recovery pathway they choose. Additionally, GFR supports students who have been directly or indirectly affected by the substance use of friends or loved ones, and we work to create a recovery-ready campus community.

The GFR program is centered around 6 main elements: A community of supportive peers, recovery-oriented meetings and events, opportunities for leadership and service, a recovery-friendly space, peer and professional Support and community harm-reduction services.

Naloxone Overdose Prevention Program

The UCSB Gauchos For Recovery Program launched a comprehensive effort to provide free education and training workshops regarding the use of Naloxone (Narcan) as an overdose prevention tool. Gauchos For Recovery has been able to obtain free Naloxone medication kits through a statewide grant/program and is therefore able offer these kits at no cost to students and campus staff. Additional resources are made available to community members as supplies allow.

"Just Call 911" Campaign

The Just Call 911 campaign is a safety initiative offered by the Alcohol and Drug Program and Life of the Party peer educators to encourage students to call 911 and/or emergency responders when involved in, or witnessing, an alcohol and/or drug related emergency. Life of the Party interns work with UC Santa Barbara and the local community to raise awareness about the warning signs for alcohol poisoning and drug overdose through an incentivized key tag campaign as well as other educational materials. Students are reminded about the Student Code Of Conduct "Responsible Action Protocol" that states that the welfare and safety of the students and the community is the priority and that calls made for the safety and well-being of others will likely not result in disciplinary action from the University.

Alcohol and Drug Education for Fraternity and Sorority Members

UC Santa Barbara Alcohol and Drug Program staff and peers develop presentations and workshops designed for the Greek community regarding alcohol and drug education, safety and supportive services. The UCSB Office of Fraternities and Sororities schedules these trainings, and additionally requests services for chapters/houses that are identified as needing more support.

Tobacco/Nicotine Cessation and Education

UC Santa Barbara actively provides tobacco/nicotine education in health education classes, informational tabling fairs, special events. All University of California campuses, labs, and centers have Smoke-Free and Tobacco-Free policies. The Alcohol and Drug Program offers free Tobacco Cessation counseling support as well as nicotine replacement products.

Alcohol and Drug “Town Hall” events

UC Santa Barbara ADP periodically organizes Town Hall style events throughout the academic year for students, faculty, staff, university police and community members to engage in an open forum substance use issues that are affecting all members of the campus and community.

Peer Education Network (PEN)

UC Santa Barbara ADP is a founding member and guiding force for the PEN program which coordinates consistent training, messaging and collaborative educational programming across Student Affairs peer health education and advocacy programs.

Isla Vista Coalition for Health Communities (IVCHC805)

UCSB Alcohol and Drug Program is a founding member of this community-wide coalition of educational institutions, health-related agencies, non-profit community organizations, local law enforcement, media partners, faith-based organizations, local businesses, students, parents and community members. IVCHC meets monthly to guide the **vision**: a diverse inclusive, multi-generational beachside community that supports healthy lifestyles, personal and community responsibility and safe choices regarding substance use, and **mission**: to enhance quality of life in Isla Vista and surrounding communities through education and collaboration that increase resiliency factors in children, young adults, and families and reduce high risk substance use factors.

Drug-Free Communities Grant

In October 2019, the IV Coalition for Health Communities received a 5-year federal grant to implement Coalition substance use community prevention and education efforts. The grant is eligible for a 5-year renewal. UC Santa Barbara ADP serves on the Leadership Committee for this federal grant.

Youth Opioid Response Grant

UC Santa Barbara Alcohol and Drug Program was invited by Santa Barbara Neighborhood Clinics and Santa Barbara Council on Alcoholism and Drug Abuse to participate in the Youth Opioid Response Grant to provide education and intervention services to students ages 12-24 who are impacted by or experiencing consequences related to OUD (opioid use disorders). The grant is for one year, August 2019 through September 2020 but may be extended for another year.

UCSB Health & Wellness Program

The UC Santa Barbara Health & Wellness program follows a comprehensive research-based framework to foster healthy campus learning environments that nurture optimal student development, resilience and well-being, focusing on alcohol and drugs, sexual health, sleep, well-being and nutrition.

Student contacts through educational strategies (2018 - 2020): 14,224 (Health and Wellness)

Licensee Education on Alcohol and Drugs (LEAD) Training

UC Santa Barbara staff who work in university departments that hold events where alcohol is served are provided with training on topics including: criminal & civil liability, laws regarding furnishing alcohol to minors, and verifying legitimate ID for the purposes of furnishing alcohol.

Campus and Community Safety Information

UC Santa Barbara ADP provides regular updates and educational information regarding safety on the campus and in particular, in the community of Isla Vista. Particular attention is given to the natural environmental hazards of the cliffs overlooking the Isla Vista beaches, as well as the open spaces, parks and bluffs that are common throughout the Isla Vista community. Life of the Party peer educators create materials, including videos, to emphasize the need for caution around the cliffs, as well as personal safety during social events and parties. Recommendations are regularly offered by Life of the Party, Office of Student Life, Associated Students and other student groups regarding “keeping it local” so that out of town guests are dissuaded from attending UC Santa Barbara and Isla Vista events.

Mental Health Advisory Board (Santa Barbara City College)

UC Santa Barbara participates in this Advisory Board chaired by SBCC that meets quarterly to address mental health and substance use safety initiatives on for the community. UC Santa Barbara Alcohol & Drug group educational programs are available to SBCC students who violate alcohol and drug policies in privately-owned residence halls or who elect to satisfy a court mandate through participation in these UCSB programs.

Isla Vista Safety Meetings

UC Santa Barbara regularly participates in safety meetings with representatives from the Isla Vista Foot Patrol, Santa Barbara County, UC Santa Barbara Police Department and Santa Barbara City College. The meetings focus on improving the safety and quality of life in Isla Vista through improved communication about safety issues and changes to, and enforcement of, local ordinances and policies.

Licenses to Sell Alcohol in Adjacent Community

UC Santa Barbara, local law enforcement, and other agencies are routinely involved in discussion regarding the addition of any new alcohol permits in Isla Vista.

Isla Vista Community Network: (IVCN)

The IVCN is the longest running community network meeting in Isla Vista. The UC Santa Barbara Alcohol and Drug Program participates in these regular monthly meetings to foster and maintain a committed network of people and organizations who strive to improve and enhance the quality of life in Isla Vista. The participants build and strengthen relationships with one another, share information and resources, and initiate cooperative action in response to current and emerging needs in Isla Vista.

Fighting Back Steering Committee

The UC Santa Barbara Alcohol and Drug Program serves as a member of the Fighting Back Santa Barbara Steering Committee which is a long-standing county coalition that brings together members of the community to achieve resilience against substance use, reductions in violence and promote a healthy and safe environment for our youth and families.

Academic Classes

Education 191 W: Students in this 4-unit class study best practices in health promotion, positive development and universal prevention. They learn how personal, family, school, community and environmental factors are related to academic, physical, emotional, and social well-being. Students will learn how to enhance their own and others' health and well-being through research-based interventions, including individual skill development and engagement in healthy environments. Health skills include healthy eating and living, sexual health and relationships, responsible use of alcohol/drugs, and wellness. Life skills include emotional, cognitive and interpersonal behaviors that enhance well-being.

ESS Alcohol and Drugs Course: This course examines nutrients and substances with a focus on their effects on physical and sports performance. Topics include commonly misused drugs, basic nutrition principles, pre- and post-exercise nutrition, eating for weight control/gain and proper hydration. Pharmacological, hormonal, physiological and nutritional agents that have purported ergogenic properties are also examined.

GGSE: CNCSP 291B: Substance Use Disorders and Other Addictive Behaviors: This course was created and taught by the UC Santa Barbara Alcohol and Drug Program clinical team and offered for the first time in Spring 2020. The course offers graduate students in the Gevirtz Graduate School of Education: Counseling, Clinical and School Psychology Program the opportunity to gain skills and education regarding the prevention and treatment of substance use disorders and other addictive behaviors. The course is designed to meet the requirements for licensure as a psychologist in the State of California.

Intervention & Counseling

Individual Counseling

UCSB's Alcohol & Drug Program provides free and confidential counseling to students who seek, or are referred to, services for themselves or who are concerned about someone's use of alcohol or drugs. Depending on individual need, counselors provide assessment, counseling, education, and referral to other professionals on campus and in the community (such as psychiatrists, psychologists, physicians, alcohol and drug treatment programs, health specialists, and health educators).

Evidence-Based Practices: Harm Reduction Approach and Brief Motivational Interviewing

The Harm Reduction Approach, combined with Brief Motivational Interviewing, continues to be the guiding framework of the UC Santa Barbara ADP intervention strategies to reduce high-risk drinking and unsafe substance use among students. Health professionals and residential life staff are among the many people on campus being trained each year to provide brief non-judgmental interventions with students, a technique that has proven to be effective among college students in reducing negative consequences from alcohol and substance use. The NIAAA's, "A Call to Action" manual states: "Students who receive brief, personalized motivational enhancement sessions, whether delivered individually or in small groups, reduce alcohol consumption. This strategy can also reduce negative consequences such as excessive drinking, driving after drinking, riding with an intoxicated driver, citations for traffic violations, and injuries". At UC Santa Barbara, the Alcohol and Drug Program staff regularly train faculty, staff, Student Health practitioners, counselors, athletic coaches, resident directors, health educators, teaching assistants and Graduate Division advisors to integrate the harm reduction philosophy and implement motivational interviewing techniques into their interactions with students.

College Alcohol & Substance Education Program (CASE)

The CASE Program is an early intervention program created by the UC Santa Barbara Alcohol and Drug Program to help college students develop the skills necessary to incorporate safe choices and responsibility regarding substance use for themselves, their friends and their community. Since 2007, the program has operated with the satellite location of the UC Santa Barbara Alcohol and Drug Program in a University owned building (Embarcadero Hall) in Isla Vista. The program acknowledges that abstinence from alcohol is the only no-risk alternative and the only legal option for those less than 21 years of age. CASE also educates college students who choose to use substances to do so with the least possible risk and harm. The CASE program employs evidence-based interventions in a multi week, psycho-educational group format and the groups are led by licensed professionals and University graduate students who deliver a skills-based alcohol and drug curriculum. CASE students are required to keep a journal of their alcohol and/or drug use which is then discussed during CASE classes in the context of encouraging responsible choices. Students who complete CASE learn how to estimate their blood alcohol concentration (BAC), prevent blackouts, and respond to alcohol and drug emergencies. They also learn about the relationship between alcohol and sexual assault; tips for moderation; laws and ordinances; and refusal skills. Implementation of CASE has resulted in a significant increase in training and education for UC Santa Barbara staff, and contributes to robust alcohol and drug prevention efforts. CASE is currently being funded by Student Health service, program fees paid by students and annual contributions from UCSB Housing, Dining and Auxiliary Enterprises.

On Call / SBIRT (Screening, Brief Intervention, and Referral to Treatment)

The UC Santa Barbara Alcohol and Drug Program offers the SAMHSA endorsed Screening, Brief Intervention and Referral to Treatment Program for services at Student Health, the Counseling and Psychological Services department and The Student Mental Health Coordination Team. The SBIRT program operates as a referral system and is intended to capture the potential for a “teachable moment” regarding alcohol/drug use, related mental health concerns and possible negative consequences that could include injuries, illnesses, relationship difficulties, academic concerns, etc. The timely referral can help identify alcohol problems, promote patient education and intervention, and provide referrals for formal evaluation and treatment.

Student Mental Health Coordination Services (SMHCS) / Distressed Student Protocol

UC Santa Barbara has a non-confidential collaborative approach to identifying and responding to students in distress, including students who may be using alcohol and/or drugs. Student Mental Health Coordination Services meets weekly with campus partners to review student cases that have been referred to this non-confidential team by roommates, friends, faculty, family, staff, law enforcement, or other sources. Referrals are frequently made to UC Santa Barbara’s Alcohol & Drug Program, Social Work Team, psychiatry team, Counseling and Psychological Services, Disabled Students Program and other campus resources for assessment and follow-up. SMHCS also may refer students to off-campus in-patient and out-patient treatment programs or to long-term counseling with specialists in the community.

UC Santa Barbara Social Work Service (Student Health)

All UC Santa Barbara students are eligible for free Social Work Services through Student Health. Social Work Services assesses and coordinates care for students struggling with myriad concerns, some of which may involve alcohol and drugs, mental health, financial issues, social relationships, roommate concerns and academic issues. Social Work closely collaborates with the Alcohol and Drug Program.

Alcohol and Drug Screenings

UC Santa Barbara ADP periodically collaborates to organize screening opportunities on campus and in the Isla Vista community to provide students with some self-assessed information about substance use. UC Santa Barbara often participates in the National Alcohol Screening Day program, which is conducted in collaboration with the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the Substance

Abuse and Mental Health Services Administration (SAMHSA). Additional efforts are made to offer more frequent screenings in more locations on the campus and in the community of Isla Vista.

Support Groups

The UC Santa Barbara Alcohol & Drug program regularly develops support groups to meet the needs of students. Examples include: The Family and Relationships Group and the DBT Skills and Awareness Group. As well, UC Santa Barbara ADP partners with other campus departments to provide support groups, i.e. Educational Opportunity Program and the UC Santa Barbara Resource Center for Sexual and Gender Diversity.

Recovery Services

In Fall 2012, The Alcohol & Drug Program launched its collegiate recovery program along with the student organization Gauchos in Recovery (GFR) to support students who are either considering, or already engaging in, a sober lifestyle. Services include peer mentorship, coordination of campus resources and connections to additional community support systems and services. GFR is part of a growing national movement to support college students in recovery from addiction. UCSB has been an innovator in the field, and has been used as a model of best practice in the UC system and nationally.

In 2018-2020, 61 students received outreach from Recovery Peer Mentors in order to offer support and connect them with the Gauchos for Recovery community. GFR increased the recovery meeting offerings in 2018-2020, by adding a Women's/Non-Binary meeting and Recovery Literature Discussion groups. GFR still offers Alanon, SMART Recovery, and an open recovery meeting for Graduate and Non-Traditional students. Attendance at all meetings has continued to grow. The third annual Recovery Week was held in April 2019, and GFR continues to organize a week of events focused on awareness and stigma reduction. GFR hosted the first annual UC Collegiate Recovery Retreat in Nov. 2017 which brought together students and staff from each of the 10 UC campuses and the Office of the President to share ideas, resources, and trends in the collegiate recovery field.

The Alcohol and Drug Program Counseling/Education Contacts

July 1, 2018 - June 30, 2020	
Clinical Services	2862
On Call and SBIRT	355
Group Program	605
Tobacco Cessation	82
Recovery Services	61

Environmental Strategies

Promotion

UCSB Alcohol & Drug Program Website

The UC Santa Barbara Alcohol & Drug Program was launched in 2006 to highlight program initiatives, policies, and information relevant to the entire UC Santa Barbara community including students, parents/families, staff and faculty. The website is regularly updated to reflect the most current information.

Mental Health Task Force / UCSB Wellbeing Website

The UC Santa Barbara Office of the Vice-Chancellor for Student Affairs created a campus-wide Mental Health Task Force that meets quarterly to evaluate current resources and supportive services for students, and makes recommendations for improvement of service offerings as needed. The Mental Health Task Force initiated the development of a “Wellbeing” website that offers comprehensive and easy-to-navigate resources for campus resources.

Community Education Efforts

UC Santa Barbara’s Alcohol and Drug prevention programs work collaboratively with partners in the community, including Santa Barbara County’s Behavioral Wellness Program, Santa Barbara medical providers, the Santa Barbara Sheriff’s Department and The California Highway Patrol.

21st Birthday Celebrations

UC Santa Barbara students turning 21 receive an e-mail from the Vice Chancellor for Student Affairs containing happy birthday wishes, encouragement to celebrate responsibly and a safety video created by the Life of the Party student peer program.

Social Media and Community Media Outlets

UC Santa Barbara ADP and other campus partners regularly provide social media announcements regarding campaigns, safety and prevention efforts and alternative events. UC Santa Barbara regularly provides press releases to both campus and community media which has resulted in an effective partnership between the campus and community safety efforts.

UCIV

UCIV is a student-initiated, volunteer program established by UC Santa Barbara Associated Students (A.S.) Public Safety Commission to facilitate public safety and well-being and to impact culture change in Isla Vista. UCIV organizes and trains volunteers to patrol the streets of Isla Vista on Friday and Saturday nights throughout the academic year, with particular attention to the major weekend events.

Halloween

Since the late 1980s, UC Santa Barbara has communicated annually with students about Halloween safety and security, and discouraged outside visitors and out-of-town college students through a comprehensive media campaign. Beginning with Halloween 2004, the campus administration restricted public parking on campus while still offering UC Santa Barbara students special Halloween permits to park their cars on campus during the Halloween weekend. This has facilitated the clearance of cars from many Isla Vista streets making it safer for pedestrians. Over the last few years, UCSB has worked very closely and collaboratively with Santa Barbara County to plan for Halloween impacts on the community, limit public parking, and to issue joint press releases. Since Halloween 2008, UCSB in association with the Associated Students Program has worked collaboratively with students to revise safety messages about Halloween to improve their effectiveness, and to increase the number of student-to-student efforts to provide education about Halloween safety. Associated Students hosts a special Halloween website to inform students and the community about Halloween-related safety information. UC Santa Barbara also sent messages to all students about Halloween via email and continued the practice of sending information and public notices to other colleges and universities discouraging out-of-town students from coming to Isla Vista for Halloween.

	2013	2014	2015	2016	2017	2018	2019	2020
Crowd estimate	12-15000	2-3000	500-1000	No Crowd	No Crowd	No crowd	12-15000	None (due to COVID)
Arrests	225	42	45	26	19	9	42	3
Citation	249	68	44	46	13	35	104	1
Medical Transport	51	11	9	13	10	2	19	0
Operational Period	4 days	2 days	2 days	4 days	5 days	6 days	3 days	3 days

Deltopia

Deltopia has been an annual “non-sanctioned” street party/event that has taken place early in April on Del Playa, the street adjacent to the beach in the community of Isla Vista. In 2010, Santa Barbara County passed an ordinance to ban consumption of alcohol on the beaches below Del Playa Drive on weekends that appear on social media as party/event weekends. Additional street closures and parking regulations have been implemented over the years to limit crowds. Campus and community organizations collaborate to offer safety information and resources on these weekends. Efforts are made to dissuade out of town visitors on such weekends. The Alcohol and Drug Program and other campus partners including UCIV and Health & Wellness Program set up “hydration and snack” tables along Del Playa and at other significant intersections in Isla Vista to provide healthy alternatives.

Extravaganza

Extravaganza is an annual UC Santa Barbara music festival organized by Associated Students Program Board and held in Harder Stadium towards the end of each Spring Quarter. As of 2011, the festival policies changed and entrance to the concert is restricted to UCSB students, staff, and faculty as a way of creating a safer event. Student groups, sponsors, and activities line the sides of the stadium and strict policies are in place regarding alcohol and drug use and other safety precautions. Attendees must comply with a mandatory pat down and bag search (carried out by Community Service Organization officers) before entering the stadium, and Life of the Party peers, and other campus organizations, offer water and snacks as an additional health and safety measure.

Enforcement of Policies/Laws

Campus Extension of Jurisdiction

UC Santa Barbara has continued to apply extension of jurisdiction over student conduct in cases where UC Santa Barbara students have been involved in violence, threats of violence, stalking, hazing, sexual harassment, sexual assault and conduct that threatens the health or safety of the community (including serious cases of drug use and/or drug dealing). In recent years, several students have been formally suspended for hazing incidents. Several students involved in violent incidents have been placed on disciplinary probation and/or sanctioned with referrals to counseling or treatment programs for anger management.

Campus Parental Notification

Since 2002, UC Santa Barbara has monitored alcohol and drug offenses in Isla Vista and areas adjacent to campus. In 2002, the campus began sending letters of concern to students and notifying parents in cases where a UC Santa Barbara undergraduate is arrested or cited for an alcohol or other drug offense. Parent notification is a powerful tool by which to engage the parents of UC Santa Barbara students together with the university in efforts to reduce high-risk drinking behaviors in Isla Vista. The Parent Notification program requires that students with a repeat offense in Isla Vista make a free and confidential appointment with an alcohol and drug counselor on campus for an assessment and consultation.

Public Safety

The Isla Vista Foot Patrol, jointly staffed by the Santa Barbara County Sheriff's Department, the California Highway Patrol, and UC Santa Barbara Police Department, has a zero-tolerance policy regarding alcohol and drug violations. Driving under the influence (DUI) is a very high priority and all officers are specially trained in that area. These officers patrol Isla Vista on foot, on bicycles and in cars and routinely give citations and/or make arrests.

Community Safety Ordinance

This new ordinance was approved by the Santa Barbara County Board of Supervisors in summer of 2002 and actively supported by the university. The Community Safety Ordinance allows the Isla Vista Foot Patrol to close down parties that create a public nuisance; that is, parties where three or more crimes are occurring (e.g., minor in possession of alcohol, assaults, etc.), objects are being thrown, slam dancing is taking place, or a keg is in view from the street. This new ordinance has been used successfully so far without the need for issuing citations for failure to comply.

UC Santa Barbara Community Service Organization (CSO)

The CSO Escort Program, operating under the UC Santa Barbara Police Department, is a free 24/7 "buddy system" service provided to all students, faculty and community members that offers assistance in returning to residences or safe destinations.

Social Host Liability Ordinance

In Spring 2010 a social host liability ordinance was passed in Santa Barbara to hold individuals responsible for hosting, or knowingly providing a place for underage drinking to occur. Violation of this ordinance results in civil penalties ranging from \$500 to \$2,000, depending on whether it is a repeated offense.

Property Owner Notification

Property owner notification was implemented with support from the university and the community by the Isla Vista Foot Patrol in February 2003. Under this program the Foot Patrol notifies rental property owners and managers when certain instances of unacceptable or unruly behavior occur at their Isla Vista properties. Letters are sent when there are chronic problems such as large parties where minors are being served alcohol or numerous noise violations. A number of property owners have issued warnings to their tenants while others have increased security at their properties.

Keg Tracking

Isla Vista community groups and UC Santa Barbara administration requested that the State Alcohol Beverage Control Agency institute a robust and permanent identification and tracking system on kegs to allow law enforcement to more easily identify people who have purchased kegs and hold them accountable for how the kegs are used.

Law Enforcement Relationships and Communication

UC Santa Barbara Alcohol and Drug Program, along with other campus partners, facilitates the fostering of relationships between students and Isla Vista Foot Patrol through participation in town hall meetings, hosting of student focus groups, and collaboration in educational presentations and workshops.

Enforcement & UCSB Housing Violations Data

Students cited or arrested for AOD-related offenses (2018-2020):

73 on campus owned property (UCSB Police data)

74 in Isla Vista (UCSB Police data)

AOD-related Fatalities (2018-2020):

0 on campus owned property (UCSB Police data)

AOD-related incidents of vandalism (2018-2020)

2 in university owned residence halls-“Willfull Damage” (UCSB Police data)

AOD-related disciplinary sanctions imposed on UCSB students (2018-2020):

633 in university owned residence halls (UCSB Housing data)

250 in privately owned residence halls *reduced occupancy for Spring 2020 quarter due to COVID(UCSB Housing data)

31 through Office of Student Conduct (UCSB Housing data)

AOD related disciplinary sanctions imposed on employees (2018-2020)

0 staff (Labor Relations data)

0 faculty (Academic Personnel data)

Alternative Events

Alcohol-Free Event Promotion

Alcohol-free events are regularly promoted through the UC Santa Barbara daily newspaper The Daily Nexus, the Associated Students' Bottom Line publication, KCSB radio and the Santa Barbara Independent. Additional alcohol-free event information is provided through Shoreline, the campus event system, campus announcements, social media sites for campus and community organizations and the IVCHC805.

Late Night Alternative Social Programming

UC Santa Barbara's Office of Student Life (now Student Engagement and Leadership-SEAL) supports efforts to provide student fee funds to registered student organizations planning to host alcohol-free late night weekend events. Many campus organizations partner with SEAL to present and promote safe, alternative events.

Major Event "Alternative Programming"

Beginning in 2014, The Office of Student Life (now SEAL), in partnership with the Office of the Chancellor and Associated Student Program Board, has organized concerts in the Events Center and late night events at the Recreation Center that are only available to UC Santa Barbara students. These initiatives have been very successful in reinforcing the "keep it local, keep it safe" messaging that campus and community have been promoting for several years, in an effort to limit the out of town visitors and associated legal and environmental consequences that had occurred during past large events and gatherings.

Greek Life: Alcohol Free Housing and Activities

The UC Santa Barbara Greek Life program adheres to National Panhellenic and Inter-Fraternity policies and procedures. National Panhellenic Sororities have adopted and instituted alcohol-free housing policies. All Greek lettered organizations must have alcohol-free events at chapter facilities. If alcohol is present, it may only be done so at a third party vendor with a licensed and insured liquor distribution license.

Recreation Center Collaborations-Yoga Nights

The UCSB Alcohol and Drug Program, in collaboration with the Recreation Center develops a quarterly schedule of alternative evening events for students, including regular "yoga nights."

First Fridays

IV ARTS, a campus/community collaboration creates a regular schedule of music, art and interactive activities on the first Friday of each month throughout the academic year. These events are free and open to the public, and offer alternative socializing opportunities for students and residents.

Trivia Nights

Local business and food establishments host regular "trivia night" activities that focus on alcohol and drug safety information, and provide students and community members with alternative socializing opportunities.

Evaluation/Reports

Students

Collaborative efforts are implemented throughout campus departments to evaluate the effectiveness of prevention and education programming and to identify opportunities for increased and improved implementation of the health promotion and risk reduction strategies.

Campus-wide Assessment

National College Health Assessment (NCHA)

(information offered in "Research and Assessment" section above)

HowR UCSB Campus Survey

In Spring 2019, UC Santa Barbara ADP, in collaboration with Grad School of Education and Health & Wellness Program developed and developed and distributed a 15-20 minute campus-wide survey to all undergraduate students, graduate student, faculty and staff to gather information about the campus and community culture regarding substance use behaviors, expectations and attitudes, mental health concerns, experiences with discrimination and exclusion, stress and social support resources. The information gained by this survey was presented to campus leaders and will be updated and distributed regularly to assess, guide and improve the safety and wellbeing of all members of the campus community.

Identified Population Assessments/Surveys:

Gauche FYI Surveys

During Fall Quarter, all first year and incoming transfers students are required to complete the Gauche FYI in-person presentations. At the conclusion of each Gauche FYI session, completion of an online survey is required of all attendees in order to determine the effectiveness of the workshop and the knowledge gained about campus culture, safety and resources. During Spring Quarter each year, responses are evaluated and revisions/updates are implemented accordingly.

Alcohol & Drug Program "CASE Program" Surveys

At the conclusion of each 4 week session of the CASE Program, the Alcohol and Drug Program administers an online survey to evaluate knowledge gained and potential utilization of resources and risk reduction strategies. During Summer Quarter each year, the responses are evaluated and curriculum revisions/updates are implemented accordingly.

Fraternity and Sorority "Standards of Excellence-SOE" Presentation Surveys

At the conclusion of each Fraternity/Sorority workshop, staff administer an online survey to all attendees to evaluate knowledge gained and potential utilization of resources and risk reduction strategies. The survey responses are evaluated throughout the year and workshop information is updated and revised accordingly.

Student Affairs Divisional Annual Report

Every Spring, the Division of Student Affairs highlights an aspect of campus collaboration and publishes an annual report that offers evaluation, survey and assessment results from each department/program within the Division.

Health and Wellness

The Health and Wellness Program creates and implements assessments and surveys throughout the academic year to evaluate the health and well-being of UCSB students and to implement services and resources accordingly.

Conclusion

Program Strengths for this Biennial Review July 2018-June 2020.

COVID-19

As a result of the COVID-19 campus closure in March 2020, the campus programs that are in place to support the ongoing substance use counseling, prevention and education programs were required to shift the delivery of services to a “telehealth” model. The UC Santa Barbara Alcohol and Drug Program immediately transitioned all counseling, education, prevention and recovery programs and services to a virtual format and continues to provide uninterrupted and ongoing services for students and community partners. Discussions are currently underway for a hybrid model of services to be available to students and community partners when campus services resume normal operations. Some of the “program strengths” outlined below also required modification of service delivery to abide by campus and community public health requirements.

Program Expansion and Community Collaborations: UC Santa Barbara continues to develop and implement comprehensive programs and initiatives that have increased access to prevention information and education for all campus members and an expanded community population. During this Biennial Review cycle, UC Santa Barbara Alcohol and Drug Program initiated the implementation of the HowR UCSB campus survey, inspired the development of the Isla Vista Coalition for Healthy Communities and guided the acquisition of the prestigious Drug-Free Communities Grant. UC Santa Barbara is committed to community collaboration and allocates time and resources to maintain its relationship with agencies and departments such as Santa Barbara County Superior Court system, the County of Santa Barbara Behavioral Wellness Program, The Cottage Health System, Isla Vista Foot Patrol, UC Police Department, the Santa Barbara County California Highway Patrol, Santa Barbara City College, Council on Alcoholism and Drug Abuse, Santa Barbara Neighborhood Clinics, Fighting Back Coalition, St. George Youth and Family Center, Isla Vista Community Services District and a variety of other community coalitions and non-profit agencies.

Counseling and Support: UC Santa Barbara is committed to providing quality therapeutic and psychological services regarding substance use and other addictive behaviors. UC Santa Barbara’s Alcohol and Drug Program continues to take the lead on initiating and facilitating strong partnerships providing counseling support for students engaged with the CAPS Program, the Office of Black Student Development, the Multi-Cultural Center, the Educational Opportunity Program, the Resource Center for Sexual, Gender, Diversity and the CARE (Campus Advocacy Resource Education) program among others. Collaborations for counseling/educational interventions include Santa Barbara’s Council on Alcoholism and Drug Abuse, Santa Barbara Neighborhood Clinics, St. George Youth & Family Center, SB County Department of Behavioral Wellness and other local county and non-profit agencies that provide counseling and therapeutic support.

Education/ Outreach: UC Santa Barbara staff continue to expand the outreach opportunities to provide guest lectures, student workshops and staff trainings on campus and in the community and regularly organizes local and national experts to provide lectures and participate in panel discussions. In addition, UC Santa Barbara staff contributes to the field by offering presentations and workshops at regional, state and national conferences.

Evaluation Efforts: UC Santa Barbara is increasing the inclusion of assessment surveys and evaluation strategies into its prevention efforts. Graduate School of Education (GGSE) faculty and graduate students regularly collaborate with programs to conduct evaluations of prevention efforts and programs and GGSE assisted with the funding, development and distribution of the "HowR UCSB" campus wide survey. The Student Affairs Annual Report regularly incorporates evaluation results from prevention efforts that are implemented throughout the division.

Student Involvement: In addition to the many peer educator programs affiliated with programs throughout the campus, UC Santa Barbara has developed a unique collaborative peer association called Peer Education Network (PEN) which serves as an opportunity to cross-train over 200 peer health educators who play a large role in determining how alcohol and drug prevention and other health and well-being education is delivered to the campus and the Isla Vista community.

Targeted Outreach to High Risk Areas of Campus: The UCSB Alcohol & Drug Program staff, as well as other Student Affairs Division programs, work to identify areas of campus in need of additional outreach and education. In Fall 2019, UCSB Alcohol and Drug Program, in collaboration with Gauchos for Recovery launched the Naloxone Overdose Prevention Program to provide free education and training workshops regarding the use of Naloxone (Narcan) and provide these kits at no cost to students and campus staff and community members as supplies allow.

Recovery Services: The Gauchos for Recovery Program is available to assist students in recovery, contemplating recovery and/or supporting someone in recovery. Weekly support meetings are available to all students and community members, and peer-led coaching and professional counseling is available to students. Gauchos for Recovery also partners with local sober living environments.

Areas for Improvement

Policy Development: UCSB currently has extension of jurisdiction over off-campus conduct for violence, threats of violence, stalking, hazing, sexual assault, and harm to self or others which has been interpreted in certain circumstances to include some alcohol and drug-related conduct. Policies that involve safety, personal responsibility and well-being continue to be topics of discussion in task forces, work group and town hall meetings as well as the updating of the campus "postvention protocol."

Public Reputation: UCSB continues to actively address the concern of a "party school" reputation by promoting excellence in educational pursuits and achievements as well as actively disseminating information to the media regarding innovations to maintain a safe and healthy campus and local community.

Evaluation: The UC Santa Barbara Alcohol & Drug Program continues to develop a more systematic and consistent method for evaluating its programs on a regular basis to determine program effectiveness and efficiency and to develop informed recommendations for program improvement. Additionally, campus and community organizations can continue to be collaborative partners in collecting and disseminating data.

Parent Education: Additional materials can be developed and disseminated to educate parents about ongoing and current issues in the field of alcohol and drug prevention and intervention in the college environment. Continued efforts can be made to encourage consistent communication between parents and students around issues involving alcohol, drugs, addictive behaviors, peer pressures and community and personal responsibility.

Recommendations for Improving UC Santa Barbara Drug and Alcohol Prevention and Intervention Programs –

- Continue the collaborative “Alcohol and Drug Work Group” meetings, organized by the Policy Coordinator in the Office of the Vice Chancellor for Administrative Services, to regularly review and update UC Santa Barbara substance use policy and implementation guidelines, and collaborate on preparation of Biennial Review.
- Collaborate to strengthen the reach and impact of the UC Santa Barbara Mental Health Task Force to continue to educate the campus and community about available resources for student needing support for substance use and mental health concerns.
- Institutionalize the implementation of a campus-wide survey, similar to the “How R UCSB” survey to evaluate awareness and utilization of substance use, services and available supportive resources from all campus constituents.
- Increase awareness and availability of substance use assessments, screenings and resources for UC Santa Barbara employees and students
- Increase the use of science-based prevention strategies on the UC Santa Barbara campus and in the Isla Vista community
- Continue to expand and diversify the programs that address the unique needs of specific populations, such as first year students, transfer students, graduate students, BIPOC students, LGBTQI+ students, athletes, students in recovery and fraternity and sorority members.
- Increase the involvement of UC Santa Barbara students in workgroups and other ongoing groups that meet to discuss and determine priorities for prevention and education.
- Increase outreach and education to parents regarding ongoing and current information concerning alcohol, drug and addictive behaviors in college environments.
- Improve collaboration among campus and Isla Vista based agencies to increase safety in Isla Vista
- Maintain and monitor methods of distribution for required “annual notification of Substance Abuse Policy and Implementation Guidelines” for all UC Santa Barbara employees and students
- Consult on the development and implementation of ongoing “telehealth” services for substance use and mental health prevention and intervention programs.

Procedures for Notification of Drug and Alcohol Prevention Programs & Policy to Employees and Students

Notification to Employees

- Information about the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is provided to all new employees who are required to attend the New Employee Orientation conducted by Human Resources
- The UC Learning Center annually disseminates an email to all new campus employees, including contract staff, student staff, etc. which requires an “acknowledgment” of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines
- Annual notification of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is emailed to each campus employee in Fall Quarter by the Office of the Vice-Chancellor for Administrative Affairs and the Office of the Vice-Chancellor of Student Affairs.
- The UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is located within various campus websites

Notification to Students

- Annual notification of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is emailed to each student (taking one more units) in Fall Quarter by the Office of the Vice-Chancellor for Administrative Affairs and the Office of the Vice-Chancellor of Student Affairs.
- Notification of the UC Santa Barbara Substance Abuse Policy and Implementing Guidelines is included in Registrar office communications with students (taking one of more units) at the beginning of each quarter.
- The UC Santa Barbara Substance Abuse Policy and Implementing Guidelines document is located within various campus websites, including the online General Catalog (UCSB GOLD) and the student handbook.
 - <http://www.policy.ucsb.edu/policies/policy-docs/substance-abuse.pdf> - All incoming students are made aware of the student drug and alcohol policies and the Student Code of Conduct, including the Responsible Action Protocol.
- The UC Santa Barbara Substance Abuse Policy and Implementing Guidelines document is found on the Division of Student Affairs website under Policies:
<http://www.sa.ucsb.edu/policies/substance-abuse-policy>

UC Systemwide

[Substance Abuse Policy](#)

UC Santa Barbara

[Substance Abuse Policy and Procedure PDF](#)

[Substance Abuse Policy](#)

[Campus Policy and Procedures \(parents\)](#)

[Human Resources Policies & Procedures \(employees\)](#)

Distribution List for 2018-2020 Biennial Review

Office of the Chancellor – Henry Yang
Office of the Vice Chancellor-Administrative Services - Garry MacPherson
Office of the Vice Chancellor-Student Affairs - Margaret Klawunn
Office of Governmental Relations - Kirsten Deshler
Office of the Dean of Students - Katya Armistead
Office of Financial Aid & Scholarships - Michael Miller
Office of Public Affairs and Communications - John Longbrake
Office of Student Conduct - Joaquin Becerra
Student Health Service - Vejas Skripkus
Human Resources – Lisa Romero
Academic Staff Assistance Program (Human Resources) - Pati C. Montojo
Housing, Dining & Auxiliary Enterprises - Willie Brown
Department of Health & Wellness - Sharleen O'Brien
Department of Recreation – Jeff Huskey
Clery Act Compliance Coordinator (UCSB Police Dept.) – Jessica Fougere
Policy Coordinator (Office of the VC-Administrative Services) - Jennifer Lofthus