

SAINT XAVIER UNIVERSITY
2002 Biennial Review

Saint Xavier University conducted a Biennial Review between July and September 2002, in accordance with the U.S. Department of Education's Drug-Free Schools and Campuses Regulations.

This document outlines the conclusions of the Biennial Review. The following components are contained within:

1. Alcohol and Other Drug (AOD) Program Elements
2. AOD Program Goals and Achievements
3. AOD Program Strengths and Weaknesses
4. Procedures for Distributing the AOD Policy
5. Recommendations for Revising the AOD Program
6. Attachments

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2002 BIENNIAL REVIEW COMMITTEE

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AOD PROGRAM ELEMENTS

In July 2001, Saint Xavier University appointed an AOD Program Coordinator, whose primary responsibilities include coordinating campus-wide AOD prevention efforts, assessing student attitudes, beliefs, and behaviors regarding AOD use, and co-leading a university committee to improve campus alcohol policies and practices. The contributions of various university departments to AOD prevention efforts are described in the following sections.

Information and Awareness Campaigns

Alcohol 101

Alcohol 101 is an interactive CD-Rom designed to increase college students' awareness about issues surrounding alcohol use, and to help students make informed decisions about drinking. Alcohol 101 is presented in a group format to students in all sections of ACSU 100: SXU Seminar (first-year experience) course and in all Health and Fitness courses. Alcohol 101 is also available for students' individual use in the Counseling and Career Services office.

During the 2000-2001 academic year, Alcohol 101 was presented to approximately 330 new Saint Xavier students. In 2001-2002, Alcohol 101 was presented to 359 new students in 18 SXU Seminar classes. The presentation was also given to 6 Health and Fitness classes, serving 101 students. 28 students viewed the CD-Rom individually.

National Collegiate Alcohol Awareness Week and National Alcohol Awareness Month

Saint Xavier University observes National Collegiate Alcohol Awareness Week in October, and National Alcohol Awareness Month in April. Programming for these events includes information tables with handouts and pamphlets in the dining hall and residence halls, bulletin board displays, and poster campaigns. Additionally, the department of Counseling and Career Services sponsors video and discussion programs on binge drinking and alcohol-related sexual assault, displays relevant information on its bulletin boards, and publishes AOD-related articles in its newsletters. The *Xavierite*, Saint Xavier's student newspaper, publishes ads and articles addressing alcohol use during October and April.

In 2000-2001, awareness programs also included a victim impact panel, as well as a presentation by the Chicago Police Department that included a display depicting various drugs and their effects, and an opportunity for students to try "fatal vision goggles."

In 2001-2002, programs for National Collegiate Alcohol Awareness Week and National Alcohol Awareness Month included distribution of Mocktails (non-alcoholic drinks) with handouts about alcohol poisoning and safety. Approximately 150 students, staff, and faculty were served. Events also included "Comedy With A Cause," a presentation on responsible drinking. 40 students and 4 staff members were in attendance.

Alcohol Screening Day

Saint Xavier University sponsored its first Alcohol Screening Day in April of 2002. This event includes an educational lecture, a video presentation, and the opportunity to complete a written questionnaire and meet individually with a counselor. Participants received educational

materials and referral information. 59 students and 4 staff members attended the event, and 43 participants completed the alcohol screening.

Alcohol and Other Drug Education Workshops

Beginning in the Fall of 2001, students found in violation of the University's AOD policy were required to attend an Alcohol and Other Drug Workshop conducted by the Coordinator of the AOD Program. The Dean of Students, Residence Life officials, and other university departments refer students to a four-hour, Saturday morning workshop. Topics covered include: state and national norms, physiological effects, legal and medical consequences, and social and environmental effects of alcohol and other drug use. Students are required to examine their own AOD-related behaviors, and discuss alternatives to high-risk drinking and drug use.

Counseling Services

The SXU counseling staff attended a training workshop for using the S.A.S.S.I. (Substance Abuse Subtle Screening Inventory) in August 2001. Before the University could allocate funds to purchase this instrument to assess students' substance abuse problems, the Director of Counseling was asked to calculate need based on number of students seeking counseling for substance abuse. According to the consultant's year-end report of counseling trends, 96.8% of students denied alcohol problems and 93.7% denied drug abuse problems. Given the relatively low percentage of students seeking counseling for substance abuse, the Director decided against purchasing the SASSI for this academic year. Instead, the Director implemented the PAI (Personality Assessment Inventory), which includes scales for alcohol and drug use along with other clinical conditions. SXU Counseling Services also established a linkage agreement with LCMH (Little Company of Mary Hospital) who agreed to assess and treat or refer SXU students who were referred by SXU counselors to their Behavioral Health Center with substance abuse problems. LCMH also provided a list of local treatment facilities, which were added to SXU's Off-campus Resource List.

According to the consultant's report, 26.3% of the sample indicated family-related substance abuse history. The counselors offered guidance for a student-initiated ACOA group, which started in Spring 2002. Unfortunately this group did not generate significant participation and dissolved by the end of the semester.

Department of Student Activities

The Department of Student Activities provides a variety of alcohol-free programs throughout the academic year. These programs include Homecoming celebrations, ski trips, camping and whitewater rafting trips, panel discussions, and service learning projects. In an effort to support the University's commitment to increasing alcohol education, Student Activities sponsors a "Mocktails" event every year. In 2001, Student Activities also sponsored an alcohol awareness presentation by Mark Sterner entitled "DUI - A Powerful Lesson."

Residential Life

The Residential Life policy on alcohol is as follows and can be found in the Residential Life Student Handbook:

The use, sale and possession of alcoholic beverages is prohibited anywhere in the residence halls and university premises. Alcoholic beverage containers (bottles, cans, etc.) are also prohibited whether or not they contain any beverage. This prohibition applies to all parts of the campus. Possession of a beer keg will result in an automatic suspension from the residence halls.

Subsequent violations of the alcohol policy may result in, but is not limited to, attendance at an *Alcohol and Other Drug Education Seminar* on designated Saturday mornings throughout the semester.

Students who violate this policy are subject to judicial sanctions. These sanctions include but are not limited to: monetary fines, parental notification if under age, residence hall probation, residence hall suspension, attendance at the *Alcohol and other Drug Education Seminar* organized by Counseling & Career Services, completion of the *Alcohol 101* interactive CD-ROM, community service, research papers on topics such binge drinking and secondary affects of alcohol consumption, attendance at co-curricular workshops, and educational bulletin boards.

The Department of Residential Life offers programming activities such as “Mocktail Hours” and some general weekend programming to offer students alternate social choices that include BBQ dinners, Sweetheart Auctions, and competition based activities. During Alcohol Awareness Month bulletin boards throughout all buildings are dedicated to alcohol education in many different eye catching formats.

Resident Assistants are trained at the beginning of each academic year on ways to handle incidents involving alcohol. This is accomplished through information distribution on signs of overdose, role play of “party rooms”, instruction on how to advise someone about problem drinking and referrals, and following up with students when incidents are documented.

Department of Public Safety

The following are expressly prohibited activities:

1. Possession, consumption, or furnishing of alcoholic beverages on University owned or controlled property, or furnishing alcoholic beverages to others while on campus.
2. Possession, consumption, manufacturing, or furnishing of illegal drugs, in either the refined or crude form.
3. Possession and use of any prescription drug for which legitimate possession and use cannot be verified from a medical doctor.

Based upon the discretion of University officials from Residential Life or the Department of Public Safety, consequences for minors in possession of alcohol, or other violations of the law, may range from referral to the Dean of Students for campus judicial sanctioning or physical

arrest by the Chicago Police Department. Any violations of the Controlled Substance Act will result in criminal prosecution.

Academic Affairs

Several departments in the division of Academic Affairs offer courses that incorporate alcohol and other drug education. The following list is a sample of these course offerings.

Academic Support 100	SXU Seminar
Anthropology 245	3 rd World in a Global Context
Biology 200	Human Biology
Biology 207	Nutrition
Criminal Justice 210	Criminal Law
Criminal Justice 338	Drug Abuse
Education 325	Health and Nutrition Across the Lifespan
Physical Education 112	Health and Fitness
Physical Education 116	Topics in Health
Psychology 303	Human Motivation
Psychology 411	Substance Abuse
Sociology 109	Family Conflict
Sociology 110	Sociology and the Family
Sociology 215	Health and Society
Sociology 221	Contemporary Issues
Sociology 283	Gangs and Society
Sociology 324	Substance Abuse Workshop
Sociology 327	Child, Family, and Community Relations

PROGRAM GOALS AND ACHIEVEMENTS

The goals of the Alcohol and Other Drug Program are as follows:

- Educate the university community about the physiological, social, and environmental consequences of AOD use.
- Review and improve campus policies and practices as needed.
- Ensure that AOD policies are enforced consistently campus-wide.
- Gather information about student attitudes, beliefs, and behaviors regarding AOD use, abuse, and dependency.
- Use assessment data to develop a social norms awareness campaign.
- In conjunction with counseling services, facilitate referrals for students seeking treatment for substance use disorders.

These are ongoing goals, and at the time of the 2002 Biennial Review, the following measures of goal achievement have been established:

- All new first-year students are required to pass SXU Seminar, a first-year experience course with a strong emphasis on AOD-related topics. The course includes AOD prevention presentations from counseling staff and outside speakers.
- Dissemination of information in the form of posters, pamphlets, and educational presentations has increased since the 2000-2001 academic year.
- Saint Xavier University offered Alcohol Screening Day and many other special events to commemorate National Alcohol Awareness Month in April 2002.
- Education is provided for students who violate the AOD policy.
- Referrals for treatment of substance use disorders are available to the university community.

PROGRAM STRENGTHS AND WEAKNESSES

The 2002 Biennial Review has identified several strengths of the Alcohol and Other Drug Program at Saint Xavier University.

- The program makes use of current research and “best practices” in the development of goals and services provided.
- A budget has been established for AOD prevention and programming. The budget is stable, and is expected to be refunded each year.
- A new position was created for an Assistant Director of Residential Life. Qualifications for this position include coursework and training in substance abuse issues. The Assistant Director’s responsibilities include AOD-related programming in the residence halls.

The following weaknesses have been identified:

- There has been no formal assessment of student attitudes, beliefs and behaviors regarding AOD use.
- There has been no systematic evaluation of the effectiveness of AOD policies and programs.
- Judicial procedures have not been established for repeat offenders of the University’s AOD policy.

PROCEDURES FOR DISTRIBUTING THE AOD POLICY

The University’s alcohol and other drug policy is made available to students in the Student Handbook. The Student Handbook is available online, and is distributed to all students free of

charge through orientation activities and the residence halls. The Student Handbook is also available throughout the year in the Student Services office.

Upon employment, all staff and faculty receive an orientation with a staff member from the Employee Services department. Faculty and staff receive a manual and an explanation of standards of conduct. A booklet entitled “What You Can Do About Drugs in America” is also available in the Employee Services office.

RECOMMENDATIONS FOR REVISING THE AOD PROGRAM

The following recommendations are being made for improvement of the AOD Program:

- Conduct the Core Survey to assess student attitudes, beliefs and behaviors regarding AOD use and relevant issues.
- Use information gathered from student assessment to create and market a social norms campaign.
- Strengthen the AOD policy for student athletes to bring it to a level that is consistent with NAIA standards.
- Enhance counseling intake questionnaire to collect detailed substance use information from student clients.
- Establish a university AOD steering committee to assist with identification of fiscal and educational resources, policy review, and program planning.
- Review and expand sanctions for resident students found in violation of the AOD policy.

ATTACHMENTS

- Alcohol and Other Drug Policy for Students
- Drug Free Schools and Workplace Act – Staff and Faculty
- Standards of Conduct – Staff and Faculty
- List of Community Resources for Treatment of Substance Use Disorders
- State of Illinois Controlled Substances Act
- Federal laws can be found on the Higher Education Center’s website:
<http://www.edc.org/hec/pubs/dfscr.htm>.

Alcohol and Other Drug Policy -Students

Alcohol Policy

Saint Xavier University students are expected to abide by Illinois State laws concerning the drinking age. When some members and/or guests of a student group, club, or organization are under the legal drinking age at an off-campus event, the members of the organization and their guests are responsible for conducting themselves in accordance with University Policy and with state laws.

Students and/or their guests may not possess, sell, or consume alcoholic beverages on University property. Students may not purchase alcoholic beverages with University approved student fees or with any other student funds that are collected and administered by a student organization or club. Violation of this policy may result in disciplinary action.

On rare occasions, students and/or their guests, who are 21 years of age or older, may apply for permission to possess or consume alcoholic beverages at an approved University function. Those who so wish to obtain such permission must consult with the Dean of Students no later than 10 days prior to the date of the event. Permission will be granted only when a series of stringent precautionary and control measures have been arranged so that those attendees who are under 21 years of age will not be served alcoholic beverages. At no time may students and/or their guests sell or effect the commercial delivery of alcoholic beverages on University property.

At any on-campus or off-campus events at which students and/or guests under 21 years of age are present, and where alcoholic beverages are served or provided by an official Saint Xavier University department, organization or club as part of the event, prior University approval must be obtained. Saint Xavier University assumes no responsibility for any liability incurred as the result of a department's, club's or organization's violation of these rules or of any State or City law governing the use and consumption of alcoholic beverages.

Drug Policy

Members of the University community are subject to federal, state, and local laws. Illinois law prohibits the possession or use of marijuana, narcotics, and hallucinogenic drugs, either in the refined or crude form, except under the direction of a licensed physician or dentist. The possession, use, distribution, and/or sale of marijuana, narcotics, and hallucinogenic drugs are prohibited. Violations of these regulations may result in disciplinary action, ranging from a written statement of an official warning up to legal civil actions and expulsion from the University. Individuals convicted of unlawfully possessing or distributing illicit drugs and alcohol may face misdemeanor or felony charges, which are punishable by sanctions up to and including imprisonment.

Counseling and Treatment for Drug and Alcohol Problems

1. Drugs and alcohol are dangerous substances, which can lead to serious physical problems with all major organs. Even a single abuse of these substances can endanger lives and cause irreparable harm to self and others.
2. Students who may have been, or are using drugs, and wish counseling, may request counseling on campus or referral to outside agencies. If a student enters into a counseling relationship, it will be regarded as privileged information and be treated in a confidential manner.

An extensive list of drug and alcohol counseling treatment rehabilitation programs is available to students through the Vice President for Enrollment and Student Services Office, or by calling the Illinois Department of Alcoholism and Substance Abuse at (312) 917-3840.

*The above information is provided in cooperation with the United States Government's **Drug Free Schools and Workplace Act (1989)**.*

Drug Free Workplace

In full cooperation with the federal government, it is Saint Xavier University's policy to have a drug-free workplace. The unlawful manufacture, distribution, dispensation, possession or use of a controlled substance, mind-altering chemical, depressant, stimulant, or alcohol is strictly prohibited "on premises." "On premises" includes any work site, vehicle, or office which is owned, serviced or used by the University and includes employee-owned vehicles on the property of the University or of any client of the University. Violation of this policy will ordinarily result in immediate discharge.

As part of our policy, we are maintaining a drug-free awareness program to inform employees about: a) our policy of maintaining a drug-free workplace; b) the dangers of drug abuse in the workplace; c) drug counseling, rehabilitation and similar programs which are available in the community; and d) the fact an employee may not lose his/her job, but may be sent to prison, for drug abuse violations.

For compliance with the federal law and as a condition of continued employment with the University, each employee must: a) comply with this policy of a drug-free workplace and b) notify the University in writing of any criminal drug statute conviction for a violation occurring in a workplace no later than five calendar days after such conviction. Within 10 days after receiving notice that an employee has been convicted of violating a criminal drug statute, the University is required to report that fact to any government agency with which we have a contract.

Standards of Conduct for Faculty and Staff

Whenever people gather together to achieve goals, some work rules are needed to help everyone work together efficiently, effectively and harmoniously. By accepting employment with the University, staff have a responsibility to Saint Xavier and to fellow staff members to adhere to certain rules of behavior and conduct. The purpose of these rules is not to restrict staff members' rights, but rather to be certain that each staff member understands what conduct is expected and necessary. When each person is aware that he or she can fully depend upon fellow workers to follow the work rules, then our institution will be a better place to work for everyone.

Staff members should read these work rules carefully. While not every situation can be covered in a Handbook such as this, here are some examples of conduct Saint Xavier University considers unacceptable:

1. Deliberate falsification of any records.
2. Habitual absence or tardiness.
3. Absence on a scheduled workday without notification.
4. Insubordination or failure to follow instructions.
5. Threatening, intimidating, coercing, physically abusing, or sexually harassing fellow employees.
6. Interfering with normal work routine while on the job or on scheduled break.
7. Theft.
8. Coming to work under the influence of alcohol or illegal drugs or narcotics, or bringing such substances on to University premises.
9. Deliberate disregard of safety rules.
10. Disregard for appropriate attire.
11. Gross incompetence.
12. Possession of firearms.

The foregoing enumeration is by way of illustration and should not be deemed to alter the employee's at-will status.

Saint Xavier University
Substance Use/Abuse Referral List

Substance Abuse Treatment Programs

(Private Insurance Not Required)

Alcoholics Anonymous 200 N.
Michigan, Ste 501
Chicago, IL 60601
(312) 346-1475

Haymarket House
120 N. Sangamon St.
Chicago, IL 60607
(312) 226-7984

Narcotics Anonymous
(708) 633-3521

South Suburban Council on Alcoholism
and Substance Abuse
1909 Checker Square
174th & Dixie Highway
East Hazelcrest, IL 60429
(708) 957-2857 or 2854

Interventions
5701 S. Wood St.
Chicago, IL 60636
(773) 737-4600
2221 W. 64th
Woodridge, IL
(630) 968-6477

Salvation Army Harbor Light Program
1515 W. Monroe
Chicago, IL 60607
(312) 421-5753

Gateway Foundation Central Intake
819 S. Wabash
Chicago, IL
(800) 444-1331

Two Entry House
1447 E. 65th
Chicago, IL
(773) 493-6116

Brass Foundation
340 E. 51st St.
Chicago, IL 60615
(773) 869-0320

Women's Treatment Center
140 N. Ashland
Chicago, IL
(312) 850-0050

Brass Foundation II
8000 S. Racine
Chicago, IL
(773) 994-2708

Palos Hospital
24 Hour Help Line
(708) 361-TALK

Lutheran Social Services
A.D.D. Program
Central Intake
(773) 282-7693

Lutheran Social Services Outpatient
5825 W. Belmont
Chicago, IL 60641
(773) 282-7693

Alcohol & Other Drug Treatment Programs

(Require insurance or self-pay – some may accept public aid. Call for more info.)

Little Company of Mary Hospital
2800 W. 95th
Evergreen Park, IL 60642
(708) 422-0110
(708) 229-6130

Christ Hospital
4440 W. 95th
Oak Lawn, IL 60453
(708) 346-1337

Mercy Hospital
Stevenson at King Dr.
Chicago, IL
(312) 567-2486

MacNeal Hospital
3249 S. Oak Park Ave.
Berwyn, IL
(708) 795-9100
(708) 783-3140

Linden Oaks Hospital
852 West St.
Naperville, IL 60540
(800) 955-6257

Palos Primary Care
Orland Park
(708) 460-2370

Jackson Park Hospital
7531 S. Stony Island
Chicago, IL
(773) 947-7500
(773) 947-7347

Ingalls Memorial Hospital
One Ingalls Dr.
Harvey, IL
(708) 333-2300 X5441

St. Mary of Nazareth
(Medical Insurance & Public Aid Accepted)
2233 W. Division
Chicago, IL
(312) 770-2687

AOD Support For Families

A.C.O.A.
(708) 206-1156

Al-Anon & Alateen
(773) 471-0225

Counseling Services

(Insurance and/or sliding fee scale – call for info)

David M. Hurley, LCPC, CADC
10522 S. Cicero, Suite 202
Oak Lawn, IL 60453
(708) 636-6571

Lutheran Family Services
Michael J. Fonda, SCAC
3220 W. 115th
Chicago, IL 60655
(773) 881-1900

Aunt Martha's
233 Joe Orr Road
Chicago Heights, IL 60411
(708) 756-0326

Counseling Services - continued

(Insurance and/or sliding fee scale – call for info)

Counseling Associates
17716 Oak Park Ave.
Tinley Park, IL 60477
(708) 532-7260

Center for Personal & Family Life
3624 216th St.
Matteson, IL 60443
(708) 481-4080

Community Counseling Associates
17901 Governors Highway Suite 107
Homewood, IL 60443
(708) 597-0032

Family Services of Oak Lawn
9401 S. 53rd Ct.
Oak Lawn, IL 60453
(708) 423-3361

Christ Hospital Self-Help Groups

Alcoholics Anonymous
Al-Anon Chicago
Alateen Chicago
Narcotics Anonymous
Cocaine Anonymous
Naranon
Gamblers Anonymous
Gam-Anon
Adult Children of Alcoholics

Call (708) 346-1337 for information on Christ Hospital groups.