



VALLEY CITY

STATE UNIVERSITY

Drug-Free Schools and Campuses Regulations [EDGAR Part 86] Biennial Review: 2024

Mark D. Nelson, MRC, BSW
Vice President for Student Affairs
December 2024

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Alcohol and Other Drug Prevention Certification Signed by Chief Executive Officer

**Valley City State University
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Alcohol and Other Drug Prevention Certification**

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for its students and employees that includes:

1. The annual distribution to each employee, and to each student who is taking one or more classes of any kind for academic credit except for continuing education credit units, regardless of the length of the student's program of study, of:

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
- A description of the applicable legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
- A description of any drug or alcohol counseling, treatment, rehabilitation or re-entry programs that are available to employees and students.
- A clear statement that the institution will impose disciplinary sanction on students and employees (consistent with state and federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

2. A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:

- Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention programs and policies if they are needed.
- Ensure that its disciplinary sanctions are consistently enforced.

Valley City State University

101 College St SW, Valley City, ND 58072

Name of college/university

Address of college/university

Dr. Alan LaFave

45-6002482

Typed name of President

IRS Employer Identification Number

Alan D. LaFave

701-845-7102

Signature of the President

Telephone number

I. Introduction / Overview

Valley City State University is committed to an environment that supports the academic success and health of our staff and students and has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle.

In keeping with the requirements of the Drug-Free Schools and Campuses Regulations [EDGAR Part 86], Valley City State University has an Alcohol / Drug Abuse Prevention Statement or policy that describes standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on VCSU property or as part of any VCSU sponsored activities. The policy includes the following:

1. A description of legal sanctions under federal, state, or local law for the unlawful possession use or distribution of illicit drugs and alcohol.
2. A clear statement of disciplinary sanctions VCSU will impose on students and employees for violations of the standards of conduct.
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.
4. A description of the drug and alcohol counseling and treatment resources available to students and employees.

As outlined in the “Complying with the Drug-Free Schools and Campuses Regulations” (EDGAR Part 86), the VCSU Alcohol and Other Drug Policy is distributed to all students and employees as part of our Drug-Free Campus Program. This required biennial review has the following two objectives. First, to determine the effectiveness of, and to implement necessary changes to, the AOD/ATOD Prevention Program. Secondly, to ensure that campuses enforce disciplinary sanctions for violating standards of conduct consistently.

II. Biennial Review Process

This Review covers 2022-2024. Specifically, it covers the start of the fall 2022 semester through the summer of 2024. A copy is available upon request in the Student Affairs office.

A. Biennial Review Preparers

- Vice President for Student Affairs
- Director for Residence Life
- Director for Student Center and Student Activities
- Director for Health and Wellness
- Director for Human Resources
- Director for Sports Medicine/Associate Activities Director
- Mental Health Counselors
- Administrative Assistant for Student Affairs

B. Location of Biennial Review

The Biennial Review is located in the Student Affairs office, Student Health Services Office, Counseling Services Office, online at <https://www.vcsu.edu/about-vcsu/consumer-information/> and at <https://onestop.vcsu.edu/support/solutions/articles/10000029570>.

Questions regarding the Biennial Review Report can be directed to:

Mark D. Nelson, VP for Student Affairs
McFarland 209
101 College St. SW
Valley City, ND 58072
701.845.7300
mark.nelson.3@vcsu.edu

Betty Tykwinski, Director for Health & Wellness
Mythaler Hall 119
205 Viking Dr. SW
Valley City, ND 58072
701.845.7305
betty.j.tykwinski@vcsu.edu

Kelsie Carter, Mental Health Counselor
McFarland Hall 424
101 College St. SW
Valley City, ND 58072
701.845.7427
kelsie.carter@vcsu.edu

Sara Schmuhl, Mental Health Counselor
McFarland 425
101 College St. SW
Valley City, ND 58072
701.845.7424
sara.schmuhl@vcsu.edu

III. Annual Policy Notification Process

A. Content of Alcohol/Drug Abuse Prevention Statement

The VCSU Alcohol/Drugs policy can be found online at <https://onestop.vcsu.edu/support/solutions/articles/10000034228>

B. Notification Process for Employees

All benefited VCSU faculty and staff are required to complete an Annual Notification of Policies and Forms which includes reviewing policies related to Drug-Free Workplace, Alcohol, Drug and Tobacco Free Campus, and the Employee Assistance Program among other policies. This is required to be reviewed annually by all faculty and staff by October 31. The Human Resources Office monitors employee compliance through the Vector Solutions website (Appendix H). Each semester faculty and staff receive an email including these policies and others in the annual Campus Security & Fire Report (<https://www.vcsu.edu/wp-content/uploads/2024-Campus-Security-Fire-Safety-Report-Final.pdf>)

C. Notification Process for Students

All VCSU students are required to abide by the Code of Student Conduct (<https://onestop.vcsu.edu/support/solutions/articles/10000025652>). Each semester students receive an email that includes these policies and others in the annual Campus Security & Fire Report (<https://www.vcsu.edu/wp-content/uploads/2024-Campus-Security-Fire-Safety-Report-Final.pdf>). All student employees are required to complete the Notification of Policies and Forms, and Clery Act and Title IX training through the Vector Solutions website and monitored by the Human Resources Office.

Each year, and in accordance with federal regulations, the Office of the Vice President for Student Affairs prepares an annual report that is distributed on campus to all students and employees. The distribution is done by an electronic message to all students and through the campus distribution of paper copies in strategic locations on campus.

Policies and Policy Distribution

- A. The VCSU policy distribution rationale and plan for 2024-2025 and 2025-2026 academic year can be found in Appendix A and B.
- B. Please refer to the VCSU PART 86 Worksheet located in Appendix C.
- C. The VCSU Code of Student Conduct details the due process students are entitled to upon violation of the University's policies. These policies range from general conduct, internet usage and alcohol and drug use and abuse.

IV. Alcohol and Other Drug (AOD) Prevalence Rate, Incidence Rate, Needs Assessment, and Trend Data

- A. American College Health Association - National College Health Assessment (ACHA-NCHA-III)

The ACHA-NCHA-III, completed in the spring semester of 2024, supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community. Data is included in the Appendix and includes patterns of alcohol, tobacco, and other drug usage among VCSU students. (See Appendix K for ACHA-NCHA 2024 Executive Data Summary).

V. AOD Policy, Enforcement, and Compliance Inventory

A. Alcohol and Other Drug Abuse Prevention Statement

The primary goals of the VCSU alcohol and other drug program are based on a *harm reduction model*. Our aim is to reduce high risk drinking, and to promote safety, health, and academic success. We advocate for healthy lifelong habits to be formed during this time on campus. It is our goal to affect the campus and community culture of alcohol use through a variety of strategies. We believe in a health promotion program entitled *By the Numbers*, BASICS, and CHOICES. These programs are intended to reduce the risk for alcohol related problems and reduce the risk of negative consequences due to alcohol abuse and misuse. These programs approach alcohol use from a health perspective. We believe that alcohol misuse is not just a college problem but a culture issue, therefore the campus has a responsibility to educate the students as future community members/leaders about alcohol use, misuse, and abuse. Drinking is far from a risk-free activity. However, public health experts suggest that those who do drink can reduce their risk of experiencing an alcohol-related problem by following, but not limited to, the *By the Numbers*, BASICS, and/or CHOICES programs.

The CHOICES seminar is delivered to all campus first-time alcohol policy offenders. In addition to our education about the effects of alcohol use we also include the life-threatening dangers of alcohol abuse as well as information concerning Acute Alcohol Intoxication. Self-assessments are a part of each seminar. We also include an educational component about Acute Alcohol Intoxication for all our Resident Assistants and Hall Directors in our residential program. Alcohol programs are also provided through our Counseling Services Office. For more specific information contact the Valley City State University Counseling Services Office. All first-year students receive the CHOICES program through their first-year experience, Viking Voyage course.

Valley City State University has been a member of the North Dakota Higher Education Consortium for Substance Abuse Prevention (NDHECSAP) since the early 1990's. VCSU has been a part of the statewide group addressing the use, consequences, and perceptions of the campus environment in North Dakota. VCSU has been a participant of statewide research addressing the use and perceptions of alcohol and other drug use among NDUS campuses since 1993. Research has been a part of our mission to measure attitudes and usage among our college students at the NDUS two- and four-year institutions. Information gathered over time has been used to develop educational programs as well as campus activities programming.

In 1989, the North Dakota Higher Education Housing Officers and Chemical Awareness Coordinators developed a core group to address the issues surrounding alcohol and other drug abuse on campus. The impetus for the decision to begin studying these issues on an organization level was the North Dakota legislator's discussion of proposed bill that would have required police involvement for alcohol possession infractions by minors within the residence halls. The NDHE Consortium for the Prevention of Chemical Abuse in Residence Halls (currently NDHECSAP) was established to create an effective educational alternative to legal action against students.

Since 1990, the consortium has expanded to address the entire campus community rather than only the residence hall system. All the NDUS campuses are active members in the consortium. Past objectives included discussion of campus alcohol-related problems and policies, including compliance with the Drug Free Schools policy mandates; block booking of programming supporting alcohol-free activities; and state-wide research-based needs assessment utilizing qualitative and quantitative research. VCSU campus approach has been proactive education and prevention concepts, activities, and policies which underscore student responsibility for their actions. VCSU's aim is to reduce and reduce harm due to alcohol and other drug use about its students.

B. Inventory of Policies

1. Federal Drug Free Campus Policy

In accordance with the federal Drug-Free Workplace Act of 1988, the federal Drug-Free Schools, and Communities Act (DFSCA) of 1989, and State policies on Alcohol and Other Drugs, VCSU prohibits the unlawful or unauthorized possession, use, sale, manufacture, distribution, or dispensation of alcohol and other drugs by employees and students in the workplace or when representing VCSU in a working capacity off campus. Responsible use of alcohol at VCSU related social events (e.g., Alumni Dinner, Holiday Party, etc.) or during designated social hours at conferences, seminars, etc. is exempt. Employee or student violators are subject to disciplinary action, up to and including termination of employment and expulsion.

Valley City State University, in accordance with the ND State Board of Higher Education Policy 918, prohibits the possession, sale, dispensation, use or consumption of alcoholic beverages upon land, or in buildings owned by the Board or its institutions. Exceptions to the policy are provided for university apartments or as permitted by the approval of the president.

The VCSU Alcohol Policy applies to students while participating in off-campus university sponsored events including university sponsored travel to and from events. Alcoholic beverages and the possession of empty alcoholic beverage containers are prohibited in the residence halls. Residence hall students found to be responsible for hosting events where alcohol violations occur, will be subject to additional sanctions. Hosting is defined as having more than one non-resident in the room or suite at the time of the violation. Behavior while in a state of intoxication that is loud, disruptive, potentially harmful to the health or safety of self or others or affecting the cleanliness or maintenance of university facilities is considered a violation of the policy.

2. V520.01 Code of Student Conduct

Students at Valley City State University are entitled to fair and equal treatment in access to the program, facilities, and activities of the university, in accordance with the constitution and laws of the United States, the constitution and laws of North Dakota, and the policies of the State Board of Higher Education. Students at the university are entitled to competent academic instruction and fair treatment in academic evaluation. In matters of campus discipline, students are entitled to prompt and fair procedural due process.

Valley City State University is committed to the view that an important purpose of higher education is to develop mature responsible adult citizens and community leaders. Likewise, the university expects that, on or off campus, students will conduct themselves with courtesy, truthfulness, respect for law, and a thoughtful concern for the rights of others.

The VCSU Student Code of Conduct shall apply to conduct that occurs on VCSU premises, at VCSU sponsored activities, and to off-campus conduct that adversely affects the VCSU community and/or the pursuit of its objectives. Each student shall be responsible for his/her conduct from the time of application for admission through the actual awarding of the degree, even though conduct may occur before classes begin or after classes end, as well as during the academic year and during periods between terms of actual enrollment. The Student Code shall apply to a student's conduct even if the student withdraws from school while a disciplinary matter is pending. The Vice President for Student Affairs shall decide whether the Student Code shall be applied to conduct occurring off-campus on a case-by-case basis.

1. BEHAVIOR SUBJECT TO UNIVERSITY DISCIPLINE

A. Infringement of the rights of other persons:

1. Physical abuse, verbal abuse, threats, intimidation, harassment, coercion and/or other conduct which threatens or endangers the health or safety of any person.
 2. Behavior infringes upon the health or safety of self or other persons.
 3. Conduct that is disorderly, lewd or indecent which may include, but is not limited to fighting, engaging in violent behavior, disturbing a lawful assembly, streaking
 4. Creating a public disturbance, or interfering with teaching, study, social activities, or recreational activities.
 5. Assault or fighting.
 6. Hazing, on the part of individuals or campus organizations. Hazing is an act which endangers the mental or physical health or safety of a student, or results in the destruction or removal of public or private property, or which causes physical or psychological discomfort, embarrassment, or humiliation, for the purpose of initiation or admission into, affiliation with, or confirming any form of affiliation, or continued membership in a student organization regardless of a student's willingness to participate in the activity.
 7. Attempted or actual theft of/or damage to property of the university or property of a member of the university community or other personal, or public property, on or off campus or during university related travel.
 8. Sexual misconduct including sexual harassment, sexual assault, rape, relationship violence and stalking.
- B. Abuse or misuse of substances:
1. Possession, sale, dispensation, use or consumption of alcoholic beverages on land or in buildings owned or managed by VCSU or in connection with university sponsored events. Exceptions to the policy are provided for university apartments or as permitted by law with approval of the university president.
 2. Use, possession, sale, or distribution of controlled substances or illegal drugs.
 3. Behavior while in a state of intoxication that is loud, disruptive, potentially injurious to the health or safety of others or affecting the cleanliness or maintenance of university facilities.
 4. Any violation of the VCSU Alcohol Violators Policy.
 5. Interference with university business, academic processes, or student activities.

6. Obstruction of teaching, disciplinary procedures, social activities, or other scheduled events.
 7. Furnishing false information to any university official, faculty member or office.
 8. Forgery, alteration, or misuse of any university document, record, or instrument of identification.
 9. Misappropriation, or misuse of university property.
 10. Vandalism or destruction of property.
 11. Unauthorized entry into, or presence within, a university building.
 12. Tampering with, or misuse of, fire alarms, fire protection equipment or surveillance equipment.
 13. Failure to comply with published instructions, rules or regulations of the university or with the written or verbal instructions of an authorized university official, and/or failure to identify oneself to these persons when requested to do so.
 14. Failure to comply with sanctions imposed under the Student Code of Conduct.
- C. Off Campus Behavior
1. Violation of local, state, or federal law may be treated as a violation of the Code of Student Conduct.
 2. Behavior that poses an obvious threat or harm to the health and safety of self or others.
 3. Behavior that impinges on the rights, property or achievements of others or significantly breaches the peace and/or causes social disorder.
- D. Violation of university residence hall rules and regulations.
- E. Violation of VCSU Computer and Network Usage Policies.
- F. Violation of the VCSU Firearms/Weapons Policy.
- G. Students at Valley City State University have the responsibility to respond to policy violations and may be held responsible if found to be in the presence of a policy violation and fail to do one of two things:
1. Leave the area where the violation is occurring.
 2. Contact appropriate VCSU staff members or authorities.

2. UNIVERSITY DISCIPLINARY PROCEDURES

A. Citations:

1. A report of a violation of the Student Code of Conduct may be made by a student or faculty or staff member of the university.
2. The complaint will be filed with the office of the Vice President for Student Affairs on the form supplied by the Vice President's Office.
3. The Vice President for Student Affairs will refer the report to the appropriate designated University Conduct Officer
4. The reporting form will be signed by the person submitting the report. Anonymous reports will be accepted and investigated to determine appropriate university action.

B. Citations filed in a university residence hall:

1. Citations filed in a university hall may be initially filed with the Director for Residence Life. The Director for Residence Life or another designated Residence Life professional staff member, after conducting a proper investigation and hearing, may:
 - a. Dismiss the allegation, or
 - b. Assess the appropriate sanction

C. University Conduct Officer

1. University Conduct Officer will:
 - a. Carry out the conduct process from report to decision in a timely manner.
 - b. Serve as the investigator, conduct the hearing, render a decision, and impose sanctions.
 - c. Participate in training
 - d. Disclose if a conflict of interest exists with either the reporting or responding party, in which case the report will be directed to a different Conduct Officer.
 - e. Serve a 3-year term

D. Vice President for Student Affairs

1. When a report has been filed, the Vice President for Student Affairs will refer the report to the appropriate designated University Conduct Officer. The University Conduct Officer will meet with both the reporting party and the responding party.
2. The designated University Conduct Officer, after conducting a proper investigation and hearing may:
 - a. Dismiss the allegation.

- b. Assess the appropriate sanction
- 3. The Vice President for Student Affairs will:
 - a. Appoint University Conduct Officers for a term of 3 years.
 - b. Provide University Conduct Officers with training.
 - c. The Vice President for Student Affairs will maintain complete records of all formal disciplinary proceedings.

E. Conduct Process

- 1. The Conduct Officer receives report and begins investigation.
- 2. The Conduct Officer identifies alleged code violations, notifies student, and schedules meeting date and time within 3 class days of initial report.
- 3. Conduct Officer holds prehearing conference with responding party to review rights and procedures.
- 4. Hearing is held, the responding party has the opportunity to provide evidence, witnesses, and explanation.
 - a. During student conduct hearings students have the right to have an advisor of their choosing present, including legal counsel. In cases that do not involve potential suspension or expulsion, the advisor may not participate in the hearing. In a hearing that may result in expulsion or suspension, the advisor may participate fully in the conduct hearing, which includes the opportunity to make opening or closing statements, examine and cross-examine witnesses, and to provide support, advice, and guidance to the student.
- 5. The Conduct Officer renders decisions and notifies student of findings and conditions/sanctions as they apply.
- 6. Student may appeal to the Vice President for Student Affairs.
- 7. See Appendix A: Alleged Code Violation for conduct process

3. SANCTIONS

A. Definition:

- 1. Sanctions are those penalties which may be imposed by the university upon persons who, in proper hearing processes, have been found to have committed violations of the Code of Student Conduct.

B. Sanctions which may be imposed by the university and assigned by the procedural hearing bodies established by Section 2. of this Code are:

1. Reprimand. Reprimand may be delivered either verbally or in writing. If the reprimand is in writing, a copy shall be retained on file in the Office of the Vice President for Student Affairs.
 2. Conduct probation. Conduct probation indicates that further violation may result in suspension. Conduct probation may not be imposed for more than one year.
 3. Suspension from participation in university-sponsored organizations, events and activities.
 4. University Suspension. A student who is suspended may not enroll for classes for a determined length of time.
 5. University Expulsion. A student who is expelled from the university is permanently barred from the university.
 6. Sanctions including but not limited to counseling, evaluation, restitution, community service, and compensation for theft and damage to person or property may be imposed along with an official university sanction.
- C. The university reserves the right to suspend immediately and remove from campus without hearing, any student that poses an immediate threat to the health or safety of persons on campus. A properly constituted hearing on the matter will take place as early as possible.
- D. Registration for subsequent terms or the conferral of academic degrees may be withheld pending the resolution of allegations of student misconduct or until sanctions have been concluded and any conditions imposed by the university have been fulfilled.

4. NON-RESPONSIVE STUDENTS

- A. If the student absents him/herself from campus or does not respond when requested to participate in the disciplinary process, the following steps will be taken.
1. The designated University Conduct Officer shall make every reasonable effort to locate the student through ordinary channels, including, but not limited to e-mail, hand-delivered letter, and/or phone call.
 2. If the student cannot be located or does not respond, the designated University Conduct Officer will initiate the normal disciplinary procedures in the student's absence.

5. STUDENT APPEALS

- A. Students have the right to appeal a disciplinary action of the designated University Conduct Officer to the Vice President for

Student Affairs. The Vice President for Student Affairs shall not repeat the duties of the designated University Conduct Officer. The appeal shall be limited to a review of the initial hearing and supporting documents (except as required to explain the basis of new evidence) for one or more of the following purposes:

- a. To consider new evidence which may alter the decision.
- b. To determine whether the original hearing was conducted in accordance with published procedures.
- c. To determine whether the sanction(s) imposed were appropriate for the violation.

- B. Student appeals should be submitted to the Vice President for Student Affairs within 5 class days of the decision in question.
 - a. See Appendix B: Appeal Process for Conduct Violations for process and potential outcomes

6. CONDUCT RECORDS

- A. Conduct records are kept on file in the Office of the Vice President for Student Affairs. All conduct records are private and may not be disclosed in whole or in part except as provided by law, or by the written authorization of the student. Conduct records shall be retained separately from the student's educational record. The only disciplinary actions reflected on an official transcript shall be suspension or expulsion.
- B. Conduct records containing violations that resulted in sanctions of less than suspension or expulsion are retained for a period of three years after a student graduates, withdraws, or transfers and are kept in a conduct file in the Vice President for Student Affairs office. In cases where students receive a sanction of suspension or expulsion, records may be retained indefinitely.

3. V918 Alcoholic Beverages

1. Definition:

"Alcoholic beverages" means any liquid suitable for drinking by human beings, except prescription drugs or over-the-counter medications, which contains one-half of one percent or more of alcohol by volume.

2. The possession, sale, service, use, or consumption of alcoholic beverages upon land or in buildings at institutions under control of the Board is prohibited, except as authorized by the institution's president.
 3. Alcoholic beverages may not be purchased with public funds unless the alcoholic beverages will be used for authorized training or educational purposes.
4. V918.01 VCSU Football Tailgating with Alcohol Policy

The following policy has been developed for Football Tailgating with Alcohol (TWA) at Valley City State University. We appreciate your cooperation in observing each of these points which are provided in the best interest of health and safety of all.

Tailgating area

- VCSU will designate a tailgating lot. Tailgating with alcohol will be allowed only within its perimeter.
- A limited number of parking spaces will be made available and issued on a first-come, first served basis.
- Some spots may be made available to reserve through the Athletic Department.
- Costs associated with reserved tailgating will be established by VCSU and VCSU Century Club and published annually.
- Rules and regulations will be established to maintain a safe, healthy, and family-friendly environment.
- Tailgaters are reminded to follow all university, local, state, and federal laws/policies.

Tailgating hours

- Lot is open 3 hours before kickoff (example: Game time 1:00 TWA area open at 10:00)
- Tailgating with alcohol will end at the start of the game and be allowed at halftime. No tailgating with alcohol is allowed during the game.
- The tailgating area will be cleared out of people before kickoff of each half.
- The tailgating area will be monitored by VCSU personnel or an appointee.

Rules and Regulations

- The University reserves the right to restrict any vehicle or person for any reason.
- Beer kegs are prohibited.
- Drinking games are prohibited and the use of devices intended to accelerate the consumption of alcohol are prohibited.
- Under no circumstances shall persons under 21 years of age have possession of or consume alcohol.
- No alcoholic beverages allowed outside the tailgating area.
- Individuals who interfere with the rights of other people by use of loud and/or abusive language and behavior will be asked to leave the event. Individuals may be subject to legal penalties.
- Tailgating individuals will be responsible for keeping the area clean. Trash cans will be available.
- No open flame fires, fireworks, or fire pits. Propane and charcoal grills are permitted.
- Restrooms will be available.
- No retail sales allowed.
- Rules and regulations will be enforced.

5. VCSU and Board Policy

Valley City State University, in accordance with ND State Board of Higher Education Policy 918, prohibits the possession, sale, service, use or consumption of alcoholic beverages upon land, or in buildings owned by the Board or its institutions. Exceptions to the policy are provided for university apartments or as permitted with the approval of the president.

The VCSU Alcohol Policy applies to students while participating in off-campus university sponsored events including university sponsored travel to and from events.

Alcoholic beverages and the possession of empty alcoholic beverage containers are prohibited in the residence halls. Residence hall students found to be responsible for hosting events where alcohol violations occur, will be subject to additional sanctions. Hosting is defined as having more than one non-resident of the room or suite present at the time of the violation.

Academic Responsibility Policies:

V530.08 STUDENT ATTENDANCE POLICIES

Students are expected to participate in all class sessions of courses for which they are registered, including online sessions.

In accordance with policy V605.15 (Absence Reporting Policy), all faculty are required to maintain records that allow them to document the last day of attendance, information that may be requested by the Financial Aid officer for compliance with federal regulations.

In addition, faculty are encouraged to report to the Director of Student Academic Services the names of students who appear to need additional assistance to be academically successful.

Substance-Free Residence Options:

- a. Valley City State University, in accordance with ND State Board of Higher Education Policy 918, prohibits the possession, sale, service, use or consumption of alcoholic beverages upon land, or in buildings owned by the Board or its institutions. Exceptions to the policy are provided for university apartments or as permitted with the approval of the president.
 - b. Alcoholic beverages and the possession of empty alcoholic beverage containers are prohibited in the residence halls. Residence hall students found to be responsible for hosting events where alcohol violations occur, will be subject to additional sanctions. Hosting is defined as having more than one non-resident of the room or suite present at the time of the violation.
6. Smoke Free/Tobacco Free Campus

Please view appendix E and F

7. Amnesty/Responsible Action/Good Samaritan Protocol Policies
Faculty, staff, and students are educated about the Medical Amnesty Law in effect in ND. Please see <https://onestop.vcsu.edu/support/solutions/articles/10000034423>
North Dakota does have a medical amnesty law for alcohol-related emergencies. This law states:

"An individual under twenty-one years of age is immune from criminal prosecution under this section if that individual contacted law enforcement or emergency medical services and reported that another individual under twenty-one years of age was in need of medical assistance due to alcohol

consumption, provided assistance to the individual in need of medical assistance until assistance arrived and remained on the scene, or was the individual in need of medical assistance and cooperated with medical assistance and law enforcement personnel on the scene. The maximum number of individuals that may be immune for any one occurrence is five individuals." More information can be found at <http://www.legis.nd.gov/cencode/t05c01.pdf>

8. VCSU Student-Athlete Code of Conduct

The Code of Conduct for student athletes outlines what is expected from them in school and sports. It covers academic goals, good sportsmanship, appropriate behavior both on and off the field, drug testing/alcohol screening guidelines, and key details about eligibility, team rules and consequences for breaking the rules and how to report any violations. The student-athlete code of conduct is designed to help students do well in sports and in their studies. (See Appendix I for full Student-Athlete Code of Conduct)

- i. VCSU Code of Conduct Acknowledgement and Agreement Form (Appendix I)
- ii. [VCSU Student-Athlete Substance Abuse Policy](#) & Testing (Appendix J)

9. V615 Drug and Alcohol-Free Workplace Policy

It is Valley City State University's desire to provide a drug-free, healthful, and safe workplace. To promote this goal, employees are required to report to work in an appropriate mental and physical condition to perform their jobs in a satisfactory manner.

While conducting business-related activities on and off Valley City State University's premises, the unlawful manufacture, distribution, dispensation, possession, use of a controlled substance, or being under the influence of alcohol or illegal drugs is prohibited. Alcohol may be permitted at university-sponsored events if it is specifically authorized by the university President in accordance with SBHE Policy 918. The legal use of prescribed drugs is permitted on the job only if it does not impair an employee's ability to perform the essential functions of the job effectively and in a safe manner that does not endanger other individuals in the workplace.

Violations of this policy may lead to disciplinary action, up to and including termination of employment, and/or participation in a substance abuse rehabilitation or treatment program. Such violations may also have legal consequences.

A supervisor will require an employee to leave the workplace if the supervisor, in their discretion, determines the employee has reported to work in an inappropriate mental or physical condition and cannot perform the essential functions of the job effectively and in a safe manner that does not endanger themselves or others. The employee will be required to use sick leave first, then annual leave, and then unpaid leave. If the supervisor determines the employee should not operate a motor vehicle, the supervisor may arrange transportation for the employee. If the employee refuses to accept transportation and insists on operating a motor vehicle, the supervisor will inform the employee that law enforcement officials will be notified that the employee appears unfit to operate a motor vehicle. Law enforcement officials should then be appropriately notified.

An employee who suspects that a colleague or co-worker is under the influence of alcohol or illegal drugs should contact his/her department chair or supervisor immediately. An employee who suspects a supervisor or department head is under the influence of alcohol or other illegal drugs should contact the next level of supervision or administration immediately.

To inform employees about important provisions of this policy, Valley City State University has established a drug-free awareness program. The program provides information on the dangers and effects of substance abuse in the workplace, resources available to employees and consequences for violations of this policy. Each new employee, at the time of hire, shall receive a copy of SBHE Policy 615 and Procedure 615 and acknowledge in writing that they received and reviewed the policy and procedure. Institutions and the university system shall document on an annual basis that each benefited employee has received a copy of SBHE Policy 615 and Procedure 615. This may be done as part of an annual evaluation, in-service training, electronically, or other appropriate procedure.

Employees with questions or concerns about substance dependency or abuse are encouraged to use the resources of the Employee Assistance Program. They may also wish to discuss these matters with their supervisor or the Human Resources Department to receive assistance or referrals to appropriate resources in the community.

Under the Drug-Free Workplace Act, an employee who performs work for a government contract or grant must notify Valley City State University of a criminal conviction for drug-related activity occurring in the workplace. The report must be made within five days of the conviction. Failure to inform the supervisor or department head will subject the individual to disciplinary action

up to and including dismissal for the first offense. Under the Drug-Free Workplace Act of 1988 involving employees on federal grants or contracts, VCSU will notify the appropriate federal contracting officer within 10 days of receiving such notice from a faculty or staff member on a federal grant or contract or otherwise receiving notice of such a conviction. Supervisors or department heads who are notified of a criminal drug statute conviction by an employee shall immediately inform Human Resources for staff or Academic Affairs for faculty. A notification to a federal contacting agency will be through Human Resources.

Employees with questions on this policy or issues related to drug or alcohol use in the workplace should raise their concerns with their supervisor or the Human Resources Department without fear of retaliation.

10. V705.02 Employee Assistance Program

The purpose of the Employee Assistance Program is to provide services for employees that deal with personal and interpersonal problems, financial concerns, addictions, marital problems, and other concerns. Most employees may overcome personal problems without professional assistance, but at times, professional counseling and/or referral to appropriate community agencies may be beneficial.

The cost for assessment, short-term counseling, and referral is covered by Valley City State University. The employee is responsible for other services not covered by the Employee Assistance Program.

Below are the guidelines for utilizing the Employee Assistance Program:

- a. The program is available to all employees and their eligible household members as defined by the provider, regardless of the employee's job title or responsibility.
- b. Employees will receive a certain number of counseling sessions per household member as defined by the provider.
- c. All employees are responsible for using this program, when appropriate, to assist in resolving job performance deficiencies related to personal problems. Supervisors and administrative representatives will be given a comprehensive orientation session to identify goals, objectives, and the mechanism for referring employees for services. Employees will receive a general orientation session to provide an overview of what services are available and how to make use of those

services.

- d. A supervisor may encourage but not require an employee to seek assistance to determine if personal problems are causing unsatisfactory job performance. If performance problems are corrected, no further action will be taken. If performance problems persist, the employee will be subject to the normal discipline procedures.
- e. When an employee voluntarily comes for assistance, no contact is made with the supervisor. When the employee comes for services at the request or referral of a supervisor, there will be a follow-up contact with the referring supervisor which will discuss whether the employee came for the appointment and whether the employee is following general recommendations relating to treatment/follow-up services.
- f. Participation in the program will not jeopardize an employee's job security or promotional opportunities.
- g. All records and discussions of the personal problem will be handled in a confidential manner by the provider. They will not be released without the expressed, written consent of the employee and they will not become a part of the employee's personnel file.
- h. Where necessary, leave will be granted in accordance with established procedure. If a supervisor refers an individual based on performance concerns or an employee requests referral from the supervisor, sick leave will be granted.
- i. The employee may request that the supervisor attend counseling sessions with him/her.

The Employee Assistant Program (EAP) provides services to benefited employees and their dependents for issues involving relationships, the workplace, emotional health, and services for financial and legal counseling. Call 800-627-8220 to set up a free and confidential appointment. Password: VillageEAP or go to VillageEAP.com for additional information and resources.

11. Sexual Assault and other Violence related policies that relate to alcohol/other drug use

Valley City State University prohibits the crimes of domestic violence, dating violence, sexual assault, and stalking (as defined by the Clery Act) and reaffirms

its commitment to maintaining a campus environment that emphasizes the dignity and worth of all members of the University community. Toward that end, VCSU issues this statement of policy to inform the campus community of our programs to address domestic violence, dating violence, sexual assault and stalking as well as the procedures for institutional disciplinary action in cases of alleged dating violence, domestic violence, sexual assault, or stalking, which will be followed regardless of whether the incident occurs on or off campus when it is reported to an University official. To read the full policy go to [V520 Title IX Sexual Harassment Policy and Procedures](#).

C. Enforcement

1. On-Campus Authorities

Vice President for Student Affairs
Director for Health and Wellness
Mental Health Counselors
Director for Sports Medicine/Associate Athletic Director
Director for Student Center & Student Activities
Title IX Coordinator
Director for Safety and Security

2. Off-Campus Authorities

Valley City Police Department

Reports to the Vice President for Student Affairs all criminal activity, Alcohol/Drug related offenses occurring on the campus grounds, adjacent areas and at off-campus university sponsored events. Reports criminal activity, Alcohol/Drug related offenses involving University students in the community that may have an effect on the safety and well-being of the campus community.

3. Other Enforcers (RAs, campus staff, etc.)

Director for Residence Life

The Director for Residence Life at Valley City State University provides the leadership and direction to create and foster an inclusive and educational living environment for students. The Director provides mentoring and oversight to staff members who are responsible for the day-to-day activities and community development within the residence halls. The Director advocates for the needs of students within the

residence halls community and ensures that issues within the community are resolved in a timely manner.

Assistant Director for Residence Life

The Assistant Director for Residence Life at Valley City State University assists the department with administrative tasks and processes essential to the organization and function of the department. The Assistant Director contributes to the mentoring and oversight of the other Hall Directors, Assistant Hall Directors, and Resident Assistants and shares in the responsibility of day-to-day community development within the residence halls. While living on campus, the Assistant Director will get to know students within the residence hall communities and ensure that issues within the community are resolved in a timely manner.

Hall Director

The Hall Director position at Valley City State University is a live-in position that provides a professional presence within the residence halls, contributes to the professional staff on-call rotation, and supervises their staff of resident assistants and assistant hall directors. They work with the RAs to establish a sense of community within the residence halls and communicate regularly with Building Services. The Hall Director also helps serve as a conduct officer for first-time offense policy violations.

Assistant Hall Director

An Assistant Hall Director is an elevated student leadership position within Residence Life that serves as a peer leader to the RAs and lives and works in the VCSU Residence Halls. AHDs are expected to help build a strong sense of community among the RAs while helping them enforce the policies set forth in the VCSU Student Handbook and the VCSU Residence Hall Handbook. Typical AHD responsibilities include serving in a professional staff on-call rotation, communicating with RAs, assisting their assigned Hall Director with the planning for routine RA responsibilities, and supporting Residence Life programming.

Resident Assistants

An RA is a peer leader who lives and works in the VCSU Residence Halls as assigned by the Director for Residence Life. RAs are expected to build a strong sense of community in their halls while enforcing the policies set forth in the VCSU Student Handbook and the VCSU Residence Hall Handbook. Typical RA responsibilities include serving in an on-call

rotation, completing safety checks of the building, implementing relevant programs, and communicating with residents.

D. Record of Violations

1. Number of violations observed/reported for each judicial/discipline related policy:

Fall Semester 2021/Spring 2022 18
 Fall Semester 2022/Spring 2023 27
 Fall Semester 2023/Spring 2024 13

2. VCSU Alcohol and Drug-related Reported Violations

Incidences related to criminal activity, alcohol and other drugs offenses are reported on-campus and off-campus. To view the full 2024 Valley City State University Campus Safety Report, go to [vcsu.edu](https://www.vcsu.edu) and click on about VCSU and then consumer information or <https://www.vcsu.edu/wp-content/uploads/2024-Campus-Security-Fire-Safety-Report-Final.pdf>

(Crimes reported and arrests/disciplinary referrals for liquor violations, drug related violations, and weapons possessions) *

CATEGORY	VENUE	2021	2022	2023		CATEGORY	VENUE	2021	2022	2023
CRIMES REPORTED						CRIMES REPORTED				
CRIMINAL HOMICIDE: Murder and Non-Negligent Manslaughter	Campus	0	0	0		ARREST FOR: Liquor law violations	Campus	0	0	0
	Campus Residence	0	0	0			Campus Residence	0	0	0
	Non-campus	0	0	0			Non-campus	0	0	0
	Public	0	0	0			Public	0	0	0
Negligent Manslaughter	Campus	0	0	0		Drug-related violations	Campus	0	0	0
	Campus Residence	0	0	0			Campus Residence	0	0	0
	Non-campus	0	0	0			Non-campus	0	0	0
	Public	0	0	0			Public	0	0	0
SEX OFFENSES Forcible	Campus	0	0	0		Weapons possession	Campus	0	0	0
	Campus Residence	0	0	0			Campus Residence	0	0	0
	Non-campus	0	0	0			Non-campus	0	0	0
	Public	0	0	0			Public	0	0	0

Non-forcible	Campus	0	0	0	DISCIPLINARY REFERRALS FOR:	Liquor law violations	18	27	13
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0
Robbery	Campus	0	0	0	Drug-related violations	Campus	0	0	0
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0
Aggravated Assault	Campus	0	0	0	Weapons Possession	Campus	0	0	0
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0
Burglary	Campus	0	0	0	VAWA (Violence Against Women Reauthorization Act) OFFENSES: Domestic Violence	Campus	0	0	0
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0
Arson	Campus	0	0	0	Dating Violence	Campus	0	0	0
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0
Motor Vehicle Theft	Campus	0	0	0	Stalking	Campus	0	0	0
	Campus Residence	0	0	0		Campus Residence	0	0	0
	Non-campus	0	0	0		Non-campus	0	0	0
	Public	0	0	0		Public	0	0	0

*None of the reported crimes or arrests were identified as hate crime related. Hate crimes are crimes that manifest evidence of prejudice based on race, religion, sexual orientation, ethnicity, gender, or disability.

*Campus violations are inclusive of the number of campus residence violations.

VI. AOD Comprehensive Program /Intervention Inventory & Related Process and Outcomes/Data

A. Community Activities/Initiatives

The following information represents an inventory of community programs and initiatives:

1. Summer Vikes on Central (9/8/22, 9/7/23 & 9/12/24) which is a partnership with the Valley City-Barnes County Development Corporation.
 - i. <https://www.valleycitytourism.com/summernights>
 - ii. Summer Vikes on Central is where the community and VCSU Vikings come together for a night of shopping, food vendors, live music, business booths, prizes, games, and so much more. This event features a handful of fun surprises for the VCSU Vikings!

B. College/University Activities/Initiatives

For this report, there were (several) campus-wide drug and alcohol awareness events and initiatives

1. Alcohol Free Programs at VCSU 2022-2024

FALL 2022

August

August 19 – Viking Voyage- Vikings After Dark
August 20 – Viking Voyage, Hypnotic Intoxication – Alcohol program
August 21 – Viking Voyage, Movie Night- Theater I & II
August 21- Res Life Programming “Welcome Weekend Goody Bags”
August 22 – Butt Sketcher & Sean Bott
August 24 – Marketplace – Campus & Community

September

September 1 – Ag Bowl
September 7 – 4 Square & Kickball
September 7- Res Life Programming- “Make Your Own Survival Kits”
September 8 – Summer Vikes on Central Ave
September 12-17 – Homecoming Week
September 12 – Fun Run/Walk, Coronation, Mentalist
September 13 – Talent/less Show
September 14- Res Life Programming- “Goodie Bags”
September 14 – Team Theme Bowling
September 15 – Game Show
September 16 – Banner Making & Movie Night
September 17 – Constitution Cake, Parade, Football Game & Dance
September 19 – Bookstore BINGO
September 22- Res Life Programming- “Karaoke in Kolstoe”

September 23- Res Life Programming- "Hot Ones"
September 26 – Ultimate Frisbee, Christ Moreno- Coffeehouse
September 30- Res Life Programming- "Apartments Bonfire"

October

October 7 – Movie Night
October 8 – Karaoke
October 11 – Active Shooter Demo
October 12 – Bowling Night
October 15 – Vikings After Dark-Corn Maze
October 17 – Fast Food BINGO
October 19 – Pumpkin Painting & Comedian Josh Novey
October 20 – Open Mic Night
October 21 – Vikings After Dark
October 26 – Halloween Costume Dance
October 27 – Masked Singer

November

November 1 – Blood Drive
November 8 – Nick Thomas-Juggler
November 15- Student Senate/Student Affairs Programming-" Coffee with the Cops"
November 16 – Bowling Night
November 17 – Dance Lesson Night
November 22 – Turkey Bowling
November 30 – Sugar/Spice Table Time

December

December 7 – Ugly Sweater Dance
December 8- Res Life Programming- "Four Year Planning"
December 11 – Finals Breakfast

SPRING 2023

January

January 1 – MLK Day Of Service
January 16- Res Life Programming- "Welcome Back Supply Run"
January 18 – Comedian-LaFayette
January 19- Res Life Programming- "First Aid Event"
January 24- Res Life Programming- "Breezy Breakfast"
January 25 – Bowling Night
January 26 – Vikings After Dark
January 26- Res Life Programming- "Family Feud"

January 30- Res Life Programming- "A New Outlook on Organization"
January 30 – Valley City BINGO
January 31 – Hot Coco Day

February

February 1 – Open Mic Night/Karaoke
February 2 – Pickle Ball @ Welly
February 10-14 – Valentine Flower Sales
February 11 – Sno Tubing/Skiing-Thrill Hills-Fort Ransom, ND
February 12- Res Life Programming- "Superbowl Watch Party"
February 13- Res Life Programming- "XOXO, Res Life"
February 13- Res Life Programming- "Consent - It's simple as Tea"
February 15 – Masked Singer
February 17 – Fargo Force Hockey Night
February 20 – Movie Night
February 22 – Bowling Night
February 22- Res Life Programming- "Black History Month Trivia"
February 27 – Strawberry Day & My May-Comedian

March

March 3 – Casino Night
March 6 – Spring Break BINGO
March 7- Res Life Programming- "Marching into Spring Break"
March 8- Res Life Programming- "Spring Break Survival Kits"
March 8- Res Life Programming- "Spring Break Mock-tail Party"
March 22 – Alex Ahn-Musician
March 29- Res Life Programming- "Meal Prep – Your A** Off"

April

April 10-15 – Spring Blast Week
April 11- Res Life Programming- "Easter Egg Hunt"
April 12 – Prom Bowling Night
April 12- Spanish Club presents, "Pinata Party"
April 17 – Grocery Bag BINGO
April 19- Res Life Programming- "Apartments Potluck"
April 20- Counseling/Health Services Programming- "Pothead" Gnomes
Craft/Learning about Cannabis Use
April 24- Res Life Programming- "Pack It Up"
April 24- Res Life Programming- "No Way Crochet"
April 25 – Yard Games
April 28 – Movie Night

May

May 1 – Cringe Open Mic

May 2- Res Life Programming- “Come Party Like It's Your Birthday!”

May 3 – Street Dance

May 9 – Finals Breakfast

FALL 2023

August

August 18 – Viking Voyage- Vikings After Dark

August 19 – Viking Voyage, Hypnotic Intoxication – Alcohol program

August 20 – Viking Voyage, Rockstar Project & Movie Night-Theater I & II

August 23 – Marketplace – Campus & Community

August 29- Res Life Programming- “Ping Pongorama”

August 30- Res Life Programming- “Ping Pongorama”

August 30- Res Life Programming- “Sliding into the School Year”

August 31- Res Life Programming- “Snoey CAMPFIRE”

September

September 6- Res Life Programming- “Sliding into the School Year”

September 7– Summer Vikes on Central

September 11 – Bookstore BINGO

September 13- Res Life Programming- “Rock the School Year”

September 13 – Open Mic Night

September 15 – Campfire Night

September 17 – Constitution Day

September 17-23 – Homecoming Week

September 19- Res Life Programming- “Talent Show/Talent Less Show (Viking Pride Event)”

September 25- Res Life Programming- “VCSU Scavenger Hunt Bingo, Where’s AL, though?”

September 27 – Ben Palmer

October

October 9 – Musical Jeopardy

October 17- NSLS presents Live Speaker Broadcast

October 18- VCAB- Shatter the Silence Bowling Night

October 20 – Acres of Terror

October 21- Res Life Programming- “Halloween Hang Out”

October 24- Res Life Programming- “Trapped”

October 24- NSLS presents Live Speaker Broadcast

October 25 – Halloween Costume Dance

October 26-27 – Pumpkin Carving & Painting
October 30- Res Life Programming- “Jack-O-Lantern Jamboree”
October 31- Res Life Programming- “Halloween Goodie Bags”

November

November 2 – Blood Drive
November 2-4 – VCSU Drama Club present: “I Quit!”
November 6-7 –Veterans Day Cards
November 8 – Dance Lessons
November 8- NSLS presents Live Speaker Broadcast
November 10- Movie Night at the Valley Twin Cinema
November 13- Res Life Programming- “It’s (almost) TIME”
November 13 – Grocery Bag BINGO
November 15 – Bowling Night
November 20 – Turkey Bowling
November 28- Res Life Programming- “All Fried Up”
November 28- Res Life Programming- “Write Night”
November 28- Res Life Programming- “Car Essentials for a ND Winter”
November 29- Res Life Programming- “Fight that Frost”
November 29 – College Girl Safety-” Damsel in Defense”
November 20-December 1 – Christmas Crafts

December

December 4 – Gift Card BINGO
December 5- Res Life Programming- “WTF is Going On?!”
December 6- Res Life Programming- “WAP (Wrap a Present)”
December 6 & 7- VCAB Holiday Crafts, Hot Cocoa, Gift Wrapping, and Coloring
December 7- Social Justice Council’s Winter Holiday Party- Activities and Entertainment
December 10 – Finals Breakfast
December 12- Student Senate/Student Affairs Programming-” Coffee with the Cops”

SPRING 2024

January

January 10 – Comedian-Jamie Shriner
January 15 – MLK Day Of Service
January 22 – VC BINGO
January 25- Res Life Programming- “McCoy Muggin”
January 26 – Game Night
January 30- Res Life Programming- “Don’t You Just Love This Time of Year?”
January 30- Res Life Programming- “Here’s the Tea”

January 30- Res Life Programming- "Shake It Up"

January 31- Res Life Programming- "Shake It Up"

February

February 5-14 – Valentine Flower Sales & Stuff-a-Critter

February 7- Res Life Programming- "Shake It Up"

February 11- Res Life Programming- "Super Bowl Watch Party"

February 13- VCSU Preprofessional Club's Valentine's Day Planetarium Show

February 19 – Comedian-Stephen Agvee

February 21- Res Life Programming- "Pottin' Around"

February 23 – Movie Night

February 28- Res Life Programming- "ShrekFest"

February 28- Res Life Programming- "Professional Writing for Dummies"

February 28 – Dance Night

March

March 11- Res Life Programming- "First Annual VCSU Pool Royale"

March 11- Res Life Programming- "Laundry Room Improvement"

March 13 – Swim Night

March 14– National Children's Craft Day

March 18- Res Life Programming- "March Madness- Minute to Win It"

March 18 – Spring BINGO

March 20 – Line Dancing

March 21 – Karaoke Night

March 25- Res Life Programming- "Easter Egg Hunt"

March 26- Res Life Programming- "Easter Extravaganza (Viking Pride Event)"

April

April 5- Movie Night at the Valley Twin Cinema

April 9- Res Life Programming- "Let's Get (Cookies) Baked"

April 9- VCAB- National Garden Day- Planting and Decorating

April 9 – VCSU Business Department- Ping Pong Tournament

April 12 – Stress Free Night

April 15-19 – Spring Blast Week

April 16- Counseling/Health Services Programming- "Pothead" Gnomes Craft/Learning about Cannabis Use

April 16- Special Olympics Club- Evening of Limbo, Cornhole, Hula Hooping, Musical Chairs, Spike Ball, and Board Games

April 17 – Casino Night

April 17 - Student Health Services- VCSU Wellness Fair

April 17 – VCSU American Fisheries Society- Gettin' Jiggy Wit It- “How to cast a fishing rod

April 18 – Res Life Carnival

April 22 – Grocery Bag BINGO

April 22- Res Life Programming- “Lucky Numbers”

April 23- Res Life Programming- “Let’s Bake!”

April 24- Res Life Programming- “De-Stress the Night Away”

April 24 – Matt Jackson-Coffeehouse

April 25- Res Life Programming- “How to Chill TF Out”

April 26 –T Swift Night

May

May 1- Res Life Programming- “May Day? Spa Day!”

May 1- Res Life Programming- “Build-your-Own May Day Baskets”

May 1 – Street Dance

May 5 – Finals Breakfast

C. Individual Based Programs/Interventions

1. Screenings were done in Fall Semester, October 2022/2023 for alcohol, anxiety and depression and then again in November 2022/2023 for eating disorder, anxiety, depression and stress. Screenings done in the Spring Semester, February 2022/2023 for depression and anxiety, March 2022/2023 for alcohol, depression and anxiety, and then in April 2022/2023 for eating disorder.
2. The e-checkup is a brief on-line assessment and feedback tool designed to reduce drinking among college students.
3. The electronic THC Online Knowledge Experience (e-TOKE) is a Marijuana-specific brief assessment and feedback tool designed to have students reflect on your marijuana use. The assessment takes students about 15-20 minutes to complete and is self-guided. E-TOK is used for first-time violators of VCSU drug policy.
4. Every student who is seen in Student Health Services is asked: In the past 30 days have you drank alcohol, if yes – asks frequency. They are also asked about nicotine, tobacco, and vaping. If the student answers yes, the Director for Health and Wellness provides referrals and information by quitting when they are ready to do so.
5. Students that violate the AOD policies are referred to counseling

services where the eCheck-up to Go assessment is used. Additional education tailored to the specific student is also provided. Alcohol use screenings are offered each semester.

6. VCSU Counseling Services uses CHOICES programming to address education and awareness regarding alcohol and other drugs, including tobacco. Violator seminars are also provided to those students that violate the AOD policies.
7. The Employee Assistance Program (EAP) is available to all VCSU employees and members of their household. Confidential assessment, counseling, and referral services are available on a variety of Drug and Alcohol topics, as well as other areas. Upon consultation, employees are referred to the [employee assistance program](#).
8. Students may be referred to Celebrate Recovery, Alcoholics Anonymous, Narcotic Anonymous, substance use professionals, Barnes County Public Health, or their primary care provider.
9. Individual interventions for staff and faculty (See number 9 above)
10. Educational programs usually reserved for policy violators that individuals can voluntarily participate in (See numbers 7 & 8 above.)

D. Group Based Programs/Interventions

1. CHOICES: All first-year students receive this educational program through the Viking Voyage class. The CHOICES program is an evidence-based, harm-reduction, innovative alcohol abuse prevention program for college students.
2. Alcohol and other Drug Programs delivered during Orientation programming

First year students and family members:

- a. New students and parents are presented with alcohol education and campus policies during the 2022, 2023, and 2024 summer orientation programs. A program for parents highlights strategies for parents in talking with their new college students about drinking on campus.
- b. A campus alcohol educator presents the policy and sanctions to the Freshmen seminar class to talk about high-risk drinking and distributes campus alcohol policies and procedures. The Acute

Alcohol Intoxication information and ND Medical Amnesty Law are disseminated to first year students.

- c. We also include an educational component about Acute Alcohol Intoxication for all our Resident Assistants in our housing program. Alcohol programs are also provided through our Counseling Services Office. For more specific information contact the Valley City State University Counseling Services Office.
 - d. The Counseling Services Staff provides training to the Viking Voyage mentors about Acute Alcohol Intoxication and Harm Reduction practices for the VCSU campus.
 - e. Hypnotist with Alcohol Education Theme: Keith Karkut shares true stories of how alcohol and addictive drugs have impacted people's lives. Through hypnosis, volunteers believe they have unlimited access to the most potent alcohol, but participants will only be drinking bottled water. Using hypnosis and comedy, students will learn about the effects of alcohol, through a health perspective.
3. Workshops, seminars, etc. delivered

Alcohol Violators Seminar

Every student involved in a first-time campus alcohol violation is required to attend an Alcohol Violators seminar; \$200 fine; 8 hours of VCSU community service and completion of electronic check-up and our CHOICES alcohol education program. Second time offenders participate in 15 hours of VCSU community service, \$350 fine, possible alcohol evaluation, conduct probation for 6 months. Policies are reviewed periodically.

VCSU takes alcohol violations seriously and uses each case as an educational opportunity.

4. AA or Recovery based groups

There is an AA Group in Valley City. Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Alcoholics Anonymous
320 2nd Ave SE
Valley City, ND 58072

Celebrate Recovery – Meets Thursday nights. Childcare is available. Supper at 6:15 pm, Large Group Meeting at 7:00 pm followed by an Open Share Groups at 8:00 pm. This is non-denominational and faith-based ministry. Meetings are held in-person at the Connect Church in Valley City, ND.

5. Curriculum Infusion Programs

Valley City State University offers numerous in class and out of class educational opportunities for students to understand the effects of use, and the problems associated with abuse of alcohol and drugs. Academic course offerings in the departments of Health and Physical Education, Education and Psychology, and Human Resources provide students with a broad background on the physical, emotional, and social aspects of drug and alcohol use.

E. Environmental/Socio-Ecological Based Programs

1. Alcohol Free Social Options

Valley City State University offers and promotes social, recreational, extracurricular, and public service options that do not include alcohol.

a. VCSU Student Center

- The VCSU Student Center is a meeting place for students, faculty, alumni, and the community. The Center provides conference rooms, a complete food service, a bookstore with mail service, a game lounge, and several lounge areas. The Center strives to create and administer programs which serve the best interests of the students. Programs and activities are planned and administered by student groups, the Viking Campus Activities Board, and the Director of Student Activities.
- Student Center hours of operation
Monday through Thursday - 7:00 a.m. to 11:00 p.m.
Friday - 7:00 a.m. to 11:00 p.m.

Saturday - 11:15 a.m. to 7:00 p.m.

Sunday - 11:15 a.m. to 11 p.m.

b. Allen Memorial Library

Allen Memorial Library is a student-centered learning space designed to support the needs of the VCSU community. With four levels of resources containing approximately 100,000 print and media items and a host of articles, e-books, and streaming video and audio available online 24/7, the library has something to offer everyone in the VCSU community.

The library offers several unique services for its users. These include:

- There are a variety of study spaces, from group study areas to silent spaces.
- A K-12 Curriculum Library features children's literature, lesson planning guides, activity books, and textbooks to support our education programs.
- Research and citation assistance.
- Entertaining and educational programs, crafts, and events, including biannual stress management events prior to finals each semester.

The library is open from 7:45 AM – 9:00 PM Monday-Thursday, 7:45 AM 4:00 PM Friday, and 5:00 – 9:00 PM Sundays during academic terms.

c. Gaukler Family Wellness Center

This facility will serve the VCSU campus and greater Valley City community by promoting active lifestyles, healthy communities, and strong wellness programs. VCSU's Health and Physical Education majors including exercise science, physical education, health, and athletic training will hold classes and labs in the facility. All VCSU students may obtain membership at the Gaukler Family Wellness Center by taking their class schedule and Viking Card to the administration desk. Upon verification of student status, students will receive a membership card to the wellness center. The wellness center consists of many great amenities which your membership allows you access to.

The Gaukler Family Wellness Center is open from 5:00 AM – 9:00 PM Monday-Thursday, 5:00 AM – 8:00 PM Friday, 6:00 AM – 8:00 PM Saturday, and 8:00 AM – 8:00 PM Sunday.

d. Student Health Services/Counseling Services

VCSU is committed to helping students begin to find ways to be aware of and incorporate the Eight Dimensions of Wellness into their daily lives. Doing so can improve their mental and physical health and help them be successful.

First Year Students are introduced to the concept of the 8 Dimensions of Wellness during the Viking Voyage Weekend by staff from Student Health Services and Counseling Services. Over the rest of the academic year, a different dimension is highlighted every month. Flyers are posted with information about the dimensions and where students can find support if needed. Residence Life Staff will also be organizing events that correspond with the “dimension of the month”. The Eight Dimensions of Wellness are Social, Physical, Intellectual, Spiritual, Occupational, Emotional, Financial, Environmental and Kindness.

2. VCSU Community Service/Service-Learning Opportunities

During the fall semester of 2020 over 200 first-year students from Valley City State University spent a morning harvesting fresh produce for a worthy cause.

Picking and gathering approximately 20,000 pounds of produce, the students harvest primarily squash from an area farm that is distributed to 278 food shelves, soup kitchens, shelters and other charitable feeding programs supplied by the Great Plains Food Bank.

During the fall semester of 2021 over 200 first-year students from Valley City State University spend Saturday during Welcome Weekend, scrapping, priming, and painting our university apartments. Our apartments are comprised of 16 one story units on the west end of campus. This service project was part of our Learning to Live first-year experience class. This project was supervised by Student Affairs professional staff.

During the fall semester of 2022, 2023 and 2024 over 200 first-year students from Valley City State University spent Saturday during Welcome Weekend providing grounds cleanup and maintenance to VCSU and to the park district of Valley City. The project was supervised by Student Affairs professional staff.

3. Alcohol Availability

a. Alcohol is banned or restricted on campus

- i. See the [VCSU University Alcohol, Tobacco and Other Drug \(ATOD\) Free Campus Policy](#) (Appendix F) and [State Board of Higher Education Policy 918](#) (Appendix D) Exceptions to this policy may include the lawful possession of alcohol in University Apartment residences, when permitted, on campus professional staff residences, fraternities, and sororities (in certain circumstances), the President's residence, and other exceptions as granted by the President or the President's designee.
- ii. A policy has been developed for Football Tailgating with Alcohol (TWA) at Valley City State University. This policy limits the space, time and activities that can take place. These activities are supervised by security to ensure that the policy is followed.
- iii. Alcohol is prohibited in public places, please see [Valley City Municipal Code Section 4-01-26](#)

b. Training Programs

- i. The Valley City Police Department teaches a server training program quarterly. People can register for the program by coming into the police department and signing up. An online server training program can be reached on the Valley City website under the Police Department at <https://www.valleycity.us/vcpd/>
- ii. Valley City, North Dakota requires all persons serving alcohol to possess a certificate of training. This includes managers, bartenders, servers, sellers, and bouncers at a bar, restaurant, motel or bottle shop in Valley City.

This certificate can be obtained by successfully completing this online Alcohol Server Training Class and is good for three years. The certificate may be renewed by taking the online class again. For more information go to [Valley City Responsible Beverage Server Training page](#).

c. Limitations on days/hours of alcohol sales

- i. During the 2005 legislative session SB 2067 was passed, which amended sections 5-01-08 and 5-02-06 of the North Dakota Century Code. Commonly known as the "Power Hour Law." This bill defines when a person legally turns 21 years of age, "... a person is not twenty-one years of age until eight a.m. on that person's twenty-first birthday." This legislation was aimed to eliminate so-called "power hours," in which newly legal drinkers try to consume large amounts of alcohol between midnight and when the bar closes.
- ii. The City of Valley City has established an ordinance for serving an intoxicated person. [Valley City Municipal Code Section 4-01-15\(1 & 2\)](#) outlines the law concerning delivering alcoholic beverages to a habitual drunkard, intoxicated person, or person under 21 years of age.

d. Establishment of Dram Shop Laws

- i. North Dakota Century Code (NDCC 05-01-06.1) establishes that every spouse, child, parent, guardian, employer, or other person who is injured by any obviously intoxicated person has a claim for relief for fault against any person who knowingly disposes, sells, or gives away alcoholic beverages to:
 - A person under twenty-one years of age
 - An incompetent, or
 - An obviously intoxicated person
 - And if death ensues, the survivors of the deceased are entitled to damages.
- ii. Enforcement of and penalties for violation of this law are dependent on the philosophy of individual city governments and the circumstances surrounding each occurrence.

4. Alcohol/Tobacco (ATOD) and Other Drugs Marketing and Promotion

Valley City State University, in accordance with ND State Board of Higher Education Policy 918, prohibits the possession, sale, dispensation, use or consumption of alcoholic beverages upon land, or in buildings owned by the Board or its institutions. Please see the [VCSU University Alcohol, Tobacco and Other Drug \(ATOD\) Free Campus Policy](#) (Appendix F)

a. On-Campus Alcohol Advertising Policy for VCSU

Each year thousands of US college students experience negative consequences because of alcohol abuse. In light of the many problems that alcohol abuse can cause, many students are deciding to "drink responsibly".

VCSU has adopted an alcohol usage policy known as "By The Numbers". The basis of this policy is reducing risks for alcohol-related problems. The policy is from a health perspective, to encourage life-long alcohol usage habits.

VCSU on-campus advertising will not violate the following guidelines. ALL advertising needs to be pre-approved before posting on campus or used in campus newspaper.

This policy covers any and all university property, including but not limited to college bulletin boards, residence halls windows and/or doors, university sponsored activities (prizes, etc.)

Advertising shall subscribe to the philosophy of responsible and legal use of alcohol products. Alcohol advertising on campus or in institutional media, including that which promotes events as well as product advertising, shall not portray drinking as a solution to personal or academic problems of students or as necessary to social, sexual or academic success.

Advertising SHALL NOT:

- i. Encourage Underage Drinking: (This section will include statistics about underage usage, habit-forming years, brand loyalty, etc.) Many young people may view drinking alcohol as a healthy/normal part of growing up. Advertising will include a statement about ID's being required and checked.
- ii. Encourage Too Much Alcohol Consumption: Advertising shall not conflict with current health recommendations concerning alcohol usage. Our own university policy will be encouraged. Prohibit advertising of drinking contests; happy hour; shooter; discount pricing; free sampling, etc. The consumption of beer, wine, or distilled spirits shall not be the sole purpose of any promotional activity.

- iii. Encourage Dangerous Situations: Advertising shall not promote consumption while snowmobile, driving, skiing, etc. Establishments will prohibit sales to intoxicated persons. Ads must not associate alcohol use with these situations as safe relationships.

Advertising SHALL:

- i. Promote Responsible Drinking: (0-1-2-4 policy used here and not contradicting advertising). Will promote food availability, not promote over consumption, other entertainment is focus of advertising (rather than alcohol consumption).
 - ii. Advertising must pass the four-point check to be allowed on VCSU campus.
- b. Alcohol establishment advertising is not allowed in residence halls.
 - c. Alcohol establishment advertising is not allowed on campus without prior approval from the Vice President for Student Affairs.
 - d. No cannabis, nicotine, and tobacco related advertising or sponsorship shall be permitted on campus property or in campus publications. "Cannabis, nicotine, and tobacco related" refers to the use of a cannabis, nicotine, and tobacco brand, corporate name trademark, logo, or any other product identifiable with any brand of cannabis, nicotine, tobacco, or Tobacco Company.

VII. AOD Comprehensive Program Goals and Objectives for Biennium

- Continue to review policies and procedures to address tailgating at home football games. (completed April 2024)
- Consider policies that address the advertising and promotion of alcohol, alcohol establishments and alcohol distributors on campus or through campus publications.
- Continue to take advantage of the resources offered by the NDUS Consortium, the Director, and the regional coordinator.
- Share survey results with the appropriate campus and community constituencies.
- Disseminate information to faculty and staff addressing referral steps for students of concern. (a new online "refer a concern" will be launched campuswide in Spring semester 2025)
- VCSU will review and refine its AOD philosophy statement.

- Review and improve the distribution of the VCSU Drug and Alcohol Policy to summer school students.
- Maintain/continue the use of evidence-based practice.
- Maintain/continue late-night programming.

VIII. AOD Strengths and Weaknesses

Based on the review of the past two years, the AOD committee noted several areas as strengths and other areas were noted for needing improvement

- A. Strengths of AOD Program
 - a. A committed Student Affairs staff that recognizes the scope of the problem.
 - b. Excellent working relationship with the Valley City Police Department.
 - c. Participation in the ND Higher Education Consortium for substance abuse prevention.
 - d. Continuation and consistent disciplinary sanctions for alcohol violations.
 - e. A commitment to review and revise Alcohol and Other Drug policies, as necessary.
 - f. ND Medical Amnesty Law education for VCSU students.
 - g. Server Training within the community- voluntarily by establishment.
 - h. VCSU's Counselors, Director for Health and Wellness and Vice President for Student Affairs are members of the Behavioral Health Task Force of Barnes County and attend quarterly meetings.

- B. Weaknesses of AOD Program
 - a. There is no full-time coordinator of Alcohol and Drug education.
 - b. A small community provides fewer alternatives for social activities off campus.
 - c. Times for alternative programming on campus and lack of student involvement.

- C. Recommendations for the Next Biennium
 - a. As a notebook computer campus, it is easy to announce and promote activities and to electronically distribute messages. However, we need to assess if students are using this as their main means of communication.
 - b. Viking Campus Activity Board activities: Recognize the strength of this board addressing the needs of a campus of our size. However, student involvement in prevention activities seems to be inconsistent. Look at ways to increase student participation, particularly since most students enrolled at VCSU have established AOD habits before arriving on campus.
 - c. Continue working with the BC Behavioral Health Task Force.

- D. Threats of AOD Program
 - a. North Dakota has one of the highest rates of underage and binge drinking in the country. A cultural change is needed to address these statistics.

IX. Conclusion

Recommendations for Revising AOD Programs

- A. Consider policies that address the advertising and promotion of alcohol, alcohol establishments and alcohol distributors on campus or through campus publications.
- B. Continue to take advantage of the resources offered by the NDUS Consortium, the Director, and the Regional Coordinator.
- C. Share survey results with the appropriate campus and community constituencies.
- D. Disseminate information to faculty and staff addressing referral steps for students of concern.
- E. VCSU will review and refine its AOD philosophy statement.
- F. Review and improve the distribution of the VCSU Drug and Alcohol Policy to summer school students.
- G. Maintain/continue the use of evidence-based practice.
- H. Maintain/continue late-night programming.

X. Appendices

Appendix A: Annual Notification

Appendix B: Alcohol and Other Drug Policy Distribution Rationale and Plan

Appendix C: EDGAR Part 86 Worksheets

- a. EDGAR 86 Worksheet 2024

Appendix D: SBHE Policy 918

Appendix E: SBHE Policy 917

Appendix F: University Alcohol, Tobacco, and Other Drug (ATOD) Free Campus Policy

Appendix G: V615 Drug and Alcohol-Free Workplace Policy

Appendix H: Vector Solutions Training for all Employees

Appendix I: VCSU Student-Athlete Handbook and Code of Conduct

Appendix J: V506.03 VCSU Student Athlete Substance Abuse Policy

Appendix K: ACHA-NCHA Spring 2024 Executive Summary

Appendix A

Annual Notification

To the VCSU Community

The following information is provided annually in accordance with the Crime Awareness and Campus Security Act of 1990 and the Campus Fire Safety Right to Know Act of 2008. This information is distributed to all current students and employees and is made available to any applicant for enrollment or employment at Valley City State University.

The VCSU ANNUAL CAMPUS SECURITY REPORT AND FIRE SAFETY REPORT (including the VCSU Alcohol and Drug Policy) is attached and includes the following:

Part I

- 1) VCSU Policy 916-Campus Security Policy
- 2) Statistics concerning the Occurrence of Criminal Offenses and Arrests on Campus
- 3) VCSU and the Valley City Police Department
- 4) Campus Policy on Timely Warnings
- 5) Policies and Procedures Specific to Sex Offenses
- 6) Link to the ND Sex Offenders Website
- 7) Crime Prevention on Campus

Part II

- 1) VCSU Alcohol and Drug Program
- 2) Sexual Misconduct Policy

Part III

- 1) Campus Fire Safety
- 2) Evacuation Procedures
- 3) Missing Student Notification
- 4) VCSU Emergency Notification System
- 5) VCSU Watch Program

Printed copies of this document are available at campus distribution points (listed below) and at the Office of the Vice President for Student Affairs. The document may also be accessed at: <https://onestop.vcsu.edu/support/solutions/articles/10000029570>

VCSU Campus Security & Fire Safety Report Distribution

1. Student Center
2. Counseling Services
3. McFarland 138 Lounge
4. Residence Halls
 - a. McCoy Hall
 - b. Kolstoe Hall
 - c. Robertson Hall
 - d. Mythaler Hall
 - e. Snoeyenbos Hall
5. Student Health Services
6. Fieldhouse
7. Facilities Services
8. McFarland 209

Appendix B

Alcohol and Other Drug Policy Distribution Rationale and Plan

VALLEY CITY STATE UNIVERSITY

Alcohol and Other Drug Policy Distribution Rationale and Plan

POLICY DISTRIBUTION AND NOTIFICATION INTRODUCTION: In accordance with the 1989 amendments to the Drug-Free Schools and Communities Act, as articulated in the Education Department General Administrative Regulations (EDGAR) Part 86 (Drug Free Schools and Campuses Regulations) each year **Valley City State University** attempts to ensure every student, faculty member and staff person is informed about **VCSU's** alcohol and other drug policies.

EXPLAIN YOUR DISTRIBUTION METHOD

For students and staff, an e-mail with a link to the full text of the policy is sent out annually through the campus-wide e-mail system. As a notebook computer campus, e-mail has been declared as an official means of campus communication. Faculty and staff also receive information annually at the time letters of appointment and contracts are distributed.

2024-2026 Distribution Timeline		
Date	Action	Responsibility
August 2024, August 2025 and August 2026	E-Mail sent to all faculty, staff and students containing VCSU's policy.	VPSA
Ongoing	All new faculty and staff members receive paper copies of VCSU's policy	HR Office
Ongoing	Paper Copies of VCSU's policy are available at numerous distribution racks throughout campus and in the Office of the Vice President for Student Affairs.	VPSA
January 2025 and January 2026	E-Mail sent to all new students containing VCSU's policy	VPSA
May 2025 and May 2026	E-Mail sent to all students containing VCSU's policy	VPSA

Appendix C



ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2024

5. **Does the institution maintain a copy of its drug prevention program?** Yes No
If yes, where is it located?

The Biennial Review is located in the Student Affairs Office, Student Health Services Office, the Counseling Services Office, online at <https://www.vcsu.edu/about-vcsu/consumer-information/> and at <https://onestop.vcsu.edu/support/solutions/articles/10000029570>

6. **Does the institution provide annually to each employee and each student who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?**
- a. **Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities**
Students: Yes No Staff and Faculty: Yes No
- b. **A description of the health risks associated with the use of illicit drugs and the abuse of alcohol**
Students: Yes No Staff and Faculty: Yes No
- c. **A description of applicable legal sanctions under local, state, or federal law**
Students: Yes No Staff and Faculty: Yes No
- d. **A description of applicable counseling, treatment, or rehabilitation or re-entry programs**
Students: Yes No Staff and Faculty: Yes No
- e. **A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions**
Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

6.a - Included in the Code of Student Conduct distributed to each student annually via email and is available in printed form.

To inform employees about important provisions of this policy, Valley City State University has established a drug-free awareness program. The program provides information on the dangers and

effects of substance abuse in the workplace, resources available to employees and consequences for violations of this policy. Each new employee, at the time of hire, shall receive a copy of SBHE Policy 615 and Procedure 615 and acknowledge in writing that they received and reviewed the policy and procedure. Institutions and the university system shall document on an annual basis that each benefited employee has received a copy of SBHE Policy 615 and Procedure 615. This may be done as part of an annual evaluation, in-service training, electronically, or other appropriate procedure.

Employees with questions or concerns about substance dependency or abuse are encouraged to use the resources of the Employee Assistance Program. They may also wish to discuss these matters with their supervisor or the Human Resources Department to receive assistance or referrals to appropriate resources in the community.

6.b - Included in the Code of Student Conduct distributed to each student annually via email and is available in printed form.

Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy. Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

6.c - Included in Code of Student Conduct distributed annually. Included in VCSU issued student planner.

Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy. Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

6.d - Included in the Code of Student Conduct distributed annually. Included in VCSU issued student planner.

Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy. Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

6.e - Included in the Code of Student Conduct distributed annually. Included in VCSU issued student planner.

Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy. Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

7. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. **During freshman orientation**

Yes No

e. **During new student orientation**

Yes No

f. **In another manner**

Yes No

Any comments or clarifications on items 3 a-f:

The above information is communicated to students via email, which is the official means of communication on campus.

3.c - Students' class schedules are available to each student through their Campus Connection.

3.d - Discussed during designated session during VCSU New Student Orientation program. We also distribute a Code of Conduct to all students via email and it is available in printed form.

3.e - Spring/Summer 2023 and 2024 - Discussed by Vice President for Student Affairs, Director of Health and Wellness, and Mental Health Counselors during in-person orientation sessions. (6 sessions between April – August).

3.f - VCSU's official means of communication is through our campus e-mail. Notifications and information are sent to all students, faculty, and staff to their official university e-mail addresses.

8. **Does the means of distribution provide reasonable assurance that each student receives the materials annually?**

Yes No

VCSU's official means of communication is through our campus e-mail. Notifications and information are sent to all students, faculty, and staff via their official university e-mail addresses.

9. **Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?**

Yes No

10. **Are the above materials distributed to staff and faculty in one of the following ways?**

a. **Mailed**

Staff: Yes No

Faculty: Yes No

b. **Through campus post office boxes**

Staff: Yes No

Faculty: Yes No

c. **During new employee orientation**

Staff: Yes No

Faculty: Yes No

d. In another manner - email

Any comments or clarifications on items 6 a-d:

6.d - Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy.

Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

11. Does the means of distribution provide reasonable assurance that each staff and faculty member receive the materials annually?

Staff: Yes No

Faculty: Yes No

VCSU's official means of communication is through campus e-mail. All staff and faculty are made aware of this type of communication upon hire.

12. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No

Faculty: Yes No

Each new employee, at the time of hire, is provided with a document that delineates the Drug Free Workplace Policy. Each employee is required to sign a statement indicating they have received it and that it is their responsibility to review the document.

13. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

- g. **Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees**

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 9 a-g:

13.a - NDUS surveys all campus students. Through this survey we adjust our alcohol and other drug education and/or sanctions. The most recent survey was conducted in Spring Semester 2024. Results will be shared with administration, faculty, and staff groups.

9.g - Effectiveness determined on a case-by-case basis and number of repeat violations of policy.

14. **Who is responsible for conducting the biennial reviews?**

Vice President for Student Affairs

15. **If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?**

Yes No

No request has been made.

16. **Where is the biennial review documentation located?**

The Biennial Review is located in the Student Affairs Office, Student Health Services Office, the Counseling Services Office, online at <https://www.vcsu.edu/about-vcsu/consumer-information/> and at <https://onestop.vcsu.edu/support/solutions/articles/10000029570>. Questions regarding the Biennial Review Report can be directed to:

Mark D. Nelson, VP for Student Affairs
McFarland 209
101 College St. SW
Valley City, ND 58072
701.845.7300
mark.nelson.3@vcsu.edu

Betty Tykwinski, Director for Health & Wellness
Mythaler Hall 119
205 Viking Dr. SW
Valley City, ND 58072
701.845.7305
betty.j.tykwinski@vcsu.edu

Kelsie Carter, Mental Health Counselor
McFarland Hall 424
101 College St. SW
Valley City, ND 58072
701.845.7427
kelsie.carter@vcsu.edu

Sara Schmuhl, Mental Health Counselor
McFarland 425
101 College St. SW
Valley City, ND 58072
701.845.7424
sara.schmuhl@vcsu.edu

17. **Comments or clarifications on any above items:**

Appendix D SBHE Policy 918

SUBJECT 900s: Facilities

EFFECTIV December 17, 2009

:

E:

Section: 918 Alcoholic Beverages

V918 ALCOHOLIC BEVERAGES

1. Definition:

"Alcoholic beverages" means any liquid suitable for drinking by human beings, except prescription drugs or over-the-counter medications, which contains one-half of one percent or more of alcohol by volume.

2. The possession, sale, service, use, or consumption of alcoholic beverages upon land or in buildings at institutions under control of the Board is prohibited, except as authorized by the institution's president.

3. Alcoholic beverages may not be purchased with public funds unless the alcoholic beverages will be used for authorized training or educational purposes.

Sponsor: VPSA

Appendix E

SBHE Policy 917

SUBJECT: 900s: Facilities

EFFECTIVE: September 24, 2024

Section: 917 Smoke-Free Facilities

Policy: 917 Smoke-Free Facilities

1. Smoking is prohibited in all NDUS buildings, enclosed structures, and facilities. Institutions are responsible for enforcing this prohibition on their respective campuses.
2. For the purposes of this policy, “smoking” means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or form. Smoking also includes the use of an e-cigarette which creates a vapor, in any manner or any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking. This practice is commonly known as “vaping.”
3. Smoking as part of a traditional American Indian spiritual or cultural ceremony is not prohibited.
4. Smoking is prohibited within twenty feet of entrances, exits, operable windows, air intakes, and ventilation systems of enclosed areas in which smoking is prohibited.

REFERENCES: N.D.C.C. § 23-12-10

HISTORY: New policy. SBHE Meeting minutes, June 21, 1990; Amended, SBHE Meeting minutes, September 19, 1996; Amended, SBHE Meeting minutes, June 16, 2005; Amended, SBHE Meeting minutes, February 22, 2018; Amended, SBHE Meeting minutes, September 24, 2024.

Appendix F

University Alcohol, Tobacco, and Other Drug (ATOD) Free Campus Policy

University Alcohol, Tobacco, and Other Drug (ATOD) Free Campus Policy

The VCSU Alcohol, Tobacco, and Other Drug (ATOD) Free Campus Policy applies to students while on campus and at off-campus university sponsored events.

Student Athletes may have additional sanctions applied. Student Athletes need to review [Student-Athlete Code of Conduct](#) to review additional sanctions.

Alcohol Policy

Valley City State University, in accordance with ND State Board of Higher Education Policy 918, prohibits the possession, sale, dispensation, use or consumption of alcoholic beverages upon land, or in buildings owned by the Board or its institutions. Exceptions to the policy are provided for university apartments or as permitted with the approval of the president.

The VCSU Alcohol Policy applies to students while participating in off-campus university sponsored events including university sponsored travel to and from events.

Alcoholic beverages and the possession of empty alcoholic beverage containers are prohibited in the residence halls. Residence hall students found to be responsible for hosting events where alcohol violations occur, will be subject to additional sanctions. Hosting is defined as having more than one non-resident of the room or suite present at the time of the violation.

Behavior while in a state of intoxication that is loud, disruptive, potentially harmful to the health or safety of self or others or affecting the cleanliness or maintenance of university facilities is considered a violation of the policy.

Sanctions

Students found to be in violation of any standard of conduct regarding alcohol will be subject to the following sanctions:

1st Offense:

- Attend and complete Alcohol Violators Seminar
- \$200.00 contribution to the Alcohol Education Fund
- Eight hours community service

2nd Offense:

- \$350.00 contribution to the Alcohol Education Fund
- 15 hours community service

- Complete a consultation that includes alcohol use screening and education with a VCSU Clinical Mental Health Counselor
- Conduct probation for six months.

3rd Offense:

- \$500.00 contribution to Alcohol Education Fund
- Required alcohol evaluation by a substance use and/or an addiction counselor at the student's expense. Results must be submitted to VCSU Counseling Services within two weeks of the evaluation.
- 25 hours community service
- Conduct probation for one year.

OR

- Suspension from the University.

Alcohol violations carry from one year to the next. For example, if you received a violation last year and one this year, it would be your second violation.

All fines collected are applied to substance abuse education programs, speakers, and materials. VCSU reserves the right to assign additional sanctions as deemed necessary or appropriate. The above sanctions are subject to review and change, as necessary.

Residence Hall students responsible for hosting events where alcohol violations occur will be subject to additional sanctions. Hosting is defined as having any non-resident of the room present at the party. Residents of party rooms will be assessed an additional \$150 fine.

Illicit Drug Policy

The illegal possession of paraphernalia or use of compounds that produce hallucinations or illusions when introduced into the body and all compounds covered under federal and state drug control laws are prohibited. They are not allowed on campus or in the residence halls. Individuals who engage in such illegal acts are subject to disciplinary and/or legal action.

To find out more about North Dakota drug laws, visit www.legis.nd.gov

Sanctions

Students found to be in violation of any standard of conduct regarding illicit drugs will be subject to the following sanctions:

1st Offense:

- Parent or guardian notification
- Conduct probation for six months.
- \$250 contribution to the Substance Abuse Education Fund
- 20 hours of community service

- Complete a consultation that includes drug use screening and education with a VCSU Clinical Mental Health Counselor

2nd Offense:

- Parent or guardian notification
- \$375 contribution to the Substance Abuse Education Fund
- 30 hours of community service
- Required evaluation by a substance use and/or addiction counselor at the student's expense. Results are required to be submitted to VCSU Counseling Services within two weeks following the evaluation along with a follow-up meeting with VCSU Counseling Services
- Conduct probation for one academic year.

OR

- Possible suspension
- Possible removal from housing

3rd Offense:

- Suspension from the University

Parental Notification Policy

The Vice President for Student Affairs has the authority to notify parents or guardians when students under the age of 21 are found to have committed violations of university policies related to the possession, use, or distribution of alcohol or drugs. The notification of parents is warranted in any of the following cases:

- The violation involved harm or threat of harm to person(s) or property.
- The violation involved an arrest in which the student was taken into custody.
- The violation resulted in or could result in the student being suspended from the university and/or dismissed from the residence halls.
- The student has shown a pattern of violations.
- The student who committed the violation became ill and/or required medical intervention as a result of consumption of alcohol or drugs.

When possible, students will be notified that parental notification will take place. Students will be encouraged to discuss the situation with their parents prior to notification. A record of the notification will be kept on file in the student's record.

FERPA NOTE: Congress amended the Family Educational Rights and Privacy Act (FERPA) in late 1998 to permit colleges and universities to notify the parents or guardians of students under the age of 21 about violations of campus alcohol and/or drug policies (See: § 99.31(a) 15). This exception to FERPA was enacted because of the detrimental health and safety consequences associated with underage drinking. Additional information regarding FERPA

provisions for notifying parents of alcohol and other drug violations can be found at <https://studentprivacy.ed.gov/ferpa>

Cannabis, Nicotine, and Tobacco Free Campus V917

Rationale for Prohibiting Smoking, Cannabis, Nicotine, and Tobacco Products Use

Valley City State University is committed to a healthy and safe environment for students, employees, and visitors. Use of cannabis, nicotine, and tobacco products including but not limited to, e-cigarettes, cannabis products, and vaping products is prohibited on all campus property. Campus property includes all property, both indoor and outdoor, that is owned, operated, leased, occupied, or controlled by Valley City State University, all buildings, green spaces, athletic fields, parking lots, sidewalks, walkways, and state vehicles. This policy applies to all employees, students, visitors, and contractors. The purpose of this policy is to protect the public health and welfare by prohibiting smoking and the use of cannabis, nicotine, and tobacco products, including Electronic Smoking Device (ESDs); to guarantee the right of nonsmokers to breathe smoke free air, while recognizing that the need to breathe smoke free air shall have priority over the desire to smoke; and to encourage a healthier, more productive living/learning environment for all members of our campus community. The smoking of tobacco, hookahs, nicotine or cannabis products and the use of ESDs are forms of air pollution and constitute both a danger to health and a material public nuisance.

Prohibition of Cannabis, Nicotine, and Tobacco Products Use and Advertising

1. Cannabis, Nicotine, and Tobacco Use: Valley City State University prohibits the use of all forms of cannabis, nicotine, and tobacco products on campus property and at all off-campus, school-sponsored events at all times. This cannabis, nicotine, and tobacco free policy includes all events held on campus property, whether or not such events are sponsored by, or associated with, Valley City State University.
2. No cannabis, nicotine, and tobacco related advertising or sponsorship shall be permitted on campus property or in campus publications. "Cannabis, nicotine, and tobacco related" refers to the use of a cannabis, nicotine, and tobacco brand, corporate name trademark, logo, or any other product identifiable with any brand of cannabis, nicotine, tobacco, or Tobacco Company.
3. Sales: Valley City State University prohibits the sale or free sampling of cannabis, nicotine, and tobacco products on campus property and at off-campus, school-sponsored events.
4. Electronic Smoking Device includes any product containing or delivering nicotine, CBD, THC, or any other substance intended for human consumption that can be used by a person in any manner for the purpose of inhaling vapor or aerosol from the product. The term includes any such device, whether manufactured, distributed, marketed, or sold as an e-cigarette, e-cigar, e-pipe, e-hookah, or vape pen, or under any other product name or descriptor, but does not include medically prescribed inhalers.

5. Hookah is defined as a water pipe and any associated products and devices which are used to produce fumes, smoke, and/or vapor from the burning of material including, but not limited to, tobacco, shisha, or other plant matter.
6. Smoking is defined as inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, pipe, hookah, or any other lighted or heated tobacco or plant product intended for inhalation, including cannabis products, whether natural or synthetic, in any manner or in any form. Smoking also includes the use of an electronic smoking device which creates an aerosol or vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this policy.
7. Nicotine/Tobacco product includes any substance containing tobacco leaf, including but not limited to, cigarettes, cigars, pipe tobacco, hookah tobacco, snuff, chewing tobacco, dipping tobacco, bidis, blunts, clove cigarettes, or any other preparation of tobacco, nicotine pouches, nicotine toothpicks; and any product or formulation of matter containing biologically active amounts of nicotine that is manufactured, sold, offered for sale, or otherwise distributed with the expectation that the product or matter will be introduced into the human body by inhalation, ingestion, or absorption; but does not include any cessation product specifically approved by the US Food and Drug Administration for use in treating nicotine or tobacco dependence.
8. Cannabis product, recreational or medical, includes any substance containing, THC, and/or any psychoactive substances derived from the hemp and cannabis plants such as Delta products. This includes but is not limited to flowers, concentrates, edibles, topicals, oral products, vape products, and transdermal products.

VCSU has established the following sanctions for cannabis products, nicotine, smoking, tobacco violations:

First violation:

- \$200.00 contribution to the Substance Abuse Education Fund
- Eight hours community service
- Attend appropriate educational seminar through Counseling Services

Second violation:

- \$350.00 contribution to the Substance Abuse Education Fund
- 15 hours community service
- Complete a consultation that includes tobacco and/or cannabis use screening and education with a VCSU Clinical Mental Health Counselor
- Conduct probation for six months.

Third violation:

- \$500.00 contribution to Substance Abuse Education Fund
- Required evaluation and assessment by an addiction professional at student's expense. Results are required to be submitted to VCSU Counseling Services within two

weeks following the evaluation along with a follow-up meeting with VCSU Counseling Services.

- 25 hours community service
- Conduct probation for one year.

OR

- Suspension from the University

Cannabis, Nicotine, and Tobacco Products violations carry from one year to the next. For example, if you received a violation last year and one this year, it would be your second violation. All fines collected are applied to substance abuse education programs, speakers, and materials. VCSU reserves the right to assign additional sanctions as deemed necessary or appropriate. The above sanctions are subject to review and change, as necessary.

Assistance for tobacco cessation is available through Student Health Services. Individuals requesting assistance with tobacco cessation services will be referred to NDQuits (www.NDHealth.gov/NDquits), the North Dakota Department of Health multi-media tobacco cessation program. This is a free cessation service provided to anyone currently residing in North Dakota.

Exemptions

It is not a violation of this policy for an adult Native American to use tobacco as part of a traditional Native American spiritual or cultural ceremony. Contact the Vice President for Student Affairs to obtain approval for an on-campus ceremony. All parties impacted by the ceremony will be informed and an agreement will be reached regarding the date and time for the ceremony.

“Native American” is a person who is an enrolled member of a federally recognized tribe.

Communication of Cannabis, Nicotine, and Tobacco-free policy

This policy will be printed in the employee and the student handbooks. Valley City State University shall post signs indicating that the campus property is tobacco-free in all locations and in the manner identified in NDCC 23-12-10.4.1(a) and (b). In addition, notices should be posted in other highly visible places on Campus Property including, but not limited to, walkways, athletic fields, parking lots and at all off-campus, school-sponsored events. In accordance with Valley City State University’s plan for communicating this policy, the University Nurse will communicate the importance of the tobacco-free campus policy at least once per semester via campus-wide emailing to all students, employees, and staff.

Responsibility/Enforcement

Enforcement of this policy will depend upon the cooperation of all faculty, staff, and students to not only comply with the policy, but also to encourage others to comply in order to promote a healthy environment in which to work, study and live.

Violations of this policy should be referred to the appropriate administrative office for review and appropriate action: for faculty, the Office of the Vice President for Academic Affairs; for staff, the Office of the Vice President for Business Affairs; for students, the Office of the Vice President for Student Affairs.

Please contact the VCSU Counseling Services or the VCSU Student Affairs Office for more information.

Appendix G

V615 Drug and Alcohol-Free Workplace Policy

It is Valley City State University's desire to provide a drug-free, healthful, and safe workplace. To promote this goal, employees are required to report to work in an appropriate mental and physical condition to perform their jobs in a satisfactory manner.

While conducting business-related activities on and off Valley City State University's premises, the unlawful manufacture, distribution, dispensation, possession, use of a controlled substance, or being under the influence of alcohol or illegal drugs is prohibited. Alcohol may be permitted at university-sponsored events if it is specifically authorized by the university President in accordance with SBHE Policy 918. The legal use of prescribed drugs is permitted on the job only if it does not impair an employee's ability to perform the essential functions of the job effectively and in a safe manner that does not endanger other individuals in the workplace.

Violations of this policy may lead to disciplinary action, up to and including termination of employment, and/or participation in a substance abuse rehabilitation or treatment program. Such violations may also have legal consequences.

A supervisor will require an employee to leave the workplace if the supervisor, in their discretion, determines the employee has reported to work in an inappropriate mental or physical condition and cannot perform the essential functions of the job effectively and in a safe manner that does not endanger themselves or others. The employee will be required to use sick leave first, then annual leave, and then unpaid leave. If the supervisor determines the employee should not operate a motor vehicle, the supervisor may arrange transportation for the employee. If the employee refuses to accept transportation and insists on operating a motor vehicle, the supervisor will inform the employee that law enforcement officials will be notified that the employee appears unfit to operate a motor vehicle. Law enforcement officials should then be appropriately notified.

An employee who suspects that a colleague or co-worker is under the influence of alcohol or illegal drugs should contact his/her department chair or supervisor immediately. An employee who suspects a supervisor or department head is under the influence of alcohol or other illegal drugs should contact the next level of supervision or administration immediately.

To inform employees about important provisions of this policy, Valley City State University has established a drug-free awareness program. The program provides information on the dangers and effects of substance abuse in the workplace, resources available to employees and consequences for violations of this policy. Each new employee, at the time of hire, shall receive a copy of SBHE Policy 615 and Procedure 615 and acknowledge in writing that they

received and reviewed the policy and procedure. Institutions and the university system shall document on an annual basis that each benefited employee has received a copy of SBHE Policy 615 and Procedure 615. This may be done as part of an annual evaluation, in-service training, electronically, or other appropriate procedure.

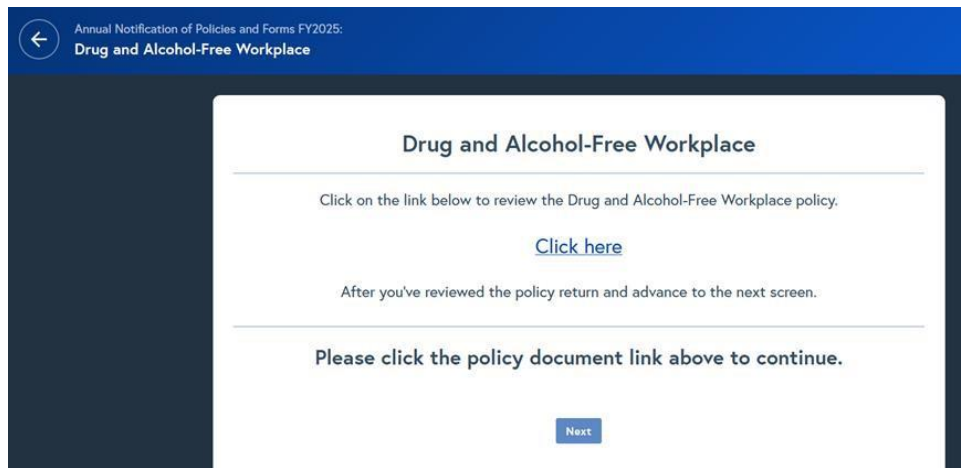
Employees with questions or concerns about substance dependency or abuse are encouraged to use the resources of the Employee Assistance Program. They may also wish to discuss these matters with their supervisor or the Human Resources Department to receive assistance or referrals to appropriate resources in the community.

Under the Drug-Free Workplace Act, an employee who performs work for a government contract or grant must notify Valley City State University of a criminal conviction for drug-related activity occurring in the workplace. The report must be made within five days of the conviction. Failure to inform the supervisor or department head will subject the individual to disciplinary action up to and including dismissal for the first offense. Under the Drug-Free Workplace Act of 1988 involving employees on federal grants or contracts, VCSU will notify the appropriate federal contracting officer within 10 days of receiving such notice from a faculty or staff member on a federal grant or contract or otherwise receiving notice of such a conviction. Supervisors or department heads who are notified of a criminal drug statute conviction by an employee shall immediately inform Human Resources for staff or Academic Affairs for faculty. Notification to a federal contacting agency will be through Human Resources.

Employees with questions on this policy or issues related to drug or alcohol use in the workplace should raise their concerns with their supervisor or the Human Resources Department without fear of retaliation.

Appendix H

Vector Solutions Training for all Employees



Vector Solutions Training for all employees as part of our Annual Notification of Policies:

When you, "Click here" the following policy opens:

<https://onestop.vcsu.edu/support/solutions/articles/10000026175-v615-drug-and-alcohol-free-workplace-policy>

Then, when you click, "Next":



Appendix I

VCSU Athletics Department Student-Athlete Code of Conduct

Student Athletes at Valley City State University are expected to represent themselves, their team and the University with honesty, integrity and character whether it be academically, athletically or socially. Participation on an intercollegiate team is a privilege, not a right, and should be treated as such. It has many benefits and brings with it a responsibility to be positive and effective members of the team, department, university and broader community.

The athletics department along with the student athletes who represent our intercollegiate programs are a window to the University. Student-athletes often are in the spotlight and fair or not, their behavior is subject to scrutiny by their peers, members of the campus, local and national communities and by the media. The actions of one student-athlete may result in a generalization to all student athletes and reflects on the individual, team, department and university. It is expected that all student athletes abide by team, department and university policies. A written copy of the Student-Athlete Code of Conduct can be obtained from your coaching staff or from the website.

Student-athletes who do not conform to this code may be subject to consequences for their actions that may include but are not limited to a warning, dismissal from the team, reduction or withdrawal of athletically related financial aid and dismissal from the University. In addition to all University policies, student athletes are responsible for the following standards as well as all campus, city, state and federal laws.

In order to be permitted to participate in VCSU intercollegiate activities, each athlete must sign the NAIA Athletes of Character Pledge. The college and department maintain high standards of behavior for student athletes and apply the disciplinary policy in a consistent and equitable manner. Student athletes, coaches and other VCSU officials are expected to report violations to the athletic department.

Procedures for reporting any breach of athletic disciplinary policy and or team training rules **during the academic year:**

1. An incident report form should be filled out by the head coach of the sport in which an athlete or athletes have been in violation.
2. A report form should be filled out for each individual athlete if there are multiple athletes involved in an incident.
3. The report shall be submitted to the Director of Athletics within three working days after the coach is aware of the incident.

Note: **Departmental** sanctions are minimums. Each Head Coach may, with the concurrence of the Athletic Director, provide stiffer penalties. Coaches may not dismiss sanctions without

the concurrence of the Athletic Director. The **departmental** sanctions cover **team members during the academic year**. In case of a felony, assault or drug conviction the sanctions will apply regardless of the date and time they occurred.

Departmental sanctions severity will be cumulative during a student athlete's career.

Team rules such as curfew, dress code, etc. will vary from sport to sport and can be established by the head coach.

Category I - General Alcohol Offenses

If a student-athlete is found responsible for any alcohol offense (on or off campus), upon investigation by the Athletic Department, the following general sanctions will be imposed. A meeting will be scheduled with the head coach, student-athlete(s), and the Director of Athletics (or designee) whereby sanctions will be imposed that include the following:

First Offense:

1. The student-athlete is immediately suspended for all athletically related activity until such time that an appointment has been confirmed with the Counseling Center for assessment, followed by an additional session to discuss the results.

a. After confirmation of appointment with Counseling Center, SA may return to practice/play.

b. In addition, the student-athlete will be assessed 10 hours of VCSU Viking service hours.

2. Confirmation of the assessment is reported back to Anna Bratsch, Director of Sports Medicine/Assistant Athletic Director, 701-845-7165 or anna.bratsch@vcsu.edu, by the Vice President for Student Affairs or appropriate personnel.

3. The student-athlete is required to follow the recommendations of the assessment professional. If off-campus services are needed, the student-athlete assumes all financial responsibility.

4. Information regarding allegations and athletics investigation will be provided to the dean of student life office for action under the VCSU Student Rights and Responsibilities: A Code of Student Conduct.

Please note: If the sanction to contact the Counseling Center on campus is not completed, the student athlete will be suspended from all team functions until which time the requirements have been met.

Second Offense:

1-4. from First Offense are applied.

5. The student-athlete will be suspended from a minimum of 10% of all scheduled contests.

Note: Suspension will be for the next consecutive scheduled contests during regular/secondary seasons. If a season ends during the suspension; the sanction will be carried over to the following season. Suspension must be immediate; furthermore, the coach and/or Director of Athletics (designee) have the right to add to game sanctions to span secondary and championship segments.

Minimum suspension: 1 game FB, 1 date in golf, XC/T&F, 2 dates in all other sports

6. Athletic Department reserves the right to revoke any/all privileges afforded to an VCSU student athlete including but not limited to:

- Removal of athletic related scholarship aid
- Separation from athletic academic support services
- Separation from athletic training services
- Retention of all VCSU athletic issued equipment and supplies

Third Offense:

1-6. from First and Second Offense are applied.

7. Athlete will be suspended from 50% of all scheduled contests. Note: Suspension will be for the next consecutive scheduled contests during regular/secondary seasons. If a season ends during the suspension, the sanction will be carried over to the following season. Suspension must be immediate; furthermore, coach and/or Director of Athletics, (or designee) reserve the right to add to game sanctions to span secondary and championship segments.

Fourth Offense:

1. Student-Athlete will be immediately dismissed from their team(s).

2. Information regarding allegations and athletics investigation will be provided to the dean of student life office for action under the VCSU Student Rights and Responsibilities: A Code of Student Conduct.

Please note: The calculation of the number of offenses is cumulative throughout the term of enrollment at Valley City State University. Any subsequent violation of the Alcohol and Controlled Substance Infraction Policy after the initial violation will result in a more severe penalty than the previous violation regardless of designation as Category I or II. As such, during the meeting with the head coach, student athlete(s), and the Director of Athletics

(designee), the student-athlete will be informed of the penalties they will face for future violations.

Category II – Controlled Substance/Drug Offenses and/or Serious Offenses Involving Alcohol (Any)

If a student-athlete is found responsible for use (drug tested), possession and/or misconduct involving controlled substance/drugs other than alcohol as stated in the Valley City State University Alcohol and Drug Testing Policy, is arrested and/or convicted of Driving While Intoxicated (DWI) or Driving Under the Influence (DUI), or participates in practice or competition under the influence of alcohol or illicit drugs at any time as a representative of a Valley City State University athletics team and upon investigation by the Athletic Department, the following general sanctions will be imposed.

A meeting will be scheduled with the head coach, student-athlete(s), and the Director of Athletics (or designee) whereby sanctions will be imposed that include the following:

First Offense:

1. Within 72 hours of meeting with the head coach, and Director of Athletics (or designee) the student athlete must contact the Counseling Center for assessment, followed by an additional session to discuss results.
2. Confirmation of the assessment is reported back to Anna Bratsch, Director of Sports Medicine/Assistant Athletic Director 701-845-7165 anna.bratsch@vcsu.edu
3. The student-athlete is required to follow the recommendations of the assessment professional. If off-campus services are needed, the student-athlete assumes all financial responsibility.
4. If a student-athlete refuses an assessment, they will be subject to indefinite suspension from all regular season and/or secondary season practices and contests until the assessment is made.
5. If a student-athlete refuses treatment recommendations they will be subject to indefinite suspension from all regular season practice and contests until treatment recommendation is initiated and/or completed, depending on the treatment recommendation.
6. Information regarding allegations and athletics investigation will be provided to the VPSA office for action under the VCSU Student Rights and Responsibilities: A Code of Student Conduct.
7. The student-athlete is immediately suspended for one (1) week from all countable athletically related activities. Student-athlete will serve 10 hours of VCSU Viking service.

8. The Athletic Department reserves the right to revoke any/all privileges afforded to a VCSU student athlete including but not limited to:

- Suspension from the team
- Loss of eligibility and dismissal from the team
- Loss of athletics related scholarship aid

Second Offense:

The following sanctions apply for all Category II Second Offenses; however, any student-athlete whose first and second offenses were DUI/DWI will be immediately and indefinitely suspended from all athletically related activities and all privileges may be revoked.

1-8 from First Offense are applied.

9. Athlete will be suspended from 50% of all scheduled contests. Note: Suspension will be for the next consecutive scheduled contests during the championship I non-championship seasons. If a season ends during the suspension, the sanction will be carried over to the following season. Suspension will be immediate; however, coach and/or Director of Athletics (designee) reserve the right to add to game sanctions to span championship and non-championship segments.

Third Offense:

10. Student-Athlete will be immediately dismissed from his/her team.

This policy may be applied to off-campus violations when student-athletes are participating in university sanctioned activities such as sporting events, awards dinners, field trips, and conferences or are exercising privileges granted to Valley City State University students in general.

Note: The calculation of number of offenses is cumulative throughout the term of enrollment at Valley City State University. Any subsequent violation of the Alcohol and Drug Testing I Education Policy after the initial violation will result in a more severe penalty than the previous violation regardless of designation as Category I or II.

As such, during the meeting with the head coach, student-athlete(s), and the Director of Athletics, (or designee), the student-athlete will be informed of the penalties he/she will face for future violations.

Criminal Acts

Student-Athletes are expected to be responsible members of the University and outside communities. Any criminal acts will be treated as serious in nature and athletics sanctions will be imposed in addition to any legal or university determined sanctions. Any act that

occurs while a student is enrolled at Valley City State University and considered a member of a varsity athletics team will be treated as a violation of this code. Information regarding allegations of criminal acts will be provided to the dean of student life office for action under the VCSU Student Rights and Responsibilities: A Code of Student Conduct.

Criminal acts will be considered in two categories.

Category I: Secondary Offense:

A secondary offense is any violation of criminal law that is not classified as a felony, any violation of the Rights and Responsibilities of Community: A Code of Student Conduct, as determined by an appropriate University official: academic fraud as established by the University and as determined by an appropriate University official; or, knowingly giving false and misleading information to a university official. The Director of Athletics, (or designee) will determine sanctions for a secondary offense. Sanctions may include but are not limited to any one or more of the following:

- Verbal and written warning reprimand
- Participation in educational sessions
- Restriction in athletic department services
- Requirements for restitution
- Suspension from practice
- Loss of competition
- Loss of eligibility and dismissal from the team
- Loss of athletic related scholarship aid

Following notification of a secondary offense committed by any student-athlete, the Director of Athletics (designee) will convene the appropriate parties, including but not limited to the student athlete, head coach, to investigate and discuss the known circumstances related to the violation. If appropriate, a representative of the University's Office of Student Affairs should also be involved in such discussions or used as a resource.

Following the investigation, the Director of Athletics (designee) will implement and monitor the appropriate sanctions as determined for the student-athlete(s) who committed the secondary offense. It is important to note that the athletic administration reserves the right to suspend a student-athlete from participation on an intercollegiate team while any criminal charge is being investigated.

Category II: Major Offenses:

A major offense is any violation of North Dakota state criminal law, federal law or laws of another jurisdiction that is classified as a felony; two or more secondary offenses while a student-athlete is enrolled at Valley City State University; or a violation of the Valley City State

University Rights and Responsibilities of Community: A Code of Student Conduct that could result in an expulsion or suspension from the university.

The sanctions for a major offense are that the student-athlete shall be immediately prohibited from participation in practice, competition and any services provided by the athletic department and from any athletic related benefits; and/or the Director of Athletics may revoke or modify any athletic related financial aid to the student-athlete.

Following the immediate suspension, the Director of Athletics (designee) will convene the appropriate parties, including but not limited to the student-athlete and head coach, to investigate and discuss the known circumstances related to the violation. If appropriate, a representative of the University's Office of Student Affairs should also be involved in all discussions. Following the investigation, the Director of

Athletics and the appropriate representative of the University's Office of Student Affairs will determine the length (definite or indefinite) of the suspension.

The Athletic Department will follow/support any disciplinary decisions as made by the Office of Student Affairs. As major offenses are of the most serious nature, it is imperative that the University and the athletics community are both considered when determining the appropriate sanctions.

Hazing

Hazing is an act that endangers the mental or physical health or safety of an individual (including, without limitations, an act intended to cause personal degradation or humiliation), or that destroys or removes public or private property, for the purpose of initiation in, admission to, affiliation with, or as a condition for continued membership in a group or organization.

Such activities and situations include but are not limited to:

1. Physical punishment, contact, exercise or sleep deprivation that causes excessive fatigue and/or physical or psychological shock;
2. Forced or coerced consumption of food, drink, alcohol, tobacco and/or illegal drugs;
3. Forced or coerced transportation of individuals;
4. Public humiliation, ridicule, indecent exposure or ordeal;
5. Coercing or forcing illegal acts;
6. Coercing or forcing acts that are immoral or unethical;

7. Blocking an individual's academic, athletic, health or personal success;
8. Personal servitude;
9. Mental harassment;
10. Sexual harassment;
11. Deception;
12. Threat of social exclusion;
13. Any activity that involves the use of alcohol or any controlled substance;
14. Any activity that is not in accordance with the University's established policies.

If a student athlete chooses to file a hazing grievance against an individual or group, it should be reported to the Athletics Director. If requested, every effort will be made to protect the identity of the person reporting the grievance, where permissible under the law. It is possible that a student athlete may initially voluntarily agree to participate in an initiation activity and that he or she may later decide within a reasonable amount of time that it was an unacceptable hazing activity. A grievance need not be filed for a disciplinary action to occur.

Student athletes committing any hazing violation are subject to dismissal from the team and disciplinary procedures outlined in the VCSU Student Code of Conduct.

Student-Athlete Code of Conduct Acknowledgement and Agreement Form

I have read and agree to accept the participation standards and policies listed in the **VCSU Student-Athlete Code of Conduct** document and knowingly accept that violations of the standards may result in a variety of sanctions by the athletics department including, but not limited to restriction, suspension from, or termination of participation in VCSU's athletics program.

Student-Athlete Printed Name:

_____ Date: _____

Student- Athlete Signature:

_____ Date: _____

Parent's Signature (if student-athlete is under age 18):

_____ Date: _____

Appendix J

V506.03 VCSU Student Athlete Substance Abuse Policy

Introduction

Valley City State University recognizes the adverse effects of drug use. Not only is the use of drugs illegal, but it also poses a great threat to the physical and mental wellbeing of our student athletes.

It is our objective to discourage the use of illegal drugs both on and off campus. Valley City State recognizes that it is a privilege for a student-athlete to be a part of our athletic teams and with this privilege comes the expectations of maintaining integrity on and off the playing field.

Purpose

This policy is not to be construed as a contract between the institution and the student-athletes at Valley City State University. However, signed consent shall be considered as affirmation of the student-athlete's agreement to the terms and conditions contained in this policy. In addition, Valley City State University may amend the policy at any time. The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to help ensure to the following

- To promote health, safety and welfare of student-athletes who participate in Valley City State intercollegiate athletics
- To prevent and deter illegal drug use and abuse among student-athletes
- To offer assistance and education to athletes using drugs
- Identify problems with substance abuse at its earliest stage
- To educate student-athletes on the physiological and psychological dangers inherent in the use and misuse of drugs
- To protect student-athletes, and others whom they compete against, from potential injury as a result of drug use

Definition

- Student Athlete- is a participant in an organized sport at Valley City State University
 - All student-athletes at Valley City State University are subject to drug testing.
 - This includes student-athletes that are eligible, academically ineligible, or red-shirted.
- Controlled Substance- any of a category of behavior-altering or addictive drugs whose possession and use are restricted by law.

TESTING PROCEDURES

Periodic Random Drug Screening

Valley City State University will periodically randomly select student-athletes to participate in drug screening. Drug testing will be conducted during the course of the academic year. The University will test no more than 50 student-athletes each year. However, Valley City State University reserves the right to drug test student-athletes at any time if there is reasonable suspicion. The list of drugs for which a student athlete will be tested is based on guidelines established by the National Association of Intercollegiate Athletics "NAIA." The drug screening may include, but is not limited to, testing for marijuana (THC), amphetamines (AMP), benzodiazepines (BZO), cocaine (COC), methamphetamine (METH), opiates (OPI), oxycodone (OXY), Anabolic Steroids. A more comprehensive list of drugs eligible for screening can be found on the NAIA's website at <http://www.naia.org>.

Consent

Each student athlete will be required to sign a consent form stating that he/she has read the drug testing policy and understands its consequences and agrees to participate.

Notification and Reporting for Collections

All information and records will remain confidential and be released only to the following persons other than the student athlete

- Athletics Director
- Director for Health and Wellness
- Head coach of student athlete
- Athletic trainer of student athlete
- Student athlete's parents or legal guardians (if athlete is under the age of 18)

Valley City State University's Athletic Training staff will serve as the testing administrator. Drug Free Sport will be contracted for analyzing test samples collected by the testing administrator. When a student athlete is selected by Drug Free Sport's random selection program, the testing administrator will notify the student athlete by either direct contact or phone call. The student athlete will be notified no more than 24 hours prior to the test. They will be instructed to arrive at a screening site at a designated time.

Oral Fluid Collection Guidelines:

1. Only those persons authorized by the institution will be allowed in the collection room.
2. When arriving at the collection room, the student-athlete will provide photo identification, or a client representative will need to identify the student-athlete.

3. The student-athlete will then print his or her name and arrival time on the Roster Sign-In Form.
4. The student-athlete will select a Custody & Control Form (CCF) from a supply of such and work with the institutional collector to complete the necessary information before proceeding with the specimen collection process.
5. The collector will verify the student-athlete has not had anything in his/her mouth for 10 minutes prior to beginning the collection process.
6. The student-athlete will select an oral fluid collection device from a supply of such (2 if collecting both A & B specimen), verify it has not been opened, and inspect the expiration date to verify the device is not expired.
7. The collector will instruct the student-athlete to open the outer packaging of the device and remove the collection device from the packaging sleeve. The student-athlete will place the collection pad between the lower cheek and gums and gently rub the pad back and forth along the gum line until the pad is moist. Use each side of mouth if collecting an A and B specimen.
8. Once moist, the student-athlete will leave the collection pad between cheek and gum for a minimum of five minutes.
9. After the collector verifies the collection pad has been in the student-athlete's mouth for five minutes, the student-athlete is instructed to open the specimen vial in an upright position, with the tip pointed downward, by gently rocking the cap back and forth to avoid spilling the contents.
10. The student-athlete will remove the collection pad from his/her mouth and push it into the specimen vial as far as it will go and snap the collection wand at the scored line against the side of the vial.
11. Verify the student-athlete does not tilt the specimen vial or spill the fluid inside.
12. The student-athlete will place the specimen vial cap onto the vial until it snaps, ensuring a secure fit.
13. The collector will take the specimen collection vial and custody and control form (CCF) and instruct the student-athlete to closely observe the specimen processing.
14. If a student-athlete is suspected of manipulating specimens, the institutional collector will collect another specimen from the student-athlete.
15. The specimen processor will seal each vial using the vial seals attached to the CCF; assuring seals are tightly adhered to the vials with no tears or loose areas.
16. The specimen processor must then collect all necessary signatures (validator, student-athlete, and collector/specimen processor) and dates/times were indicated on the CCF.
17. The specimen processor will place the specimen vial and CCF into the specimen bag and securely seal.
18. The student-athlete is then released by the institutional collector.
19. All sealed samples will be secured in a shipping case.

20. The collector will prepare the case for forwarding.
21. After the collection has been completed, the samples will be forwarded to the Clinical Reference Laboratory and copies of any forms forwarded to the Sport Drug Testing Department.
22. The samples then become the property of the client.

If the student-athlete does not comply with the collection process, the institutional collector will notify the appropriate institutional administrator and Drug Free Sport.

Refusal/Failure to be Tested

If a student-athlete fails to show up for the test at the specified time or otherwise fails to provide the sample when requested, he/she will be required to meet with the Head Coach, Head Athletic Trainer and Athletics Director. At this meeting, the student-athlete will be given the opportunity to explain his/her actions. If, as a result of that meeting, the Athletics Director determines that the reason(s) given are not satisfactory, the student-athlete will be suspended immediately for a period of one year from date of refusal and will not be allowed to participate in any practice, conditioning, or weight-training with the team during suspension. The student-athlete will also be considered to have two strikes against him/her in regards to the VCSU Athletics Drug Policy. Any other refusal or failure to be tested and/or positive drug test will result in immediate and permanent suspension from further practices and competition without opportunity for further competition at Valley City State University. Loss of eligibility due to the above reasons may result in the inability to renew any athletic scholarships, and existing scholarships may be subject to cancellation as determined by the Director for Athletics.

Reasonable Suspicion

A student athlete may be subject to testing at any time when the Director for Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a banned substance. Such reasonable suspicion may be based on objective information as determined by the Director for Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Head Athletic Trainer, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director for Athletics or his/her designee. Reasonable suspicion may be found, but not limited to

1. observed possession or use of substances appearing to be prohibited drugs;
2. arrest or conviction for a criminal offense;
3. observed abnormal appearance, conduct or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct, or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement.

Disclosure of substance abuse/safe harbor

A student-athlete who has engaged in prohibited drug use is encouraged to seek assistance from the athletic training staff by voluntarily disclosing his or her use prior to an announced drug test. The athletic trainer will direct the student-athlete to medical services. If the student-athlete seeks assistance prior to being identified as having violated this policy or being notified that he or she must undergo screening, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy; however, the student-athlete will be ineligible to participate in intercollegiate sports pending an evaluation. The student-athlete entering the Safe Harbor Program will be required to take a drug test immediately to establish a baseline for follow-up testing. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NAIA or Conference post-season competition. The student-athlete will be required to undergo an evaluation by the Valley City State University counselor. Valley City State University shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The counselor will provide a summary of his or her findings and recommendations to the Director for Athletics. The student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. However, the student-athlete will not be permitted to return to participation in intercollegiate sports until the counselor has interviewed the student-athlete following the conclusion of the recommended treatment (or stage of treatment, as applicable) and has determined that reentry into intercollegiate sports is appropriate. If the counselor deems it necessary, the student-athlete will be required to undergo drug testing as part of the reentry evaluation.

Follow-up Testing

A student-athlete who has returned to participation in intercollegiate sports following a positive drug test under this policy may be subject to follow-up testing. Testing will be unannounced and will be required at a frequency determined by the Director for Athletics or his/her designee in consultation with the counselor or specialist involved in the student-athlete's case

Appeal Process

Student-athletes who test positive for a banned substance by the laboratory retained by the institution may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Director for Athletics/designee will formally request the laboratory retained by Valley City State University to perform testing on specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative.

Student-athletes who test positive under the terms of this policy will be entitled to a hearing with the Director for Athletics or his/her designee prior to the imposition of any sanction.

Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director for Athletics or his/her designee.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case. The meeting should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or the other parties involved may request an extension of time from the Director for Athletics, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director for Athletics or his/her designee regarding the sanction to be imposed shall be final.

Policy Statement on the Use of Supplements

It is to be noted that the Valley City State University Athletics Department does not condone the use of dietary supplements. The NAIA stance on dietary supplements is that student-athletes should be advised that the most effective and safest way to enhance their performance is to avoid dietary/nutritional supplement products and rely on a combination of a healthy diet, appropriate conditioning, rest and recovery, and avoiding substance abuse.

Student-athletes should always bring all supplement products to the designated athletics staff before using, and then checking all supplements through the Resource Exchange Center, REC, staffed by the National Center for Drug Free Sport, the NAIA third party drug testing administrator. The REC is the only authoritative resource for questions related to whether listed ingredients on nutritional supplement product labels or in medications contain NAIA banned substances.

Products labeled as dietary supplements sold over the counter, in print advertisements and through the internet are under-regulated by the U.S. FDA. Dietary supplements are at risk of contamination or may include ingredients that are banned under your drug testing policy. Student-athletes have tested positive and lost their eligibility using dietary supplements. Any product containing dietary supplement ingredients are taken at the student-athlete's own risk.

To access the REC, call toll free 1-877-202-0769 or go to www.drugfreesport.com/rec , select NAIA, and insert password naialive5. Right on the home page you can select "Ask about Dietary Supplements" or go to the "Prescription/Over-the-Counter Drug Search". It's as easy as 1, 2, or 3.

By signing the Policy Consent Form, the student-athlete:

1. Acknowledges that he/she understands that they are to disclose all dietary supplements used to the head athletic trainer;
2. Acknowledges the aforementioned policies and statements, and fully accepts the detrimental and possibly permanent defects caused by the use of dietary supplements;
3. Fully accepts that they have been made aware of the Valley City State University and the National Collegiate Athletic Association (NAIA) policies with regard to the use of dietary supplements;
4. Accepts any and all liability if they have in the past used, continue to use, and/or use at anytime in the future, dietary supplements in any form; and releases the Valley City State University, its agents, and all personnel of any and all responsibility and liability related to such use.

Drug Testing Policy Consent Form

Participation in Valley City State University athletics is voluntary. Any student-athlete choosing to participate in intercollegiate athletics is choosing to accept and abide by all terms of the drug testing policy and consents to all aspects of the policy.

A student-athlete who tests positive on his/her first drug screen will be suspended from 10% of competition and will be required to attend mandatory counseling sessions.

A student-athlete who receives a second positive test within one calendar year of an initial positive test will be declared ineligible for further participation in VSCU intercollegiate sports.

A student-athlete who tests positive for a second time, after one year has elapsed, will be suspended from 50% of competition. If there are less than 50% competitions remaining in the season, suspension will carry over into the following season.

A student-athlete who receives a third positive test will be declared ineligible for further participation in VCSU intercollegiate sports.

I hereby certify that I have received and have read the Valley City State Substance Abuse policy.

I agree to submit to a RANDOM substance abuse test.

I understand that if my performance/actions/behavior indicates it is necessary, I agree to submit to a REASONABLE SUSPICION substance abuse test.

I understand and agree that the results of my drug tests, if any, will be disclosed to the Director of Athletics and Head Coach of your sport.

I agree to disclose my drug testing results only for the purpose related to my eligibility for participation in regular season and postseason athletic competition.

Note: Parental consent will be needed for student-athletes under the age of 18

I consent and agree to be tested. I have freely and knowingly decided to cooperate.

Signature of Student-Athlete

Date

Signature of Parent/Legal Guardian (if student is under the age of 18)

Date

Name (Please print full legal name)

Student-Athlete Dietary Supplement Disclosure & Review Form

I, _____ am taking or intend to take the following dietary
Student-Athlete Name

supplements. I acknowledge the risk of losing my eligibility to participate in intercollegiate athletics if I test positive for an NAIA or Valley City State University banned substance that may be found in any substance that I take, regardless of the reason or purpose for taking such supplements.

I acknowledge and understand that the labeling on these products can be misleading and inaccurate, and that sales personnel are neither motivated nor qualified to accurately certify that these products contain no banned substances. "Healthy" or "naturally occurring" are terms often used to market sales of dietary supplements, but do not necessarily mean they are safe.

Before taking or using any dietary supplement, I am responsible for ensuring the product does not contain any banned substance. By making this disclosure, I am requesting that these products and their ingredients be reviewed by Valley City State University's sports medicine staff for the purposes of determining whether they are medically safe to use and do not contain banned substances. I understand that I should not take or use these products until their usage has been reviewed by Valley City State University's sports medicine staff.

Brand Name:

1. _____
2. _____
3. _____

Listed Ingredients:

(Athletic Trainer to review, circle banned substances and notify student-athlete.)

- _____

4. _____

Signatures:

Student-Athlete Signature Date Athletic Trainer Signature Date

Drug Testing Reasonable Suspicion Reporting Form

I, _____, under the reasonable suspicion clause that is outlined Valley City State University Athletics Dept. Staff Member in the Valley City State University Drug Testing Policy, report the following objective sign(s), symptom(s) or behavior(s) that I reasonably believe warrant _____

Name of Student-Athlete

be referred to the Director of Athletics or his/her designee for possible drug testing. The following sign(s), symptom(s) or behavior(s) were observed by me over the past _____ hours and/or _____ days.

Please check below all that apply:

The Student-Athlete has shown:

- _____ irritability
- _____ loss of temper
- _____ poor motivation
- _____ failure to follow directions
- _____ verbal outburst (e.g. to faculty, staff, teammates)
- _____ physical outburst (e.g. throwing equipment)
- _____ emotional outburst (e.g. crying)
- _____ weight gain
- _____ weight loss
- _____ sloppy hygiene and/or appearance

The Student-Athlete has been:

- _____ late for practice
- _____ late for class
- _____ not attending class
- _____ receiving poor grades
- _____ staying up too late
- _____ missing appointment
- _____ missing/skipping meals

The Student-Athlete has demonstrated the following:

- _____ dilated pupils
- _____ constricted pupils
- _____ red eyes
- _____ smell of alcohol on the breath
- _____ smell of Marijuana
- _____ staggering or difficulty walking
- _____ constantly running and/or red nose
- _____ recurrent bouts with a cold or the flu (give dates _____)

Appendix K
ACHA-NCHA Spring 2024 Executive Summary



VALLEY CITY STATE UNIVERSITY
Executive Summary
Spring 2024

American College Health Association
National College Health Assessment III

ACHA-NCHA III

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha.org/NCHA.

Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment III: XXX Executive Summary Spring 2024. Silver Spring, MD: American College Health Association; 2024.

Introduction and Notes

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

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. A revised survey, the ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again, and data collection with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing data points between the Original ACHA-NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusion and is not recommended.

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.
4. **Changes from NCHA III to NCHA IIIb:** - To be more inclusive of online learners, **N3Q2** (sense of community/belonging) wording was changed and a "does not apply" option was added to **N3Q21** (sense of safety on/near campus).
 - A follow-up question, **N3Q40B**, was added to learn if a pregnancy negatively impacted academic performance in the last 12 months.
 - **N3Q47A13-A18** were reworded to clarify that the respondent experienced bullying, cyberbullying, hazing, microaggression, sexual harassment, or discrimination, and was not the perpetrator.
 - **N3QM1-6** were added to the mental health section to measure history of medication and therapy use.
 - **N3Q54C** and **N3Q55B** (where student received medical and mental health care) were removed.
 - COVID-19 vaccine (**COVIDVAX**) questions changed to reflect endemic.
 - "Asexual" was added to **N3Q68** as a standalone response option (to date, it had been recoded from write-in responses).
 - Questions **N3Q73B** and **C** were added to the demographic section to learn more about dropout intention and risk.
 - **N3Q74** was revised to be clearer about visa and international student status.
 - **N3Q79** (health insurance question) is now "select all that apply" and an option for insurance coverage through "an embassy or sponsoring agency for international students" was added.
 - **N3Q86A-C** (Firearms) are now included in the standard survey (with the option to opt-out).

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), Christine Kukich, MS (ckukich@acha.org), or visit www.acha-ncha.org.

We need to draw your attention to an important change in your ACHA-NCHA Report documents. Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

I. What we've done to date

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

II. Why change?

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented^[1], and schools need readily available access to this data in order to better address the needs of TGNC students

III. What's different about the way we are reporting?

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)
- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men^[2]." A "2" has been changed from "Female" to "Cis Women^[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

IV. Important considerations with this new format

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2024 survey for XXX consisting of 1780 respondents. The response rate was XX.X%.

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Findings

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

A. General Health and Campus Climate

- 52.2 % of college students surveyed (65.9 % cis men, 48.8 % cis women, and 40.0 % transgender/gender non-conforming) described their health as *very good or excellent*.
- 91.6 % of college students surveyed (97.6 % cis men, 91.2 % cis women, and 60.0 % transgender/gender non-conforming) described their health as *good, very good or excellent*.

Proportion of college students who reported they *agree* or *strongly agree* that:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
I feel that I belong at my college/university	71.7	80.0	66.7	77.2
I feel that students' health and well-being is a priority of my college/university	58.7	63.8	66.7	62.4
I feel that the climate of my college/university encourages free and open discussion about students' health and well-being	58.7	67.7	50.0	64.0
We are a college/university where we look out for each other	58.7	67.4	50.0	63.8

B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	28.9	14.2	16.7	17.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	71.1	85.8	83.3	82.1
Drinking energy drinks or shots on 0 of the past 30 days	44.2	48.8	33.3	47.3
Drinking energy drinks or shots on 1-4 of the past 30 days	18.6	24.4	0.0	22.5
Drinking energy drinks or shots on 5 or more of the past 30 days	37.2	26.8	66.7	30.2
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	33.3	13.2	16.7	18.2
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	34.8	29.5	50.0	30.9

Estimated Body Mass Index (BMI): This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
BMI				
<18.5 Underweight	2.2	1.6	0.0	1.7
18.5-24.9 Healthy Weight	26.7	46.4	16.7	40.0
25-29.9 Overweight	37.8	17.6	0.0	22.8
30-34.9 Class I Obesity	13.3	12.8	33.3	13.3
35-39.9 Class II Obesity	13.3	13.6	33.3	14.4
≥40 Class III Obesity	6.7	8.0	16.7	7.8
Mean	28.23	28.22	34.31	28.42
Median	26.54	25.79	34.55	26.25
Std Dev	6.43	8.44	7.34	7.92

Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services. *Physical Activities Guidelines for Americans*, 2nd edition. Washington, DC: US Dept of Health and Human Services; 2018

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

Definitions:

- Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups
- **Active Adults** meet the recommendation for strength training **AND** aerobic activity
- **Highly Active Adults** meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Guidelines met for aerobic exercise only	82.6	66.1	50.0	70.3
Guidelines met for Active Adults	65.2	40.9	33.3	47.0
Guidelines met for Highly Active Adults	50.0	33.9	33.3	37.8

Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
High or marginal food security (score 0-1)	57.8	56.2	50.0	56.4
Low food security (score 2-4)	11.1	23.1	33.3	20.2
Very low food security (score 5-6)	31.1	20.8	16.7	23.4
Any food insecurity (low or very low food security)	42.2	43.8	50.0	43.6

C. Health Care Utilization

College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Receiving psychological or mental health services within the last 12 months	15.2	32.3	33.3	28.3
Visiting a medical provider within the last 12 months	41.3	80.0	100.0	71.1

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Ever prescribed medication for a mental health condition	13.0	45.4	66.7	38.2
Prescribed before starting at current college/university*	4.3	36.2	50.0	28.6
Prescribed after starting at current college/university*	8.7	9.2	16.7	9.0
Last 12 months, prescribed medication for a mental health condition*	6.5	20.8	33.3	17.5

*These figures use all students in the sample as the denominator, rather than just those students who have ever been prescribed medication for a mental health condition

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Percent (%)				
Ever had counseling for a mental health condition	21.7	46.9	66.7	41.2

Started counseling before starting at current college/university*	13.0	29.2	50.0	25.4
Started counseling after starting at current college/university*	8.7	17.7	16.7	15.3
Last 12 month, had counseling for a mental health condition*	10.9	25.4	16.7	21.2

*These figures use all students in the sample as the denominator, rather than just those students who have ever had counseling for a mental health condition

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

College students reported:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Flu vaccine within the last 12 month		43.5	38.0	33.3	38.7
Not starting the HPV vaccine series		28.3	19.4	50.0	22.6
Starting, but not completing HPV vaccine series		6.5	5.4	0.0	5.4
Completing HPV vaccine series		39.1	44.2	50.0	43.0
Not knowing their HPV vaccine status		26.1	31.0	0.0	29.0
Ever having a GYN visit or exam (females only)			40.0	33.3	
Having a dental exam in the last 12 months		67.4	71.5	50.0	70.6
Being tested for HIV within the last 12 months		10.9	6.9	0.0	8.1
Being tested for HIV more than 12 months ago		2.2	4.6	0.0	3.8
Wearing sunscreen usually or always when outdoors		17.4	38.5	66.7	34.2
Spending time outdoors with the intention of tanning at least once in the last 12 months		50.0	76.6	50.0	68.5

D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. (items are listed in the order in which they appear in the survey)

Negatively impacted academic performance among all students in the sample

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use		0.0	3.1	0.0	2.1
Cannabis/marijuana use		0.0	0.8	0.0	0.5
Pregnancy or a partner's pregnancy		0.0	0.8	0.0	0.5

Negatively impacted academic performance among only students that experienced the issue

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use	0.0	4.1	0.0	2.9
Cannabis/marijuana use	0.0	4.0	0.0	2.5
Pregnancy or a partner's pregnancy	0.0	33.3	0.0	25.0

Problems or challenges in the last 12 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Career	10.9	8.5	16.7	9.0
Finances	10.9	11.5	33.3	11.6
Procrastination	30.4	49.2	50.0	43.4
Faculty	6.5	4.6	16.7	5.3
Family	4.3	13.8	33.3	11.6
Intimate Relationships	6.5	13.1	0.0	10.6
Roommate/housemate	2.2	7.7	0.0	5.8
Peers	2.2	6.9	16.7	5.8
Personal appearance	6.5	4.6	33.3	5.8
Health of someone close to me	8.7	11.5	33.3	11.1
Death of a family member, friend, or someone close to me	6.5	13.1	16.7	11.1
Bullying	0.0	3.1	0.0	2.1
Cyberbullying	0.0	0.0	0.0	0.0
Hazing	2.2	0.0	0.0	0.5
Microaggression	2.2	0.0	0.0	0.5
Sexual Harassment	2.2	2.3	0.0	2.1
Discrimination	0.0	1.5	0.0	1.1

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Career	45.5	25.6	100.0	30.4
Finances	25.0	21.4	66.7	23.2
Procrastination	58.3	62.1	60.0	60.7
Faculty	60.0	50.0	50.0	52.6
Family	16.7	36.7	100.0	34.4
Intimate Relationships	23.1	34.0	0.0	30.3
Roommate/housemate	10.0	22.7	0.0	19.0
Peers	10.0	22.0	50.0	20.4
Personal appearance	21.4	8.8	50.0	12.5
Health of someone close to me	33.3	28.8	66.7	30.4
Death of a family member, friend, or someone close to me	27.3	41.5	50.0	37.5
Bullying	0.0	22.2	0.0	16.7
Cyberbullying	0.0	0.0	0.0	0.0
Hazing	100.0	0.0	0.0	33.3
Microaggression	25.0	0.0	0.0	5.0
Sexual Harassment	100.0	25.0	0.0	25.0
Discrimination	0.0	22.2	0.0	16.7

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

**Negatively impacted academic performance
among all students in the sample**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acute Diagnoses in the last 12 months				
Bronchitis	2.2	3.1	0.0	2.6
Chlamydia	2.2	0.0	0.0	0.5
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	8.7	19.2	33.3	16.4
Concussion	4.3	2.3	0.0	3.2
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	4.3	13.1	16.7	10.6
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.0	0.0	0.0	0.0
Orthopedic injury	0.0	3.8	0.0	3.2
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.0	0.0	0.0	0.0
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	4.3	6.2	16.7	5.8
Urinary tract infection	0.0	3.8	0.0	2.6

**Negatively impacted academic performance
among only students that experienced the issue**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
100.0	57.1	0.0	55.6
100.0	0.0	0.0	50.0
0.0	0.0	0.0	0.0
57.1	42.4	50.0	43.7
100.0	60.0	0.0	66.7
0.0	0.0	0.0	0.0
100.0	53.1	100.0	55.6
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	23.8	0.0	22.2
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
66.7	47.1	100.0	50.0
0.0	29.4	0.0	29.4

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	15.2	28.5	16.7	23.8

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
25.9	37.8	16.7	33.8

Other impediments to academic performance

Assault (physical)	0.0	1.5	0.0	1.1
Assault (sexual)	0.0	2.3	0.0	1.6
Allergies	0.0	0.8	0.0	0.5
Anxiety	10.9	31.5	33.3	25.9
ADHD or ADD	4.3	6.9	0.0	6.3
Concussion or TBI	0.0	1.5	0.0	1.1
Depression	6.5	27.7	33.3	22.2
Eating disorder/problem	0.0	2.3	0.0	1.6
Headaches/migraines	0.0	13.1	16.7	10.1
Influenza or influenza-like illness (the flu)	0.0	7.7	0.0	5.8
Injury	0.0	1.5	0.0	1.1
PMS	0.0	13.8	0.0	9.5
PTSD	2.2	4.6	0.0	3.7
Short-term illness	0.0	7.7	0.0	5.3
Upper respiratory illness	2.2	9.2	0.0	6.9
Sleep difficulties	8.7	28.5	0.0	22.2
Stress	13.0	43.1	16.7	33.9

0.0	50.0	0.0	40.0
0.0	25.0	0.0	21.4
0.0	2.3	0.0	1.7
33.3	47.7	40.0	44.5
50.0	45.0	0.0	44.4
0.0	66.7	0.0	40.0
30.0	58.1	66.7	53.8
0.0	13.6	0.0	12.0
0.0	32.7	33.3	30.2
0.0	38.5	0.0	36.7
0.0	10.5	0.0	7.7
0.0	34.6	0.0	34.0
50.0	46.2	0.0	46.7
0.0	33.3	0.0	28.6
25.0	29.3	0.0	28.3
33.3	57.8	0.0	51.2
31.6	53.8	25.0	49.2

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
A physical fight	4.3	1.6	0.0	3.2
A physical assault (not sexual assault)	0.0	2.3	0.0	2.7
A verbal threat	11.1	14.7	16.7	15.1
Sexual touching without their consent	4.3	10.1	16.7	9.6
Sexual penetration attempt without their consent	2.2	3.9	0.0	3.2
Sexual penetration without their consent	0.0	1.6	0.0	1.1
Being a victim of stalking	0.0	3.1	0.0	2.7
A partner called me names, insulted me, or put me down to make me feel bad	2.2	10.9	16.7	9.1
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	4.4	6.2	16.7	6.5
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	0.0	3.9	16.7	3.7
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.0	3.9	0.0	3.2
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	2.2	4.7	0.0	4.3

College students reported feeling *very safe** :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
On their campus (daytime)	81.8	86.0	100.0	85.3
On their campus (nighttime)	77.5	39.8	33.3	49.7
In the community surrounding their campus (daytime)	75.0	69.8	66.7	70.3
In the community surrounding their campus (nighttime)	65.1	23.5	16.7	33.7

*Note: "Does not apply" responses were removed from the total in the denominator

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	41.3	33.1	50.0	35.6
Alcoholic beverages (beer, wine, liquor, etc.)	60.9	70.0	83.3	68.6
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	34.8	25.4	33.3	27.7
Cocaine (coke, crack, etc.)	2.2	0.8	0.0	1.6
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	4.3	2.3	0.0	3.7
Methamphetamine (speed, crystal meth, ice, etc.)	0.0	0.0	0.0	0.5
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	2.2	0.0	0.0	0.5
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	2.2	4.6	0.0	3.7
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	4.4	2.3	0.0	2.7
Heroin	0.0	0.0	0.0	0.0
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	2.2	3.1	0.0	2.7

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
30.4	25.4	33.3	27.0
54.3	66.9	83.3	64.0
15.2	14.6	16.7	14.8
0.0	0.0	0.0	0.5
2.2	0.8	0.0	1.6
0.0	0.0	0.0	0.5
0.0	0.0	0.0	0.0
0.0	3.1	0.0	2.1
0.0	0.8	0.0	0.5
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	26.1	17.7	16.7	19.6
Alcoholic beverages	6.5	13.8	0.0	11.6
Cannabis (nonmedical use)	13.0	7.7	0.0	8.5
Cocaine	0.0	0.0	0.0	0.5
Prescription stimulants (nonmedical use)	2.2	1.5	0.0	2.1
Methamphetamine	0.0	0.0	0.0	0.5
Inhalants	0.0	0.0	0.0	0.0
Sedatives or Sleeping Pills (nonmedical use)	0.0	0.8	0.0	0.5
Hallucinogens	0.0	0.8	0.0	0.5
Heroin	0.0	0.0	0.0	0.0
Prescription opioids (nonmedical use)	0.0	0.8	0.0	0.5

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
2.2	2.3	0.0	2.1
0.0	0.0	0.0	0.0
0.0	0.8	0.0	0.5
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

***Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	2.2	0.8	0.0	1.6
Prescription sedatives or sleeping pills	0.0	0.8	0.0	0.5
Prescription opioids	0.0	0.0	0.0	0.0

*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.

***Tobacco or nicotine delivery products used in the last 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	6.5	4.6	16.7	5.3
E-cigarettes or other vape products (for example: Juul, etc.)	19.6	20.8	0.0	20.1
Water pipe or hookah	0.0	0.8	0.0	0.5
Chewing or smokeless tobacco	13.0	3.1	16.7	5.8
Cigars or little cigars	2.2	0.8	0.0	1.1
Other	8.7	0.0	0.0	2.1

*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.

Students in Recovery

■ 2.0 % of college students surveyed (0.0 % cis men, 2.9 % cis women, and 0.0 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

Percent (%)	Drank Alcohol			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	26.1	20.0	16.7	21.7
Within the last 2 weeks	47.8	43.1	66.7	44.4
More than 2 weeks ago but within the last 30 days	4.3	14.6	0.0	11.1
More than 30 days ago but within the last 3 months	19.6	10.0	16.7	13.2
More than 3 months ago but within the last 12 months	2.2	6.9	0.0	5.3
More than 12 months ago	0.0	5.4	0.0	4.2

*Students were instructed to include medical and non-medical use of cannabis.

Cis Men	Cis Women	*Used Cannabis/Marijuana	
		Trans/ Gender Non- conforming	Total
58.7	67.7	66.7	66.0
6.5	9.2	0.0	8.0
4.3	1.5	0.0	2.1
6.5	2.3	0.0	3.2
8.7	6.9	33.3	8.5
15.2	12.3	0.0	12.2

Driving under the influence

- 20.0 % of college students reported driving after having **any alcohol** in the last 30 days.*
*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
- 43.8 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*
*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Estimated Blood Alcohol Concentration (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
< .08		69.7	82.1	100.0	79.0
< .10		78.8	83.3	100.0	83.1
Mean		0.06	0.04	0.01	0.05
Median		0.02	0.02	0.00	0.02
Std Dev		0.08	0.06	0.02	0.06

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

*Reported number of drinks consumed the last time students drank alcohol in a social setting.

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Number of drinks					
4 or fewer		57.6	71.3	80.0	68.2
5		9.1	8.0	0.0	8.5
6		0.0	5.7	20.0	4.7
7 or more		33.3	14.9	0.0	18.6
Mean		5.0	3.9	3.4	4.2
Median		4.0	3.0	4.0	3.0
Std Dev		3.9	3.2	2.0	3.3

*Only students who reported drinking alcohol in the last three months were asked this question.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Among all students surveyed					
Did not drink alcohol in the last two weeks (includes non-drinkers)		52.2	56.9	33.3	55.6
None		21.7	15.4	33.3	17.5
1-2 times		15.2	21.5	33.3	20.1
3-5 times		10.9	5.4	0.0	6.3
6 or more times		0.0	0.8	0.0	0.5

*Only students who reported drinking alcohol in the last two weeks were asked this question.

*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
45.5	35.7	50.0	39.3
31.8	50.0	50.0	45.2
22.7	12.5	0.0	14.3
0.0	1.8	0.0	1.2

*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did something I later regretted		17.6	20.6	0.0	20.0
Blackout (forgot where I was or what I did for a large period of time and cannot remember , even when someone reminds me)		26.5	11.3	20.0	15.7
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		23.5	26.8	0.0	25.0
Got in trouble with the police		2.9	1.0	0.0	1.4
Got in trouble with college/university authorities		6.1	1.0	0.0	2.2
Someone had sex with me without my consent		2.9	3.1	0.0	2.9
Had sex with someone without their consent		0.0	0.0	0.0	0.0
Had unprotected sex		20.6	18.6	0.0	18.6
Physically injured myself		11.8	12.4	0.0	12.1
Physically injured another person		0.0	0.0	0.0	0.0
Seriously considered suicide		2.9	2.1	0.0	2.9
Needed medical help		0.0	0.0	0.0	0.7
Reported two or more of the above		34.4	29.3	0.0	30.6

*Only students who reported drinking alcohol in the last 12 months were asked these questions.

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

G. Sexual Behavior

When, if ever, was the last time you had:

Percent (%)	Oral sex			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	34.8	40.3	50.0	39.4
Within the last 2 weeks	26.1	28.7	0.0	26.6
More than 2 weeks ago but within the last 30 days	4.3	7.0	0.0	6.4
More than 30 days ago but within the last 3 months	13.0	9.3	0.0	10.1
More than 3 months ago but within the last 12 months	15.2	7.8	16.7	9.6
More than 12 months ago	6.5	7.0	33.3	8.0

Vaginal intercourse

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
30.4	42.2	33.3	38.7
28.3	35.9	16.7	33.3
6.5	7.0	16.7	7.0
10.9	3.9	0.0	5.4
17.4	5.5	0.0	8.1
6.5	5.5	33.3	7.5

Percent (%)	Anal intercourse			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	82.2	87.5	83.3	86.5
Within the last 2 weeks	0.0	2.3	0.0	1.6
More than 2 weeks ago but within the last 30 days	2.2	1.6	0.0	1.6
More than 30 days ago but within the last 3 months	2.2	0.0	0.0	0.5
More than 3 months ago but within the last 12 months	8.9	2.3	0.0	3.8
More than 12 months ago	4.4	6.3	16.7	5.9

*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
None	0.0	0.0	0.0	0.0
1	71.0	72.0	100.0	72.1
2	6.5	13.3	0.0	10.8
3	19.4	8.0	0.0	11.7
4 or more	3.2	6.7	0.0	5.4
Mean	1.6	1.6	1.0	1.6
Median	1.0	1.0	1.0	1.0
Std Dev	0.9	1.2	0.0	1.1

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Oral sex	14.3	4.3	0.0	6.6
Vaginal intercourse	50.0	32.7	50.0	36.0
Anal intercourse	0.0	0.0	0.0	0.0

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Yes, used a method of contraception	75.9	73.1	100.0	74.0
No, did not want to prevent pregnancy	0.0	7.5	0.0	5.0
No, did not use any method	20.7	17.9	0.0	19.0
Don't know	3.4	1.5	0.0	2.0

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Birth control pills (monthly or extended cycle)	31.8	26.5	0.0	28.4
Birth control shots	4.5	4.1	0.0	4.1
Birth control implants	9.1	6.1	0.0	6.8
Birth control patch	0.0	2.0	0.0	1.4
The ring	0.0	4.1	0.0	2.7
Emergency contraception ("morning after pill" or "Plan B")	9.1	6.1	0.0	6.8
Intrauterine device	18.2	16.3	50.0	17.6
Male (external) condom	59.1	49.0	100.0	52.7
Female (internal) condom	0.0	0.0	0.0	0.0
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	4.5	26.5	50.0	20.3
Fertility awareness (calendar, mucous, basal body temperature)	0.0	4.1	0.0	2.7
Sterilization (hysterectomy, tubes tied, vasectomy)	4.5	12.2	0.0	9.5
Other method	0.0	2.0	0.0	1.4
Male condom use plus another method	27.3	34.7	100.0	33.8
Any two or more methods (excluding male condoms)	13.6	20.4	0.0	17.6

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions. This question was select all that apply.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (20.7 % cis men, 25.4 % cis women, 0 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (0 % cis men, 1.5 % cis women, 0 % trans/gender non-conforming)

H. Mental Health and Wellbeing

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No or low psychological distress (0-12)	93.3	79.1	50.0	81.6
Serious psychological distress (13-24)	6.7	20.9	50.0	18.4
Mean	5.93	8.51	11.00	8.04
Median	6.00	8.00	11.00	7.00
Std Dev	4.49	5.59	7.32	5.60

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative for loneliness (3-5)	65.2	55.4	50.0	56.7
Positive for loneliness (6-9)	34.8	44.6	50.0	43.3
Mean	4.70	5.27	6.17	5.20
Median	4.00	5.00	6.00	5.00
Std Dev	1.91	2.01	2.14	2.00

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)
(higher scores reflect a higher level of psychological well-being)

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	45.70	44.88	41.33	44.90
Median	48.00	46.00	44.00	47.00
Std Dev	9.89	8.07	11.86	8.67

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)
(higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.30	5.99	6.67	6.11
Median	6.00	6.00	8.00	6.00
Std Dev	1.70	1.51	1.75	1.56

Self injury

■ 15.0 % of college students surveyed (4.3 % cis men, 18.5 % cis women, and 16.7 % trans/gender non-conforming) indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

16.7 % trans/gender non-conforming)

Within the last 12 months, have you had problems or challenges with any of the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics	31.1	40.8	50.0	38.2
Career	24.4	33.8	16.7	30.6
Finances	44.4	54.6	50.0	51.6
Procrastination	53.3	80.0	83.3	73.1
Faculty	13.3	9.3	33.3	10.8
Family	26.7	38.5	33.3	34.9
Intimate relationships	28.9	38.8	33.3	35.7
Roommate/housemate	22.2	35.4	33.3	32.3
Peers	22.2	32.3	33.3	29.7
Personal appearance	31.1	53.1	66.7	47.8
Health of someone close to me	26.7	40.8	50.0	37.6
Death of a family member, friend, or someone close to me	23.9	31.5	33.3	29.9
I was bullied	6.7	14.0	16.7	13.0
I was cyberbullied	2.2	5.4	16.7	4.8
I was hazed	2.2	1.5	0.0	1.6
I experienced microaggression(s)	8.9	10.8	33.3	10.8
I was sexually harassed	2.2	9.2	16.7	8.6
I experienced discrimination	6.7	6.9	0.0	6.4

*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

<i>Students reporting none of the above</i>	17.4	6.2	16.7	10.1
<i>Students reporting only one of the above</i>	15.2	7.7	0.0	9.6
<i>Students reporting 2 of the above</i>	13.0	8.5	0.0	9.6
<i>Students reporting 3 or more of the above</i>	54.3	77.7	83.3	70.7

***Of those reporting this issue, it caused moderate or high distress**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
64.3	92.3	66.7	85.7
45.5	69.8	100.0	66.1
70.0	74.3	100.0	74.7
50.0	66.0	40.0	63.0
50.0	50.0	100.0	52.6
58.3	69.4	50.0	67.2
69.2	70.0	100.0	71.2
40.0	73.3	50.0	67.8
30.0	48.8	50.0	46.3
42.9	69.1	75.0	65.9
58.3	53.8	66.7	56.5
54.5	75.6	100.0	73.2
0.0	38.9	0.0	29.2
100.0	42.9	0.0	44.4
100.0	50.0	0.0	66.7
75.0	21.4	50.0	35.0
100.0	50.0	0.0	56.3
0.0	33.3	0.0	25.0

Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range is 3-18)

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Negative suicidal screening (3-6)	91.3	69.2	50.0	74.2
Positive suicidal screening (7-18)	8.7	30.8	50.0	25.8
Mean	4.11	5.56	7.17	5.27
Median	3.00	4.00	8.00	3.00
Std Dev	2.26	3.24	3.92	3.19

Suicide attempt

- 2.2 % of college students surveyed (2.2 % cis men, 1.6 % cis women, and 0 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Within the last 30 days, how would you rate the overall level of stress experienced:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
No stress	13.0	0.8	0.0	3.8
Low	37.0	19.4	50.0	24.9
Moderate	43.5	51.2	33.3	48.1
High	6.5	28.7	16.7	23.2

I. Acute Conditions

College students reported being diagnosed by a healthcare professional within the last 12 months with:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Bronchitis	2.2	5.4	0.0	4.9
Chlamydia	2.2	0.8	0.0	1.1
Chicken Pox (Varicella)	0.0	1.6	0.0	1.1
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	15.2	46.1	66.7	38.6
Concussion	4.3	3.9	0.0	4.9
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza) or flu-like illness	4.3	24.8	16.7	19.5
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.0	0.8	0.0	0.5
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	8.7	16.4	0.0	14.7
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.0	0.0	0.0	0.0
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	6.5	13.3	16.7	12.0
Urinary tract infection	0.0	13.4	0.0	9.3

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

J. Ongoing or Chronic Conditions

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

Mental Health	College students reported ever being diagnosed with the following:			
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	17.4	10.9	33.3	13.6
Alcohol or Other Drug-Related Abuse or Addiction	0.0	0.0	0.0	0.0
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	13.0	48.1	83.3	40.5
Autism Spectrum	6.5	1.6	0.0	2.7
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	4.3	0.8	0.0	1.6
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.0	2.3	0.0	1.6
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	4.4	41.1	50.0	32.6
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	6.5	7.0	0.0	6.5
Gambling Disorder	0.0	0.0	0.0	0.0
Insomnia	0.0	4.7	0.0	3.3
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	0.0	3.9	16.7	3.2
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	4.3	10.1	0.0	8.1
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	2.2	0.0	0.0	0.5
Tourette's or other neurodevelopmental condition not already listed	0.0	0.0	0.0	0.0
Traumatic brain injury (TBI)	0.0	0.0	0.0	0.0

***Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
50.0	78.6	50.0	68.0
0.0	0.0	0.0	0.0
83.3	80.6	60.0	80.0
66.7	100.0	0.0	80.0
50.0	100.0	0.0	66.7
0.0	33.3	0.0	33.3
50.0	79.2	33.3	76.7
33.3	44.4	0.0	41.7
0.0	0.0	0.0	0.0
0.0	83.3	0.0	83.3
0.0	60.0	0.0	50.0
50.0	38.5	0.0	40.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
<i>Students reporting none of the above</i>	71.7	44.2	16.7	50.3
<i>Students reporting only one of the above</i>	15.2	14.7	16.7	14.6
<i>Students reporting both Depression and Anxiety</i>	2.2	37.2	50.0	29.2
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>	10.9	3.9	16.7	5.9

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Genital herpes	0.0	1.6	0.0	1.1
Hepatitis B or C	0.0	0.0	0.0	0.0
HIV or AIDS	2.2	0.0	0.0	0.5
Human papillomavirus (HPV) or genital warts	0.0	0.0	0.0	0.0

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	100.0	0.0	100.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

Other Chronic /Ongoing Medical Conditions

College students reported ever being diagnosed with the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acne	8.7	21.9	33.3	18.5
Allergies - food allergy	13.0	15.5	16.7	15.1
Allergies - animals/pets	6.5	14.0	0.0	11.4
Allergies - environmental (for example: pollen, grass, dust, mold)	20.0	32.6	16.7	28.3
Asthma	10.9	14.8	33.3	14.1
Cancer	0.0	0.8	0.0	1.1
Celiac disease	0.0	2.3	0.0	1.6
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	4.3	7.9	33.3	8.2
Diabetes or pre-diabetes/insulin resistance	2.2	3.9	16.7	3.8
Endometriosis	0.0	2.3	0.0	1.6
Gastroesophageal Reflux Disease (GERD) or acid reflux	0.0	4.7	0.0	3.2
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	4.3	1.6	0.0	2.2
High blood pressure (hypertension)	2.2	4.7	0.0	3.8
High cholesterol (hyperlipidemia)	2.2	3.1	16.7	3.3
Irritable bowel syndrome (spastic colon or spastic bowel)	4.3	4.7	0.0	4.3
Migraine headaches	8.7	17.2	16.7	14.7
Polycystic Ovarian Syndrome (PCOS)	2.2	7.0	0.0	5.4
Sleep Apnea	2.2	3.1	0.0	2.7
Thyroid condition or disorder	0.0	1.6	16.7	1.6
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.0	1.6	0.0	1.1

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
25.0	39.3	50.0	38.2
16.7	35.0	0.0	28.6
33.3	44.4	0.0	42.9
22.2	33.3	0.0	30.8
40.0	47.4	50.0	46.2
0.0	100.0	0.0	100.0
0.0	33.3	0.0	33.3
0.0	60.0	0.0	46.7
100.0	60.0	100.0	71.4
0.0	100.0	0.0	100.0
0.0	33.3	0.0	33.3
0.0	50.0	0.0	25.0
0.0	66.7	0.0	57.1
100.0	50.0	100.0	66.7
0.0	33.3	0.0	25.0
0.0	54.5	0.0	44.4
0.0	77.8	0.0	70.0
100.0	75.0	0.0	80.0
0.0	100.0	100.0	100.0
0.0	50.0	0.0	50.0

Cis Men n =	46
Cis Women n =	130
Trans/GNC n =	6

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	0.0	0.0	100.0	20.0
Type II Diabetes	100.0	0.0	0.0	20.0
Pre-diabetes or insulin resistance	0.0	100.0	0.0	100.0
Gestational Diabetes	0.0	0.0	0.0	0.0

K. Sleep

Reported amount of time to usually fall asleep at night (sleep onset latency):

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	54.3	45.4	33.3	47.1
16 to 30 minutes	28.3	34.6	0.0	31.7
31 minutes or more	17.4	20.0	66.7	21.2

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

On weeknights				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 7 hours	34.8	36.9	50.0	37.0
7 to 9 hours	60.9	61.5	50.0	60.8
10 or more hours	4.3	1.5	0.0	2.1

On weekend nights				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
26.1	14.0	16.7	18.1	
69.6	75.2	33.3	71.3	
4.3	10.9	50.0	10.6	

Students reported the following on 3 or more of the last 7 days:

Felt tired or sleepy during the day				
Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0 days	10.9	3.8	0.0	5.8
1-2 days	30.4	20.0	16.7	21.7
3-5 days	52.2	40.0	33.3	42.9
6-7 days	6.5	36.2	50.0	29.6

Got enough sleep so that they felt rested				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
6.5	29.2	33.3	24.3	
21.7	36.2	33.3	31.7	
56.5	26.9	33.3	34.4	
15.2	7.7	0.0	9.5	

Demographics and Sample Characteristics

Age	
18 - 20 years:	54.1 %
21 - 24 years:	33.0 %
25 - 29 years:	3.2 %
30+ years:	9.7 %

Mean age: 22.1 years
Median age: 20.0 years

Gender*	
Cis Women:	68.8 %
Cis Men:	24.3 %
Transgender/Gender Non-conforming:	3.2 %

* See note on page 2 regarding gender categories

Student status	
1st year undergraduate:	24.2 %
2nd year undergraduate:	18.8 %
3rd year undergraduate:	24.7 %
4th year undergraduate:	16.7 %
5th year or more undergraduate:	8.6 %
Master's (MA, MS, MFA, MBA, etc.):	5.4 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %
Not seeking a degree:	1.1 %
Other:	0.5 %

Full-time student:	91.9 %
Part-time student:	6.5 %
Other student:	1.6 %

Relationship status	
Not in a relationship:	48.4 %
In a relationship but not married/partnered:	40.3 %
Married/partnered:	11.3 %

Primary Source of Health Insurance**	
College/university sponsored SHIP plan:	0.0 %
Parent or guardian's plan:	75.1 %
Employer (mine or my spouse/partners):	8.5 %
Medicaid, Medicare, SCHIP, or VA:	7.9 %
Bought a plan directly or from the exchange	0.0 %
Embassy/sponsoring agency (international)	0.5 %
Another source	0.5 %
Have insurance, but don't know source:	2.6 %
Don't have health insurance:	3.7 %
Don't know if I have health insurance:	2.1 %
Students that selected more than one source:	3.2 %

Student Veteran: 2.7 %

Parent or primary responsibility for someone else's child/children under 18 years old: 9.2 %

**this question was select all that apply, totals may add up to over 100%

Students describe themselves as	
Straight/Heterosexual:	81.1 %
Asexual:	2.7 %
Bisexual:	9.7 %
Gay:	1.6 %
Lesbian:	0.5 %
Pansexual:	1.1 %
Queer:	0.5 %
Questioning:	1.6 %
Identity not listed above:	1.1 %

Housing	
Campus or university housing:	53.0 %
Fraternity or sorority residence:	0.5 %
Parent/guardian/other family:	4.9 %
Off-campus:	38.4 %
Temporary or "couch surfing":	0.5 %
Don't have a place to live:	0.0 %
Other:	2.7 %

Students describe themselves as**	
American Indian or Native Alaskan	5.8 %
Asian or Asian American	4.8 %
Black or African American	1.6 %
Hispanic or Latino/a/x	5.3 %
Middle Eastern/North African (MENA) or Arab Origin:	0.0 %
Native Hawaiian or Other Pacific Islander Native:	1.1 %
White:	89.4 %
Biracial or Multiracial:	0.0 %
Identity not listed above:	0.5 %

If Hispanic or Latino/a/x, are you**	
Mexican, Mexican American, Chicano:	70.0 %
Puerto Rican:	10.0 %
Cuban:	10.0 %
Another Hispanic, Latino/a/x, or Spanish Origin:	10.0 %

If Asian or Asian American, are you**	
East Asian:	44.4 %
Southeast Asian:	77.8 %
South Asian:	0.0 %
Other Asian:	0.0 %

Visa status & location of study

	Do not have/need a U.S. visa	Have/need a U.S. visa
Studying in U.S.	83.5 %	12.1 %
Studying Outside U.S.	4.4 %	0.0 %

■ **First generation students** 44.6 %
 (Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ **Do you have any of the following?**

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	14.5 %
Autism Spectrum Disorder:	3.8 %
Deaf/Hearing loss:	3.8 %
Learning disability:	6.5 %
Mobility/Dexterity disability:	1.1 %
Blind/low vision:	2.2 %
Speech or language disorder:	2.7 %

■ **Participated in organized college athletics:**

Varsity:	30.8 %
Club sports:	8.9 %
Intramurals:	10.6 %

■ **Member of a social fraternity or sorority:**

Greek member:	2.2 %
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■ **Dropout Intention**
Very, moderately, or slightly likely to:

Leave school and transfer to another school	11.8 %
Leave school without transferring to another school	7.0 %