

**BIENNIAL REVIEW**  
Drug-Free Schools and Campuses  
FY19 (Fall 2018-Spring 2019) – FY20 (Fall 2019-Spring 2020)

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Cc: Dr. José-Marie Griffiths, President  
Dakota State University President’s Cabinet

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## **I. DAKOTA STATE UNIVERSITY WELLNESS PROGRAMMING – MISSION STATEMENT**

It is the policy of Dakota State University to create and maintain a drug-free work and study environment (<https://dsu.edu/root-files/02-74-00.pdf>). The improper use of controlled substances or alcohol is inconsistent with the professional and responsible behavior we expect of employees and students. It also subjects all employees, students, and visitors to our facilities to unacceptable health and safety risks and undermines Dakota State University's ability to operate effectively and efficiently.

The mission of Dakota State University's Counseling Center is to promote student persistence, retention and academic success by providing a comprehensive system of resources - offering access to a continuum of mental health and alcohol and drug use.

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## **II. ALCOHOL AND OTHER DRUG POLICY**

### **AOD POLICY APPLICATION & ENFORCEMENT**

Dakota State University Alcohol & Other Drug (AOD) Policy is in compliance with South Dakota Board of Regents policy 3.4 ([www.sdbor.edu/policy/Documents/3-4.pdf](http://www.sdbor.edu/policy/Documents/3-4.pdf)) please note this policy has been updated effective August 2020.

The DSU Counseling Center offers student prevention and intervention strategies. Intervention strategies increase in intensity based on the strike-level and nature of the student violation. Dakota State University offers a continuum of services ranging from basic alcohol education to referrals for assessment and case management for formalized substance use treatment. Combined with an effective student support network and a community/campus-wide referral system, DSU's Counseling Center offers programs and services designed to meet a wide range of student needs.

Additionally, Dakota State University Athletics Department adopted policies and procedures for drug education and drug screening for student-athletes. The purpose of the program is to provide safe and equitable competition for student-athletes participating in Intercollegiate athletic program, consistent with the high ethical standards and the goals and objectives of the university.

## UNIVERSITY SANCTIONS & PROGRAM REQUIREMENTS

Policy guidelines allow for a combination of educational and/or treatment requirements and/or disciplinary probation based on the strike level of the violation. Counseling Center interventions and required directives increase in intensity based on strike level. All interventions are implemented with the goal of reducing recidivism rate.

<b>SANCTIONS &amp; AOD PROGRAM REQUIREMENTS A BRIEF OVERVIEW</b>
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### 1<sup>st</sup> Alcohol Violation

#### Written Warning

Community standards conversation with the hearing officer

Meeting with the campus Counseling Center

Brief alcohol behavior screening

Appropriate educational resource material review and reflection assignment

### 2<sup>nd</sup> Alcohol Violation

#### Letter of Reprimand

Community standards conversation with the hearing officer

Meeting with the campus Counseling Center

Brief alcohol behavior screening

Possible appropriate educational resource material review and reflection

and/or participation in an individual or group intervention and prevention program

Period of disciplinary probation to be no less than one academic semester which must include either a fall or spring semester

### 3<sup>rd</sup> Alcohol Violation

#### Student Code of Conduct Board

Meeting with the campus Counseling Center

Likely assessment referral and 100% compliance with all recommendations

Participation in an individual or group intervention and prevention program

Possibility of suspension from the Board of Regents system for a period of no less than one academic semester which must include either a fall or spring semester

### 1<sup>st</sup> chemical substance violation

#### Written Warning

Meeting with the Counseling Center

Brief controlled substance behavior screening

Appropriate educational resource material review and reflection assignment

### 2<sup>nd</sup> chemical substance violation

Letter of Reprimand

Meeting with the Counseling Center

Brief controlled substance behavior screening

Possible appropriate educational resource material review and reflection and/or participation in an individual or group intervention and prevention program

Period of disciplinary probation to be no less than one academic semester which must include either a fall or spring semester

### 3<sup>rd</sup> chemical substance violation

Student Code of Conduct board

Meeting with the campus Counseling Center

Likely chemical use assessment referral and 100% compliance with all directives

Likely consideration of suspension from the university for a period of no less than one academic year which must include a fall and spring semester

## **POLICY DISTRIBUTION PROCEDURES**

1. Student Handbook. The entire student handbook, including AOD policy and sanctions, has been available for access on the university website since 2000.
2. Student Orientation. AOD policy is reviewed at Student Orientation each term.
3. Residence Hall Meetings. AOD policy is discussed in detail at both all-hall and floor-only meetings the first two days of move-in.
4. The Counseling Center does presentations with other personnel to individual classrooms throughout the year.
5. Faculty & Staff. The Drug-Free Workplace policy [Policy: 02-74-00](#) is located and available for faculty/staff on the [MyDSU Portal](#) under University Policies. Human Resources shows new employees where the DSU handbook and policies are located during onboarding. New employees are asked to review and sign a form to submit back to the Human Resources office.

## STUDENT VIOLATIONS OF AOD POLICY During Reporting Period

There were a total of 41 student violations of the AOD Policy during the reporting period FY19 + FY20.

### TOTAL VIOLATIONS

FY19	33 Violations	80%
FY20	8 Violations	20%
Total	41 Violations	100%

### VIOLATION BY STRIKE LEVEL

1 <sup>st</sup> Strike	37	90%
2 <sup>nd</sup> Strike	4	10%
3 <sup>rd</sup> Strike	0	0%
4 <sup>th</sup> Strike	0	0%
Total	41	100%

### VIOLATION BY TYPE

Off-Campus	2	5%
On-Campus	39	95%
Total	41	100%

### OFF-CAMPUS VIOLATIONS BY TYPE

Minor in Consumption	0	0%
Driving Under Influence	0	0%
Drug Possession	2	100%
Common Nuisance	0	0%
Total	2	100%

### TRENDS – VIOLATIONS BY REPORTING PERIOD

FY09 – 56, FY10 – 40:99  
FY11 – 88, FY12 – 48:136  
FY13 – 35, FY14 – 83:118  
FY15 – 42, FY16 – 18:60  
FY17 – 25, FY18 – 20:45  
FY19 – 33, FY20 – 8:41

## CONSIDERATIONS REGARDING POLICY AND STUDENT VIOLATIONS DURING REPORTING PERIOD

- The data interpretations below indicate that while some rates of student violations continue to improve, work can still be done in prevention and intervention.
    - The overall rate of student violations decreased since the last reporting period.
    - Student rate of repeat violations has decreased.
    - Both on and off campus violations decreased.
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### III. COUNSELING CENTER

DSU's Counseling Center offers student access to a continuum of confidential, wellness, alcohol and other drug-based services. Many of these services are provided "in-house" by our office at no charge to the student; other services are provided through direct referrals to outside service agencies and regional support networks.

The Counseling Center continues to see an increase in student self-referrals for comprehensive services. This may be due to increasing program visibility on campus, combined with the successful outcomes of students utilizing services.

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### IV. PROGRAMMING DURING REPORTING PERIOD

- **COUNSELING CENTER.** Continued program assessment and evaluation are critical to success in reaching institutional student persistence and retention goals. For reasons, many times outside the focus of our control, a seeming growing percentage of students are not properly positioned for academic success upon arriving on campus. Combined with a seeming shrinking timeline due to institutional and system-wide academic performance requirements, there continues to be a significant increase in the demand for services and resources (both human and technology) required to provide students.
- **PROGRAMMING** The following programs were offered by the Counseling Center during FY19 and FY20:
  - Directions – Directions is an education and intervention program developed for multiple alcohol and drug offenders. It focuses on motivations for use and goals for the future. Students referred to the program have had multiple alcohol violations in the halls and/or drug violations. Directions is based off the scientifically researched 'Choices' program.
  - Orientation Session focused on trends of ADOV in college
  - Bystander Intervention Presentations in First Year Seminars

- Alcohol Jeopardy and Mocktails
- Distributed Great American Smoke Out information and resources.
- NCAAW week events: Distracted Driving Simulation/Mario Kart and Handouts/Giveaways; #makeSMARTchoices Pledge and Mocktails
- Stomp Out Stigma (S.O.S.) Awareness activities for Mental Health Awareness Month
- Fire and Ice Week - Events in conjunction with Residence Life and Student Activities: Condom Bingo; Sexual Health Fair, Pinterest Sexual Health board, Two to Tango, Health Jeopardy
- Spring Break Information – Posters/Flyers
- CampusWell subscription for DSU students, faculty, and staff
- Stress Free Week Activities; CampusWell registration
- Ongoing each month year – Stall Street Journals in residence halls, library and Learning Engagement Center, 21<sup>st</sup> Birthday Cards, social media updates
- Suicide Prevention Awareness Day – provide information on Suicide Awareness and Prevention, ‘Reasons to stay’ pledges, giveaways, semicolon promise.
- The Counseling Center trained RA staff each semester. Topics included policy enforcement and procedures, available student resources, and training on relevant issues such as Acute Alcohol Intoxication: Signs, Symptoms, and Responses. The Counseling Center will continue this training and include additional wellness information such as sexual responsibility.
- Generation Rx grant – provided information to faculty, staff, RA’s, Student Senate, Captain’s Council and other students on opioid prevention, use and misuse.
- Finals Week Stress Reduction activities – Escape Room and Relaxation Room
  
- Additionally, the following programs were offered and/or encouraged to attend by Residence Life during FY19 and FY20:
  - Alcohol use programming – including faux impaired driving activities, alcohol information, and mocktails programming to talk about alcohol amounts.
  - Professional Staff attended ASIST Training
  - Step Up Bystander Intervention training was provided for Residence Life Staff during training.
  - De-stress programs throughout the semester were provided for students to allow for ability to make connections.
  - We provided a number of alcohol alternative programs that have been provided throughout the timeframe to help combat the “there’s nothing to do in Madison” statement. These included game nights, social outings, etc.
  - We also had a coffee and sleep program that was put on to focus on the effects of caffeine and sleep on academic success.

- Small Scale programs were put on to encourage students to get regular exercise and maintain a healthy lifestyle.
  - Information was shared with students about the importance of eating healthy and having a balanced diet.
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## **V. WELLNESS PROGRAMMING STRENGTHS & CHALLENGES**

### **PROGRAM STRENGTHS**

- A refocused approach that is holistic, preventative, and harm-reducing.
- Application of AOD Policy to include off-campus alcohol and other drug related violations offers the opportunity to engage students - offering not only assistance in completing any or all court required interventions, but also the opportunity to educate students on the potential negative impact continued legal problems could have on future employment opportunities.
- An intervention model (DIRECTIONS) that focuses on harm-reduction rather than total abstinence which opens the lines of communication between counselor and student in order to establish ways to reduce the risk for further personal, health, and/or legal consequences.
- The Counseling Center visibility and perception as viable resource as evidenced by the increased numbers of student self-reporting of policy violations both on- and-off-campus, as well as student self-referrals for services.
- A strong Student Affairs Office/Residence Life commitment to DSU policy is evidenced by residence life staff training in detection and intervention strategies. Procedures for processing violations is communicated in all-hall and floor-only meetings to include expectations related to policy enforcement and related sanctions. Collaboration with the Counseling Center in referring potential student incidents that do not rise to the level of an official policy violation yet threaten student persistence and/or retention is consistent and continuous.
- Cooperative relationship continues with Community Counseling Services and Donelan Counseling, LLC. for the case management of students. Our yearly contract for mental health services resulted in a substantial reduction in service costs for students. Having multiple service providers available for students has helped to ensure students are comfortable with the provider they are working with. This continues to have a positive impact on student perception of university policy and the Counseling Center.
- The Counseling Center has developed the capacity and flexibility to implement program interventions based on individualized student need and/or degree of violation level severity. Student repeat offense rates continue to be low as a result.

- Dakota State University developed a committee to collaborate effectively across campus to enhance the well-being of students and faculty/staff. This committee discusses and plans activities and programming for students, faculty and staff.

## **PROGRAM CHALLENGES**

- According to a national survey, more than half of college students ages 18–22 drank alcohol in the past month, and a third of them engaged in binge drinking. Approximately 2 in 5 college students engaged in illicit drug use and more than a third of college students used marijuana in the past year. (SAMHSA. 2018 National Survey on Drug Use and Health)
- Encouraging students to voluntarily participate in awareness and prevention activities can always be a challenge to the college student population. Collaboration with our residence life staff, student engagement and leadership office and counseling center staff has increased participation during this report period, and DSU will continue to look at methods of enhancing student engagement.
- The CampusWell resource provides us with insight to evaluation. DSU gathered data on student use trends through CampusWell and the National College Health Assessment and will continue to explore data collection methods. As DSU gains more insight into these trends we will develop programming around these areas of concern.
- COVID-19 has put additional challenges on programming across campus including funding for athletic drug screenings and prevention and education programming as well as student engagement in activities. As DSU works within our 'new normal' we will continue to develop and implement new strategies to combat these limitations.

## **VI. RECOMMENDATIONS FOR REVISION AND IMPROVEMENT**

- DSU will continue to develop and promote the wellness and prevention programming based on various data sets.
- DSU will continue development of the Counseling Center staff and other campus partners through professional development and continuing education.
- DSU will complete a co-curricular assessment for wellness programming to help identify areas of need.

## **VII. Appendix**

**South Dakota Board of Regents policy 3.4 ([www.sdbor.edu/policy/Documents/3-4.pdf](http://www.sdbor.edu/policy/Documents/3-4.pdf) )**

**DSU Student Handbook <https://dsu.edu/student-handbook.html>**

**DSU Policies <https://dsu.edu/policies.html>**