

ALCOHOL HARM REDUCTION PLAN

2016-2019

A CULTURE SHIFT

High-risk drinking is a serious public health issue being addressed on just about every college campus across the country. At Iowa, student success is our top priority and we know that alcohol misuse jeopardizes success for far too many students. That is why we take a proactive, evidence-based, and comprehensive approach to alcohol harm reduction.

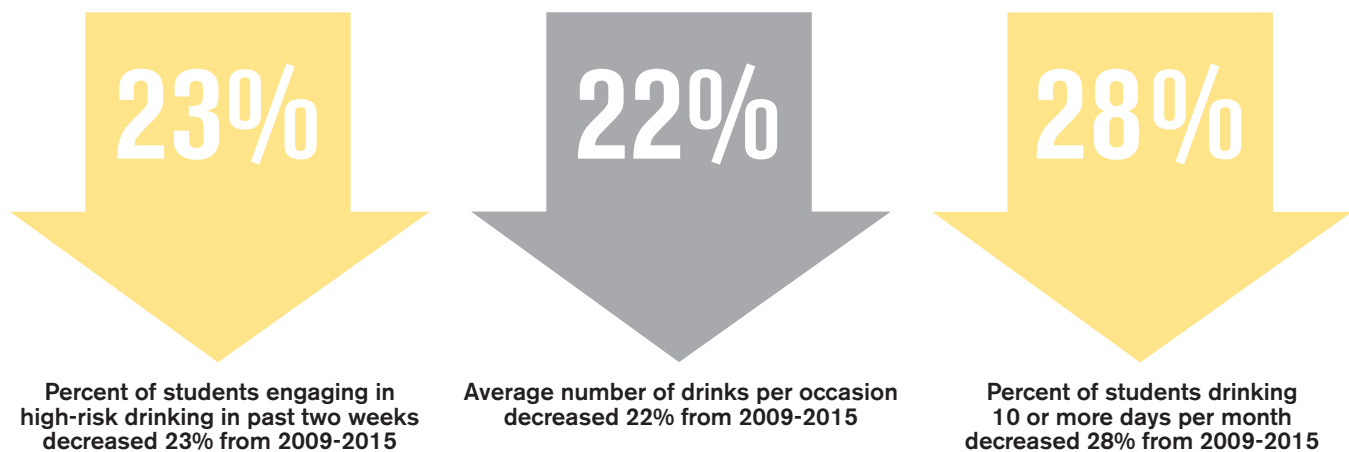
“Reducing high-risk alcohol use is key to our ability to support our students’ success. The Alcohol Harm Reduction Advisory Committee, drawing on the many disciplines and experiences represented among its membership, has identified proven strategies that fit our particular context. The strategies that have already been implemented have generated impressive progress. I look forward to further progress as the strategies identified in this new plan are implemented.

WE OWE IT TO OUR STUDENTS TO FACE THE ISSUES ASSOCIATED WITH HIGH-RISK DRINKING HEAD ON AND WITH URGENCY.”

-President Bruce Harreld

Our first Alcohol Harm Reduction plan covered the period 2010-2013. We accomplished a great deal in a short period of time. The data below shows progress toward our primary metrics of success from 2009 (pre-Harm Reduction Plan) through 2015.

Metrics of Success 2009-2015



OUR PROGRESS IS SOMETHING TO CELEBRATE BUT WE HAVE MUCH MORE WORK TO DO

Data from the National College Health Assessment shows that, though they are improving at a faster rate than the national sample, UI students continue to drink more and experience more negative consequences than college students nationally. For continued progress, we must sustain our comprehensive campus-wide effort for many years to come.

THE 2016-2019 ALCOHOL HARM REDUCTION PLAN

How the plan was developed

The 2016-2019 Alcohol Harm Reduction Plan was **developed, using data and the best available research to guide our decisions, with broad input from a multi-disciplinary group** of faculty, staff and students who participate in the Alcohol Harm Reduction Advisory Committee.

Not just a student problem

For widespread and sustained change on this important public health issue, **we need to do more than just educate students about making safer choices with alcohol.** We need to decrease conditions on our campus and in our community that make high-risk drinking more likely and increase those conditions that make it less likely.

Requires a comprehensive approach

Research on effective practices in reducing high-risk drinking on college campuses reveals the importance of **employing a wide range of strategies** that simultaneously impact individual students, the campus as a whole, and the surrounding community. An effective plan must include educational and early intervention initiatives, policies that decrease easy access and availability of alcohol, strong and consistent enforcement of alcohol laws and campus policies, and **changing messages students receive** that suggest high-risk drinking is a normal or expected part of student life.

Evidence-based practices for student success

All tactics in the Harm Reduction Plan relate to the National Institute on Alcoholism and Alcohol Abuse (NIAAA) College Drinking Task Force recommendations for **changing the culture of drinking** at US. Colleges and the CollegeAIM – Alcohol Intervention Matrix, also developed by the NIAAA.

"The University of Iowa is committed to supporting holistic student development. The Alcohol Harm Reduction Plan aims to tackle the negative consequences students face from drinking and set us up for success in all facets of our experience. Through a healthy lifestyle and integration into the positive culture of campus and community life, students will excel in and out of the classroom."

Morgan Brittain, *UISG Vice President, 2015-2016*

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AHRP METRICS OF SUCCESS	2009	2011	2012	2015	Target 2019
Percent of students engaging in high-risk drinking in past two weeks	70.3%	64.5%	64.1%	54.2%	49%
Average number of drinks per occasion	7.43	6.39	6.26	5.8	4
Percent of students drinking 10 or more days per month	36.4%	30.4%	29.8%	26.1%	20%

PROGRAM GOALS FOR 2016-2019

Goal 1: Attract more low-risk drinkers/abstainers and fewer high-risk drinkers to UI

Goal 2: More students remain low-risk drinkers/abstainers at UI

Goal 3: More high-risk drinkers lower their drinking while at UI

Goal 4: Expect greater accountability for upholding community expectations

Goal 5: Institutionalize commitment to harm reduction

GOAL 1:

ATTRACT MORE LOW-RISK DRINKERS/ABSTAINERS

1. Promote norms of well-being and student success in pre-admission material
2. Counter unhealthy expectancies about the role of alcohol in college life
3. Promote experiences that target undergraduate academic integration
4. Promote healthy student traditions through student activities and integration of The IOWA Challenge

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GOAL 2:

MORE STUDENTS REMAIN LOW-RISK DRINKERS/ABSTAINERS

1. Create comprehensive parent campaign
2. Incorporate messaging that supports motives for not drinking among abstainers and drinkers
3. Implement an evidence-based intervention with fraternity/sorority members beyond first-year students
4. Administer Health Risk Assessment (HRA) screen and intervene with sophomores and other identified subpopulations
5. Analyze and act on student transition survey and retention data received from Academic Support and Retention Office for program/policy implications
6. Form committee to identify strategies to build social support for students who do not drink alcohol
7. Continue and increase quality of On Iowa pre-semester program implemented for new students and add Service and Stretch components
8. Continue and expand late night programming offered Thursday-Saturday nights and promote collaboration between Fraternity/Sorority Life (FSL) & Campus Activities Board (CAB)
9. Explore collaboration opportunities with Recreational Services, including late night programming, and interventions for Sport Club members
10. Offer Alcohol and Your College Experience course for General Education Requirement credit
11. Continue implementation of e-CHECKUP TO GO with: Incoming first-year and transfer students, College Transitions courses, and add Sport Clubs
12. Regroup statewide college drinking task force to focus on information sharing, advocacy, and facilitating delivery of consistent messages about college drinking culture
13. Provide evidence-based policy advice re: Athletics venues and practices
14. Strengthen academic integration within Living Learning Community (LLC) structure
15. Explore Recovery services/programs for students

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GOAL 3:

MORE HIGH-RISK DRINKERS LOWER THEIR DRINKING WHILE AT THE UNIVERSITY OF IOWA

1. Explore Resiliency-based strategies, such as increasing sections of Resiliency & Your College Experience and Mindfulness classes, and sense of belonging interventions
2. Implement broad based alcohol screening and brief interventions (SBI) into clinical visits at Student Health & Wellness
3. Work with the Office of the Dean of Students to include parent handbook in select letters to parents

GOAL 4:

EXPECT GREATER ACCOUNTABILITY FOR UPHOLDING COMMUNITY EXPECTATIONS

1. Continue current Code of Student Life practices to include off-campus violations
2. Work collaboratively with Partnership for Alcohol Safety and Iowa City Downtown Association
3. Continue implementing a graduated sanctions plan for Sororities and Fraternities whose chapters are above the all-female/all-male average rate for arrest and citations
4. Investigate extent of alcohol-related Code of Student Life infractions within Sport Clubs
5. Raise awareness among community members about the risk of alcohol being used to make someone vulnerable to sexual assault
6. Increase competency of bystanders to safely intervene

GOAL 5:

INSTITUTIONALIZE THE COMMITMENT TO HARM REDUCTION

1. Continue to expand campus knowledge and practices on harm reduction strategies
2. Provide consistent professional development to Alcohol Harm Reduction (AHR) members, Division of Student Life Staff, and wider campus
3. Request AHR members assist in communicating plan to campus stakeholders
4. Develop a Communication plan (including website) for AHR plans, strategies, and ways campus can support plan

JOIN THE MOVEMENT

STUDENTS:

- Stay engaged by visiting the links below to give student input and perspective on creating a healthy campus and community environment that supports student success.
 - UI Alcohol Harm Reduction: vp.studentlife.uiowa.edu/initiatives
 - Partnership for Alcohol Safety: alcoholpartnership.org
- Take a leadership role in changing messages students receive that high-risk drinking is a normal or necessary part of the college experience.
- Stay informed about evidence-based practices in alcohol harm reduction.
- Share the information with peers to debunk myths about what works and what doesn't.

FACULTY & STAFF:

- Become engaged in the University's Alcohol Harm Reduction Committee and/or the Partnership for Alcohol Safety to learn more about and provide input into efforts to create a healthier campus and community environment that supports student success.
- Share the Alcohol Harm Reduction Plan with your colleagues and encourage them to get engaged.
- Invite staff from the Office of the Vice President for Student Life to present information about simple things faculty, TA's, and all University staff can do to change the culture of high-risk drinking on a college campus.

PARENTS AND COMMUNITY MEMBERS:

- Learn about the University's Alcohol Harm Reduction Plan and the Partnership for Alcohol Safety.
- Support efforts to create a healthier, safer, and even more vibrant campus and community environment for all of us to live, learn, work and play.

ALCOHOL HARM REDUCTION CAMPUS RESOURCES

University of Iowa Contacts

Office of the Vice President for Student Life

for more information about this plan or to learn more about how you can become involved in alcohol harm reduction efforts contact us: (319) 335-3557, email: vp-student-life@uiowa.edu

Alcohol Harm Reduction

vp.studentlife.uiowa.edu/initiatives/alcohol-harm-reduction

Partnership for Alcohol Safety

alcoholpartnership.org

Student Health & Wellness

(319) 335-8370

student-health@uiowa.edu

studenthealth.uiowa.edu/wellness/drugs-and-alcohol

University Counseling Service

(319) 335-7294

ucs@uiowa.edu

counseling.studentlife.uiowa.edu

Dean of Students

(319) 335-1162

dos@uiowa.edu

dos.uiowa.edu

Acknowledgement:

The first Alcohol Harm Reduction committee was convened in 2009 with the support and guidance of the Office of the Vice President for Student Life. The many students, faculty, and staff members who have served on the committee provided valuable contributions to this plan and the previous two (2010-2013 – 2013-2016). For more information about this important initiative, to view previous plans, and to inquire about committee membership, go to:

vp.studentlife.uiowa.edu/initiatives/alcohol-harm-reduction