



What Do We Know, What Do We Have in Place, and Where Could We Go Next?

Thank you for your involvement in this project and for the role you play in affecting the health of your students and campus community!

Creating a healthy campus and team starts with having — and sharing — good information. Across campus, there are many critical allies to involve in the prevention of alcohol misuse or abuse among your student population, including its unique subgroups of student-athletes and others. Choices about which strategies are needed to address alcohol use for any team or at any campus must be based on current needs, what is already in place, and evidence-based approaches. This Self Study will help you take stock of what information is already being collected, as well as what components of your overall strategic approach have been established. Details on campus trends, policies, programs, and evaluation efforts are needed for compliance with some federal regulations. The Self Study is designed to help campuses organize this information and plan actionable steps.

INSTRUCTIONS: This tool has two parts:

1. **Part 1** is a checklist of some of the information that every campus could collect to inform efforts related to policy development, enforcement of policies, education efforts, and prevention or intervention. You can use this list to identify whether this information is being collected (and by whom), where additional information is needed, and where it might come from (there are hints for where most campuses get this information).
2. **Part 2** is an inventory of the existing prevention activities and infrastructure. The purpose of this checklist is to ensure coordination of activities across campus. It is likely that you will also identify new strategies you would like to pursue.

The checklist is arranged by four main categories:

Policies – policies you enact impact the larger campus community and student body as a whole. This section allows you to consider what policies you have in place and how they are communicated.

Enforcement – consistent enforcement of existing policies is key. This checklist allows for an examination of enforcement practices.

Education – may include education about policies, as well as education about alcohol and related consequences (e.g. academic, health/medical, legal, social) as a component of other prevention and intervention activities.

Prevention/Intervention programs – are efforts that can be done with individuals, small groups, or teams, and options are provided within the checklist.

This Self Study should be reviewed by a team (comprised of student affairs staff, athletics staff, students and others) to take advantage of knowledge and expertise across campus, as well as to get key players to the same table.



HOW TO USE THIS TOOL:

First, identify which people on campus can help you get the information that you need (e.g., dean of student's office, health services, health education/promotion, campus safety, judicial affairs). Then, work with the team you've identified to complete the items below. Your answers for Part 1 can be used to consider (1) how to distribute the information you have to key partners across campus and (2) how to collect the information you do not yet have.

As you move to Part Two, 360 Proof will help you work with your team to answer questions about what you already have in place, as well as what you may consider adding as a complement to your existing campus efforts. Upon completion of the Self Study, you will be prompted to identify which programs are in place (that may or may not be well-evaluated), and consider what gaps are identified in your existing approach. You will then be directed to review NIAAA's Recommended Strategies to determine how to strengthen your campus efforts in the area of policies, enforcement, education, or prevention/intervention.

Information Checklist Example

Type of Information	Are we collecting this information? (Yes or No)	How is it collected?	How often are we collecting it?
Student drinking behavior, including: <i>Number of drinks per occasion</i>	Yes	We do the CORE survey — but, we also can get this info from our online check-up	Every other year — should we collect it more often? We've never sent coaches the breakdown of data for athletics
Location of drinking — where students report that they drink (<i>residence halls, off-campus residence, bar, other</i>).	No	Can we add these questions to our survey?	Need this every other year, if not more.

Step 3 Campus Self Study



Part 1: Information Checklist

Type of Information	Are we collecting this information? (Circle Yes or No)	How is it collected?	How often are we collecting it?
<i>Student drinking behavior, including:</i> Percentage of students who report drinking in past year Percentage of students who drank 5 or more drinks at least 1x in the past 2 weeks Average number of drinks per occasion Number of drinks consumed in a typical week	Yes No Yes No Yes No Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Location of drinking – where students report that they drink <i>(residence halls, off-campus residence, bar, other)</i>	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Percentage of students on campus who do not drink alcohol	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Percentage of underage students drinking	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Percentage of students reporting at least one harm to themselves because of their drinking <i>(e.g., hangover, blacking out, falling behind academically, missed class, was injured, etc.)</i>	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Percentage of students reporting at least one harm to themselves because of someone else's drinking <i>(interruption of sleep or study, unwanted sexual contact, insulted, property damage, etc.)</i>	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Number of students reporting drinking and driving	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
Student source of alcohol <i>(from friends, with fake ID, with real ID, from parents, etc.)</i>	Yes No	(Might be through self-report survey like the CORE or the NCHA)	

Step 3 Campus Self Study



Part 1: Information Checklist *continued*

Type of Information	Are we collecting this information? (Circle Yes or No)	How is it collected?	How often are we collecting it?
Percentage of students who are aware of our policies (school, team) and can recognize them accurately.	Yes No	(Might be through self-report survey like the CORE or the NCHA)	
What holidays or events tend to be associated with higher drinking rates or consequences/harms?	Yes No	(Might be through historical data from police services, conduct/judicial, etc.)	

Part 2: Inventory of Policies, Enforcement efforts, Education, and Prevention/Intervention Strategies.

Policy

Policy component	What are the consequences for violating this policy (e.g., first, second, and/or subsequent offenses)?	What is the jurisdiction of the policy (i.e., does it apply to students living off campus, students traveling on school activities, visitors to campus?)	How are the policies communicated to students? How often are they communicated?	What evidence do we have to document distribution and education about this?	What (if anything) is needed to maintain compliance with local and state laws and federal regulations?
Minor in possession of alcohol					
Possession of alcohol (regardless of age)					
Consumption of alcohol					
Misuse of alcohol (acute intoxication)					

Step 3 Campus Self Study



Part 2: Inventory of Policies, Enforcement efforts, Education, and Prevention/Intervention Strategies.

Policy *continued*

Item	Are they consistent across all applicable groups?	How do we communicate to and educate students about this?	How do we monitor these policies (and prove that they are monitored)?	What (if anything) is needed to maintain compliance with local and state laws and federal regulations?
What, if any, specific policies exist for athletic teams?				
What, if any, specific policies exist for fraternities/sororities?				
What, if any, specific policies exist for other student organizations?				

Enforcement

Question	Answer
1. How are alcohol policy violations discovered?	
2. What formal or informal exceptions exist for policies?	
3. Do we have an amnesty policy?	
4. What enforcement activities occur:	
a. in residence halls?	
b. in fraternities and sororities?	
c. at off-campus parties?	
d. at institution-sponsored events?	
e. during institution-related travel?	
f. at student organization activities?	

Step 3 Campus Self Study



Education

Question	Yes or No	How do we do this here?
1. Our campus has a unit that focuses on alcohol and other drug education	Yes No	
2. Our campus distributes and/or educates students about policies	Yes No	
3. Our campus provides online alcohol education	Yes No	
4. Our campus provides pamphlets or "passive" programming	Yes No	
5. Our campus provides programs with speakers on alcohol issues	Yes No	
6. Our campus has a peer health educator program	Yes No	
7. Our campus has a social norms mass media campaign	Yes No	

Step 3 Campus Self Study



Prevention / Intervention Strategies

Question	Answer
Who is responsible for program delivery and implementation on our campus?	
What types of alcohol prevention/intervention programs are offered to our students?	
How is the impact of these programs measured or assessed?	
What, if any, screening is done on campus (and where is this done)?	

As you consider targets for various prevention and intervention efforts, what programs are offered to the specific groups below?

a.) abstainers	g.) mandated students (after policy violations)
b.) first-year students	h.) students in recovery
c.) student-athletes	i.) students turning 21
d.) students identified through screening	j.) student veterans
e.) fraternity and sorority members	k.) residence hall students
f.) study abroad programs	

Question	Yes or No	Answer
Our campus has a formal alcohol or substance abuse committee.	Yes No	
Our campus works with or is part of a community coalition addressing alcohol and drug abuse.	Yes No	
We have trained professionals on campus (or access off-campus) who conduct assessments for substance use disorder.	Yes No	