



Annual Review: Academic Year 2018-2019

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INTRODUCTION TO THE ANNUAL REVIEW

The Alcohol and Other Drugs (AOD) prevention program has the overarching goal of preventing the unlawful possession, use, or distribution of alcohol and other drugs by students and employees. The annual review is designed to document and assess program and policy effectiveness, consistency, and enforcement.

Alcohol Advisory Committee

The Alcohol Advisory Committee (AAC) is tasked with meeting regularly to discuss trends, policies and programming related to alcohol and other drugs. Members of the AAC review data, the AOD policy and the annual report. Members also make recommendations for changes to programming and policy.

Meeting dates

Alcohol policies were reviewed by the AAC on October 31, 2018 and May 7, 2019.

Membership

The Alcohol Advisory Committee includes representatives from the following University departments:

- *Alcohol and other Drug Campus Education Services*
- *Athletics*
- *Campus Recreation*
- *Dean of Students*
- *Financial Aid*
- *Grand Valley State University Police Department*
- *Housing and Residence Life*
- *Human Resources*
- *Inclusion and Equity*
- *Legal, Compliance and Risk Management*
- *Records/Registration*
- *Student Life*
- *University Counseling Center*

Research Methods and Data Analysis Tools

Grand Valley State University (GVSU) uses multiple methods and tools to conduct a review of its Alcohol and Other Drug prevention programming. The Alcohol and Other Drug Campus Education Services (ACES) office, a branch of the University Counseling Center, provides a spectrum of services including education, alcohol free programming, substance abuse treatment, and recovery programming. Due to the unique challenges and programming of GVSU and ACES, the biennial review includes data from:

- Evaluations of educational and recovery programs - students and employees

- Evaluations from sanctioned workshop - students
- Records that disciplinary action was taken and sanctions completed
- Recidivism rates of those violating the AOD policy
- Substance abuse treatment outcomes

Availability of the Annual Review

Grand Valley State University's annual review is available to all interested parties. Copies can be requested by contacting the Dean of Students Office at 616-331-3585 or dso@gvsu.edu.

AOD PROGRAM ELEMENTS

Alcohol Free Options

Grand Valley State University offers a variety of alcohol-free events and activities for students, created and promoted by the ACES office, the office of Student Life and the Division of Inclusion and Equity. All student centered, on-campus events are alcohol-free. Events are promoted by the hosting office via social media, posters, and campus mailings. Service learning and volunteer opportunities are regularly available to students and information is easily accessed from the Community Service Learning Center's website. Additionally, GVSU has an alcohol-free recreation center on campus and provides alcohol-free activities such as intramural sports.

Normative Environment

Grand Valley State University creates a social, academic and residential environment that supports health-promoting norms. Faculty and staff are educated about behavioral indicators, student norms and attitudes related to alcohol and drugs through the ACES Lunch and Learn monthly educational series. Students are educated about misperceptions of drinking norms through an online learning module prior to beginning their GVSU education, in ACES outreach programs, through programs led by Resident Assistants, and in social norming marketing on campus. Students are given the opportunity to volunteer during Alcohol Screening day, promoted by the University Counseling Center. Additionally GVSU offers substance-free housing on two campuses.

Alcohol Availability

Alcohol availability is limited at Grand Valley State University. Alcohol is restricted at the University. The sale of alcohol is not permitted. Delivery and use of kegs and other common containers is prohibited for students. Alcohol is not permitted in many areas, including all North Campus housing.

Marketing and Promotion of Alcohol

The Alcohol and Other Drugs prevention program limits the marketing and promotion of alcohol. Alcohol advertising is limited, as is alcohol industry sponsorship for on-campus events. Pro-health messages that counterbalance alcohol are abundant and facilitated by Campus Recreation, University Counseling Center, and Human Resources.

ACES Implemented Programs

The following programs are offered throughout the academic year to provide alcohol-free opportunities, education on legal and health consequences of using substances, and to promote alcohol-free lifestyles.

Alcohol: Truth, Lies & Consequences

This 50 minute program is facilitated by ACES staff alongside a member of the GVSU Police Department. The focus of this interactive program is education on alcohol use, high risk drinking, GVSU norms pertaining to drinking, health impacts and consequences of illegal drinking. This program is offered on a monthly basis to the University community and also can be requested by faculty, staff or student groups/organizations.

Marijuana: Truth, Lies & Consequences

This 50 minute program is facilitated by ACES staff alongside a member of the GVSU Police Department. The focus of this interactive program is education on marijuana use, addiction, GVSU norms pertaining to marijuana use perceptions, health impacts and consequences of using marijuana illegally. This program is offered on a bi-monthly basis to the University community and also can be requested by faculty, staff or student groups/organizations.

Women and Alcohol

This 50 minute program is facilitated by ACES staff and has been tailored to meet the needs of GVSU female students who choose to drink. The focus of this interactive program is education on alcohol use, high risk drinking, GVSU norms pertaining to drinking, health impacts, safety tips and consequences of illegal drinking. Additionally, this program provides specific information on the effects of alcohol as it relates to hormones, body types and blood alcohol levels for females. This program can be requested by faculty, staff or student

groups/organizations.

Men and Alcohol

This 50 minute program is facilitated by ACES staff and has been tailored to meet the needs of GVSU male students who choose to drink. The focus of this interactive program is education on alcohol use, high risk drinking, GVSU norms pertaining to drinking, health impacts, safety tips and consequences of illegal drinking. Additionally, this program provides specific information on signs of dangerous drinking and blood alcohol levels for males. This program can be requested by faculty, staff or student groups/organizations.

Alcohol and Athletic Performance

This 50 minute program is facilitated by ACES staff and has been tailored to meet the needs of athletes at any level. The focus of this interactive program is education on alcohol use, high risk drinking, GVSU norms pertaining to drinking, health impacts, safety tips and consequences of illegal drinking. Additionally, this program provides specific information on the effects of alcohol on athletic performance, mental health and team support. This program can be requested by faculty, staff or student groups/organizations.

Spring Break/Travel Safety

The program is facilitated by the ACES staff along with GVSU Police Department staff. The Spring Break/Travel Safety Program ties safe drinking and physical safety together, to educate students on the increased risk of harm when traveling across the state, nation, or internationally for spring break. The Spring Break Safety program aims to educate students on the importance of being cautious when choosing to drink in new environments and with new people.

TIPS Training

The ACES staff are certified trainers for TIPS (Training for Intervention Procedures) and offer this nationally developed 2.5 hour training free of charge to student groups. The goal of the program is to empower students to prevent high-risk drinking, recognize signs of intoxication and intervene to get further assistance and help for those impaired by alcohol. Students who attend this program may take an exam to receive a certification from TIPS.

Campus Game Night

Game Night is an alcohol-free event hosted by ACES staff in an Allendale campus location. The event is approximately two hours of free board-game play, free food, and interaction with other students. The ACES staff offers education on campus substance use norms. Game Night is held one Friday night per month during the academic year.

Recovery Meetings

The ACES office provides space and support for daily recovery meetings including AA, NA, SMART Recovery, and Adult Children of Alcoholics. Students, faculty, staff, and community members are welcome to attend these meetings.

AOD PREVENTION PROGRAM GOALS

The overarching goal of GVSU's AOD prevention programming is to help achieve a drug and alcohol free campus. Goals for the Alcohol and Other Drug prevention program are developed at various times throughout the year. Programming is designed to reach both formalized and informal goals of providing education, treatment, and reduction of high risk behavior.

Strategic Plan, Established 2017-2018

Objective 1

Expand substance abuse education to faculty, staff, and students.

Method

Create additional marketing, develop new programs (Game Night) and continue regular education program with updated legal information related to careers. Increase programming available to faculty and staff via the Lunch & Learn educational workshops.

Measures

Amount and frequency of available programming to faculty, staff and students.
Amount of differing educational programming available.
Measure of attendance at programs.

Results

Program Attendance Highlights

Services	# of Programs	# of Attendees
	7/1/2018 – 6/30/19	7/1/2018 – 6/30/19
Adult Children of Alcoholics (ACOA) Workshop	3	6
Sober Programing Activity*	9	265
Prevention and Education**	35	616
ACES Information Events***	30	2073
TOTALS	77	2960
*includes Game Night, St. Patty's Day Breakfast ** includes trainings, presentations, ***includes Campus Life Night, Parent Orientation, Rec Fest, alcohol screenings, and wellness summits		

Objective 2

Develop a recovery community with student groups and connect, as appropriate to the greater Grand Rapids recovery community.

Method

ACES assisted with hosting space for GVSU's first Narcotics Anonymous (NA) and Adult Children of Alcoholics (ACOA) meetings as a way to increase support and variety of options/needs for GVSU students. Both student and general community attendance grew and was maintained.

Measures

Amount of available recovery meetings available on campus to faculty, staff and students.

Amount of differing recovery meetings available.

Measure of attendance at meetings.

Results

Recovery Meetings Data Highlights (August 2018-April 2019)

Group	# of Meetings	Total Student Attendance	Total Community Attendance	Total Attendance
Alcoholic Anonymous Meetings	310	466	899	1364
Adult Children of Alcoholics Meetings	28	35	43	78
Narcotics Anonymous Meetings	32	36	63	99
SMART Recovery	35	21	228	249
Student combined with community will not equal total attendance due to some meetings where only total attendance was recorded				

Student Learning Outcomes and Student Centered Outcomes 2018-2019

Objective

Students will gain knowledge about the effects of alcohol use and strategies for harm reduction

Method

Data was collected via self-report evaluations at the conclusion of two educational programs:

The program “Alcohol: Truth, Lies, and Consequences” (ATLC) addresses personal awareness level regarding alcohol behavior and application of knowledge gained from program to personal life. The evaluation utilizes the standard evaluation format for co-curricular programs delivered by Student Affairs staff with items specific to content.

The Alcohol Education Workshop (AEW) is a required program for students who have violated the GVSU Alcohol Policy for the first time. The workshop is designed to increase knowledge and awareness about the health and safety issues of alcohol, making responsible choices, and potential legal consequences.

Measures

ATLC Program evaluation (N = 770)

Examined questions (a), (b) and (c) from evaluation using the rating scale below:

- a. *"I have increased my awareness and understanding of how alcohol use impacts my wellness."*
- b. *"I have increased my awareness of what is safe and responsible vs. danger/binge drinking."*
- c. *"I am now able to think more critically about my own alcohol consumption and the possible consequences (health or legal) of my drinking behaviors."*

Rating scale: 1 = not confident 2 = somewhat confident 3 = confident 4 = very confident

Alcohol Education Workshop evaluation (N = 316)

Examined question 1 from the evaluation using the rating scale below:

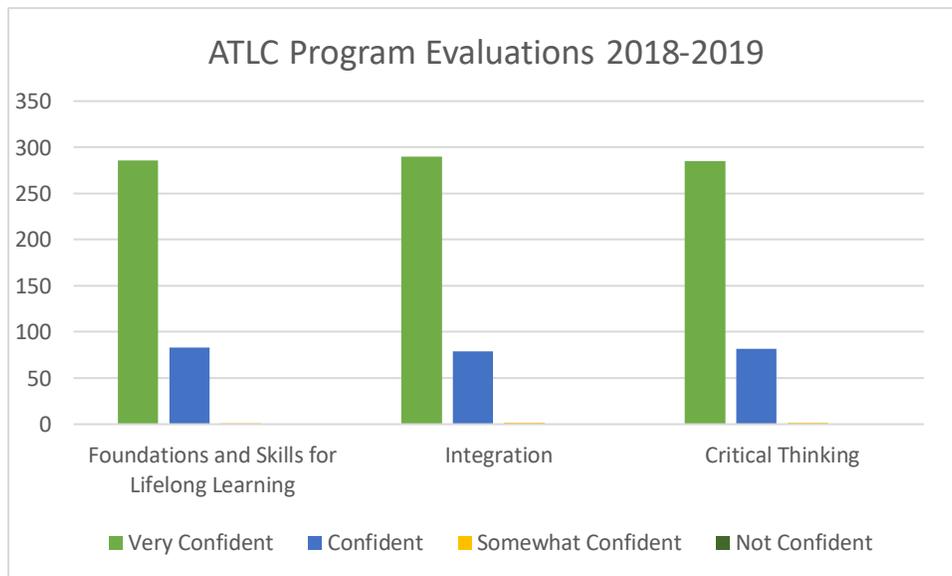
1. *"To what extent did you examine your own personal use of alcohol as a result of participation in the program?"*

Rating scale: "A great deal," "Somewhat," "A little," "Not at all."

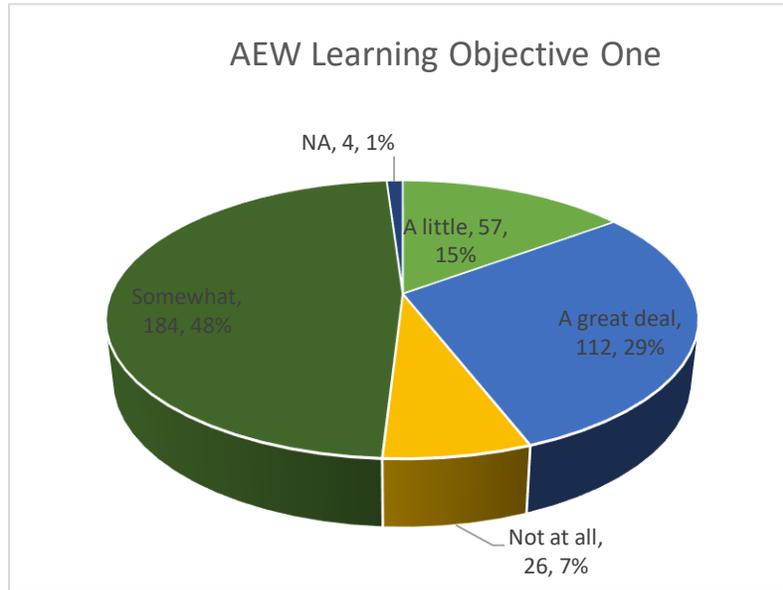
Results

ATLC Program evaluation:

Item mean scores: a) 3.77 b) 3.78 c) 3.77



Alcohol Education Workshop evaluation:
Data reflect that 92% of the participants reported examining their use to some extent, specifically: “A great deal” (29%), “Somewhat” (48%), “A little” (15%), and “Not at all” (6%).



Clinical Intervention Outcomes 2018-2019

Objective

Analyses were conducted to assess the effectiveness of UCC counseling for reducing client symptoms of distress.

Method

Client symptoms were measured by the Counseling Center Assessment of Psychological Symptoms (CCAPS), a Likert scaled instrument given at intake and each subsequent session. The CCAPS includes seven subscales that measure Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Hostility, and Alcohol Use. Data were collected from August 1, 2018 through April 26, 2019 for those clients attending two or more sessions ($N = 1,542$).

Measures

Paired samples t-tests were conducted to compare the effect of receiving counseling services on psychological symptoms in the prior to counseling (pre-intervention) and at termination of counseling (post-intervention) conditions

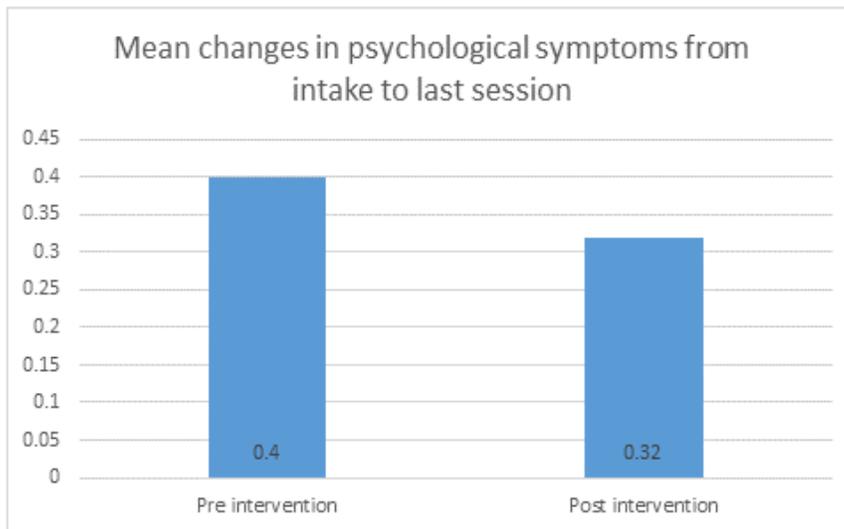
Results

There was a significant effect of receiving counseling services on psychological symptoms, specifically on measures pertaining to alcohol use and abuse.

Mean, standard deviation, and t-value for counseling

CCAPS Subscale	Mean	SD	t
Alcohol Use	.08	.44	7.75**

* $p < .05$. ** $p < .01$



Discussion of Goal Achievement

Throughout the 2018-2019 academic year, Grand Valley State University's AOD Prevention Programming sought to provide education, treatment, and support to the University community. The majority of programs were conducted by the Alcohol and other drug Campus Education Services (ACES) and University Counseling Center (UCC). Specific goals included expanding substance abuse education, development of

a recovery community, increasing knowledge of the effects of alcohol use, and decreasing rates of alcohol symptom related distress for those seeking treatment at the UCC. Many of these goals were met through the year examined. Two new recovery groups, Narcotics Anonymous and Smart Recovery were added to the campus and there was an increase in the number of educational and alcohol-free programs facilitated by ACES. Regarding treatment, students seeking treatment at the UCC were found to have significantly decreased rates of substance related distress.

REVIEW OF AOD PROGRAMS: STRENGTHS AND WEAKNESSES

Strengths

The GVSU AOD Prevention Program has benefited from strong support by the University Counseling Center, whose staff make up the Alcohol and Other Drugs Campus Education Services team of 1.7 permanent staff. The ACES team also partners regularly with GVPD, Housing and Residence Life and the Dean of Students office to assess needs, provide programing and evaluate services. Additionally, the Division of Student Affairs has created a Wellness Coordinator position that will work with Campus Recreation, University Counseling Center, and ACES on preventative programming.

Another strength of the AOD prevention program is the variety of programing available to students, faculty and staff. Grand Valley State University values alcohol-free programing and campus programs for students follow this value. Additionally, we have worked hard to build a recovery community at GVSU to support sobriety.

Weaknesses

The AOD prevention program is limited in the scope of services it can provide due to the lack of permanent space dedicated to program efforts (for example, Alcoholics Anonymous and Narcotics Anonymous). Unfortunately, this limitation impacts the recovery community and visibility of AOD programing on campus.

Finally, the current AOD Prevention Program has not focused efforts on longitudinal research examining changes in substance use behaviors following an education or sanction program. Steps are being taken to increase research in this area.

POLICIES AND NOTIFICATIONS

AOD Policy Review

Grand Valley State University's AOD policy and Policy Handbook are reviewed and updated annually to ensure consistency with federal, state, local, and campus regulations. The more expansive AOD Policy Handbook is available to students, faculty, staff and the public at:

https://www.gvsu.edu/cms4/asset/1C54986C-CFEC-38E9-B36C92CEAE343FBC/aod_handbook_2018-2019_9-7-18.pdf

Individuals from the following offices review, revise and approve the AOD policy:

- Alcohol and Other Drugs Campus Education Services
- Center for Women and Gender Equity
- Dean of Students
- Grand Valley State University Police Department
- Human Resources
- Office of Sponsored Programs

AOD Policy Contents

Alcohol and Other Drugs Policy - PC 5.1

Policy Scope

Grand Valley State University strives to provide a healthy University community free of the abuse of alcohol or other drugs and illegal or unauthorized use of alcohol and controlled substances. This commitment to students, faculty, and staff is evidenced by the:

Publication of standards of conduct and University policies
Provision of alcohol and other drug abuse prevention programs
Availability of counseling, treatment, and rehabilitation resources
Enforcement of applicable University policies
Enforcement of federal and state laws and local ordinances that govern alcohol and other drug use (including underage drinking, hosting, and furnishing laws)
Promotion of an environment that supports healthy choices

The unlawful manufacture, possession, use, distribution or dispensation of illicit or prescription drugs and the unlawful possession, use, or distribution of alcohol by faculty, staff, and students on University-controlled property or as part of University activities is prohibited. This prohibition includes Marijuana as federal

law bans it from University owned and controlled property and workplaces. All University employees will, as a condition of employment, abide by the terms of this policy. Faculty, staff, and students are responsible for making decisions within the context of University policies and federal, state, and local laws related to alcohol and other drugs.

The Alcohol and Other Drugs Policy Handbook (www.gvsu.edu/aces) includes information about University drug and alcohol abuse prevention programs; health risks; counseling, treatment and rehabilitation resources; legal sanctions and summary of laws; University employee and student sanctions for violations of alcohol and other drug policies; employee notification obligations; requirements for Federal grant recipients; and links to additional University policies, procedures, and resources.

Policy Statement

This policy and the Alcohol and Other Drugs Policy Handbook will be electronically distributed annually to all faculty, staff, and students. The coordinator of the ACES (Alcohol & Other Drugs Campus Education and Services) Office will conduct the required review, no less than biennially, in even-numbered years.

Policy Distribution

Annual AOD Notification

All Grand Valley State University students, faculty and staff are notified annually, in September, of the University's AOD policy via an email written by the ACES coordinator.

Annual AOD Notification Contents

Introduction

In compliance with the requirements of the Drug-Free Schools and Communities Act Amendments of 1989 and the Drug-Free Workplace Act of 1988, we are providing to you the annual notice for University policies related to alcohol and other drugs.

The GVSU [Alcohol and Other Drugs Policy](#) is available on the University Policies website. The website also provides a link to the [GVSU Alcohol and Other Drugs Policy Handbook](#). The Handbook includes standards of conduct, health risks, legal sanctions and summary of laws, University sanctions and available counseling, treatment, and rehabilitation or re-entry programs.

Students, faculty, and staff are responsible for making decisions about their behavior within the context of state and federal law and University policies. The unlawful manufacture, possession, use, sale, distribution, or dispensation of illicit or prescription drugs and the unlawful possession, use, sale, or distribution of alcohol by faculty, staff, and students on GVSU property or as part of a University activity is specifically prohibited by University policy and by state and federal law. GVSU police officers will investigate reports of any such violations and, if appropriate, file charges. (Grand Valley Police Department (www.gvsu.edu/gvpd) - (616) 331-3255 or 9-1-1 for emergencies)

For Students

Alcohol and drug abuse often negatively impact individuals' health, academics, career, safety, and relationships. Substance abuse can also be a sign of struggles in one's life and co-occur with mental health issues. To provide support, the University Counseling Center offers free and confidential counseling services (non-mandated) to currently enrolled students.

Campus Resources:

- University Counseling Center: (616) 331-3266 (www.gvsu.edu/counsel)
- Alcohol and Other Drugs Campus Education & Services – (ACES Office): (616) 331-2537 (www.gvsu.edu/aces). Provides alcohol and drug education, prevention services, and helps support students in recovery. ACES also provides consultation and community referral information to students who need court ordered/mandated treatment or evaluations.
- Dean of Students Office: (616) 331-3585 (www.gvsu.edu/dos). Serves as an information resource and problem solving center for students.

For Faculty/Staff

GVSU faculty, staff, and their household members are eligible for mental health and substance abuse counseling services through Encompass, the University's Employee Assistance Program. If it is determined that further intervention is needed, Encompass will refer the individual to an area substance abuse treatment program or service. Faculty and staff can receive up to seven sessions per separate issue for which they are seeking help.

Resources:

- Encompass: (800) 788-8630; available 24/7 – No referral from Human Resources is necessary, faculty and staff may call Encompass directly for mental health and substance abuse counseling services. For other information about services and resources you can contact the Human Resources Office at (616) 331-2215 (www.gvsu.edu/healthwellness).
- Office of Sponsored Programs (federal grant recipients): (616) 331-2826

Policy Development and Enforcement

The Alcohol and Other Drugs Policy (PC 5.1) was created by the President's Cabinet and devolves the responsibilities to the Alcohol and Other Drugs Campus Education Services Office (ACES). The coordinator of ACES office will conduct the review, no less than biennially, in even numbered years. The policy is enforced through the GVSU Student Code (gvsu.edu/studentcode) and Human Resources. GVSU Police Department and Housing and Residence Life staff enforce the policy on a regular basis. All non-confidential staff are expected to report any university policy violations to one of the following: 1) GVSU Police Department 2) Human Resources and 3) Dean of Students Office

The Grand Valley Police Department (GVPD) is partnered with the Ottawa County Sheriff's Department and they both conduct routine patrols on and around campus. GVPD has community officers that patrol only the campus and visit each building to ensure safety and security of the campus. GVPD will enforce both the GVSU policies and the laws set by federal, state and local governments. GVPD responds to calls from Housing and Residence Life (HRL) and other offices when assistance is needed with alcohol or other drug violations. GVPD writes a report of all incidents and will forward them to the Office of Student Conduct or Human Resources and if they choose to do so, they may submit a report to the Ottawa County Prosecutors Office.

HRL staff are conducting duty rounds at a minimum of three times per night (10pm, 12am, 2am) to ensure the residence halls are functioning as safe living and learning communities. HRL staff is trained twice an academic year on policies and procedures for policy violations including alcohol and other drugs. All reports from HRL staff are filed through an electronic system and all reports are reviewed by the Director of Student Conduct, Support and Intervention and a member of the HRL staff and will assign the cases for adjudication and sanctioning.

The Office of Student Conduct will enforce the sanctions outlined below by ensuring that attendance requirements are met. If a student does not attend an assigned sanction a hold will be placed on their student account until they make up the class and/or additional sanctioning may be given to ensure the original sanction will be completed.

Alcohol Education Workshop Sanction

In the event a student admits responsibility or is found responsible through the Student Code procedures for an alcohol or drug related violation, they will be assigned the following sanction based on severity of the incident:

First time (non – severe) alcohol violation

Sanction: Alcohol Education Workshop

You are required to participate in one Alcohol Education Workshop offered through the Alcohol & Other Drugs Campus Education Services Office (ACES). You must register using the link below to complete the workshop by the listed deadline. Please contact the ACES Office at 616-331-2537 if you have any issues (Registering for this workshop and not attending and/or missing your deadline may result in additional action from your referral source). The availability of conveniently timed workshops cannot be guaranteed.

First time (severe) or second alcohol or drug violation

Sanction: Individual Education

You are required to participate in two one hour individual meetings offered through the Alcohol & Other Drugs Campus Education Services Office (ACES). You must schedule and complete these meetings before the assigned deadline. To schedule your Individual Education meetings, please call 616-331-3266. (Scheduling and not attending and/or missing your deadline may result in additional action from your referral source).

First time (marijuana only) drug violation

Sanction: Marijuana/ Drug Educational Workshop

You are required to participate in one Marijuana Education Workshop offered through the Alcohol & Other Drugs Campus Education Services Office (ACES). You must register using the link below to complete the workshop by the listed deadline. Please contact the ACES Office at 616-331-2537 if you have any issues (Registering for this workshop and not attending and/or missing your deadline may result in additional action from your referral source). The availability of conveniently timed workshops cannot be guaranteed.

First time (severe) drug violation

Sanction: Individual Substance Screening

You are required to have an individual consultation with the substance abuse counselor at the University Counseling Center, based on this screening the counselor may ask to see you a second time. You must schedule and complete this meeting before the assigned deadline. Contact the University Counseling Center at 616-331-3266 to set up your appointment by the above deadline. (Registering for this workshop and not attending and/or missing your deadline may result in additional action from your referral source).

Referrals for AOD Sanctions

The total number of referrals from the Dean of Students Office to ACES for AOD conduct related incidents are as follows:

2018-2019

- Alcohol Education Workshop - 389
- Marijuana/Drug Educational Workshop - 60
- Individual Education - 68
- Individual Substance Screening - 3

ACES office staff inform the Office of Student Conduct staff when a student has completed their sanction. If a student fails to attend their scheduled sanction, ACES office makes multiple attempts to reschedule the sanction activity and informs the Dean of Students office of the situation.

RECOMMENDATIONS FOR AOD PROGRAM REVISIONS

Future Reviews

An additional review will be conducted annually and a biennial review will be submitted in the fall semester of 2020 to assess programming outcomes from 2019-2020. The following offices will prepare the review and report to the President of the University:

- *Alcohol and other Drug Campus Education Services*
- *Athletics*
- *Campus Recreation*
- *Dean of Students*
- *Financial Aid*
- *Grand Valley State University Police Department*
- *Housing and Residence Life*
- *Human Resources*
- *Inclusion and Equity*
- *Legal, Compliance and Risk Management*
- *Records/Registration*
- *Student Life*
- *University Counseling Center*

Future goals for the next biennial review period include:

- Continued review of student learning outcomes for programming
- Increased involvement of student peer educators and volunteers in promoting a substance free campus

- Development of research initiatives to assess substance use changes following sanctioned workshops
- Continued partnerships with GVPD, Housing and Residence Life and Student Life to increase alcohol-free program options on campus