

Stanford University Report on Alcohol Prevention Efforts 2016-2017

To: Sue Nelson, Santa Clara County Department of Alcohol and Drug Service

From: Ralph J. Castro, Office of Alcohol Policy and Education

Date: September 1, 2017

Re: Yearly Progress Report, Academic Year 2016–17

Pursuant to the stipulations outlined in the formal exemption that Stanford University received from the County Board of Supervisors regarding the Social Host Ordinance, this report fulfills the yearly reporting requirement to update the Department of Alcohol and Drug Services on Stanford University's alcohol prevention efforts.

The following report contains updates on Stanford's alcohol and drug prevention, early intervention and policy development efforts for the academic year 2016-17. It includes a report on initiatives, updates on the number of underage students' alcohol cases, a report on campus parties, a report on the safe rides/walks programs and updated hard liquor policy.

If you have any questions or concerns, please contact Ralph J. Castro, associate dean of students and director of the Office of Alcohol Policy and Education, at 650-723-3429 or rjcastro@stanford.edu.

Alcohol at Stanford Overview 2016–17

Framing the Issue:

- Stanford continues to address the issue of high-risk drinking in a proactive and expansive manner.
- The university is most concerned with reducing high-risk drinking and its related consequences such as blackouts, hangovers, regretted actions and sexual assaults.
- Stanford data shows that undergraduate student 30 day drinking rates are higher than national averages, however over 90% of students rarely engaged in heavy episodic drinking within the past two weeks.
- Emergency room student alcohol on-campus transports trended lower for a fifth straight year from the five-year running average. Calls for assistance that did not necessitate medical attention are stable showing that students are still calling for help.

Progress and Initiatives:

- The Office of Alcohol Policy and Education (OAPE), which is staffed by six full-time staff, is doing increased targeted education, alcohol-free programming and policy oversight/review. The office completed its sixth full year of operation. The office also employs 40 student workers. This year OAPE also will be employing 30 student peer health educators to do alcohol and drug education in the dorms and hired two new professional staff positions due to the generous gift of an anonymous donor.
- Stanford's clarified Student Alcohol Policy continued to be promoted and integrated into all educational and training efforts. The policy is housed on a centralized alcohol education website (alcohol.stanford.edu). This year Stanford modified its alcohol policy to address hard liquor. Large bottles/containers are now prohibited in undergraduate spaces and hard liquor can no longer be served at campus parties (more information is presented in the Appendix I).
- After the passage of Prop 64 in California, Stanford released a University Marijuana Policy Statement that asserts that the university continues to follow Federal law as it relates to marijuana (see Appendix II)
- Stanford's nationally recognized Cardinal Nights alcohol-free programming initiative continues to provide premium social programming on weekend nights. Over the past four years, the Cardinal Nights program has held three non-alcoholic events each weekend. Also, program evaluation data shows that 27 percent of students who attend a Cardinal Nights program are very likely/likely to have been drinking alcohol had they not attended.
- Stanford will continue to offer a substance-free living option for upperclass students. Feedback from students in the program rated it highly and demand is increasing. A review will commence this upcoming year to study the feasibility of expanding the offerings and creating a more intentional community program for these students.
- The OAPE manages the 5-SURE (Students United for Risk Elimination) safe rides program. The program grew this year and offered 7,359 rides to Stanford students (79 percent female; 21 percent male). That equated to 307 rides per week with weekend nights having the highest use volume.
- Additionally, OAPE continues to grow the new 5-SURE on Foot program, which offers safe walks home and in-the-moment check-in on weekend nights in high-traffic party areas of campus. This past year, the service provided 16,023 contacts. That equates to 668 educational contacts per weekend.
- This year again, 100 percent of freshmen completed online alcohol, drug and sexual assault education the summer before they matriculated.
- Stanford continued to collect alcohol and drug use and attitudinal data from a sample of the undergraduate population. The university also collected program evaluation data, needs assessment data and tracked cases and incidents.

Stanford University Underage Alcohol Cases 2016–17

Medical Alcohol ER Transport: 34 Cases

- 24 Freshmen
- 6 Sophomores
- 4 Juniors

Drunk in Public: 4 Cases

- 2 Freshman
- 2 Sophomores
- 0 Junior

Minor in Possession: 29 Cases

- 16 Freshmen
- 10 Sophomores
- 1 Junior
- 2 Seniors

Driving Under the Influence on Campus: 1 Case

- 1 Sophomore

Public Nuisance (urinating in public under the influence): 7 Cases

- 5 Freshman
- 1 Sophomore
- 1 Junior

Stanford University Parties 2016–17

• Members-only parties	420
• Invite-only parties	180
• All-campus parties	138
• Off-campus parties	68
• Stanford and other college parties	5

Total parties 2016–17	811
Total parties 2015–16	695

Fall-quarter parties 2016	326
Fall-quarter parties 2015	238

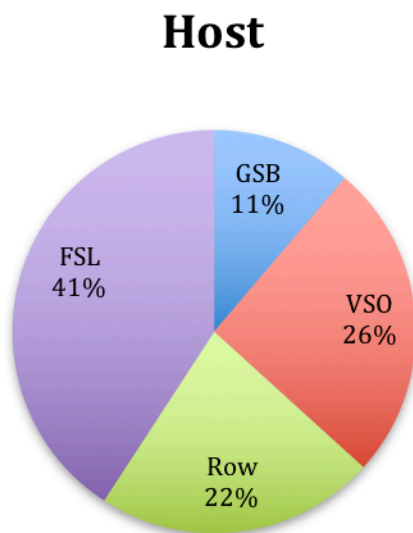
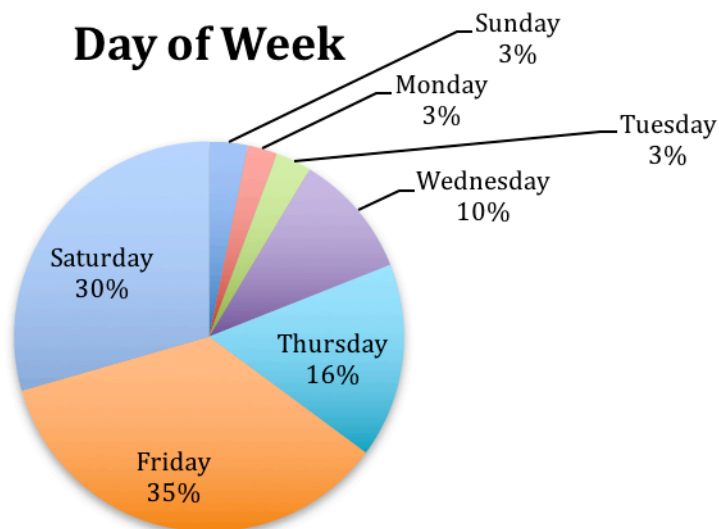
Winter-quarter parties 2017	225
Winter-quarter parties 2016	197

Spring-quarter parties 2017	260
Spring-quarter parties 2016	260

There was an increase in the number of parties registered with the university this academic year. All of these parties were held accountable to uphold the longstanding Stanford-specific social host policy via OAPE's extensive Party Planning Policies and Guidelines: alcohol.stanford.edu/home/stanford-university-student-alcohol-policy.

Stanford Party Numbers 2016–17

• Parties approved by the university	811
• Parties rejected for approval by the university	61
• Total maximum attendance at all approved parties	107,655
• Average approved party size	132
• Approved parties where alcohol was served	729
• Approved parties where alcohol was not served	82

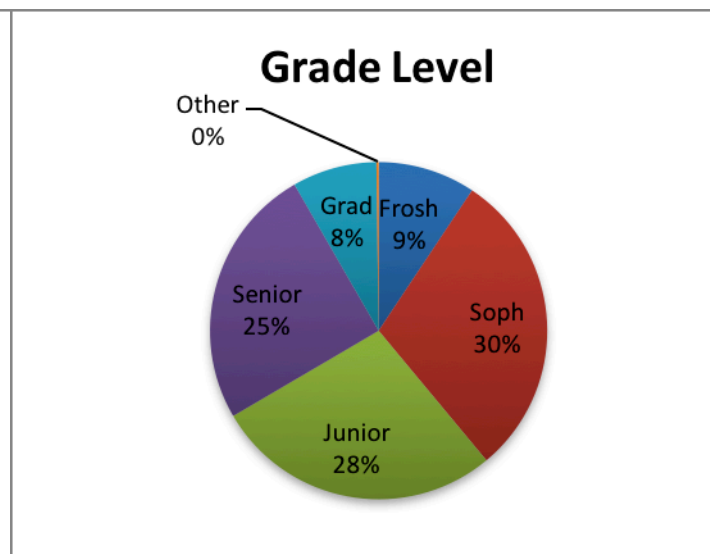
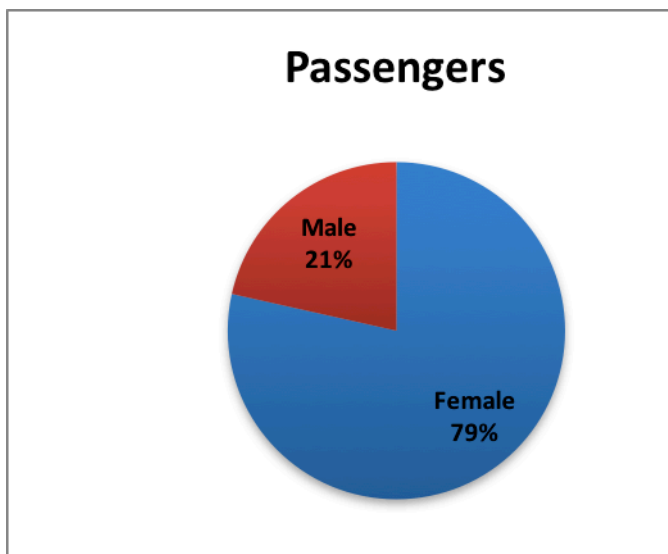
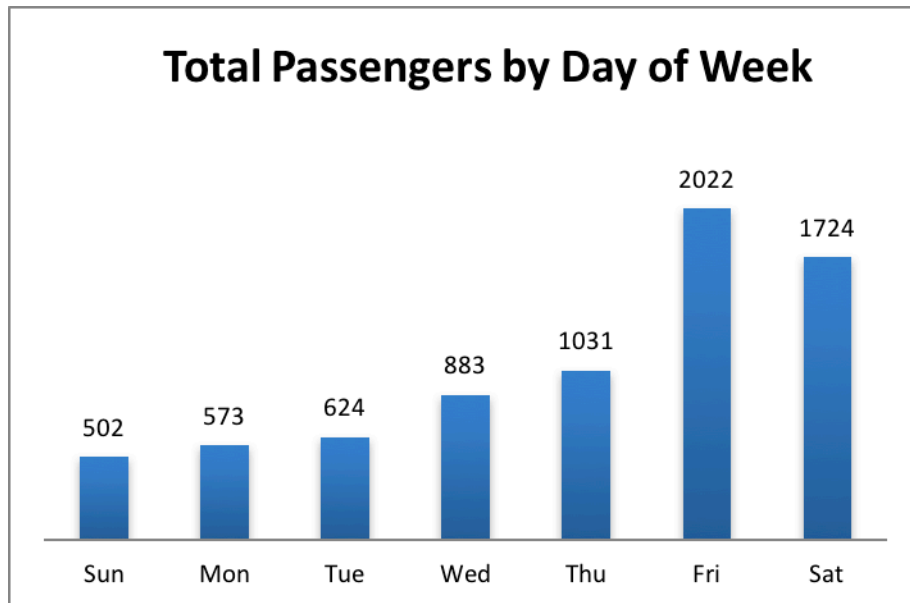


FSL = Fraternity and Sorority Life
VSO = Voluntary Student Organization
Row = Independent Living
GSB = Graduate School of Business

5-SURE Safe Rides Data 2016–17

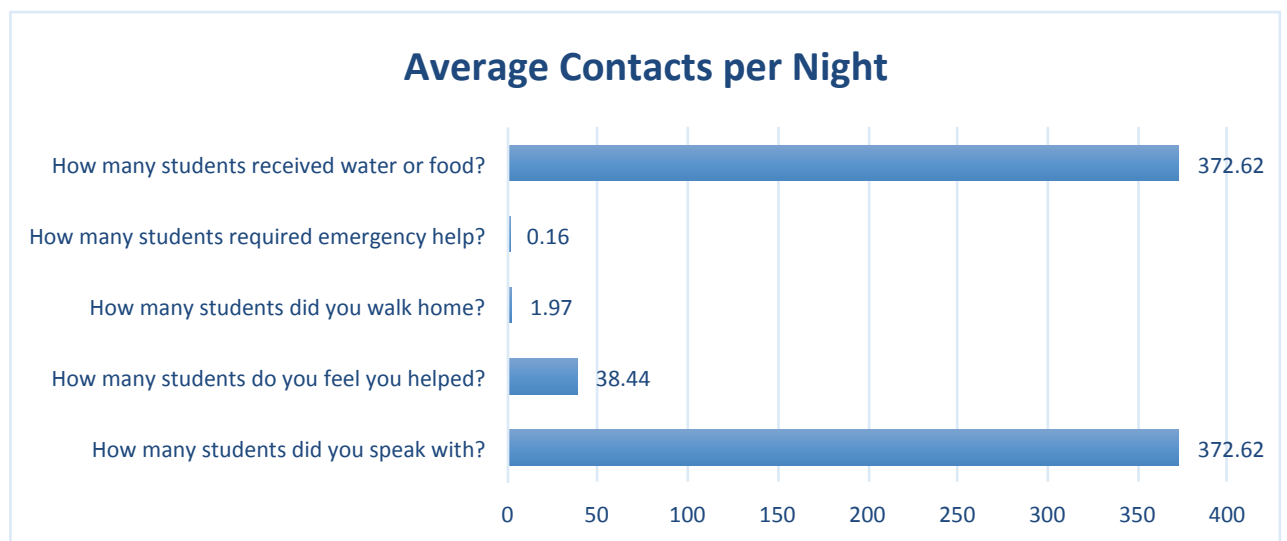
The 5-SURE (Students United for Risk Elimination) is a safe rides program at Stanford that has been in existence for over 30 years. 5-SURE Safe Rides operates 7 days a week from 9 pm–2 am.

The name “5-SURE” references the phone number to call the service 725-7873. It is a popular and well-established program that is respected and highly utilized. The Office of Alcohol Policy and Education took over supervision and management of the program in 2012.



5-SURE on Foot Data 2016–17

The 5-SURE on Foot program operates Friday and Saturday nights from 10 pm–1 am. Student workers offer walks home on weekend nights in high-traffic party areas and also offer water, food and education to fellow students. The program grew this year and the utilization numbers increased significantly.



Appendix I

Policy Updates 2016 - 2017:

Hard Alcohol Container Policy

The following restriction goes beyond state law requirements, and for the avoidance of doubt this policy applies to all co-terminal and undergraduate students living in undergraduate housing: Distilled liquor/spirits/hard alcohol (alcohol by volume 20 percent and above; 40 proof) bottles, containers, etc. 750 mL and above are prohibited in undergraduate student residences (rooms, common spaces, etc.) and in the possession of undergraduate students in university public spaces. Failure to comply will result in referral to a Residence Dean and the Office of Alcohol Policy & Education (OAPE) for administrative actions. Continued or concerning behavior may result in removal from university housing or referral to the Office of Community Standards. Distilled liquor/spirits/hard alcohol in bottles, containers, etc. smaller than 750 mL that are allowed under this policy for people 21 years of age or older, must be contained and stored in the original bottle, container, etc. in which it was purchased from a licensed establishment.

Hard Alcohol and Parties

All parties must be registered with the University, and availability of alcohol is regulated by [party planning guidelines](#) coordinated by the Office of Alcohol Policy and Education (OAPE). Distilled liquor/spirits/hard alcohol (alcohol by volume 20 percent and above; 40 proof) is prohibited at all categories of undergraduate student parties. Beer and wine are the only alcoholic beverages that can be present at all on-campus undergraduate student parties. Any group or residence that includes undergraduate members is subject to this policy restriction. Groups and residences that are 100 percent graduate student in membership are exempt and may have hard alcohol in the form of mixed drinks at registered “Members” parties. Shots of hard alcohol are prohibited at all parties.

Hard Alcohol Container Policy Frequently Asked Questions

What have we learned thus far (Spring 2017)?

Student Affairs is working with a national expert on assessment and the Alcohol Advisory Board of students is working closely with university staff on the measurement process. We are still early in the process and need more time to measure sustained change, but we are seeing some promising findings.

Since the prohibition against high volume containers of hard alcohol went into effect in September, emergency transports for student alcohol poisoning have declined by 34 percent – from the five-year running average of 44.2 cases through fall and winter quarters, historically, to 29 cases through fall and winter quarters this academic year (2016-2017).

Additionally, 63 percent of frosh (class of 2020) surveyed in fall 2016 reported pregaming, compared to 78 percent of frosh (class of 2019) in 2015. While 79 percent of frosh (class of 2019) who took the survey in 2015 said they consumed shots of hard alcohol, 64 percent of frosh (class of 2020) surveyed this year reported consuming shots. These responses represented declines of about 20 percent under the new policy compared to the fall of 2015.

Moreover, citations for minors in possession of alcohol have declined by 22 percent from the five-year running average for this time of the academic year – 23 citations through fall and winter quarters, compared to 29.6 citations for this time period, historically.

While the declines might be attributed to a number of factors, student leadership in promoting a healthier residential culture has played a significant role.

At the same time, other indicators have not shown significant change such as pregameing and shots for upperclass students. Moreover, knowledge of the policy appears to be high, but attitudes regarding the impact and adherence to the policy seem to be mixed. For example, 55 percent of students report that they always/usually follow the policy, while 12 percent of students report that they believe that others always/usually follow the policy.

How did we get here?

In 2011, the provost commissioned an Alcohol Policy Study Group that included faculty, staff and student representation. The group reviewed our policies, practices, education and programmatic offerings. Recommendations from the group included:

- A revised Student Alcohol Policy that consolidated a disparate array of alcohol policies that were managed by different areas.
- The creation of the Office of Alcohol Policy and Education (OAPE) to further centralize our education, policy and programmatic efforts. Staffing for alcohol and drug education and oversight was increased three-fold.
- The creation of alcohol-free social options – that became Cardinal Nights, housed within OAPE.
- Enhanced education for first-year students and increased outreach to upperclass students.
- A substance-free on-campus housing option for upperclass students.

In 2011-2012, Stanford joined the National College Health Improvement Project to Address High-Risk Drinking (NCHIP). It was collaborative of 32 schools that were charged with developing programs and initiatives that could have lasting impacts on individual students, the environment. As part of NCHIP, Stanford launched:

- An enhanced and refined protocol and practice for students who experienced an alcohol-related incident to receive an empirically proven 1:1 educational intervention at OAPE.
- Expanded Cardinal Nights to offer programs to undergraduate and graduate students.
- Worked with RFs in Wilbur to develop a collective set of local policies and practices designed to target high-risk drinking with frosh.

In the spring of 2012, the Alcohol Advisory Board (AAB) participated in a Design Thinking exercise to brainstorm and recommend strategies to better address education, programs and policies. The AAB consisted of students (Nom Com selected students, RAs, PHEs, Row staff), faculty and staff. The top ideas that arose from this exercise included:

- Doing more off-campus trips via Cardinal Nights
- Creating a cup that measures drinks
- Developing peer-to-peer education programs
- Restricting handles/large containers of hard alcohol
- Losing Tier 1 housing preference if a student has repeated disruptive alcohol incidents
- Stricter enforcement of alcohol policies in frosh dorms

Many of these recommendations were adopted and implemented over the past five years. However, none of the policy recommendations were implemented at that time.

In 2013-2014, the Alcohol Advisory Board consisting of students (Nom Comm selected) and staff revisited the issue of the role of hard alcohol at Stanford. The Board reviewed trends and data and engaged in discussions with other students.

- The AAB offered a recommendation that the university should attempt to restrict the availability and access of hard alcohol primarily in frosh dorms.

In 2015, a group of Student Affairs staff, charged by the Vice Provost for Student Affairs, began meeting to further discuss how alcohol (particular hard alcohol) is handled and addressed via our educational programs and policies.

- A decision was made to create a subcommittee of the Mental Health and Well-Being Advisory Board to further discuss and study the issue that would begin meeting in fall 2015. The subcommittee consisted of students (Nom Comm selected), faculty and staff.

In the fall of 2015, the Mental Health and Well-Being (MHWB) Advisory Board launched an Alcohol and Drug Subcommittee that was charged with studying and reviewing three focus areas: 1) the role of hard alcohol at Stanford 2) the emerging issue of marijuana use among students 3) the emerging issue of prescription drug use among students. The subcommittee sent recommendations to the larger MHWB group that included:

- The university should attempt to restrict the availability and access of hard alcohol on campus primarily focusing on frosh.
- The university should expand our education around marijuana especially the use of edibles and develop a specific marijuana policy.
- The university should review education and services (including treatment option) that are offered for students who abuse prescription drugs.

In March 2016, after being briefed by all of the information that had been collected over the past few years, the president and provost [sent a letter](#) to the campus community declaring that they were considering banning hard alcohol on campus and charged the community to engage in dialogue and generate alternate solutions. As part of this initiative several discussions took place.

- The president and provost met with RFs two separate times to discuss the issue and generate ideas
- RFs engaged with RAs and students in their residences to discuss the issue and generate potential solutions.
- Staff on the Row also took part in these conversations specific to the Row culture.
- A group of university staff was charged with consolidating the feedback gathered from the various discussions and offer potential solutions to the problem.

In August 2016, Vice Provost Greg Boardman sent a letter to all undergraduate students informing them of a change in the alcohol policy related to restricting large containers of hard alcohol containers among undergraduate students and changes to party planning restrictions on hard alcohol service for fall 2016.

In September 2016, ResEd and OAPE engaged in ongoing conversations with RAs, RFs, and other student residential staff during training on the new policy and about implementation.

In October 2016, a [follow-up letter to the student community](#) was published in the Stanford Daily, co-signed by the group who was charged with developing the new policy, further defining the process, rationale and concerning data points. An enhanced frequently asked questions page accompanied the letter that included links to the underlying research that informed the policy decision, concerning data points and a more clearly defined historical context.

On April 4, 2017 a letter was sent out to residential student staff providing them with an update on preliminary findings on the impact of the policy two-thirds of the way through the 2016-2017 academic year.

A corresponding story regarding preliminary findings was also published in the [Stanford Report](#) on April 5, 2017.

Why not just ban hard alcohol?

Our focus is on the high-risk of the rapid consumption of hard alcohol. Our intention is not a total prohibition of a substance, but rather a targeted approach that limits high-risk behavior and has the backing of empirical studies on restricting the availability of and access to alcohol. It also allows us the ability to provide uniformity in a policy that will impact all undergraduate students without banning a substance that is legal for a segment of the student population to use responsibly. Finally, we want to sustain our partnership with students so we can be successful in our efforts while still being able to foster community and build on our living/learning educational approach in the residences.

Why limit containers of hard alcohol?

Limiting the size of hard alcohol containers is a harm reduction strategy designed to reduce the amount of high-volume alcohol content that is available for consumption at a given time. We feel it is a sensible, creative solution that has roots in research-based solutions (see below).

What's the difference in hard alcohol container sizes?

<u>Hard alcohol container sizes</u>	<u>mL</u>	<u>ounces</u>	<u>shots (1.5 oz)</u>
"Miniature"	50	1.7	1.13
"Half pint"	200	6.8	4.53
"Pint"	375	12.7	8.46
"Fifth"	750	25.4	16.93
"Liter"	1000	33.8	22.53
"Half gallon"	1750	59.2	39.46

Why the cutoff at 750 mL and above?

Large volume containers – 750 mL and above – have the capacity to deliver many more shots of hard alcohol than smaller volume containers. For example, a "fifth" (750 mL) has about 17 standard shots. The standard container below that is a "pint" (375mL) that contains about 8.5 standard shots - half as many.

Why is the alcohol by volume cutoff at 20 percent?

The standard definition of distilled alcohol/spirits begins at 20 percent alcohol by volume (ABV) and above. The 20 percent ABV cutoff was selected to include all distilled alcohol/spirits in order to be consistent with established parameters for classification purposes.

Is there research to support a limitation on containers?

While there is not a specific research study on restricting large volume liquor containers, there is considerable public health research on limiting availability and access focusing on reducing alcohol outlet density (places that sell alcohol) and increasing alcohol taxes and costs.

The intent was to use empirical research to inform the policy decision and provide a solid research underpinning and rationale. Reducing community liquor outlet density and increasing taxes/costs requires action at a governmental level - outside the scope of what the university can control. However, the approach of limiting container size accomplishes both of these empirically proven public health strategies at a local campuswide level for two reasons.

First, most alcohol retailers close to campus only sell large volume containers – 750 mL and above. Only select retailers sell hard alcohol containers less than 750 mL. Therefore, the outlet density of establishments that sell hard alcohol around campus will be greatly reduced. Second, the costs associated with purchasing smaller containers of hard alcohol are higher than the cost per volume of larger containers, which may also serve as a deterrent based on established research findings.

Alcohol Price/Tax Research

Effects of Alcohol Tax and Price Policies on Morbidity and Mortality: A Systematic Review
<http://ajph.aphapublications.org/doi/pdf/10.2105/AJPH.2009.186007>

The Effectiveness of Tax Policy Interventions for Reducing Excessive Alcohol Consumption and Related Harms http://ac.els-cdn.com/S0749379709007715/1-s2.0-S0749379709007715-main.pdf?_tid=f94a80ae-8731-11e6-bd6f-00000aacb361&acdnat=1475256118_f55a833801a861969cbeb71e288ffda9

Raising Alcohol Taxes Reduces Harm (Alcohol Justice)
https://alcoholjustice.org/images/stories/11MI1003_raisingtaxes_2.pdf

Alcohol Outlet Density Research

Recommendations for Reducing Excessive Alcohol Consumption and Alcohol-Related Harms by Limiting Alcohol Outlet Density
<https://www.thecommunityguide.org/alcohol/EffectivenessLimitingAlcoholOutletDensityMeansReducingExcessiveAlcoholConsumptionAlcohol-RelatedHarms.pdf>

The Effect of Laws Reducing Alcohol Outlet Density on Alcohol Related Harms
<http://publichealthlawresearch.org/product/effect-laws-reducing-alcohol-outlet-density-alcohol-related-harms>

Regulating Density of Alcohol Outlets a Promising Strategy to Improve Public Health
<http://www.jhsph.edu/news/news-releases/2013/jernigan-alcohol-density.html>

Environmental Prevention of Underage Drinking Controls on Alcohol Outlet Location and Density
https://www.stopalcoholabuse.gov/townhallmeetings/pdf/2014/ControlonAlcoholOutlets_508.pdf

What does this mean to me as a student?

If a student is 21 years of age or older, they can possess, store and consume hard alcohol as long as it is in compliance with the container policy – original bottles and containers smaller than 750 mL.

What happens in the event of violations?

Consistent with current practice, failure to comply with alcohol policies will be referred to Residence Deans and OAPE for administrative action. Continued or concerning behavior may result in removal from university housing or referral to the Office of Community Standards.

How will we measure effectiveness?

We will evaluate all aspects of alcohol use and its related consequences both from an individual and community perspective. We are combining this policy shift with a commitment to enhance our educational approach, to try different methods of environmental management, and to study the effects of our various efforts through a system of robust assessment. Should these combined efforts fail to engender sufficient change, we are committed to adjusting the policy further.

Appendix II

Stanford University Marijuana Policy Statement

On November 8, 2016, California passed [Proposition 64 the California Marijuana Legalization Initiative](#) (also referred to as the Adult Use of Marijuana Act) legalizing recreational marijuana for persons aged 21 years or older under state law and establishing certain sales and cultivation taxes.

Under this law, Californians can process, transport and grow limited amounts of marijuana for personal use as regulated under local municipal regulations.

Marijuana is still illegal under federal law and categorized as an illicit substance ([Drug Enforcement Agency Schedule I](#)) under the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Amendments of 1989.

Stanford University receives federal funding for various uses, including research and student financial aid. As such, Stanford must comply with federal law, including all current federal drug laws. Therefore, even though California has legalized marijuana for recreational use for some individuals, the possession, use, storage and cultivation of marijuana (as defined below) is prohibited on Stanford University property for all faculty, staff and students under the university [Controlled Substances and Alcohol Policy](#). This includes off-campus housing that is operated under university oversight and policies.

For purposes of this policy marijuana (cannabis) is defined here and includes the following non-exhaustive prohibited products.

Marijuana or cannabis refers to the dried leaves, flowers, stems, resin and seeds from the hemp plant, *Cannabis sativa*. The plant contains the mind-altering chemical *delta-9-tetrahydrocannabinol* (THC) and other related compounds. Extracts with high amounts of THC can also be made from the cannabis plant. Cannabis can be manufactured into edible forms such as chocolate, cookies, candies, etc. Compounds can be smoked, vaporized and used as topical products such as creams or oils.

Frequently Asked Questions

Now that California voters approved [Proposition 64 the California Marijuana Legalization Initiative](#) legalizing recreational marijuana for persons aged 21 years or older under state law don't I have a legal right to use and possess marijuana anywhere I want, including on campus?

No. Although the new law permits the use and possession of recreational marijuana for persons aged 21 years or older under California law, it does not affect Stanford University's ability to set the policies for student conduct. As a higher-education institution, private-property owner, and employer, Stanford University has the right to define what conduct is permissible/expected within its community and on its campus.

What is the relationship between federal laws that prohibit marijuana use and Proposition 64 the California Marijuana Legalization Initiative?

Federal laws prohibiting marijuana use supersede state laws, including Proposition 64, that attempt to permit its use. Accordingly, if you use or possess marijuana, you are subject to prosecution under federal law, regardless of what Proposition 64 permits. See <https://www.justice.gov/opa/pr/justice-department-announces-update-marijuana-enforcement-policy>. Importantly, a conviction for drug-use under federal law may cause you to become ineligible for federal financial aid.

Does Stanford University's policy prohibiting marijuana use apply to faculty, staff, guests, and visitors to campus for special events?

Yes. The Stanford University [Controlled Substances and Alcohol Policy](#) prohibits faculty, staff, guests, and visitors from using, possessing, or being under the influence of controlled substances including marijuana while on campus or during university activities.

Where can I find more information on marijuana (cannabis)?

<https://alcohol.stanford.edu/alcohol-drug-info/staying-safe/resources>
<https://www.drugabuse.gov/publications/drugfacts/marijuana>
<https://medlineplus.gov/marijuana.html>

Where can I find more information on Prop 64?

<http://vig.cdn.sos.ca.gov/2016/general/en/pdf/prop64-title-summ-analysis.pdf>