

STANFORD UNIVERSITY



TO: Rogelio Balderas, Santa Clara County Department of Alcohol & Drug Services
FROM: Ralph J. Castro, Stanford University Office of Alcohol Policy & Education
DATE: July 31, 2012
RE: Yearly Progress Report, Academic Year, 2011 - 2012

Pursuant to the stipulations outlined in the formal exemption that Stanford University received from 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 the university's alcohol prevention efforts.

The following report contains updates on Stanford University's alcohol and drug prevention, early intervention and policy development efforts for the academic year 2010-2011. It includes a report on the Stanford Alcohol Advisory Board activities, updates on numbers of underage students' alcohol cases, party report/analysis, alcohol-related disciplinary cases, new initiatives and AlcoholEdu student evaluative data.

If you have any questions or concerns, please feel free to contact Ralph J. Castro, Associate Dean of Student Affairs and Director, Office of Alcohol Policy & Education at 650-723-3429 or via email at rjcastro@stanford.edu.

Alcohol at Stanford Snapshot 2011- - 2012

Framing the issue:

- Stanford is addressing the issue of high-risk drinking in a new, 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 we are on par with national averages in regard to frequency of drinking and binge drinking, but we are above national averages for high-risk activities such as pregaming and taking shots of hard liquor (both of which are implicated in the vast majority of emergency room transports).
- Even though our emergency room transport numbers are slowly climbing, we are below the norm for medical encounter cases per 1000 students when compared to private peer institutions. All schools are seeing increases, yet our increase appear to be growing at a slower rate than our peers.

Progress and New Initiatives:

- This year Stanford launched several new initiatives as part of our effort to combat high-risk drinking that targeted three areas – **Policy, Education and Programming**.
- These include:
 - The creation of a free-standing centralized alcohol office (**Office of Alcohol Policy & Education**) that is staffed at 3.5 FTE and is doing increased targeted education, alcohol-free programming and policy oversight/review.
 - Stanford **clarified a Student Alcohol Policy** this year that is student-focused and highlights the university's commitment to addressing high-risk drinking. The policy is now housed on a centralized alcohol education website (<http://alcohol.stanford.edu>).
 - This year we launched our **Cardinal Nights alcohol-free programming** initiative that provides premium social programming on weekend nights that provide equally attractive alternatives to consuming alcohol. Cardinal Nights programs had 13,820 student contacts throughout the academic year, October – June.
 - For the first time, Stanford will **offer a substance-free living option** for upperclass students in Fall 2012.
 - We launched a **new training course for RAs** in the spring of 2012. This class will allow RAs more time to reflect on what it means to be a RAs and more time to build skills and self-efficacy around engagement and accountability in their role.
 - This year we launched a **Parent Alcohol Advisory Group**, co-chaired by a university staff and a parent. The group is charged with interacting with the Stanford Office of Alcohol Policy & Education at regular intervals and serving as the conduit between the university administration and the parent community on alcohol issues at Stanford.
 - Stanford joined the **National College Health Improvement Project to Address High-Risk Drinking** run out of Dartmouth College. It is an active learning collaborative in which 32 schools have committed to sharing ideas/data and piloting new initiatives in order to discover promising practices.
 - As part of our inclusion in NCHIP, we have launched a **systematic data collection** effort in which we are collecting student data on alcohol use patterns, trends and incidents to assess shifts and changes in the environment monthly.
 - Stanford is engaging in a **pilot project in the Wilbur housing complex**. We are working with live-in faculty Resident Fellows (RF) in an all-frosh concentrated living environment to develop consistency in staff response, alcohol management, oversight and programming. Dialogue among this group of RF's will reduce variability in normative messages and enforcement strategies.

Next steps:

- Next year we will focus on getting students involved and engaged in discussing culture change and generating workable solutions around pregaming and hard liquor in the form of shots behaviors.

Stanford University Underage Alcohol Cases 2011 - 2012

Medical Alcohol ER Transport Cases (49 Total Cases)

- By Class:

- 29 Frosh
- 17 Sophomores
- 3 Juniors

- *There were 10 documented calls to 911 that did not necessitate transport to the ER:*

- 6 *Frosh*
- 2 *Sophomores*
- 2 *Juniors*

Drunk in Public (DIP) Cases (15 Total Cases)

- By Class:

- 9 Frosh
- 5 Sophomores
- 1 Juniors

Minor in Possession (MIP) Cases (30 Total Cases)

- By Class:

- 13 Frosh
- 16 Sophomores
- 1 Juniors

Driving Under the Influence (DUI - Car) On-Campus Cases (1 Total Case)

- By Class:

- 0 Frosh
- 0 Sophomore
- 1 Juniors

Public Nuisance (urinating in public under the influence) Cases (6 Total Cases)

- 0 Fall
- 2 Winter
- 4 Spring

Stanford University Parties 2011 – 2012

○ <i>Members Only Parties</i>	450
○ <i>Invite Only Parties</i>	179
○ <i>All Campus Parties</i>	124
○ <i>Off Campus parties</i>	57
○ <i>Stanford & Other College Parties</i>	5

- For Fall Quarter 2011 the following are the number of parties we had:

- 330 TOTAL PARTIES

- *In comparison to last year (Fall Quarter 2010):*

- 303 TOTAL PARTIES
-

- For Winter Quarter 2012 the following are the number of parties we had:

- 240 TOTAL PARTIES

- *In comparison to last year (Winter Quarter 2010):*

- 218 TOTAL PARTIES
-

- For Spring Quarter 2012 the following are the number of parties we had:

- 245 TOTAL PARTIES

- *In comparison to last year (Spring Quarter 2010):*

- 245 TOTAL PARTIES
-

***TOTAL: 2011 – 2012 PARTIES = 815**

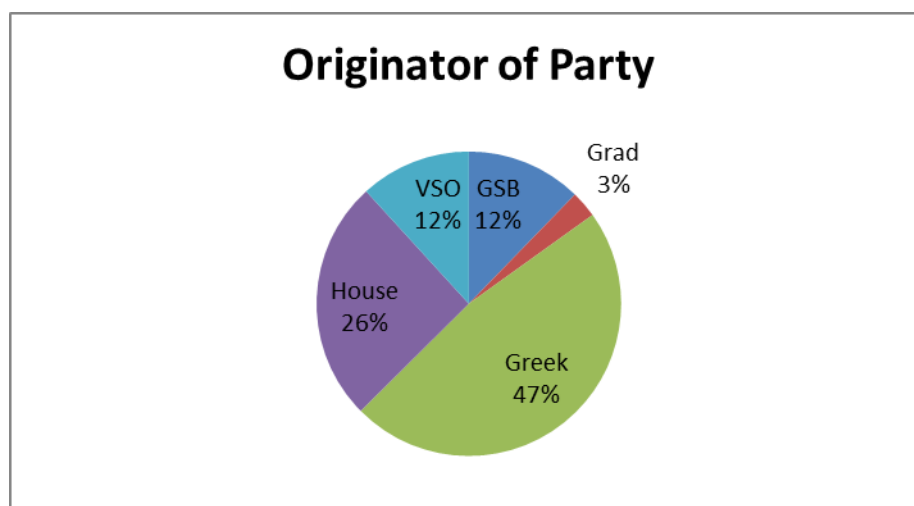
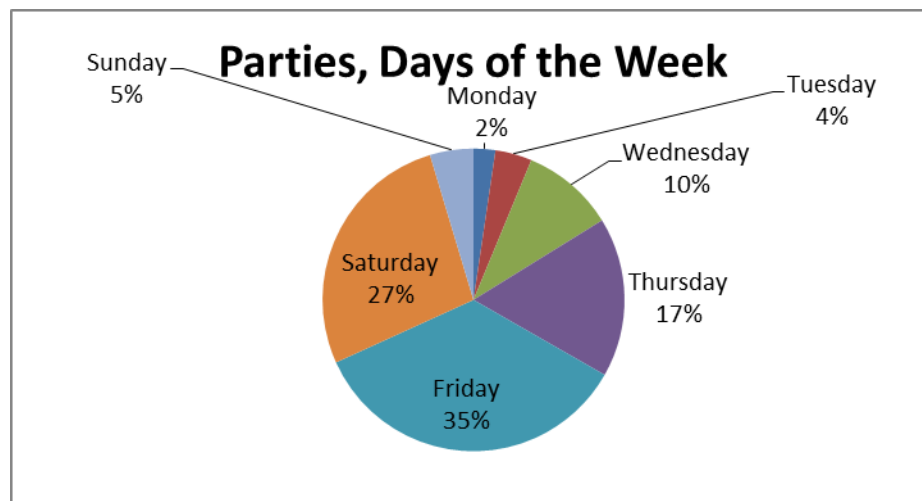
(TOTAL: 2010 -2011 PARTIES = 766)

* We saw 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 our extensive Party Planning Policies and Guidelines (click link for complete guide).

<http://studentaffairs.stanford.edu/alcohol/party/partyguide>

Stanford Party Numbers 2011 - 2012

- 815 Parties approved by the University
- 85 Parties rejected for approval by the University
- 104,509 Total maximum attendance at all parties
- 128 Average party size
- 731 Parties alcohol was served
- 84 Parties alcohol was not served



New Initiatives at Stanford

2011 -2012

The Learning Collaborative on High-Risk Drinking

The Learning Collaborative on High-Risk Drinking will improve the health of the college student population using proven, evidence-based practices. The objective of this Learning Collaborative is to work together to effect measurable change in reducing the rate of high-risk drinking at participant institutions, as well as the harms that result from this behavior.

Collaborative members will work actively together for 18 months to implement and test local changes, after which they will continue to fully implement adapted changes and share their measures of progress for an additional 18 months. Members will accomplish their collective goals by (i) testing strategies to reduce drinking, (ii) sharing new ideas and knowledge that emerge from local testing efforts; (iii) focusing on reliable implementation of proven concepts; and (iv) measuring and reporting progress.

The Institute for Healthcare Improvement's Breakthrough Series collaborative framework will be a foundation for the Learning Collaborative on High-Risk Drinking. This framework relies on the spread and adaptation of existing knowledge to multiple settings to accomplish a common aim. The Breakthrough Series was developed in the early 1990s and has been used hundreds of times to foster improvement in clinical medicine, public health, and manufacturing, among other fields.

Beginning in June 2011, teams from institutions participating in the Collaborative will come together for a series of face-to-face meetings, called "learning sessions," to share knowledge and results of efforts to effect local change and reduce the prevalence of high-risk drinking. In between the structured learning sessions are "action periods." During action periods, teams will work to improve on-campus efforts targeting high-risk drinking by implementing and testing new programs and policies, and by concurrently measuring outcomes and relevant processes. This will be done with monthly virtual meetings and active support from the Collaborative Leadership Team, composed of measurement and quality improvement experts at The Dartmouth Institute for Health Policy and Clinical Practice (TDI), along with experts on high-risk drinking recruited from across the country.

Stanford Press Release:

Stanford University has joined 31 other colleges and universities from across the country to address high-risk drinking on American campuses. The [Learning Collaborative on High-Risk Drinking](#) will use comprehensive evaluation and measurement techniques to identify and implement the most effective ways to confront this persistent problem and lessen the harm it causes.

The Learning Collaborative on High-Risk Drinking is the inaugural effort of the National College Health Improvement Project (NCHIP), a joint undertaking between Dartmouth College and the Dartmouth Institute for Health Policy and Clinical Practice.

"I welcome the opportunity to collaborate with our peer institutions on the Learning Collaborative on High-Risk Drinking. Through this effort, we will be able to dig deep into this issue by collecting data and sharing best practices for dealing with this very concerning trend," said Stanford President John Hennessy.

According to Dartmouth College President Jim Yong Kim, nearly 40 percent of college students in the United States engage in binge drinking, a number that has remained virtually unchanged for decades.

"By collaborating on this issue," Kim said, "we are much more likely to make meaningful and lasting progress than if each school attempts to tackle this critical issue on its own."

In addition to Stanford and Dartmouth, the institutions that have joined the initiative to date are: Princeton University, Boston University, Cornell University, Duke University, Frostburg State University, Northwestern University, Ohio University, Purdue University, Sewanee: The University of the South, Stony Brook University, University of Wyoming and Wesleyan University.

"Binge drinking is a serious public health challenge, leading to injury and, in some cases, death for hundreds of thousands of college students each year," said U.S. Health and Human Services Secretary Kathleen Sebelius. "HHS agencies have tackled this issue over the years, strengthening the evidence base and identifying interventions that work to reduce binge drinking. The Learning Collaborative on High-Risk Drinking is a promising initiative that will implement evidence-based practices at college campuses around the nation. We look forward to partnering with college leadership on this effort."

Teams from each school in the collaborative will convene for a series of face-to-face meetings every six months beginning in June. Between those meetings, teams will share outcomes and implementation methods to assess which programs work, where they work and why, focusing principally on the evidence-based interventions developed in recent years that have been shown to be effective.

At Stanford, the effort will be led by Dr. Ira Friedman, director of Vaden Health Center. His team will include Ralph Castro, associate director of health promotion services at Vaden; Deborah Golder, dean of residential education; Laura Wilson, Stanford's chief of police; and Jenny Bergeron, manager of assessment and program evaluation. The team also will include student and faculty representatives.

The Learning Collaborative methodology was developed by the Institute for Healthcare Improvement in Cambridge, Mass., and is aimed at spreading and adapting knowledge to different settings in order to address a given problem or health concern. This model has been used successfully in medicine and public health. Using this system, participants are able to implement changes quickly and determine which methods are most effective in their institutions. These experiences then inform the process and progress of the group as a whole.

A centerpiece of the methodology is its focus on measurement. Various measures will be developed to track the progress of the effort, in consultation with experts from across the country. Data will be shared and compared among participant institutions with the goal of both lowering the rate of binge drinking and reducing the incidence of the harm associated with this behavior.

Nearly 2,000 college students in the United States die each year from alcohol-related injuries, including motor vehicle accidents, and an estimated 600,000 students are injured while under the influence, according to research from the National Institute on Alcohol Abuse and Alcoholism. In addition, research has consistently shown that binge drinking often leads to sexual abuse and unsafe sex as well as academic problems. NCHIP aims to bring population health improvement methods to bear on problems affecting student health and plans to organize future collaborative efforts on other health issues.

Related information:

Learning Collaborative on High Risk Drinking

<http://www.nchip.org/alcohol/>

Office of Alcohol Policy & Education

<http://alcohol.stanford.edu>

Vaden Health Center

<http://vaden.stanford.edu/>

Dartmouth Now

<http://now.dartmouth.edu/2011/05/u-s-colleges-and-universities-join-forces-to-address-high-risk-drinking/>

Stanford Report, May 2, 2011

<http://news.stanford.edu/news/2011/may/high-risk-drinking-050211.html>



Stanford University Office of Alcohol Policy & Education (OAPE)

In the summer of 2011, the University established the Office of Alcohol Policy & Education. The office will oversee the Student Alcohol Policy (<http://alcohol.stanford.edu>), manage and implement all outreach education and early intervention efforts, oversee the planning and execution of alcohol-free social events on weekend nights and oversee university party planning policies, approvals and advising.

Vision:

A Stanford community that fosters inclusion by promoting a safe, fun and responsible social living and learning environment, taking into account the diverse population of students and varying levels of student development.

Mission:

To reduce high-risk drinking and its related negative consequences among Stanford students and increase social outlets that support non-drinkers and light drinkers by providing collaborative, cutting-edge, empirically-proven educational strategies and programs.

Goals:

1. Enhance alcohol educational outreach efforts across campus
2. Provide clarity and consistency in the application of the Student Alcohol Policy
3. Create ongoing social outlets for students that deemphasize alcohol
4. Shift campus culture away from hard liquor consumption in the form of shots
5. Collect data to assess trends and evaluate needs on an ongoing basis

Student Affairs Announcement:

Dear colleagues,

I am pleased to announce that, as of September 1, Ralph Castro who is well known for his work in Vaden's Health Promotion Services during the past 12 years is serving as Associate Dean of Student Affairs and Director of the Office of Alcohol Policy & Education. In his new position, Ralph will oversee alcohol outreach education and planning, on-going data collection and assessment, and programming of alcohol-free social events. Ralph's office is now located in the VPSA suite (Tresidder, 2nd floor) and, as director, he will report directly to me for the next year.

We are delighted that Angelina Cardona '11, former ASSU president, has joined the Office of Alcohol Policy & Education for the upcoming year. She will work closely with the Office of Student Activities and Leadership to plan alcohol-free events and coordinate with ASSU to enhance social programs on campus that de-emphasize alcohol. In addition, we are excited that Jarreau Bowen '07, former PHE Coordinator, will oversee and coordinate alcohol outreach education through the end of Fall quarter 2011.

With the development of the Office of Alcohol Policy and Education we are reinforcing our fundamental commitment to the health, safety and well being of our students and we are committed to helping students understand their personal and collective responsibilities around decisions they make concerning alcohol in their lives.

Regards,

Greg

Greg Boardman
Vice Provost for Student Affairs
Stanford University

Stanford-Specific AlcoholEdu Evaluation Data

2006 – 2012

- 2292 students completed the survey over a four year evaluation period.

- 50% of respondents said the material better prepared them to deal with alcohol at Stanford.
- 47% acknowledged thinking about information gleaned from AlcoholEdu before a night of drinking.
- 64% would recommend the program for use with other incoming freshmen.
- 42% said information from AlcoholEdu led them to behave more responsibly with alcohol.
- 71% of respondents rated the program somewhat to very effective.
- 34% reported that the program help change their behavior regarding alcohol in a healthier manner
- 85% reported that the program content was somewhat to very relevant to their college experience
- 78% acknowledged they learned something.
 - 69% learned information on blood alcohol concentration
 - 29% learned alcohol's impact on the brain
 - 25% learned what the college alcohol scene might look like
 - 38% learned information on health and alcohol
 - 34% learned information on legal issues.