

Middle Tennessee State University
Biennial Review
2010-2012

In compliance with the Education Department General Administrative Regulations (EDGAR)
Part 86 of the Drug-Free Schools and Communities Act

Table of Contents

Introduction.....	1
Alcohol and Other Drug Program Elements.....	1
Strengths and Weaknesses of the AOD Program.....	2
University Policy.....	2
Drug and Alcohol Violations and Fatalities.....	5
Sanctions Imposed as Result of Violations.....	6
Policies for Distribution of Annual Alcohol and Other Drug Notification.....	7
Progress on Prior Recommendations.....	7
Current Recommendations.....	7
Appendix A- Executive Summary of CORE Drug and Alcohol Survey.....	8
Appendix B- Executive Summary of AOD-related National College Health Assessment Data.....	16
Appendix C- Agendas and Rosters from CHASCo Trainings.....	23
Appendix D- Summary of MTSU’s Current Alcohol and Other Drug Prevention Programs.....	26
Appendix E- Drug and Alcohol Brochure from Human Resources.....	27

Introduction

The Drug-Free Schools and Campuses Regulations (EDGAR 86) of the Drug-Free Schools and Communities Act require all Institutions of Higher Education (IHEs) receiving any form of federal funding to adopt and implement a program “to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.”

Specifically, this requirement involves the following:

- Annual notification to all employees and students, in writing, of standards of conduct; appropriate sanctions for violation of federal, state, and local law and campus policy; a description of health risks associated with alcohol and other drug (AOD) use; and a description of available treatment programs;
- Development of methodology to distribute annual notification information to every student and staff member;
- Preparation of a biennial report on the effectiveness of AOD programs and the consistency of sanction enforcement.

In the summers of 2011 and 2012, a small team of university representatives met to discuss program and policy updates since the Fall 2010 biennial report. Attending this meeting were:

- Andrew Bickers, Director of Housing and Residence Life
- Celia Bradley, Assistant Director of Financial Aid and Scholarship Office
- Richard Chapman, Director of Health Services
- Jody Dianna, Counselor, Counseling Services
- Jason Morton, Police Supervisor, Department of Public Safety
- Graham Neff, Associate Athletic Director
- Lisa Schrader, Director of Health Promotion
- Laura Sosh-Lightsy, Assistant Dean for Judicial Affairs and Mediation Services
- Angela King Taylor, Office of Fraternity and Sorority Life
- Tashea Danner, Student

Prior to the meeting, the group reviewed the previous report and was asked to document any changes in their areas. The objectives of the meeting were to document current prevention efforts, to increase communication across departments regarding current prevention efforts, and to identify areas of weakness and opportunities for growth in a comprehensive prevention strategy.

The following paragraphs document MTSU’s efforts.

Alcohol and Other Drug Program Elements

An inventory of current AOD programs shows many offerings for individual students at the universal, selective, and indicated levels. The Core Drug and Alcohol Survey and the National College Health Assessment are used to assess current trends in usage, risk, and protective behaviors. The Executive Summaries of these tools (Core Survey, 2012, and NCHA, 2010) are included in Appendices A and B. Programming strategies include online assessments, educational programming, social norms campaigns, late night and other alternative programming, and counseling and motivational interviewing sessions. Campus AOD policies are designed to limit availability of alcohol and drugs through environmental management. Campus public safety officers, as well as other MTSU representatives, also coordinate with local law enforcement and the county AOD prevention coalition to advocate and enforce AOD policies in the

surrounding community. Additionally, some efforts have been made to include parents and faculty/staff in the AOD prevention program.

MTSU offers counseling services that provide brief personal counseling for currently enrolled students. Counseling Services seeks to work with faculty and students to plan and achieve with integrity both the educational goals of the institution and the personal and vocational goals of individual students.

MTSU also offers health services to enrolled students upon request. There is no fee to be seen by the medical staff; however expenses may be incurred if additional testing is required. Health insurance is also available for students enrolled for 6 or more credit hours.

Additionally, MTSU staff members participate in a state-wide prevention coalition, the Coalition for Healthy and Safe Campus Communities, which provides ongoing professional development opportunities. In the summer of 2011, two representatives from MTSU attended a workshop on bystander intervention strategies, and in the summer of 2012, eight MTSU representatives attending a training on the use of Brief Alcohol Screening and Intervention for College Students (BASICS). Copies of the program agendas and lists of attending individuals are included in Appendix C. Strategies discussed in the bystander intervention training have been incorporated into health promotion programming, and the use of BASICS is planned for implementation in the Fall 2012 semester.

A summary chart of MTSU's AOD programs appears in Appendix D.

Strengths and Weaknesses of the AOD Program

Documentation of program elements and interviews with Student Affairs staff identified the following strengths:

- Ongoing collection of local data on substance use and related attitudes;
- Use of environmental management strategies, including social norms campaigns, late night alternative programming, and AOD coalitions;
- New state legislation addressing prescription drug tracking and synthetic manufacturing;
- Ownership and responsibility of prevention programs shared among several departments;
- University participation in state-wide coalition with training opportunities and program seed funding available;
- Active county AOD prevention coalition with expressed interest in partnering more with the university;
- Staff willingness to work more cooperatively and comprehensively to improve efforts.

Identified weaknesses include:

- Decreasing budgets;
- Synthetic substance use and difficulty in testing;
- Prescription drug misuse;
- Limitations on distributing paper copies of information to students and employees;
- Inconsistencies in AOD policy enforcement related to special events on campus.

University Policy

1. Middle Tennessee State University prohibits the possession, use, or distribution of illegal drugs and alcohol on the campus proper or on institutionally owned, leased, or otherwise controlled property.

2. Various federal and state statutes make it unlawful to manufacture, distribute, dispense, deliver, or sell or possess with intent to manufacture, distribute, dispense, deliver, or sell controlled substances. The penalty imposed depends upon many factors which include the type and amount of controlled substance involved, the number of prior offenses, if any, and whether any other crimes were committed in connection with the use of the controlled substance. Possible sanctions include incarceration up to and including life imprisonment and imposition of substantial monetary fines. Tennessee statutes provide that it is unlawful for any person under the age of twenty-one (21) to buy, possess, transport (unless in the course of employment), or consume alcoholic beverages, wine, or beer, such offense being classified a Class A misdemeanor punishable by imprisonment for not more than 11 months, 29 days or a fine of not more than \$2,500 or both. The receipt, possession, or transportation of alcoholic beverages without the required revenue stamp is also a misdemeanor punishable by imprisonment of not more than thirty (30) days or a fine of not more than \$50 or both.

3. The use of alcohol can lead to serious health risks:

- Loss of muscle control, poor coordination, slurred speech
- Fatigue, nausea, headache
- Increased likelihood of accidents
- Impaired judgment
- Possible respiratory paralysis and death

Heavy drinking can lead to the following:

- Alcoholism
- Damage to brain cells
- Increased risk of cirrhosis, ulcers, heart disease, heart attack, and cancers of liver, mouth, throat, and stomach
- Hallucinations
- Personality disorders

Health risks associated with the use of illegal drugs include:

- Increased susceptibility to disease due to a less efficient immune system
- Increased likelihood of accidents
- Personality disorders
- Addiction
- Death by overdose
- Anemia
- Poor concentration

Additional information about how use of drugs and/or alcohol affects health is available at Student Health Services and in the Alcohol Information Center in the Keathley University Center.

4. Middle Tennessee State University does not currently provide drug/alcohol counseling, treatment, or rehabilitation programs for students. Referral to community treatment facilities may be made in appropriate cases.

5. Middle Tennessee State University will impose sanctions against individuals who are determined to have violated rules prohibiting the use, possession, or distribution of illegal drugs or alcohol.

Sanctions for students using or possessing illegal drugs or alcohol include disciplinary probation and, in appropriate cases, suspension from the University. In addition, residence hall students will be removed from the housing system for the use or possession of illegal drugs or drug paraphernalia. Referral for criminal prosecution may be made in appropriate cases.

Individuals involved in the sale or distribution of illegal drugs will be suspended from the University and referred to the appropriate authorities for criminal prosecution.

All employees, including students, agree as a condition of employment to abide by this policy. Sanctions against employees for use or possession of illegal drugs or alcohol in the workplace include termination of employment. Additionally, employees are required to notify the institution of any drug convictions resulting from a violation in the workplace no later than five days after the conviction.

Previous Smoking Policy- valid through June 30, 2011

In general, the University smoking policy designates prohibited areas for smoking and areas where smoking is permitted. Smoking is not permitted in any University-owned or leased buildings or vehicles including hallways, classrooms, laboratories, seminar/meeting rooms, offices, restrooms, indoor or open-air athletic facilities, and performance halls. Smoking areas outside University facilities are permitted provided that these areas are located far enough away from doorways, windows, and ventilation systems to prevent smoke from entering buildings and facilities. In general, this is at least 20 feet from any gate, entryway, arch, doorway, and common path of travel, air intake or open window. The detailed MTSU smoking policy, including issues of compliance and enforcement and signage, is contained in the University's policies and procedures manual, Policy No.1:01:03 S.

Current Smoking Policy- effective since July 1, 2011, with full implementation January 1, 2012

I. PURPOSE

Middle Tennessee State University ("MTSU") promotes a healthy, safe, and aesthetically pleasing work, educational, and living environment. The MTSU community acknowledges that long-term health hazards may accrue to people who use tobacco products or who are subjected to second-hand smoke. As a result, effective July 1, 2011, MTSU is a Tobacco-Free Campus and the use of tobacco will not be permitted except as specifically permitted under this policy.

II. SCOPE

This policy applies to all faculty, staff, students, contractors, and visitors of MTSU and is in effect 24 hours a day, year round. This policy applies to all forms of tobacco products including, but not limited to, cigarettes, pipes, cigars, chewing tobacco, and snuff, as well as smokeless electronic cigarettes and other similar devices.

III. GENERAL RULES

A. Prohibited Areas for Smoking

Tobacco use is not permitted in any MTSU-owned or leased property. This includes all grounds, vehicles, and buildings owned or leased by MTSU, including off-campus property.

B. Areas and Circumstances in which Smoking is Permitted

Notwithstanding the above,

- (1) Individuals may use tobacco while inside private vehicles situated on MTSU property.

(2) Additional exceptions may be approved for academic, artistic, educational, or research activities.

Any individual or group seeking an exception under this paragraph for an academic purpose should submit the Request for Exception form to the Provost's Office; otherwise, the Request for Exception form should be submitted to the Senior Vice President's Office. The activity may be approved provided that Campus Planning and Environmental Health and Safety Services concur with the proposed use of the facility, including confirming that the proposed space may be safely used for the requested activity and, to the extent applicable, has adequate ventilation and separation from non-smokers.

Parental Notification Policy

In addition to the information provided in the Drug Free Communities (DFC) Statement listed above, MTSU also supports a Parental Notification Policy: Middle Tennessee State University recognizes that students, parents, and the University are in a partnership in which each has the responsibility of promoting a healthy and productive educational experience. The University disciplinary process exists to provide corrective action that is educational and developmental, to protect the campus community, and to maintain an environment conducive to learning. Violations of the MTSU alcohol and drug policy can detract from that learning environment. MTSU believes parents can assist students in fulfilling their educational goals through the use of open dialogue.

Due to recent amendments to *Tennessee Code Annotated*, Title 49, Chapter 7, Part 1 by the General Assembly (House Bill 4088, Senate Bill 4108), Middle Tennessee State University is required to notify the parents or guardians of students under the age of 21 when those students are found responsible for alcohol- and drug-related offenses. If a student under the age of 21 is found to be responsible for the use and/or possession of drugs or drug paraphernalia, the resultant sanction will include notification of the parent/guardian by the dean of Student Life. In the event of a first or second violation of the alcohol policy by a student, the resultant sanction may include, but is not limited to, probation, an alcohol education course, and community service. In addition to the aforementioned sanctions, a third violation of the alcohol policy by a student under the age of 21 will result in the notification of the parent/guardian by the dean of Student Life. In addition, the parent/guardian may be contacted in any instance in which the health or safety of the student has been threatened either through the student's own acts or the acts of others.

Drug and Alcohol-Related Violations and Fatalities

Reported by Public Safety:

	2010	2011
Drug Violations		
• Drug/Narcotic Violations	35	26
• Drug Equipment Violations	17	15
Alcohol Violations		
• DUI Violations	65	89
• Drunkenness Violations	12	10
• Liquor Law Violations	95	129

Reported by Housing and Residence Life (not adjudicated by Judicial Affairs):

- Alcohol Violations- 35 in 2010-2011, 42 in 2011-2012

Reported by Judicial Affairs***

	2010-2011	2011-2012
Alcoholic Beverages/Public Intoxication Violations	258	233
Drug/Drug Paraphernalia Violations	84	130

***The statistics contained in this report represent disciplinary cases adjudicated by the Office of Judicial Affairs and Mediation Services for the time period indicated. Formal charges may have also been filed with the MTSU police department and/or the Department of Housing and Residential Life. It is possible that a single violation may appear in reports from all three departments. Disciplinary matters that were adjudicated solely by the Department of Housing and Residential Life are not reflected in these statistics.

Sanctions Imposed as Result of Violations

Alcohol Violations	Total Number:		Drug Violations	Total Number:	
	2010-2011	2011-2012		2010-2011	2011-2012
Disciplinary Probations	52	67	Disciplinary Probations	25	30
Educational/ Alcohol Classes	95	59	Educational/Drug Classes	11	-
Verbal Warnings	2	1	Restriction/Removal of Privileges	19	27
Restriction/Removal of Privileges	19	17	Tenure Probations	3	-
Tenure Probations	5	-	Community Services	2	-
Community Services	21	7	Parental Notifications	20	19
Parental Notifications	69	46	Suspensions	1	5
Suspensions	1	3	Written Reprimands	11	1
Written Reprimands	59	32	Housing Probations	4	-
Housing Probations	4	-	Counseling Referrals	7	3
Counseling Referrals	9	7	Restitutions	1	-
Restitutions	3	-	Expulsion	-	2
Apology Letters	3	-			
Comprehensive Risk Mgmt Plan	5	-			

Policies for Distribution of Annual Alcohol and Other Drug Notification

The *Students' Rights and Responsibilities* handbook establishes expectations and regulations governing individual behavior as well as the behavior of student organizations. The handbook provides detailed information about the disciplinary process in place at MTSU and establishes prohibited behaviors at the institution. Every student enrolled in the University is required to abide by these rules. All residential students are given a copy of the handbook upon moving in. Additionally, all student organizations are given a handbook. Handbooks are available throughout the year at various places across campus as well as in KUC 128. Students can also access the information online at www.mtsu.edu/judaff.

MTSU also sends a mass email to all enrolled students after the first census date, which is the 14th day of class. This email references the DFC Act and includes all required information contained within the Act. Administrators selected the census date as the appropriate time of communication as students are not permitted to enroll in the University after this date.

Additionally, further information is provided in the A-Z Directory of services in The Blue Raider Student Planner and Handbook, also available online.

Human Resources provides a brochure relating the information required by the DFC Act to all new employees. A copy of this brochure is included in Appendix E. A brochure covering Employee Assistance Programs is also distributed to new employees. The Dean of Students also oversees a mass email notification to employees annually in the Fall semester.

Progress on Prior Recommendations

Since the Fall 2010 review, the following actions have been taken based on recommendations of the Biennial Review team:

- “Be One of the Majority” social norms campaign was implemented in the Fall 2010 semester highlighting the true norms around alcohol, tobacco, and marijuana use by MTSU students. The campaign has continued until the present as results from the most recent assessment have not yet been analyzed.
- The Dean of Students clarified employee knowledge of AOD policies by distributing the policies to all faculty/staff following the fall and spring census dates.
- Partnerships with the Coalition for Healthy and Safe Campus Communities (CHASCo) and with the Community Anti-Drug Coalition of Rutherford County (CADCOR) have continued.

Current Recommendations

Based on a review of current AOD prevention programs and on current usage statistics, the following recommendations are made:

1. MTSU update its social norming campaign relating to misperceptions of substance use based on new data.
2. Plan for Spring 2013 administration of NCHA Survey.
3. Continue promotion of tobacco-free campus policy.
4. Partnerships with state and county coalitions should continue and be supported to increase environmental management strategies.
5. Consideration by higher administration of methods to increase consistency of policies and policy enforcement related to special events on campus.

Middle Tennessee State University (Online) (2012 Other)

SIUC/Core Institute
374 E. Grand Avenue
(618) 453-4420
Carbondale, IL 62901

Consortium Number – 7151
Institution Number – 2094
Number of Surveys – 1155

Executive Summary
Core Alcohol and Drug Survey - Long Form

Thursday, April 05, 2012
Page 1 of 8

Middle Tennessee State University (Online)

CORE ALCOHOL AND DRUG SURVEY LONG FORM - FORM 194

EXECUTIVE SUMMARY

The Core Alcohol and Drug Survey was developed to measure alcohol and other drug usage, attitudes, and perceptions among college students at two and four-year institutions. Development of this survey was funded by the U.S. Department of Education. The survey includes several types of items about drugs and alcohol. One type deals with the students' attitudes, perceptions, and opinions about alcohol and other drugs, and the other deals with the students' own use and consequences of use. There are also several items on students' demographic and background characteristics as well as perception of campus climate issues and policy.

Key Findings from students at Middle Tennessee State University (Online)

Following are some key findings on the use of alcohol:

- 78.6% of the students consumed alcohol in the past year ("annual prevalence").
- 64.7% of the students consumed alcohol in the past 30 days ("30-day prevalence").
- 51.5% of underage students (younger than 21) consumed alcohol in the previous 30 days.
- 38.5% of students reported binge drinking in the previous two weeks. A binge is defined as consuming 5 or more drinks in one sitting.

Following are some key findings on the use of illegal drugs:

- 34.7% of the students have used marijuana in the past year ("annual prevalence").
- 21.2% of the students are current marijuana users ("30-day prevalence").
- 17.5% of the students have used an illegal drug other than marijuana in the past year ("annual prevalence").
- 8.2% of the students are current users of illegal drugs other than marijuana ("30-day prevalence").

The most frequently reported illegal drugs used in the past 30 days were:

- 21.2% Marijuana (pot, hash, hash oil)
- 4.8% Amphetamines (diet pills, speed)
- 2.4% Sedatives (downers, ludes)

Following are some key findings on the consequences of alcohol and drug use:

- 26.9% reported some form of public misconduct (such as trouble with police, fighting/argument, DWI/DUI, vandalism) at least once during the past year as a result of drinking or drug use.
- 21.2% reported experiencing some kind of serious personal problems (such as suicidality, being hurt or injured, trying unsuccessfully to stop using, sexual assault) at least once during the past year as a result of drinking or drug use.

Following are some key findings on opinions about the campus environment:

- 94.4% of students said the campus has alcohol and drug policies;
- 5.2% said they "don't know"; and
- 0.3% said there wasn't a policy.

- 34.9% of students said the campus has an alcohol and drug prevention program;
- 62.0% said they "don't know"; and
- 3.1% said there wasn't a program.

- 68.8% of students said the campus is concerned about the prevention of drug and alcohol use;
- 17.0% said they "don't know"; and
- 14.2% said the campus is not concerned.

With regard to students' perceptions of other students' use:

- 86.8% of students believe the average student on campus uses alcohol once a week or more.
- 65.4% of students believe the average student on this campus uses some form of illegal drug at least once a week.
- 36.5% of students indicated they would prefer not to have alcohol available at parties they attend.
- 82.0% of students indicated they would prefer not to have drugs available at parties they attend.

The following percentages of survey respondents said they saw drinking as a central part of the social life of the following groups:

- 84.4% of the respondents said they saw drinking as central in the social life of male students.
- 70.3% of the respondents said they saw drinking as central in the social life of female students.
- 19.2% of the respondents said they saw drinking as central in the social life of faculty/staff.
- 42.9% of the respondents said they saw drinking as central in the social life of alumni.
- 59.9% of the respondents said they saw drinking as central in the social life of athletes.
- 90.5% of the respondents said they saw drinking as central in the social life of fraternities.
- 82.4% of the respondents said they saw drinking as central in the social life of sororities.
- 42.2% of the students said they believe the social atmosphere on campus promotes alcohol use.
- 21.8% of the students said they believe the social atmosphere on campus promotes drug use.
- 20.7% of the students said they do not feel safe on campus.

Compared to other campuses...

- 11.8% feel that alcohol use is greater
- 26.0% feel that alcohol use is less
- 62.2% feel alcohol use is about the same

On the Core Alcohol and Drug Survey, respondents were asked to report whether students on this campus cared about a number of campus climate issues (with the response options being "not at all", "slightly", "somewhat", and "very much"). The following percentages of respondents on this campus indicated that their fellow students cared "somewhat" or "very much" about the following issues:

- 87.5% said students cared about sexual assault
- 83.7% said students cared about assaults that are non-sexual
- 73.9% said students cared about harassment because of race or ethnicity
- 69.4% said students cared about harassment because of gender
- 68.5% said students cared about harassment because of sexual orientation
- 65.2% said students cared about harassment because of religion
- 50.0% said students cared about campus vandalism
- 34.6% said students cared about alcohol and other drug use

Table 1 shows the percentage of students who reported having experienced any of the following within the last year and, if so, the percentage who reported consuming alcohol or other drugs shortly before these incidents.

Table 1 - Experiences of Harassment or Violence

<u>Experience</u>	<u>Used Alcohol or Drugs</u>	<u>Incident</u>
7.5%	3.6%	Ethnic or racial harassment
8.0%	21.8%	Threats of physical violence
2.5%	21.4%	Actual physical violence
2.1%	0.0%	Theft involving force or threat of force
2.5%	37.9%	Forced sexual touching or fondling
1.7%	52.6%	Unwanted sexual intercourse

On the Core Alcohol and Drug Survey, students were asked to rate the degree of risk people take when they act in certain ways, listed below. The response options were, "no risk", "slight risk", "moderate risk", "great risk", and "can't say". The numbers listed below indicate the percentage of respondents who felt there was "great risk" associated with the following behaviors:

- 7.6% try marijuana once or twice
- 11.5% smoke marijuana occasionally
- 31.0% smoke marijuana regularly
- 43.5% try cocaine once or twice
- 80.3% take cocaine regularly
- 47.1% try LSD once or twice
- 75.6% take LSD regularly
- 46.7% try amphetamines once or twice
- 71.5% take amphetamines regularly
- 17.6% take one or two drinks of an alcoholic beverage (beer, wine, liquor) nearly every day
- 57.5% take four or five drinks nearly every day
- 52.9% have five or more drinks in one sitting
- 53.3% take steroids for body building or improved athletic performance
- 36.0% consume alcohol prior to being sexually active
- 38.1% regularly engage in unprotected sexual activity with a single partner
- 85.5% regularly engage in unprotected sexual activity with multiple partners

Sexual Behavior:

67.3% of the students reported engaging in sexual intercourse within the past year. Of these, 17.4% used alcohol the last time they had intercourse and 6.2% used drugs.

In the last 30 days, the following percentages of students engaged in the behaviors described below:

- 64.6% refused an offer of alcohol or other drugs
- 13.5% bragged about alcohol or other drug use
- 70.8% heard someone else brag about alcohol or other drug use
- 14.8% carried a weapon such as a gun, knife, etc. (not hunting or job related)
- 32.7% experienced peer pressure to drink or use drugs
- 9.5% held a drink to have people stop bothering you about why you weren't drinking
- 21.0% thought a sexual partner was not attractive because he/she was drunk
- 13.3% told a sexual partner that he/she was not attractive because he/she was drunk

The following data describes how students say their friends would feel if they...

- Tried marijuana once or twice - 41.7% of their friends would disapprove
- Smoked marijuana occasionally - 52.7% of their friends would disapprove
- Smoked marijuana regularly - 71.2% of their friends would disapprove
- Tried cocaine once or twice - 88.6% of their friends would disapprove
- Took cocaine regularly - 98.2% of their friends would disapprove
- Tried LSD once or twice - 82.1% of their friends would disapprove
- Took LSD regularly - 97.0% of their friends would disapprove
- Took one or two drinks every day - 56.6% of their friends would disapprove
- Took four or five drinks every day - 90.0% of their friends would disapprove
- Had five or more drinks at one sitting - 60.9% of their friends would disapprove

The following are some key findings on the perceived effects of alcohol:

- 71.0% say it breaks the ice
- 71.9% say it enhances social activity
- 43.8% say it makes it easier to deal with stress

- 57.3% say it facilitates a connection with peers
- 64.5% say it gives people something to talk about

- 58.4% say it facilitates male bonding
- 50.4% say it facilitates female bonding

- 62.2% say it allows people to have more fun
- 71.0% say it gives people something to do
- 20.2% say it makes food taste better

- 30.1% say it makes women sexier
- 16.9% say it makes men sexier
- 18.5% say it makes me sexier
- 49.6% say it facilitates sexual opportunity

Use of Drugs

The following tables provide additional details about students' reported use of drugs at this institution. Unless otherwise indicated, percentages are based on the total number of students responding validly to a given item.

For comparison purposes some figures are included from a reference group of 61057 students from 118 institutions from the 2009 Aggregated National Data.

In general, substantial proportions of students report having used alcohol, tobacco, and marijuana in response to the question, "At what age did you first use _____?" whereas comparatively few report having used each of the other substances. This question examines "lifetime prevalence" as opposed to annual prevalence and 30-day prevalence.

Table 2 describes lifetime prevalence, annual prevalence, 30-day prevalence, and high frequency use (3 times a week or more).

Table 2 - Substance Use

Substance	Lifetime Prevalence		Annual Prevalence		30-Day Prevalence		3X/Week or more	
	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.	Coll.	Ref.
Tobacco	53.5	48.3	41.0	37.8	27.7	26.1	17.9	14.5
Alcohol	82.6	85.3	78.6	81.7	64.7	68.3	16.7	20.5
Marijuana	46.9	43.4	34.7	30.2	21.2	17.2	10.8	6.8
Cocaine	8.0	8.2	4.4	4.2	1.8	1.5	0.3	0.2
Amphetamines	12.6	11.9	8.2	5.7	4.8	3.0	2.2	1.6
Sedatives	10.2	8.0	5.9	4.2	2.4	1.9	0.5	0.5
Hallucinogens	12.2	7.6	8.4	3.8	2.0	1.1	0.3	0.2
Opiates	3.8	2.7	2.8	1.4	1.1	0.8	0.4	0.3
Inhalants	3.2	3.3	1.3	0.9	0.8	0.5	0.3	0.2
Designer drugs	13.4	7.4	8.4	3.4	2.1	1.1	0.2	0.2
Steroids	0.6	1.2	0.4	0.7	0.4	0.5	0.2	0.2
Other drugs	5.6	3.8	3.1	1.8	1.3	0.8	0.4	0.2

Notes:

Coll. = Middle Tennessee State University (Online)

Ref. = Reference group of 61057 college students

The average number of drinks consumed per week at this institution is 3.2 drinks. The national average is 4.6 drinks (based on a sample of 61057). The percentage of students who report having binged in the last two weeks at this institution is 38.5% compared to the national average of 43.1%.

Consequences of Alcohol and Drug Use

The proportion of students who report having had problems as a result of drinking or drug use is another indicator of the level of substance abuse. The percentages of students who reported that within the past year they had various problematic experiences are given in Table 3. The top group of items represents public misconduct or behaviors that involve actual or potential harm to others. The second group represents possibly serious personal problems. The last group may consist of less serious (and more common) experiences which nevertheless may indicate excessive use.

Table 3 - Problematic Experiences

<u>This Institution</u>	<u>Reference Group</u>	<u>Experience</u>
1.4	1.3	Been arrested for DWI/DUI
9.6	11.2	Been in trouble with police, residence hall, or other college authorities
3.8	5.3	Damaged property, pulled fire alarms, etc.
23.9	24.1	Driven a car while under the influence
21.9	29.9	Got into an argument or fight
1.1	1.2	Tried to commit suicide
4.4	4.0	Seriously thought about suicide
11.9	14.3	Been hurt or injured
8.7	8.5	Been taken advantage sexually
1.7	2.6	Taken advantage of another sexually
5.7	5.0	Tried unsuccessfully to stop using
8.5	9.8	Thought I might have a drinking or other drug problem
19.9	20.2	Performed poorly on a test or important project
30.3	34.0	Done something I later regretted
27.8	26.4	Missed a class
28.5	28.3	Been criticized by someone I know
27.4	32.3	Had a memory loss
48.9	50.8	Got nauseated or vomited
54.9	59.6	Had a hangover

Differences among Student Groups

Table 4 compares substance use patterns and consequences of several campus groups: males and females, younger and older, academically more and less successful, and on and off-campus residents.

Table 4 - Differences among Student Groups

	Gender		Age		Average Grades		Campus Residence	
	Female	Male	16-20	21+	A-B	C-F	On	Off
Sample Sizes:	531	615	545	603	909	235	250	896
Currently use (in the past 30 days) alcohol	60.8	68.1	51.5	76.6	62.7	72.8	50.2	68.9
Currently use (in the past 30 days) marijuana	16.2	25.6	20.3	22.0	19.4	28.5	18.9	21.8
Currently use (in the past 30 days) illegal drugs other than marijuana	6.6	9.6	6.6	9.7	7.9	9.8	7.2	8.5
Had 6 or more binges in the past 2 weeks	1.5	5.4	1.7	5.3	3.6	3.4	3.2	3.7
Have driven a car while under the influence during past year	23.3	24.5	17.5	29.7	22.1	31.2	15.3	26.4
Have been taken advantage of sexually during past year	11.4	6.5	8.5	9.0	7.9	12.2	4.9	9.8
Have taken advantage of another sexually during past year	1.5	1.8	1.3	2.0	2.0	0.4	0.8	1.9

Sample Demographics

Following are some summary characteristics of the students who completed and returned the questionnaire.

- 22.1% were freshmen
- 21.6% were sophomores
- 25.6% were juniors
- 30.2% were seniors
- 0.2% were graduates
- 0.3% were other
- 85.1% were in the "typical" college age range of 18-22.
- 46.3% were female.
- 78.2% lived off campus.
- 58.6% worked part-time or full-time.
- 93.9% were full-time students.
- 23.0% reported spending at least 5 hours per month in volunteer work.

Middle Tennessee State University
Executive Summary

Spring 2010

American College Health Association
National College Health Assessment II



ACHA-NCHA II

The ACHA-NCHA II supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.

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American College Health Association

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Introduction

The ACHA-National College Health Assessment II (ACHA-NCHA II) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits, behaviors, and perceptions on the most prevalent health topics.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nation wide through the spring 2008 data collection period. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

The revised survey, the ACHA-NCHA-II, was developed following a thorough pilot testing process. Although the general categories of information for which data are collected remain the same between the original ACHA-NCHA and this revised survey, a number of questions have been modified, and new questions have been added to monitor a variety of health constructs. Specific revisions include updated lists of illegal drugs, contraceptive methods, and vaccines. New items have been added to capture sleep behaviors, self-injury, the use/abuse of prescription drugs and additional mental health issues.

Please note the ACHA-NCHA II is not appropriate for trend comparison of items from the original ACHA-NCHA survey. A new baseline for ACHA-NCHA II began in the fall of 2008. Directly comparing pre- and post-redesign estimates on similar data points, without taking into account the impact of the survey's redesign, might lead to an erroneous conclusion. Documentation regarding the results of the pilot study and differences between the instruments can be obtained at the ACHA-NCHA website, www.acha-ncha.org.

For additional information about the survey's development, design, and methodology, email Mary Hoban, PhD, CHES, (mhoban@acha.org), E. Victor Leino, PhD (vleino@acha.org), or visit www.acha-ncha.org.

Note on use of data:

Missing values have been excluded from analysis. Students responding "not applicable" were excluded from several analyses, which are specifically noted throughout this document. All response categories were included, including "don't know" or "0" unless otherwise noted.

This Executive Summary highlights results of the ACHA-NCHA II Spring 2010 survey for Middle Tennessee State University consisting of 745 respondents. The overall response proportion was 12.4%.

Findings continued

College students reported feeling *very safe* :

	Percent (%)	Male	Female	Total
On their campus (daytime)		77.6	63.5	68.5
On their campus (nighttime)		26.0	4.2	12.0
In the community surrounding their school (daytime)		52.9	42.3	45.9
In the community surrounding their school (nighttime)		21.8	4.7	10.8

E. Alcohol, Tobacco, and Other Drug Use

Reported use versus perceived use - reported use for all students within the past 30 days compared with how often students perceived the typical student on campus used substances within the same time period. The last line of each table combines all categories of any use in the last 30 days.

Alcohol

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		26.7	23.0	24.2
Used, but not in the last 30 days		15.6	17.5	17.3
Used 1-9 days		42.7	47.3	45.4
Used 10-29 days		13.0	11.7	12.2
Used all 30 days		1.9	0.4	1.0
<i>Any use within the last 30 days</i>		57.6	59.5	58.6

Perceived Use		
Male	Female	Total
4.6	1.7	2.8
0.8	0.8	0.8
29.3	24.8	26.3
45.2	43.9	44.4
20.2	28.7	25.7
94.7	97.5	96.3

Cigarette

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		59.7	62.3	61.4
Used, but not in the last 30 days		17.9	19.3	18.8
Used 1-9 days		4.6	7.8	6.6
Used 10-29 days		6.1	0.8	2.7
Used all 30 days		11.8	9.7	10.5
<i>Any use within the last 30 days</i>		22.4	18.4	19.9

Perceived Use		
Male	Female	Total
7.2	2.3	4.2
4.2	2.3	3.0
19.0	16.8	17.6
33.5	25.2	28.0
36.1	53.3	47.2
88.6	95.3	92.8

Marijuana

	Percent (%)	Actual Use		
		Male	Female	Total
Never used		66.2	67.4	66.9
Used, but not in the last 30 days		20.9	18.9	19.5
Used 1-9 days		5.3	9.1	7.7
Used 10-29 days		3.4	2.5	3.0
Used all 30 days		4.2	2.1	3.0
<i>Any use within the last 30 days</i>		12.9	13.8	13.6

Perceived Use		
Male	Female	Total
8.0	2.1	4.4
8.7	6.0	6.9
44.1	38.6	40.5
25.9	32.0	29.8
13.3	21.2	18.4
83.3	91.8	88.7

Findings continued

Tobacco from a water pipe (hookah)	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used	67.6	72.0	70.4	13.1	7.7	9.7	
Used, but not in the last 30 days	22.9	21.2	21.9	16.6	13.9	15.0	
Used 1-9 days	9.2	5.9	7.0	46.7	48.2	47.6	
Used 10-29 days	0.4	0.6	0.5	17.0	21.4	19.7	
Used all 30 days	0.0	0.2	0.1	6.6	8.8	7.9	
Any use within the last 30 days	9.5	6.8	7.7	70.3	78.4	75.2	

All other drugs combined [†]	Percent (%)	Actual Use			Perceived Use		
		Male	Female	Total	Male	Female	Total
Never used	48.3	66.7	60.1	5.7	2.7	3.9	
Used, but not in the last 30 days	28.9	21.1	24.0	7.2	3.6	5.0	
Used 1-9 days	13.3	8.4	10.1	36.5	32.3	33.9	
Used 10-29 days	6.5	1.7	3.4	31.9	34.2	33.2	
Used all 30 days	3.0	2.1	2.4	18.6	27.1	24.0	
Any use within the last 30 days	22.8	12.2	15.9	87.1	93.7	91.1	

[†]Includes cigars, smokeless tobacco, cocaine, methamphetamine, other amphetamines, sedatives, hallucinogens, anabolic steroids, opiates, inhalants, MDMA, other club drugs, other illegal drugs. (Excludes alcohol, cigarettes, tobacco from a water pipe, and marijuana).

■ 5.2 % of college students reported driving after having **5 or more drinks** in the last 30 days.*

■ 30.4 % of college students reported driving after having **any alcohol** in the last 30 days.*

*Students responding "N/A, don't drive" and "N/A don't drink" were excluded from this analysis.

Estimated Blood Alcohol Concentration (or eBAC) of college students reporting 1 or more drinks the last time they "partied" or socialized. **Students reporting 0 drinks were excluded from the analysis.** Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they "partied" or socialized, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism.

Estimated BAC	Percent (%)	Male	Female	Total
< .08		75.0	71.6	72.7
< .10		79.9	77.3	78.2
Mean		0.05	0.06	0.06
Median		0.03	0.04	0.03
Std Dev		0.07	0.07	0.07

Findings continued

Reported number of drinks consumed the last time students "partied" or socialized. Only students reporting one or more drinks were included.

Number of drinks*	Percent (%)	Male	Female	Total
4 or fewer		33.1	46.3	41.9
5		6.5	5.7	5.9
6		6.8	4.4	5.2
7 or more		16.3	9.7	11.9
Mean		5.55	3.94	4.47
Median		4.00	3.00	3.00
Std Dev		4.40	4.25	4.35

* Students reporting 0 drinks were excluded.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Percent (%)	Male	Female	Total
N/A don't drink		30.9	26.3	27.7
None		38.2	51.5	46.8
1-2 times		20.6	17.4	18.7
3-5 times		6.9	3.8	4.9
6 or more times		3.4	1.1	1.9

Percent of college students who reported using prescription drugs that were not prescribed to them within the last 12 months:

	Percent (%)	Male	Female	Total
Antidepressants		3.4	3.6	3.5
Erectile dysfunction drugs		2.7	1.5	1.9
Pain killers		10.3	9.1	9.5
Sedatives		7.2	7.3	7.2
Stimulants		8.4	9.1	8.8
Used 1 or more of the above		15.6	17.4	16.6

Findings continued

College students reported doing the following *most of the time* or *always* when they "partied" or socialized during the last 12 months:*

	Percent (%)	Male	Female	Total
Alternate non-alcoholic with alcoholic beverages		23.2	29.3	27.4
Avoid drinking games		45.6	46.7	46.7
Choose not to drink alcohol		24.9	34.7	31.3
Determine in advance not to exceed a set number of drinks		33.9	49.9	44.6
Eat before and/or during drinking		72.9	76.8	75.0
Have a friend let you know when you have had enough		30.1	44.9	39.5
Keep track of how many drinks being consumed		65.5	69.2	68.0
Pace drinks to one or fewer an hour		25.6	43.3	37.1
Stay with the same group of friends the entire time drinking		83.3	90.2	87.8
Stick with only one kind of alcohol when drinking		57.4	64.2	62.0
Use a designated driver		77.3	87.5	83.9
Reported one or more of the above		95.7	98.1	97.3

*Students responding "N/A, don't drink" were excluded from this analysis.

College students who drank alcohol reported the following consequences occurring in the last 12 months as a result of their own drinking:*

	Percent (%)	Male	Female	Total
Did something you later regretted		24.4	33.6	30.2
Forgot where you were or what you did		22.7	25.4	24.2
Got in trouble with the police		2.2	2.4	2.3
Had sex with someone without giving your consent		0.6	1.8	1.3
Had sex with someone without getting their consent		0.0	0.0	0.0
Had unprotected sex		17.8	16.0	16.5
Physically injured yourself		9.9	12.7	11.7
Physically injured another person		2.8	1.8	2.1
Seriously considered suicide		0.6	1.8	1.3
Reported one or more of the above		44.8	47.1	45.9

*Students responding "N/A, don't drink" were excluded from this analysis.

Demographics and Student Characteristics

■ Age:

Average age:	23.32 years
Median:	21.00 years
Std Dev:	7.44 years

18 - 20 years:	46.7 %
21 - 24 years:	30.1 %
25 - 29 years:	10.7 %
30+ years:	12.5 %

■ Gender*

Female:	63.8 %
Male:	35.3 %
Transgender:	0.1 %

■ Student status:

1st year undergraduate:	25.2 %
2nd year undergraduate:	20.7 %
3rd year undergraduate:	24.5 %
4th year undergraduate:	15.0 %
5th year or more undergraduate:	7.9 %
Graduate or professional:	5.1 %
Not seeking a degree:	0.4 %
Other:	1.1 %

Full-time student:	89.7 %
Part-time student:	9.5 %
Other student:	0.8 %

■ Relationship status:

Not in a relationship:	40.2 %
In a relationship but not living together:	34.3 %
In a relationship and living together:	25.5 %

■ Marital status:

Single:	78.1 %
Married/Partnered:	17.0 %
Separated:	0.3 %
Divorced:	2.6 %
Other:	2.0 %

■ Students describe themselves as:

White:	81.1 %
Black – not Hispanic:	10.1 %
Hispanic or Latino/a:	3.2 %
Asian or Pacific Islander:	2.8 %
American Indian, Alaskan Native or Native Hawaiian:	1.7 %
Biracial or Multiracial:	2.8 %
Other:	2.0 %

■ International Student:

International:	4.0 %
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■ Students describe themselves as:

Heterosexual:	93.3 %
Gay/Lesbian:	2.5 %
Bisexual:	2.5 %
Unsure:	1.8 %

■ Housing:

Campus residence hall:	16.6 %
Fraternity or sorority house:	0.1 %
Other university housing:	3.2 %
Parent/guardian home:	19.6 %
Other off-campus housing:	53.0 %
Other:	7.4 %

■ Participated in organized college athletics:

Varsity:	3.7 %
Club sports:	5.0 %
Intramurals:	13.5 %

■ Member of a social fraternity or sorority:

Greek member:	9.6 %
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■ Primary Source of Health Insurance:

College/university sponsored plan:	2.6 %
Parents' plan:	60.1 %
Another plan:	21.1 %
Don't have health insurance:	15.0 %
Not sure if have plan:	1.3 %

* Cases where sex is missing are included in the calculation of percentages for this variable



Bystander Intervention Training, June 24, 2011

Jenny Rabas, Prevention Specialist
University of Central Missouri

Agenda

- I. Overview of training (10 minutes)
- II. Social Norms Primer (30 minutes)
- III. Bystander Intervention Theory (2 hours)
- IV. Bystander Intervention Applications for AOD Prevention- One campus's experience (30 minutes)
- V. Theory of Change- Applying it to your institution (2 hours)
- VI. Next Steps (20 minutes)
- VII. Discussion and Questions (20 minutes)
- VIII. Additional Resources (5 minutes)

Attending from MTSU: Lisa Schrader and Tashea Danner



Caring About Our Community

**2012 Partners in Prevention: Higher Education Alcohol
and Other Drug Prevention Conference**

May 14-15, 2012

Cumberland University - Edward Labry Hall

Day One Agenda / Monday, May 14

8:30 a.m. – 9:00 a.m.	Registration and Continental Breakfast
9:00 a.m. – 9:30 a.m.	Conference Welcome Rodney Bragg, Assistant Commissioner, Division of Alcohol and Drug Abuse Services, Tennessee Department of Mental Health
9:30 a.m. – 10:45 a.m.	BASICS Training Ann Sesti, Program Director, Alcohol, Tobacco, and Other Drugs Program Center for Health and Well-Being, Indiana University of Pennsylvania
10:45 a.m. – 11:00 a.m.	Break
11:00 a.m. – 12:00 p.m.	BASICS Training by Ann Sesti/cont'd.
12:00 p.m. – 1:00 p.m.	Lunch Luncheon Speakers: Eddie Lovin, Director of Residence Life & Greek Affairs, Cumberland University & CHASCo Chair and Jason Powell, Director, CHASCo
1:00 p.m. – 2:45 p.m.	BASICS Training by Ann Sesti/cont'd.
2:45 p.m. – 3:00 p.m.	Break
3:00 p.m. – 4:00 p.m.	BASICS Training by Ann Sesti/cont'd.
4:00 p.m. – 5:00 p.m.	Evaluating Your Campus Data: CORE Survey Results and the Statewide Aggregate Dr. Jon Miles, Director, Searchlight Consulting
5:30 p.m. – 6:30 p.m.	CHASCo Members Business Dinner (Invitation Only) Demo's Restaurant, 130 Legends Drive, Lebanon

Other Attendees: Dinner on Your Own



Caring About Our Community

2012 Partners in Prevention: Higher Education Alcohol and Other Drug Prevention Conference

May 14-15, 2012

Cumberland University - Edward Labry Hall

Day Two Agenda / Tuesday, May 15

8:30 a.m. – 9:00 a.m.	Registration and Continental Breakfast
9:00 a.m. – 10:30 a.m.	Alcohol, Mental Health, and College Students: Current Issues and Future Directions Dr. Jason Kilmer, Assistant Director of Health and Wellness for Alcohol and Other Drug Education, University of Washington
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m. – 11:30 p.m.	Alcohol, Mental Health, and College Students: Current Issues and Future Directions/cont'd -- Dr. Jason Kilmer
11:30 a.m. – 12:30 p.m.	Lunch Luncheon Speaker: Kendell Poole, Director, Tennessee Governor's Highway Safety Office
12:30 p.m. – 1:30 p.m.	Marijuana Use, Risk Perception, and Consequences: Is Perceived Risk Congruent with Reality? -- Dr. Jason Kilmer
1:30 p.m. – 2:30 p.m.	Evaluating the Strength of College Tobacco Policies in Tennessee Dr. Hadii Mahmudn, Assistant Professor, Department of Health Services Management and Policy, East Tennessee State University
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 3:45 p.m.	New Tool! Campus-Community Coalition Toolkit Dr. Pam Imm, Community Psychologist, University of South Carolina
3:45 p.m. – 4:00 p.m.	Wrap Up

Attending from MTSU: Andy Bickers, Richard Chapman, Eric Clark, Heidi Convery, Colleen Crafton, Amy Korstange, Lisa Schrader, and Michelle Stevens

Appendix D- Summary of MTSU’s Current Alcohol and Other Drug Prevention Programs

Middle Tennessee State University AOD Prevention Plan Overview				
Domain of Intended Influence	Type of Prevention			
	Universal- all students	Selective- groups of students identified to be at an increased risk of AOD issues	Indicated- students violating policies, in need of crisis services, or self-declaring	Other groups
Individual Students	Health Promotion website Nat'l Coll Alc. Awareness WK Spring Break Safety Week Availability of e-CHUG, e-TOKE Late night programming Alternative Spring Break Job-required drug testing through Health Services Annual notification of policies True Blue campaign True Blue civility training Responsibility program	AOD presentation- CUSTOMS Social norms pres- UNIV 1010 Safety pres- UNIV 1010 Student rules/AOD- UNIV 1010 Housing programming Greek New Member Education Sexual Assault prev training Athletics' drug testing Athletics education programs	Tobacco Quit Kits & NRT Online tobacco cessation prog Alcohol Edu group sanction- 1st & 2nd offenses e-TOKE sanction- 1st offense Online sanction- (e-CHUG) 1st offense Housing sanction Zero tol. drug policy in Housing Counseling Services sanction- automatic for 3rd offense Counseling Services- referrals, motivational interviews, addiction education Court ordered drug testing	Student staff training & background checks
Parents	Prevention messages in parent newsletter	Parent AOD handout- CUSTOMS	Parental notification- Jud Aff Parental notification- Housing	
Campus Environment	Dry campus policy Tobacco-free campus AOD Biennial Review Team No AOD ads in Athletics venues Police escort services Social norms campaign	Housing safety inspections Greek housing safety inspect. No alcohol ads in Housing Public Safety saturation patrols in high risk areas	Narcotics Anon. group Zero tolerance drug policy in Housing	
Faculty & Staff	AOD policy notification to new and current employees EAP availability notification to new employees		Employee Assistance Program Arrests, referrals, citations	Staff training & background check
Community	No smoking in restaurants/ public bldgs DUI checkpoints Partnerships with Community Anti-Drug Coalition Social hosting laws Shoulder tap program		Arrests, referrals, citations Community mental health providers	

Drugs and Alcohol Don't Work at MTSU

Middle Tennessee State University prohibits the possession, use, or distribution of illegal drugs and alcohol on the campus proper or on institutionally-owned, leased, or otherwise controlled property.

Various federal and state statutes make it unlawful to manufacture, distribute, dispense, sell, or possess with intent to manufacture, distribute, dispense, deliver, or sell controlled substances. The penalty imposed depends upon many factors which include the type and amount of controlled substance involved, the number of prior offenses, the type and whether any other crimes were committed in connection with the use of a controlled substance. Possible sanctions include incarceration, fines and including lifetime imprisonment and revocation of substantial property rights.

Tennessee statutes provide that it is unlawful for any person under the age of twenty-one (21) to buy, possess, transport, or use in the course of his or her employment, or consume alcoholic beverages, wine, or beer. Any violation of this law results in an offense classified as Class A misdemeanor or punishable by imprisonment for not more than 11 months, 29 days, or by a fine or not more than \$2,500, or both. The receipt, possession, or transportation of alcoholic beverages without the required revenue stamps is a first misdemeanor punishable by imprisonment of not more than thirty (30) days or a fine of not more than \$500, or both.

The Drug-Free Schools and Communities Act and the Drug-Free Workplace Act of 1988
Human Resource Services Office
Middle Tennessee State University
Murfreesboro

A 2017-2020 Board of Regents University
Middle Tennessee State University
1000 University Drive
Murfreesboro, TN 37132-1301
Phone: 615-898-6200
Fax: 615-898-6200

The use of alcohol can lead to various health risks:

- loss of muscle control, poor coordination, slurred speech;
- fatigue, nausea, headache;
- increased likelihood of accidents;
- impaired judgment;
- possible respiratory paralysis and death;
- liver, cardiovascular injury, etc.

Heavy drinking can lead to:

- alcoholism;
- changes to brain cells;
- increased risk of liver disease, heart disease, brain attack, and cancer of liver, mouth, throat, and stomach;
- heart problems;
- personal problems.

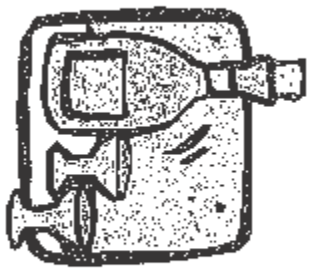
Health risks associated with the use of illegal drugs include:

- increased susceptibility to disease due to a weakened immune system;
- increased likelihood of accidents;
- personality disorders;
- addictions;
- death by overdose;
- encephalopathy;
- social consequences;
- health care consequences.



Addressing information that shows the use of drugs affects your health is available through the Alcohol Awareness Program, Student Health Services, and Family Programs office. Available through the Center for the Prevention of Alcohol Abuse.

Medical assistance is available for students who are having difficulty with alcohol. Referral to appropriate resources may be made at a program assessment.



MTSU's regular employees with full benefits are eligible to participate in the statewide Employee Assistance Program, which provides confidential services for assessment and short-term counseling. Up to six visits are provided free of charge. Additional treatment or counseling dependencies or both on a patient and outpatient basis are generally covered expenses under the state group-term life insurance plan. For more information, contact the Health Insurance Department, 1000 East Tennessee State University, Raleigh, NC 27607. For more information, contact the Health Services Office of the MTSU. For more information, contact the Health Services Office if you are a student.

Middle Tennessee State University will implement various policies regarding individuals who have violated rules prohibiting the use, possession, or distribution of illegal drugs on a college campus. These policies include the use of drug testing for students using or possessing illegal drugs or alcohol and the use of disciplinary procedures and in appropriate cases, suspension from the University. In addition, residence hall students will be removed from the housing system. Referral for criminal prosecution may be made in appropriate cases.

Individuals involved in the possession or distribution of illegal drugs or alcohol will be suspended from the university and referred to the appropriate authorities for criminal prosecution.

All employees, including students employed as regular or seasonal employees, are subject to the policies. Sanctions regarding the use of possession of illegal drugs or alcohol in the workplace include termination of employment by the University. The University's policies are available by contract number. Procedures available by contract number are available. Employees are not held to policy. Additionally, employees are not held to policy. The institution of ongoing evaluations is a part of the University's policies.

For information, contact the Student Health Services Office, 1000 East Tennessee State University, Raleigh, NC 27607. For more information, contact the Health Services Office if you are a student.

