



**WESTERN  
MICHIGAN  
UNIVERSITY**

Drug-Free Schools and Communities Act Biennial Review

FY2022-2023 and FY2023-2024

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Health Promotion and Education

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## I. Introduction/Overview

The FY2022-2023 – FY2023-2024 Biennial Review was created for the fulfillment of the Drug-Free Schools and Campuses Regulation that requires institutions of higher education to conduct a biennial review of their Alcohol and Other Drug (AOD) programs and policies (EDGAR Part 86.100).

It is the goal of the Office of Health Promotion and Education in the Division of Student Affairs to produce a Biennial Review that would be used to document the progress made by Western Michigan University and provide insight into how WMU's AOD programs, policies, and practices could be improved. The WMU Biennial Review meets two objectives:

1. Outlines the current AOD programs, interventions, and policies at WMU and examines their effectiveness.
2. Demonstrates WMU's compliance with DFSCA Biennial Review contents and process.

The Biennial Review will be housed in the Office of Health Promotion and Education and will continue to be a process led by the office. A copy of the Biennial Review can be found at <http://www.wmich.edu/studentaffairs/drug-free>. Primary individuals involved in the process are listed below.

### A. Individuals Involved in this Review:

Sabbi Hoin, Assistant Director, Health Promotion and Education

Cari Robertson, Director, Health Promotion and Education

Dr. Diane Anderson, Vice President for Student Affairs

Dr. Reetha Raveendran, Associate Vice President for Student Affairs and Dean of Students

Dr. Sarah Meiser, Associate Dean of Students and Director, Student Rights and Responsibilities

Dr. Gayle Ruggiero, Medical Director, Sindecuse Health Center

Jeremy Ynclan, Assistant Director, Housing and Residence Life

Victoria Hastings, Sergeant, Department of Public Safety

Brian Bauer, Associate Athletic Director, and Director of Medical Services, Intercollegiate Athletics

Gretta Clay, Director, HR Services, Human Resources

Angelene Patton, Associate Director of Compliance and Training, Student Financial Aid and Scholarships

Abbie Davis, Substance Use Education Coordinator, Health Promotion and Education

The Biennial Review was created by collecting data from appropriate offices and individuals across the university and through collaboration between the individuals listed. One can request access to the Biennial Review by contacting Health Promotion and Education at (269) 387-3263.

Biennial Review reports will be kept for 10 years.

## II. Annual Policy Notification

### A. Primary Method Utilized to Distribute Policy to All Students

**In Person:** During move-in, students receive a link to the to the full Community Living Expectations (CLE) online and an explanation that these are their policies. Housing student staff cover essential policies, including alcohol and other drugs, at a mandatory floor meeting with their residents, at the beginning of each semester.

Student Rights and Responsibilities (SRR) staff go to every new student, transfer and contemporary learner orientation, to discuss the Student Code, CLE, specific policies, and the process to make sure all incoming students are aware of the expectations that exist. For international orientation, students are given a pre-orientation online module that includes student policies and expectations. SRR is also available by request to all First Year Experience seminar classes for a presentation on the Student Code.

Additionally, when students participate in conduct hearings, the website with the Student Code and CLE is referenced often; students are encouraged and sometimes mandated to review the code.

During new student orientation, students and their guests are shown a video about campus policies, safety, and their rights regarding these policies. This video is also available online on the orientation website.

WMU and You: A Safe Space to Be - [https://youtu.be/n\\_sSD9pUJew?si=Mpdm4EUZSFrFLPrk](https://youtu.be/n_sSD9pUJew?si=Mpdm4EUZSFrFLPrk)

Orientation website - <https://wmich.edu/transitions/orientation>

**Email:** Many portions of the Student Code are noted in the Clery required Annual Security and Fire Safety Report (ASR); every member of the University community receives an email announcing the availability of the ASR no later than October 1<sup>st</sup>.

**Online:** Policies are available online at the links below. In addition, WMU encourages students to complete the online module AlcoholEDU for College from Vector Solutions. WMU embeds the alcohol and drug policy section from the Student Code and CLE into this online module and students check a box indicating that they have reviewed it.

Annual Security and Fire Safety Report - <https://wmudps.wmich.edu/campus-safety.php>

WMU Student Code of Conduct - <https://wmich.edu/studentrights/code>

WMU Housing and Residence Life Policies - <https://wmich.edu/housing/info/policies>

### B. Primary Method Utilized to Distribute Policy to All Employees

**In Person:** All new employee hires are required to attend a New Employee Orientation (NEO). At that orientation, employees are told where to find the Employee Handbook online which includes access to policies about employee conduct and disciplinary action, including consumption and possession of alcohol and drugs. At NEO, new employees are given an Employee Handbook Acknowledgement form to sign, acknowledging they have reviewed the Employee Handbook information. When this form is turned back into Human Resources, a copy is put in the employee's personnel file.

**Email:** Many portions of the Policy are noted in the Clery required Annual Security and Fire Safety Report (ASR); every member of the University community receives an email announcing the availability of the ASR no later than October 1<sup>st</sup>.

**Online:** All employees are assigned an online training module, focused on harassment, sexual misconduct, and Title IX. The online module also links to the Policy that addresses employee conduct and disciplinary action regarding alcohol and drugs. Employees identified as Campus Security Authorities are also required to do annual Clery Training.

WMU Employee Handbook - <http://www.wmich.edu/hr/policies/handbook>

WMU Sexual Misconduct Policy - <https://wmich.edu/sexualmisconduct>

### III. AOD Policy, Enforcement and Compliance Inventory

Below is a list of policies that reference alcohol and other drugs and enforcement of these policies. Many campus policies not listed here do refer to the Alcohol on Campus policy and Student Code of Conduct. All university policies can be found at <https://wmich.edu/policies>.

Alcoholic Beverage Payments from University Accounts - [https://wmich.edu/sites/default/files/attachments/u247/2013/acctg\\_newsletter\\_20130912.pdf](https://wmich.edu/sites/default/files/attachments/u247/2013/acctg_newsletter_20130912.pdf)

Alcohol on Campus - <https://wmich.edu/policies/alcohol>

Athletic Department: Student-Athlete Handbook – Can obtain a copy by contacting University Athletics (See Appendix A)

Athletic Department: Alcohol Sales Policies and Procedures – Can obtain a copy by contacting University Athletics (See Appendix A)

Drug-Free Schools and Campuses - <https://wmich.edu/studentaffairs/drug-free>

Drug-Free Workplace - <https://wmich.edu/hr/handbook-conduct>

Employee Assistance Program - <https://wmich.edu/hr/resources/eap/>

Michigan Medical Amnesty Law - [www.legislature.mi.gov/documents/2015-2016/publicact/pdf/2016-PA-0307.pdf](http://www.legislature.mi.gov/documents/2015-2016/publicact/pdf/2016-PA-0307.pdf)

Public Events Policy – <https://wmich.edu/policies/event-space>

Sexual and Gender-Based Misconduct Policy - <https://wmich.edu/policies/sexual-misconduct>

Student Code – Expectations of Students <https://wmich.edu/conduct/expectations-students>

Student Code – Full Policy <https://wmich.edu/studentrights/code>

Tailgating Policy - <https://wmubroncos.com/news/2022/9/1/tailgate.aspx>

Tobacco-Free Campus - <https://wmich.edu/tobaccofree>

University Housing and Residence Life Policies - <https://wmich.edu/housing/info/policies>

## IV. AOD Prevalence Rate, Incidence Rates, Needs Assessment, and Trend Data

A. Drug and alcohol-related incidents that are reported to campus officials  
WMU Department of Public Safety (DPS) receives reports for incidents involving WMU students. City of Kalamazoo Department of Public Safety and other Kalamazoo County Law Enforcement may share information with DPS about off-campus incidents. WMU DPS can submit a request to other safety departments to acquire information regarding student incidents. On-campus incidents involving alcohol and other drugs that are also Clery-related will be included in the Clery required Annual Security and Fire Safety Report (ASR).

The most recent ASR can be accessed online or by contacting the Department of Public Safety (see Appendix A): <https://wmudps.wmich.edu/AnnualSecurityReport.pdf>

B. Drug and alcohol-related incidents that occur on campus  
Please see Section IV. A (above).

C. National College Health Assessment Executive Summary  
A full executive summary of the WMU American College Health Association – National College Health Assessment III Spring 2023 can be accessed online or by contacting Health Promotion and Education (see Appendix A): <https://wmich.edu/healthpromotion/programs/well-being/ncha>

D. Vector AlcoholEdu Report  
A full summary of the AlcoholEdu report of Fall 2022 and Fall 2023 for first-year student alcohol use can be requested by contacting Health Promotion and Education (see Appendix A).

## V. AOD Programs Goals and Mission

The mission of the Office of Health Promotion and Education is to create a culture of equitable well-being, healthy environments, and social justice to enhance the success of all members of the campus community.

The goal of our alcohol and other drugs education program is to provide comprehensive programming and resources for the prevention and reduction of alcohol and drug related harms. We do this by utilizing evidence-based approaches that focus on intrapersonal, interpersonal, institutional, and environmental strategies.

Both WMU and the Division of Student Affairs have made well-being a priority in their 2022-2032 strategic plans. While these goals are not specific to alcohol and other drugs, they address social determinants of health that can impact and/or be impacted by substance use.

### A. WMU 2022-2032 University Strategic Plan: Well-being

Goal: We safeguard the overall health of our community by embedding well-being into all aspects of WMU's culture, administration, operations and academics by utilizing the social determinants of health and eight dimensions of wellness—physical, emotional, spiritual, intellectual, social, environmental, financial and occupational.

- Objective 1: Make systemic changes in the written and unwritten rules and processes throughout the institution to better empower all people at WMU to flourish and thrive, especially historically marginalized communities.

- Objective 2: Scan the built environments at WMU and enhance the spaces where we learn, work, live and connect so they are more inclusive and conducive to holistic health, safety and accessibility for diverse communities.
- Objective 3: Adopt the Okanagan International Charter for Health Promoting Universities and Colleges and mobilize an institution-wide, multidisciplinary coalition of students, faculty, staff and alumni to take collective action for a culture of well-being.
- Objective 4: Provide effective, equitable opportunities for students, faculty and staff to build the personal capacity, health information fluency and life-enhancing skills they need to thrive in all aspects of the WMU Well-being Wheel, including social, financial, spiritual, environmental, physical, emotional, intellectual and occupational wellness.
- Objective 5: Create or re-orient WMU services to provide equitable access to and distribution of resources for prevention, support and treatment.

Key metrics: Increase in sense of well-being and safety among faculty, staff, and students as measured through the American College Health Association-National College Health Assessment (ACHA-NCHA) and National Faculty and Staff Health Assessment (ACHA-NFSHA).

WMU 2022-2032 Strategic Plan: <https://wmich.edu/strategic/future>

## B. WMU Division of Student Affairs: Equity, Well-being and Belonging

Goal: Grow an inclusive community and culture that embodies well-being and belonging.

- Objective 1: Audit and shift division and department procedures, practices, and resource allocations using a lens of equity, well-being, and belonging for students and employees.
- Objective 2: Enhance spaces to be more inclusive for all communities of students and employees to live, learn, belong, work, play, and be well.
- Objective 3: Lead role in WMU adoption of the Okanagan Charter for Health Promoting Colleges and Universities.
- Objective 4: Provide effective, equitable opportunities for students and employees to belong and build skills within all eight dimensions of wellness.
- Objective 5: Identify and reduce inequities in access to the division's services and programs that we offer for well-being and belonging.

We pursue this goal through:

- Events and programming that invite students to grow their understanding of equity, diversity, and well-being
- Accessible spaces that support community and well-being
- Culturally responsive policies that ensure equitable access to resources and wellness
- Direct student support for all dimensions of the well-being wheel
- Well-trained staff who value holistic well-being, equity, and justice

WMU Student Affairs 2022-2032 Strategic Plan: <https://wmich.edu/studentaffairs/planning>

## VI. AOD Programs, Intervention, and Related Process Elements

### A. Programs/Interventions Descriptions, Objectives, and Goals

The Office of Health Promotion and Education, Sindecuse Health Center (which includes Counseling Services), Student Rights and Responsibilities, Department of Public Safety, Student

Transitions, Haworth College of Business, Intercollegiate Athletics, Behavioral Health Services, Student Engagement, Human Resources, and Housing and Residence Life all offer programs and/or services related to alcohol and other drug related risk prevention and intervention. Programs and interventions outlined below are organized by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) College Alcohol Intervention Matrix (AIM). An explanation of the College AIM levels can be found in Appendix B. Please note many of these strategies are rated based on their stand-alone effectiveness rather than in combination with other strategies. The NIAAA College AIM Matrix recommends a mixture of individual and environmental strategies to maximize positive effects. Additionally, we have included the prevention level based on information from Addressing Alcohol Misuse and Prevention: Key Strategies for Institutional Leadership (see Appendix C).

## B. WMU AOD Programs and Initiatives – NIAAA College AIM *Higher effectiveness*

- AlcoholEDU for College (IND-19)
  - Online education program that addresses a student’s drinking behaviors, protective behaviors and risk reduction, bystander intervention, policy, and normative data.
  - Offered by Vector Solutions, Office of Student Transitions, and Health Promotion and Education
  - Offered starting in August and a follow-up course six weeks later
  - Offered to all first-year undergraduate students, required for all first-year domestic undergraduate students
  - Prevention Level: Selective
- AlcoholEDU for Sanctions (IND-3, IND-10, IND-19)
  - Online educational program that focuses on consequences of high-risk drinking, a student’s own drinking habits, how to make healthier decisions, and policy.
  - Offered by Vector Solutions and Health Promotion and Education
  - Offered all year
  - Offered to students who violate the WMU alcohol policy
  - Prevention Level: Indicated
- ECHECKUP TO GO for Sanctions (IND-24)
  - Online educational program that focuses on consequences of cannabis and other illegal drug use, a student’s own drug habits, how to make healthier decisions, and policy.
  - Offered by eCHECKUP TO GO and Health Promotion and Education
  - Offered all year
  - Offered to students who violate the WMU drug policy
  - Prevention Level: Indicated
- Individual Intervention Sanction Process (IND-18)
  - Individual meeting with a student who has violated the alcohol or other drug policy. Session focuses on student drinking and drug use behavior, alcohol or other drug related consequences, risk reduction strategies, potential for dependency, goal setting, alternatives to drinking and drug use, and support resources.
  - Offered by Health Promotion and Education

- Offered all year
- Offered to students who violate the WMU alcohol and/or drug policies
- Prevention Level: Indicated
- Individual Follow-up Sanction Process (IND-18)
  - Individual meeting with a student who has violated the alcohol or other drug policy. Offered two weeks after their initial meeting. Session focuses on goals that were made in initial meeting and how they are progressing, and if any changes need to be made. It also focuses on how their personal support systems can help keep them accountable for their wellness goals.
  - Offered by Health Promotion and Education
  - Offered all year
  - Offered to students who violate the WMU alcohol and/or drug policies
  - Prevention Level: Indicated
- Wellness Intervention for Substance Education (WISE) Individual Follow-up (IND-18)
  - Individual follow-up meeting with a student who attended the WISE workshop. Offered two weeks after the group workshop. Session focuses on goals that were set in group workshop and how they are progressing, and if any changes need to be made. It also focuses on how their personal support systems can help keep them accountable for their wellness goals.
  - Offered by Health Promotion and Education
  - Offered all year
  - Offered to students who attend the WISE workshop, which is open to all students
  - Prevention Level: Indicated
- Policy Enforcement (ENV-5, ENV-9, ENV-11, ENV-24)
  - Enforcement, education, and awareness of the policies in place for students. A variety of sanctions for alcohol and other drug violations that utilize, but are not limited to, educational components, fines, probation, parent notification, and reflection pieces.
  - Housing and Residence Life: Students are not allowed to possess or consume alcohol, unless they are 21 years of age or older, in Residence Halls. In addition, they are not allowed to have empty alcohol containers as decorations if they are under 21 years old. Those who are of age may not have alcohol out in public areas. Cannabis is prohibited on all campus property. Students found in possession of cannabis or paraphernalia will be subject to the Student Code of Conduct and sanctions.
  - Offered by Housing and Residence Life and Student Rights and Responsibilities
  - Offered all year
  - Offered to all students
  - Prevention Level: Indicated and Universal

***Moderate effectiveness***

- Wellness Intervention for Substance Education (WISE) Group Workshop (IND-17)
  - Group workshop designed to foster holistic health through substance education and multi-dimensional wellness interventions. Discusses the connections between substance use and the impact on wellness. Participants set goals related to substance use and are offered an optional follow-up appointment afterwards.
  - Offered by Health Promotion and Education

- Offered all year
  - Offered to all students
  - Prevention Level: Selective
- First Year Experience Seminar Alcohol Risk Reduction Training (IND-4, IND-16, ENV-7)
  - Presentation that focuses on educating students on standard drink measurement, BAC levels, risk reduction behaviors, correcting misperceptions through small group social norming, and resources.
  - Offered by Health Promotion and Education
  - Offered in the Fall Semester
  - Offered to all First Year Experience Seminar courses
  - Prevention Level: Selective
- Housing Student Staff Training (IND-4, IND-16)
  - Training that focuses on understanding the role of alcohol and other drugs in the lives of WMU students and its impact on community-building efforts, current perceptions of WMU student use of alcohol and cannabis, how to use WMU alcohol and drug data for hall programming, bulletin boards, and addressing student issues or intervening in a time of high-risk drinking, and services that are available for residents and student staff.
  - Offered by Health Promotion and Education
  - Offered in August during Housing and Residence Life training
  - Offered to all returning and new student staff in Housing and Residence Life
  - Prevention Level: Selective
- Housing Student Staff Program Requirements (IND-4, IND-16)
  - Housing student staff are required to create programming focused on each wellness dimension of the WMU Well-being Wheel; physical, social, emotional, intellectual, occupational, spiritual, financial, and environmental. Many housing staff include programs related to alcohol safety, setting boundaries, and handling peer pressure when it comes to substance use.
  - Offered by Housing and Residence Life
  - Offered all year
  - Offered to building residents and visitors
  - Prevention Level: Selective
- Bronco Bash (IND-1)
  - Campus Resource Fair that offers tables to offices and organizations on campus and the surrounding community. Health Promotion and Education tabling offers resources and education regarding alcohol and drug use and uses the space to facilitate a short quiz/game for students, testing their knowledge of policies, protective behaviors, and resources.
  - Offered by Office of Student Engagement and Office of Health Promotion and Education
  - Offered before classes begin each fall semester
  - Offered to all students
  - Prevention Level: Universal
- International Student Training (IND-4, IND-16, ENV-7)
  - Presentation that focuses on understanding American drinking culture, harm reduction, refusal skills, and resources.

- Offered by Health Promotion and Education
- Offered in August, November, and March
- Offered to International Students who are in the Level One and Intermediate English programs and the Advanced Level English programs through the Center for English and Culture for International Students (CELCIS)
- Prevention Level: Selective
- W.O.W. (Wheel of Well-being) Game Show (IND-4, IND-16)
  - Interactive health education that addresses the high-risk drinking that can take place on a college campus. The game show aims to correct misperceptions about college drinking culture and provides students with examples of safe and responsible drinking. The show also discusses consent, suicide prevention and other health and wellness topics, taking a comprehensive approach to health education and student support.
  - Offered by Health Promotion and Education
  - Offered during Fall Welcome
  - Offered to all incoming First Year Students and all Fall incoming transfer students
  - Prevention Level: Selective
- The Bronco Way (IND-4, IND-16, IND-15)
  - The Bronco Way is a theater performance that discusses adjusting to life on a college campus. It includes topics of unsafe drinking behaviors, consent, and overall well-being.
  - Offered by the Department of Theatre
  - Offered during New Student Orientation and Family Orientation
  - Offered to first year incoming students and their families.
  - Prevention Level: Selective
- Alcohol and Other Drug Education Programs by request (IND-4, IND-16)
  - Programs are offered by request to any student group or class who would like information on safe/responsible drinking, bystander intervention, and resources.
  - Offered by Health Promotion and Education
  - Offered all year
  - Offered to all students
  - Prevention Level: Universal/ Selective (depending on group requesting)
- Parent and Family Information Sessions (IND-15)
  - Informational sessions are offered to parents of incoming students during new student orientation. Health Promotion and Education provides a session that discusses resources that their students can access regarding alcohol and other drugs.
  - Offered by Office of Student Transitions and Health Promotion and Education
  - Offered during New Student Orientation
  - Offered to all parents and family of incoming students
  - Prevention Level: Selective

***Lower effectiveness***

- Social Norming Campaigns (ENV-7)
  - Social norming campaign that utilizes data collected from WMU ACHA-NCHA survey. The purpose of the campaign is to normalize healthy behaviors regarding

alcohol and other drug use. Campaign utilizes descriptive and injunctive norms data.

- Offered by Health Promotion and Education
- Offered all year
- Offered to all students
- Prevention Level: Universal
- 21<sup>st</sup> Birthday Program (IND-2)
  - Alcohol risk reduction program designed to help students turning 21 celebrate their birthday responsibly, whether they choose to drink or not. Students receive free items including local restaurant coupons, Dining Services coupons, information on how to safely consume alcohol, the signs of alcohol poisoning, and emergency numbers.
  - Offered by Health Promotion and Education
  - Offered all year
  - Offered to students who turn age 21
  - Prevention Level: Selective
- Free Narcan Kits (ENV-7)
  - Narcan/Naloxone kits are free and provided in all of the AED units on campus. This makes them accessible, while also notifying the Department of Public Safety when the unit is opened.
  - Offered by Department of Public Safety and Sindecuse Health Center
  - Offered all year
  - Offered to all students, staff, and faculty
  - Prevention Level: Universal

### ***Interventions delivered by health care professionals***

- Counseling Services (IND-27, IND-28)
  - Short-term individual, couples, and group counseling for the entire student population. The counseling process helps students learn skills to cope with problems and develop new ways of thinking, which may lead to a healthier and more fulfilling lifestyle. Makes referrals to additional programs and services outside the university related to alcohol and other drugs as needed.
  - Offered by Counseling Services at Sindecuse Health Center
  - Offered all year
  - Offered to all students
  - Prevention Level: Indicated
- Behavioral Health Services (IND-27, IND-28)
  - Behavioral Health Services at Western Michigan University is a licensed and accredited outpatient substance use and behavioral health disorder treatment provider in Michigan. Substance use disorder and other behavioral health treatment services are provided by therapists licensed and credentialed in the state of Michigan who have extensive training in the delivery of assessment, individual, group and family treatment services.

- Offered by Unified Clinics
- Offered all year
- Offered to all students
- Prevention Level: Indicated
- Clinical Services (IND-27, IND-28)
  - Certified and licensed health professionals assess alcohol and substance use during initial visits to the health center, during physical exam appointments, pharmacy visits, and designated visits involving mental health or injuries. Health intervention and prevention regarding alcohol and drug use involves education, treatment guidance and planning, referrals to additional services and programs, and discussions centered on healthy coping skills.
  - Offered by Sindecuse Health Center
  - Offered all year
  - Offered to all students
  - Prevention Level: Selective
- Employee Assistance Program (IND-27, IND-28)
  - Offers assessment, confidential counseling, and referral services to Western Michigan University employees, their dependents, and their household members. HelpNet counselors are professionals in dealing with marital and family issues, addictions, emotional problems, legal and financial concerns, careers, relationships, aging parents, stress, anxiety, depression, and life enrichment techniques.
  - Offered by Human Resources
  - Offered all year
  - Offered to all employees
  - Prevention Level: Selective

***Not effective***

- Resident Assistant Bulletin Board Kits (IND-1)
  - Alcohol and other drug risk reduction program designed to provide resident assistants with comprehensive, accurate, and up to date information on alcohol and other drugs by way of informational pre-made bulletin boards. Bulletin boards are available by request from Health Promotion and Education.
  - Offered by Health Promotion and Education
  - Offered all year
  - Offered to Residence Life Staff
  - Prevention Level: Selective

***Too few studies to rate effectiveness***

- Western HEROES Bystander Intervention Training (ENV-6)
  - Bystander intervention program that discusses the risks of high-risk drinking and other harmful or damaging behaviors. Supplies students with the knowledge and skills to intervene the next time they see something taking place that could be potentially harmful.
  - Offered by Health Promotion and Education
  - Offered all year

- Offered to all students, faculty, and staff
- Prevention Level: Universal
- Campus Events by Registered Student Organizations and Residence Hall Staff (ENV-2)
  - Late night and weekend programming offered to encourage alcohol-free alternatives during higher risk drinking times.
  - Offered by the Office of Student Engagement and Housing and Residence Life
  - Offered during the academic year
  - Offered to all students
  - Prevention Level: Universal

## VII. AOD Outcomes Data

WMU American College Health Association-National College Health Assessment Executive Summary

- A full executive summary of the WMU ACHA-NCHA III Spring 2023 can be accessed online or requested by contacting Health Promotion and Education (see Appendix A).  
<https://wmich.edu/healthpromotion/programs/well-being/ncha>

Vector AlcoholEdu Report, Fall 2022 and Fall 2023

- A full summary of the AlcoholEdu reports for First Year Student alcohol use can be requested by contacting Health Promotion and Education (see Appendix A).

Health Promotion and Education Program Statistics

- Full reports of the number of students reached with AOD programming and education during FY2022-23 and FY2023-24 can be requested by contacting Health Promotion and Education (see Appendix A).

## VIII. Recommendations for Revising AOD Programs/Interventions

During the next Biennium, Western Michigan University will work towards:

- Further enhancing strategies targeting specific groups such as student-athletes, fraternity and sorority members, international students, and student leaders.
- Contributing to the AOD objectives for WMU Strategic Plan and Student Affairs Strategic Plan Well-being Goals.
- Examining the need for more late-night programming as an alternative to drinking during weekends when drinking rates have historically been higher.
- Continuing to consult with staff opening the pub in the new student center to establish policies and environments that support AOD risk reduction.
- Consult with staff overseeing drink sales at football games to establish policies, messaging, and environments that support AOD risk reduction.
- Continuing to assess and improve the AOD educational sanctions program, including reviewing consistency of application of recommended sanctions.
- Enhancing programming geared towards students over the age of 21.
- Refocus efforts to individual and environmental strategies that are found to be more effective.
- Routine screening for substance abuse/misuse during health center appointments
- Working with campus partners to work towards a ‘no alcohol imagery in marketing’ policy for campus events and not allowing playing non-alcoholic versions of drinking games.

- Partner with and/or advertise safe ride options (Metro Link, public transit, etc.).
- Align all AOD programming with best practices and evidence-based approaches including but not limited to:
  - Removing drunk goggles from campus programming
  - Enforcing 21 yrs drinking age at tailgating events
  - Enforcing AOD campus policies
  - Increasing risk reduction messaging in spaces where there is alcohol
- Expand offerings of Narcan training on campus.
- Option to opt-in for paper copies of policies by students and employees.
- Improve student and employee notifications regarding AOD programming, resources, etc. by collaborating with the distributing offices.

## IX. Conclusion

Western Michigan University continues to make progress in the prevention of alcohol and other drug related harms. The Office of Health Promotion and Education takes a comprehensive approach to education that is rooted in research and best practices. Paired with prevention, WMU offers intervention and treatment services that are available to all students. Areas for expansion are outlined in section VIII.

## X. Appendices

### A. Department Contact Information

Health Promotion and Education

1903 W. Michigan Ave

Kalamazoo, MI 49008-5445

(269) 387-3263

<https://wmich.edu/healthpromotion>

Department of Public Safety

511 Monroe Street

Kalamazoo, MI 49006 USA

(269) 387-5555

<https://wmudps.wmich.edu>

University Athletics

1903 W. Michigan Ave

Kalamazoo, MI 49008-5406

(269) 387-3120

<https://wmubroncos.com/>

### B. NIAAA College Alcohol Intervention Matrix (AIM) 2.0

More information on the College AIM can be accessed online:

<https://www.collegedrinkingprevention.gov/collegeaim>

- Individual-level strategies:
  - Aims to produce changes in attitudes or behaviors related to alcohol use rather than the environments in which alcohol use occurs. Expected outcomes, in general, are that a strategy may decrease an individual's alcohol use (e.g., frequency, quantity, or

blood alcohol concentration) and/or alcohol-related risk-taking behaviors, thereby reducing harmful consequences. All studies used college students as the research population except the behavioral interventions by health professionals, which used a general population.

- Environmental-level strategies:
  - Aims to change the alcohol use environment in the campus, community, or both, and thus can affect the student body as a whole or in large subgroups such as those under age 21. Most of the environmental-level strategies in this guide seek to reduce alcohol availability, one of the most effective ways to decrease alcohol use and related problems. A few strategies listed below try to reduce alcohol-related harm directly without restricting availability and are included because colleges commonly use them. This guide isolated these strategies for assessment, and some may not be effective if used alone. Still, they may be useful parts of a multi-strategy effort.
- Interventions delivered by health care professionals:
  - Can reduce harmful drinking, according to studies conducted mainly in general adult populations (ages 18–65). These strategies are not rated relative to other individual-level strategies in College AIM because of differences in research populations, along with wide variations in costs and barriers to providing these services across campuses. These interventions are important for students whose drinking patterns put them at risk for harm, or who are already experiencing alcohol-related problems. Health care professionals in your campus health and counseling centers can help identify and assist these students, or residence hall or security staff members may bring students with alcohol-related conduct violations to your attention.

### C. Addressing Alcohol Misuse and Prevention: Key Strategies for Institutional Leadership

Prevention Levels- Selective, Indicated, and Universal: <https://everfi.com/wp-content/uploads/2017/02/Addressing-Alcohol-Misuse-and-Prevention-Key-Strategies-for-Institutional-Leadership.pdf>