

Waldorf College
AODA Prevention: Spring 2012 Biennial Review
Completed by the Waldorf College AODA Task Force

I. Description of AODA Program Elements

Waldorf College emphasizes a policy enforcement and student engagement approach to alcohol and drug issues on campus. Waldorf College currently does not allow students to have alcohol on campus in any capacity (consumption, possession). This policy allows for enforcement of policy to be clear and without a vague decision making process. The first exception to this policy is that outside groups that sponsor an event (such as a wedding or family reunion) may have alcohol at a non-student/employee event provided that the AODA committee approves the conditions. The second exception to alcohol on campus is in regard to Timberland apartments, which is an off-site managed apartment unit with upper-class students. All residents of this unit must be 21 years of age to possess or consume alcohol at this site.

The student engagement tools utilized on campus include educational strategies, alternative activities, environmental strategies, community involvement, and early involvement and connection strategies. The counseling approaches employed by the Student Life Counseling Department include screening, AODA assessment and education and periodic orientation, RA training and general speakers. Specific descriptions of key campus strategies are listed here.

Education Strategies /Public Awareness

The counseling staff provides educational sessions and information upon request of academic classes, student organizations, RA training and athletic teams. Our Wellness curriculum offers a course *WEL 250 Substance Abuse: A Holistic Approach to Prevention and Intervention (3 credit hours.)*. This course provides an introduction to the topic of substance abuse prevention and intervention. The focus is on looking at substance abuse from a holistic perspective (social, psychological, and physical). Special emphasis will be placed on the role that the student can play in the prevention of substance abuse through community education and treatment of substance abuse through teaching healthy living skills. This course is an elective available to all students and encouraged for the wellness and psychology programs.

Waldorf College, in the fall of 2011 sponsored national and regional speakers that addressed alcohol use and college students. National speaker Bob Hall discussed “alcohol and intimacy” issues and “Shots of Reality” an improvisation troupe talked, acted and addressed alcohol awareness to our first year students. The speakers emphasized the need for caution on posting photos and information about personal or group alcohol or other drug use on personal Webpages, blogs, and social community sites. In addition, local speaker Jay Pedelty from Prairie Ridge Addiction Treatment Services (Mason City) came to speak to all first year students in orientation about the risks associated with underage drinking.

Another Educational strategy for first year student orientation included the game Alcohol Jeopardy. We broke the game down into individual sessions where members in each session battled each other to earn points by answering questions and facts about the use of alcohol and other drugs.

This game show type activity is also used in most First Year Seminar courses for fall 2010 and 2011. Much like the real Jeopardy game, final prizes were given out to the groups with the highest point total at the end. This game was also presented to our residence life staff as a way to educate the RAs on the use and abuse of alcohol on college campuses. Another alcohol awareness strategy for 2011 and 2012 was to utilize the large plasma TV in the Atrium during the week before spring break to portray statistics related to spring break alcohol abuse activities that told of the darker sides of spring break. The point of the presentation was to say, "Don't become a statistic. Drink responsibly during spring break."

In the fall of 2010 we purchased 150 posters from the BACCHUS Network for \$225 and rotated these posters throughout the campus and dormitories over the year that focused on problem drinking (Romeo Where Art Thou Poster), looking out for friends who drink too much (Everyday Hero's Poster), and numerous other themes that related to problem drinking and marijuana use. We repeated this poster campaign in 2011.

Alternative Activities

Waldorf College is committed to providing a variety of recreational opportunities that are convenient on our small rural campus. Waldorf accomplishes this with a full time Student Activities Director, the Social Warriors Activities Team (SWAT), Residence Life personnel, Intramurals Director and a student led organization that coordinates the on-campus social activities. SWAT and the Activities Director coordinate extensive activities (all free to Waldorf Students) including but not limited to special entertainment, free movie weekends and coffeehouse performers at Gatsby's or the Atrium. Additional on campus activities include plays, musicals, one acts, concerts, the Waldorf Community Artist Series, Convocation speakers (nationally recognized speakers), recitals, art gallery shows, and regularly scheduled chapel services. These events are all designed to keep students busy in their free time and as an alternative to other late night temptations.

In the fall of 2010 and 2011, just prior to Halloween, the Resident Assistant sponsored Alcohol Awareness Daze. We selected five days dedicated to alternative activities to illustrate to students that one can have fun without the use of alcohol. Events held in our union/atrium area included scooter races, alcohol jeopardy, mock tails, a dance, and Shots of Reality, a drama troupe.

Intramurals

In addition to Student Activity events, we have a strong intramurals/recreation program that include leagues and one-time events. IM includes teams in basketball, volleyball, racquetball, dodge ball, soccer, and events like ping pong, Frisbee, broomball, pool, tennis and other outdoor events. We have a fulltime dedicated person as the Director of Intramurals Recreation. This person encourages exercise, activity and outdoor recreation as a positive alternative to consumption. Many I.M events are planned for nights and weekends to discourage students from high risk behavior.

Student Organizations

Waldorf College has 20+ student led organizations. Student Senate is the leader of these organizations and provides funding and sponsorship for many of the projects, events and

activities. These organizations offer leadership opportunities as well as alcohol and other drug free gatherings and events. Most of these groups have regular weekly evening meetings and some have events. For example, our Exit to Hope (praise and worship group) sponsors an alternative night on Friday night in the Campus Center called Friday Night Live that offers food, games and fun after-hours. In addition the college encourages student leadership and involvement through role modeling with high behavior expectations such as, Resident Assistance, Assistant All Directors, Orientation Leaders, student Coordinator of Intramurals and Student Ambassadors.

Community Connections

The College believes a connection between the students and the Forest City community is an important part of "neighbor relations." Alcohol use can play a factor in these relations as we may have students at off-campus parties, in and around town, with students who have lessee and landlord relationships, etc. Waldorf's goal is to continue positive relationships and perceptions between our students and the community as a whole. Included in the neighbor relations efforts is The "Taste of Forest City" fair, weekly free movie events at the local theater, and the annual October community Rake-a-Thon volunteer day. We have added a component to the freshman seminar class that requires first-year students to select a business establishment in town and interview a manager. This experience familiarizes students with local businesses and proprietors along with educating them on what the business does and the relationship between the local business, community and college.

The Office of Student Life meets with the local police department and Waldorf College security each semester to monitor student activities, campus safety and security and involvement with alcohol and other drugs. In 2010 and 2011 we invited the Forest City Chief of Police and Winnebago Security to be part of our first-year orientation weekend. The opportunity provided students with a chance to see and interact with our security officers, police and be part of a Q&A session on safety and security.

Campus personnel address off-campus violations of the under-age drinking laws and other alcohol and drug violations by treating them as violations of campus policy. Students are called in on these local off-campus violations as a code of conduct violation and go through our disciplinary process.

For the past four semesters we have been able to bring in the county "drug dogs" to do a sweep through our residence halls. We found that this periodic "drug sweep" sends a message to students about or enforcement of marijuana use in the halls.

Traditional Campus Events

At the beginning of the academic year there is a first year student orientation program with several engagement activities, and throughout the year there are special events such as Homecoming, BASH (Battle of the Bands), Winter Fest, Taste of Forest City, Warrior Cup, and Family Weekend.

Waldorf College strives to encourage the students to be engaged in a well-rounded group of activities in addition to their academics. The college has around 75% of the students involved in

co-curricular activities, fine arts, wind symphony, Waldorf College Choir, Sangor, Theatre/Drama, intercollegiate athletics, clubs, organizations and intramural athletics.

Residence Hall Programming

The residence halls, led by the student staff, provide regular informal floor programs and activities and events of the social and educational nature throughout the semester. In addition to the programming, RA's are trained in drug identification, crisis intervention and specifically on how to deal safely within intoxicated resident in relation to our campus policies.

Alcohol Awareness Daze

In the fall of 2011, just prior to Halloween, the Resident Assistants organized an Alcohol Awareness Daze that lasted five days. Our goal was to provide students with educational information about safe and smart consumption, non-drinking alternatives and to provide some events that were fun that did not include alcohol. Below is a list of the events we had in order to get students thinking about "fun without booze".

- Scooter Races where students road small maneuverable none-motorized scooters around pylons while wearing special coated glasses that simulated blurred vision while intoxicated. The goal was to help the student understand in a real-life impact drinking may have on safe driving.
- Alcohol Jeopardy where RA's broke students into teams and they battled against each other in order to win points by answering questions and facts about the use of alcohol and other drugs. Much like the real Jeopardy game, final prizes were given out to the group with the highest points total at the end. This game also presents a way to educate our RA's on the use and abuse of alcohol on campus.
- Mock Tails is a way to provide an alternative to alcohol that is not alcoholic and content that seem similar to real alcoholic drinks that students may abuse. The point trying to be made was that what is good to drink does not always need to have alcohol content.
- A dance that provided a fun outlet for a school day and not need to have alcohol as a backdrop.
- A SHOT OF REALITY from M.i. Productions, Creators of Mission: IMPROVable From Mission IMPROVable, Campus Activities Magazine's Comedy Act of the Year, was a new show that combined improv comedy, audience participation, and education. "Shot of Reality" provided an honest, engaging, humorous and sober new look at alcohol awareness on campus.

Halloween Events

- Halloween non-alcohol Jell-O shots
- Safe ride to and from campus

Waldorf College also provided safe rides to Mason City hockey games on weekends in 2011, where alcohol was served to those that are 21 years and above.

Policy Development, distribution and enforcement

The Alcohol/Drug policy has been in place since the creation of the college. The dry campus status allows the judicial procedures to be clear and concise. We have a clear and thorough Student Code of Conduct that lays out the standards we expect of our students' behavior and the

policy violation system. Although campus is "dry" for students we certainly recognize that alcohol use and abuse occurs frequently in the residence halls. We have a philosophy that we don't hunt for these occurrences but respond quickly and appropriately as we identify illegal or code violations as we are aware of them. It should be noted that our leased residence Hall, Timberland Apartments, which is technically off-campus does allow alcohol in each unit for those that are 21 and older. We have a staff member (RA) on site that helps manage behavior, choices and safety.

There is review by the Area Coordinators and the Dean of Students for all unusual or special circumstances (The Director of Residence Life position was discontinued in 2011). Consistent incidence of violations over the past 2 years is attributed to enforcement by contracted security and residence hall staff.

The AODA task force reviews the current policies and makes recommendations as the need arises. Policies also prohibit alcohol related advertisements from being displayed on campus. In several previous years there was a push to allow alcohol on campus for outside events such as weddings, receptions, reunions, employee diners etc. This policy was reviewed by campus administration and leadership. The college loses a fair amount of summer reservations to outside guests because we do not allow alcohol on campus. This no longer seems to be a "push" and these interests seem to have been resolved. There is currently not a push to allow alcohol on campus in the residence halls for our student population.

Campus alcohol/drug policies are available on-line to all enrolled students on the campus web page under <http://www.waldorf.edu/Residential/About-Us/Events/Forest-City,-Iowa/Alcohol-Policy>. The current student policies are on-line with full access to faculty and staff for implementation campus wide. A handout with this website outlining all AODA policies is distributed to each student when they check in at the beginning of each semester.

During 2007

39 students were cited for violating alcohol and drug policies on campus.

During 2008

34 students were cited for violating alcohol and drug policies on campus.

During 2009

23 students were cited for violating alcohol and drug policies on campus.

During 2010

34 students were cited for violating alcohol and drug policies on campus.

During 2011

52 students were cited for violating alcohol and drug policies on campus.

Early Involvement/Referral

Several strategies are used to encourage early intervention. Policies and enforcement are reviewed upon entrance into the college during orientation, floor meetings and the freshman seminar course.

A “Student of Concerns Committee” made up of faculty, AACE and Office of Student Life member continues to work with and respond to “at risk” students. This includes students that may have behavior problems or attendance or campus violations as a result of substance abuse problems.

First violation - judicial hearing, letter to student, screening by counseling staff, recommendations to be followed, \$50 fine, on-line educational program (3-4 hours), \$150 failure to comply if course not completed

Second violation - judicial hearing, letter to student, assessment by counseling staff, recommendations to be followed, \$150 fine, writing educational program (4-6 hours), \$150 failure to comply if course not completed, parental notification at the discretion of staff

Third violation - judicial hearing, letter to student and parent, review by dean of students for appropriate fine and sanctions. \$200 fine, disciplinary probation, or suspension from school, further assessment by counselor

Note: Violations occurring at the apartments at Timberland Apartments (off-campus apartment complex) are stated and agreed to in the lease agreement signed by students living there. Because we allow alcohol in Timberland and there is a potential and history of big alcohol parties at this facility, we have a policy that can fine the leasers of a unit up to \$400 for hosting an underage alcohol event.

Statement of AODA program vision

AODA prevention programming at Waldorf College addresses the following goals:

1. *To continue to consistently and effectively enforce the campus wide policy of no alcohol/drug possession or consumption.*

This policy has been in long standing and therefore relatively simple to enforce and encourage. The student handbook states policy clearly and residence life staff and student staff assist the Student life department in enforcement and sanctions.

2. *To encourage an environment where abstinence is an accepted and respected choice.*

We hope a portion of our students come to college with the understanding that certain aspects of “average” college life will be different. Certain expectations of student behavior such as responsible alcohol use are part of what the students expect from a church affiliated college.

3. *To encourage an environment where low risk choices are perceived to be practices as the norms by those choosing to drink alcohol.*

A campaign of information distributed by e-mail, table tents, posters, and the Website to encourage abstinence, and responsible low-risk drinking will be initiated.

4. *To encourage an environment where most of the students recognize and know how to help a peer who makes a high-risk alcohol choice.*

Through training of the student staff and distribution of information the student body will be informed of the danger signs of high risk and binge drinking and campus emergency response procedures.

Summary of AODA Program Successes and Room for Improvement

SUCSESSES

Waldorf College has an extensive Student Activities department. It is led by the Social Warrior Activities Team (SWAT). This student lead organization has 20 + members and advises the Activities Director in choices of speakers, performers, and events for the students to attend. SWAT organizes 4-5 events per month not including the intercollegiate sporting events and fine arts performances. These activities are generally well attended and promoted effectively.

Waldorf dropped its official ELCA church affiliation when it was purchased by Mays Education Inc. in January 2010. After this transition point Kelly Youngblood was hired to continue to support faith based organizations that encourage abstinence from alcohol and drugs. With the leadership of this Campus Pastor there continue to be several formal and informal faith based groups that meet on a regular basis on campus. These include but are not limited to: Fellowship of Christian Athletes (FCA), Exit to Hope, Active Catholics to Serve (ACTS), and the Theme House of FCA students. This campus pastor continued to afford the campus with weekly chapel hours as had been a tradition in the past.

Waldorf College addresses the issues facing first-year students by offering information and education on making wise choices in the use and abuse of drugs and alcohol, as well as intimacy and relationship choices. These education sessions occur during orientation and within the freshman seminar course throughout the academic year.

Waldorf College is a “dry campus” for students. This policy has allowed administration to easily enforce and create a campus that promotes and encourages abstinence and good choices around the use of alcohol and drugs.

The AODA committee is comprised of the Dean of Students, the Director of Counseling, Director of Student Activities and Orientation, the Intramural Director and the First Year Experience Director.

Waldorf College is situated in a community, Forest City, Iowa, that has a population of 4,500. Forest City has a relatively small amount of bars and restaurants that serve alcohol. This atypical “college town” atmosphere assists Waldorf College to maintain a manageable amount of alcohol use and abuse within the community. Waldorf College and Forest City has a growing relationship which enhances the opportunities for the students to engage in the community without the need of using alcohol and/or drugs.

Waldorf College also includes the local police as resources and has a solid professional security force contracted to monitor the campus. Enforcement is consistent and effective in maintaining a manageable level of behavior.

ROOM FOR IMPROVEMENT

Waldorf College has had on and off committees to address this issue but not with consistency or ongoing involvement. The current group will make strides to maintain and make improvements to current information dissemination and promoting awareness of on and off campus alternative activities.

This task force collaborates with other departments of the college to encourage enforcement throughout extra-curricular activities and organizations. We know we need to continue to create unique and attractive educational events related to the topic of substance abuse to our students.

This task force will have annual Alcohol Awareness Week featuring nationally renowned speaker and multiple activities sponsored by student organizations and organizations to promote making appropriate choices about the use of alcohol and staying away from drug use. Activities may include but not limited to “Alcohol Jeopardy”, driving while intoxicated simulator, Speakers from local MADD chapters and local police along with various other activities and events.

Waldorf College has employees who rent apartments to our commuter students. The AODA committee can reach out to local landlords and "staff landlords:" and develop some communication on these types of expectations, respectful and legal behavior or consequences to them.

Waldorf College will also work to increase the community relations with the local police force. This relationship is seen as a potential of miscommunication and misunderstanding between our students and the local community. To build a bridge between Forest City and Waldorf College is essential to success in our AODA pursuits.

Extensive marketing and social norming campaigns needs to be initiated on campus. The task force will maintain the campaign using pre-printed and in-house created posters, table tents, multi-media shows, and public relations campaigns to promote healthy choices, informing on the community resources to respond to crises, and provide addiction and abuse rehabilitation and counseling, and learning the signs of dangerous intoxication and when to activate the emergency response system. The committee will address off campus violations to improve community relations. Address the issues arising from 4 year campus residency requirement.

Procedures for distributing AODA Policy to students and employees

Students are given access to the Student Handbook (on line only) which contains the complete alcohol and drug policies at any time through the Waldorf College website.

The Student Handbook will be available through the campus website.

The Athletic Department, through its coaches, creates and administrates additional collaborative alcohol policies and procedures for the athletes. Student Life will inform coaches when their player is documented for alcohol violations.

Brochures distributed that give a synopsis of campus policy and scenarios to consider for students to be informed of repercussions of alcohol and other drug use on and off campus. These brochures will be utilized by residence hall staff during floor meetings.

The campus policy was distributed and to all personnel via the Waldorf College website.

Copies of the Policies Distributed to Students and Employees

All located on our college website (WWW.waldorf.edu <<http://WWW.waldorf.edu>>)

Recommendations for Revising AODA Programs

- Explore possibility of substance-free on-campus housing as a learning community.
- Continue the high standard of frequent campus sponsored activities.
- Create a campus AODA website and include information for various populations (i.e. parent, staff, and students)
- Provide prevention/intervention training and coalition building activities for faculty, administration, staff, and coaches.
- Encourage growth of campus organizations that encourage models of abstinence and/or responsible, low-risk drinking.
- Develop educational materials and support services for the campus addressing issues of addiction and abuse of drugs and alcohol.
- Create a web based hub for alcohol and drug information on the campus website.
- Continue to build the relationship with the Forest City community to encourage responsible choices by the students surrounding alcohol.
- All first year students are required to go through an on-line alcohol education program prior to entry to the college.

Drug and Alcohol Committee Chair

Date

Robert A. Alsop, Waldorf College President

Date
