

**Stanford** | Office of Alcohol  
Policy and Education

A Division of Vaden Health Services

2019 – 2020

End of the Year Report

&

Drug Free Schools and Communities Act

Biennial Report

**Stanford** | Student Affairs

# Stanford Alcohol and Drug Prevention Program

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**Stanford** | Office of Alcohol  
Policy and Education

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## Comprehensive office that manages:

- Cardinal Nights Alcohol-Free Programming
- 5-SURE Safe Rides Program
- 5-SURE on Foot Safe Walks Bystander Intervention Program
- Party Planning Guidelines and Policies
- Student Alcohol Policy Consultation
- Marijuana Policy Statement Consultation
- Parent Education
- Peer Health Education
- Education and Outreach Services
  - 1:1 sessions
  - High-risk group education
  - Trainings and workshops
  - Online education

<https://alcohol.stanford.edu/>

# Stanford | Office of Alcohol Policy and Education

## **Vision:**

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

## **Mission:**

- To reduce high-risk alcohol and other drug usage and their related harms among Stanford students by enriching the social experience and providing collaborative, cutting-edge, empirically-proven educational strategies and programs.

## **Goals:**

- Enhance alcohol and drug education and risk reduction efforts across campus
- Consult and advise campus partners regarding policy issues
- Create ongoing social outlets for students that deemphasize substance use
- Shift campus culture away from binge drinking
- Collect data to assess trends and evaluate needs on an ongoing basis

# Stanford Alcohol and Drug Prevention Program

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Comprehensive information on policies and AOD efforts is sent to all Stanford students, faculty, staff and affiliates via the *Stanford* Department of Public Safety [Annual Safety, Security, and Fire Report](#).

Copies of the DFSCA Biennial reports are housed within the Stanford Office of Alcohol Policy & Education within the Division of Student Affairs.

- The reports contains:
  - AOD program vision, mission and goals
  - Outline of AOD programs and outreach services
  - Program evaluation data
  - Program usage and impact figures
  - Trends and high-risk concerns tracking
  - Health effects of alcohol and drugs

# Alcohol & Drugs Effects

A comprehensive catalog of alcohol and drug effects, information and safety concerns can be found at:

<https://alcohol.stanford.edu/alcohol-and-other-drugs>

On-campus and off-campus resources can be found at:

<https://alcohol.stanford.edu/alcohol-drug-info/staying-safe/resources>

<b>Drug Type</b>	<b>Examples</b>	<b>Effects</b>	<b>Risks</b>
<b>Alcohol</b>	<b>Beer, wine, hard liquor</b>	<b>Depressant – slowed central nervous system functioning Impairments in reaction time, judgement, coordination and memory</b>	<b>Dependency Overdose Accidents Death</b>
<b>Cannabis</b>	<b>Marijuana products (joints, blunts, edibles, tinctures, wax, etc.)</b>	<b>Distorted sense of time, space, memory and impaired coordination</b>	<b>Dependency Accidents</b>
<b>Stimulants</b>	<b>Cocaine, methamphetamine, nicotine</b>	<b>Increase central nervous system functioning. Elevated heart rate, hyperactivity, agitation, exhaustion, anxiety and depression</b>	<b>Dependency Overdose Death Accidents</b>
<b>Hallucinogens</b>	<b>LSD, acid, mushrooms</b>	<b>Distorted sense of reality, time, space, perceptions and sensations.</b>	<b>Dependency Psychosis Accidents</b>
<b>Prescription Drugs</b>	<b>Pain meds, stimulant meds</b>	<b>Over exaggerated effects of the medications. Feelings of euphoria. Impairments in reaction time, judgement, coordination and memory.</b>	<b>Dependency Overdose Accidents Death</b>

# OAPE Programs Impact Information 2019 - 2020

# 5-SURE Safe Rides Program



This academic year the 5-SURE Safe Rides program maintained a fleet of 5 vehicles and saw a steady patronage of ridership prior to having to pause the service in the spring due to the COVID-19 pandemic. Prior to that pause, however, growth figures directly related to donor funding were very encouraging. We continued to offer rides 7 nights a week, 9pm-2am in the fall and winter quarters. Eighty percent of passengers were female identified and ridership continued to be heaviest Wednesday to Saturday nights. This year we upgraded the call system to better serve more students and reduce wait-time for rides.

Academic Year:	2015 - 2016	2016 - 2017	2017 - 2018	2018-2019	2019-2020
Total calls:	3,646	5,331	7,649	7,774	4,491 (no spring)
Total completed calls:	3,249	4,664	6,847	6,987	4,020 (no spring)
Total passengers: (non-unique)	4,927	7,289	10,496	10,161	5,770 (no spring)

*5-SURE Safe Rides numbers are taken from call logs, online reservations and driver reports.*



# 5-SURE on Foot Bystander Intervention Program



The 5-SURE on Foot Bystander Intervention program offered safe walks, snacks and water in high-traffic party areas every weekend during the academic year, except in spring quarter when campus was impacted by the COVID-19 pandemic. Program evaluation results show strong support and positive community impacts related to safety, trust and student well-being. The scope of the program has grown tremendously and it is highly popular and deeply impactful among the student body as seen in the growth numbers. To that end, we are exploring the idea of redeploying this program to serve as COVID-19 peer education health advocates in fall 2020 to facilitate mask wearing, social distancing and other positive health behaviors to combat the spread of the novel coronavirus on campus.

Academic Year:	2015 - 2016	2016 - 2017	2017 - 2018	2018-2019	2019-2020
Total contacts:	11,237	16,023	21,502	20,429	14,162 (no spring)
Total walks home: (non-unique)	50	72	169	160	50 (no spring)

*5-SURE on Foot numbers are taken from student staff nightly reports, snacks/water distributed and head counts.*

# OAPE Education & Outreach Programs

The education and outreach services provided by the Office of Alcohol Policy & Education continue to be widespread and extensive, targeting a broad range of individual students and student groups (Greeks, student athletes, first-year students, graduate students, Stanford Band, resident assistants, LGBTQ community, students in addiction recovery, underrepresented minority communities and first generation & low-income students, etc.). The targeted populations educator position that we were able to hire with donor funds greatly contributed to the breath of outreach that was achieved. As with all of our programs, the COVID-19 pandemic limited our outreach in the spring quarter, unfortunately.

Highlights from this past year included:

- 15 in-person group educational sessions/workshops in which over 723 students were educated and trained on alcohol and drug issues and AlcoholEdu online education to 1706 incoming students.
- Worked closely with community centers to reach various identity and affinity groups. Expanded on last year's partnership the Weiland Health Initiative to offer substance abuse prevention resources to students who identify as LGBTQ. Selected to present outcomes at the 2020 NASPA Strategies Conference.
- Transitioned in-person education and trainings to online teaching platforms and remote consultations to provide ongoing services amidst the COVID-19 pandemic.
- Met individually with 101 students to develop individualized risk reduction plans for substance use.

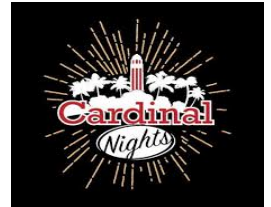
# Peer Health Educator Outreach Initiative

The Office of Alcohol Policy & Education funded and trained 27 student Peer Health Educators (PHEs) to lead dorm-based alcohol education workshops in 24 residences held over the course of two-weeks in the fall quarter. These peer-led workshops were well received with 164 participants filling out program evaluations. Unfortunately, due to the remote nature of the spring quarter and the postponed Greek Life new member recruitment, the PHEs were not able to offer educational talks to new Greek recruits in April and May as previously planned.

Results from the program evaluation from fall 2019 were promising:

- 90% of attendees rated the workshops as excellent/good.
- 87% of attendees reported that they feel comfortable socializing without alcohol after the workshop compared to 76% of attendees that reported that they felt comfortable socializing without alcohol before the workshop.
- 92% of attendees reported that they feel prepared to intervene if they see someone drinking too much alcohol after the workshop, compared to 76% of attendees that they reported that they felt prepared to intervene if they see someone drinking too much alcohol before the workshop.
- 92% of attendees reported that they know when to call 911 for an alcohol-related emergency after the workshop compared to 76% of attendees that reported that they know when to call for 911 for an alcohol-related emergency before the workshop.
- 91% of attendees reported that they intended to use risk reducing strategies if they chose to drink compared to 85% of attendees that reported that they intended to use risk reducing strategies if they chose to drink before the workshop.

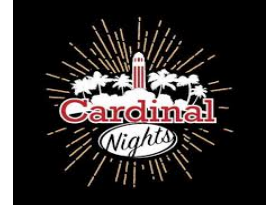
# Cardinal Nights Alcohol-Free Social Program



The Cardinal Nights alcohol-free events program continues to be extremely popular among students (both undergraduate and graduate). Cardinal Nights expanded its student staff for the fourth straight year and increased capacity for popular programs. The substance-free community coordinator we were able to hire with donor funds has broadened the scope of Cardinal Nights and expanded our engagement with the Greek groups, the substance-free student community and students in addiction recovery. At least three Cardinal Nights events were offered every weekend in fall and winter quarters and over 19% of Cardinal Nights attendees are graduate students (including families).

- Distributed over 622 free financial assistance tickets this year to predominantly low-income students totaling nearly \$6,000.00.
- Funded nearly \$14,000 in mini-grants to student organizations and residential dorms/houses to supplement, encourage and enhance their alcohol-free events in fall and winter quarters.
- Due to the onset of COVID-19, Cardinal Nights went completely virtual in spring. One happy coincidence of this was that more students were able to watch/engage with Cardinal Nights, while also including their family in watching events like our Magic Show, Stanford's Got Talent, Comedy Trivia and virtual tours.

# Cardinal Nights Alcohol-Free Social Program



Cardinal Nights program evaluation feedback continues to be very promising and meaningful:

- 98% of respondents said they would recommend Cardinal Nights to a friend.
- 92% of respondents said they would be “Likely to Very Likely” to attend Cardinal Nights again.
- 92% of respondents agreed that they can have fun without alcohol.
- 45% of responding drinkers (any alcohol in the past 30 days) reported that they were “Somewhat Likely to Very Likely” to have been drinking alcohol had they not attended.
- Only 2% of respondents said they consumed alcohol before a Cardinal Nights event, and only 5% consumed alcohol after attending a Cardinal Nights event.
- 77% agreed that attending Cardinal Nights events made them feel more connected to others.
- 86% agreed that attending Cardinal Nights events helped them decrease their stress level.

Academic Year:	2015 - 2016	2016 - 2017	2017 - 2018	2018-2019	2019-2020
Total attendees: (non-unique)	18,025	27,996	22,279	39,410	« 8,578

*Cardinal Nights numbers are taken from actual ticket sales, head counts and observed attendance figures.*

*« Attendance figures for 2019-20 were severely impacted by the elimination of large-scale concerts and events that generally occur in the spring quarter due to COVID-19.*

# Substance-Free Living and Collegiate Recovery Community/Program Efforts

Increasing substance-free living options will be a priority for fall 2021. Due to the uncertainty and drastically different residential plan due to the COVID-19 pandemic, pre-assignments into all specialized living options were suspended for the upcoming academic year.

Nevertheless, major steps were taken this year in the creation of a collegiate student recovery community/program at Stanford and a few highlights are below:

- The Stanford Collegiate Recovery Program Advisory Board was established and collaborated with key stakeholders including Stanford Vaden Health Services, Stanford Dual Diagnosis Clinic, Dean of Students Office and the Association of Recovery in Higher Education.
- Two all-recovery meetings were established this year on-campus as well as an Al-Anon meeting. One of the all-recovery meetings continued to meet online during the spring quarter and it had sustained attendance and participation.
- An [Addiction Recovery Resource webpage](#) was launched that provides resources, education and opportunities for allies to further support addiction recovery efforts.

# Stanford Party Registration and Approval Figures 2019 - 2020

# Stanford Parties 2019 – 2020

Members-only parties	363
Invite-only parties	138
All-campus parties	110
Off-campus parties	9
Stanford and other college parties	4
<b>Total Parties</b>	<b>* 624</b>

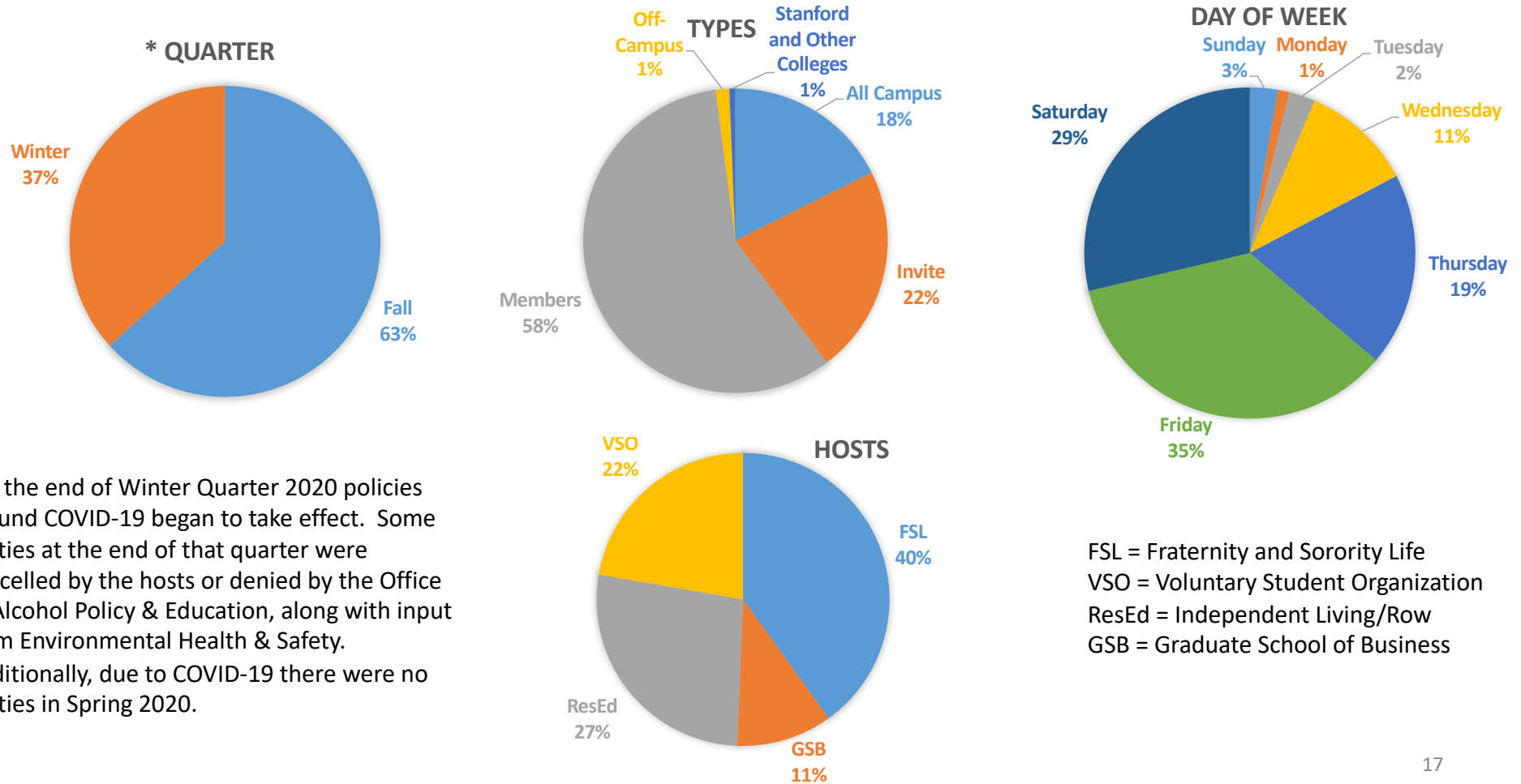
(Total Parties 2018 – 2019 Academic Year: 975)

<https://alcohol.stanford.edu/party-planning/party-planning>

\* At the end of Winter Quarter 2020 policies around COVID-19 began to take effect. Some parties at the end of that quarter were cancelled by the hosts or denied by the Office of Alcohol Policy & Education, along with input from Environmental Health & Safety. Additionally, due to COVID-19 there were no parties in Spring 2020.



# Stanford Parties 2019 – 2020



# Stanford Parties Key Findings 2019 – 2020

- Due to the COVID-19 pandemic, there were no parties in the spring quarter and some parties were canceled in late winter quarter. Thus, the total number of parties was significantly reduced this academic year compared to last academic year (624 vs 975).
- Greek groups (FSL) had the largest total number of parties at 250, making up 40% of the total number of parties held.
- ResEd/Row parties were the second highest total number of parties this year passing VSOs for the first time. This is most likely due to the prohibition of all spring quarter parties.
- Fall quarter (2019) had the largest number of parties at 395, accounting for nearly 63% of all parties held this past academic year.
- Members Only parties remaining as the most popular party type at 363, accounting for 58% of all parties held.
- Fridays are the most popular day of the week for parties and have been consistently over the past 9 academic years, with 219 of parties (35%) held on a Friday this past academic year.

# Alcohol and Drug Data and Trends

- Detailed [alcohol and drug data](#) were released in 2020.
- The [Alcohol Solutions Group Final Report](#) was released in 2020.
- [Alcohol trends data 2012-2020](#) for first-year students were updated.
- [Stanford News story](#) on the data released was published on June 4, 2020.