



The University of Richmond

2022-2024 Biennial Review

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In accordance with The Drug- Free Schools and Campuses Regulations (EDGAR Part 86), The University of Richmond continues to conduct a biennial review of alcohol and other drug programs and services. Pursuant to EDGAR Part 86, all institutions of higher education receiving federal funds or financial assistance must develop and implement a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees. Each institution must conduct a biennial review of the program's effectiveness and the consistency of the enforcement of sanctions.

DESCRIPTION OF ALCOHOL AND DRUG PROGRAM ELEMENTS AND POLICIES

The mission of the University of Richmond is to educate in an academically challenging, intellectually vibrant, and collaborative community dedicated to the holistic development of students and the production of scholarly and creative work. A Richmond education prepares students for lives of purpose, thoughtful inquiry, and responsible leadership in a diverse world.

The University recognizes that alcohol, tobacco and other drug (ATOD) misuse creates harm for the individual, for the persons impacted by the actions of the individual, and the larger campus community.

While the University's efforts are primarily focused on students, as they are a high-risk population, resources and support are available for faculty and staff through the [Employee Assistance Program \(EAP\)](#) offered through Cigna. Cigna EAP provides confidential information and services on counseling, treatment and rehabilitation programs for employees. In Fall 2021, the University began providing onsite counseling to employees at no additional cost. The onsite behavioral health counselor can assist employees navigating the EAP program to allow for a deeper level of engagement. In Spring 2024, the onsite counselor expanded hours and is available Thursdays from 9 am – 5 pm on the third floor of the Well-Being Center.

PROCEDURE FOR DISTRIBUTION OF EDGAR PART 86 OF THE DRUG FREE SCHOOLS AND COMMUNITIES ACT TO THE UNIVERSITY COMMUNITY

The University's Alcohol and Drug Policy is distributed to faculty, staff and students on a semi-annual basis. An email notification is sent in January and September each year after the "add/drop" period for classes concludes.

TRANSITION OF ROLES: ALCOHOL, TOBACCO AND DRUG PREVENTION EDUCATION & AWARENESS PROGRAMS

In January 2024, the University of Richmond has integrated Alcohol, Tobacco, and Drug (ATOD) education and prevention interventions into the Health Promotion Department. This includes follow-up student compliance with the Safe Spiders Protocol, off-campus high level referrals to Higher Ground Recovery, and the composition of the Biennial Review for 2022-2024. A description of the education and prevention interventions can be found below.

ALCOHOL, TOBACCO AND DRUG PREVENTION EDUCATION & AWARENESS PROGRAMS

The University uses the prevention model developed by the National Academy of Sciences Institute, which states that programs should be tailored to meet the needs of three prevention populations: interventions aimed at all students (universal); students who are part of high-risk environments (tailored) and students that have been identified as needing additional intervention (indicated). This approach to prevention education creates an environment in which students can make choices about alcohol that protect them from impairment problems and long-term health consequences.

Universal prevention interventions target all students in the campus community and include large-scale alcohol-free events (Spider Nights); large-scale wellness initiatives (OkSOBERfest); Collegiate Recovery support services; and required New Spiders Orientation education sessions.

Tailored prevention interventions target sub-populations within the campus community and include new student orientation programming; The WELL 100 course; risk management training for fraternity and sorority life; TIPS training for those that want to host registered parties; and outreach programs.

Indicated prevention intervention targets individuals cited for violating the University's Alcohol, Tobacco and Drug Policy and includes sanctions education.

NEW STUDENT ORIENTATION

Beginning in Fall 2022, New Spider Orientation was co-facilitated by both the Health Educator, the Recovery

Support Specialist, and two URWELL Peer Educators.

BACK Stories (Fall 2022)

This training addressed the following topics: harm reduction strategies, Safe Spiders protocol, signs of alcohol poisoning, bystander intervention strategies, and resources for recovery.

WELLNESS GRADUATION REQUIREMENT

Alcohol Edu for College Students & Sexual Assault Prevention for Undergraduates: Prior to arriving on campus, first year and transfer students complete both Alcohol Edu for College and Sexual Assault Prevention for Undergraduates. Alcohol Edu for College is an interactive online program designed to reduce the negative consequences of alcohol. The online course delivers a personalized experience to students dependent upon their current drinking choices and is proven effective in reducing high-risk drinking behaviors like heavy-episodic drinking and pre-gaming while promoting bystander intervention.

WELL 100 - WELL 100 (Introduction to College Life at the University of Richmond) was first implemented in Fall 2021. WELL 100 enhances the first-year experience and gives students a stronger start to their Richmond education. WELL 100 is a 14-session course on various health and well-being topics, as well as topics such as diversity, equity, and inclusion, sustainability, the value of a liberal arts education, involvement and career exploration. The class sessions are interactive and discussion-based, with recorded lectures/content/homework done in advance.

WELL 100 draws from the University of Richmond strategic plan, and focuses on three key outcomes for the first year experience:

- Adjustment = Getting to know the University and what it takes to thrive at the University of Richmond.
- Community = Establishing friend and affinity groups, expanding reach to campus and city, finding oneself and becoming a part of the University and the broader Richmond community.
- Transformation = Becoming a thoughtful, engaged, and successful college student.

The ATOD education of the WELL 100 course build upon the information learned in the Alcohol Edu for College course as well as addresses campus specific information and is woven into multiple lessons throughout the 14-sessions. These ATOD related topics included, being an active bystander, healthy coping mechanisms, and stress reduction strategies that do not involve alcohol, tobacco, or other drugs.

WELL 101 – In addition to the WELL 100, students are required to take WELL 101 courses focusing on various wellness topics. One of the WELL 101 topics includes Recovery Ally Training (RAT). RAT was created to build upon the 3-hr Recovery Ally Training. Content and activities resonate with students who did not have experience with addiction or recovery including the brain science of habit loops (behavioral and anxiety/emotional) readings related to emerging adulthood/identity, impact and types of trauma, social media addiction, and polysubstance use. Additionally, definitions and pathways of recovery are presented to address what we are learning about our student population’s specific risk factors and recovery motivations. This course creates conversations between students and a relationship with a Recovery Specialist as a powerful vehicle for informing program development and expanding cultural awareness and openness.

OUTREACH AND EDUCATION

Health Education & Health Promotion Programs: The University of Richmond prevention and education programs are based on the belief that effective programs are evidence-informed, comprehensive, and coordinated across the University. [The Well-Being Unit](#) provides education and prevention programs to students through lectures, interactive workshops, classroom discussions, within student organizational meetings, in residence-hall programs and to high-risk student groups such as, fraternities and sororities, and first-year students. The programs are

interactive and tailored to meet the needs of each particular group.

URWell Peer Educators - URWell Peer Educators serve an important role at University of Richmond to engage their fellow Spiders in promoting healthy behaviors through outreach and educational programs. The peer educators are trained in facilitation skills, active listening, and health promotion content areas such as violence prevention (ex: bystander intervention, consent, healthy relationships, etc.), sexual health, alcohol, tobacco, and other drugs (ATOD), and mental health.

OkSOBERfest 2021-ongoing annually: A weeklong series promoting alcohol risk reduction, sober curiosity, and recovery allyship. Events included a Don't Fly Solo Resource Fair, Candlelight Yoga, Recovery Space Open House, Sip (Tea) and Paint Night and Spider Nights partnership. For Fall of 2024, a total of 470 students attended the weeklong series.

BASICS (Brief Alcohol Screening and Intervention for College Students) Program: A two-session, harm reduction-focused opportunity for students to talk one-on-one with a counselor, receive normed feedback about their substance use and determine their own goals for change. This program is for students that voluntarily wish to make a change to their behavior.

TIPS Training: Residents of University Forest Apartments (UFA) and Gateway Village that plan to host events with alcohol are required to attend the [TIPS for Hosting an Event with Alcohol and Events Registration](#) training. All residents of the apartment must attend the training if they plan to host an event with alcohol. Residents of UFA and Gateway Village receive an email from their Resident Advisor containing the training information. The Area Coordinator(s) for UFA and Gateway provide the training and track attendance.

University of Richmond Police Department: [URPD](#) officers are available to present educational seminars on alcohol and substance misuse, driving under the influence, self-defense and other safety related programming.

RISK Management Training for Fraternity and Sorority Life: All new members (within their first month of membership*) and new executive board members will go through risk management training on a yearly basis. This training covers:

- Overview of University of Richmond policies and procedures.
- Highlights of the key national organization rules and regulations.
- High level alcohol and bystander education pertinent to hosting events as a Greek organization.
- Job responsibilities and basic event management best practices.

* New members who join in the fall will be trained during the following spring semester.

SANCTIONS COURSES

Students that are sanctioned for a violation of the University's Alcohol, Tobacco and Other Drug Policy will be required to participate in an alcohol and drug education program. The purpose of these programs is to engage the student in a discussion about alcohol use and misuse, encourage harm reduction and to provide safety and resource information.

A student may also have additional requirements beyond the completion of educational sanctions courses. More detailed information on sanctions can be found in the [Alcohol, Tobacco and Other & Drug Policy](#).

A description of the sanction education courses is listed below.

Alcohol Edu for Sanctions: An online course designed to help students who have violated the campus alcohol policies make safer and healthier choices. Students must complete Part 1 and Part 2 of the course to fulfil the sanction requirement.

BASICS (Brief Alcohol Screening and Intervention for College Students) Program: BASICS is an evidence-based program that helps students make better alcohol-use decisions and reduce their risks for alcohol-related harm. Students that participate in the BASICS program will receive at least two non-confrontational, non-judgmental sessions with a staff member. Students will receive normed feedback about their substance use and determine their own goals for change.

THC 101: An on-line course for marijuana violations. Six lessons cover a variety of key issues such as marijuana dependence, marijuana's effects, mental-health issues and synthetic marijuana use. Students must complete Part 1 and Part 2 of the course. There is a 14-day intersession between Part 1 and Part 2.

Alcohol or Drug Evaluation: Under certain circumstances, students are required to undergo an alcohol and/or drug assessment. A Substance Abuse Counselor from an off-campus facility completes the assessments. The recommendations from the evaluation are shared with the Prevention and Recovery Support Coordinator and the student is encouraged to complete any recommendations described in the evaluation.

ENVIRONMENTAL MANAGEMENT STRATEGIES

Environmental management is based on the fact that an individual's behavior, including their use of substances, is shaped through multiple levels of influence: intrapersonal (individual factors), interpersonal (group) processes, institutional factors, community factors and public policy. Prevention directed at the environment generally relies on public policies and other community-level interventions both to limit access to substances and to alter the culture and contexts within which decisions about substance use are made.

SMOKE, TOBACCO, VAPE -FREE CAMPUS MOMENTUM AND GRANT

In Spring 2023, the University of Richmond was awarded a grant of \$19,980 from Truth Initiative's Tobacco Vape-Free College Program for "UR Tobacco Vape-Free." This grant helped support the momentum towards the adoption and implementation of a 100% smoke-free, tobacco-free, and vape-free campus at UR.

The grant was awarded to colleges and universities to accelerate and expand the adoption and implementation of [smoke-and tobacco-free policies](#). At the present time, the Health Promotion Department reinforces those who want to quit with education, coaching and resources. This offering also extends to the campus community for support for ATOD harm-reduction techniques.

TOBACCO CESSATION PROGRAM

The Well-Being unit offers [tobacco cessation](#) free to faculty, staff and students that want to quit using tobacco and nicotine products. The Well-Being Unit has Tobacco Cessation Specialists that will assist and support members of the university community as they transition to a tobacco free lifestyle. Individuals interested in participating in the cessation program should contact hsadowsk@richmond.edu.

COLLEGIATE RECOVERY PROGRAM

The UR culture of wellbeing recognizes the need to support all members of the campus community as they consider and make healthy life choices or changes surrounding addictive behaviors and substance use. Peer Specialists who have lived experience facing and overcoming addiction and understand the special challenges of doing so on a college campus can support recovery in invaluable and essential ways. A collegiate recovery program needs to be non-judgmental, non-critical, respecting of privacy, and participation should be individually motivated and driven. Spiders Support Recovery seeks to provide peer-led supports and activities that will allow students in recovery from Substance Use Disorder (SUD), and those wishing to learn more about a recovery lifestyle, to thrive academically and socially on the UR campus, and beyond.

- ***Spiders Support Recovery (SSR) - Meeting and Event Information:*** SSR Meetings are open to anyone in the UR Community wishing to learn more about addiction and recovery or seeking to find out more about making changes around substance use or addictive behaviors. Our space is non-judgmental, and we respect each individual's privacy and right to determine his/her own pathway in recovery.
- ***One-on-One Recovery Coaching:*** Meeting with students on an individual basis to provide an overview of recovery programming at UR and discuss how recovery resources might address the student's individual challenges. Coaching sessions include setting priorities and goals and creating plans of action.
- ***On- and Off-Campus Resource Referrals:*** Act as a conduit for off-campus resources that may be necessary for higher levels of care. Additionally, linking students and on campus programming, staff, and faculty can strengthen components of an individual's educational and recovery pathways. The role serves as a bridge builder for off-campus referrals for students who need a higher level of care in their recovery journey.
- ***Mutual Aid Meetings:*** Host "in-house" on-campus weekly mutual aid meetings, as well as connect participants with off-campus mutual aid meetings. The current Spiders Support Recovery programming includes the facilitation of at least two unique weekly meetings on campus serving undergraduate, continuing education and law students as well as faculty and staff.
- ***Recovery Scholars Seminars:*** Co-facilitation of multiple sections of Recovery Scholars Seminars in partnership with Virginia Commonwealth University. Participation in the scholar's program allows students to expand their recovery capital as they build community with other students across the state through small cohorts and related statewide trips and events.
- ***Process Groups:*** In collaboration with Counseling and Psychological Services (CAPS), the role co-facilitates SUDs-adjacent process groups (i.e. "Surviving Family") for affected family members.
- ***Activities and Events:*** Spiders Support Recovery hosts a variety of programming to provide opportunities for students to participate in substance-free activities and play a role in supporting others in recovery. Examples include paint nights, community meals and yoga.
- ***Clubhouse Space Access:*** The Well-Being Center has dedicated space for formal and informal collegiate recovery programming. Students who are in active recovery or recovery allies have access to the space by a code on the door to the suite. This space serves as a shared community, safe space for meetings and informal gathering, work, study and socializing.

- **Community Service Opportunities:** Through collaboration with UR’s Bonner Center for Community Engagement, Spiders Support Recovery connects students in Recovery with meaningful opportunities to share their individual gifts and awareness with their broader communities on and off campus. Recently, the role also collaborated with the Student Center for Equity and Inclusion to provide Recovery Ally Trainings through the Inclusive Ally roster of trainings and educated SCEI’s Oliver Hill Scholars on SUDs as they participated in community service with a local treatment center.
- **Naloxone Trainings:** Available by walk-in appointment or in larger, group settings. This harm reduction measure is provided free of cost and often in collaboration with the campus police department. Large groups have included classes, Greek life organizations and houses on campus, as well as student health clinicians and to the university’s athletic trainers.
- **One-on-One Meetings with Medical Transports:** The role serves as a resource and coach for students who have been medically transported off-campus due to an ATOD crisis. Meeting with this role is a requirement for any student who has been medically transported off-campus that the “Safe Spiders Protocol” applies, and the case is handled by the Prevention and Recovery Support Coordinator and not handled through Student Conduct. When students engage with this process their academic record does not reflect the medical transport and/or other consequences, and they are instead deferred to evaluation, follow-up and resource referral or coaching as deemed necessary.
- **Coffee-Bike and other Outreach Events:** Past year’s State Opioid Response (SOR) funding secured the Coffee-Bike as a helpful outreach tool to raise awareness of recovery resources on campus and begin conversations to decrease stigma around SUDs at admitted students’ events.
- **Recovery Ally Training** – Spiders Support Recovery seeks to ensure UR students do not have to choose between their recovery and an education at UR. This 3-hour training helps faculty, staff and students reveal the science behind addiction and recovery – with specific attention to the college-aged and UR population.
- **Spiders Support Recovery Dedicated Space:** A dedicated, safe lounge and meeting space is one of the hallmarks of a Collegiate Recovery Program and has been a commitment of the Health and Well-Being Unit in the following locations:
 - Wilton Center – Utilized for meeting, gathering, programming space
 - Well-Being Center – Utilized for staff office, lounge space, and coaching location
- **Spiders Support Recovery Institutional Monetary Commitment:** For four years (FY 21, FY22, FY23 and FY24), the Health and Well-Being Unit developed, formalized, and expanded support for students in recovery and those seeking recovery-related resources for substance use, behavioral, or mental health challenges. The Health and Well-Being Unit will continue to fund expand recovery efforts for students. This commitment enhances the grant of approximately \$25,000 annually funded by the Department of Behavioral Health Developmental Services through the US Department of Health and Human Services.

SPIDER NIGHTS

Spider Nights are a series of substance-free late-night programs that take place on Fridays and Saturdays throughout the fall and spring semesters. Spider Nights activities range from pizza-making and cupcake decorating to self-care activities, movies, and game nights. These Spider Board-led events are a great way for students to expand their Richmond community and meet Spiders with similar interests. To stay up to date on Spider Board's upcoming Spider Nights events, follow @urspiderboard on Instagram! There was a departmental transition of programming for the Fall 2022 into the Spring 2023 academic year, so this information is not available to report.

Fall 2023 Participation

Movie Under the Stars: Legally Blonde- 294 attendees
Personal Pizza Night- 90 attendees
Encanto & Empanadas- 180 attendees
Drag Night- 200 attendees
Spider Cupcake Decorating- 90 attendees
Grocery Bingo- 90 attendees
Total # of attendees: 944

Spring 2024 Participation

Movie Under the Stars- 56 attendees
Self-Care Night: Valentine's Day Edition- 146 attendees
Paint & Sip- 49 attendees
Live in the Current- 52 attendees
Total # of attendees: 303

SUBSTANCE FREE HOUSING

Residence Life and Student Housing offers [substance-free housing](#) for those students who wish to minimize their exposure in their living environment to alcohol and alcohol-related behavior, illicit drugs, and smoking materials. Students living in these communities agree not to use alcohol or drugs in their residential community, nor bring the effects of those substances back into the hall.

Students who choose to live in this community will make a commitment to themselves and others to abstain from the use of alcohol, tobacco, drugs and other substances through and by supporting other community members in their decision to live a healthier, substance-free life.

Students that fail to uphold the expectations will be relocated to another housing assignment.

- **2022-2023**
 - Moore Hall C130-C140 were female-identified students (19 students)
 - Marsh Hall 001-0025 were male-identified students (19 students)
- **2023-2024**
 - Marsh Hall 0030-0044 were female-identified students (25 students)
 - Marsh Hall 0128-0143 were male-identified students (26 students)

Counseling and Psychological Services (CAPS)

Counseling and Psychological Services (CAPS) offers a wide range of short-term services to currently enrolled, full-time, degree-seeking students. CAPS utilizes an [Individualized Care Model](#), which is a multi-tier system of services that meets students where they are in the change process, while promoting autonomy and empowerment. Students may choose to see a CAPS counselor regarding their substance use.

CAPS Client Data – Number of students that requested services for substance misuse.

- Fall 2022 – Spring 2023
 - Alcohol use = 27
 - Marijuana use =11
 - Other = 7
- Fall 2023 – Spring 2024
 - Alcohol use = 26
 - Other =23

UNIVERSITY POLICIES

The University of Richmond does not condone the illegal or otherwise irresponsible use of alcohol. In accordance with federal and state law, the University prohibits the unlawful possession, sale, use or distribution of alcohol on University property. All members of the University community and third-party users of University facilities are responsible for knowing and acting in accordance with the applicable laws and University policy concerning the purchase, possession and storage of alcoholic beverages.

Federal and state law prohibits the illegal manufacture, distribution, possession or use of drugs, narcotics, pharmaceuticals and drug paraphernalia and the University does not condone such conduct.

The use of, or addiction to, alcohol or other drugs is not considered an excuse for violations of applicable law and University policies and will not be a mitigating factor in the determination of appropriate disciplinary sanctions.

The commitment to promote the health, safety and well-being of the University community is further supported by University policies for student and employees. Below are the links to applicable policies and procedures:

Alcohol & Drug Policy:

https://policy.richmond.edu/documents/policy-pdfs/Public/Student-Development/alcohol_and_drug_policy.pdf

Policy for events with Alcohol on Campus: https://policy.richmond.edu/documents/policy-pdfs/Public/Physical-Resource-Management/policy_for_events_with_alcohol_on_campus.pdf

Standard of Student Conduct: <https://studentdevelopment.richmond.edu/student-handbook/standards-of-student-conduct.pdf>

Safe Spiders Protocol: <https://healthpromotion.richmond.edu/pdf/safe-spiders-protocol.pdf>

Student Athlete Alcohol and Drug Policy: https://richmondspiders.com/documents/2022/8/29/2022-23_Department_of_Athletics_Drug_-_Alcohol_Screening_and_Education_Program_with_appendices.pdf

Drug Free Workplace: <https://hr.richmond.edu/current-employees/compensation/required-legal/drug-free.html>

STUDENT CODE OF CONDUCT

[The Standards of Student Conduct](#) applies to conduct that occurs on the campus of the University, on or in off-campus buildings or property of the University, and at University sponsored activities, including off-campus education programs and activities, or on public property.

Each student shall be responsible for their conduct from their first day on campus through the actual awarding of their degree (even though the conduct may occur before classes begin or after classes end) as well as during the

academic year and during periods between terms of actual enrollment. Students who have accepted admittance to the University but have not yet enrolled are expected to conduct themselves according to the Standards. The Standards of Student Conduct shall apply to a student's conduct even if the student withdraws from the University while a disciplinary matter is pending.

NUMBER OF RESPONDENTS CHARGED (PER TYPE OF VIOLATION):

2022-23

Charge/Issue	Not Responsible	Not Responsible/Unfounded	Responsible
ATOD - Underage Consumption	0	0	0
Illegal Activity - Possession/Use of Drugs	18	1	26
Illegal Activity - University determined law violation	0	0	0
Other Regulations - ATOD Policy	0	0	0
Other Regulations - Open Container in Public	1	0	6
Other Regulations - Public Consumption/Alcohol	0	0	4
Other Regulations - Underage Consumption	1	0	3
Other Regulations - Underage Possession	3	0	14
Other Regulations - Unregistered Event	0	0	4

2023-24

Charge/Issue	Not Responsible	Not Responsible/Unfounded	Responsible
ATOD - Contributing	0	0	1
ATOD - DUI/DWI	0	0	1
ATOD - False Identification	0	0	7
ATOD - Open Container in Public	0	0	1
ATOD - Possession/Use of Drugs	10	0	17
ATOD - Public Intoxication	0	0	3
ATOD - Registered Event Violation	0	0	8
ATOD - Tobacco	0	0	2
ATOD - Underage Consumption	2	0	15
ATOD - Underage Possession	0	1	8
ATOD - Unregistered Event	0	0	10

ANNUAL SECURITY REPORT STATISTICS

Use of illegal drugs and the unlawful use of alcohol by students and employees on University property is prohibited. Violators are subject to University sanctions as well as prosecution through the appropriate legal

channels. For employees, by law, the University workplace is drug-free. No one is allowed to use, make, sell, distribute, possess, or be under the influence of any controlled substance (including alcohol) while at work.

The University of Richmond Police Department has the primary responsibility for the enforcement of state and federal laws pertaining to alcohol, tobacco and other drugs.

The University's Annual Security Report is published each fall and articulates policies regarding alcohol and controlled substances. The report also includes crimes statistics for the last three years including referrals and arrests for drug and alcohol violations.

2023 Annual Security Report:

<https://police.richmond.edu/common/2023-Annual-Security-and-Fire-Safety-Report.pdf>

ARRESTS & REFERRALS IN CALENDAR YEARS 2022-2023

Alcohol Law Violations: Violations of state laws or ordinances prohibiting the unlawful manufacture, dispensing, possession, use or distribution of alcohol.

Drug Law Violations: Violations of state relating to the unlawful possession, use, manufacturing, distribution, or sale of illegal or controlled substances.

	CY 2022	CY 2023
Liquor Law Arrests	1	1
Liquor Law Referrals	45	41
Drug Law Arrests	0	0
Drug Law Referrals	0	0

SUMMARY OF PROGRAMMING STRENGTHS & AREAS FOR GROWTH

Strengths

The University's [Guiding Lights](#) direct the University's strategic planning process. With these priorities as guiding lights, UR is poised to build on its already remarkable strengths to be known as the best small university in the world. President Hallock's [five guiding lights](#) for the University include:

- **Academic Excellence.** How can we ensure we provide an unparalleled academic experience that is rooted in a liberal arts education with a robust, diverse set of offerings and is fueled by world-class mentoring, teaching, and research?
- **Belonging.** How can we help all Spiders feel like they belong in our web and are able to fully participate in academic and campus life?
- **Access and Affordability.** How can we make a Richmond education more accessible and more affordable to more Spiders?
- **Well-Being.** How do we further support the holistic development of our Spider community? How can we incorporate dimensions of well-being into what we do at UR?

- **Experiential Learning and Community Engagement.** How do we provide meaningful real-world opportunities for Spiders to learn from and engage with our local and global community?

These guiding lights also reflect the commitment and engagement to ensuring students receive education and prevention around various areas of well-being including alcohol, tobacco and other drug education.

The University of Richmond has made significant progress in substance misuse education and is poised to build on its successes. The University of Richmond is a leader in prevention education by mandating that students complete the WELL 100, 101 and 102 (sexual assault prevention) courses. Successful completion of the requirements is mandatory for graduation. The ATOD education within the WELL 100 course provides students with awareness, education and risk reduction skills to assist them in making informed choices about their personal alcohol use.

The University has made a commitment to providing a collegiate recovery program. Since the grant funding began in November 2019, the University has made significant strides in building a recovery community that supports students and their allies across campus. The programs and services available to students in recovery have expanded and the University has committed to financially supporting the work of the grant.

The Well-Being Center is a comprehensive and integrated facility that includes all campus health care in one location, providing easy access for students and designed to be a collaborative high-impact environment to support student learning, student well-being, and student success. The Well-Being Center plays a critical role in the health and well-being of our campus community. The Well-being Center impacts retention and graduation rates of our students by providing affordable and convenient health and wellness services and programs delivered by professionals attuned to the unique stressors and needs of college students. The Center's staff and resources focus on the "upstream" approach by providing programs and activities that are associated with healthful decision making and prevention. By instilling positive habits ranging from nutrition and sleep to stress management and sexual health, students are less in need of the "downstream" services associated with intervention and rescue. The fact that all the services for health and wellness are simply located together eliminates a lot of barriers for students to access services. The University supports programs, systems, and processes to support behaviors known to improve academic performance. The Well-Being Center strives to support a lively environment of diversity and inclusion for students with its open and welcoming spaces.

Areas for Growth & Development

Program Documentation: Lack of consistent documentation of ATOD programs makes it challenging to accurately capture all ATOD prevention and education efforts across all departments. Departments that engage in ATOD education and prevention need to provide on-going documentation for inclusion in the biennial review.

Assessment & Evaluation Data: As we begin to collect data on student's substance use beyond the first year, it is imperative that we have a data set that accurately reflects student's substance use. The ability to assess multiple data sets (CORE (no longer administering), Alcohol Edu, Healthy Minds etc.) to better identify trends in student alcohol and other drug use behaviors and examine how data can inform our work on campus. The data collected from these survey's will be important in identifying key performance indicators for programming and development of a social norms campaign that addresses alcohol and other drug use among the highest-risk student groups.

As we begin to look at programming, it is important to determine program effectiveness to assess student's willingness to implement harm reduction techniques. The University has sufficient information on conduct and arrest rates but no data on how effective programming is in terms of behavior change.

