

Stanford | Student Affairs

2021 – 2022

Alcohol and Drug End of the Year Report
&
Drug Free Schools and Communities Act
Biennial Report

Stanford Alcohol and Drug Program



Vision:

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

Mission:

Mitigate high-risk alcohol and other drug usage and their related harms among Stanford students by utilizing health promotion principles through collaborative, cutting-edge, empirically-proven educational strategies and programs.

Objectives:

1. Deliver impactful alcohol and drug education and risk reduction program across campus.
2. Consult, advise and offer resources to campus partners on substance use issues.
3. Create outlets and space for students that deemphasize substance abuse and promote resilience and recovery.
4. Shift campus culture away from binge drinking and drug use.
5. Collect data to assess trends and evaluate needs on an ongoing basis
6. Empower students to build a campus culture encompassing safety, flourishing and wellness.

Stanford Alcohol and Drug Program

Stanford

Office of Substance Use Programs Education & Resources
Student Affairs

Comprehensive office that manages:

- 5-SURE Safe Rides Program
- 5-SURE on Foot Safe Walks Bystander Intervention Program
- Party Planning Education and Training
- Cardinal Recovery Program
- Well House Substance-Free Programming
- Parent Education and Outreach
- Peer Health Education (PEERs Program)
- Education and Outreach Services
 - 1:1 sessions
 - High-risk group education
 - Trainings and workshops
 - Online education

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

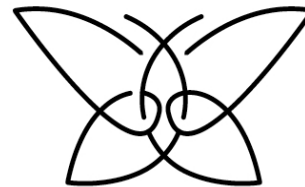


Stanford Alcohol and Drug Program

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 with the Stanford Office of Substance Use Programs, Education & Resources 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



S U P E R
SUBSTANCE USE PROGRAMS,
EDUCATION & RESOURCES

Alcohol & Drugs Effects and Resources

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

<https://vaden.stanford.edu/super/learn/alcohol-drug-info>

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

<https://vaden.stanford.edu/super/consult>

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

Framing the Issue:

- Stanford continues to address the issue of binge drinking and drug use in a proactive and expansive manner with dedicated programs, education and resources.
- The university is most concerned with reducing binge drinking and related consequences such as blackouts, hangovers, and regretted actions.
- Considerable attention and education has been placed on drug education including fentanyl and prescription drugs - including campuswide naloxone trainings and distribution.
- The university has put recommendations from the [Alcohol Solutions Group \(ASG\) report](#) into action via the AOD Advisory Group.
- Surveys on alcohol and drug use behaviors and attitudes were conducted this year on undergraduate and graduate students and data will become available in fall 2022.
- Data from the 2019 undergraduate alcohol and drug survey can be [viewed online](#).
- Stanford grew the population of the student body (both undergraduate and graduate populations) this past year. More first-year students matriculated in Fall 2021.
- Stanford redesigned the residential structure for undergraduate students into neighborhoods this past year as part of the [ResX Initiative](#).

Progress and Initiatives:

- The [Office of Substance Use Programs, Education & Resources \(SUPER\)](#), which is staffed by four full-time professionals, is doing increased targeted education, substance-free events and direct service programming. The office also employs about 70 student workers across its various prevention programs. This year SUPER employed 20 student peer health educators to conduct alcohol and drug education outreach programs.
- An Alcohol and Drug Advisory Group launched last year to manage the implementation of the ASG recommendations. The group has implemented over 15 active alcohol and drug projects.
- A new and revised [Student Alcohol and Other Drug policy](#) was launched on September 1, 2022 and includes a detailed implementation process, protections for Good Samaritans, and a sexual violence provision.
- Stanford launched a [substance-free and wellness living option](#) for upper-class students in a house called The Well House. Demand was high for spots and the house residential community and culture was positive and encouraging.
- SUPER managed the 5-SURE safe rides program again after a year hiatus due to COVID-19. The program offered 3,456 rides to Stanford students across campus.
- SUPER continued to manage the 5-SURE on Foot program, which offers safe walks home and in-the-moment check-in on weekend nights in high-traffic party areas of campus. This past year, the service provided 20,641 direct educational contacts demonstrating significant growth after COVID-19 limitations.
- A collegiate recovery program called [Cardinal Recovery](#) was launched and is providing support and services to students in addiction and recovery.
- This year again, close to 100 percent of first-year students completed online alcohol and drug education the summer before they matriculated.

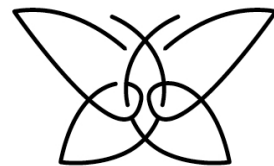
New Substance Use Policies and Processes Launched 2021 - 2022

[Student Alcohol and Other Drugs Policy](#) launched September 1, 2021

- Contains a Good Samaritan provision
 - Expands policy on other drugs
 - Articulates sexual violence reporting and exemption from disciplinary action
 - Outlines process for implementation and consequences
-
- [Stanford Group Accountability Process](#) launched in January 2022
 - Defines collective responsibility for groups
 - Outlines due process and levels of review
 - Expands jurisdiction to residences and sports teams (September 1, 2022)

Substance Use Program and Services Impact Information

Stanford | Office of Substance Use Programs Education & Resources
Student Affairs



S U P E R

SUBSTANCE USE PROGRAMS,
EDUCATION & RESOURCES

5-SURE Safe Rides Program



The 5-SURE Safe Rides program maintained a fleet of 5 vehicles and continued to see strong ridership numbers. Student staff continued to offer safe rides 7 nights a week, 9pm-2am. Ninety-five percent of passengers are female identified and ridership continued to be heaviest Wednesday to Saturday nights on campus.

Academic Year:	20156 - 2017	2017 - 2018	2018 - 2019	2019-2020 *	^2021-2022
Total calls:	5,331	7,649	7,774	4,491 (no spring)	2,637
Total completed calls:	4,664	6,847	6,987	4,020 (no spring)	2,361
Total passengers: (non-unique)	7,289	10,496	10,161	5,770 (no spring)	3,456

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

** Service did not run 2020 -2021 academic year due to COVID-19.*

^ 2021-2022 impacted by several weeks of limited activity periods due to COVID-19.

5-SURE on Foot Bystander Intervention Program



The 5-SURE on Foot Bystander Intervention program student workers offered safe walks, snacks and water in high-traffic party areas every weekend during the academic year. Program evaluation results show strong support and positive community impacts related to safety, trust and student well-being. Utilization numbers continue to show strong participation and the program remains very popular among students.

Academic Year:	2016 - 2017	2017 - 2018	2018 - 2019	2019-2020 *	2021-2022
Total contacts:	16,023	21,502	20,429	14,162 (no spring)	20,641
Total walks home: (non-unique)	72	169	160	50 (no spring)	93

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

** Service shifted to COVID-19 health advocates in 2020 -2021 academic year handing out masks.*

Education & Outreach Programs

The education and outreach services provided by the Office of Substance Use Programs, Education & Resources (SUPER) continue to be widespread and extensive, targeting a broad range of individual students and student groups (Greeks, student-athletes, first-year students, graduate students, resident assistants, etc.).

Highlights from this past year included:

- Over 3000 students were educated and trained on alcohol and drug issues via online and in person sessions.
- Worked closely with Institutional Research & Decision Support to conduct an alcohol and drug survey of all undergraduate students. Assisted in gathering alcohol and drug data for graduate students via the Healthy Minds Survey.
- Hosted Fentanyl Awareness Day activities to educate and offer naloxone training and distribution to 100 attendees. Trained an additional 300 students on naloxone throughout the year.
- Met individually with 131 students for alcohol and drug educational sessions conducted by SUPER staff.

PEERs Health Educators

The PEER health educator program is a group of 20 highly trained student health educators who take a holistic and preventative approach to a variety of public health topics – areas of expertise include substance use, sexual citizenship, mental health and the intersections between them. The program launched this year at Stanford. PEER stands for **P**revent, **E**ducate, **E**mpower & **R**efers.

- PEERs offered educational workshops across campus on a variety of health and well-being subjects.
- All of the PEERs were trained on naloxone administration and trained over a 100 other students across campus.
- PEERs participated in National Fentanyl Awareness Day in May 2022 to educate and provide naloxone.



The Well House Substance-Free Social Program



The substance-free and wellness themed Well House debuted this year at Stanford providing a space for students to live in a shared, intentional substance-free community. The house served as a safe space for students in recovery and fostering allies.

- The house offered over 70 substance-free events for residents and other students during the year providing a safe and substance-free space for thousands of attendees (non-unique).
- Demand was high for applications to live in the house with nearly double the number of applications submitted than spaces available in the house.
- Residents reported high levels of satisfaction, increased levels of connectiveness and reduced stress levels.

Cardinal Recovery

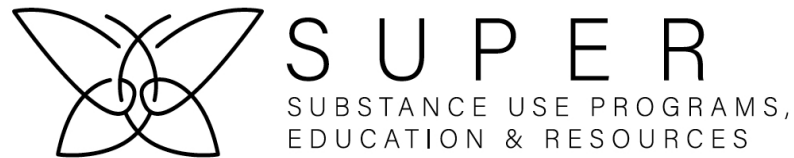
Cardinal Recovery is Stanford's new collegiate recovery program for students in substance and other behavioral/process addictions. It provides support, community and resources across campus.



- Cardinal Recovery built a community of nearly 400 who get weekly communications about meetings, support, sober events and resources.
- Weekly recovery meetings are offered three times a week across campus with some offered at the Well House.
- Quarterly sober events are offered to provide safe and intentional space for the community to connect and bond – many occur in conjunction with the Well House.
- A formal needs assessment was conducted this year and a three year strategic plan is being developed with an outside consultant/expert.
- The inaugural Addiction Science Keynote sponsored by Cardinal Recovery was held in April with Dr. Anna Lembke as the featured speaker.

Stanford Party Registration and Approval Figures 2021 - 2022

Stanford | Office of Substance Use Programs Education & Resources
Student Affairs



Stanford Parties Historical Data

Total Parties 2021-22: **^613**

Total Parties 2020-21: *No registered parties held due to COVID-19 pandemic*

Total Parties 2019-20: ***624**

Total parties 2018–19: **975**

Total parties 2017–18: **831**

Total parties 2016–17: **811**

Total parties 2015–16: **695**

Total parties 2014–15: **876**

^This includes six weeks of restricted gathering periods (two weeks at the beginning of each quarter) where no parties were held. Also includes seven Greek organizations being placed on party suspension beginning on April 29, 2022.

*At the end of Winter Quarter 2020 policies around COVID-19 began to take effect. Some parties at that time were cancelled by the hosts or denied by the administration, along with input from Environmental Health & Safety and Santa Clara County public health guidance. Additionally, due to COVID-19 there were no parties in Spring quarter 2020

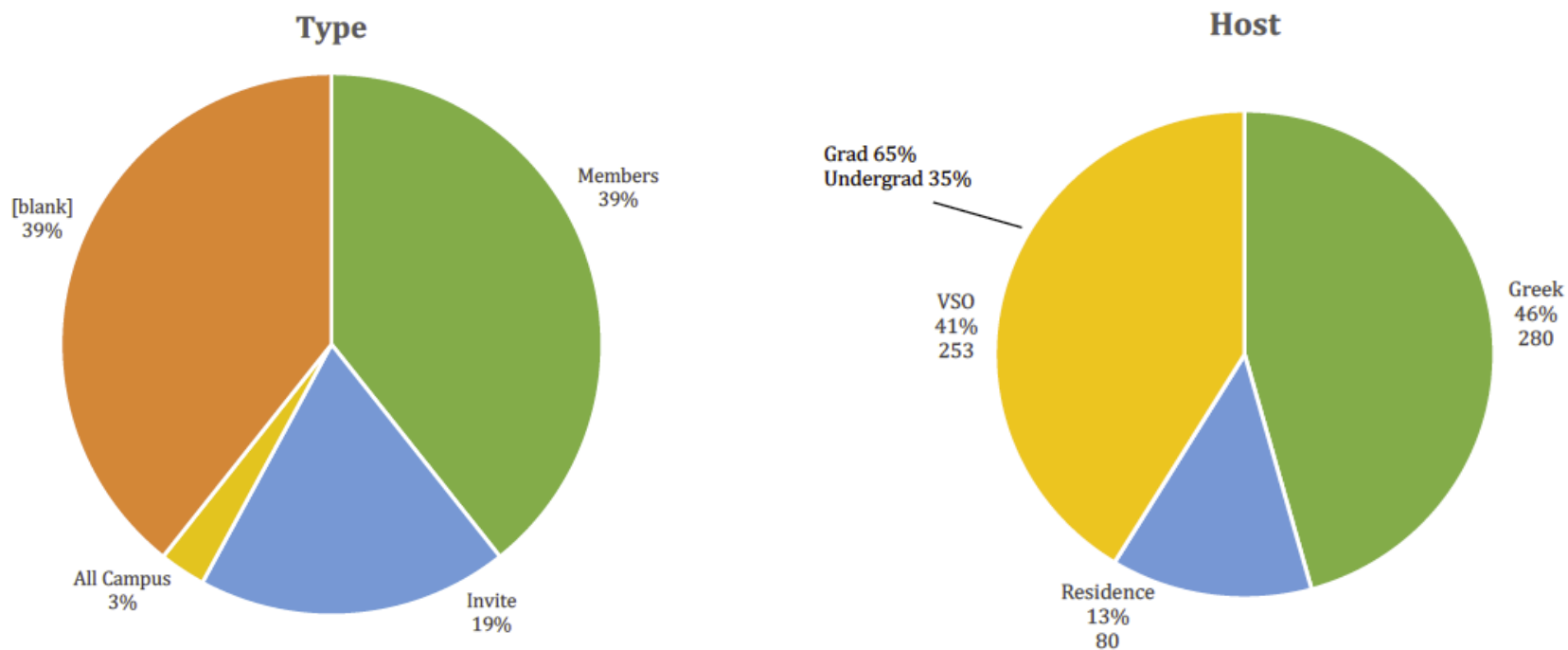
Stanford Parties 2021 – 2022

Members-only parties	241
Invite-only parties	114
All-campus parties	17
*Party Type Unknown	241

Total Registered Parties 613

*In Fall 2021 a new party registration and tracking platform was introduced and did not capture party types for a period of time until corrected.

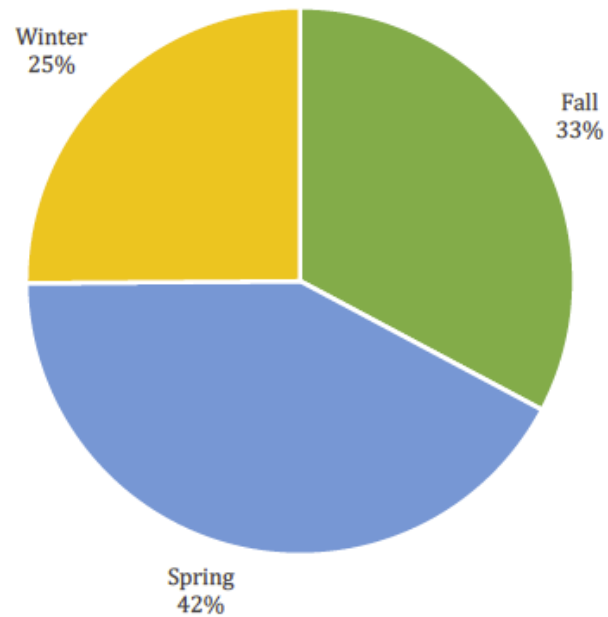
Stanford Parties 2021 – 2022



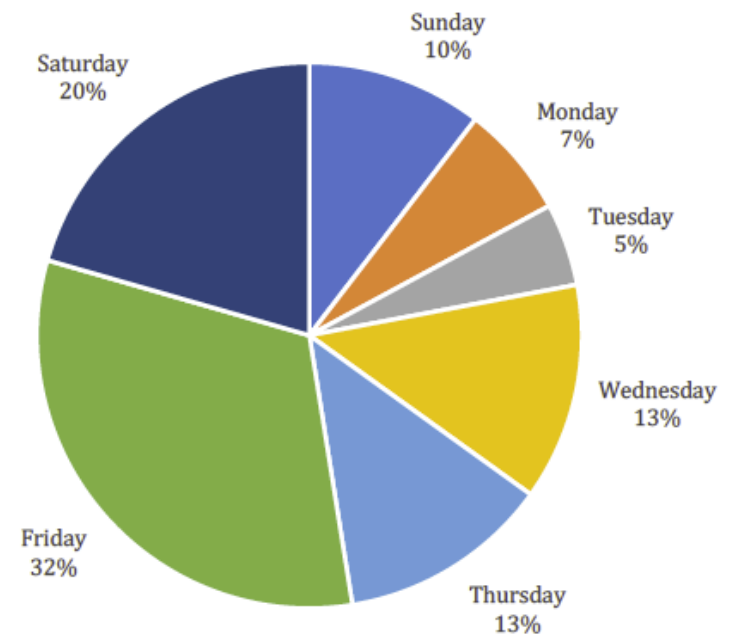
Greek = Fraternity and Sorority Life
 VSO = Voluntary Student Organization
 Residence = House/Dorm
 Grad = Graduate Student Group
 Undergrad = Undergraduate Student Group

Stanford Parties 2021 – 2022

Quarter



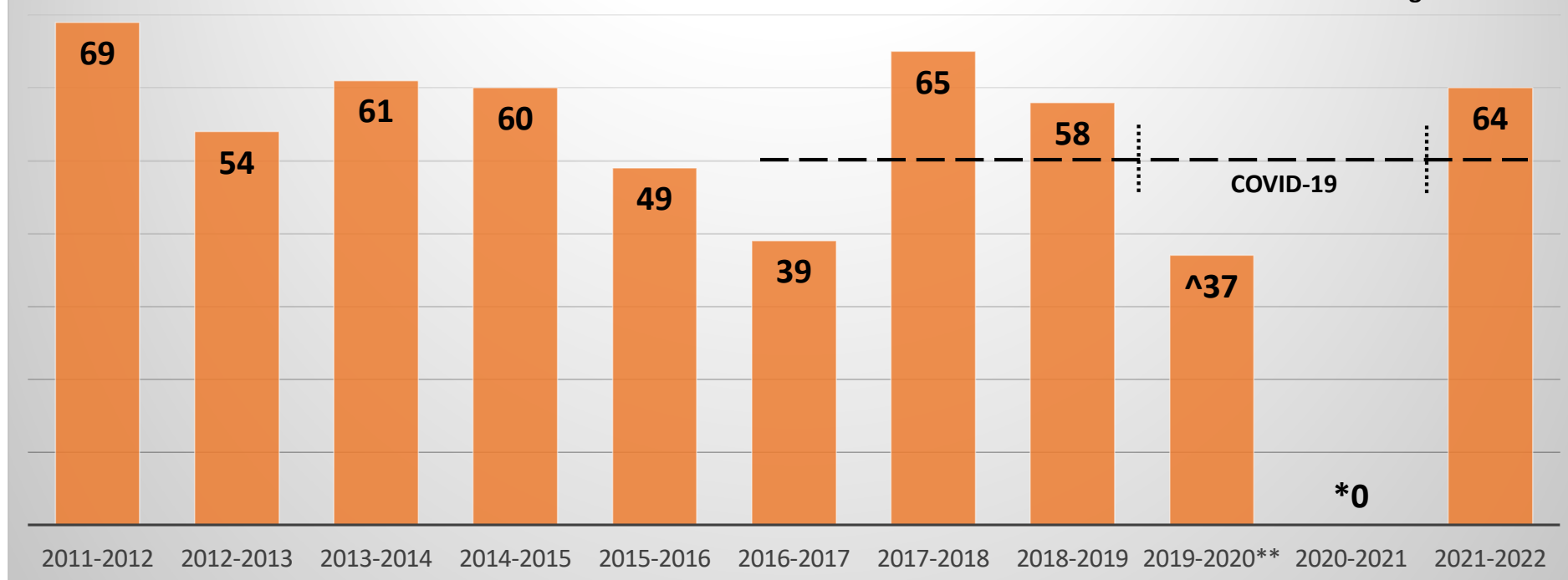
Day of Week



Student Alcohol Emergency Department
Visit Figures
2011 - 2022

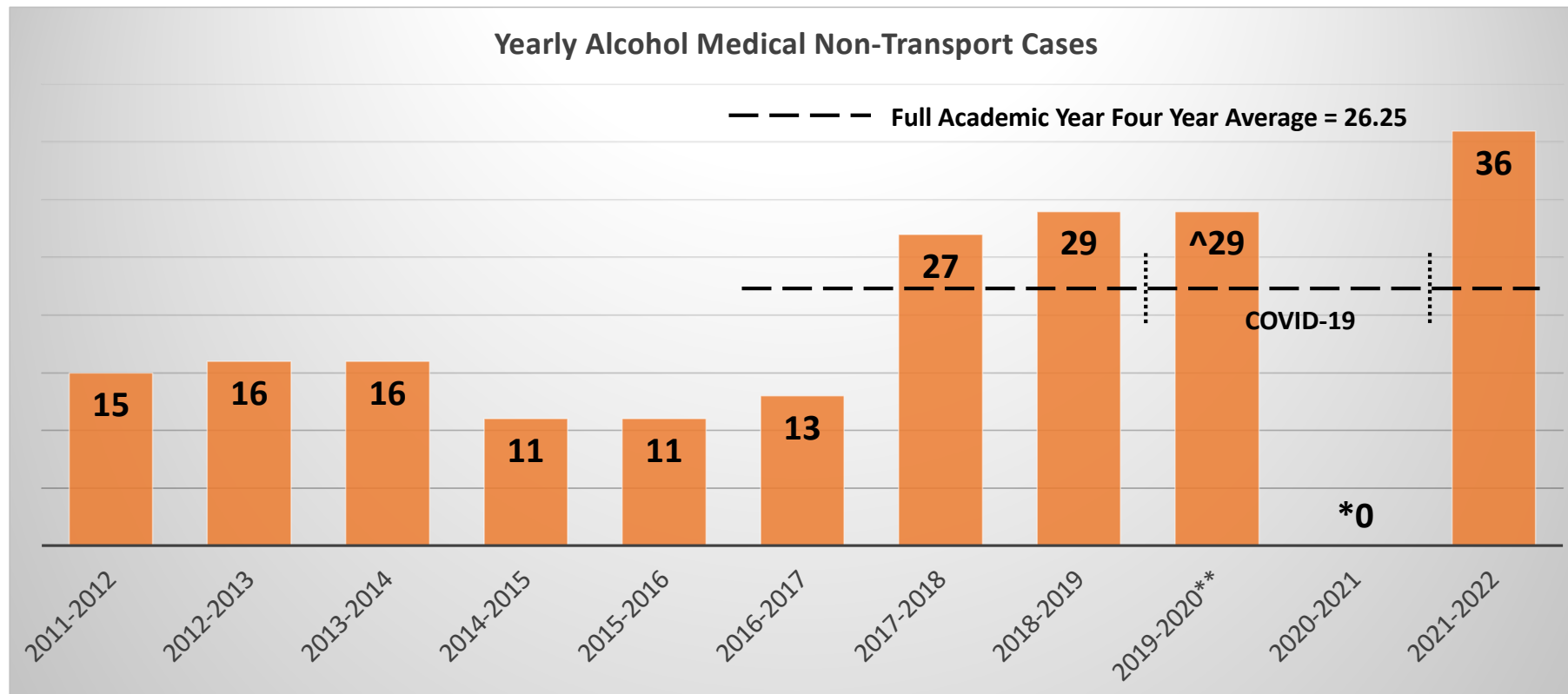
Yearly Alcohol Emergency Transport Totals

— — — — Full Academic Year Four Year Average = 56.25



[^] = COVID-19 Campus Closure in March 2020 (no spring quarter)

^{*} = COVID-19 Campus Closure (remote and no gatherings)



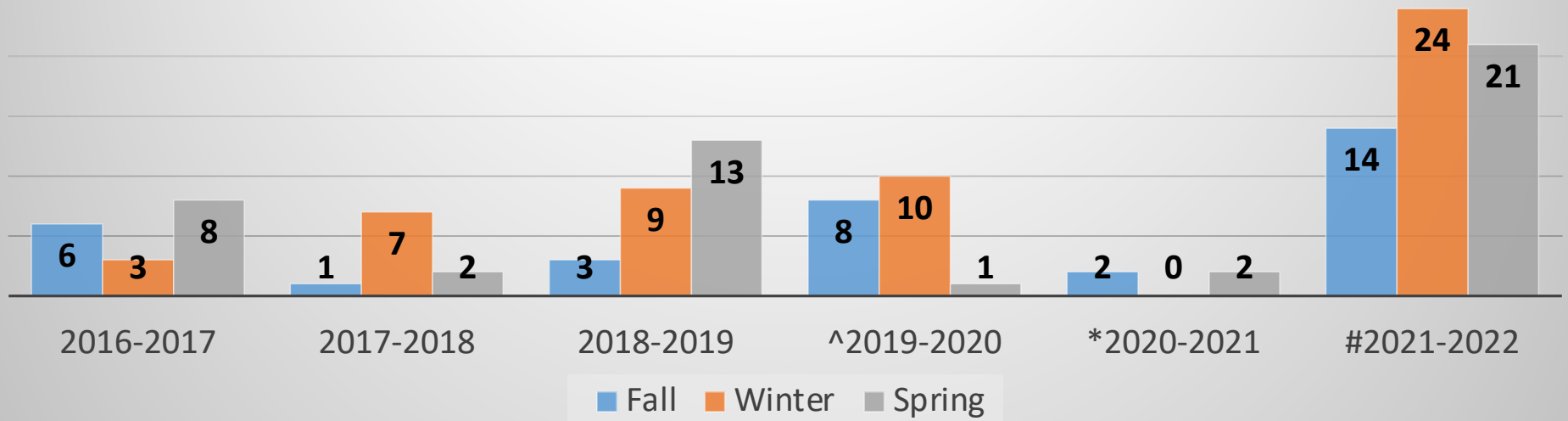
[^] = COVID-19 Campus Closure in March 2020 (no spring quarter)

^{*} = COVID-19 Campus Closure (remote and no gatherings)

Stanford Alcohol & Drug Cases By Category 2021 -2022

Case Type	N
Alcohol - *other	22
Alcohol - over-intoxication (not transported)	36
Alcohol - serving/providing to those under 21	12
Alcohol - Transported for over-intoxication	64
Alcohol - underage consumption	32
Alcohol - underage possession	8
Cannabis - consumption	21
Cannabis - other	6
Cannabis - possession	2
Cannabis - over-intoxication	1
Controlled substances - consumption	2
Controlled substances - other	1
Controlled substances - over-intoxication	2
Total Cases	209

Student Group Accountability Cases By Year/Quarter (Not all cases AOD related)



^ = COVID-19 Campus Closure in March 2020 (no spring quarter)

* = COVID-19 Campus Closure (remote and no gatherings)

= New Group Accountability Process Introduced in January 2022