Assessing College Campus Alcohol Policies

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As required by the Alcohol Policy 18 Conference, I/we have signed a disclosure statement and note the following conflict(s) of interest:

I have no conflicts of interest.
Annual National Snapshot of Problems related to college drinking

- 1825 alcohol-related deaths
- 599,000 unintentional injuries
- 696,000 assaults
- 97,000 sexual assaults/date rape
- 150,000 alcohol-related health problems
- 400,000 students having unprotected sex
- 3,360,000 students driving under the influence
Alcohol Drinking Patterns of Maryland College Students, 2016

LOW RISK
Students who did not drink during the past year (including lifetime abstainers)

MODERATE RISK
Drank during past year, but did not binge drink during the past month

HIGH RISK
Engaged in binge drinking one to four times during the past month

VERY HIGH RISK
Engaged in binge drinking five or more times during the past month

“Binge” Drinking:
Females and transgender student: Four or more drinks in a row (or within a couple of hours) during the past month
Males: Five or more drinks in a row (or within a couple of hours) during the past month
Injury-related and Legal Consequences of Drinking during the Past Year, among Past-Year Drinkers

- Got hurt or injured: 14% in 2014, 13% in 2015, 11% in 2016
- Rode in a car driven by someone who had been drinking alcohol: 20% in 2014, 21% in 2015, 18% in 2016
- Got in trouble with residence hall staff or other campus official: 8% in 2014, 7% in 2015, 9% in 2016
- Physically injured yourself: 10% in 2014, 8% in 2015, 10% in 2016
- Damaged property: 8% in 2014, 10% in 2015, 8% in 2016
- Drove a car when you had been drinking alcohol: 13% in 2014, 14% in 2015, 11% in 2016
- Got in trouble with campus police: 3% in 2014, 3% in 2015, 4% in 2016
- Physically injured someone else: 2% in 2014, 3% in 2015, 3% in 2016
- Drove a car or other vehicle while drunk: 6% in 2014, 6% in 2015, 5% in 2016
- Got in trouble with off-campus police: 2% in 2014, 2% in 2015, 2% in 2016
- Arrested for DWI/DUI: 1% in 2014, 1% in 2015, 1% in 2016
Self-reported Sex-Related Consequences of Drinking during the Past Year, among Past-year Drinkers

- Had unprotected sex
  - 2014: 15%
  - 2015: 15%
  - 2016: 21%

- Got taken advantage of sexually
  - 2014: 7%
  - 2015: 6%
  - 2016: 10%

- Had sex with someone without their consent
  - 2014: 0%
  - 2015: 1%
  - 2016: 1%
Maryland Collaborative

Structure

Participating Schools
- Garrett College
- McDaniel College
- College of Southern Maryland
- Towson University
- Goucher College
- Frostburg State University
- UMES
- St. Mary’s College of Maryland
- United States Naval Academy
- Allegany College of Maryland
- Notre Dame of Maryland University
- Hood College
- UMBC
- Johns Hopkins University
- Loyola University Maryland

Governance Council
(College Presidents)

Advisory Board

Public Health Faculty
- Amelia M. Arria, Ph.D. (UMCP)
- David H. Jernigan, Ph.D. (Johns Hopkins)

Funding Acknowledgment:
The Behavioral Health Administration (BHA)
Maryland Department of Health and Mental Hygiene
Effective Best Practices Include…

• Multi-component interventions with community mobilization
• Social Host Ordinances
• Compliance checks for commercial alcohol outlets
• Enforcing false ID laws
• Restricting alcohol marketing
How to reduce excessive alcohol use in residence halls?
The most effective environmental-level policies include community-wide restrictions on

- Alcohol price,
- Promotion, and
- Physical availability
First CAP Assessment

- Total ban of campus alcohol use;
- Ban of alcohol use at campus sport events;
- Ban on keg delivery to residence halls;
- Restrictions on alcohol sponsorship; and
- Alcohol-free student housing options.
2nd – Looked at 35 policies at 52 universities

- Policy information
- Restrictions/requirements
- Possible consequences to individual students
- Possible consequences to student groups
6 Point Scale

- Accessibility
- Comprehensiveness
- Enforcement procedures
- Clarity
Goals of Campus Alcohol Policies Reports

Address the dearth of literature on effective CAPs

Develop a standardized, objective instrument to help campuses make their policies more clear, accessible, and effective.
Objectives

- Identify commonly used CAPs
- Rate their accessibility, clarity, comprehensiveness, and consequences for policy violations
- Rate the effectiveness through a Delphi panel and practitioners
- Develop an evaluative tool that can be used by schools to assess their policies.
Identify commonly used CAPs, and rate each school’s CAPs for:

✓ Accessibility
✓ Clarity
✓ Effectiveness
Accessibility
Accessibility

Googled school name and "alcohol policy"

Dispersal of policy information across documents and website

Time to locate online
## Accessibility

### Accessibility Scoring Metric

<table>
<thead>
<tr>
<th>Score</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Policy was spread across multiple locations and took more than 30 seconds to find</td>
</tr>
<tr>
<td>2</td>
<td>Policy was spread across multiple locations and took less than 30 seconds to find</td>
</tr>
<tr>
<td>3</td>
<td>Policy existed in one location and took less than 30 seconds to find</td>
</tr>
</tbody>
</table>
Clarity

Measured using Flesch readability score.

Scores 0-100

Maryland Collaborative median - 29
It is prohibited for any person under the age of 21 to knowingly and willingly make any misrepresentation or false statement as to his/her age.

It is prohibited for any person to purchase, serve or sell alcoholic beverages to an individual who is under 21.

*Fleisch score: 32.6*
No one under 21 may misrepresent his/her age.

No one may buy, serve or sell alcohol to anyone who is under 21.

*Fleisch readability score: 60.9*
Effectiveness
Effectiveness

Compliance with EDGAR

Presence of 35 specific policy elements
- Delphi Panel of Experts
- Advisory Board Practitioners

Presence of Effective Sanctions
EDGAR Requirements

- Ban unlawful possession and use of alcohol
- Cite local, state, and federal laws
- Describe the health risks associated with alcohol use
- ID available on-campus alcohol counseling/treatment programs
- List the sanctions for policy violation
Effectiveness
Policy Elements

Most Effective - 17
Somewhat Effective - 13
Ineffective - 3
Not Scored - 2
Most Effective Policy Elements

Prohibition of:

• Alcohol consumption in public places on campus
• Alcohol at student organization recruitment events

Mandated:

• ID check at campus events with alcohol
• Limit on total alcohol provided at campus events with alcohol

Explicit mention:

• Of local police patrolling off-campus neighborhoods
• That there will be campus consequences for off-campus violations regularly
Somewhat Effective Policy Elements

- Prohibition of:
  - Hard alcohol on campus
  - Alcohol consumption in private dorm rooms

- Mandated:
  - Non-alcoholic beverages at campus events with alcohol
  - Security at campus events with alcohol

- Explicit mention”
  - Of campus security’s ability to patrol off-campus neighborhoods
  - That some or all campus alcohol restrictions extend off campus
Ineffective Policy Elements

• If kegs are allowed, required registration of kegs on campus
• Use of student funds to purchase alcohol over the phone

Not Scored Policy Elements

• Prohibition of alcohol paraphernalia
• Recovery houses on campus
Consequences

• Most Effective - 5
• Somewhat Effective - 6
• Ineffective - 2
Most Effective Consequences

- Parental notification
- Student Organization Probation

Somewhat Effective Consequences

- Fine
- Community Service

Ineffective Consequences

- Warning
- Alcohol Education
Certainty

• Must perceive that violations will incur swift, certain, and sufficiently severe sanctions.

• Policies are not effective if there is no certainty that they will be enforced.
Sharing the Results

- Individualized Campus Alcohol Policy Report
- Powerpoint Presentation
- Feedback
- Revised Final Report
Assessment Tool

Accessibility
• Found policies in 30 seconds?
• All in one place?

Clarity
• Fleisch score over 50?

Effectiveness
• Number of effective policies, including EDGAR and sanctions

Certainty
• Is enforcement certain, swift and sufficiently severe?
Thank you!

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