

 **LA ROCHE UNIVERSITY**  
**Alcohol and Drug Biennial Review**  
**2022-2023 & 2023-2024**

Under the Drug Free Schools and Campuses Act, all Institutions of Higher Education are required to create a policy to prevent the unlawful possession, use, and distribution of alcohol and other illicit drugs by students, faculty, and staff.

The purpose of this document is twofold: to fulfill the legal requirements for conducting a biennial review and to summarize the programs and activities related to alcohol and drug prevention at La Roche University during the 2022-23 and 2023-24 academic years.

La Roche University is committed to providing a safe and healthy learning environment for all members of its community--one that strengthens the academic and social development of its students. Specifically, the University believes that the health and safety of its members and especially the academic and social development of its students, are negatively impacted by the use of illegal drugs and the abuse and improper consumption of alcohol. La Roche believes that all students have the right to engage in academic and extracurricular activities without interference from others under the influence of alcohol and other drugs.

### **Alcohol Policy**

La Roche University recognizes that the misuse and abuse of alcohol is a serious issue affecting both students and the broader community. It is well established that misconduct such as vandalism, physical assault, excessive noise and other misbehavior results primarily from the misuse and/or abuse of alcohol by students and their guests. The purpose of this policy therefore is to foster the growth and development of students by promoting an alcohol-free environment. La Roche's policy reflects the University's commitment to the principals, goals and ideals described in its mission statement.

La Roche University students and/or their guests, regardless of age, are not permitted to use alcoholic beverages in the residence halls or on campus grounds. Students who are knowingly present during a violation of this policy are subject to the procedures and sanctions of the student code of conduct.

Just prior to the 2022-23 academic year, Student Government initiated a discussion about offering residential space to students who are 21 or over and allowing them to possess alcohol. As a result, the decision was made to designate Peters Hall as graduate student housing. An alcohol policy for Peters Hall was subsequently adopted as follows:

Graduate students residing in Peters Hall are expected to abide by the general campus Alcoholic Beverages policy with the following exceptions and stipulations:

- Residents who are 21 years of age may possess and consume alcohol in Peters Hall only.
- Residents and non-resident guests who are 21 years of age or older may consume alcohol only if the host of the room they are visiting is also 21 years of age or older.
- The number of alcohol beverages per person in Peters hall cannot exceed:
  - Up to 12, twelve-ounce containers of beer OR
  - 1 pint of liquor OR
  - 1.5 liter of wine OR
  - 2 four-packs of wine coolers OR
  - 2 six-packs of malt beverages, hard seltzers or other mixed drinks
- Residents who are 21 or older may not distribute or provide alcohol to any person under the age of 21.
- Residents who are 21 or older may not be knowingly present when a person under the age of 21 is consuming or possessing alcohol.
- Open containers of alcohol are prohibited outside of residential room spaces.
- Residents are responsible for their own actions and the actions of their guests.
- Only factory sealed containers of alcoholic beverages may be brought into on-campus housing. Micro brewing of any kind is strictly prohibited.
- Drinking games that promote mass consumption are not permitted. Items used for drinking games will be confiscated.
- Kegs, bongs, tabs or any devices used to promote mass consumption of alcohol will be confiscated, along with any empty beer kegs.
- Alcohol in excess of permitted amounts or in the possession of individuals under 21 will be confiscated and disposed of, regardless of ownership origin.

La Roche University students who are at least 21 years of age are permitted to use alcoholic beverages while participating in officially sanctioned University events where alcohol is sanctioned. Public intoxication, disorderliness, or offensive behavior on campus deriving from the use of alcoholic beverages on or off campus is subject to disciplinary action. Collection of empty bottles, cans and bottles are not permitted. La University students are expected to assume total responsibility for their own behavior and that of their guests and to comply with the laws of the Commonwealth of Pennsylvania regarding alcohol.

In cases involving the use of alcoholic beverages by an individual who is under the age of twenty one, there is potential for prosecution through the local magistrate. The University may notify the student's parent or guardian when action is taken regarding a violation of the alcoholic beverage policy.

#### Definitions

- Use of alcoholic beverages: includes the purchase, use, possession or serving of alcoholic beverages

- La Roche University Student: any full time or part time student enrolled at La Roche
- Campus grounds: University owned property and facilities, including, but not limited to residence halls, common/public areas including hallways, parking lots, and athletic fields
- Knowingly present: where a student knew or should have known that a violation of the La Roche University alcohol policy occurred and chose not to remove him or herself from the situation.
- Officially sanctioned University events: activities which comply with state and federal law and at which alcohol has been approved to be served by the president or her/his designee.

Minimum Sanctions for violating the alcohol policy at La Roche University:

First Offense

The student shall:

- meet with La Roche University Counseling Services; minimum of 1 session. Failure to show will result in a \$25.00 fine. Students must reschedule the appointment; a hold will be placed on the student's account until a meeting with the counselor is held.
- attend an alcohol education class; failure to attend will result in a \$50.00 fine. Student must attend this alcohol education class.
- be fined \$100.00
- be placed on probation I for the equivalent of a semester of 16 weeks

Second offense

The student shall:

- meet with La Roche University Counseling Services; minimum of 2 sessions. Failure to show will result in a \$25.00 fine. Students must reschedule the appointment; a hold will be placed on the student's account until a meeting with the counselor is held.
- be fined \$150.00 and be given probation II for the equivalent of an academic year or 32 weeks.
- participate in five hours of community service
- In addition, a letter shall be sent by the University to the student's parent(s) or guardian(s) advising of the student's conduct and violations. In compliance with FERPA, action taken under this section pertains to students who are under the age of 21.

Third offense

- The student shall be removed and/or banned from the residence halls and, in the discretion of the Vice President for Student Life/Dean of Students or his/her designee, may be subject to further sanctions.
- The number of offenses for violating the alcohol policy is cumulative while a student is on Probation I or Probation II. (Example: if a student has an alcohol

violation during the fall semester of his/her freshmen year, the student will be sanctioned as first time offender. If that same student has a second alcohol violation while still on Probation I or II the student will be sanctioned as a second time offender, and so on

In 2023 La Roche University added a policy for miscellaneous offenses related to alcohol used. These include:

#### Miscellaneous offenses

- First time possession of collection of empty alcohol containers.
- First time possession of alcohol containers for decorative purposes.
- First time possession of alcohol found during health and safety inspections where the student is not the primary responsible party.

Miscellaneous offenses, as stated above, may result in a \$25.00 fine. Multiple infractions will result in full alcohol offense.

#### Statement of Concern

The Office of Housing and Residence Life may issue a statement of concern for suspected violation of the student code of conduct instead of a full disciplinary hearing. A student has the right to respond in writing to the statement of concern. Such statements will be placed in the student's disciplinary file and may be a basis for further disciplinary actions.

#### Enforcement of the Alcoholic Beverage Policy

the primary responsibility for enforcing the alcohol policy lies with the Office of Housing and Residence Life, while the Vice President for Student Life/Dean of Students has secondary responsibility. Enforcement will follow the guidelines in the Student Code of Conduct.

The University may notify the student's parents or guardian when disciplinary action is taken as a result of alcohol policy violations.

The Office of Housing and Residence Life reserves the right to enforce any of the listed sanctions based on the severity of the violation, regardless of the student's prior conduct history.

#### Good Samaritan/Medical Amnesty Policy

La Roche University encourages students to call Public Safety or Residence Life staff medical assistance if they or others are dangerously under the influence of alcohol or drugs. No student seeking medical treatment for the effects of drug or alcohol use will face University disciplinary action for violating the alcohol or other drug policy. However, the intoxicated student will be required to meet with counseling services to discuss their actions and impact on the community before medical amnesty is granted.

## **Drug Policy**

The University expects students and student groups to comply with all local, state, and federal laws. It is the responsibility of each individual to be aware of and follow all legal and University regulations regarding drug use.

### **Students may not:**

- Possess, use, or be under the influence of marijuana, cocaine, and its derivatives, hallucinogens, barbiturates, amphetamines, or other controlled substances not permitted by law.
- Possess drug paraphernalia
- Produce, distribute or sell any of the above referenced drugs or other addictive or illegal substance.
- Be in the presence of evidence of possession or use.

Drugs, paraphernalia and the names of those involved may be turned over to the McCandless Police Department. The University will not shield students from possible legal consequences of drug possession, use and/or distribution.

### **Level I Violation/Sanctions**

Violations included but are not limited to:

- Possession of drug marijuana paraphernalia (bongs, pipes, rolling papers or other items used specifically to consume, inhale, smoke or inject illegal or controlled substances, etc.)
- Evidence of possession or use (bodily response, odor, etc.)

#### **1<sup>st</sup> offense**

- \$150.00 fine
- Five hours of community service
- Alcohol and other drug class
- One individual counselling session
- Parent and other interested parties notification
- 16 week probation.

#### **2<sup>nd</sup> offense**

- \$250.00 fine
- Ten hours of community service
- Two individual counselling sessions
- Parent and other interested parties notification
- 32 week probation.

#### **Subsequent offense**

- Removal/restriction from residence halls for one semester.
- Parent and other interested party notification
- Must provide outside treatment completion prior to reapplying for housing.

### **Level II Violation/Sanctions**

Violations included but are not limited to:

- Possession and/or use of marijuana
- Inducing or encourage others to consume illegal substances.

#### **1<sup>st</sup> offense**

- \$150.00 fine—a reduction of \$100.00 from the previous year
- Ten hours of community service
- Alcohol and other drug class
- Two individual counselling session
- Reflection paper
- Parent and other interested parties notification
- 32 week probation.

#### **2<sup>nd</sup> offense**

- \$250.00 fine—a reduction of \$50.00 from the previous year.
- 15 hours of community service
- Parent and other interested parties notification.
- 32 week probation

#### **Subsequent offense**

- Parent and other parties notification
- Removal/restriction from residence halls for 1 year
- Must provide outside treatment completion prior to reapply for housing

### **Level III Violation/Sanctions**

Violations included but are not limited to:

- Possession and/or use of ALL illegal drugs, controlled substances, or other's prescription drugs.
- Dealing or distributing illegal drugs, controlled substances or prescription drugs.

#### **1<sup>st</sup> offense**

- Removal/restriction from residence halls for one year and may result in dismissal from the University.
- Parent and other interested parties notification.
- Must provide outside treatment completion prior to reapplying for housing.
- Possible police intervention.

Annually the University notifies employees and students, in writing, of standards of conduct; a description of appropriate sanctions for violation of federal, state, and local laws and our campus policies. This includes a description of health risks associated with alcohol and drug use. The information is detailed in the student handbook that can be found in hard copy and online.

La Roche has seen an increase in the use of marijuana and additional programs have been offered. Much of the increase is attributed to the cultural attitude towards the decriminalization of marijuana.

In 2023 La Roche created a noxious odor policy to address complaints of odor:

### **NOXIOUS ODOR POLICY**

All members of the La Roche community are responsible for contributing to healthy, supportive learning and living environments. The University recognizes that noxious odors have the potential to contribute negatively to the quality of life in our learning and living environments.

A noxious odor is ANY aroma of such intensity that becomes apparent to any one or more persons. Any odor (including, but not limited to, cigarette, cannabis, cigar or pipe smoke, perfume, air freshener, or large amounts of dirty laundry) may become noxious or offensive when it is too strong or lingers for a period of time. When the source of the noxious odor can be traced to a particular room or the odor is emanating from a person and/or her/his clothing, the occupant(s) of that room or person from whom the odor is emanating may be subject to disciplinary action.

### **Drug Free workplace**

The University is committed to protecting the safety, health and well being of all staff members and other individuals in La Roche's workplace. The University recognizes that alcohol abuse and drug use can pose a significant threat to the goals of the University. La Roche has established a drug-free workplace program that balances our respect for individuals with the need to maintain an alcohol and drug free environment. The University encourages faculty and staff members to voluntarily seek help with drug and alcohol problems.

### **Education/Programming/Notification**

Annually La Roche notifies each employee and student, in writing, of standards of conduct, a description of appropriate sanctions for violations of federal, state, and local law and campus policies. The notification also includes information about health risks associated with alcohol and drug use, as well as available treatment programs.

Handbooks are available both online and in hardcopy. All resident students sign a contract that states they are responsible for knowing and abiding by all regulations in the student handbook. Residence life sends out multiple notices both in the mail and by email to resident students prior to move in including the links with information on the student code of conduct and the student handbook.

The La Roche University Website was updated in the summer of 2022 to provide more detailed information on drug and alcohol issues including a wide range of resources available to students.

Additionally, a campus Wellness Room was designed to support students in maintaining a balanced and healthy lifestyle. The space provides resources for stress management, relaxation, and overall wellness, contributing to the University's comprehensive approach to health and well-being.

### **Resident Assistant Training**

Alcohol education is an integral part of the Resident Assistant (RA) training program. The entire RA staff is trained to address student behavior related to the misuse of alcohol. Commonwealth of Pennsylvania and University policies are discussed during the main training period along with recurring staff meetings. As part of the training, resident assistants are educated on executing required monthly programming based on a seven part Wellness Model, which aims to promote a well-rounded healthy lifestyle. workshops.

Resident Assistants also receive specific training on how to respond to students who are intoxicated through a series of workshops. Training sessions were conducted August of 2022 and again in August of 2023.

### **EVERFI, AlcoholEdu**

La Roche University utilizes an online module called AlcoholEdu, which is required for all incoming freshmen. The course educates students about the party scene at universities, the dangers of alcohol and other drugs, and provides information about federal and state laws. It also includes La Roche's alcohol policies.

The module includes real-time data showing how students answer questions about alcohol and drug use, helping to correct societal misconceptions and providing students with a clearer picture of alcohol and drug use at the University level.

### **Orientation**

All incoming freshmen are required to attend orientation which includes a mandatory session on alcohol awareness presentation. The session covers general alcohol education, as well as La Roche's alcohol policies. There is also a bystander intervention awareness program that educates students on how to recognize the signs of intoxication and vulnerabilities in others. These sessions were held in August of 2022 and again in 2023.

### **Counseling services**

The Counseling Services staff provides a wide range of services, including educational support, social counseling, referrals and emotional support. Counseling Services collaborates with local agencies such as Greenbriar Treatment Center, Good Samaritan



Counseling Center, Child and Adolescent Psychiatrist Services to assist students who may need additional support beyond the on-campus therapy options.

#### Alcohol Class

Students who violate the University's alcohol policy are required to attend an alcohol education class. The class covers La Roche's alcohol policy, Pennsylvania's underage drinking laws, the effects of alcohol impairment, acute alcohol poisoning, and the risks of drinking are reviewed. Classes are offered monthly.

#### Other training

Counselors meet with student leaders in a variety of groups including the Student Athlete Advisory Council, the Orientation leaders, and the Resident Assistants to educate them on recognizing the signs of alcohol use and abuse.

#### General education

Students are provided with electronic resources on alcohol and other drug use, as well as other current issues that typically affect University students. These materials are displayed on digital screen around campus.

The RAs are required to offer a number of educational programs throughout the academic year on a various topics, including drugs and alcohol.

Some examples of programs offered in the two year period include:

- Passive programs: Bulletin boards and flyers featuring alcohol education facts and a drunk driving awareness program.
- Social Events: RA's planned weekend social events, held on Thursday, Friday, or Saturday night beginning after 9:00pm. These events provide students with alcohol-free social activities.
- Educational programs: Alcohol Terminology Crossword puzzle, Al-Kahoot—and alcohol education trivia event, Mocktail and Karaoke, Mocktails and Movies events, and Sip and Paint (Using non alcoholic drinks).

#### Athletics

La Roche University is a member of the National Collegiate Athletic Association (NCAA) which prohibits student-athletes from the non-prescribed use of substances, the misuse of prescription drugs, alcohol, or any other controlled or illegal substances. The athletic department has implemented drug education and a drug screening program along with a counseling program to help meet the University's of promoting student-athlete well being.

The Director of Athletics designates a certified athletic trainer to serve as the Drug Testing Coordinator. The trainer works with the department and the coaches to implement any drug testing procedures.

At the beginning of each academic year, all student athletes meet with the director of counseling services, the drug testing coordinator, the coaches and the athletic

department staff to review University policies, NCAA rules, and available support services. Athletes are required to sign and return a consent form to participate in drug testing and authorize the release of information. Athletes are subject to unannounced random testing, pre-season screening, reasonable suspicion screening, post-season screening, re-entry screening and follow up screening.

Each student athlete receives an educational document from the NCAA website about banned substances, which is also displayed in the training room.

#### Academic Orientation for Varsity Athletes

An academic class is offered for all varsity athletes, which includes two sessions on drugs, alcohol, and sexual responsibility including bystander intervention.

### Enforcement

#### Enforcement of the Alcoholic Beverage Policy

The Office of Housing and Residence Life has the primary responsibility enforcing this policy. The Vice President for Student Life/Dean of Students shall have secondary responsibility and shall follow those guidelines listed in the Student Code of conduct when a violation of those policies occurs. Both Alcohol and Drug incidents dropped from the previous 2 years.

The following is an account of alcohol and drug violations:

	2022-23	2023-24
Sanctioned Alcohol Policy Violations	24	11
Sanctioned Drug Policy Violations	3	6
Students Removed from Housing (Alcohol)	0	0
Students Removed from Housing (Drugs)	0	0

The University may notify the student's parents or guardian when disciplinary action is taken due to violations of the alcoholic beverage policy.

### Intervention

#### For students

La Roche's counseling staff provide confidential assistance for students to help them understand themselves, make informed decisions, accept responsibility for their actions, and follow a course of action to resolve issues.

The Students of Concern Committee meets bi-weekly to identify students at risk based on academic, social or behavioral concerns. Committee members follow up with these students to provide appropriate resources and interventions as needed. In 2023 the

committee created a 'scope of action' plan and adjusted tracking and follow-up on individual students.

La Roche partners with the JED Foundation, a nationally recognized nonprofit focused on improving campus mental health resources. The JED Campus program supports La Roche in enhancing student mental health, substance use and suicide prevention efforts.

In addition, La Roche has partnered with Child and Adolescent Psychiatric Solutions to provide up to 10 hours of psychiatric care per month for students, helping those who may struggle with addiction or mental health issues access appropriate treatment on campus.

La Roche also works with Greenbriar Treatment Center in Wexford, PA, which provides outpatient therapy for students dealing with alcohol or drug addiction.

For employees

The University offers an Employee Assistance Program (EAP) providing confidential counseling and referral services to full-time faculty, staff and their families. The EAP program addresses personal, family or work related issues. Additionally, the University offers a Wellness program which includes online assessments and health coaching for employees recovering from addiction. Both the EAP and the Wellness program are provided through UPMC, the University's health care provider, and are fully integrated to support the health and well-being of faculty and staff.

Number of alcohol or drug incidents reported to Human Resources:

2022-23	0 incidents were reported
2023-24	0 incidents were reported

## **Summary**

The review committee assessed the alcohol and drug policy, related programs, services and enforcement practices for academic years 2022-23 and 2023-2024. La Roche University is in compliance with the Drug-Free Schools and Campuses regulations and has an effective Alcohol and Other Drug policy that is consistently enforced.

Through a combination of policy, education, social programming, academics, enforcement, and intervention, La Roche addresses alcohol and drug use on campus. These efforts contribute to a safe and healthy environment while mitigating risks related to alcohol and other drug use.

## **Strengths:**

- A clear distinction between marijuana use and other drug use has allowed for more appropriate responses.

- Strong partnerships with organizations like the JED Foundation, Greenbriar, and Child and Adolescent Psychiatric Solutions provide valuable support for students.
- The small, communal nature of the campus enhances outreach efforts.
- The Students of Concern Committee offers multiple touchpoints for monitoring and assisting students with concerning behaviors.
- Clear and effective alcohol and drug policies, with well-defined sanctions.
- Positive responses to new initiatives and collaborative efforts across departments.

### **Suggestions:**

- Follow the recommendations outlined in the JED strategic plan.
- Reevaluate the effectiveness of the AlcoholEdu online course.
- Strengthen the relationship with the new Chief of Police in McCandless Township.
- Incorporate a pre/post survey about alcohol use at La Roche.
- Collect data on alcohol consumption trends to inform future programs.
- Continue promoting wellness programs and support services.
- Provide ongoing training for staff working with students on alcohol and drug-related issues.
- Invite a dynamic speaker on driving under the influence, alcohol, and drug abuse.
- Periodically review and update alcohol and drug policies.

La Roche University remains committed to developing, evaluating, and refining its approach to addressing alcohol and drug use on campus, in line with best practices and a student-centered approach to health and well-being