On track for a comprehensive, and cost/effective prevention and risk management approach.

#### Cal Alcohol Problem Prevention Coalition (APPC) Team

Stacy Holguin, (Co-Chair) Mgr. Judicial Affairs and Compliance - Residential Student Services Program
Karen Hughes, (Co-Chair) Coordinator Alcohol Prevention - University Health Services Caleb Dardick, Director of Local Government & Community Relations - Gov't and Community Relations Jeff Woods, Conduct Officer, Center for Student Conduct and Community Standard Brandon Tsubaki, Coordinator, Fraternity & Sorority Life - Campus Life & Leadership Andrew Tucker, Patrol Lieutenant, UCPD

Ryan Cobb, Head Athletic Trainer, Intercollegiate Athletics

#### Background and History

High risk alcohol use and abuse is a top concern on college campuses nationwide. On large campuses like UC Berkeley, there can be numerous, but uncoordinated alcohol risk reduction programs in action. This lack of coordination often fails to produce clear, strong messages for students, synergy among the programs, and meaningful and long-lasting changes in drinking and party culture.

The APPC Team was established after UC Berkeley became a founding member of the Nat'l Alcohol Prevention Coalition (APC) in 2009. The APC is a growing network of colleges and universities around the country whose commitment to reducing high risk college drinking goes beyond simply meeting the "minimum threshold." The APPC Team represents a critical step for our campus – it ensures senior administration involvement and a campus-wide perspective for ongoing development, implementation and evaluation of alcohol risk management activities. The APPC Team members are designated by:

- Ron T, Coley, Associate Vice Chancellor--Business and Administrative Services
- Harry Le Grande, Vice Chancellor Student Affairs; and
- Linda Williams, Associate Chancellor.

#### APPC Team Goal

Design and manage effective, campus-wide alcohol risk management activities to ensure:

- High quality of life, study, work and play for all in the campus community
- Minimal harm from college student alcohol use
- Engagement of all campus stakeholders.

Based on its understanding of alcohol risks in the UC Berkeley campus community and successful, evidence-based strategies, the APPC Team is focusing on the following campus-wide objectives

- · Campus alcohol-related policies which are clear, sufficient, and well-publicized
- Enforcement and accountability activities which are consistent, swift and highly visible
- Risk management, and responsible beverage service practices in both commercial and social settings
- Accurate social norms perceptions about drinking, associated harm, and community acceptance
- · Critical mass of active and effective bystanders for prevention and intervention

#### Priorities for 2010-11

- 1. Establish campus-wide process to collect, analyze and address campus alcohol risk data
- 2. Establish and standardize consistent and swift student accountability procedures for alcohol violations
- 3. Alcohol and party risk management training and social marketing for students
- 4. Critical mass of active and effective bystanders for prevention and intervention

#### For more information, please contact:

- Stacy Holguin (co-chair) at stacy@berkeley.edu or 510-643-2600
   Karen Hughes (co-chair) at <a href="https://khughes@uhs.berkeley.edu">https://khughes@uhs.berkeley.edu</a> or 510-643-9073

#### Alcohol Risk Management in College Settings The Safer California Universities Randomized Trial

Robert F. Saltz, PhD, Mallie J. Paschall; PhD, Richard P. McGaffigan, MSW, Peter M.O. Nygaard, PhD

Context: Potentially effective environmental strategies have been recommended to reduce heavy alcohol use among college students. However, studies to date on environmental preventi are few in number and have been limited by their nonexperimental designs, inadequate sample sizes, and lack of attention to settings where the majority of heavy drinking events or

would reduce the likelihood and incidence of student intoxication at those settin

were assigned randomly to the Safer intervention condition after baseline data collection in 2003. Environmental interventions took place in 2005 and 2006 after 1 year of planning with seven Safer intervention universities. Random cross-sectional samples of undergraduates completed online surveys in four consecutive fall semesters (2003-2006).

Setting/participants: Campuses and communities surrounding eight campuses of the University of rnia and six in the California State University system were utilized. The study used random samples of undergraduates (-500-1000 per campus per year) attending the 14 public California universities.

Intervention: Safer environmental interventions included nuisance party enforcem minor decoy operations, driving-under-the-influence checkpoints, social host ordin campus and local media to increase the visibility of environmental strategies.

Main outcome measures: Proportion of drinking six different settings during the fall semester (residence hall party, campus event, fraternity or sorority) party at off-campus apartment or house, bar/restaurant, oxidoor setting), any intoxication at each sett during the semester, and whether students drank to intoxication the last time they went to each setting

Results: Significant reductions in the incidence and likelihood of intoxication at off-campus parties and bars/restaurants were observed for Safer intervention universities compared to controls. A lower libelihood of intoxication was observed also for Safer intervention universities the last time students drank at an off-cameus party (OR=0.81, 95% CI=0.68, 0.97); a bar or restaurant (OR=0.76, 95% CI=0.62, 0.94); or any setting (OR=0.80, 95% CI=0.65, 0.97). No increase in intoxication (e.g., displacement) appeared in other settings. Further, stronger intervention effects were achieved at Safer universities with the highest level of implementation.

drinking events occur appear to be effective in reducing the incidence and likelihood of intoxication

(Am J Prev Med 2019;39(6):491-499) © 2010 American Journal of Preventive Medicine

#### Introduction there are more tha each year amons ative effects rela

From the Prevention Benearth Center, Pacific Institute for Research and Evaluation, Berkeley, California Address correspondence in Bubert F. Saltr, PhD, Prevention Benearch Center, 1995 University Avenue, Suite 420, Berkeley CA 94704. E-mail: extend far beyond this other student; m

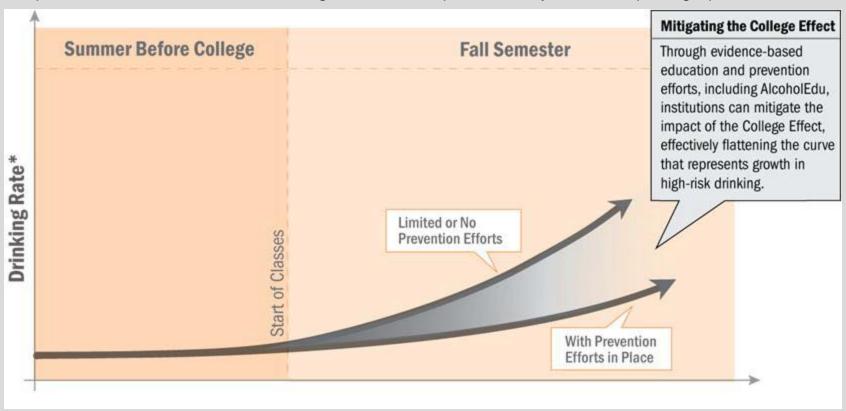
© 2010 American Journal of Preventive Medicine . Published by Elsevier Inc.

Intervention: Included nuisance party enforcement operations, minor decoy operations, driving-under-theinfluence checkpoints, social host ordinances, and use of campus and local media to increase the visibility of the environmental strategies.

Conclusions: Environmental prevention strategies targeting settings where the majority of heavy drinking events occur appear to be effective in reducing the incidence and likelihood of intoxication among college students.

### Understanding The "College Effect"

Student drinking rates nationally follow a typical pattern: alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus. This phenomenon, known as the "College Effect," is represented by the conceptual graphic below.



<sup>\*</sup>Drinking rate is the proportion of students who have had more than a taste or sip of alcohol in the two weeks prior to the survey.

### Critical Mass of Active and Effective Bystanders

#### Avoid a Party Foul

Whether the party's big or small, hosts are accountable for quests' conduct & safety. Control the setting and the elcohol - moderation is the key. Communicate with neighbors end make adjustments before. during and after.

#### Step up.

If you notice possible emergency behavior or situations, essume personal responsibility for helping. Act directly if you have the knowledge and skille; but if you don't, contact your RA or police (from cell phone: 510-981-5811-Barkeley; 5108423333 UC). If police ere called to help with alcohol-related trouble, addressing the life/selety issue will be top priority.

> \*Prevention, Education & \*Internships



#### Your right to party. My right to study.

We've all been on both sides. Over one third of Call atudents report having sleep and study disrupted by other students' drinking. Mest and find out your neigh-bars' routines and priorities. Respect the "quiet hours" of the res hells (11pm-Barn; 1am-1Dam Fri-Bat) & eurrounding neighborhoode (10om-7am delv).

#### Not everyone drinks.

28% of Cal students don't drink. Of those who do, most drink 2 or fewer when they party. Don't overestimete how, much or how often other students drink.

#### What's at STAKE.

If you get caught using a fake ID, drinking if you're under 21, or having loud, lata parties you fece skeeble

Friday, April 29, 2011

The Daily

#### Step up, take responsibility into your own hands

By Alex Pollock Special to the Daily Cal opinion@dailycal.org

One of my projects this year has been to collect stories, from around campus, about times when members of our community step-up when they see a problematic situation. It has been extremely uplifting to hear about the times where Cal community members stand up for other's safety and well-being. You, reading this, you

am west-relaige too, reading this, you are part of this community and should be proud.

You have told me about stopping a fight before it happened by calming everyone down or about getting a belligerent friend out of a confrontation. You have told me about bravely having a comparation with friends. ing a conversation with friends concerning their derogatory jokes. You have told me about intervening during a domestic abuse situation. You have told me about walking a friend home when they were inebriated, or just scared. You have told me about calling 911 for a passed out stranger ... and the list goes on. I won't go into a full description of these events but if you are interested my stories and other's posts they are at avoidapartyfoul.blogspot.

com. First, please understand that some of the actions you all take are huge and some seem small, but they are all amazing. Just acting is difficult. The field of sociology has done research on this phenomenon and found something now known as the "diffusion of responsibility." The quick explanation is that, in large groups, there is strong pull to conform and to not act

who is more qualified) will help or that there is no problem because oth-ers have not already identified it. There are no personal qualities that have been found to differentiate those

OP-ED | Public Safety | Public

who act from those who don't.

who act from those who don't.
(Beware — no one should think himself or herself above this effect.)
Intervening bystanders, somehow, overcome this effect and that is why I find them so amazing. So, Go Bears! But, as I mentioned, there are no per-sonal qualities that determine whethsona quantes that determine whether er a person will act or not. Is it alright that we only help songetimes? What percentage of incidents quelled by bystanders will satisfy

you? For me, it is always better for that number to be higher. So, as you get ready to leave for the summer or for the working world, remember that there is one thing that has been shown to combat the diffu-sion of responsibility: Knowledge about it. about it.

Obviously, everything will not change overnight. But we can all help to make a community where we are aware and watch out for each other. I hope to watch out for you if you fall off of your bike, are too drunk to get home safely, are in a domestic violence situation or are in another sort of dangerous Safe @ Cal.

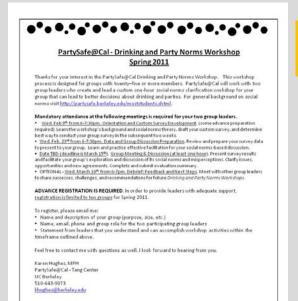
circumstance. I hope that you will all watch out for me too. So please, remember the dangers of the diffu-sion of responsibility and we all can be even better at watching out for each other — together, we can make Cal an even better place.

In closing, I want to give a cave-at and say that if or when you do intervene, remember to keep your-self safe, too. I hope you will keep this in mind and watch out for student and an intern with Party



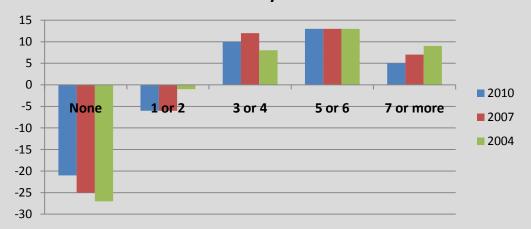


### **Accurate Social Norms Perceptions**



Recruited 4 student organizations (approx. 220 students). More structured – positive evaluations and outcomes. Seek at least ten groups for Fall 2011.

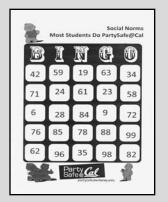
#### Drinking Norms Perception Gap -Usual Number Consumed When at a Party Me vs. My Friend





partysafe.berkeley.edu



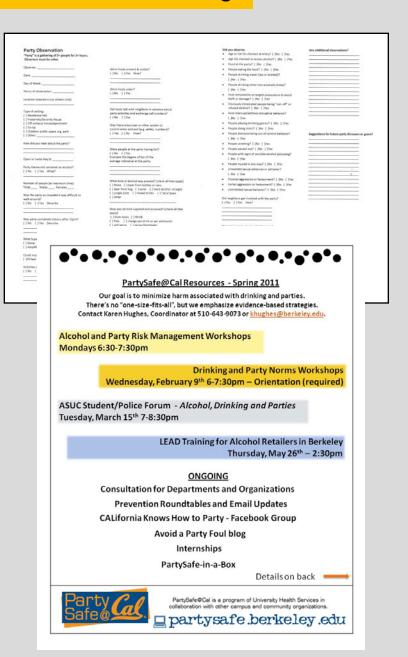


### Risk Management and RBS in Retail and Social Settings

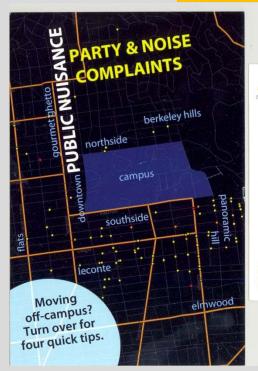


Tips and Stories for a Safe and Satisfying Party Scene Around Campus

LEAD Training Hosted by PartySafe@Cal – January and May 2011



### Enforcement Visibility Project - Accountability PDQ





choose a

neighborhood

choose a home

be accountable

#### 0,000,000,000,000,000,000,000,000 Survival Tips: Moving Off Campus 101

Living off campus isn't the same as on-campus. Stakes are higher and neighbors are not all students. Evaluate possible neighborhoods, buildings, and roommates during night and off-hours. Money's always an issue, but you'll pay with your health and well-being if you are unrealistic. You deserve a situation that fits you personally and academically.

choose your While living with friends is fun, ensure you've got same expectations about quiet hours, parties, and guests. Don't want to host big, frequent, or loud parties but your friends roommates do? Choose other roommates and you'll preserve the friendships.

> The neighborhoods around campus all vary in terms of noise and housing prices. Learn about the late night culture, access to campus, prices, liveliness, food and shopping amenities, lighting, safety, landscape, and mix of residents. Take advantage of what Berkeley - the city - has to offer you.

> Every house, apartment, co-op, or fraternity has history - know it before signing a lease. How well do the owners enforce policies about noise, guests, building security, parties, trash, and other property maintainence? Is there a history of noise violations or sensitive neighbors you're inheriting? What about the properties next door? Make your "home away from home" a good match for you.

Though not on campus, you're still accountable to the Code of Student Conduct. Berkeley Police, property managers, and neighbors share information about student alcohol and noise violations with the Student Conduct Office and

Public Nuisance Violations (PC 415) issued by the BPD/UCPD Joint Safety Patrol - Fall '10

8/19 - 10/24/10

Street	Number	Date & Time	Expires
Aliston Way	2116 #705	2010-09-04	2011-01-02
		12:48am	
Ashby Place	2727	2010-06-29	2010-12-27
		12:18am	
Bancroft Way	2728	2010-08-21	2011-12-19
		11:32pm	
Berryenue	2501 #26	2010-09-11	2011-01-09
Ave.		11:25pm	
Berryenue	2525 #16	2010-10-22	2011-02-19
Ave.		10:39pm	
Bervenue	2525 #16	2010-10-23	2011-02-20
Ave.		3:04pm	
Benvenue	2549	2010-06-28	2010-12-26
Ave.		11:59pm	
Berryenue	2555	2010-09-11	2011-01-09
Ave.		11:38pm	
Benvenue	2606	2010-06-27	2010-12-25
Ave.		10:20pm	
Benvenue	2606	2010-08-27	2010-12-25
Ave.		10:29pm	
Benvenue	2610	06-21-10	2010-12-19
Ave.		11:52pm	
Benvenue	2610	2010-08-28	2010-12-26
Ave.		12:57am	
Blake St.	2212 #401	2010-10-16	2010-02-12
		12:09pm	
Blake St.	2219	2010-10-15	2011-02-12
		12:09pm	
Blake St.	2240	2010-10-10	2011-02-07
	I	12:33am	ı

Blake St.	2325 #206	2010-09-12	2011-01-10
		12:46am	
Blake St.	2335	2010-09-25	2011-01-23
		1:09am	
Bowditch St.	2316	2010-08-28	2010-12-26
		11:05pm	
Carlton St.	2418	2010-10-23	2011-02-20
		12:01am	
Carlton St.	2444	2010-09-19	2010-01-17
		12:01am	
Channing	2016	2010-09-30	2011-01-28
Way		10:52pm	
Channing	2724 #105	2010-09-19	2010-01-17
Way		12:04am	
Channing	2726	2010-09-17	2011-01-15
Way		1:30am	
Channing	2728	2010-10-09	2011-02-06
Way		9:44pm	
Cottege Ave.	2345	2010-08-26	2010-12-24
		9:27pm	
College Ave.	2345	2010-09-03	2010-12-24
		12:42am	
College Ave.	2519#3	2010-09-03	2011-01-01
		10:38pm	
College Ave.	2529	2010-08-19	2010-12-17
	(upper)	11:11pm	l
College Ave.	2533	2010-08-20	2010-12-18
		1:05am	
Dana St.	2612	2010-08-29	2010-12-27

#### Common Alcohol Enforcement Laws

- If you are under 21 and purchase, consume or possess alcohol, you tace fines of \$100 to \$250, 24 to 82 hours of community lender, and a 1 year suppersion of drivers harms or wait an entra year to get one. ISPC 25662A)
- If you are under 21 and caught with a fake 10, the penalty is a \$250 to \$1000 fine, 24 to 32 lours of community service, and a Lyeer targention of your diserts Scenae or walk as notes your to get one. Fold to lectudes presenting (in fact, even carrying) asyone's 10 other
- ing/Serving Alcohol to a Minor If you are 23 or over, and are caught furnishing alcohol to an underage person, you face a \$250 to \$1000 fine, 24 to 32 hours community service to a maximum 8 months in county
- Open Consister.

   At zer age to be a critical offeres to have an open consister of about of a public IBPC 55500, or in a motor which, Parallas include fines and demands provide. This public between the interest of community service.

   In select 23, you cannot done a vehicle with a studio in it or white under the influence if you are caption to make any per an extraction of a studio in your blood age to be a 1 to 3 year superior of your difference white community which are caption or your difference which we will be a studio of a studio in your blood about a ser admittable or give of about 1 to 10 years.

  \*\*Amount of your difference which we have a studio of a studio in your blood about a ser admittable or give of their times. A studio in your blood about a ser admittable or give the studio in the studio in the service of the studio in the service of a studio in the service of the service of the service of a studio in the service of the
- Social host Ordinance

  Holds purty hosts responsible for underage driving occurring on their property. Fines of 5250 start immediately at the first violation, and they increase with subsequent violations.
- 320 on a manediatry in the first various, and they introde with subsequent incurrent. Memberol Ching of Oddersing or party constitutes a public reason or public self-or if a body, but not versuly pathering or party constitutes a public reason or public self-or (control INCL 14 bill 400), there in more papels, exercise record or traffic public trafferents, serving alcohol to mercin, fight or distinctions of the pipers, observed public setters by common or verbeller, filters of the control or are usually years a warring custor, and the property is not to 12 filt all probabilos. It police find a rectine public instance volucion during that truth, river sets and 12 filters.

- Acod Student Advantar's Office

  http://documents.eomeoffice.com

  510 642 8542

  AOA Student Legal Cinic

  emineration (Perval cine

  510 642 8546

  510 642 8546

- ortment of Alcoholis Beverage Contro



What's at STAKE.

If you get caught using a fake ID, drinking if you're under 21, or having loud, late parties you face sizeable fines and campus as well as city sanctions. Berkeley police regularly share information about student iolations with the Center for Student Conduct.



partysafe berkeley edu

\*PREVENTION, EDUCATION & POUCY ACTIVITIES \*ALCOHOL-FREE EVENT PLANNING \*EMAIL PARTYSAFEGBERKELEYEDU OR CALL 510/642-7202



### Tilden Room, MLK 7PM March 15

What do I do when the police show up at my door? Can I get fined for throwing parties at my apartment? Is a police citation recorded on my school record?

Attend the Alcohol Enforcement Forum to find the answers to these questions!

Representatives from UCPD, BPD, Student Conduct, and other groups will be there to answer any of your questions

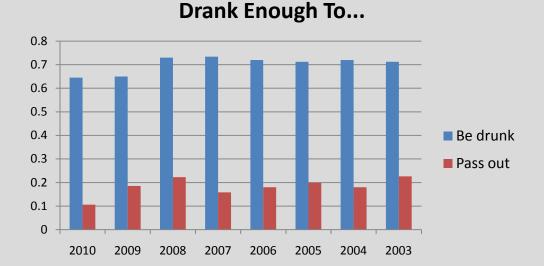




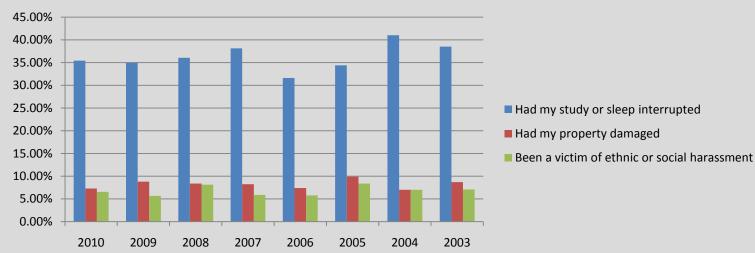


### **California Safer Schools**

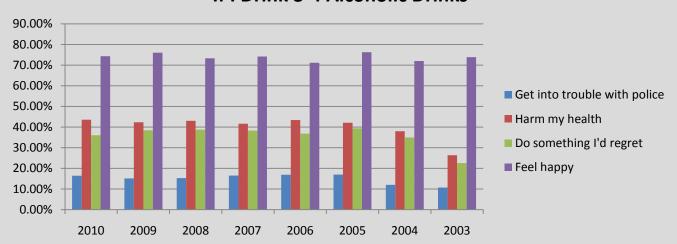
- •Fall Semester
- All undergraduates
- •2003-2010



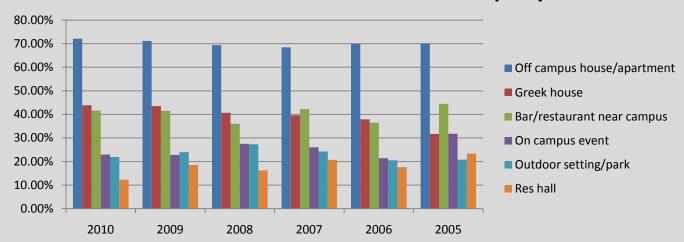
### Due to other students' drinking



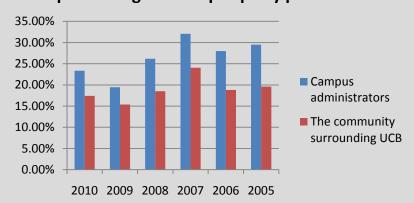
# Somewhat or Very Likely to Happen If I Drink 3-4 Alcoholic Drinks



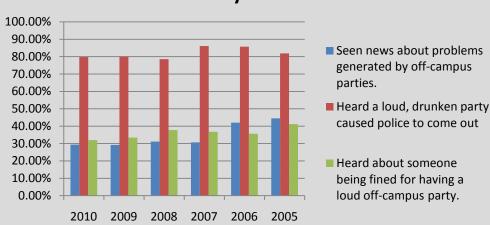
### Since start of semester I have been to a party at...



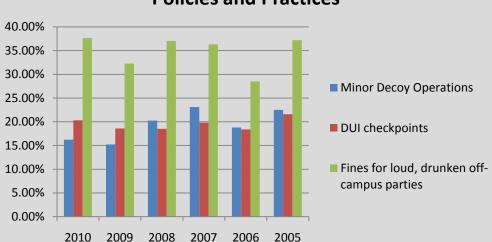
#### Very to extremely concerned about preventing off-campus party problems



### **Awareness of Off-Campus Party Issues**



#### **Awareness of Community Policies and Practices**



2006

2010

2008

2007

## **Accomplishments**

Decrease in heavy drinking:

- Drank enough to get drunk from 73% in 2008 to 64.5% in 2010
- Drank enough to pass out from 22.2% in 2008 to 10.6% in 2010

Decrease in calls for service to Berkeley Police for loud, late parties around campus:

• 360 in fall 2008; 135 in fall 2010

Increase in Cal undergrads who report seeing written tips or guidelines for planning safe parties:

- Fall 2006 44.7%;
- Fall 2008 56%;
- Fall 2010 66.2%

Streamline alcohol violation student conduct process: from average of 3+ weeks to less than 7 days.

Increase in students engaged in "mission critical" alcohol problem prevention activities

# **Challenges**

No meaningful change in percent of students who report having their sleep/study disrupted by other students' drinking (36%)

Decrease in percent of Cal undergrads who percieve campus administrators or surrounding community to be very or extremely concerned about preventing alcohol-related problems caused by off-campus parties:

- Campus: Fall 2005 29.5%; Fall 2010 23.3%
- Surrounding Community: Fall 2005 19%; Fall 2010 17%

# **Next Steps**

- 1. Planning retreat at end of May.
- 2. Continue to deepen, streamline and optimize the existing strategies and programs, especially the student conduct process for interrupting high risk drinking and associated problems
- 3. Improve relevance, alignment, clarity and visibility of campus and community alcohol policies and concern
- 4. Continue to identify and engage stakeholders to play their unique roles: especially student opinion leaders, party hosts and property owners

### AND ... publicize our process and progress!

Stanford Report, May 2, 2011 **Stanford joins forces with peers to address high-risk drinking**Stanford is one of 14 colleges and universities that have joined the Learning Collaborative on High-Risk Drinking, a national initiative that will use comprehensive evaluation and measurement techniques to identify and implement the most effective ways to confront this persistent problem.