

14.0 Substance Abuse Policy, Laws, and Sanctions

In accordance with the Drug-Free Schools and Communities Act (DFSCA) of 1989, the *UC Santa Barbara Substance Abuse Policy and Procedures* include UCSB's policy on substance use standards of conduct; potential legal sanctions and penalties for unlawful possession, use, or distribution of drugs or alcohol; potential sanctions for campus drug and alcohol policy violations; health risks associated with drug and alcohol abuse; and resources available to students and employees. The *UC Santa Barbara Substance Abuse Policy and Procedures* document can be accessed at www.policy.ucsb.edu/files/docs/policies/substance-abuse.pdf.

UCSB actively distributes information about the campus substance abuse policy and its availability to members of the campus community through annual emails. Additionally, UCSB conducts a biennial review of the effectiveness of the campus substance abuse prevention program.

The following is a summary of UCSB policy on substance use, disciplinary sanctions for policy violations, California drug and alcohol laws and sanctions, educational programs offered by UCSB, and on- and off-campus substance use treatment resources.

14.1 UCSB Policy and Standards of Conduct

UCSB strives to maintain a community and workplace free from the illegal use, possession, or distribution of alcohol and other drugs. Manufacture, sale, distribution, dispensation, possession, or use of alcohol and controlled substances by students or employees on University property, at official University functions, or on University business is prohibited except as permitted by law, University policy, and campus regulations.

To promote an environment of academic excellence and to comply with the requirements of the Drug-Free Schools and Communities Act and the Drug Free Workplace Act, academic and staff employees and students:

- Shall not use illegal substances and shall not abuse legal substances in a manner that impairs scholarly activities, job performance, or student life.
- Shall not use illegal or legal substances in a manner that violates applicable criminal or civil laws in the workplace, on University premises, at University activities, or while conducting University business.
- Are prohibited from the unlawful manufacture, distribution, dispensation, possession, or use of alcohol and/or a controlled substance in the workplace, on university premises, at University activities, or while conducting University business.
- Academic and staff employees and students involved in work on or for a federal grant or contract are required, as a condition of employment on the grant or contract, to notify the University within five (5) calendar days if they are convicted of any criminal drug statute violation for activity occurring at the workplace, at the location of any grant/contract activity, or while on University business.

For more information regarding the UCSB's Substance Abuse Policy, visit www.policy.ucsb.edu/files/docs/policies/substance-abuse.pdf.

14.2 California Alcohol and Drug Laws and Sanctions

California law prohibits furnishing and selling alcoholic beverages to underage persons (younger than 21) or obviously intoxicated individuals. Underage persons may not buy alcoholic beverages or possess them on campus, in public, or in places open to public view; the penalties for violations of these laws may include substantial fines and jail. Alcohol may not be sold without a license or permit. State law also prohibits driving a motor vehicle under the influence (a blood alcohol level of .08 percent or higher creates a presumption of intoxication, but a driver can be charged even with lower blood alcohol levels); drinking or possessing an open container of alcohol while driving; and operating a bicycle while intoxicated. Drunken driving penalties include jail or prison, fines of

\$1,000 or more, driver's license suspension or revocation, and required drug/alcohol treatment programs. Refusing to submit to a test for blood alcohol can result in suspension of driver's license for up to 3 years.

Sale or possession for sale of controlled substances, such as cocaine, methamphetamines, heroin, Ecstasy, GHB, Ketamine, LSD, PCP, marijuana, and "designer drugs," is a felony. Sentences are enhanced for previously convicted felons, for distribution within 1,000 feet of a school or University or within 100 feet of a recreational facility, and for distribution to a pregnant woman or to someone under 18 by someone over 18. Property used in drug transactions can be seized.

14.3 UCSB Policy on and Enforcement of Possession, Use, and Sale of Illegal Drugs

The UCSB campus has been designated *Drug Free*. The possession, sale, manufacture, and distribution of any controlled substance is illegal under both state and federal laws. These laws are strictly enforced by the UCSB Police Department (UCPD). Violators of these laws are subject to UCSB disciplinary action (for affiliated members of the institution), criminal prosecution, fine, and imprisonment. Academic and staff personnel violating these policies may be subject to corrective action, including dismissal, under applicable University policies and labor contracts, and may be referred for criminal prosecution and/or required to participate in an Employee Assistance Program or appropriate treatment program.

14.4 UCSB Policy on and Enforcement of Possession, Use, and Sale of Alcoholic Beverages

The possession, use, and sale of alcohol on the UCSB campus is governed by the UCSB Substance Abuse Policy, federal law, California state law, and local county ordinances. Laws regarding the possession, use, sale, consumption, and furnishing of alcohol are controlled by the California Department of Alcohol and Beverage Control (ABC). The enforcement of alcohol laws on the UCSB campus is the primary responsibility of UCPD. The possession of alcohol by anyone under 21 years of age in a public place or a place open to the public is illegal. These laws are strictly enforced by UCPD. Violators are subject to UCSB disciplinary action (if affiliated with the institution), criminal prosecution, fine, and imprisonment. It is unlawful to sell, furnish, or provide alcohol to a person under the age of 21.

It is also a violation of the UCSB Substance Abuse Policy for anyone to consume or possess alcohol in any public/private area of the campus without prior University approval. Students violating these policies are subject to disciplinary action, including suspension or dismissal from the University, and may be referred for criminal prosecution and/or required to participate in appropriate treatment programs. Organizations or groups violating alcohol/substance policies or laws may be subject to sanctions by the University.

14.5 UCSB Smoke & Tobacco Free Environment Policy

Members of the UCSB community, including academic and staff employees, students, student organizations, and volunteers, are responsible for observing and adhering to the Smoke & Tobacco Free Environment Policy. Smoke & Tobacco Free means that smoking, the use of smokeless tobacco products, the use of unregulated nicotine products, and the use of e-cigarettes is strictly prohibited on all University-controlled properties (including parking spaces) and all vehicles. This also includes all campus residential space, with the exception of employee-owned housing. More information can be found at tobaccofree.ucsb.edu/policy.

14.6 Drug and Alcohol Abuse Education Programs and Support Resources

UCSB students and employees with substance abuse concerns (including alcohol) create a health and safety risk for themselves and for others. Substance abuse can also result in a wide range of serious emotional and behavioral problems. UCSB makes available to students and employees a wide variety of alcohol and substance

abuse programs. These programs are designed to discourage the use of illegal substances and to educate students and others as to the merits of legal and responsible alcohol consumption.

UCSB's Alcohol & Drug Program (ADP) provides counseling and referral services to students who suffer from a substance abuse concern. Group and individual counseling sessions are available to students at no cost for voluntary attendance and a program fee for required attendance (i.e., referral for disciplinary sanction). All information regarding any contact or counseling is confidential and will be treated in accordance with UCSB policies and state and federal laws. A student's decision to seek assistance will not be used in connection with any academic determination or as a basis for disciplinary action. ADP strives to create a safe, healthy, and learning-conducive environment through the promotion of healthy choices concerning the use of alcohol, tobacco, and other drugs. The program emphasizes the elimination of harmful use, high-risk behavior, and related violence, and offers services for students in recovery and allies who support them.

ADP uses a comprehensive research-based approach to substance abuse prevention. UCSB's efforts to reduce high-risk drinking and drug use among students include strategies such as education, early intervention, and referral; changes to the environment on campus and in Isla Vista; and strict policies and enforcement. ADP works in partnership with many campus departments, students, and the community to promote a healthy and safe campus environment. Using science and evaluation-based prevention models, the Alcohol and Other Drug Work Group and Steering Committee make recommendations for all program, policy, and enforcement issues related to alcohol and other drugs. This comprehensive effort works to reduce high-risk drinking by:

- Educating students about responsible alcohol use.
- Providing early intervention and confidential counseling for those who need help.
- Altering the environment to limit access to alcohol by underage students and providing alcohol-free social options.
- Ensuring compliance with substance abuse policies and laws, and consequences for policy violation.

UCSB's ADP offers students free and confidential counseling for addictive behaviors and substance abuse, including alcohol, tobacco, marijuana, study drugs, gambling, and internet use. Support, information, education, and referrals are provided in a non-judgmental environment. For appointments and additional information about ADP, call the Program's office at (805) 893-5013. ADP facilitates a 4-week psycho-educational group series for students who violate substance use policies on campus. More information can be found at alcohol.sa.ucsb.edu/information/about-us.

In compliance with the *Drug-Free Schools and Communities Act of 1989*, UCSB offers various drug and alcohol use prevention, education, and intervention programs. These services are made available to students by ADP's clinical and prevention staff. Below is a list and brief description of the programs that are offered to students throughout the year.

Intervention/ Prevention Strategy	Brief Description
Alcohol and Drug Individual Counseling	One-on-one counseling sessions using brief motivational and cognitive-behavioral techniques for use of substances including alcohol, marijuana, prescription drugs, and other illicit substances. The goal of the counseling is to educate students about the effects of illicit drug use, to promote self-evaluation of drug use habits, and to facilitate the acquisition of effective coping strategies to make informed decisions and reduce the risk and harm associated with substance use.

College Alcohol and Substance Education (CASE)	<p>Four-session class assigned as a first-level sanction for substance use violations. This class uses interactive journaling and motivational interviewing techniques. The goals of the class are to educate students about the effects of alcohol use, to encourage students to implement the skills of alcohol-related risk reduction, and to facilitate the acquisition of effective coping strategies so that students can make informed decisions and reduce their substance related risk and harm.</p>
Screening, Brief Intervention, Referral to Treatment (SBIRT)	<p>SBIRT is an evidence-based screening strategy utilizing brief motivational interviewing techniques to identify and assess risks associated with substance use. The UCSB Alcohol and Drug Program offers the SBIRT program to clinicians in Student Health and CAPS to provide an immediate and timely intervention for students. The goal of the SBIRT intervention is to promote self-evaluation and assessment of substance use habits, to connect/refer students to additional support and counseling services, and to facilitate the acquisition of effective coping strategies to make informed decisions and reduce the risk and harm associated with drug use.</p>
Marijuana Awareness, Responsibility and Support (MARS)	<p>The MARS program provides individual counseling to discuss marijuana use and develop skills to explore and achieve desired health changes. This evidence-based, cognitive-behavioral approach also integrates dialectical behavior strategies into a three-week series that supports student goals regarding marijuana use.</p>
Alcohol Self-Assessment	<p>A brief online assessment is available on the UCSB Alcohol and Drug Program website to provide individualized feedback and access to additional support and resources on the campus and in the community.</p>
Cannabis Use Disorders Identification Test (CUDIT-R)	<p>The CUDIT-R is available on the UCSB Alcohol and Drug Program website and is an evidence-based brief online assessment for personal marijuana use that provides individualized feedback and access to additional support and resources on the campus and in the community.</p>
Gauchos for Recovery (GFR)	<p>Gauchos For Recovery is a program within the Alcohol and Drug Program that helps students maintain recovery and develop a plan for success, form connections with other sober students as well as community recovery groups, and assist with finding supportive housing. Free and confidential counseling services and assistance with access to additional campus and community resources is also available for those students needing additional support and accommodations. GFR can also assist students who are trying to return to the University after a period away, as well as non-traditional aged students who are returning to college. Alcohol and Drug Program counselors are also available to consult with parents</p>
GFR Peer Educators	<p>Our recovery peers are UCSB students in recovery who have a desire to share their experience, strength, and hope with other students in recovery as well as those who are struggling with substance use. They hold drop-in peer counseling hours in the Lounge at Embarcadero Hall to meet with any students looking for peer support around these concerns.</p>
GFR Students for Recovery	<p>GFR Students for Recovery is a UCSB student organization that provides support and social activities for recovering students. The weekly Students For Recovery meeting is open to those who are seeking or considering recovery and is hosted by students, for students. GFR student group holds biweekly organization meetings, regular unity/social events, retreats, and more.</p>
Call It Quits! Tobacco/Smoking Cessation	<p>CALL IT QUILTS is a free tobacco cessation services program that is free to all UCSB students. The program offers 6 weeks of individual educational support and access to free nicotine replacement products and other incentivizing products.</p>
Smoke-Free/Tobacco-Free Task Force	<p>The campus has a Smoke/Tobacco-Free Task Force that works on the implementation strategies of the UC system-wide smoke/tobacco free policy that went into effect at UCSB on January 1, 2014.</p>
Smoke-Free/Tobacco-Free Policy	<p>Along with the rest of the UC system, UCSB implemented a smoke/tobacco free policy on January 1, 2014. This policy bans all tobacco and related products (including smokeless tobacco, e-cigarettes, and vaping products) on all campus property.</p>

Alcohol and Drug Steering Committee	The UCSB AOD Steering Committee is comprised of the Student Health executive director, the Associate Vice-Chancellor for Student Affairs, the UCSB Behavioral Health Director, and the Alcohol and Drug Program Director. The committee meets quarterly to identify and prioritize the needs and available resources of the UCSB campus related to substance use and addictive/compulsive behaviors.
Isla Vista Alcohol and Drug Work Group	The Isla Vista Alcohol and Drug Work Group is a comprehensive coalition/task force organized by the Santa Barbara County Behavioral Wellness Program. Work Group members include campus and community partners who meet monthly to address the needs and concerns of both the campus and community on alcohol, drug, and violence prevention concerns.
Community Social Host Ordinances	Several communities in Santa Barbara County, including the unincorporated area of Isla Vista which is adjacent to the UCSB campus, have implemented new social host and/or loud/disruptive social gathering ordinances to address social gatherings that prompt a response by law enforcement. These ordinances hold the host responsible for the violations cited.
Fraternity/Sorority Educational Workshops	Educational workshops specially designed for Greek community members focus on providing educational information, normative information, and skill training including how to party safe, create a plan when socializing, and access to resources on and off campus.
Campus and Community Educational Programming	A wide variety of large and small scale educational events and programs including speakers, tabling, and videos to relay educational information, provide skill training, and refer students to resources on and off campus.
Alcohol EDU/Haven	UCSB's "New Student Requirement" involves completion of two educational components by all incoming first year and transfer students. The first component of the New Student Requirement is Alcohol Edu and Haven, two online training modules that provide alcohol and drug education, sexual assault and interpersonal violence prevention information, and campus/community resources. Completion of these training modules is required before the start of fall quarter.
GaUCHO FYI	The second component of UCSB's "New Student Requirement" program requires attendance at GaUCHO FYI, an in-person workshop facilitated by a peer leader and a professional staff member. These mandatory workshops have been developed to introduce new students to a variety of health and safety topics, as well as provide skill-based information about personal safety, bystander intervention, and community responsibility. Completion of GaUCHO FYI is required within the first four weeks of fall quarter.
Life of the Party Peer Education Program	The Alcohol and Drug Program trains selected student peer staff on AOD trends, campus norms, and addressing campus needs around alcohol and drug concerns. Students learn to facilitate workshops, develop programs, and conduct outreach. The goal of the peer health educator program is to empower students to motivate their peers to make healthy lifestyle choices and connect students to resources for help.

UCSB makes available various drug and alcohol use prevention, education, and intervention services for staff and faculty through the UCSB's Academic Staff Assistance Program (ASAP). ASAP provides individual recovery support for employees and eligible family members on a short-term basis, as well as resources and referrals to relevant off-campus programs. This service is available at no cost to employees and their family members, and information about participation is confidential, except where legally mandated. For more information please call (805) 893-3318 or visit www.hr.ucsb.edu/asap.

Additional resources available to students and employees in the Santa Barbara community and online include the following.

Community Resources

Santa Barbara Cottage Hospital Chemical Dependency Services

Cottage Hospital	(805) 682-7111 (24-hour) www.cottagehealth.org/services/psychiatry-and-addiction-medicine
Cottage Inpatient Medical Detox	(805) 569-7253
Cottage Residential Center	(805) 569-7422
Cottage Outpatient Treatment	(805) 569-7434
Council on Alcoholism and Drug Abuse (CADA)	
Education and Treatment Program	(805) 963-1433 cadasb.org
Adult Detox Program	(805) 963-1836 cadasb.org/adults/detox
Adult Residential Treatment Center	(805) 963-1836 cadasb.org/adults/residential
Adult Outpatient Treatment	(805) 308-8547 cadasb.org/adults/outpatient-treatment
Resource and Referral Center	(805) 962-6195 cadasb.org/adults/resource-center
Full Spectrum Recovery & Counseling Services	
Outpatient Treatment Clinic	(805) 966-5100 fullspectrumrecovery.com
Recovery Road Medical Center	
Outpatient Treatment Program	(805) 962-7800 www.recoveryroadmc.com
Casa Serena	
Women's Residential Treatment Center	(805) 966-1260 casaserena.org
Sober Living Facilities	
New House (men)	(805) 563-6050 www.sbnewhouse.org
The Giving Tree (women)	(805) 455-4568 www.givingtreesbl.com
All-Star (men)	(805) 698-4889 www.allstarrecovery.com
Lighthouse (men)	(805) 882-2294 www.sblighthouse.org

ADP and ASAP can also assist in finding appropriate programs and support in other locations if needed.

Online/National Resources

"in the Rooms" Global Recovery Community	
Free 12-step speaker videos and audio files, video meetings, chat opportunities, and message boards.	www.intherooms.com
XA Speakers	

Listen to speakers from a variety of 12-step programs.	xa-speakers.org
Young People in Recovery	
Blogs, social network, videos of young people in recovery, and opportunities to get involved in the movement.	youngpeopleinrecovery.org
Other National Resources	
National Institute on Drug Abuse (NIDA)	www.drugabuse.gov
National Institute on Alcohol Abuse & Alcoholism (NIAAA)	www.niaaa.nih.gov
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.samhsa.gov
National Council on Alcoholism and Drug Dependence	www.ncadd.org