



**Biennial Review of Alcohol and
Other Drug Programs
2022-2024**



**Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Biennial Review of AOD Programs
2022 - 2024**

In accordance with The Drug-Free Schools and Campuses Regulations (EDGAR Part 86), Elon University continues to conduct a biennial review of alcohol and other drug programs and services. Pursuant to EDGAR Part 86, all institutions of higher education receiving federal funds or financial assistance must develop and implement a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees. Each institution must conduct a biennial review of the program's effectiveness and the consistency of the enforcement of sanctions.

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The following documents were considered when compiling the biennial review:

AlcoholEdu for College Impact Report (2023-2024)
Campus Recreation and Wellness EOY Reports (2022-2023 and 2023-2024)
Elon University Annual Fire and Safety Report (2023 and 2024)
Division of Student Life Departmental EOY Reports (2021-2022 and 2022-2023)
Division of Student Life Annual Priorities EOY Update (2022-2023 and 2023-2024)
Healthy Minds Survey (2022)
Office of Student Conduct Maxient Reporting System (2023 and 2024)
Student-Athlete Handbook (2023)

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BIENNIAL REPORT OVERVIEW

The Drug-Free Schools and Campuses Regulations (EDGAR Part 86), requires an institution of higher education (IHE) to certify it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit substances and alcohol by students and employees. EDGAR Part 86 establishes a set of minimum requirements for college substance use programs. In accordance with current statutory requirements, Elon University is required to distribute the following in writing to all its students and employees:

- Conduct standards clearly prohibiting the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
- Detailed descriptions of the sanctions imposed pursuant to local, state and/or federal law for unlawfully possessing or distributing illicit drugs and alcohol;
- A description of the health risks associated with alcohol and other drug use;
- A list of drug or alcohol counseling, treatment or rehabilitation, or re-entry programs available to employees or students; and
- A clear statement indicating that sanctions will be imposed by the institution on any students and employees, along with a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution for violations of the conduct standards.

The law further requires IHE's to conduct a biennial review of their alcohol and other drug policies and prevention programs with the following objectives:

- Determine the effectiveness of the policy and implement changes to the alcohol and other drug prevention program needed; and
- Ensure that the sanctions developed are enforced consistently.

The biennial review must also include a determination as to:

- The number of drug- and alcohol-related violations and fatalities occurring on the campus or as part of any activities that are reported to campus officials; and
- The number and types of sanctions the IHE imposes on students or employees as a result of such violations or fatalities.

Elon University reviews and revises its policies on a regular basis, reflecting changes in federal, state, and local laws to ensure that policies are reasonable, comprehensive, and enforceable. The University acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act (DFSCA). The intention of this document is to discuss campus prevention, and education programs and strategies related to Elon University's Alcohol and Other Drug Prevention (AOD) Programs during the 2022-2024 review period.

Students, faculty, and staff may request information about the Drug Free Schools and Communities Act by contacting the Office of the Dean of Students at 336-278-7200 and view document electronically [here](#).

DESCRIPTION OF ALCOHOL AND OTHER DRUG (AOD) PROGRAM ELEMENTS

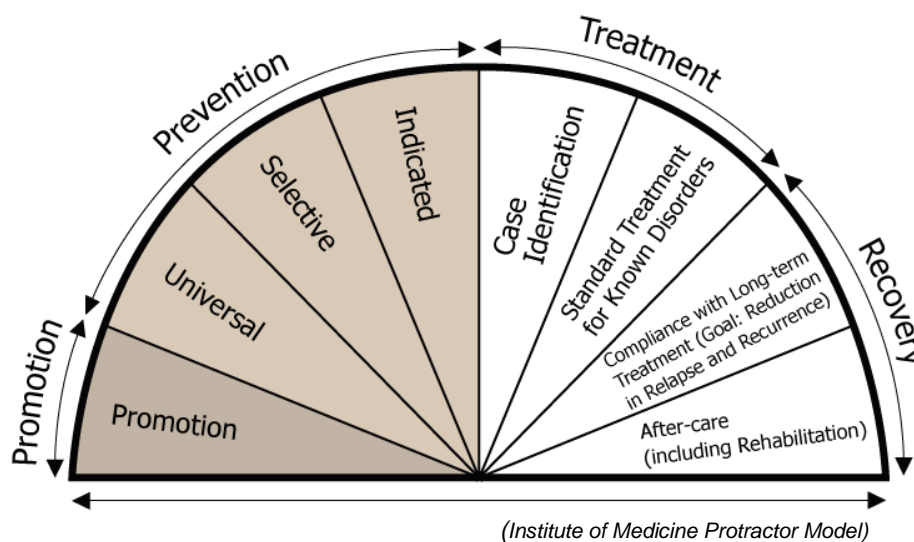
Elon University is committed to the intellectual and personal development of students. Elon recognizes that alcohol and other drug misuse creates harm for the individual, for persons impacted by the actions of the individual, as well as for the larger community. Prevention and early intervention strategies promote informed decision-making and healthy behaviors. These strategies include education and awareness, evidence-based interventions, motivational/feedback-based approaches, risk-reduction, environmental management, late night/alcohol-free events, clear policies that are consistently enforced, and resources for effective intervention and treatment.

Defining the Scope of Prevention

Substance use prevention is a public health approach that seeks to reduce individual, interpersonal, and community harm associated with alcohol and other drug use. Prevention efforts can reduce the impact of mental and substance use disorders, including harms associated with AOD misuse such as legal, academic, social, or physical consequences. As part of a continuum of care, Elon utilizes a comprehensive system of individual-level and environmental-level strategies to prevent AOD-related harms.

The **Institute of Medicine (IOM) model**, often referred to as a continuum of care that classifies prevention interventions according to their target population. Classification by groups or individuals provides clarity to differing objectives of various interventions and matches the objectives to the needs of the target population. The IOM identifies the following three categories based on level of risk and identified prevention needs, and aligns these needs with appropriate policies, programs and practices.

- **Universal prevention** includes strategies that are delivered to the general population without consideration of individual differences or directed at a specific risk group.
- **Selective prevention** includes programs and practices that are delivered to sub-groups of individuals based on their membership in a group that has an elevated risk for substance use challenges.
- **Indicated prevention** includes interventions aimed at reducing future harm among students who already display specific risk conditions or engage in high-risk behaviors.



Statement of AOD Prevention Goals

The mission of Elon’s AOD Programs is to foster a safe, healthy, and supportive learning environment while encouraging informed and responsible choices regarding substance use. AOD prevention strategies are designed to equip students with the knowledge, attitudes, and skills necessary to make healthier decisions and modify harmful behaviors. Elon provides a comprehensive range of programs and resources addressing substance use across the continuum of care, including prevention, early intervention, harm reduction, and recovery support. The university’s AOD goals include:

- Creating a university environment that prioritizes student well-being and reduces the harms associated with substance misuse
- Communicating and enforcing clear, equitable policies that promote and support healthy lifestyle choices
- Implementing evidence-based programs that foster healthy behaviors and low-risk decision-making
- Collecting, analyzing, and interpreting data to evaluate outcomes, guide decisions, and continuously improve data-driven programs
- Providing inclusive support for students who choose to abstain from or reduce substance use
- Building collaborative campus-community partnerships to strengthen AOD prevention efforts

The University Council on Alcohol and Other Drugs (*former Committee on Alcohol and Drugs*) partners with several campus departments to conduct ongoing assessment of programs and strategies and inform changes and improvements. Assessment of AOD Prevention Programs includes the AlcoholEdu pre- and post-matriculation survey, Healthy Minds Survey, National College Health Assessment (NCHA), focus groups, and various program participant assessments (workshops, trainings, etc.).

Wellness Mission and Model

Elon University is committed to fostering an institutional culture of holistic wellness where every individual has an opportunity to transform their mind, body, and spirit. In August 2017, university administrators convened the “Student Wellness and Well-Being Workgroup” to investigate an integrated approach to student wellness and well-being. A final report was released in May 2018 that outlined several recommendations for action, including adoption of a “Wellness Mission and Model.” Elon defines holistic wellness as a process of striving for one’s potential across six dimensions of well-being. By providing access to resources, educational tools, and support, Elon will empower students to cultivate personal wellness values that will last throughout and beyond their time at Elon.

Act-Belong-Commit Framework

Adopted in 2018, the 'Act-Belong-Commit' framework aims to foster a culture of holistic health at Elon University by promoting positive behaviors and habits. Intentional engagement with the three pillars—Act, Belong, and Commit—helps build an active, resilient, and mentally healthy community. The evidence-based Act-Belong-Commit campaign draws on extensive research demonstrating that participation in activities across these behavioral domains enhances mental health, builds resilience, and improves overall well-being. (Donovan & Anwar-McHenry, 2014).

- **ACT** (*do something*): Keep active in as many ways as you can – physically, socially, mentally, culturally and spiritually.
- **BELONG** (*do something with someone*): Keep connected to friends and family; get involved in groups; join in local community activities.
- **COMMIT** (*do something meaningful*): Commit to a cause; become a volunteer; learn a new skill; take up a challenge.



The HealthEU Initiative

Launched in 2022, the [HealthEU initiative](#) aims to empower every individual in our community to actively implement and integrate wellness values in their daily lives, with their peers and in their greater purpose by providing access to resources, educational tools and support through the six dimensions of well-being (community, emotional, financial, physical, purpose, social). HealthEU will help Elon become a national model for programs, research and dialogues promoting resilience, belonging and all aspects of lifelong personal wellness.

Six Dimensions of Well-being



Community well-being

Community Well-being involves connecting and engaging with both formal and informal groups while dedicating time to meaningful contributions within the community.



Emotional well-being

Emotional Well-being emphasizes resilience, grit and the mental capacity to thrive and foster personal growth.



Financial well-being

Financial Well-being focuses on understanding personal financial opportunities, limitations, and responsibilities, encouraging future planning and preparedness for change.



Physical Well-being encompasses health, physical ability, exercise, sleep, nutrition, and utilizing resources to improve overall physical health.



Purpose Well-being centers on finding fulfillment through spiritual meaning, personal identity, and vocation.



Social Well-being includes developing authentic interpersonal relationships and connecting deeply and meaningfully with others.

**HealthEU is grounded in Elon's [Boldy Elon](#) 10-year strategic plan, launched in spring 2020.*

The HealthEU Framework

Elon University uses the Act-Belong-Commit (ABC) framework to further our commitment to positive physical and mental health. The ABC model urges people to be active, search for a sense of belonging and commit to a cause to promote happiness and good mental health.

The HealthEU framework is the basis for HealthEU's call to action: **For you. For us. For our community.**

Focus on HealthEU

Focus on Health EU is a weekly newsletter for Elon University students, faculty, and staff, featuring highlights on wellness and well-being. Delivered directly to inboxes, it provides a selection of resources, articles, upcoming events, and opportunities related to HealthEU, the university's comprehensive health and wellness initiative. The newsletter was launched in February 2023.

HealthEU Day

HealthEU Day is an annual campus-wide initiative that emphasizes the importance of holistic, lifelong well-being for students, faculty, and staff. The event offers opportunities to explore the six dimensions of well-being through campus and community resources. HealthEU Day includes a special College Coffee on Moseley's terrace, a Campus Community Wellness Fair featuring local organizations and interactive activities, and a Faculty/Staff Benefits Fair. Attendees have access to health services such as flu and COVID-19 vaccinations and the Cone Health Screening Bus.

Website: <https://www.elon.edu/u/healtheu/>

THE UNIVERSITY COUNCIL ON ALCOHOL AND OTHER DRUGS

The University Council on Alcohol and Other Drugs was successfully reconvened in August 2024 reflecting a renewed commitment to advancing its mission and impact. *(Note: During the COVID-19 pandemic, the University's Ready & Resilient Committee and Wellness and Well-being Council were prioritized to address the university's immediate health and well-being needs).*

Charge and Responsibilities

The charge to the Council on Alcohol and Other Drugs is to make recommendations to the Vice President for Student Life each year on ways to further a healthy social and intellectual climate by reducing the role of alcohol and other drugs in the student culture. The goal is to create a campus culture where students make wise choices that support their own success and that of others and uphold their responsibilities as academic citizens of the Elon community. Toward these ends, the Council on Alcohol and Other Drugs will:

- Develop and contribute to the Federal Drug-Free Schools and Campus Regulations biennial review.
- Identify existing prevention, intervention, treatment and recovery programs for students, support ongoing assessment of these efforts, and make recommendations to improve outcomes.
- Coordinate resources and communication among those responsible for alcohol and other drug programs.
- Enhance community awareness of pertinent topics, trends, and resources. Engage faculty, staff, and students in ongoing efforts to support student health and wellbeing.

2024 - 2026 Council Representatives

Janis Baughman, Assistant Dean of Student Development
Kirsten Carrier, Assistant Dean of Campus Life and Director of Residence Life
Tal Fish, Counselor
CJ Fleming, Associate Professor of Psychology
Judy Folmar, Associate Professor of Human Service Studies
Callie Kelly, Assistant Director for Substance Use Prevention and *Co-Chair*
Julie Lellis, Professor of Strategic Communications
Amanda Tapler, Senior Lecturer, Department of Public Health and *Co-Chair*
Joshua Tillotson, Captain, Elon University Police
Stephanie Vaughn, Elon Health Services

Administrative Liaisons

Jon Dooley, Vice President for Student Life
Rebecca Kohn, Provost and Vice President for Academic Affairs

Next Steps

The Council on Alcohol and Other Drugs will review AOD policies, notification procedures, enforcement, and compliance, including develop a set of goals and objectives for the next biennial review (2025 – 2027).

AOD PREVENTION EDUCATION AND AWARENESS STRATEGIES

Online Alcohol Education Programs

AlcoholEdu® for College

Since 2007, all first-year students and transfer students are required to complete an online alcohol education program. From 2007 through 2011, new students completed College Alc, which is an online alcohol education program that consists of four lessons. The four lessons focused on alcohol-related harm to both drinkers and non-drinkers; effects on brain, body, and behavior; impaired driving, unsafe sex, and violence; and alcohol misuse and dependency.

Elon University transitioned to using AlcoholEdu for College in 2012. AlcoholEdu for College is a two- to three-hour online alcohol education program. This evidence-based course provides basic information about alcohol use and is designed to encourage students to make healthful, lower risk choices about alcohol. The course consists of five modules, which include a pre-test, program content, an exam, and three surveys assessing alcohol-related attitudes and behavior.

Part 1 (Modules 1-4) is required to be completed by all incoming undergraduate students prior to arrival on campus (by August 15th).

- **Module 1:** Where do you stand? This module includes an introduction to the course as well as a video on standard drink sizes. The pre-test and survey 1 are administered during this module.
- **Module 2:** Getting the Facts. This module includes information about alcohol expectancies and influences, information on the effects of alcohol on the mind and body, and information on Elon's policies related to alcohol use.
- **Module 3:** Deciding for Yourself. This module includes a tool for setting goals, an exercise for building a personal plan with protective behaviors, and information on how to help friends in various situations involving alcohol.
- **Module 4:** Review and Exam. The exam and survey 2 are administered during this module. We mandate a minimum score of 80% on the exam to pass the course; students who fail the exam can review course material then take another exam.

Part 2 (Module 5) consists of a review of course material and a follow-up survey. Prior to fall 2014, Part 2 was completed by students 45 days following completion of Part 1. Currently, students complete Part 2 between October 1 and November 1.

- **Module 5:** Mastering the College Environment. This module includes a review of the course thus far as well as guidance on further developing their personal plan, strategies around dealing with stress in college, and information on how to help a friend who may have an alcohol addiction. Survey 3 is administered during this module.

The surveys built into AlcoholEdu for College are designed to assess students' attitudes and behaviors before, during, and after the course. All individual responses on surveys and exams are anonymous; survey results are only

available in an aggregate format. The AlcoholEdu program administrator, the Assistant Dean of Students, can view individual student course progress and exam scores but does not have access to specific responses to any exam or survey questions.

In November 2024, Elon University was awarded the Seal of Prevention from the Campus Prevention Network. This award recognizes Elon's exceptional commitment to prevention programs (*AlcoholEdu, Sexual Assault Prevention for Undergraduates, and Diversity, Inclusion, and Belonging*). Over 90% of Elon incoming first-year students completed the online prevention programs during Fall 2024, with over 95% completing at least one of the three programs. This represents one of the highest completion rates in the nation.

Alcohol eCheckUp To Go®

Health Education and Promotion (formerly Student Wellness Programs) offers Alcohol eCheckUp, an evidence-based, interactive online alcohol intervention program that provides personalized feedback on drinking patterns. This program is a highly effective strategy for reducing alcohol-related risks among college students. Alcohol eCheckUp can be used as a stand-alone intervention or as part of the Alcohol Discussion Workshop. It is also incorporated into the BASICS brief intervention program for alcohol policy violations and other referrals. The primary goals of the program are to: 1) reduce dangerous and destructive drinking on college campuses and 2) foster a culture of safety and health by minimizing alcohol-related harms.

Course Length:

- Approximately 25 minutes

Impact Feedback

As of Fall 2024, Alcohol eCheckUp services were discontinued, and web-based alcohol interventions transitioned to Impact Feedback through First Light Web Services. Impact Feedback is a comprehensive brief intervention program that includes an assessment tool. Customized online courses are interactive and provide immediate, personalized feedback about alcohol, cannabis, or nicotine use and related factors. The program encourages users to make positive changes to improve their overall well-being and mental health.

Impact Feedback also allows students to schedule in-person or virtual sessions with BASICS facilitators and sends a completion notification to the designated staff member. The platform automatically sends 3-, 6-, and 12-month follow-up surveys to capture baseline and post-intervention data. Free technical support is provided to university staff within Student Conduct and Health Education and Promotion.

Course Length:

- Approximately 20 minutes

Prescription Drug Abuse Prevention®

The web-based prescription misuse course through Vector Solutions (formerly EverFi's Campus Prevention Network) is designed to equip students with the knowledge and skills needed to prevent the misuse of prescription medications. The course teaches students how to make informed and healthy decisions regarding prescription medications using an evidence-based, population-level approach to prevention. Through interactive scenarios, self-guided activities, and a variety of methods, students learn about key topics, including the science of addiction, proper use and disposal of prescription medications, and how to intervene in situations involving substance misuse.

Course Length:

- Approximately 30-40 minutes

Marijuana 101

Offered through 3rd Millennium, Marijuana 101 is an online education course covering key issues such as marijuana dependence, its effects, mental health concerns, synthetic marijuana, local laws, legalization, and legal penalties. The course is regularly updated with the latest research. Students receive a confidential, personalized feedback report that summarizes their use and consequences, compares their use to social norms, challenges personal expectations, and offers a range of cessation strategies. In the Fall 2024, this program transitioned to Cannabis 101 through Impact Feedback.

Screening Brief Intervention (SBI)

Alcohol Discussion Workshop (ADW)

The Alcohol Discussion Workshop (ADW) is a 1.5-hour group intervention that uses motivational interviewing to engage students in activities aimed at increasing awareness of alcohol's physiological effects and its potential harms to themselves and others. The workshop helps students identify personal harm-reduction strategies, support peers who choose not to drink, and develop bystander intervention skills.

Brief Alcohol Screening and Intervention for College Students (BASICS)

BASICS is an evidence-based, brief motivational intervention program that uses alcohol screening and feedback to reduce problematic drinking by enhancing motivation for change, promoting healthier choices, and teaching coping skills to moderate drinking. Utilizing a motivational interviewing approach, BASICS helps students understand the personal consequences of their drinking while providing them with the skills and knowledge to make better alcohol use decisions. The program aims to reduce the risks of alcohol-related harm. At Elon, trained faculty and staff serve as facilitators, and technical support is provided to assist with program implementation.

BASICS is offered as a tiered substance use intervention program for alcohol policy violations or students who have had negative experiences related to alcohol use. Any Elon student that is concerned about their alcohol or other substance use and wants to explore their personal drinking behaviors can voluntarily attend BASICS.

CASICS

CASICS, or Cannabis Screening and Intervention for College Students, is an adaptation of the BASICS program. CASICS is a confidential and judgment-free setting where students examine their personal cannabis use with a trained facilitator. CASICS is designed to help students make informed decisions about cannabis and provides personalized feedback to help students experiencing negative outcomes from cannabis use critically evaluate their choices and reduce future risks. Students complete an online cannabis assessment and two, 50-minute individual sessions with a trained facilitator. Beginning Fall 2024, CASICS replaced the Marijuana 101 online course.

Curriculum Infusion – Alcohol and Other Drug Education

Elon faculty offer a diverse range of substance use-focused courses across various academic departments. **The Faculty Fellow for Substance Education position ended in 2021, limiting faculty's ability to track the prevalence of substance education embedded in courses.*

- **PSY 3610 Adult Psychopathology:** Substance use unit includes all the substances and treatments
- **WHE 2850 Integrated Personal Health and Wellness:** Units on addiction, drug use, alcohol, and tobacco

- **COM 3370 Health Communications:** Unit on interventions for addiction and how behavior change theories apply; Review of messaging strategies from recovery groups; Analysis of media's portrayal of addiction; guest speaker shares story of recovery
- **REL 1120 Religion and Power:** This course is about religion and social power. It includes discussion of Temperance/Prohibition Era moralization of alcohol and other substance use; Rastafarianism and cannabis; peyote use/peyote suppression and US religious freedom laws; psychedelic use and psychonauts.

Graduate Program in Clinical Mental Health Counseling

In the fall of 2024, The College of Arts and Sciences at Elon University began the development of a graduate program in Clinical Mental Health Counseling. This graduate program will be designed to equip students with critical knowledge, practical skills, and ethical principles needed to excel as competent, compassionate and ethical mental health professionals. By offering specialized tracks in Agency Counseling, School Counseling and Sports Counseling, the program enables students to tailor their education to align with their specific career objectives.

The program will cover foundational content including counseling theories and techniques, assessment, group counseling, research methods, and ethics, blending classroom learning with practical skill development. Additional coursework will be available in areas such as play therapy, substance use disorders and counseling older adults, leading to post-graduate certificates for students who choose this option.

Campus Partnerships and Collaborations

New Student Orientation

New Student Orientation (NSO) supports the successful transition of incoming students to Elon University through a collective effort of the campus community. **What Would You Do?** is a peer-led presentation delivered during NSO to engage students in making safer, healthier decisions regarding alcohol use. The program features video content on alcohol safety, university substance use policies, and recognizing signs of alcohol poisoning, followed by a student panel discussion. Students hear directly from their peers about real-life strategies for navigating substance use in a supportive and inclusive environment. What Would You Do? emphasizes the shared responsibility of fostering a campus community dedicated to safety and well-being.

Since 2023, Health Education and Promotion has partnered with Eric Rowles, Leading to Change, a nationally recognized training agency, to restructure and enhance the peer-led presentation. Professional trainers mentor Phoenix Free and SPARKS student leaders to facilitate the 75-minute session for approximately 1,600 incoming students.

SPARKS Peer Education

Health Education and Promotion (formerly Student Wellness Programs), a unit within Campus Recreation and Wellness, provides integrated and holistic health and wellness programming for the Elon student body. This includes training, supporting, and supervising SPARKS Peer Educators, who are essential to AOD programming. Peer educators deliver peer-to-peer health information to advocate for and facilitate healthy lifestyle choices among students. Through education and awareness, SPARKS connects students to campus and community resources, supporting their academic and social success. SPARKS peer educators are required to complete NASPA's twelve-hour Certified Peer Educator (CPE) Training, which includes eight skill-building modules. Peer educators are trained to present on various college health topics, including substance education, mental health, and sexual health.

Social Event Manager Training (SEM)

In partnership with Student Involvement, the Social Event Manager (SEM) training is facilitated by trained SPARKS peer educators and provided to student leaders and members of student organizations hosting events with alcohol. The SEM training program focuses on responsible hosting strategies, founded upon principles of bystander intervention and risk-management principles. Key components of the program include recognizing potential signs of danger related to alcohol misuse, university laws and policies, and guidance for identifying and responding to individuals exhibiting high-risk behaviors.

Elon 1010

Elon 1010 is a one-credit seminar course that integrates academic advising with key orientation elements, including the Honor Code. SPARKS peer health educators facilitate a course that helps students reflect on how their values are demonstrated through their choices and their understanding of the Honor Code. The workshop also introduces students to campus health and wellness resources and encourages involvement in well-being efforts. Over 98% of incoming students participate in Elon 1010 during their first semester.

Peer EARS

Developed in the Fall of 2024, the Peer EARS (**E**mpathy, **A**ssistance, and **R**eferral **S**upport) consultation program provides one-on-one peer support for Elon students by Elon students. Born out of a partnership between the HSS 3705 Counseling Skills Lab course and the Elon Counseling Center, the Peer Consultants support students through informal conversations on topics common to the student experience (*e.g., adjusting to college life, managing daily stress, creating a sense of belonging, navigating relationships*), and help get students connected to relevant campus and community resources. While Peer consultants have taken some counseling courses, they **are NOT** trained counselors. The Peer EARS program is not a substitute for counseling with a professional mental health provider.

Brief information is gathered initially (*student name, email address, and general reason for the visit*). Additionally, students can share concerns or questions. The Peer Consultants listen and may offer feedback or suggestions, if that is what the student wants- otherwise, they will be there to just listen and offer supportive validation. No appointment is necessary. Students can just stop by one of the convenient campus locations when Peer EARS sites are open. They can look for the “Open EARS” sign. Peer Consultants are also available to meet virtually by appointment.

NOTE: There are also some concerns for which Peer EARS is NOT a good fit including, but not limited to, matters of self-harm, suicidal ideation, safety concerns, or students seeking therapy. Counselor referral information is always available.

AOD ENVIRONMENTAL MANAGEMENT STRATEGIES AND POLICIES

Annual Notification of Part 86 of the Drug Free Schools and Communities Act (DFSCA)

The [DFSCA](#) document is distributed electronically to all members of the university community, including students, faculty, and staff at the beginning of each school year. The DFSCA may be updated periodically, and changes will be posted to the electronic form. Printed copies of this document are available for review at the reserve desk in Belk Library and in the Office of Human Resources. Printed copies are also available by request through the Office of the Dean of Students during normal business hours. For more information about the Drug Free Schools and Communities Act, students, faculty, and staff may contact the Office of the Dean of Students at (336) 278-7200.

ASHES, LLC (Alcohol and Substance Free Housing for Elon Students)

The ASHES Living and Learning Community is a residential space for students interested in living in an environment free of alcohol, tobacco, or other substance use. Located on the first floor in the Global Neighborhood, this option offers an environment to support a substance-free lifestyle. Students who choose to abstain from alcohol and/or drugs for personal, religious, or health reasons are invited to participate. A variety of social opportunities are offered to make this a fun and involved community. Community programs and activities are geared toward this commitment to having a substance-free college experience and include opportunities for students to interact with faculty outside the classroom, participate in floor service projects, and do lots of fun activities on weekends.

Collegiate Recovery Program (CRP)



Established in Fall 2020, Elon's first Collegiate Recovery Program (CRP) offers a supportive environment for undergraduate and graduate students who wish to live a substance-free lifestyle. The Phoenix Free community offers students in recovery a supportive space to connect with peers, share experiences, and navigate both their recovery and academic goals. Open to students at any stage of their recovery journey, the program ensures that maintaining a substance-free lifestyle is seamlessly integrated with personal, academic, and social growth. Signature programs and events include weekly All Recovery Meetings, National Recovery Month, #WearPurpleWednesday, sober tailgates, and National Collegiate Recovery Day. For more information, email phoenixfree@elon.edu.

In April 2023, Elon University was awarded \$257,000 by the NC Department of Health and Human Services to enhance its collegiate recovery services, including the expansion of campus-wide substance use prevention initiatives. Phoenix Free has made significant strides toward becoming a model collegiate recovery program and cultivating a community where all students experience belonging and acceptance.

Community Coalition to Prevent Substance Misuse

Campus Recreation and Wellness participates in monthly *Alamance Citizens for a Drug Free Community* (ACDFC) coalition meetings, comprising local government, education, public health, public safety, and community members. The coalition develops education, interventions, advocacy, and assessment initiatives and collaborates with Alcohol Law Enforcement (ALE) on BARS (Be a Responsible Seller) training for bartenders and retailers to prevent alcohol sales to minors. Coalition members share resources at Elon athletic events and provide underage identification training for students. Eligible Elon students also conduct Alcohol Purchase Surveys, supporting efforts to reduce underage alcohol sales.

Council on Alcohol and Other Drugs

The goal is to create a campus culture where students make wise choices that support their own success and that of others and uphold their responsibilities as academic citizens of the Elon community. For a detailed description see *University Council on Alcohol and Other Drugs* on page 9.

Council on Wellness and Well-Being

In late 2019, as part of its ongoing efforts to support mental health and wellness, Elon University formed a new university-wide Council on Wellness and Well-Being that merges the existing efforts of two university groups. The new council will include 35 faculty and staff members and will invite students to join in the effort as projects are developed. The council is chaired by the Dean of the School of Health Sciences, and the Associate Vice President for Student Life and Dean of Students. The charge of the Council on Wellness and Well-Being is 1) to collaboratively advance wellness and well-being as a strategic priority for Elon University and assess the effectiveness of those efforts; and 2) to lead the implementation of recommendations from the Student Wellness and Well-Being Working Group and the JED Campus process. In fall 2023, the Vice President for Student Life and Provost appointed a revised HealthEU Council, which is a collaborative team of university colleagues that have responsibility to advance wellness and well-being as a strategic priority for the University.

Event Security

To provide for the health and safety of the Elon campus community, the University requires student organizations hosting on-campus events that include alcohol (or late-night alcohol-free parties) to work with Campus Safety and Police to hire off-duty police officers (1 per 100 guests) for the duration of the event.

HealthEU Council

The HealthEU Council was enacted in 2024 and is co-chaired by Jana Lynn Patterson, Associate Vice President for Student Life, Dean of Students and Anu Räisänen, Director of HealthEU and Assistant Professor.

Charge:

- *To collaboratively advance wellness and well-being as a strategic priority for Elon University*
- *To coordinate services, programs, and resources that address the six dimensions of wellness adopted in the HealthEU model and framework, and provides vision for the integration of initiatives to address holistic wellness*
- *To regularly assess and identify the well-being needs of students, staff, and faculty and evaluate the effectiveness of university-sponsored interventions*
- *To coordinate communication about HealthEU with the university community and beyond*



Late-Night Elon

Sponsored by Student Involvement, late-night programming provides Elon students with engaging, alcohol-free activities on and off campus. These events foster connections with diverse organizations, departments, and peers, promoting community and relationship-building.

Student Involvement funds a variety of late-night events, including those organized by the Student Union Board (SUB), which hosts free weekly programs every Thursday, Friday, and Saturday night. SUB events range from movies and comedians to major speakers and concerts. SUB-Cinema offers weekend film screenings at Turner Theatre.

Messages from the President

Each year, the University President sends a letter to families of new students during the summer months introducing the online education programs and outlining community expectations regarding choices about alcohol use and consequences associated with misuse. In addition, messages about alcohol-related harms and other drug misuse are addressed to new students and families during New Student Convocation.

Neighborhood Coalition

The successful relationship between a community/town that hosts a college/university reflects the dynamics between permanent residents of the town, businesses, the institution, and the students/ faculty/staff associated with the school. These relationships are often referred to “town-gown” relationships.

The Neighborhood Coalition’s goals are to:

- Engage student leaders and influencers to enhance campus-neighborhood relations;
- Develop strategies to develop cordial and respectful relationships between all Elon students and the permanent residents of Elon; and
- Reduce disruptive and destructive behaviors by students in the Town of Elon.

Examples of these behaviors include destruction of private property, illegal parking, accumulation of trash, public defecation/urination, and confrontations with our neighbors. These behaviors often lead to legal/student conduct ramifications for Elon students or negative publicity for either students or the university.

North Carolina Higher Education Consortium (NCHEC)

NCHEC is a program of North Carolina's statewide professional and trade association, the Addiction Professionals of North Carolina (APNC). APNC promotes the health and well-being of students by building the capacity of substance use and mental health staff within higher education through programming and advocacy. NCHEC plays a vital role in supporting and advocating for Elon’s substance use prevention and recovery initiatives. NCHEC provides regular technical assistance and professional development support through the following strategies:

- Lunch & Learn Sessions,
- Continuing Education Opportunities,
- Sharing the Latest Research and Resources,
- Hosting Collaborative Summits, and,
- Connecting Elon to a Broad Network of Expert Support and Guidance.



Opioid Harm Reduction Strategies Workgroup

In November 2023, Vice President for Student Life Jon Dooley requested the Dean of Students convene a group of campus partners to discuss current strategies for harm reduction regarding opioid use, misuse and poisoning. In addition, The Student Government Association researched and discussed opioid harm reduction strategies and expressed interest in participating in an integrated approach to addressing this national issue. The committee met in January and March 2024 to discuss opioid harm reduction strategies and bring forth several recommendations for consideration. For more information see *Opioid Harm Reduction Strategies Workgroup* on page 52.

Risk Management

University social functions that include alcohol require insurance, control for underage drinking, and paid security. Campus Safety and Police must be hired if there are 100+ guests and if alcohol is served. Only canned beer and wine may be served. If alcohol is served, the organization sponsoring the event is responsible for seeing that all laws of the State of North Carolina are followed with respect to age and over consumption. The sponsoring organization could be held liable, along with the university, for any problems that arise from the dispensing of alcohol. Risk management regarding Tailgating guidelines can be viewed on page 43.

The JED Campus Program

Elon University began a four-year partnership with JED in fall 2018, forming a 28-member campus review team to assess and improve campus-wide mental health efforts. The JED Campus Program, an initiative of The Jed Foundation (JED), supports schools in enhancing student mental health, substance use, and suicide prevention through customized guidance on systems, programs, and policies. The review included pre- and post-assessments of the Healthy Minds Survey. Key JED recommendations addressed during the 2021-2022 period, include training students to support peers facing mental health or substance use challenges, implementing standardized screenings for substance use and mental health issues, launching campaigns to reduce stigma and encourage help-seeking, enhancing clinical services, and providing emergency Naloxone to first responders.

University Position Statement on Alcohol

Elon University first developed a position statement on alcohol in 2001 with input from constituents across campus. The adopted position statement was widely disseminated through focus groups with students, parents, faculty, and staff. The statement was revised again in 2006 and 2016.

“Elon University recognizes alcohol misuse negatively impacts the community, personal well-being, and academic achievement. Therefore, our position on alcohol is one of education and accountability. We expect students to uphold the Honor Code and make wise and healthy decisions about alcohol use, including the choice not to drink. Students whose behaviors diminish the success or safety of themselves, or others will be held accountable.”

The University’s Position Statement on Alcohol serves as a guide for programs and policies regarding alcohol. The vitality of the academic community relies on each member taking personal responsibility for his or her actions regarding alcohol use and safeguarding the well-being of others. Alcoholic beverages may be possessed and/or consumed only by individuals 21 years of age or older in their residence or an approved location. See full position statement on page 26.

Well-Connected Challenge

Designed to assist students to think about their engagement (social connections, involvement, events, learning the Elon community) within the first six weeks of school. Participating in the Well-Connected Challenge will help students meet others, get to know Elon and all it has to offer. Throughout their first six weeks on campus, students are encouraged to utilize PhoenixConnect to learn about campus events. The Well-Connected Challenge initiative concluded in 2023; however, the following campus-wide initiatives remain:



Community – Students have numerous opportunities to connect through social, cultural, and residential neighborhood events. These include traditions such as College Coffee, Numen Lumen, cultural center programs, tailgating, and various neighborhood-specific gatherings.



Late Night and Weekend – Free, on-campus events held every Thursday, Friday and Saturday Night between the hours of 10:00 p.m. and 2:00 a.m. Programs provide a vibrant, inclusive and substance-free space for students to have fun and build connections.



Wellness – HealthEU campus-wide programs empower students to embrace and integrate wellness values into their daily lives, fostering growth across six dimensions of well-being.

Residential Building Programs Related to AOD Prevention

First Six Weeks

Arriving on campus marks a significant life transition for first year students as they prepare to join our vibrant Elon Community. While first year students will certainly navigate many transitions throughout their first semester on campus, it is important that during their first six weeks they become “Well Connected” by forming relationships with new people and taking advantage of the various resources and positive activities at Elon that are vital to their college experience. Our goal during the first six weeks is that students:

- Become involved in positive activities and social connections
- Make healthy choices about how they spend their time, in particular their social activities
- Explore their passions and be curious about new experiences and opportunities

Passive programs

- Alcohol Poisoning information flyer and bulletin boards

Residential Floor Meetings

- First and Second Mandatory Floor Meetings cover emergency response, alcohol and other drug response and resources, including creating community agreements to help students communicate proactively about standards and expectations
- Movies and Mocktails, alcohol alternative program with alcohol education materials around BAC levels

Other Residential Resources

- [Residential policies](#) include more guidelines around alcohol use or possession while in campus housing.
- Each room or apartment door on campus has a resource flyer that includes information on emergency response resources, policy reminders, as well as reporting options and quiet hours.
- Health and Safety room checks occur in all rooms within campus housing at least twice a year. These visual room checks give staff the opportunity to uphold policies, proactively address issues within the space, and gain more insights into how we can best support individual residents.

SUMMARY OF AOD PROGRAMS - STRENGTHS AND WEAKNESSES

Program Strengths – Socioecological Framework

At Elon University, substance use prevention is a comprehensive, multi-faceted effort that spans across all levels of the socioecological model. The university implements a range of strategies to support students, reduce substance misuse, and foster a healthy social and intellectual climate. The goal is to cultivate a campus environment where students make responsible choices that contribute to their success and promote a positive, supportive community.

Individual:

- **SPARKS Educational Presentations (Elon 1010):** Peer-led presentations that educate students on substance use and provide guidance on making informed decisions regarding alcohol and other drugs.
- **BASICS/CASICS/ADW:** One-on-one interventions that assist students in understanding their substance use and help identify strategies for making healthier choices.
- **“Check-up from the Neck up” Brief Screening Events:** Routine screenings for students to evaluate their substance use behaviors and provide early intervention and appropriate resources as needed.



Interpersonal:

- **SPARKS Programming:** Peer-led education and engagement programs that promote substance use awareness and healthy behaviors through student-led initiatives and support networks.
- **Social Event Manager (SEM):** A student-driven initiative to organize alcohol-free social events, promoting an inclusive, fun, and substance-free environment for students.
- **Collegiate Recovery Meetings:** Regular recovery meetings, part of Phoenix Free, providing students in recovery with peer support and connection in a safe and welcoming space.

Institutional:

- **AlcoholEdu/eCheckUp/Impact Feedback:** Interactive, online educational tools providing personalized feedback on students' drinking behaviors and strategies for safer alcohol consumption.
- **Phoenix Free:** CRP offering peer support for students in or seeking a substance-free lifestyle.
- **Late Night Elon:** Series of late-night social programs that provide substance-free alternatives and support positive student engagement outside of drinking environments.
- **New Student Orientation:** Comprehensive education on substance use prevention introducing students to important resources, policies, and expectations at Elon.
- **President's Letter to Parents:** A letter from university leadership, reinforcing the importance of substance-free behaviors and outlining the resources available to students and families.
- **Substance-Free Housing:** A dedicated living-learning community for students choosing a substance-free lifestyle, offering support, education, and a sense of community.
- **TimelyCare:** Telehealth services provide 24/7 access to mental health/substance use counseling support.
- **University Position Statement on Alcohol:** A formal policy affirming the university's commitment to reducing alcohol-related harm and supporting students in making responsible choices.
- **University Council on Alcohol and Other Drugs:** Faculty and staff representatives to monitor and evaluate campus AOD policies/programs to ensure a comprehensive approach to prevention.

Community:

- **Alamance Citizens for a Drug-Free Community:** A local coalition working to reduce drug use in the surrounding community through education, outreach, and prevention efforts.
- **Off-Campus Neighborhood Coalition:** A collaborative effort between the university and local neighborhoods to address off-campus substance-related issues and promote a safe environment for both students and residents.
- **NCHEW:** A statewide coalition of substance use prevention professionals supporting the health, safety, and academic success of students through comprehensive prevention and recovery strategies.

Policy:

- **University AOD Policy/Medical Safety Policy:** Clear, university-wide policies focused on substance use prevention, medical safety and reducing the risk of substance-related harm.
- **Consistent Enforcement of University Policy:** Equitable and transparent enforcement of AOD policies, ensuring a safe, fair, and responsible campus environment for all students.
- **Educational Outcomes for Student Conduct Violations:** Students who violate campus AOD policies receive educational interventions, promoting reflection, awareness, and behavior change to reduce future violations.

Risk Management Efforts

- Student organizations hosting parties where alcohol is present must complete risk management training
- Student organization events that include alcohol require paid security officers
- Alamance Coalition coordinates ongoing alcohol compliance checks at local retail establishments

Opportunities for Growth

- **Reinstate** the *Faculty Fellow for Substance Education* position to strengthen the ability to track and expand the prevalence of substance education embedded in courses.
- **Utilize** NCHA survey (Fall 2024) data to strengthen AOD programs and disseminate results during campus-wide conversations
- **Administer** ongoing campus-wide AOD assessments
- **Strengthen** support and advocacy for collegiate recovery initiatives
- **Increase** communication channels among departments regarding AOD-related programs and initiative
- **Installment** of ONEbox™ toolkits located across campus in designated residence hall common areas
- **Implement** opioid prevention and Naloxone training to students, faculty, and staff
- **Assess** the access and use of the ONEbox™ emergency toolkits

AOD Prevention Program Inventory

The **AOD Prevention Program Inventory** was developed by Campus Recreation and Wellness based on the NIAAA (National Institute on Alcohol Abuse and Alcoholism) College AIM Matrix to help identify appropriate interventions across the spectrum of substance use prevention. Elon's AOD prevention programs utilize a mix of effective, evidence-based programs, practices, and strategies at the individual-level and environmental-level.

Individual-level strategies (IND) aim to produce changes in attitudes or behaviors related to substance use rather than the environments in which substance use occurs. **Environmental-level strategies** (ENV) aim to reduce behaviors at the population level by changing the environment or context (i.e., places, settings, occasions, and circumstances) in which substance use/misuse occurs.

AOD Prevention Program Inventory | Current Strategies

Strategy Name	IND	ENV	NAM	Description	Effectiveness from NIAAA's CollegeAIM
A Parent Handbook for Talking with College Students About Alcohol®	✓		U	Parent-based alcohol communication guide for parents of incoming first-year students, to assist parents with effective communication about alcohol use.	Moderate Effectiveness ★★
AlcoholEdu® (Multi-component education-focused)	✓		U	Evidence-based, pre-matriculation online education program for all new and first year students. Provides personalized feedback about alcohol use, designed to encourage students to make lower risk choices.	Higher Effectiveness ★★★
Alcohol eCheckUp To Go	✓		S, I	Evidence-based, online course teaches students to make safer/healthier choices and avoid negative alcohol-related outcomes. Provides personalized feedback about alcohol use. Used alone or in conjunction with other interventions.	Higher Effectiveness ★★★
Alcohol Discussion Workshop (ADW)	✓		U, S	Group intervention aimed to help students evaluate current choices and reduce alcohol-related harms to self and others.	Not Effective Alone * Low effectiveness X
Alcohol-free Programming		✓	U	Late night/weekend campus events to provide students with social alternatives to parties w//alcohol served.	Too few studies – mixed results
Alcohol & Substance Free Housing for Elon Students (ASHES)		✓	U	Living-learning community for students choosing to live in a substance-free environment.	Too few studies – mixed results
Brief Alcohol Screening and Intervention for College Students (BASICS)	✓		S, I	Evidence-based, brief motivational intervention using alcohol screening and personalized feedback to reduce problem drinking. Brief motivational intervention (BMI)	Higher Effectiveness ★★★
Code of Conduct Outcomes		✓	U	Outcomes for conduct violations typically consist of a disciplinary status, educational/restorative activities, a university fine or fee, and may include additional aspects such as restrictions, an assessment with a licensed treatment provider, and other active/passive outcomes.	Strategy not reported In CollegeAIM
Elon 1010	✓		U	Peer educator-led workshop that explores values, consent, low-risk drinking, bystander strategies and campus resources.	Strategy not reported In CollegeAIM
New Student Orientation – What Would You Do?	✓	✓	U	Peer-led program that communicates key alcohol and safety messages to incoming first-year students during new student orientation program.	Strategy not reported In CollegeAIM
ONEbox™ Emergency Opioid Reversal Toolkit	✓	✓	U	Designed to promote safety by ensuring that campus members have access to lifesaving, on-demand Naloxone and training when and where needed.	Strategy not reported In CollegeAIM
Medical Safety Policy		✓	U	Intended to encourage early identification and intervention for potential medical emergencies. Student receiving or seeking medical attention are not charged with violating university alcohol and drug policy.	Too few studies – mixed results
Phoenix Free Collegiate Recovery Program (CRP)	✓	✓	I	Peer-led, campus organization that provides students in recovery with peer support and social opportunities to engage in a substance-free college experience.	Strategy not reported In CollegeAIM
Social Event Manager (SEM) Training	✓		U, S	Skills-based workshop facilitated by SPARKS peer educators teaches risk reduction/responsible hosting strategies for organizations or personal social event.	Strategy not reported In CollegeAIM
SPARKS Peer Education Program		✓	U	Trained in active listening and motivational interviewing to deliver peer-to-peer health education and wellness programming to students, organizations, residence halls, and classrooms.	Strategy not reported In CollegeAIM
University Council on Alcohol and Other Drugs		✓	U	Present annual recommendations to the VP of Student Life/Dean of Students on ways to reduce the role of AOD in campus culture.	Not reported in CollegeAIM

Prevention Strategies: IND=Individual level | ENV=Environmental level | NAM Categories: U=Universal | S=Selective | I=Indicated

Counseling Services



AVAILABLE COUNSELING AND TREATMENT SERVICES

Elon Counseling Services

Counseling Services (CS) provides quality clinical mental health care that promotes the holistic well-being of Elon's diverse student community. CS works collaboratively across the university community to support mental health initiatives through clinical care, outreach and prevention, training, and consultative services. CS is committed to creating a safe, inclusive, and affirming environment where students feel supported and empowered to thrive at Elon and beyond.

Counseling Services offers a variety of services to all enrolled students, including individual counseling, group counseling, support groups, educational skill-based workshops, outreach, and referral support. Staff clinicians make referrals for BASICS and make presentations as part of recovery ally training events on campus. CS has also delivered workshops to the collegiate recovery student organization Phoenix Free.

Counseling Services utilizes a brief therapy approach to provide goal-focused therapeutic interventions to support the emotional, social, and academic goals of Elon students. Clinical services within this framework are recommended based on clinical assessment to determine the appropriate level of care. Students can address their relationship with substances through clinical intervention as a primary or secondary mental health concern. Clinicians assess for any challenges or support needs related to alcohol and other drugs as part of the clinical assessment and ongoing care and make appropriate suggestions and referrals. Mild to moderate substance use disorders are within the clinical scope of care.

Care coordination and referral support are also available to help students connect with off-campus providers or resources as clinically indicated based on the scope of care. Substance use data is collected utilizing the Counseling Center Assessment of Psychological Symptoms (CCAPS) Instrument which students complete before every clinical appointment. This supports assessment, screening, identification, and tracking progress and trends over time. Pre- to post-treatment data illustrates a decrease in reported distress related to alcohol use.

Students may request a first appointment for a clinical assessment using the online scheduling tool or by calling 336-278-7280. For urgent mental health needs, crisis assistance is available 24/7 by calling (336) 278-2222 to reach the Counselor-on-Call. For life-threatening emergencies, students are advised to call 911 for immediate assistance.

TimelyCare Virtual Services

In August 2022, Elon University expanded its partnership with TimelyCare to provide enhanced virtual medical and telehealth services to students. This addition complements the existing in-person services at Counseling Services and Student Health Services, offering students access to a wide range of healthcare options 24/7, wherever they are located in the United States, at no additional cost. TimelyCare gives students access to a provider for their medical and mental health needs, including acute, in the moment needs and on-going mental health support. Timely Care explicitly states that substance misuse and addiction concerns can be addressed by utilizing the platform's counseling services.

Students have enhanced access to Scheduled Counseling, Psychiatry (by referral) and Health Coaching services. Psychiatry can alleviate symptoms that may lead students to misuse substances, and health coaching allows for a holistic approach to substance treatment. Each student is allotted 12 free counseling visits per year. To access psychiatry, students must first contact Counseling Services to receive an access code.



Scan the QR Code
to access care.



Groups and Workshops

Group therapy is an effective therapeutic intervention for many mental health concerns and can be the preferred method of treatment given the opportunity for support and feedback from peers and clinicians. Clients experiencing social anxiety, depression, general anxiety, relationship distress, questions about identity, and many other concerns find group therapy beneficial. In addition to multiple counseling groups, CS also offers support spaces centered around identity and other concerns like grief and loss. Skill-based workshops help students increase and enhance adaptive coping abilities. CS does not currently offer a substance-specific counseling group, though students needing support with substances can benefit from engagement in the range of groups offered each semester.

MindWise Mental Health Screening

MindWise is an online resource of behavioral health screenings designed to explore symptoms of depression and anxiety, substance use, disordered eating, and general well-being. Students can take screenings virtually, anonymously, and privately.



Kognito is an online virtual simulation that allows opportunities to practice real-life supportive conversations with a person experiencing distress and/or a mental health crisis. This program is available to the entire Elon community (students, faculty, and staff) to help create a safer and more supportive campus. To access this free resource, visit <https://elon.kognito.com/> and log on with Elon credentials.

Office of the Dean of Students

Student Care and Outreach is part of the comprehensive wellness services offered through the Office of the Dean of Students. Students, faculty, parents, and others are strongly encouraged to share when they have a significant concern about a student's well-being (academic, social, financial, family, mental health, substance use). Professional staff members provide outreach and support for students with significant and complex concerns affecting their academic and personal success. Available campus resources for student concerns or students in distress can be found [here](#).

Substance Use Assessment and Treatment Resources

A listing of off-campus assessment resources and licensed providers for students in need of substance use treatment or more intensive counseling is available [here](#).

Faculty and Staff Resources - Employee Assistance Program

Faculty and staff may contact the Employee Assistance Program made available through the Office of Human Resources. This program provides confidential assessment, referral, and treatment for substance misuse for Elon employees and their dependents. For more information contact (336) 538-7481.

Nicotine Cessation

Elon University partners with Cone Health to offer QuitSmart® [smoking cessation](#) classes. The program is available to anyone 18 and older who currently smokes and is interested in quitting. Getting the right advice and support can help.

The following digital quit programs provide 24/7 support, text coaching, expert advice, and tips on quitting. Talk to your healthcare provider for additional information about tobacco use cessation.

- **Become AnEX®**
- **Freedom From Smoking®**
- **QuitlineNC**
- **Smokefree.gov**

Students interested in quitting vaping or smoking can pick up a personal starter “quit kit” from the SPARKS Peer Education Office, located in the Koury Center, Rm 146. Quit kits contain tools and valuable resources to help support quitting nicotine. Faculty and staff may also request a quit kit by emailing peered@elon.edu or contacting Student Wellness Programs at 336-278-5013.

UNIVERSITY CODE OF CONDUCT POLICIES, AOD LAWS AND ENFORCEMENT

Office of Student Conduct

The Office of Student Conduct uses a three-tier student conduct process that includes a disciplinary status, parental notification, and varying levels of alcohol education and intervention. The severity of the incident determines the level of appropriate sanction. A student found responsible for any alcohol policy violation receives probationary status. Each status carries with it certain expectations for student behavior. An official warning is typically sanctioned only once per student for first time underage possession/ consumption of alcohol violations. Official Warning, Disciplinary Probation, and Disciplinary Suspension are all types of probationary statuses. Sanctions are assigned to encourage the growth and development of students and support the practice of responsible behavior in the community.

Parent/Guardian Notifications

Elon University appreciates the involvement of parents and guardians in the educational process. Due to federal privacy laws, Elon is prohibited from sharing information regarding student conduct cases and outcomes except for cases involving students under 21 who are found responsible for violating alcohol or other drug policies. Upon request, Elon will release information regarding responsible findings, outcomes, and rationale for any case in which there is a signed release from the student or documentation of tax dependent status.

In cases in which a student is less than 21 years of age at the time of the incident and there is a responsible finding for an alcohol or other drug violation the university will typically send a written notice to the home address on record for the parent/guardian of the student. This notice is intended to encourage and inform conversation with the student regarding choices, goals, and strategies for success at Elon University. The director of student conduct or designee will consider any requests for exceptions to the notification policy.

Elon University Position Statement on Alcohol Use:

Elon University recognizes alcohol misuse negatively impacts the community, personal well-being, and academic achievement. Therefore, our position on alcohol is one of education and accountability. We expect students to uphold the Honor Code and make wise and healthy decisions about alcohol use, including the choice not to drink. Students whose behaviors diminish the success or safety of themselves, or others will be held accountable.

The vitality of the academic community relies on each member taking personal responsibility for his or her actions regarding alcohol use and safeguarding the well-being of others.

- The University welcomes and supports the decision of students not to drink.
- Elon emphasizes education about risks, choices and personal responsibility regarding the use of alcohol. Students are expected to make conscious choices that do not diminish the academic or social success, or personal safety, of themselves or others.
- The University observes laws regarding alcohol use, particularly those that address underage drinking, and holds students accountable for their choices.
- Students whose drinking creates a risk of danger to the health and safety of themselves or others are subject to suspension and/or loss of other University privileges.

Elon University is committed to the intellectual and personal development of students. Substance misuse inhibits students' development and is negatively correlated with academic success and personal safety. Elon University observes and strictly enforces all local, state and federal laws related to possession, use, sale, manufacturing or distribution of controlled or illegal substances. The sale, manufacturing, or distribution of illegal or controlled substances or for uses other than as intended creates a significant danger for the Elon University community. Individuals who are involved in any drug-related violation are subject to criminal action, as the University may report these individuals to the legal authorities. Students convicted of any offense involving the possession or sale of a controlled substance may also be deemed ineligible to receive financial aid.

Students are accountable for upholding Elon University's drug policies even when in states or countries in which certain drugs have been decriminalized or consumption is legal. Though some impairing substances may be legal to purchase in North Carolina or other states, Elon University prohibits possession and/or use of these substances by Elon students. Students are responsible for knowing, understanding, and following the University's drug policies state, and federal laws. Find more information and read Elon's Drug-Free Schools and Campuses Report [here](#).

Possession: Students are responsible for items located on their person, within their property (e.g. a backpack, car, etc.), and in their residence (bedroom and any shared areas such as living rooms and bathrooms). Students will be held accountable for any alcohol, drugs, paraphernalia, or other prohibited items found to be in their possession.

Innocent Bystander Policy

Elon understands and supports students being social and wanting to spend time with each other. This may lead to situations where underage students are in the presence of alcohol possession and/or use that violates University policy. In order to hold the responsible students accountable, while supporting those who are not violating policies, the [Innocent Bystander](#) policy may be enacted at the time alcohol policy violations are identified. In order to enact the Innocent Bystander policy, information must be included in the incident report that the student was not consuming and was not in possession of alcohol. Information that a student was not consuming may include a statement by the reporting authority that the student stated they were not drinking and had no physical indication of intoxication, or via a breathalyzer/alco-sensor administered by a police officer.

Medical Safety Policy

Elon embraces students helping each other and holds student safety as a primary value. The [Medical Safety Policy](#) may be enacted for the following situations:

For a student receiving medical attention related to consumption of alcohol and other drugs, when either 1) the student has called for medical attention for self; or 2) another person actively assisting the student calls for medical attention. This policy is intended to encourage early identification and intervention for potential medical emergencies.

1. A student receiving emergency medical attention/treatment related to alcohol or other drug use will not be charged with violating the University alcohol or drug policies.

- Students are not exempt from charges for Fighting or Acts of Physical Aggression, Sexual Misconduct and Gender-Based Violence, and certain other egregious violations as determined in the University's discretion.
- Subsequent incidents involving medical treatment/hospitalization related to substance use will likely result in additional university actions, including charges under the Student Code of Conduct.

- When an individual receives emergency medical attention related to their consumption of alcohol or drugs, the student will be required to meet with the Assistant Dean of Students (or designee). The student will be required to immediately complete a substance use assessment within a reasonable amount of time as determined by the Office of the Dean of Students (typically 24-72 hours) and participate in any recommended treatment and participate in additional educational requirements.

2. For students who seek medical assistance for another person whose health or safety appears to be in jeopardy due to the consumption of alcohol or other drugs.

- The assisting student(s) will not be charged with violating the University alcohol or drug use policies. Students seeking medical assistance for others are not exempt from charges for Fighting or Acts of Physical Aggression, Sexual Misconduct and Gender-Based Violence, Hazing, and certain other egregious violations as determined in the University’s discretion.
- Students should call 911 or Campus Safety & Police (**336-278-5555**) for help and **NOT** drive anyone in need of medical attention. Students with or observing a student “in danger” are expected to seek medical attention. If a student is with another student who may be in danger due to use of alcohol or other drugs and does not call for assistance, they may be charged with “Behavior that Endangers the Health or Safety of Self and/or Others.”
- If the consumption of alcohol or other drugs occurs at an event hosted by, sponsored by, or otherwise involving a student organization and a representative or member of the organization seeks medical attention for a student whose health or safety appears to be in jeopardy, neither the reporting student nor the student organization will be charged with violating the University alcohol or drug policies. The student organization may be charged with other applicable Code of Conduct violations. The organization members may be required to engage in educational activities to reduce future health/safety risks.

3. For students who voluntarily disclose prohibited personal use of alcohol or other drugs as they seek appropriate assistance or guidance related to assessment and treatment for substance misuse will not face Code of Conduct charges.

- The university will respond to such disclosures as a health condition and not a disciplinary matter. In some cases, students may be required to complete a substance use assessment and treatment or education recommendation in order to address health and safety risks. However, such disclosure will also not exonerate a student from responsibility associated with a reported incident.
- This policy does not apply for situations where medical attention is sought following the arrival of a police officer, university security authority (including student staff serving in an authority role), or any university faculty or staff.
- Failure to complete the elements of the Medical Safety Policy will limit the student’s continued eligibility. If there is a subsequent hospitalization, the University will review the incident on a case-by-case basis and reserves the right to handle each situation as deemed necessary.

ALCOHOL POLICY

Alcohol-related conduct prohibited by the university Code of Conduct includes:

- **Possession and/or Consumption of Alcoholic Beverages by Students Under 21 Years of Age:** Possession and/or consumption of alcoholic beverages by any student on or off-campus or returning to campus after consuming by a student less than 21 years of age. *(At this level there may not be visible signs*

of intoxication) Note: Possession of empty beverage containers or packaging may be considered evidence of possession.

- **Being Under the Influence of Alcoholic Beverages:** Exhibiting signs of intoxication and/or experiencing any loss of the normal use of mental and/or physical faculties. Examples include but are not limited to slurred speech, vomiting, stumbling or needing assistance walking, loss of motor coordination, aggression, brief loss of memory, or abusive behavior.
- **Extreme Intoxication:** Exhibiting signs of significant and/or dangerous intoxication. Examples include but are not limited to blacked out, loss of consciousness or limited responsiveness, no withdrawal from painful stimuli, loss of bladder/bowel functions, excessive vomiting, or severe physical depression (slow or shallow breathing, pale or blue-tinged skin, or reduced heart rate).
- **Rapid Consumption of Alcohol or Actions that May Endanger the Well-being of Self or Others:** Any form of rapid consumption of alcohol or participation in drinking games that may create a risk of danger to self, others or the university community. Examples include but are not limited to bongos, shots, keg stands, beer pong, flip cup, and the like.
- **Public Consumption and/or Possession of Alcohol:** Possession or consumption of alcoholic beverages on public or university property, except for events/locations formally approved. Note: Possession/consumption of alcoholic beverages is allowed by students who are 21 years of age or older only in their housing assignment (room, suite or apartment) and other locations formally approved by the University. Alcohol is not allowed in the common areas of residential buildings, in non-residential buildings, or outdoors except for events where alcohol use has been formally approved.
- **Provision and/or Distribution of Alcohol to Students Under 21 Years of Age:** Purchasing, providing or distributing alcohol to any individual below the age of 21 years.
- **Sponsorship of an Activity Involving the Unauthorized use of Alcoholic Beverages by Individuals or Organizations:** Sponsoring of any activity or event involving the use of alcoholic beverages without specific university approval to do so, said sponsorship being carried out by an individual or organizations. Sponsorship may include, but is not limited to, organizing, promoting, providing a location, acquiring resources, or otherwise endorsing an activity or event.
- **Possession of a Keg, Common Alcohol Beverage Container or Excessive Amounts of Alcohol on University-Owned Property or by a Student Organization on or off the Campus:** Possession of a keg or any common container of alcohol, including buckets, pony kegs and other bulk containers. This includes kegs and multi-serving containers that are empty. Students may not have more than the equivalent of 12 drinks per number of legal age residents in campus housing. (Example: one drink is a 12-ounce beer, 4-ounce glass of wine or 2 ounces of liquor.) NOTE: As with all other alcohol violations, kegs and multi-serving containers that are confiscated will not be returned to the student and all claims to deposit refunds are forfeited.
- **Alcohol-related vehicular violations:** Operating a motor vehicle during or following consumption of alcohol that creates a risk of danger to self, others or the university community.

DRUG POLICY

Drug-related conduct prohibited by the university Code of Conduct includes:

- **Use or Possession of Controlled, Illegal or Prohibited Substances:** Any possession or use of controlled, prohibited, or illegal substances or use of (or intent to use) substances for purposes or in manners not as directed. Examples include but are not limited to: possession or use of illegal substances; possession or use of prescription drugs without a valid/current medical prescription; use of prescribed medication not as directed (over-use, snorting prescribed medication, and the like); huffing, snorting, smoking or otherwise possessing or using legal substances not as intended. Substances such as JWH-018 (K2, “Spice”), salvia and pyrovalerone derivatives (found in substances marketed as “bath salts”) are not intended for human consumption and are prohibited for possession or use by any Elon student.
- **Manufacturing, Distribution or Sale of Prohibited, Controlled or Illegal Substances:** Any manufacturing, distribution, or sale of controlled or illegal substances or any substances prohibited by the Elon University Drug Policy (including sharing of prescription medication). This policy applies regardless of financial gain.
- **Possession of Drug Paraphernalia:** Possession and/or use of drug paraphernalia, including, but not limited to, roach clips, bong, hookahs, blow tubes, papers, scales or any material or apparatus containing drug residue.
- **Being in the Presence of Drug Use, Possession or Sale:** Being in the presence of the use, possession, or sale of prohibited, controlled or illegal substances.

SMOKING POLICY AND TOBACCO USE

Elon University is a smoke free campus with respect to all facilities, except outdoor facilities. Smoking is not permitted within 30 feet of University Buildings or in Rhodes Stadium. For more details refer to: [2023-2024 Student Handbook](#)

Behavior that Endangers the Health & Safety of Self and/or Others

Any behavior that creates a risk of danger to self, others or the university community. Behaviors include but are not limited to creating a disturbance that may lead to a dangerous situation; propping doors to residence halls; not calling for medical assistance when a fellow student is at risk due to alcohol or drugs; throwing objects from windows or balconies; disclosure and/or use of residence hall or fraternity/sorority house combinations or door access cards by an individual other than a resident of the community; intentionally obstructing egress or exit of a room or building, failure to evacuate a building during a fire alarm; and being on the roof or unapproved balcony of any buildings. For more details, refer to: [Social Policies – Prohibited Behaviors](#)

Standards of Conduct

The Elon University honor system presents the expectations of the university that individuals will act in a manner that is respectful of the rights and privileges of others. Every member of Elon University has the right to live and learn in an atmosphere of respect and support. Responsibility for maintaining the integrity of the community rests with each individual member. Only if every member assumes responsibility for personal and group integrity and civility will the community best meet the developmental needs of its members. Each person must examine, evaluate and regulate their own behavior to be consistent with the expectations of the Elon community.

SOCIAL POLICIES – SANCTIONS

Source: <https://elon.smartcatalogiq.com/2024-2025/student-handbook/>

When a student is found responsible for a violation, the hearing officer or Honor Board panel will assign a sanction. These sanctions are intended to facilitate growth and learning, to uphold Elon’s expectations for accountability based on our honor code values, to begin to repair harms that may have resulted from the behavior, and to support the health and safety of all members of our community. The hearing officer/board will consider the following factors for developing sanctions:

- Typical sanctions for each violation as part of the current incident; multiple violations in one incident may result in a more serious sanction than would be imposed for the violations individually
- The choices, risks, harms, mitigating, and aggravating factors in the current incident
- Previous disciplinary history: including any prior violations, dates of violations, and any patterns of behaviors
- Any current warning/probation status level

Sanctions typically consist of a disciplinary status, educational/restorative activities, a university fine or fee, and may include additional aspects such as restrictions, an assessment with a licensed healthcare provider, and other active/passive sanctions.

SANCTIONING FRAMEWORK – Alcohol and Other Drug Violations

The sanctioning framework for alcohol and other drug violations provides guidelines for a consistent and practical approach to assigning conduct outcomes. Guidelines are designed to be flexible and should not be interpreted as prescriptive policy. Hearing officers/boards may modify outcomes as deemed appropriate. If a single incident involves multiple distinct violations, outcomes will typically be cumulative. In addition to sanctions under this Code of Conduct, individuals who unlawfully possess, use, or distribute illicit drugs or alcohol may be subject to criminal penalties under local, state, or federal law.

Sanctions for alcohol and other drug violations are listed below. See the *Sanctioning Framework for Alcohol and Other Drug Violations* in the section on **Social Policies - Sanctions**.



Sanctions for Individuals

Policy	First Violation	Second Violation	Third Violation
<ul style="list-style-type: none"> • Possession and/or Consumption of Alcoholic Beverages by Students Under 21 Years of Age • Public Consumption and/or Possession of Alcohol 	<ul style="list-style-type: none"> • Official Warning • Educational Program • \$50 educational program fee 	<ul style="list-style-type: none"> • Disciplinary Probation (if within one year of first violation) • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee 	<ul style="list-style-type: none"> • Disciplinary Suspension (if within one year of previous violation) • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee
<ul style="list-style-type: none"> • Being Under the Influence of Alcoholic Beverages • Extreme Intoxication • Rapid Consumption of Alcohol or Actions that May Endanger the Wellbeing of Self or Others • Possession of a Keg, Common Alcohol Beverage Container, or Excessive Amounts of Alcohol on University Property • Possession of Drug Paraphernalia • Being in the Presence of Drug Use, Possession, or Sale • Use or Possession of Controlled, Illegal, or Prohibited Substances (Schedule VI and unscheduled substances) 	<ul style="list-style-type: none"> • Official Warning • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee <p><i>Possible university housing probation / relocation/ or loss of housing if behaviors were disruptive, harmful, or dangerous to living community</i></p>	<ul style="list-style-type: none"> • Disciplinary Probation (if within one year of first violation) • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee <p><i>Possible university housing probation / relocation/ or loss of housing if behaviors were disruptive, harmful, or dangerous to living community</i></p>	<ul style="list-style-type: none"> • Disciplinary Suspension (if within one year of previous violation) • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee <p><i>Possible university housing probation/relocation/ or loss of housing if behaviors were disruptive, harmful, or dangerous to living community</i></p>
<ul style="list-style-type: none"> • Provision and/or Distribution of Alcohol to Students Under 21 Years of Age • Sponsorship of an Activity Involving the Unauthorized use of Alcoholic Beverages • Alcohol-related Vehicular Violations 	<ul style="list-style-type: none"> • Disciplinary Probation • Educational Program • Substance Use Assessment (compliance with recommendations) • \$50 educational program fee <p><i>Possible university housing probation / relocation or loss of housing if behaviors were disruptive, harmful, or dangerous to living community</i></p>	<ul style="list-style-type: none"> • Disciplinary Suspension • Educational Program • Substance Use Assessment (compliance with recommendations) 	
<ul style="list-style-type: none"> • Use or Possession of Controlled, Illegal, or Prohibited Substances (Schedule I-III) • Manufacturing, Distribution, or Sale of Prohibited, Controlled, or Illegal Substances 	<ul style="list-style-type: none"> • Disciplinary Suspension • Educational Program • Substance Use Assessment (compliance with recommendations) 	<ul style="list-style-type: none"> • Permanent Separation 	

Sanctions for Organizations

Policy	First Violation	Second Violation	Third Violation
<ul style="list-style-type: none"> All alcohol and other drug violations 	<ul style="list-style-type: none"> Official Warning or Disciplinary Probation Educational program for members Leadership training/enhancement plan Loss of specific social privileges Fine 	<ul style="list-style-type: none"> Disciplinary Probation or Loss of University Recognition (if within one year of first incident) Restriction of privileges Educational program Fine 	<ul style="list-style-type: none"> Permanent Loss of University Recognition (if within three years of first incident) Loss of university housing

ANNUAL SECURITY REPORT STATISTICS

The Higher Education Opportunity Act mandates that institutions report in their *DFSCA Biennial Review* the number of drug and alcohol-related violations and fatalities that occur on campus or as part of the institution's activities including sanctions that are imposed as a result of those violations.

Annual Statistics for Alcohol- and Drug-Law Disciplinary Referrals for violations occurring on university owned- or operated property or property immediately adjacent to Elon University property:

2022

Disciplinary Referrals for Liquor Law Violations: 192

Disciplinary Referrals for Drug Law Violations: 62

2023

Disciplinary Referrals for Liquor Law Violations: 293

Disciplinary Referrals for Drug Law Violations: 73

Liquor Law Violations

The violation of laws or ordinance prohibiting: the manufacture, sale, transporting, furnishing, possessing of intoxicating liquor, maintaining unlawful drinking places; bootlegging, operating a still furnishing liquor to minor or intemperate person, using a vehicle for illegal transportation of liquor, drinking on a train or public conveyance; all attempts to commit any of the aforementioned. Intoxication and driving under the influence are also included in Elon statistics.

Drug Law Violations

Violations of state and local laws relating to the unlawful possession, use, manufacturing, distribution, or sale of illegal or controlled substances. Examples of prohibited substances include but are not limited to the following substances and/or any derivatives: cocaine (*i.e., Dimethocaine, Crack*); amphetamines (*i.e., Adderall, Bensedrine, Methamphetamine*); opioids (*i.e., Morphine, Heroin, OxyContin, Codeine, Methadone, Fentanyl*); and marijuana, including synthetic cannabinoids (*i.e., K2, Spice*).

[2023 Elon University Annual Fire and Safety Report \(2022 calendar year\)](#)

[2024 Elon University Annual Fire and Safety Report \(2023 calendar year\)](#)

CODE OF CONDUCT CHARGES AND FINDINGS (AOD VIOLATIONS)

Elon’s honor code and code of conduct apply to both individual student and organizational behavior:

- Occurring from the time of admission until the actual awarding of a degree (applying to behavior that occurs before classes begin or after classes end, as well as during periods between terms of enrollment unless a student has completed the process of withdrawal from the university);
- In the classroom and at all locations and events on Elon University owned or leased property;
- In locations and at events not occurring on campus, including those involving non-campus individuals and organizations;
- In locations abroad, including involvement with all individuals and organizations; and via email, via text, online or through any other electronic medium.

The Code of Conduct applies to guests of community members and hosts may be held accountable for the misconduct of their guests. The code may also be applied to special admission or high school dual enrollment students. The University retains conduct jurisdiction for any misconduct that occurs while someone is a student.

Code of Conduct Charges and Findings	*2021-2022	*2022-2023	*2023-2024
Number of Respondents Charged	453	490	471
Number of Respondents Found Responsible (for one or more charge)	316	349	337
Number of Respondents Charged (per type of violation):	2021-2022	2022-2023	2023-2024
Possession and/or Consumption of Alcoholic Beverages by Students <i>Under 21 Years of Age</i>	352	368	379
Being Under the Influence of Alcoholic Beverages	32	29	24
Extreme Intoxication	13	16	8
Rapid Consumption of Alcohol or Actions that May Endanger the Well-being of Self or Others	1	3	0
Public Consumption and/or Possession of Alcohol	12	62	27
Provision and/or Distribution of Alcohol to Students <i>Under 21 Years of Age</i>	4	9	12
Sponsorship of an Activity Involving the Unauthorized use of Alcoholic Beverages by Individuals, Residential communities, or University-Recognized Organizations	3	31	32
Possession of a Keg, Common Alcohol Beverage Container or Excessive Amounts of Alcohol on University-Owned Property or by a Student Organization on/off the Campus	0	0	45
Alcohol-related vehicular violations *Driving Under the Influence (DUI)	2 (DUI)	4 (DUI)	6 (DUI)
Use or Possession of Controlled, Illegal or Prohibited Substances	92	92	91
Distribution or Sale of Prohibited, Controlled or Illegal Substances	5	5	5
Possession of Drug Paraphernalia	73	79	70

Source: Office of Student Conduct (Elon University)

*Academic Year

UNIVERSITY FACULTY AND STAFF DRUG POLICY

Statement of Standards

Each individual employee contributes to the total success of the University. As an employee of Elon University, each staff member should accept and promote the aims and objectives of the University and show an overall concern for its welfare.

All employees are expected to uphold and comply with the university's alcohol and substance use policies. The unauthorized use of alcohol or being intoxicated or under the influence of controlled substances while at work or on university business is prohibited.

For a complete listing of employee standards, see [Statement of Standards](#). Additional standards of conduct relevant to substance use can also be found under [Standards of Conduct and Corrective Action](#).

Drug-Free Workplace Statement (updated 10/20)

This information is presented in compliance with Part 86 of the Drug Free Schools and Campuses Act regulations and is presented to provide Elon University students and employees with the following: **(1)** standards of conduct, **(2)** applicable federal, state, and legal sanctions, **(3)** a description of the health risks associated with the use of alcohol and other drugs, **(4)** a description of campus resources available to students including prevention and treatment resources, and **(5)** University disciplinary sanctions as outlined in the Student Handbook. In addition, this document serves as an opportunity to solicit your compliance with these policies and encourage your active participation in fostering a responsible, safe, and caring community.

Alcohol and Drugs

The University recognizes that alcohol and substance use in the workplace is a major concern. It is believed that, by reducing drug and alcohol use, the University will improve the safety, health, and productivity of employees. The object of the University's alcohol and drug policy is to provide a safe and healthy workplace for all employees, to comply with federal and state health and safety regulations, and to prevent accidents.

The use, possession, sale, transfer, purchase, being under the influence of intoxicating liquor, illegal drugs, or other intoxicants by employees at any time on University premises or while on University business is prohibited. *The illegal use of any drug, narcotic or controlled substance is prohibited. Employees must not report for duty or be on University property while under the influence of, or have in their possession while on University property, any intoxicating liquor, marijuana or illegally obtained drug, narcotic, or other illegal substance. Possible sanctions for violations of this policy will include termination of employment with the University.

**Alcohol may occasionally be served at University-sponsored events. Employees who attend these events are expected to exercise sound judgment and use discretion in consumption.*

Smoking Policy and Tobacco Use

Elon University is a **smoke free campus** with respect to all facilities, except outdoor facilities. Smoking is not permitted within 30 feet of University Buildings or in Rhodes Stadium. For purposes of this policy, smoking is defined as the act of lighting, smoking, or carrying a lighted or smoldering cigar, cigarette, or pipe of any kind, including vapes and electronic cigarettes. This policy applies to:

- Students
- Faculty and Staff
- Persons using vehicles owned or leased by the University

- Campus visitors include contractors, consultants, and temporary employees. Contractors are expected to designate smoking areas on their work sites, to be approved by the University
- Employees of companies contracted to work at university such as dining services, the bookstore, etc.

It is expected that individuals who smoke will show concern for the neatness of the area and put smoking-related waste in proper receptacles provided for that purpose. Personal safety measures should be followed at all times.

The success of this policy depends upon the consideration and cooperation of both smokers and non-smokers. All members of the Elon University community share the responsibility of adhering to and enforcing this policy.

There is no safe level of exposure from secondhand smoke and all forms of tobacco use carry health risks. For more information about these risks visit the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) website.

Alcohol and Controlled Substance Testing for CDL Drivers

The Omnibus Transportation Employee Testing Act of the Department of Transportation became effective for Elon University on January 1, 1996. Under this new law, colleges and universities are required to conduct pre-employment/pre-duty, reasonable suspicion, random, and post-accident alcohol and controlled substance testing of each applicant for employment who is applying for a position which requires a commercial driver's license or employee who is required to have or obtain a commercial driver's license.

- All drivers required to hold a commercial driver's license (CDL) are subject to testing. Applicants must be tested post offer and prior to the assumption of safety sensitive duties. The Office of Human Resources will also secure applicants' prior testing results from previous employers. Applicants who test positive and are removed from consideration may reapply after six months. Employees in violation of the law will be subject to disciplinary action under the rules for improper personal conduct, including dismissal.
- Random testing can be done prior to the assumption of safety sensitive duties, while performing duties, or after performing duties. 10% of all affected employees must be tested annually for alcohol and 50% must be tested for controlled substances.
- After an accident involving a fatality, where an employee received a moving traffic violation, where bodily injury occurred requiring medical treatment, or where a vehicle incurred disabling damage, the employee must be tested for alcohol and controlled substances.
- If reasonable suspicion of alcohol misuse or controlled substance use is observed by a trained supervisor or a municipal official immediately before, during, or after performing safety sensitive duties, the employee must be tested. The employee will be provided with safe transport to the testing site and/or home. The employee may not engage in safety sensitive duties until test results are received and a decision made that he/she can engage in such duties.
- Violations of criminal controlled substance statutes occurring in the workplace will be reported to the appropriate law enforcement agency. An employee convicted of criminal controlled substance statute violations occurring in the workplace must report the conviction to his/her supervisor within five (5) calendar days. Failure to do so will result in dismissal.
- Employees who previously violated alcohol and controlled substance rules (tested positive) must be tested before returning to duty. The employee is subject to six (6) unannounced follow-up tests in the following 12 months.

- Refusal to be tested or to provide a test sample within two (2) hours of arriving at a test site will be considered improper personal conduct and will be subject to disciplinary action.
- Test results are confidential. Positive results including the controlled substance(s) detected will be made known to the employee. Applicant test results will be provided to applicants requesting such in writing within 60 days of being notified of the University's decision not to hire.
- Employees will be provided testing policy and procedures. Supervisors must receive training on alcohol misuse and indicators of the use of controlled substances.
- Employees who test positive for alcohol or controlled substances will be provided with information regarding available resources for evaluation and treatment. The University is not required to pay for rehabilitation or hold a job for a driver.
- Drivers with CDL's are required to have a DOT medical exam every two years or sooner if prescribed by the DOT medical examiner. The driver must carry the Medical Examiner's card with them at all times while driving.

Source: [Staff Manual](#) (Elon University)

UNIVERSITY ATHLETICS AOD POLICIES – STUDENT ATHLETIC HANDBOOK

ALCOHOL POLICY

The laws of the state of North Carolina set the minimum age for drinking and purchasing alcohol to 21 years. Those older than 21 are prohibited from purchasing and selling alcohol to those under the minimum age. All students at Elon University are expected to follow all local, state and university regulations regarding alcohol possession. The Department of Athletics does not tolerate illegal use or possession of alcohol. In addition, those of legal age are expected to use good critical thinking skills in making decisions regarding alcohol consumption. Upperclassmen and those of legal age are expected to serve as role models and citizens who abide by all local, state and university laws and regulations. All student-athletes are prohibited from the consumption of or being under the influence of alcoholic beverages in connection with any team function. A team function for purposes of this policy includes the following:

1. When traveling to or from a site or at that site with a team, as a representative of the team or coaching staff, and/or serving in an official capacity for the Department of Athletics.
2. At any intercollegiate athletic event and/or practice session(s), including sanctioned team parties, on or off campus; and at any time while representing the team or the University (ex. summer camps, clinics, recruiting activities, community service, speaking engagements, etc.)

Any student-athlete violating these policies may be subject to disciplinary action by his/her coach, the Department of Athletics, Elon University, the state of North Carolina, and local government law enforcement agencies. Additionally, events involving alcohol or other drugs in your residence hall room are your responsibility, and you will be held accountable to residence life, Elon, and NCAA regulations.

TOBACCO POLICY:

The use of tobacco is generally discouraged even where not prohibited by law. Teams may have individual policies regarding tobacco use. The NCAA has certain rules governing the use of tobacco. According to section 11.1.5 of the NCAA rules: The use of all tobacco products is prohibited by players, coaches and all game personnel (e.g., athletic trainers, managers, and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rule-making committees and sports committees with rule-making responsibilities) shall be established for such use. Further, the use of tobacco products by student-athletes in any university athletics facilities (locker rooms, meeting rooms, offices, etc.) or mode of transportation is prohibited. Sanctions are administered at the discretion of the Head Coach and the appropriate sport supervisor.

STUDENT ATHLETE REFERRAL AND INTERVENTION PROGRAM

The Student-Athlete Assistance, Referral and Intervention Program exists to assist student athletes who exhibit behaviors inconsistent with a healthy personal, academic or athletic experience. These types of psychosocial behaviors may include but are not limited to alcohol abuse; substance abuse; disordered eating; abusive relationships; stress/anxiety or other emotional/mental health issues that adversely affect a student-athletes performance in or out of the classroom. Drug use issues are addressed by the Elon Athletics Drug Testing and Education/Rehabilitation Program.

When concerns regarding the behavior of a student-athlete arise, they should first be addressed with the respective team's staff athletic trainer. In circumstances where the reporting person is not comfortable approaching the staff athletic trainer, they should then direct their concerns to the following personnel in this order: Head Athletic Trainer; administrator over- seeing sport; Senior Woman Administrator. Once a student-athlete has been identified the staff athletic trainer will work with the student-assistance and referral team (Head Athletic Trainer, Staff Athletic Trainer, Team Physician, appropriate administrative staff and appropriate mental health provider) to determine the appropriate referrals to be made to provide proper assistance to the student-athlete.

Concern for a student-athlete may be expressed in the following ways:

- Student-athlete seeks assistance directly (self-referral);
- Team member, coaching staff, or other professional staff member expresses concern for the student-athletes wellbeing.
- Family member notifies the athletic department of a previous history or concern for the student-athletes wellbeing; or
- Elon University counseling center expresses concern for the student-athlete.

Once a student has been identified they will officially enter into the Student-Athlete Assistance, Referral and Intervention Program. The process will be as follows:

1. The staff athletic trainer will attempt to gather as much detailed information as possible regarding the student-athlete and their specific circumstances (most of this will be gathered from the referring person).
2. Once an appropriate amount of data has been obtained, the staff athletic trainer will conduct a confidential meeting with the student-athlete. The student-athlete will be advised that they are entering the program and will be referred for evaluation.
3. The initial evaluation will be completed by either a staff member at the Elon University Counseling Center or another appropriate mental health provider for an emergency risk assessment. The student-athlete may be referred for further assessment. Medical providers may make recommendations based upon their interview for any continued treatment, medications, etc.

4. If a medical assessment (blood work, urinalysis, EKG, etc.) is required, all costs associated with this testing will be the responsibility of the student-athlete.
5. Once the initial evaluation has been completed, the student-athlete's parents will be contacted via a conference call with the student-athlete and staff athletic trainer to discuss the recommendations and to inform them of contingencies of continued athletic participation. The coaching staff will also have a meeting with the student-athlete and the staff athletic trainer to discuss recommendations and any effects on athletic participation.
6. Participation in all Elon University sponsored athletic events will continue as normal unless the counselor or treating physician determines that the health and safety of the student-athlete is at risk with continued participation.
7. The staff athletic trainer will serve as a liaison between the counselor /treating mental health professional and the team physician and student-athlete referral team. Communication regarding follow-up treatment recommendations and further referrals, as well as changes in academic or athletic status should be relayed. Any pertinent medical information or health concerns (medications, arrhythmias, etc.) should be passed on directly to the Head Athletic Trainer and Team Physician.
8. Once recommendations have been made, the student-athlete will sign another document that outlines these recommendations. They will also be informed of the consequences if they are not compliant with their outlined treatment plan, which may include suspension from their athletic team and may jeopardize renewal of athletic aid. This waiver will also detail events that involve their parents being notified of non-compliance with their treatment plan or medical risk.
9. The attending staff athletic trainer will be responsible for monitoring compliance with the treatment recommendations by the student-athlete. Any deviation from the prescribed treatment plan should be approved by mental health personnel. Any signs of deterioration of the student-athlete's status should be immediately notified by the treating physician or health care provider for re-assessment.

Conditions for athletics participation:

In instances when treatment is required beyond the initial evaluation appointments, the student-athlete and the staff athletics trainer must receive written participation guidelines from the medical provider. These guidelines should include detailed requirements for maintaining or resuming participation in their sport as well as a schedule of counseling sessions and other appropriate health professional appointments. The staff athletic trainer will be responsible for monitoring the day-to-day status of the student-athlete. This may include weight checks, BMI calculations, monitoring performance testing data or coordinating drug testing re-checks.

The Student-Athlete Assistance, Referral and Intervention Program will be presented to all athletic coaches and athletic administrators at the beginning of the academic year. Student athletes will be informed of the Student-Athlete Assistance, Referral and Intervention Program at the beginning of the academic year during the institutional compliance meetings or at pre-participation health screenings. A copy of the Student-Athlete Assistance, Referral and Intervention Program will also be available to all student-athletes on the Elon University Athletic website.

When determined necessary a member of the Student-Athlete Assistance, Referral and Intervention Program, a member of the Elon University Counseling Center, Team Physician or a guest speaker will be asked to speak to a specific team(s) or high risk group regarding disordered eating, nutrition, mental health disorders, and alcohol use. The actions of the Student-Assistance Referral team do not alter or replace existing administrative policy, disciplinary procedures, contractual agreements or state law. All appeals in this process should be submitted to the Director of Athletics within 48 hours, stating the reason for appeal. The decision of the Director of Athletics will be final. All

records and discussions of personal issues will be kept confidential. Costs for diagnostic and treatment services outside the university are the responsibility of the student.

DRUG TESTING & EDUCATION/REHABILITATION PROGRAM OBJECTIVES

- A. To serve as a means of deterrence for our student-athletes regarding illegal drug use.
- B. To identify those student-athletes who participate in illegal drug use, as defined by the NCAA.
- C. To provide a program of education/rehabilitation for those student-athletes who test positive
- D. To revoke the privilege of participation in intercollegiate athletics at Elon University for those student athletes, who despite the education/rehabilitation program, continue to abuse illegal drugs.

ADMINISTRATION

Any student-athlete who has a drug abuse problem is encouraged to seek help before punitive action is taken by the Department of Intercollegiate Athletics. Student-athletes may receive on campus counseling through Elon University Counseling Services (in conjunction with the Office of Student Life). A number of off-campus, private facilities are also available in the Burlington/Elon University/Alamance County area.

At various times throughout the academic year, student-athletes will be selected through random selection and reasonable suspicion to participate in the drug-testing program. Upon notification the student-athlete will be directed to report to the designated location where they will be asked to provide a sample for drug screening purposes. All student-athletes are subject to drug testing. The urine samples will be collected in accordance with chain of custody procedures established by the Department of Health and Human Services and the Department of Transportation. Each sample will be tested to determine if drugs are present using I-screen quick test. In the event that a positive test indicates the presence of one or more substances, the sample will be sent to an independent laboratory for re- testing to validate the initial test reliability. All positive results will be communicated to the athletic department's Assistant Athletic Director of Sports Medicine who will inform the athletics director, the sport administrator the sport athletic trainer and the coach for that athlete's particular sport. Little or no notice may be given for a forthcoming drug test. However, all athletes are expected to provide a urine sample of sufficient quantity to be properly tested. In the event the sample is still of insufficient quantity the participant may be suspended from any team activity, practice, or game. Re-test will be administered at the discretion of the Department of Athletics.

The drug screening process includes, but is not limited to the following substances:

- Amphetamines
- Marijuana (Cannabinoid)
- Cocaine (Benzoyllecgonine)
- Opiates PCP (Phencyclidine)

SANCTIONS

A. First Offense

1. Following the first positive drug test, the following athletic personnel will be informed by the Assistant Athletic Director of Sports Medicine.
 - a. Athletics Director
 - b. Sport Administrator
 - c. Sport Athletic Trainer
 - d. Head Coach of the Athlete's Sport
 - e. Student-Athlete

2. The parents will be informed by the student-athlete in the presence of the Head Coach and Director of Athletics Training Services and/or sport athletic trainer.
3. Mandatory participation and completion of a drug education/rehabilitation program.
4. The student-athlete is suspended for ten percent of their championship season participation. (Not to be less than one contest and any fraction of a game will be rounded to the nearest whole number.)
5. The student-athlete will be tested during all scheduled drug tests for one year subsequent to first positive drug test.

B. Second Offense

1. Following a second positive drug test, the following athletic personnel will be informed by the Assistant Athletic Director of Sports Medicine:
 - a. Athletics Director
 - b. Sport Administrator
 - c. Sport Athletic Trainer
 - d. Head Coach of the Athlete's Sport
 - e. Student-Athlete
2. The parents will be informed by the student-athlete in the presence of the head coach, the Assistant Athletic Director of Sports Medicine and/or the sport athletic trainer.
3. Termination of participation in intercollegiate athletics at Elon University

C. Forfeiture of athletic grant-in-aid.

D. Cocaine/Heroin/Hallucinogens

Due to the well-documented dangers of cocaine, heroin, and hallucinogens, the Department of Athletics has chosen to put these substances in a special class of substance abuse. Anyone testing positive for cocaine, heroin, or hallucinogens will automatically be dealt with in the same manner as a second-time offender - Immediate dismissal and termination of athletic grant-in-aid. It should be noted that any athlete who fails to willingly participate in the drug testing program and/or fails to comply with the program is treated the same as an athlete with a first or initial positive drug test. Also, any student-athlete that does not complete and/or participate in the education/rehabilitation program is considered to have sustained a second positive drug test and the student-athlete is subjected to the sanctions of that offense. All positive drug tests for drugs are cumulative throughout an athlete's career at Elon University.

EDUCATION/REHABILITATION PROGRAM

Within 72 hours after the initial positive drug test and notification by the athletic department a student-athlete will be referred to the Elon University Team Physician and/or counseling services.

Following the initial assessment, the Team Physician and/or counseling service staff will make a recommendation as to follow-up based on the outcome of the assessment and the individual needs of the student-athlete referred.

Any cost occurred as result of an off-campus referral will be the responsibility of the parents/guardian, and/or student-athlete. The secondary/excess athletic insurance offered by the athletic department would not cover such costs.

If the length of time for the education/rehabilitation program exceeds the length of time that the student-athlete serves their game(s) suspension, it is recommended that the student-athlete be allowed to resume athletic competition as long as the student-athlete continues the education/rehabilitation program to completion. If at any time the student- athlete violates any provision of the education/rehabilitation program, that would constitute a second positive offense and student-athlete would be dismissed from the program (See Section III SANCTIONS).

BANNED SUBSTANCES

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

Blood Doping.

- a. Local Anesthetics (under some conditions).
- b. Manipulation of Urine Samples.
- c. Beta-2 Agonists permitted only by prescription and inhalation.
- d. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES! Do NOT rely on this list to rule out any supplement ingredient. It is the student-athlete's responsibility to check with the athletics medical staff before using any substance.

Some Examples of NCAA Banned Substances in Each Drug Class:

- Stimulants: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, "bath salts" (mephedrone) etc. exceptions: phenylephrine and pseudoephedrine are not banned.
- Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetri- one): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; testosterone; trenbolone; etc.

- Diuretics (water pills) and Other Masking Agents: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- Street Drugs: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
- Peptide Hormones and Analogues: growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
- Anti-Estrogens: anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.
- Beta-2 Agonists: bambuterol; formoterol; salbutamol; salmeterol; etc.

Additional examples of banned drugs can be found at <https://www.ncaa.org/drugtesting>. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned! Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center at 877-202-0769 or <https://www.drugfreesport.com/rec>.

Source: [2023-2024 Student-Athlete Handbook](#)



Athletic Events – Tailgating Guidelines

Tailgating

Tailgating is a renowned Elon football tradition, and we pride ourselves on creating a family-friendly atmosphere. All tailgating parking lots are conveniently located near Rhodes Stadium and are a short walk to the game. The following tailgating procedures are in place and reinforced to care for fans and the campus:

Parking Spaces for Tailgating

General public tailgating and game day parking is available in the Hunt B Parking Lot - located behind Schar Center - for \$20 per game. Spaces are available on a first-come, first-serve basis starting five (5) hours prior to kickoff. Members of the general public are expected to follow the same rules as our students in creating a positive, family-friendly atmosphere for all fans to enjoy.

A group of Elon students or a student organization can sign-up to tailgate on Bank of America Drive. Tailgating on Bank of America Drive costs \$25 and includes a tent and 1 table. Tailgating starts 4 hours prior to kick-off.

Our Expectations for ALL TAILGATERS

- **Respectful Environment:** Tailgating is a vibrant and family friendly environment. Please be respectful of those surrounding you, being mindful of your choice of language and volume of music. We want the tailgating experience to be enjoyed by all. Groups are personally responsible for making sure their guests act appropriately.
- **Opening/Closing:** Student groups may enter the parking area five (5) hours before game time. All events and activities must end by the end of the 1st quarter.
- **Clean-Up:** All groups are responsible for making sure their tailgating area is cleaned prior to departing for the game. Immediately at the conclusion of tailgating (end of the 1st quarter):
 - All trash/recyclable items must be picked up and sorted into proper receptacles. This includes trash around your area. Trash should be closed in bags or trash containers.

- All cigarette butts must be picked up.
 - All leftover food/beverages must be placed in proper containers and stored.
 - All clean-up procedures must be completed before entering the stadium.
- **Alcohol Policy:** Alcohol (beer and wine only) will be permitted in the tailgating area. No common containers (kegs, party balls, etc.) will be allowed. Individuals over 21 years of age must provide their own alcoholic beverages. Groups are responsible for making sure only those who are 21 years of age or older consume alcohol. All beverages, including alcohol, must be in opaque cups. All alcoholic beverages must remain in coolers or closed containers and not out in the open. Inappropriate behavior by a guest may result in that person being removed from the tailgate area.
 - **Food/Grilling:** What is a tailgate without great food? Groups may bring their own picnic items and food to the tailgate parking area. Grilling is permitted in the tailgate area. All grills must be elevated.
 - **Community Standards:** Groups who tailgate must uphold these community standards:
 - Do not transport individuals in the back of pickup trucks. (Nor should they be allowed to stand in or on the vehicles.)
 - Provide food for their group.
 - Provide plenty of non-alcoholic beverages, but do NOT provide alcoholic beverages.
 - Clean up tailgate area.
 - No group or individual is permitted to participate in "drinking games" (*i.e. beer pong, flip cup, etc.*).
 - **Tents/Tables:**
 - Student groups may sign-up for (1) 10×10 tent and 1 table for \$25 per game. Because the cost of the tents is heavily subsidized by student activity fees, students must be the primary audience for the tailgates in the Student Tailgate area on Bank of America Dr.
 - **Parking Spaces**
 - One parking pass is provided for all student groups who reserve a tent in the Student Tailgate area.

Source: [Student Involvement: 2024 Student Tailgating](#)

HEALTH RISKS ASSOCIATED WITH ALCOHOL AND OTHER DRUGS

The use or misuse of alcohol and other substances increases the risk for several health-related and other medical, behavioral, and social problems. Below is a general description of the health risks associated with substance use/misuse. For a more complete list of substance-related health risks, visit the [National Institute on Drug Abuse \(NIDA\)](#).

Name and Common Forms	Possible Health Effects
<p>Alcohol <i>Spirits, wine, beer, malt beverages, hard seltzers</i></p>	<p>Even small amounts of alcohol can impair judgment, coordination, and decision-making. Moderate to high doses may disrupt brain function, memory, and motor skills. Excessive consumption (alcohol poisoning) can lead to respiratory depression and death. Signs of overdose include cold or bluish skin, shallow breathing, vomiting, and unresponsiveness. Long-term alcohol use can cause alcohol use disorders and permanent damage to the brain and liver. Combining alcohol with other substances is particularly dangerous and can result in unpredictable and harmful effects.</p>
<p>Cannabis (Marijuana/Pot/Weed) <i>Greenish mixture of dried, shredded leaves, stems, seeds, and/or flowers; resin (hashish) or sticky, black liquid (hash oil)</i></p>	<p>The primary psychoactive ingredient in marijuana is delta-9-tetrahydrocannabinol (THC). Cannabis use often results in enhanced sensory perception and euphoria, followed by drowsiness, relaxation, slowed reaction time, impaired memory and coordination, increased heart rate, appetite, and anxiety. Cannabis can alter the sense of time, reduce the ability to concentrate, impair coordination, and significantly impact driving ability. In some individuals, it may provoke paranoia, psychosis, or exacerbate symptoms of anxiety.</p>
<p>Synthetic Cannabinoids <i>K2, Spice</i></p>	<p>Synthetic cannabinoids are human-made chemicals that mimic compounds found in natural marijuana and are typically sprayed on dried plant material for smoking or sold as liquids for use in e-cigarettes and other devices. These substances can be three to over 100 times more potent than natural marijuana. Their physiological effects, which may be similar or stronger, include increased heart rate, impaired short-term memory and comprehension, altered perception, reduced ability to concentrate and coordinate, and impaired driving ability.</p>
<p>Cocaine <i>Freebase, Crack, Hydrochloride</i></p>	<p>Cocaine is a highly addictive stimulant that affects the central nervous system, leading to various adverse effects. Immediate effects include dilated pupils, elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can irritate the nasal passages, while chronic use may cause severe damage, such as nasal membrane ulceration. Long-term use primarily impacts the cardiovascular system and can result in a heart attack or respiratory failure.</p>
<p>Depressants <i>Barbiturates and Tranquilizers</i></p>	<p>Depressants slow communication between the brain and body, affecting the central nervous system. Small doses induce calmness, drowsiness, and muscle relaxation, while larger amounts can cause slurred speech, unsteady movement, and altered perception. High doses may lead to respiratory depression, coma, or death. Combining depressants with alcohol significantly increases the risk of life-threatening effects. While depressants are effective in treating certain mental health conditions, prolonged use even at prescribed doses can result in physical dependence.</p>
<p>Fentanyl</p>	<p>Fentanyl is a powerful synthetic opioid that is 50 to 100 times more potent than morphine. It is prescribed to manage severe pain, particularly after surgery, and for chronic pain in patients who have developed a tolerance to other opioids. However, fentanyl is also illegally produced and sold, contributing to a significant rise in overdose deaths. The potency of fentanyl makes it extremely dangerous, even in small doses. It is now the most common drug involved in overdose deaths in the U.S. If you suspect someone has overdosed, always call 911 first before giving Naloxone.</p>
<p>Opiates <i>Heroin, Methadone, Fentanyl, Codeine, Morphine, Meperidine</i></p>	<p>Opiates are pain-relieving substances that initially induce brief euphoria, often followed by drowsiness, nausea, and vomiting. Additional effects include shallow breathing, reduced appetite, thirst, libido, lethargy, heavy limbs, difficulty concentrating, and impaired judgment. Overdose symptoms may include respiratory depression, clammy skin, convulsions, coma, and death. Prolonged use can lead to physical and psychological dependence, with withdrawal being a challenging and painful process. For information on fentanyl click here.</p>

<p>Prescription Stimulants <i>Amphetamine, Dextroamphetamine, Methylphenidate</i></p>	<p>Prescription stimulants are medications commonly prescribed to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy by increasing the activity of brain chemicals dopamine and norepinephrine. These stimulants enhance alertness, attention, and energy while also raising heart and respiratory rates, elevating blood pressure, dilating pupils, and suppressing appetite. High doses can result in dangerously high body temperature, irregular heartbeat, heart failure, and seizures. Combining stimulants with alcohol can mask alcohol's depressant effects, significantly increasing the risk of alcohol overdose.</p>
<p>Psychedelic and Dissociative <i>PCP, LSD, Mescaline, Peyote, Psilocybin, Ketamine</i></p>	<p>Psychedelic and dissociative substances alter perceptions, sensations, self-awareness, and emotions. Physical effects include dilated pupils, elevated body temperature, increased heart rate, heightened blood pressure, loss of appetite, sleeplessness, and tremors. Phencyclidine (PCP) disrupts brain functions controlling intellect and instinct, blocking pain perception and sometimes causing violent episodes or self-inflicted harm. Hallucinogens like Lysergic Acid Diethylamide (LSD), mescaline, and psilocybin can induce vivid sensory experiences that appear real but are not.</p>
<p>Tobacco and Nicotine <i>Cigarettes, e-cigarettes, vaping devices, cigars, bidis, hookahs, kreteks, smokeless tobacco, snuff, spit tobacco, chew</i></p>	<p>Tobacco use is the leading cause of preventable death in the U.S., significantly increasing the risk of heart disease, lung cancer, and cancers of the larynx, esophagus, bladder, pancreas, and kidneys. Smokers are also 10 times more likely to develop chronic obstructive lung diseases like emphysema and chronic bronchitis. Smoking during pregnancy heightens the risks of miscarriage, premature birth, and low birth weight. Nicotine is highly addictive causing both psychological and physical dependence.</p>
<p>Vaping <i>Electronic Cigarettes</i></p>	<p>Vaping involves inhaling and exhaling aerosol produced by heating liquid nicotine, often mixed with flavorings and other additives. Nicotine is quickly absorbed into the bloodstream through the lungs and is highly addictive, activating the brain's reward system and reinforcing reward-seeking behaviors. While e-cigarettes may help adult smokers switch from tobacco, research suggests they are not a safe alternative for youth, young adults, pregnant women, or non-smokers.</p>



AOD Program Highlights | 2022-2023

(Academic Year: June 1, 2023 – May 31, 2024)

Bloomberg American Health Initiative

Since June 2022, Elon has served as a “Collaborating Organization” with the Johns Hopkins Bloomberg School of Public Health. Through the Bloomberg American Health Initiative Fellows Program, fellows receive master’s-level public health training, followed by a one-year service commitment with their partnering organization. This partnership has strengthened Elon’s AOD initiatives by ensuring they are data-driven, sustainable, and impactful.

SAMHSA Grant for Substance Use Prevention, Intervention, and Recovery

In July 2022, Charlotte Williams, Associate Director for Student Wellness, and Callie Kelly, Assistant Director for Student Wellness, co-authored a SAMHSA grant to support Elon’s existing continuum of care in substance use prevention, intervention, and recovery. The project proposal was approved for \$257,576 over two years with a potential extension through June 2026.

What Would You Do Video Production

Student Wellness Programs worked collaboratively with Video Technology to produce [What Would You Do](#), a video and facilitator’s guide featuring SPARKS peer educators, Odyssey Scholars, and student-athletes. The video was shown to the 2022 incoming class during New Student Orientation. Staff also trained Orientation Leaders to facilitate small group discussions using the guide.

Party SMART!

Phoenix Free and SPARKS hosted a Welcome Back event to introduce their programs and services to the campus community. The event featured Pelican’s snowballs, which were enjoyed by approximately 130 participants. In addition, National Overdose Awareness Day was observed, with resources on overdose prevention provided to raise awareness and support students.

National Recovery Month Events (September)

Phoenix Free partnered with UNC-G Spartan Recovery to co-host a film series on addiction and recovery. Phoenix Free also sponsored a month-long speaker series where guests shared personal recovery stories during the weekly All Recovery Meetings. Student Wellness Programs and Counseling Services co-facilitated a recovery ally training “Recovery is Spoken Here” during a faculty/staff Lunch and Learn.

In recognition of National Recovery Month, Phoenix Free President Syd Danziger was featured in [ENN](#) and [The Pendulum](#) where they openly shared their recovery journey as a college student.

Elon 1010 – HealthEU Choices

Throughout the fall semester, SPARKS peer educators facilitated nine Elon 1010 workshops, reaching over 170 students. These workshops promoted health and wellness, shared responsibility, introduced students to campus resources, and encouraged active participation in well-being initiatives.

National Collegiate Alcohol Awareness Week (NCAAW)

SPARKS peer educators hosted “Check Up from the Neck Up” and “Alcohol Jeopardy” during NCAAW (observed the third week in October). Approximately 70 students participated in brief alcohol screenings and trivia even.

Sober Slay Halloween Bash

On October 28, Phoenix Free partnered with the Gender & Sexuality LLC and Late Night Elon to host “Sober Slay” a substance-free social event at the Taphouse. There’s nothing spooky about being substance free! The event included music, dancing, costume contests, food, mocktails, and more.

U bELONG Walk

SPARKS peer educators spearheaded the second *U bELONG* Walk October 2022, a suicide prevention event in collaboration with Active Minds, Counseling Services, the GLC, Phoenix Free, and the Truitt Center. The event was attended by 80 participants and featured performances by student a cappella groups.

RecWell Onboarding Videos

Campus Recreation and Wellness and Video Technology created customized video content to assist with onboarding new student employees. Featuring current student employees, these brief vignettes highlight the various wellness programs and services offered, including substance use prevention and collegiate recovery initiatives.

Love Your Body Week (LYBW)

During Love Your Body Week (February 20–26, 2023), SPARKS peer educators hosted a series of events focused on promoting body respect and holistic wellness, attracting 315 participants.. The week featured daily themes—*Mindful Monday, Treat Yourself Tuesday, Wellness Wednesday, Thoughtful Thursday, and Feel Good Friday*—including a keynote from Megan Hadley, a registered dietitian and nutritionist.

Safer Spring Break

SPARKS hosted Safer Spring Break tabling events to encourage lower risk drinking choices ahead of spring break and a brief alcohol screening. The substance education focus group also developed and disseminated educational materials to broaden campus awareness of BORGS (Black Out Rage Gallons) and Cannabis.

"Punch Line Drunk" - Educational Comedy Show on Culture of College Drinking

On March 24, 2023, Late Night Elon and SPARKS Peer Educators collaborated to host “Punch Line Drunk,” an educational comedy show addressing the culture of college drinking and recovery awareness. The event featured comedian Patrick Holbert, who used humor to share his lived experience of addiction and current sobriety. The event prompted students to explore ways to live a fun and productive life without relying on alcohol or substances, while learning from Holbert’s personal journey.

In addition, a private dinner was held with Holbert and members of SPARKS and Phoenix Free collegiate recovery to discuss campus culture and opportunities to enhance support for students in recovery, promote mental wellness, and strengthen substance-use prevention initiatives.

Collegiate Recovery Support Funding from NC DHHS (April 1, 2023)

Elon University was one of nine higher education institutions in North Carolina to receive funding from the North Carolina Department of Health and Human Services (NC DHHS) to expand access to recovery support. Funding is allocated through June 2024 with a potential extension through 2026. For more information see [Today at Elon](#): Key priorities include:

- *Coordinator of Collegiate Recovery*: Hire a full-time Coordinator to oversee the collegiate recovery program and enhance student support.
- *Dedicated Space*: Identify and create a dedicated space for students in recovery, along with accommodations to support their academic and personal growth.
- *Substance Education and Outreach*: Increase campus-wide education and awareness on substance use, its risks, and available support resources.
- *Substance-Free Social Opportunities*: Create and promote substance-free social opportunities to foster a vibrant, recovery-oriented campus culture.
- *Enhanced Collaborations*: Strengthen campus and community partnerships

2023 ARHE Collegiate Recovery Student of the Year

In April 2023, the Association of Recovery in Higher Education honored Elon University’s Syd Danzinger ’24 as “Collegiate Recovery Student of the Year.” This award recognizes students who demonstrate exceptional leadership, resilience, and commitment to recovery, while also contributing to their campus community, inspiring others in recovery, supporting their peers, and raising awareness of substance use recovery in higher education.

The Opioid Crisis - Life@Elon Session

On April 26, 2023, Student Wellness Programs facilitated a Life@Elon workshop to raise awareness of the opioid crisis. The session provided vital information on the impact of opioids, overdose prevention, and resources available for support. Approximately 60 attendees participated in the session.

Hashing Out the Truth (on Cannabis)

SPARKS hosted a tabling event to provide information about cannabis use on April 18, 2023, just before 4/20, a cultural reference associated with cannabis use. They distributed customized flyers and handouts to educate students on the evolving landscape of cannabis, specifically delta-8 and delta-9. Mock "delta-free" gummies were also given out to promote healthier choices.

Ongoing AOD Programs and Initiatives | 2022-2023

Alcohol and Substance Free Housing for Elon Students (ASHES, LLC)

- Increased membership and participation with 15 residents and two designated LLC Ambassadors.
- Residence Life Living & Learning EOY Recognition program awarded "ASHES LLC Program of the Year"

Alcohol Discussion Workshop (ADW)

- 21 in-person workshops offered with 76 of 90 student referrals completing the alcohol education program

Alcohol eCheckUp to Go

- 208 students completed the online alcohol education program and received a personalized feedback report on drinking behaviors.

Brief Alcohol Screening and Intervention for College Students (BASICS)

- 48 student referrals completed a total of 92 sessions led by trained BASICS facilitators.

Phoenix Free Collegiate Recovery Program (CRP)

Phoenix Free has made significant strides in supporting students in recovery and fostering a sense of belonging on campus. The organization has expanded its programming, gained recognition for its achievements, and continues to grow as a model collegiate recovery program at Elon University.

- Phoenix Free sponsored 35 weekly student-led support meetings and introduced DBT sessions with Elon Counseling Services.
- Attendance in All-Recovery meetings and the monthly speaker series increased by 40%, with an average of 8 students per meeting.
- Phoenix Free was recognized as "Student Organization of the Year" at the May 2023 Leo Lambert Awards for student orgs with fewer than 30 members.
- The current Phoenix Free president was named "Student of the Year" by the National Association of Recovery in Higher Education (ARHE).

[Spring 2022 Phoenix Free Report](#)

AOD Program Highlights | 2023-2024

(Academic Year/Reporting Period: June 1, 2023 – December 31, 2024)

ARHE Annual Conference

The Phoenix Free leadership team attended the ARHE conference in Columbus, OH, from June 25-28, 2023, where they presented the 2023 Collegiate Recovery Student of the Year award to Syd Danziger '24.

What Would You Do? - New Student Orientation Program (August 2023)

Campus Recreation and Wellness partnered with Eric Rowles, CEO of Leading to Change, a nationally awarded training agency to design and deliver a customized New Student Orientation (NSO) program. This dynamic peer-led performance was delivered to approximately 700 incoming first-year and transfer students.

- *Educational Content:* The program featured a video production on alcohol safety, medical safety policy, bystander intervention, and recognizing the signs of alcohol poisoning.
- *Panel Discussion:* A student panel from Phoenix Free and SPARKS discussed three critical themes—My Cup, My Choice, and My Community—emphasizing drinking as a personal choice and the importance of practicing low-risk drinking strategies.
- *Empowerment and Resources:* The session equipped students with knowledge of HealthEU campus resources and encouraged shared responsibility for creating a safer and healthier community.

Party SMART!

SPARKS peer educators supported Elon Law by providing 150 standard measurement drink cups at a welcome-back event, helping students track their alcohol consumption as part of efforts to promote safer drinking habits among graduate students. Additionally, SPARKS hosted the Party SMART back-to-school event, featuring Pelican's snowballs, to further encourage safe drinking practices.

Brief Screening and Intervention Tools for PTs

Student Wellness Programs collaborated with the Assistant Director of Fitness and Aquatics to update the 'Client Consultation Packet,' to enhance intake resources for personal trainers (PTs) in the fitness center. The updated packet includes substance use screening questions and intervention tools, promoting a holistic approach to student health by integrating substance use awareness into fitness services.

Social Event Manager (SEM) Alcohol Risk Management Pilot (September 2023)

Pro staff trained 16 SPARKS peer educators to deliver and facilitate four mandatory SEM training sessions for 44 members of Greek Life. The revised Social Event Manager program, in collaboration with Student Involvement, aimed to enhance alcohol risk awareness and promote safer event planning. The updated SEM packet includes sober monitor resources, such as vests, wristbands, standard drink cups, and educational materials, supporting ongoing efforts to foster a safer campus environment.

Recovery is Spoken Here Ally Training

In recognition of National Recovery Month, Campus Recreation and Wellness facilitated a fac/staff recovery ally training in partnership with Counseling Services and the Office of Leadership and Professional Development. Approximately 10 fac/staff attended and expressed interest in future recovery-related training.

Mid-Atlantic Collegiate Recovery Retreat

September 29 – 30, 2023 Phoenix Free staff participated in the annual 2023 Mid-Atlantic Collegiate Recovery Retreat at Camp Caraway (Sophie, NC). The event included team building activities, recovery meetings, and provided opportunities to network with regional collegiate recovery staff and students across institutions.

National Collegiate Alcohol Awareness Week (October 16-20, 2023)

Phoenix Free and SPARKS Peer Educators hosted the following events to raise awareness of campus drinking culture and promote mental health and substance use education.

- *Alcohol Screening Event:* Engaged 50 students in “Check-up from the Neck-up” substance use and mental health screenings, with participants receiving complimentary IRAZU coffee vouchers to encourage involvement.
- *Educational Program:* Coordinated “Sex, Drugs, and Rock-n-Roll,” a trivia-based educational event focused on raising awareness of substance use and sexual health.
- *Peer Educator Training:* Student Wellness staff provided substance education training to peer educators to enhance their ability to deliver effective outreach initiatives.

Out of the Darkness Walk

The 3rd Annual Out of the Darkness Walk, organized in support of the American Foundation for Suicide Prevention, had over 120 participants in attendance and raised a total of \$19,560.

Sleep Strategies for Success Series

Held in LaRose Commons SPARKS facilitated event to educate students about sleep hygiene healthy habits. Implemented the *Sleep Strategies for Success* series, which included *Sleep 101*, self-care practices, and aromatherapy, in collaboration with the Harvard University Sleep Education Program. The series aimed to educate students on the importance of quality sleep and provide practical tools to enhance overall well-being.

Bloomberg American Health Summit

During the Addiction and Overdose Annual Meeting on November 7-8, 2023, at the Bloomberg American Health Summit (Baltimore, MD), Callie Kelly served as a panelist sharing current harm reduction strategies and recovery support in higher education.

Opioid Overdose Prevention and Awareness Website (December 2023)

The substance education website was restructured and updated to enhance opioid overdose prevention and awareness resources. Key updates included a 911 emergency banner highlighting the importance of contacting 911 before taking action in an overdose emergency. The website also included recognizing opioid overdose signs and symptoms, fentanyl awareness, naloxone access and availability, links to campus resources, and opioid response training videos. Details about ONEbox™ units and their campus locations were added to the website in June 2024.

Spring New Student Orientation

Facilitated a workshop for approximately 50 new and transfer students on January 31, 2024, during New Student Orientation. The “What Would You Do” session promoted shared responsibility and provided information on the Medical Safety policy’s supportive purpose to support students receiving or seeking medical attention.

Opioid Harm Reduction Strategies Workgroup (Established November 2023)

In January 2024, the Opioid Harm Reduction Strategies Workgroup met to discuss current efforts on campus and to make recommendations to strengthen harm reduction and emergency intervention strategies in the event of an opioid overdose. The workgroup researched evidence-based harm reduction practices in higher education such as the ONEbox™ emergency opioid toolkit. The Alamance County Health Department supplied initial emergency naloxone doses at no cost, while the SGA allocated \$5,000 to fund ONEbox™ installation and naloxone replenishment for the 2024-2025 academic year. Key Accomplishments included:

- *Expanded Access to Naloxone:* Installed ONEbox™ equipped with emergency naloxone in each residential neighborhood in summer 2024.
- *Enhanced Education and Awareness:* Integrated opioid use and overdose prevention content into New Student Orientation and strengthened efforts to highlight medical safety policies.

Members include: *Jana Lynn Patterson, Associate Vice President for Student Life and Dean of Students, Convener; Whitney Gregory, Assistant Dean of Students; Emma Bloch, Student Representative, Student Government Association; Charlotte Williams, Associate Director of Campus Recreation and Wellness; Callie Kelly, Assistant Director of Campus Recreation and Wellness for Student Wellness; Joe LeMire, Chief of Campus Safety and Police; Stephanie Vaughn, Practice Manager, Student Health Services/Faculty Staff Health and Wellness; Ginette Archinal, University Physician and Medical Director, Student Health Services/Faculty Staff Health and Wellness; Valerie Drummond, Director of Risk Management; Kirsten Carrier, Assistant Dean of Campus Life and Director of Residence Life*

Spring Social Event Manager (SEM) Training

Beginning February through April, SPARKS peer educators facilitated a total of 12 SEM sessions among student organizations and Club Sports, reaching 191 students.

Love Your Body Month - Promoting Body Positivity and Wellness Education

To create a more sustainable approach to body positivity education during Love Your Body Month in February, SPARKS peer educators collaborated with multiple campus partners. The Love Your Body Month initiative directly supports mental health and substance use prevention by fostering an environment of body positivity and self-acceptance, which are foundational for mental well-being.

Prevention, Intervention & Recovery – Supporting Students

Callie Kelly and Charlotte Williams facilitated a recovery ally workshop on March 3, 2024 during the monthly Student Life Divisional Meeting to provide staff with a comprehensive overview of substance use prevention services and ways to promote recovery as an ally.

- *Roundtable Discussions:* Explored topics such as inclusivity for non-substance users, the stated and unstated messages surrounding substance use, and the meaning of being in recovery.
- *Personal Testimony:* Phoenix Free President, Syd Danziger, shared their personal recovery journey, offering valuable insight into the lived experience of recovery.
- *Participant Engagement:* Approximately 85 divisional staff engaged in the workshop and discussions, furthering the campus community's understanding of substance use and recovery support.

Safe Spring Break Week

SPARKS peer educators sponsored “Check Up from the Neck Up” to encourage students to complete the brief alcohol screening via MindWise app to identify alcohol use patterns and behaviors. The first 25 students completed the online screening and received a complementary beverage at IRAZU Coffee.

The Fentanyl Crisis and How Campus Members Can Help

On April 15, 2024, a lunch-n-learn session was hosted in partnership with Campus Recreation and Wellness, the School of Communications, and the Office of Leadership and Professional Development to promote awareness and understanding of fentanyl and harm reduction strategies. The session engaged 42 faculty and staff members.

- *Expert Panel Discussion:* Featured insights from Dr. Chan Thai (Santa Clara University), Jim Albright (Emergency Services Director, Guilford County), Sara Campbell (Associate Director, DuWell, Duke University), and Eric Mulford (NRP, Alamance County EMS & Elon University Nursing Student '25). Moderators: Callie Kelly, Assistant Director for Student Wellness, Addiction & Overdose Fellow, Bloomberg School of Public Health '25 and Julie C. Lellis, Ph.D., Professor of Strategic Communications
- *Educational Impact:* Provided faculty and staff with actionable knowledge to better recognize and respond to the fentanyl crisis within the campus community.

Dining Engagement Sessions with Dr. Chan Thai on Health Promotion

In addition to the panel discussion, dining engagement sessions were held with Dr. Chan Thai, including a fac/staff breakfast at McEwen and a SPARKS/Phoenix Free dinner at Clohan. Dr. Thai discussed the critical role of public health/health promotion and the importance of advocating for evidence-based wellness programs and practices in higher education. These sessions fostered meaningful conversations and provided valuable insights into creating a culture of health and wellness on Elon's campus.

National Collegiate Recovery Day

Phoenix Free sponsored an education and outreach event on April 15, 2024, in celebration of National Collegiate Recovery Day. Students shared information and resources about mental health and substance use recovery, highlighting ways to offer support to the collegiate recovery community.

University Council on Alcohol and Other Drugs (April 2024)

Reinstatement of the University AOD Council and identification of key faculty and staff allies.

A Snapshot of Integrated Wellness: Supporting Students through Innovative Programs and Strategies that Foster Holistic Well-being

Charlotte Williams, Callie Kelly, Anita Hodnett, and Cara Plasencia co-facilitated a professional development session at the NC Behavioral Health Convening. Session on May 14, 2024, highlighting the evolution of integrated wellness at Elon

University. Featured information on the *Be Well* program, a group training initiative promoting positive physical activity experiences and mental wellness, and the Out of the Darkness Walk, a suicide awareness and prevention event supporting the American Foundation for Suicide Prevention and collegiate recovery. Approximately 85 attendees participated, representing a diverse range of behavioral health and higher education professionals.

Nurturing Student Well-being - Strategies, Initiatives, and Collaborations in Higher Education

Callie Kelly served on 50-minute panel presentation at the NC Behavioral Health Convening along with NC colleagues from UNC-Chapel Hill, and Appalachian State to discuss the multifaceted landscape of student mental health and substance use challenges on college campuses. Panelists explored current trends, campus initiatives, and collaborative efforts aimed at fostering a culture of care and inclusivity in higher education environments.

Statewide Provider Success Stories (June 11, 2024)

Elon University was represented at the 2024 NC Prevention Conference (McKinnon Center, NCSU). During the closing lunch & plenary session, a panel of statewide prevention providers shared successful examples, effective tools, and valuable tips for engaging stakeholders in the field of substance use prevention. Approximately 300 prevention professionals and clinicians attended. *Panelists included: LaTasha Murray, Derrick Vickers, Dr. Wanda Boone, Tiffany Moon, Mark Pilon, Callie Kelly, and LaMara Chandler.*

What Would You Do? Presentation at New Student Orientation

On August 24, 2024, Phoenix Free and SPARKS Peer Health Education, in partnership with Leading to Change, presented the "What Would You Do?" program to over 1,600 incoming first-year students during new student orientation. Now in its second year, this program supports the university's commitment to creating a safe and supportive environment for students. Key highlights of the presentation included:

- Video on alcohol safety, university substance use policies and recognizing signs of alcohol poisoning.
- Panel discussion featuring members of Phoenix Free and SPARKS, offering students real-life strategies and personal stories for making safer decisions. The panel emphasized the importance of inclusivity, peer support for those who choose not to drink, and the collective responsibility for a safer campus.
- Two Design Thinking student consultants, Anya Bratic and Aaron Chan, developed the script and moderated the 75-minute session. Their creative approach and energy led to overwhelmingly positive feedback.
- Information about opioid emergency response using the ONEbox™ tool kits

Post-Assessment Results:

- 91% of students agreed they learned about campus resources to navigate difficult/harmful situations.
- 85% reported learning strategies to prevent alcohol poisoning, hangovers, and blackouts.
- 85% felt confident in their ability to act when a peer requires medical attention.

Phoenix Free at Koury Kick-Off (August 24, 2024)

Phoenix Free hosted a tabling event during Koury Kick-Off, providing education about recovery resources and services to approximately 700 incoming first-year and transfer students, while several campus partners also participated in the event at the Campus Recreation and Wellness facilities.

ASHES LLC Kickoff Event

The ASHES community, located in the Global Neighborhood experienced a record increase in participation, with 18 residents (6 returning and 12 new) joining the substance-free housing program, marking the largest cohort to date. Nick Rugbart, a former ASHES resident, served as the featured speaker, sharing insights on the significance and impact of the ASHES LLC.

National Recovery Month

To kickoff National Recovery Month on September 4, 2024, Phoenix Free hosted an event with 109 participants, promoting #WearPurpleWednesday and offering customized Phoenix Free wristbands with Pelican's snowballs. The event raised awareness that recovery supports everyone impacted by substance use and mental health challenges.

NC Health and Wellness (NCHEW) Quarterly Meeting

Elon University hosted the North Carolina Higher Education Wellness (NCHEW) quarterly meeting on September 20, 2024, welcoming approximately 26 attendees from nine NC colleges and universities. Dr. Jon Dooley, VP of Student Life welcomed attendees to Elon. The meeting featured a virtual presentation by Dr. Susan Bissett, President of the West Virginia Drug Intervention Institute and founder of the ONEbox™ emergency opioid overdose prevention toolkit. Dr. Bissett discussed the importance of naloxone training and overdose prevention strategies in higher education.

National College Health Assessment (NCHA)

On September 26, 2024, the Office of the Dean of Students launched the NCHA College Health Assessment for all undergraduate students aged 18 and older. Campus Recreation and Wellness created customized marketing materials and implemented a marketing blitz to boost student participation.

Phoenix Free Program Satisfaction Surveys

The CRP leadership team revised satisfaction surveys in August 2024. Phoenix Free members participated in two focus group sessions and were also invited to complete satisfaction surveys electronically via email. Based on the feedback, 11/11 of program participants reported high satisfaction with Phoenix Free services and indicated they would recommend Phoenix Free to other students.

IMPACT Feedback Implementation

Beginning October 1, 2024, Campus Recreation and Wellness partnered with First Light Web Services to implement IMPACT Feedback, a comprehensive substance use brief intervention assessment tool. In collaboration with the Office of Student conduct, IMPACT Feedback supports implementation of BASICS, CASICS, Cannabis 101, and ADW to enhance the referral process, data collection, tracking, and coordination for substance use prevention programs. The online courses are interactive and provide immediate, personalized feedback about alcohol, cannabis, or nicotine use. Customized services are designed to strengthen prevention efforts and improve student engagement.

Campus Prevention Network

December 2024, Elon University was awarded the Seal of Prevention from the Campus Prevention Network. This award recognizes Elon's exceptional commitment to prevention programs (*AlcoholEdu, Sexual Assault Prevention for Undergraduates, and Diversity, Inclusion, and Belonging*). Over 90% of incoming first-year students completed the online prevention programs Fall 2024, with over 95% completing at least one of the three programs. This represents one of the highest completion rates in the nation.

Ongoing AOD Programs and Initiatives | 2023-2024

Alcohol and Substance Free Housing for Elon Students (ASHES, LLC)

ASHES, Living and Learning Community (LLC) experienced record membership and participation with 18 residents and two designated LLC Ambassadors. ASHES, LLC successfully completed a low-ropes teambuilding experience with Elon Challenge.

Alcohol Discussion Workshop (ADW)

- 23 in-person workshops offered with 120 student referrals completing the alcohol education program

Alcohol eCheckUp to Go

- 203 students completed the online alcohol education program and received a personalized feedback report on drinking behaviors.

Brief Alcohol Screening and Intervention for College Students (BASICS)

- To date, 68 student referrals completed a total of 130 sessions led by trained BASICS facilitators.

Phoenix Free Collegiate Recovery Program (CRP)

Phoenix Free All-Recovery weekly meetings experienced a record attendance of 13 students in Fall 2024, including four new students, marking a significant milestone in providing peer-led support for students in recovery. During the reporting period June 1, 2023 – December 31, 2024, Phoenix Free coordinated 50 All-Recovery meetings for students in recovery and/or seeking support.

Phoenix Free hosted two sober tailgates during the 2024 football season at Rhodes Stadium, including partnering with the Alamance Community Coalition to Prevent Substance Misuse during homecoming. Both events attracted over 535 attendees, including students, staff, parents, and alumni to celebrate recovery and raise awareness about Phoenix Free.

Student Life Annual Priorities 2022-2023

In order to facilitate effective reporting for the Student Life Five Year plan and their connections to the Boldly Elon university strategic plan, annual priorities are organized by theme of the Student Life Five-Year Plan.

MENTORING RELATIONSHIPS: *Ensure all students have access to high-quality mentoring relationships, learn how to build a mentoring network, and are empowered to serve as peer mentors*

1. Complete the implementation of Elon GROW across all student employment roles in the Division of Student Life and begin the assessment process.

LEADERSHIP and SKILL DEVELOPMENT: *Leverage co-curricular experiences to produce graduates who are leaders with essential skills the world needs and employers desire*

2. Finalize and adopt the list of “Elon Ready” skills that are gained through student employment, leadership roles, and co-curricular activities, and create plans for intentional student learning efforts across Student Life areas.

INCLUSIVE EXCELLENCE: *Advance a more diverse, equitable, and inclusive community*

3. Pilot the implementation of departmental equity audits.
4. Develop a plan and process for staff to create individualized intercultural development plans.
5. Complete the Multifaith Strategic Plan and begin implementation. *

WELLNESS and WELL-BEING: *Foster holistic wellness by inspiring and educating students who are active, resilient, and mentally healthy and engage in meaningful and purposeful commitments within their communities*

6. Launch the HealthEU wellness brand and campaign broadly across campus. *
7. Begin implementation of collaborative, integrated health and wellness initiatives and programs. *
8. Implement a full-scale virtual medical and mental health service for students (TimelyCare). *
9. Re-evaluate first-year summer expectations regarding online learning trainings: AlcoholEdu, DiversityEdu, Sexual Assault Prevention for Undergraduates, Kognito, etc.
10. Explore the implementation of a student health insurance plan and review models for delivery of student medical care. *

VIBRANT RESIDENTIAL CAMPUS: *Advance the goals for an innovative, integrated approach to living and learning at Elon, establish the next set of priorities to advance a vibrant residential campus, and deepen student belonging and traditions within the Elon community.*

11. Complete the updated ten-year vision and plan for enhancing the student residential experience and academic-residential partnerships. *
12. Launch a process to plan for the future of sorority and fraternity housing.

CIVIC ENGAGEMENT: *Prepare every student to engage with communities, developing the next generation of informed leaders motivated by the common good who will help strengthen communities and shape democracies.*

13. Implement initiatives to register students to vote in the 2022 elections and support robust, respectful political engagement. *

DIVISIONAL EXCELLENCE: *Continue to foster a culture of excellence as a Student Life division, providing exceptional programs and services and supporting a team of educators committed to student success, inclusive excellence, professional growth, and wellness and well-being.*

14. Develop student learning or operational outcomes for all Student Life departments and establish a clear assessment plan and cycle.
15. Use the results from “stay interviews” and other sources of information to identify division-wide strategies to enhance staff retention and recognition, effective supervisory relationships, community development among Student Life staff, and support for staff wellness and well-being.
16. Implement the Early Career Professionals Institute and explore targeted professional development experiences for mid-career professionals.

* denotes priorities that also appear as Institutional Priorities



Division of Student Life

Student Life Annual Priorities Year-End Update Report 2023 -2024

(Wellness and Well-being Recommendations ONLY)

In order to facilitate effective reporting for the Student Life Five-Year plan and their connections to the Boldly Elon university strategic plan, annual priorities are organized by theme of the Student Life Five-Year Plan.

WELLNESS and WELL-BEING: Foster holistic wellness by inspiring and educating students who are active, resilient, and mentally healthy and engage in meaningful and purposeful commitments within their communities

Goal: Complete the design and fundraising plan for a new integrated center for health and wellness.

A project team has continued its work with RDG Planning & Design, the firm working with the university on the design for the project. The team includes the Vice President for Student Life, Associate Vice President and Dean of Students, and representation from Athletics, Campus Recreation and Wellness, Counseling Services, Education and Wellness, and Exercise Science. Additional meetings with stakeholders for the project are scheduled regularly at key points in the process. University Advancement completed the fundraising feasibility study and is actively garnering resources for the project. Since July, presentation updates on the project have taken place with the President's Student Leadership Advisory Council, Parent's Council, and the President's Roundtable, and Student Life Division Leadership Team. During the spring semester, additional presentations were held for students, faculty, campus stakeholders, and the Board of Trustees Campus Life Committee. Fundraising efforts continue with a set goal of \$25 million to help make the building a reality. To date, donors have contributed more than \$6.5 million to the project, including a \$3 million donation to name the counseling center in the building. Construction of the HealthEU Center will begin in the fall 2024, with Samet Corp. serving as construction manager. Plans call for the building to open on the Innovation Quad in 2026.

Goal: Refresh the Council on Wellness and Wellbeing with a focus on advancing HealthEU, implementing new campus-wide health and wellness initiatives, and developing strategies for ongoing monitoring and assessment.

In fall 2023, the Vice President for Student Life and Provost appointed the HealthEU Council, which is a collaborative team of university colleagues that have responsibility to advance wellness and well-being as a strategic priority for the University. The HealthEU Council will coordinate services, programs, and resources that address the six dimensions of wellness and provide vision for the integration of initiatives that address holistic wellness. The Council will regularly assess and identify the well-being needs of students, staff, and faculty and evaluate the effectiveness of university-sponsored interventions. The group will also coordinate communication about HealthEU with the university community and beyond.

The council met twice in the 2023-2024 academic year. Key agenda items included:

- A fall 2024 administration of the American College Health Association (ACHA) National Collegiate Health Assessment. This project will be in conjunction with the North Carolina Addiction Prevention Professionals.
- Review of Spring 2024 HealthEU course registration and discussion of strategies to encourage students to enroll.
- Re-direction of the Andrew Bennett endowment funds to support student quiet wellness spaces in Koury and Ellington Center and grants for students to support innovative wellness and wellbeing programs. By Fall 2024 the student quiet relaxation spaces will be ready and the first grants will be awarded.
- Review and discuss Healthy Minds data and strategies to utilize the data in program planning and administration.

- Summer projects for the Council include mapping ACHA National Collegiate Health Assessment questions against the wellness model dimensions and auditing and updating support resources for the HealthEU website.

Goal: Continue to embed the HealthEU campaign broadly across campus and create explicit connections to different departmental offerings.

Several efforts were made to advance the HealthEU campaign in its second year:

- Additional HealthEU branding has been placed in several areas around campus, including the east entrance to the Koury Athletic Center and the lobby outside Alumni Gym.
- The second HealthEU Day took place on Tuesday, October 17, and attracted more than 1,000 students, faculty, and staff to various events including a Homecoming and HealthEU themed College Coffee (not included in attendance number), campus wellness fair, faculty/staff benefits fair, COVID-19 and flu vaccine clinic, educational sessions, and Campus Sustainability Week keynote.
- The Center for Design thinking implemented Designing for Wellness and Well-Being sessions this year and hosted a HealthEU-themed Design Forge on March 13-15.
- The weekly Focus on HealthEU newsletter resumed in September with information about wellness and well-being events, resources, tips, and stories.
- HealthEU academic courses were expanded to include multiple dimensions of well-being in addition to traditional physical activity courses; staff and faculty from Student Life and the Dr. Jo Watts Williams School of Education comprise the committee that vets and approves applications for new HealthEU courses.
- Family Weekend included a HealthEU panel that was moderated by Larry Mellinger; panelists included Ginette Archinal, Chris Harris, Anita Hodnett, Jenny Larson, and Svetlana Nepocatysh.
- HealthEU was the focus of the December Campus Conversation and included information about HealthEU academic courses, supporting student mental health in the classroom, employee wellness resources, and spiritual and multifaith support.
- The University Council on Alcohol and Other Drugs will be reinstated in 2024; the Council is currently being appointed and will include a liaison to the HealthEU Council.

Goal: Implement new major grants for reducing gender-based violence and supporting collegiate recovery.

Campus Recreation & Wellness began implementation of a \$257,000 North Carolina Department of Health & Human Services grant to support students in recovery. Several programmatic efforts were deepened as a result of these funds, including the What Would You Do? session at New Student Orientation and programs related to National Collegiate Recovery Month in September. The funds also support meetings for students in recovery, and there are now eight students regularly attending meetings on campus, as well as ally training to foster a recovery-minded community. The grant also supported a faculty/staff lunch and learn panel on substance use harm reduction strategies, which was co-hosted by Callie Kelly and Julie Lellis, and included Dr. Chan Thai from Santa Clara University as well as various leaders from higher education, law enforcement, and the medical field. Efforts like this help to create a recovery minded campus, which is a central goal of the grant. Part of the grant funding was to support a full-time collegiate recovery coordinator but that search failed, creating a gap in the department's administrative and programmatic capabilities that has been filled by the associate director and assistant director for student wellness programs. However, a part-time coordinator for peer health education was created through reallocated grant funds to support general health education and promotion and to create much-needed space for the associate director and assistant director to continue to dedicate time to grant administration and development of the Phoenix Free program.

Appendix: Drug-Free Schools and Campuses Regulations | Part 86 Compliance Checklist

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located? Printed copies of this document are available for review at the reserve desk in Belk Library and in the Office of Human Resources. Additionally, copies are available by request through the Office of The Dean of Students at (336) 278-7200 during normal business hours.

2. Does the institution provide **annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?**

a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

3. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing) Yes No

b. Through campus post offices boxes Yes No

c. Class schedules which are mailed to each student Yes No

d. During freshman orientation Yes No

e. During new student orientation Yes No

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually? Yes No

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution? Yes No

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed Students: Yes No Staff and Faculty: Yes No

- b. Through campus post office boxes Students: Yes No Staff and Faculty: Yes No
- c. During new employee orientation Students: Yes No Staff and Faculty: Yes No
- d. In another manner (describe): Email distribution to students and employees occurs annually at the start of the fall semester.

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Students: Yes No Staff and Faculty: Yes No

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Students: Yes No Staff and Faculty: Yes No

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey Yes No

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

h. Other (please list): _____

10. Who is responsible for conducting these biennial reviews? Members of the Council on Alcohol and Other Drugs (faculty/staff); Office of the Dean of Students; and Campus Recreation and Wellness

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review? N/A

12. Where is the biennial review documentation located? The Dean of Students Office and through the Campus Recreation and Wellness website: [Substance Education](#).



For more information, contact:

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