



# LAKE FOREST COLLEGE

Lake Forest College

Drug-Free Schools and Campuses Regulations [Edgar Part 86] Biennial Review: Academic  
Years Fall 2022 – Spring 2024

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December 31<sup>st</sup>, 2024

**Lake Forest College**  
**Drug-Free Schools and Campuses Regulations [EDGAR Part 86]**  
**Drug and Alcohol Prevention Program Certification**

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for its students and employees that, at a minimum, includes –

**1. The annual distribution to each employee, and to each student who is taking one or more classes of any kind of academic credit except for continuing education units, regardless of the length of the student's program of study, of:**

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of any drug or alcohol counseling, treatment or rehabilitation or re-entry programs that are available to employees or students
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

**2. A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:**

- Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention program and policies, if they are needed
- Ensure that its disciplinary sanctions are consistently enforced.

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## Introduction and Overview

The Drug Free Schools and Campus Act [EDGAR Part 86] requires that Lake Forest College conducts a Biennial Review during the years of Fall 2022 through Spring 2024 to receive federal funding while certifying that they have adopted a drug and alcohol abuse education prevention program (DAAPP). Through this Biennial Review, we will get the chance to review policies, enforcement, preventative programs, Alcohol and other Drug data, and conduct an analysis reviewing all of these aspects and their work together on our campus.

Lake Forest College is a Private Liberal Arts College residing in Lake Forest, IL 30 miles from Chicago. Lake Forest College is a tight knit community that prioritizes the growth, collaboration, and the potential of their students. Over time, students grow into Foresters who are ready to lead and contribute to a global community outside of Lake Forest College. Since Lake Forest College has such a unique location of having access to the city of Chicago and many surrounding suburbs, students have opportunities “in the forest” and “in the loop”. As students start their academic journey and create meaningful connections, they will embody the Forester qualities of thinking with purpose, engaging in the community, embracing diversity, achieving their goals, and leading the way.

This act requires that all students and employees will be notified about the following information:

- Standard of conduct that clearly prohibit the unlawful use of distribution of illicit drugs and alcohol by students and employees.
- A description of legal sanctions under federal, state, and local law for the unlawful use or distribution of illicit drugs and alcohol.
- A description of health risks associated with the abuse of alcohol or the use of illicit drugs.
- A list of drug or alcohol programs (counseling, treatment, rehabilitation, and re-entry) available to students or employees on or off campus.
- A clear statement that the institute of higher education will impose disciplinary sanctions on students and employees for violations of the standards of conduct, descriptions of those sanctions up to, and including possible exposition or termination.

In compliance with the Drug Free Schools and Campus Act [EDGAR Part 86], Lake Forest College is completing a biennial review of Fall 2022 through Spring 2024. This biennial review is completed every two years on even years. This review will be made available to every student and employee through email and to potential students and the general public by request through lakeforest.edu website here: <https://www.lakeforest.edu/student-resources/health-and-wellness/drug-free-schools-and-campus-act>.

## **Biennial Review Process**

The Drug Free Schools and Campuses Act Biennial Review Process was created by Maja Gavrilović, temporary Prevention Specialist, and reviewed by Dr. Mary E. Grigar, Assistant Dean of Students/Director of the Health and Wellness and Tony Tyler, Dean of Students, both Campus Life members. Information for the Drug Free Schools and Campuses Act was gathered from various departments on campus including Residence Life, the Dean of Students, the Gates Center for Leadership and Personal Development, Human Resources, and Public Safety.

## **Annual Policy Notification Process**

### **Student Notification**

Lake Forest College distributes information about its Drug and Alcohol education prevention program (DAAPP) through the Annual Policy Notification to each first-year student, each dual credit student, summer students, part-time students, full-time students, faculty, and staff. The notification should include:

- Standard of conduct that clearly prohibit the unlawful use of distribution of illicit drugs and alcohol by students and employees.
- Federal, state, and local laws regarding unlawful use or distribution of illicit drugs and alcohol.
- Description of health risks associated with the abuse of alcohol or the use of illicit drugs.
- A list of campus drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry).
- Disciplinary sanctions on students and employees for violations of the standards of conduct, descriptions of those sanctions up to, and including possible exposition or termination.

To access and view our Annual Notification through the Student Handbook please contact Lake Forest College Dean of Students.

### **Employee Notification**

Lake Forest College employees are provided the alcohol and other drug policies such as the Drug Free Workplace policy, sanctions, and the employee assistance program during their new employee orientation training and through email at the beginning of each new semester.

To view the Employee Notification that Faculty and Staff receive through the Faculty and Staff Handbooks, please contact Lake Forest College Human Resources.

## Alcohol and Other Drug Prevention Programs and Services

Lake Forest College’s Health and Wellness Center offers different types of prevention programs to students on Alcohol and other Drug use each year. The Health and Wellness Center has multiple signature events around alcohol and other drug use and uses harm reduction approaches. The center collaborates with many other departments on campus and other local substance use non-for-profit organizations off campus each year.

The Health and Wellness Center used a financial gift from a family donation to create a Prevention Specialist position that started part-time in the spring of 2024. The Prevention Specialist Position has been critical in planning and elaborating AOD prevention efforts in the spring of 2024.

Fall 2022 – Spring 2024 Alcohol and Other Drug Prevention Programs included:

### Fall 2022:

Month/Date	Program Title	Program Objective	Attendance
August 2022	Everfi	Incoming students complete the AlcoholEdu prevention education online module. This is also assigned to all incoming transfer students and returning students.	All Incoming Students
October 2022	Halloween Obstacle Course	Students enter the Student Center Skybox to receive harm reduction items (cup covers, drink spiking tests) and safe drinking information that were Halloween themed. Students would then have a choice of putting on drunk goggles and trying to maneuver a small obstacle course and afterwards they would be debriefed.	N/A
November 2022	It Has to be You	Wellness Peer Educators trained Greek Life members on the benefits of interrupting dangerous or potentially dangerous situations in their fraternity or sorority using the 3 D’s analogy (distract, direct, or delegate) to interrupt harmful situations while presenting AOD intervention methods such as the recovery position, signs of alcohol poisoning, accessing Narcan, and more.	N/A

**Spring 2023:**

<b>Month/Date</b>	<b>Program Title</b>	<b>Program Objective</b>	<b>Attendance</b>
January 2023	Everfi	Incoming students complete the AlcoholEdu prevention education online module. This is also assigned to all incoming transfer students.	N/A
2/23	Alcohol Awareness and Bystander Intervention	Wellness Peer Educators educated Greek Life members on the benefits of interrupting dangerous or potentially dangerous situations in their fraternity or sorority using the 3 D's analogy (distract, direct, or delegate) to interrupt harmful situations. WPE's also presented AOD intervention methods such as the recovery position, signs of alcohol poisoning, accessing Narcan, and more.	~50 Greek Life Members
2/27 - 3/3	NCHA Survey Tabling	The National College Health Assessment Survey Tabling in the Student Center asked students to fill out the survey through the email that was sent to them in their emails in order to enter a giveaway.	N/A
3/3	Wellness Day	Wellness Day invites students and employees to participate in a range of different activities and workshops to improve all aspects of their wellness such as alcohol and drug use (Alcohol 101 session), mindful meal cooking, stress relief, suicide prevention workshop, and more.	N/A

**Fall 2023:**

<b>Month/Date</b>	<b>Program Title</b>	<b>Program Objective</b>	<b>Attendance</b>
August 2023	Vector Solutions	Incoming students complete the AlcoholEdu prevention education online module. This is also assigned to all incoming transfer students and returning students.	N/A

8/20	New Student Orientation Bystander Intervention Training	During New Student Orientation Health and Wellness Center Wellness Peer Educators presented Bystander Intervention such as the 3 D's technique for potentially harmful situations to incoming first years.	~240
8/24 - 9/26	The Red Zone on Social Media	Educating students about the Red Zone during the first 6 weeks of the fall semester through the Health and Wellness Centers Instagram account. Communicating to students through brief posts about resources, consent, alcohol and other drugs use on campus, and more.	N/A
10/6	Homecoming Hangover Cure Tabling	Wellness Peer Educators handed out small bags filled with harm reduction items and small pieces of paper listing safe drinking techniques to students during homecoming week. They also educated students on the importance of hydrating and gave each students a chance to answer a safe drinking question to win a Liquid Death canned bottle of water.	~30 students
10/31	Halloween Obstacle Course Social Norming Event	Students would enter the Student Center Skybox to receive harm reduction items (cup covers, drink spiking tests) and safe drinking information that were Halloween themed. Students would then have a choice of putting on drunk goggles and trying to maneuver a small obstacle course and afterwards they would be debriefed.	~60 Students
11/11	Mental Health First Aid Training with the Josselyn Center	Students received their Mental Health First Aid Certification after 2 hours of pre-work and 6 hours of in-person training on how to identify, understand, and respond to signs of mental illness and substance use disorders with our off-campus collaborators at the Josselyn Center.	50 students are Mental Health First Aid Certified



**Spring 2024:**

<b>Month/Date</b>	<b>Program Title</b>	<b>Program Objective</b>	<b>Attendance</b>
January 2024	Vector Solutions	Incoming students complete the AlcoholEdu prevention education online module. This is also assigned to all incoming transfer students.	N/A
2/21	Narcan Training	Future Health Professionals (student organization) in collaboration with the Gregory Paul Friedman Foundation (GPF), a Lake Forest College Student intern at the GPF foundation conducted a Harm reduction workshop which was followed by a Narcan (Naloxone) training from On Point Training (OPT). All students who attended received free Narcan.	24
3/5	Safe Spring Break	In collaboration with Lake County Health Department's Drug Overdose Prevention Program, the Gregory Paul Friedman Foundation, and student organization It's On Us, students were able to create a bag of items to have before spring break started. 75 Narcan and Fentanyl Test stripes were handed out to students. Information on smoking cessation methods, information on how to party longer, and on campus and off campus resources were given to each student. Mocktails were also given to each student from Health and Wellness Center staff to show that alcohol doesn't always have to be involved.	125+ Students
3/7	Tom Farley (Speaker)	Substance Use Prevention Speaker Tom Farley came to speak to students in our Wood Lounge before Spring Break sharing his own story of battling his own alcohol addiction, growing up in the Farley household, and watching his brother Chris Farley's addiction through his own eyes and on TV.	50 students

3/27	Bystander Intervention Training	Active Bystander training conducted by the Prevention Specialist at the Health and Wellness Center was workshopped and trained to students in the student organization It's on Us to help them inform more students on how they can be an active bystander.	3 Students
3/29	Bystander Intervention Training	Active Bystander training conducted by the Prevention Specialist at the Health and Wellness Center was workshopped and trained to students in the student organization It's on Us to help them inform more students on how they can be an active bystander.	5 Students
4/18	Alcohol Awareness Month Tabling	Health and Wellness Center Prevention Specialist and Wellness Peer Educators handed out materials about Safe Drinking on campus, resources available to you or individuals you are worried about and did a giveaway for a mocktail recipe book for students.	35 students
4/30	Hazing; Active Bystanderism	Greek Life was informed by the Associate Dean of Students, Assistant Director of the Gate Center, and Prevention Specialist at the Health and Wellness Center on the Hazing Policy at Lake Forest College and how to be an active bystander due to this and many other situations on campus.	~50 Students?
5/1	Hazing; Active Bystanderism	Greek Life was informed by the Associate Dean of Students, Assistant Director of the Gate Center, and Prevention Specialist at the Health and Wellness Center on the Hazing Policy at Lake Forest College and how to be an active bystander due to this and many other situations on campus.	~30 Students
5/6	Hazing; Active Bystanderism	Greek Life was informed by the Associate Dean of Students, Assistant Director of the Gate Center, and	3 Students

		Prevention Specialist at the Health and Wellness Center on the Hazing Policy at Lake Forest College and how to be an active bystander due to this and many other situations on campus.	
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**Signature Events:**

**New Student Orientation Bystander Intervention Training**

During New Student Orientation Health and Wellness Center staff present to new students about the services available to all Lake Forest College Students. Afterward, Wellness Peer Educators train students briefly (25 minutes) on Bystander Intervention techniques they can use while attending Lake Forest College and beyond. Using the three D’s (Distract, Delegate, and Direct) method, incoming new students will obtain a new understanding on how to intervene in harmful situations on campus that they may see in their first couple of weeks.

**Event Monitor Training:**

Event Monitor Training by a Health and Wellness Center Staff and Gates Center Staff member is held upon request when a student organization intends to host an All-Campus Program (ACP). This training teaches the host student organization how to be Active Bystanders. The brief Bystander Intervention training (1 hour) prepares them for a variety of scenarios that they may occur during the All-Campus Program event. Each organization must have 12 event monitors who are bystander trained and sober for their event. The training lasts for 1 year and then must be repeated the following year in person.

The All Campus Program Hosting Policy for 2022 - 2023 can be found in Appendix A and the All Campus Program’s Bystander Intervention Outline for 2022 – 2023 can be found in Appendix B.

**Halloween Alcohol Prevention Programing:**

Each Halloween we invite students to the Mohr Student Center’s skybox to go through an obstacle course with drunk googles. We try to simulate students understanding of what it may be like walking back home after a night of drinking, try walking a straight line, signing their name on a piece of paper, and pouring a drink all while wearing the drunk googles. Afterwards we debrief them and see how they felt. We ask students different social norming questions using our

National College Health Assessment throughout the event to change their perception on our drinking culture at Lake Forest College. Students receive different harm reduction materials, on and off campus resources, and some food!

### **Safe Spring Break:**

This fair style program invites students to come to the Mohr Student Center during their lunch hour the week before spring break to create their own safe spring break bag. In this bag students will grab items from several Lake Forest College Departments, Student Organizations, and Local Organizations tables that have come out. Organizations we have had in the past have been Lake County Health Department's Illinois Overdose Prevention Program bringing in Narcan kits with Fentanyl test strips, Health and Wellness Center staff handing out mocktails, cup covers, educational materials, and more, and student organizations such as It's On Us spreading awareness about consent and alcohol.

In Spring of 2024, Safe Spring break was funded by SAMSHA's Community Talk Grant.

### **Services:**

#### **The Wellness Peer Educator Program:**

The Wellness Peer Education program provides an opportunity for students to promote healthy choices to other students on campus, provide peer-to-peer education, and contribute to the well-being of the Lake Forest College community. Wellness Peer Educators are student workers who act as a liaison between the Health and Wellness Center on Campus and the student body. Wellness Peer Educators are involved with marketing for the center and outreach events such as tabling on wellness topics as well as Health and Wellness Center sponsored events. Wellness Peer Educator roles include:

- Connecting students to the Health and Wellness Center
- Educating students about the services available at the Health and Wellness Center including medical and mental health services
- Creating education about wellness-related topics through social media, tabling events, presentations, programs, events while learning about them
- Collaborating with other organizations on campus to further work around the Health and Wellness Center (student organizations, departments, and outside organizations)

Starting the Spring of 2024, the Prevention Specialist at the Health and Wellness Center became a certified trainer for the Certified Peer Educator Program from NASPA. Wellness Peer

Educators were able to complete a 12-hour training with our Prevention Specialist to become a Certified Peer Educator from NASPA. This training helps our Wellness Peer Educators:

1. Understand the power, roles, and characteristics of Peer Educators
2. Understand change as a Peer Educator
3. Be an effective listener as a Peer Educator
4. Understand their role as a responder
5. Learn bystander intervention as a Peer Education technique
6. Intrapersonal applications of identity as a Peer Educator
7. Learn programming strategies for Peer Educators
8. Understand group development and moving forward

## **Alcohol and Other Drug Intervention Programs and Services**

### **Health and Wellness Center Referrals:**

In 2023 – 2024, the Health and Wellness Center recorded 3 students who received an Alcohol and other Drug assessment performed by our counseling staff. Only 1 of the 3 students who received the Alcohol and other Drug assessment was referred to an off-campus alcohol and other drug detox center program. The other two students were not referred out of the Health and Wellness Center but instead advised to continue therapy at the Health and Wellness center on campus if they choose to follow the recommendation.

Lake Forest College's Health and Wellness Center is a primary health center for many students on campus. Our students come from over 43 states and 120 countries. Since our International Student population on Campus makes up 19% of the student population and almost all of our International Students carry the Student Health Insurance on campus, the Health and Wellness Center is a primary health center for our international students on campus. Lake Forest College's Health and Wellness Center is an integrated health center with our health and counseling staff housed in the same location. Our health staff includes our Nurse Practitioner and our Staff Nurse who can assess and treat physical health concerns and facilitate referrals. Our Counseling staff can conduct Alcohol and other Drug assessments and refer students to the next organization, medical provider, or treatment the student may need. The referrals may include outside Alcohol or other Drug treatments such as outside support groups (AA, NA, MA), Medical Providers who are able to prescribe medication for addiction treatment (Detox, Methadone), Residential Programs, Inpatient Programs, and Outpatient Programs. Lake Forest College has dedicated their efforts towards Alcohol and other Drug Preventative efforts by hiring a part-time Prevention Specialist to help navigate AOD preventive efforts on campus in and out of the Health and Wellness Center.

**Number of drug- and alcohol-related referrals for counseling or treatment:**

	2023	2023	2023	2023	2024	2024	2024	2024	
Description	Aug.	Sept.	Oct.	Nov.	Feb.	Mar.	Apr.	May	Total
Alcohol Use Disorder, Mild	1	3	1				2		7
Alcohol Use Disorder, In early remission		2	1				2		5
Alcohol Use Disorder, Moderate			1			1	1	1	4
Cannabis Use Disorder, Mild			1	2		1	2		6
Cannabis Use Disorder, Moderate					1	3	2	1	7
Cannabis-Induced Mental Disorders, Cannabis-Induced Psychotic D								1	1

Total = 30

**Vector Solutions:**

Vector Solutions prevention education online module is assigned to all incoming first year students, transfer students, and returning students. Courses assigned to all incoming students include: AlcoholEdu for College Students, Diversity, Equity, & Inclusion for Students, Sexual Assault Prevention for Undergrads. All returning students are assigned the following courses: AlcoholEdu Ongoing Education, Diversity, Equity, & Belonging for Students, and Sexual Assault Prevention Ongoing: Healthy Relationships.

All returning Athletes on campus must complete their assigned Vector courses to start practice on campus. These courses for Athletes include: AlcoholEdu Ongoing Education, Diversity, Equity, & Belonging for Students, and Sexual Assault Prevention for Athletes.

Vector Solutions AlcoholEdu for Sanctions is also used for Alcohol and other Drug conduct violations and sanctions on campus for students. This intervention program is used for students who have undergone the conduct violation process at Lake Forest College. Vector Solutions AlcoholEdu for Sanctions is designed to help students gain new knowledge on Alcohol and other Drugs, help make changes in their lives before coming to campus and help us evaluate Alcohol and other Drug outcomes.

### **In 2022 – 2023 Vector Solutions AlcoholEdu for College Impact Report Reported:**

270 students completed all three AlcoholEdu for College course surveys (AlcoholEdu for College, AlcoholEdu Follow Up Survey, and AlcoholEdu for Sanctions) since the start of the 2022 – 2023 academic year.

84% of students at Lake Forest College had reported that AlcoholEdu changed their perceptions of others' drinking behaviors.

96% of students reported that AlcoholEdu for College has prepared them for an alcohol overdose.

97% of students reported that AlcoholEdu for College prepared them to help someone who may have alcohol poisoning.

98% of students reported that AlcoholEdu for College helped them establish a plan ahead of time to make responsible decisions about drinking.

84% of students reported that AlcoholEdu for College changed their perceptions of others' drinking behavior.

13 high-risk drinks completed AlcoholEdu for College saw “no need to change the way they drink” before taking the course, 77% of those students (10 students) reported a readiness to change their drinking behavior.

To view the 2022 – 2023 impact report graphs, visit Appendix D.

### **In 2023 – 2024 Vector Solutions AlcoholEdu for College Impact Report Reported:**

95 students completed all three AlcoholEdu for College course surveys (AlcoholEdu for College, AlcoholEdu Follow Up Survey, and AlcoholEdu for Sanctions) since the start of the 2023 – 2024 academic year.

78% of students reported that AlcoholEdu for College gave them confidence to help someone who may be experiencing an overdose.

81% of students reported that AlcoholEdu for College prepared them to help someone how may have alcohol poisoning.

80% of students reported that AlcoholEdu for College helped them establish a plan ahead of time to make responsible decisions about drinking.

61% of students reported that AlcoholEdu for College changed their perceptions of others' drinking behavior.

6.7% (30 students) of respondents (first years) at Lake Forest College responded that they are in active recovery from a substance use disorder.

36.3% (148 students) of respondents (first years) reported that they have consumed alcohol in the past year (had more than a few sips of beer, wine, or liquor).

31.9% (46) of respondents (first years) reported that they have consumed alcohol in the past two weeks (had more than a few sips of beer, wine, or liquor).

The Vector Solutions Higher Education AlcoholEdu Course for our incoming and first year students had identified a drinker category overview for us as follows; 56% (1,013 students) of respondents are Abstainers, 25% (453 students) of respondents were Non-Drinkers, 10% (186 students) of respondents are Moderate Drinkers, 7% (133 students) of respondents are Heavy Episodic Drinkers, 0.02% (15 students) are Problematic Drinkers, and 0.02% (18 students) of respondents Too Few.

To view the 2023 - 2024 impact report graphs, visit Appendix E.

## **Alcohol and Other Drug Use Assessment**

### National College Health Assessment 2023

The American College Health Associations (ACHA) National College Health Assessment (NCHA) was conducted for Lake Forest College students in 2023. The NCHA data helps us get a comprehensive view of our student's health on campus. This survey allowed us to get new knowledge on a range of health concerns on campus such as Alcohol, tobacco, and other drug use, sexual health, mental health, personal safety and violence, hours of sleep, food insecurity, weight nutrition, exercise, and more.

#### **Alcohol:**

22.7% of students reported to have never drank alcohol before.

46.7% of students reported drinking alcohol in the past 2 weeks.

40.9% of students who drank last, drank and got drunk.

42.7% of students who drank last intended on getting drunk.

37% of students who drank in the last year, drank to get drunk.

6.3% of college students reported driving after having *any alcohol* in the last 30 days.



20% of our students reported doing something they later regretted while drunk.

69.3% of students drank 4 or less drinks when they were in a social setting.

### **Cannabis:**

19.3% of students have used cannabis/marijuana in the past 2 weeks.

25.9% of college students reported driving high within 6 hours of using cannabis/marijuana in the last 30 days.

### **Tobacco Use:**

10.7% of students have reported using cigarettes in the past 3 months.

17.7% of students have reported using E—cigarettes or other vape products in the past 3 months.

26.3% of students have reported trying and failing to control, cut down or stop using tobacco products.

78.8% of our students who have used tobacco in the last 3 months have used e-cigarettes or other vape products.

46.9% of our students who have used tobacco in the last 3 months have used cigarettes.

### **Sleep:**

Over the last 2 weeks, on average 13.6% of students reported that they have gotten 5 hours of sleep on a weeknight night.

Over the last 2 weeks, on average 28.2% of students reported that they have gotten 6 hours of sleep on a weeknight night.

Over the last 2 weeks, on average 35.3% of students reported that they have gotten 7 hours of sleep on a weeknight night.

Over the last 2 weeks, on average 19.3% of students reported that they have gotten 8 or more hours of sleep on a weeknight night.

Over the last 2 weeks, on average 80.8% of students reported that they have gotten 7 or less hours of sleep on a weeknight night.

Over the last 2 weeks, on average 57.4% of students reported that they have gotten 8 or more hours of sleep on a weekend night.

Over the last 2 weeks, on average 42.7% of students reported that they have gotten 7 or less hours of sleep on a weekend night.

When asked how many of the last 7 days did you feel sleepy or tired during the day, 25.7% of students reported feeling sleepy or tired during the whole 7 days.

When asked how many of the last 7 days did you feel sleepy or tired during the day, 54.8% of students reported feeling sleepy or tired between 5 to 7 days of the week.

When asked on how many of the last 7 days did you get enough sleep so that you felt well rested, 18.4% of students reported 0 days, 21.8% reported 1 days, and 23.7% reported 2 days.

**Financial:**

11.8% of students reported that Cannabis has caused them a health, social, legal, or financial problem once or twice within the last 3 months.

8.6% of students reported that Alcohol has caused them a health, social, legal, or financial problem once or twice within the last 3 months.

**Food:**

33% of students reported sometimes true to the statement of the food they bought just didn't last, and I didn't have enough money to get more.

9.7% of students reported often true to the statement of the food they bought just didn't last, and I didn't have enough money to get more.

22.6% of students reported in the last 30 days yes to eating less than they have felt they should because there wasn't enough money for food.

18.1% of students reported in the last 30 days yes to ever going hungry but didn't eat because there wasn't enough money for food.

**Belonging:**

16.6% of students responded strongly agree to feeling that they belong to their college/university.

43.3% of students responded agree to feeling that they belong to their college/university.

25.3% of students responded somewhat agree to feeling that they belong to their college/university.

8.4% of students reported somewhat disagree to feeling that they belong to their college/university.

3.7% of students responded disagree to feeling that they belong to their college/university.

2.8%

**Overall Health:**

11% of students would describe their overall health as excellent.

30% of students would describe their overall health as very good.

39.8% of students would describe their overall health as good.  
17.8% of students would describe their overall health as fair.  
1.5% of students would describe their overall health as poor.  
27.6% of students reported 0 hours spent exercising in a typical week (7 days).  
38.6% of students reported 1 – 5 hours spent exercising in a typical week (7 days).  
14.9% of students reported 6 – 10 hours spent exercising in a typical week (7 days).  
18.9% of students reported 11 or more hours spend exercising in a typical week (7 days)

## **Alcohol and Other Drug Policies**

Lake Forest College follows and complies with the following:

- Drug-Free Schools and Communities Act (Federal)
- Drug-Free Schools and Campuses Regulations (EDGAR Part 86)
- Drug-Free Workplace Act of 1988 (Federal)
- Illinois Controlled Substances Act (State)
- Illinois Cannabis Regulation and Tax Act Section 10-35, paragraph (d) (State)
- Illinois Liquor Control Act of 1934 (State)
  - Act 5, Article VI General Provisions, Section 5/6-16 Prohibited Sales and Possession
- City of Lake Forest Drug Ordinances (Local)
  - §§ 135.029 through § 135.031
- City of Lake Forest Alcohol Ordinances (Local)
  - § 111.076

The College is not a sanctuary protecting those who violate laws concerning illegal substances, and College officials will cooperate with legal authorities whenever necessary and deemed appropriate

## **Prohibited Conduct**

### **Drugs:**

- Use, possession, distribution, manufacture, or dispensing of all drugs as identified in Federal or State law or regulation.
- Use and possession of cannabis. While Illinois state law legalized recreational cannabis use in January of 2020, federal law still prohibits use and colleges must comply with federal law.

- Use of prescription drugs not in accordance with the prescription;
  - Abuse, sharing, or resale/trafficking of over-the-counter or prescription drugs (such as Ritalin and Adderall);
- Use, possession, distribution, manufacture, or dispensing of synthetic drugs that contain ingredients or mimic the effects of illegal drugs including but not limited to synthetic cannabis, CBD, and salvia divinorum;
- Possession of drug paraphernalia including, but not limited to, pipes, grinders and bongs (but excluding medically required and approved devices); and,
- Misuse of Legal Substances
  - Various substances, even if legal, can have dangerous negative impact on an individual's health and academic success. Inhaling or ingesting a substance (including but not limited to nitrous oxide, glue, paint, gasoline, solvent, etc.) or using the substance other than in its intended purpose is a violation of college policy and is prohibited.

### **Alcohol:**

- Possession of alcoholic beverages by anyone **under 21 years of age** on College property or as part of any College activities;
- Consumption of alcoholic beverages by anyone **under 21 years of age** on College property or as part of any College activities;
- Misrepresentation of age by anyone **under 21 years of age** for the purpose of purchasing alcoholic beverages;
- Possession of alcoholic beverages by **anyone over 21 years** of age while on College property or as part of any College activities except as specifically articulated in the section titled **Responsible Use of Alcohol**;
- Consumption of alcoholic beverages by **anyone over 21 years** of age on College property or as part of any College activities except as specifically articulated in the section titled **Responsible Use of Alcohol**;
- Selling or providing alcoholic beverages to underage persons;
- Public intoxication;
- Possession of kegs, party balls, or bulk containers of any kind (with the exception of kegs provided by an approved third-party vendor at registered events);
- Drinking games of any kind; and,
- Paraphernalia associated with, or items used in connection with drinking games including but not limited to beer bongs, funnels, or beer die tables, beer pong tables, and drinking board games;

Any items in violation that are found, observed, discovered, or surrendered will be confiscated and properly disposed of by College staff.

### **Smoking Policy: (For All Community Members on Campus)**

For purposes of this policy, “smoking” references any kind of cigarette, cigar, pipe, joint, hookah, water pipe, ePen, vaping device, and/or any ignited paraphernalia.

State law prohibits smoking in all facilities and buildings and in all outdoor dining areas. Anyone who wishes to smoke must do so outside, in designated smoking areas, at least 25 feet from the entrance of any building/facility. Violations that Adversely Affect the College’s Community Interest Actions that violate the laws or policies outlined in the Code of Conduct and/or which substantially affect the interest of the College even if such actions do not occur on college property or at college-sponsored events.

## **Alcohol and Other Drug Use Student Policy Enforcement**

### **Drug and Alcohol Law Sanctions and Penalties**

All student violations will be referred to the conduct system.

Sanctions in the student conduct process reflect the values within the College, its Code of Conduct, and other policies. The sanctions imposed on students are not solely intended to reprimand students for their actions, but also offer a chance for reflection and whenever possible, to repair harm to the community.

Disciplinary sanctions will become a part of the student’s disciplinary record. Disciplinary sanctions will not become a part of the student’s permanent record, with the exception of suspension, expulsion/dismissal, or revocation/withholding of a degree, which are noted on College’s transcript. Upon graduation or withdrawal from the College, the student’s disciplinary record will be retained for seven years and then expunged, with the exception of the more serious sanctions listed above that are marked on a transcript.

### **Drug and Alcohol Law Sanctions and Penalties for Employees**

Lake Forest College employees found in violation of the prohibitions set forth in the Staff Handbook will be subject to disciplinary action up to and including termination and possible referral for prosecution. Each case will be evaluated on an individual basis. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

## State Penalties

State Penalties The Illinois Criminal Code classifies drug-related offenses (for example, manufacture or delivery of a controlled substance, engaging in a calculated criminal drug conspiracy, drug trafficking, unauthorized possession, etc.) as either Class A misdemeanors or Class 1, 2, 3, 4, or X felonies depending on the severity and nature of the conduct. The following criminal penalties are applicable to the identified categories of offenses:

STATE PENALTIES		
CATEGORY OF OFFENSE	MONETARY FINES	IMPRISONMENT
Class A Misdemeanor	\$1,000	Up to 1 year
Class X Felony	Up to \$500,000	6 to 60 years
Class 1 Felony	Up to \$250,000	4 to 15 years
Class 2 Felony	Up to \$200,000	3 to 7 years
Class 3 Felony	Up to \$150,000	2 to 4 years
Class 4 Felony	Up to \$15,000	1 to 3 years

## Federal Drug Trafficking Penalties – Cannabis:

Drug	Quantity	1 <sup>st</sup> Offense	2 <sup>nd</sup> Offense*
Cannabis (Schedule I)	1,000 kg or more cannabis mixture; or 1,000 or more cannabis plants	Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.	Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Cannabis (Schedule I)	100 kg to 999 kg marijuana mixture; or 100 to 999 marijuana plants	Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25	Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual,

		million if other than an individual.	\$75million if other than an individual.
Cannabis (Schedule I)	More than 10 kgs hashish; 50 to 99 kg marijuana mixture More than 1 kg of hashish oil; 50 to 99 marijuana plants	Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.	Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Cannabis (Schedule I)	Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants;	Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.	Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hardish (Schedule I)	10 kg or less		
Hashish Oil (Schedule I)	1 kg or less		
*The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is a mandatory term of life imprisonment without release and a fine up to \$20 million if an individual and \$75 million if other than an individual.			

Source: [https://www.dea.gov/sites/default/files/2018-06/drug\\_of\\_abuse.pdf](https://www.dea.gov/sites/default/files/2018-06/drug_of_abuse.pdf)

## Federal Drug Trafficking Penalties

Drug/Schedule	Quantity	Penalties	Quantity	Penalties
Cocaine (Schedule II)	500–4999 grams mixture	<b>First Offense:</b> Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an	5 kgs or more mixture	<b>First Offense:</b> Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million
Cocaine Base (Schedule II)	28–279 grams mixture		280 grams or more mixture	
Fentanyl (Schedule II)	40–399 grams mixture		400 grams or more mixture	

Fentanyl Analogue (Schedule I)	10–99 grams mixture	individual, \$25 million if not an individual.  <b>Second Offense:</b>	100 grams or more mixture	if an individual, \$50 million if not an individual.
Heroin (Schedule I)	100–999 grams mixture		1 kg or more mixture	
LSD (Schedule I)	1–9 grams mixture	Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	10 grams or more mixture	<b>Second Offense:</b> Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Methamphetamine (Schedule II)	5–49 grams pure or 50–499 grams mixture		50 grams or more pure or 500 grams or more mixture	
PCP (Schedule II)	10–99 grams pure or 100–999 grams mixture		100 gm or more pure or 1 kg or more mixture	
<b>Penalties</b>				
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	<b>First Offense:</b> Not more than 20 yrs. If death or serious injury, not less than 20 yrs, or more than life. Fine \$1 million if an individual, \$5 million if not an individual.  <b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Flunitrazepam (Schedule IV)	1 gram			
Other Schedule III drugs	Any amount	<b>First Offense:</b> Not more than 10 years. If death or serious injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.		



		<b>Second Offense:</b> Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.
All other Schedule IV drugs	Any amount	<b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
Flunitrazepam (Schedule IV)	Other than 1 gram or more	<b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
All Schedule V drugs	Any amount	<b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. <b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

Source: [https://www.dea.gov/sites/default/files/2018-06/drug\\_of\\_abuse.pdf](https://www.dea.gov/sites/default/files/2018-06/drug_of_abuse.pdf)

### Alcohol Sanctions and Penalties:

Throughout the past 2 years post Covid, we have transitioned into a new tracking system (Maxient) to help us track alcohol and other drug violations.

### Two – Year Statistical Summary

Regulation	2022-2023	2023-2024
Alcohol Policy	18	30
Drug Policy	13	26
Removal From Residence Hall	0	1
<b>Total</b>	<b>31</b>	<b>57</b>

Regulation	2022-2023	2023-2024
Emergency Room Admits	2	2
Emergency Room Calls	3	4
Removal From Residence Hall	0	1

Sanctions	2022-2023	2023-2024
AlcoholEdu	11	9

Educational Signage	1	3
Educational Materials	0	7
Probation	0	4
Restitution	0	1
Warning	17	22
Create a Program	0	1
Reflection Papers	14	3
Apology	0	2
Alcohol/Other Drug Assessment	0	1

## **Policies Related to Alcohol and Other Drugs at Lake Forest College**

### **Responsible Use of Alcohol in the Dorms:**

#### **Residence Halls:**

In rooms or apartments where all residents are under the age of 21:

- Alcohol is not permitted.
- Collections of containers that contain or previously contained alcohol are prohibited.

In rooms or apartments where at least one roommate is 21 or older:

- Alcoholic beverages may only be consumed by residents and their guests who are 21 years of age or older, in the privacy of their room or apartment with the door closed and in an atmosphere which does not foster excessive consumption or create significant noise or other disturbances.
- Collections of containers that contain or previously contained alcohol are prohibited.
- Excessive amounts of alcohol (as determined by college staff) are expressly prohibited.
- This includes, but is not limited to, kegs of beer. Additional individual violations involving alcohol include, but are not limited to: Possession and/or consumption of alcohol in open container(s) in public areas (such as lounges, balconies, outdoor quad areas, etc).

#### **Private Rooms:**

Students are responsible for their own conduct and that of their guests in private rooms. Students and their guests must be over the age of 21 to consume alcohol within private rooms. Alcohol is not permitted in rooms where all residents are under the age of 21. Room doors must be shut at all times when alcohol is being consumed. The occupants of the room and their guests will be subject to disciplinary action for excessive noise or overcrowding, as well as for any violations of this policy.

Balconies may not be used as an extension of a student's room for the purpose of hosting a private room party. A Public Safety officer or a member of the Residence Life staff will close private parties that spill onto balconies and document the incident for referral to the conduct process.

## **Hazing**

The following hazing activities are expressly forbidden at Lake Forest College:

- The consumption of alcohol at any time during a new member program.
- All student organizations having an event with alcohol must review Lake Forest College's alcohol policy, which is available at the Gates Center for Leadership and Personal Growth or in this document and sign an agreement that they will adhere to the policy.
- No postings will be approved that advertise alcohol or other drugs, include known hate speech or imagery, depict guns or acts of violence, are pornographic in nature, are known to be libelous, include photographs of body parts, or are deemed to be inconsistent with the community's values.
- All other residence hall policies and College policies apply to student organizations and their members and guests. Alcohol may not be present or consumed in student organization lounges. Use, possession, manufacturing, or distribution of alcoholic beverages (except as expressly permitted by College regulations), or public intoxication. Alcoholic beverages may not, in any circumstances, be used by, possessed by or distributed to any person under twenty-one (21) years of age.
- No Activity Fee funds may be used to purchase alcoholic beverages

## **Tailgating:**

Tailgating is allowed in conjunction with Saturday or Sunday outdoor varsity contests, which must be approved at least one week in advance by the Athletics Department and is restricted to the Halas Hall (Tailgate) Lot (unless otherwise designated by the Director of Public Safety) and is located on South Campus behind the Public Safety Center. Tailgating may begin two (2) hours prior to the start of a game, vacated during the game, and may resume for 90 minutes following the contest. All College policies are in effect, including the prohibition against underage consumption and possession of alcohol. No kegs, common containers, or drinking games are allowed. Tailgaters are expected to clean up individual areas after use; tailgaters who fail to clean up may be prohibited from future tailgating. No oversized vehicles are allowed; passenger vehicles only. Public Safety reserves the right to monitor tailgating activities and remove or restrict individuals who display inappropriate behavior. In addition, Public Safety officers may

verify the legal age of any persons consuming alcohol and to take whatever actions are necessary to address violations which may include notifying the Lake Forest Police Department.

### **Off Campus:**

The College community acknowledges that some alcohol related behaviors and choices are more hazardous than others and could result in more significant harm to individuals and/or the community. The possibility of greater harm may also require a higher level of assistance from staff, such as Public Safety and Residence Life. As a result, violations of these standards require greater consideration. These violations include but are not limited to:

- **Abuse** (when a student drinking, intoxication, and/or other alcohol related behavior requires significant staff intervention, medical attention, and/or transport/admission to the hospital. Abuse can be demonstrated by a one-time incident or a series of events);
- **Common container and/or excessive amounts** (when a student possesses, uses, purchases, distributes, and/or consumes alcohol from containers such as but not limited to kegs, punch bowls, or garbage cans; and/or when a student possesses an excessive amount of alcohol as determined by College staff. Use of such containers and/or excessive amounts is frequently associated with attempts to consume large amounts of alcohol in a short period of time or to provide alcohol to many people.);
- **Providing to/purchasing alcohol for underage persons** (when a student who is 21 years of age or older assists an underage person in possessing alcohol);
- **Drinking games** (when a student participates in a game/activity where drinking alcohol is a component. This can include but not be limited to beer-die, beer-pong, century-club, etc.);
- **Paraphernalia** (when a student possesses, or uses items demonstrated to enhance and/or speed the consumption of alcohol or designed to provide alcohol to many people. This includes but is not limited to beer bong, kegerators, drinking game paraphernalia);
- **Public intoxication** (when a student is found to be under the influence of alcohol or any other substance in a public area. This may be further demonstrated by intoxication and/or impairment that can lead to the injury of the student and/or a bystander); and/or

Members of the Lake Forest College community are expected to abide by all laws regarding the possession, distribution, and/or use of drugs. This includes illegal drugs and the improper/unauthorized use of prescription medication.

- **Use/possession** (when a student possesses and/or uses illegal drugs, drugs that are not legally prescribed to him or her, and/or uses prescription drugs in excess or in a manner otherwise inconsistent with the prescription) and/or

- **Paraphernalia** (when a student possesses items that have been used to store and/or consume illegal drugs such as pipes, bongs, one-hitters, grinders, baggies with residue etc.).

Community: As indicated above, drugs are often hazardous and could result in significant harm to individuals. In circumstances where information may indicate an effort(s) to provide drugs to the community, such a possibility requires a distinct level of attention from staff, such as Public Safety and Residence Life or even off-campus resources such as the Lake Forest Police Department. As a result, violations of these standards require greater consideration. These violations include but are not limited to:

- **Manufacture** (when a student is found to have manufactured and/or attempted to manufacture illegal drugs or controlled substances. Furthermore, students in possession of items found to be used for manufacturing drugs such as plant lamps, chemicals, etc., may also be considered) and/or
- **Distribution** (when a student is found to have distributed, attempted to distribute and/or intends to distribute illegal drugs or drugs not legally prescribed to him or her. Distribution applies regardless of whether or not money and/or other considerations are exchanged. Furthermore, students in possession of large quantities of drugs and/or articles found to be used for distribution such as scales, baggies, etc., may also be considered)

### **Improper Hosting/Guests:**

Students are responsible for the actions and behavior of their guests. Guests can include Lake Forest College students who are present in the student's room as well as non-student visitors. Students are required to register all guests and their vehicles as soon as they arrive on campus using an online form on [my.lakeforest.edu](http://my.lakeforest.edu) student tab. Students are also expected to remain with their guests at all times while the guest is on campus. Students may be held responsible when a student's guest(s) violates community standards, and/or when a student hosts an event at which guests violate community standards. Students may also be responsible for parking tickets issued to a guest's vehicle.

### **Good Neighbor Policy**

Lake Forest College expects its students to conduct themselves as mature, responsible and law abiding members of their local and College communities. As such, Lake Forest College students are expected to abide by and uphold all federal, state and city laws and ordinances including, without limitation, all laws and ordinances relating to noise, traffic, parking and consumption of alcohol. As responsible members of the College Community, Lake Forest College students are

expected, by their conduct and actions, to foster an atmosphere that nurtures positive community relations between Lake Forest College and the community surrounding Lake Forest College.

### **Additional Provisions Involving Alcohol:**

All students must present their Lake Forest College ID and a state-issued photo ID to attend any event at which alcoholic beverages are served. In the case where the administration has specifically approved attendance by guests, non-students must be registered online via the College's guest registration system and present a state issued photo ID to attend. Students and their guests who are 21 years of age or older must be given a bracelet or have their hands stamped to indicate that they are of legal drinking age.

Violations of these policies, as well as disorderly or destructive conduct associated with drinking, are considered serious offenses and will be referred to the College's conduct system for possible disciplinary action, including suspension or dismissal from the College.

### **Greek Life:**

New Member Recruitment must follow the guideline of having no alcohol present at any recruitment event. The consumption of alcohol at any time during a new member program is prohibited. If Greek Life decides to have an event with alcohol, they must review Lake Forest College's alcohol policy, which is available at the Gates Center for Leadership and Personal Growth or in this review and sign an agreement that they will adhere to the policy.

### **Ice Rink/Sports & Recreation Center:**

With the approval of the Athletic Director, the Ice Rink or Sports & Recreation Center may be used twice during the Spring semester for all-campus functions with beer and wine only. Only students with Lake Forest College IDs may attend, unless the administration has specifically approved attendance by guests. Only students 21 years of age or older may be served alcoholic beverages, consistent with this policy, and they must be given bracelets to indicate that they are of legal drinking age. No alcoholic beverages other than beer and wine may be served.

### **Stuart Commons (The Student Center):**

Rooms in Stuart Commons may be reserved for all-campus functions with alcohol through the Gates Center for Leadership and Personal Growth. Only students with Lake Forest College IDs may attend unless the administration has specifically approved attendance by guests. Any

students 21 years of age or older must be given a wristband. No alcoholic beverages other than beer and wine may be served, and all service must be through Parkhurst Dining.

### **Organizations:**

No student organization may serve liquor at any on campus event. Student organizations that wish to serve beer and wine at any campus location other than the Mohr Student Center are required to make arrangements with Parkhurst Dining to serve at their event. Organizations sponsoring events at which beer and wine are served are responsible for monitoring their guests and assuring that they do not abuse alcohol. Further, they must adhere to all policies pertaining to the consumption of beer and wine as outlined in the social event checklist available at the Gates Center for Leadership and Personal Growth. If organizations that sponsor social events with beer and wine fail to exercise such responsibility, they will be referred to the College's conduct system, which may result in sanctions.

### **Senior Celebration and Senior Party:**

The senior class may have one on-campus Senior Celebration and one on-campus Senior Party each year. No guests are permitted at the Senior Celebration. Beer and wine may be served at both parties; no liquor may be served. There is a three-drink limit at the on-campus Senior Celebration and a four-drink limit at the on-campus Senior Party. Seniors and their registered guests must be over the age of 21 to consume alcohol at the Senior Celebration and Senior Party.

### **Mohr Student Center:**

During specific hours, beer and wine products are served in the Mohr Student Center. Legal-aged students are expected to drink responsibly; those who do not may lose their privileges to visit the space where beer and wine is being served. In recognition of our responsibilities to both the City of Lake Forest and the State of Illinois, who granted the College the licenses that make beer and wine service possible, the College expects students to adhere to the following policies and procedures:

- Only members of the Lake Forest College community and their registered guests who are 18 and older may enter the main floor of the Mohr Student Center during hours when beer and wine is being served.
- All patrons will be required to show proof of identification whenever asked by Mohr Student Center personnel.

- Guests must be registered at the Department of Public Safety; those who are of legal age to purchase beer and wine will receive a wristband when they first present their ID to the server.
- Guests must be accompanied by their Lake Forest College host at all times when entering the facility.
- Lake Forest College students who are of legal age to purchase beer and wine must present their College I.D. to do so; they will receive a wristband when they first present their identification to the server.
- All patrons 21 and older who choose to purchase and consume beer and wine must wear a wristband in the Mohr Student Center at all times.
- All patrons must be wearing pants, shirts, and shoes at all times in the Mohr Student Center. Violators will be asked to leave. Apparel intended to be worn as under garments must not be worn as outer garments.
- No bags will be allowed in the Mohr Student Center during All-Campus Programs (ACP's).
- No outside beverages will be allowed in the Mohr Student Center during All-Campus Programs (ACP's).
- Beer and wine must not leave the main floor of the Mohr Student Center (not beyond the men's bathroom on west, patio doors on east, and stairwell on north) unless approved by the Gates Center for Leadership and Personal Growth.
- Lake Forest College students and their guests who are of legal age to purchase beer and wine must present their identification at every purchase.
- Sponsors of events that take place in the Mohr Student Center reserve the right to request the suspension of beer and wine service during the duration of their event.

Underage patrons found drinking alcohol in the Mohr Student Center and legal-aged patrons found responsible for providing alcohol to minors in the Mohr Student Center will lose the right to visit the space during hours when alcohol is being sold. Patrons discovered to be drinking alcohol in the Mohr Student Center and legal-aged Lake Forest College students found responsible for providing alcohol to minors in the Mohr Student Center will be referred to the College's judicial system. The Lake Forest College student hosts of any guests in violation of these policies will be referred to the student conduct system.

### **Athletics: Varsity, Junior Varsity, Intramural, and Club Sports:**

Alcohol is not permitted at any College-sponsored athletic event. Alcohol is therefore prohibited in locker rooms, in vehicles traveling to and from games, in hotels, and at team meals. Any student found in violation of this policy will be subject to sanctions as determined by the Athletic



Department; such discipline can be no less than suspension from participating in the next game or contest and may result in suspension for an entire season.

### **Alcohol and Tobacco Policy:**

Alcohol, tobacco (including vaping), and related paraphernalia are not permitted by student-athletes at any College sponsored athletic event. Alcohol, tobacco, and vaping are therefore prohibited in locker rooms, in vehicles traveling to and from contests, in hotels, at team meals, and at athletic department special events. Any student found in violation of this policy will be subject to sanctions as determined by the Director of Athletics or Athletic Conduct Committee; such discipline can be no less than suspension for the next game or contest and it may result in suspension for the entire season.

### **Drug Policy:**

Any student-athlete who takes responsibility or is found responsible for a drug related offense\* is subject to the suspensions outlined below and may be referred for substance abuse counseling. The Director of Athletics will issue a letter confirming the suspension.

### **First Offence**

#### ***In-Season:***

Any in-season varsity or junior varsity athlete who takes responsibility or is found responsible for a drug related offense\* by the College's adjudication process will be automatically suspended for the number of regular season contests equivalent to 25% of their season, based upon the competition schedule\*\* in the academic year in which the violation occurred but, dependent upon the length of the suspension, may extend into the following season. Student-athletes are not allowed to dress or travel for competition during suspensions but are eligible to practice. If applicable, dual-sport athletes will serve suspensions successively, meaning the suspension will be applied to both sports with contest ratio taken into consideration.

#### ***Out-of-Season:***

Any out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a drug related offense\* by the College's adjudication process will be automatically suspended for the number of regular season contests equivalent to 10% of their next eligible sport season, based upon the competition schedule\*\* in the academic year in which the violation occurred.

Student-athletes are not allowed to dress or travel for competition during suspensions but are eligible to practice. A student-athlete who chooses to become a dual-sport athlete after a violation has occurred will serve the suspension in the sport season of the team in which they

were originally associated. If they are no longer a member of that team, the suspension will be served in their subsequent sport season.

### **Second Offense**

Any in-season or out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a drug related offense\* for the SECOND time by the College's adjudication process will immediately be banned from participation in all varsity athletic programs for one full calendar year.

### **Third Offense**

Any in-season or out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a drug related offense\* for the THIRD time by the College's adjudication process will immediately be banned from participation in all varsity athletic programs for the remainder of his or her collegiate career.

### **Drug Policy: Cannabinoids**

Note: While Illinois state law legalized recreational cannabis use in January of 2020, federal law still prohibits use and colleges must comply with federal law. Furthermore, cannabinoids are a banned substance by the NCAA. Student-athletes found responsible for cannabinoid-related drug offenses will be subject the automatic sanctions below:

#### **First Offense**

Any in-season or out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a cannabinoid drug related offense\* for the FIRST time by the College's adjudication process will receive a formal written warning from the Director of Athletics that any future violations will result in the escalating sanctions below.

#### **Second Offense**

##### ***In-Season:***

Any in-season varsity or junior varsity athlete who takes responsibility or is found responsible for a cannabinoid drug related offense\* for the SECOND time by the College's adjudication process will be automatically suspended for the number of regular season contests equivalent to 25% of their season, based upon the competition schedule\*\* in the academic year in which the violation occurred but, dependent upon the length of the suspension, may extend into the following season. Student-athletes are not allowed to dress or travel for competition during suspensions but are eligible to practice. If applicable, dual-sport athletes will serve suspensions

successively, meaning the suspension will be applied to both sports with contest ratio taken into consideration.

***Out-of-Season:***

Any out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a cannabinoid drug related offense\* for the SECOND time by the College's adjudication process will be automatically suspended for the number of regular season contests equivalent to 10% of their next eligible sport season, based upon the competition schedule\*\* in the academic year in which the violation occurred. Student-athletes are not allowed to dress or travel for competition during suspensions but are eligible to practice. A student-athlete who chooses to become a dual-sport athlete after a violation has occurred will serve the suspension in the sport season of the team in which they were originally associated. If they are no longer a member of that team, the suspension will be served in their subsequent sport season.

**Third Offense:**

Any in-season or out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a cannabinoid drug related offense\* for the THIRD time by the College's adjudication process will immediately be banned from participation in all varsity athletic programs for one full calendar year.

**Fourth Offense:**

Any in-season or out-of-season varsity or junior varsity athlete who takes responsibility or is found responsible for a cannabinoid drug related offense\* for the FOURTH time by the College's adjudication process will immediately be banned from participation in all varsity athletic programs for the remainder of his or her collegiate career.

\*Drug related offenses are defined in the Lake Forest College student handbook.

\*\*Suspensions will be based upon a sport's regular season schedule but may be adjusted if/when post-season competition occurs during the time of suspension. Non-traditional seasons are considered practice opportunities and are not taken into consideration when calculating suspensions.

**Hazing Policy**

Lake Forest College explicitly and emphatically prohibits hazing. A student is responsible for hazing when they take any action and/or creates a situation on or off college premises which may

produce mental or physical harm, discomfort, harassment, embarrassment, ridicule, or abuse as part of any activity and/or event related to membership and/or participation in an organization. Such activities and situations include but are not limited to paddling in any form, creation of excessive fatigue, physical or psychological shocks, morally degrading and humiliating games and activities, late work sessions that interfere with academic goals, the coerced use of alcohol/other drugs, and any other activities that are not consistent with the guidelines and/or policies of the College.

Hazing violations will be addressed by the College's conduct system. In addition to those sanctions included in the conduct system, the Student Affairs staff may administer sanctions that include, but are not limited to, warnings, suspensions, or disbandment of organizations. Explicit violations of this policy will warrant the consideration of a minimum sanction of suspension for at least one year. This policy acknowledges the role that peer pressure and acceptance play in new member programs.

With this stated, it is important to understand that consent of a new member to a given activity does not necessarily imply that the activity in question is appropriate. Illinois state law states, "A person commits hazing who knowingly requires the performance of any act by a student or other person in a school, college, university, or other educational institution of this State, for the purpose of induction or admission into any group, organization, or society associated or connected with that institution if: (a) the act is not sanctioned or authorized by that educational institution; and (b) the act results in bodily harm to any person." Hazing is a Class A misdemeanor under the law. Hazing that results in death or great bodily harm is a Class 4 felony, punishable by up to three years in prison.

The following are some examples of hazing divided into three categories: subtle, harassment, and violent. It is impossible to list all possible hazing behaviors because many are context specific. While this is not an all-inclusive list, it provides some common examples of hazing traditions.

### **Subtle Hazing**

Subtle hazing is present in behaviors that emphasize a power imbalance between new members/rookies and other members of the group or team. Termed "subtle hazing" because these

types of hazing are often taken-for-granted or accepted as “harmless” or meaningless. Subtle hazing typically involves activities or attitudes that breach reasonable standards of mutual respect and place new members/rookies on the receiving end of ridicule, embarrassment, and/or humiliation tactics. New members/rookies often feel the need to endure subtle hazing to feel like part of the group or team. Subtle hazing often reinforces the power dynamic differential between seasoned/returning members and new/rookie members. (Some types of subtle hazing may also be considered harassment hazing).

Examples:

- Deception
- Assigning demerits
- Silence periods with implied threats for violation
- Deprivation of privileges granted to other members
- Requiring new members/rookies to perform duties not assigned to other members
- Socially isolating new members/rookies
- Line-ups and Drills/Tests on meaningless information
- Name calling
- Requiring new members/rookies to refer to other members with titles (e.g. Mr., Ms., etc.) while the new members are identified with demeaning terms
- Expecting certain items to always be in one's possession

### **Harassment Hazing**

Harassment hazing includes behaviors that cause emotional anguish or physical discomfort in order to feel like part of the group. Harassment hazing confuses, frustrates, and causes undue stress for new members/rookies. (Some types of harassment hazing can also be considered violent hazing).

Examples:

- Verbal abuse
- Threats or implied threats
- Asking new members to wear embarrassing or humiliating attire
- Stunts or skits with degrading, crude, or humiliating acts
- Expecting new members/rookies to perform personal service to other members such as carrying books, errands, cooking, cleaning etc.
- Sleep deprivation
- Sexual simulations
- Expecting new members/rookies to be deprived of maintaining a normal schedule of bodily cleanliness.
- Be expected to harass others

## **Violent Hazing**

Violent hazing includes behaviors that have the potential to cause physical and/or emotional, or psychological harm.

Examples:

- Forced or coerced alcohol or other drug consumption
- Beating, paddling, or other forms of assault
- Branding D. Forced or coerced ingestion of vile substances or concoctions
- Burning
- Water intoxication
- Expecting abuse or mistreatment of animals
- Public nudity
- Expecting illegal activity
- Bondage
- Abductions/kidnaps
- Exposure to cold weather or extreme heat without appropriate protection

**The following hazing activities are expressly forbidden at Lake Forest College:**

- Consumption of alcohol at any time during a new member program.
- Required consumption of any liquids or solids, or placing liquids or solids in the mouth of a new member, other than the normal not coerced intake of beverages and food.
- Wearing of conspicuous, potentially embarrassing articles of clothing/outfits that draw attention to a new member.
- Testing, quizzing, or interrogating new members, which includes "line-ups," with the fear of punishment or ridicule upon failure.
- Required greetings for new members when they interact with active members that are inappropriate or embarrassing or use derogatory nicknames.
- Punishments of any kind (physical or psychological), other than probation or dismissal, for not meeting expectations.
- Physical abuse of any kind.
- Psychological abuse of any kind, including verbal harassment and berating.
- Acts of personal servitude (washing laundry, serving food, etc.) by new members for active members or others.
- Disrupting or prohibiting an adequate amount of sleep per day.
- Disrupting or prohibiting an adequate amount of study per day.
- Public stunts aimed at embarrassing or putting new members on public display.
- Any outdoor activity that might cause discomfort and/or harm/injury.

- Calisthenics or aerobic activities.
- Blindfolding

## **Health Risks Associated with Substance Abuse**

There are many health risks when it comes to the abuse of alcohol and illegal substances. Alcohol use can impair coordination and reasoning, making driving unsafe. Alcohol at high doses can alter a person's ability to remember information and very high doses of alcohol over a short period of time may quickly produce unconsciousness, coma, and even death. If alcohol is combined with other depressants and a much lower amount of alcohol, it may cause life threatening scenarios. Consumption of alcohol by a pregnant individual can cause harm to the unborn child.

Repeated use of alcohol may cause dependence and the sudden quitting of alcohol may cause withdrawal symptoms such as anxiety, headaches, shakiness, nausea, hallucinations, insomnia, sweating, and seizures. Alcohol withdrawal can be life-threatening.

All students should be aware of the health risks\* that are caused by the use of prolonged or binge drinking (Blood Alcohol Concentration of 0.08 or above in 2 hours) use behaviors:

- Heart; Arrhythmias, Cardiomyopathy, Stroke, High blood pressure
- Liver; Steatosis, Alcoholic hepatitis, Fibrosis, Cirrhosis
- Pancreases; Pancreatitis
- Cancer; Liver cancer, Breast cancer, Head and Neck cancer, Esophageal cancer, Colorectal cancer
- Weakening of your immune system

\*National Intuition of Alcohol Abuse and Alcoholism

Knowing the signs of alcohol poisoning is crucial in saving someone's life and calling for help:

- Vomiting
- Unresponsive, inability to rouse the person
- Slow or irregular breathing, weak pulse
- Cold or blue skin, paleness, hypothermia (low body temperature)

Substance (drug) use can result in the damage to your health and impairment of physical conditions of an individual. All students should be aware of the health risks\* due to long-term or daily substance use:

- Cardiovascular Disease
- Stroke
- Cancer
- HIV/AIDS

- Hepatitis B & C
- Lung Disease
- Mental Illnesses

\*National Intuition of Drug Abuse

The abuse of substances may be immediate and unpredictable. Knowing the signs of an opioid overdose saves lives and allows individuals to know when to call help and administer Narcan. These signs may be:

- Pale, cold, and clammy skin
- Limp body
- Vomiting or gurgling noises
- Unresponsive or unconscious
- Slowed or stopped breathing or heartbeat

The use of illicit drugs and the abuse of alcohol may result in serious health consequences. All students should be aware of the health risks caused by the use of alcohol, and controlled substances (drugs). Consumption of more than two servings of alcohol in several hours can impair coordination and reasoning and make driving unsafe. Drugged driving also puts drivers, passengers, and others on the road at high risk. Consumption of alcohol by a pregnant woman can damage the unborn child.

If you or someone you know may be experiencing problems with substance abuse the Health and Wellness Center or off campus resources in the community are here to help. The Health and Wellness Center is located on South Campus in Buchanan Hall and available for appointments through the student health portal or by calling (847) 735-5240. The 24/7 Lake Forest College Mental Health Crisis Line is available to help students anytime at (847) 735-5300.

### **Amnesty Protocol:**

The health, safety, and general well-being of students are of primary concern to Lake Forest College. Students who are aware of a medical emergency are obligated to call for help, even when the emergency may be linked to illegal or prohibited activities such as alcohol or other drug use. If someone is severely intoxicated or is injured as a result of illegal or prohibited activities, students should seek emergency medical help immediately. Students and those assisting them run no risk of penalty from the College for alcohol and other drug violations, so long as someone has called for help. In those cases, students may be required to take advantage of educational or counseling opportunities, but no record of a conduct violation will be created. Failure to complete the recommended educational or counseling opportunity may result in further disciplinary action. Repeat or serious incidents will prompt a higher degree of concern, response, and sanctioning.



Violations Involving Alcohol: Members of the Lake Forest College community are expected to abide by all laws regarding the possession, distribution, and/or use of alcohol on campus or at College-sponsored events. We expect students to make choices regarding alcohol in a manner that supports our values of responsible citizenship and mutual respect.

The College's Medical Amnesty Policy offers no protection for civil or criminal charges that authorities may apply in association with the incident(s). Furthermore, the College reserves the right to address other egregious conduct violations that may surface during the response to the incident(s), such as sexual misconduct or fire safety violations.

## **Alcohol and Other Drug Use Faculty and Staff Policy Enforcement**

### **Drug-Free Workplace Policy**

The College's Mission Statement provides that "we enable students, faculty, trustees, and administrators to solve problems in a civil manner, collectively." The policy below was written with that statement in mind; however, not all community members are comfortable addressing each other on all topics. [Campus Conduct Hotline](#) (866-943-5787) is a confidential, independent, call-in service that provides a simple, anonymous way for individuals to preserve the values and mission of Lake Forest College. Lake Forest College is committed to maintaining a workplace free from the effects of alcohol and illegal drugs in compliance with applicable laws. Illegal drugs, as referred to in this policy, include drugs that are not legally obtainable, as well as drugs that are legally obtainable but used for illegal or unauthorized purposes. The unlawful possession, use, distribution, sale, or manufacture of controlled substances is prohibited on College premises and, if witnessed, should be reported to the Public Safety, Human Resources Director, department head, or direct supervisor.

Note: In June of 2019, the Illinois legislature passed Public Act 101-0027, which legalized personal use and possession of cannabis in the state of Illinois in January of 2020. However, cannabis remains illegal under federal law. Lake Forest College complies with the federal Drug-Free Schools and Communities Act, which requires a drug-free campus community. Therefore, Lake Forest College prohibits the possession, use, manufacture, cultivation, dissemination, and storage of cannabis by students, faculty, staff, visitors on campus and properties and at College events.

While on Lake Forest College premises and while conducting business-related activities off Lake Forest College premises, you may not be under the influence of illegal drugs or alcohol. Nor may

you be in any condition that impairs your work performance due to drug or alcohol use or abuse. Violations of this policy may lead to disciplinary action, up to and including immediate termination of employment. Such violations may also have legal consequences.

The legal use of prescribed drugs is permitted on the job only if it does not impair your ability to perform the essential functions of the job effectively and in a safe manner that does not endanger other individuals in the workplace. If you are taking prescribed drugs which may affect your attentiveness, cause drowsiness, or otherwise impair your abilities, please notify your supervisor or Human Resources of this fact so modifications to job duties can be made if appropriate.

If Lake Forest College has a reasonable suspicion that an employee has violated this policy, it will conduct an investigation, which may include an unannounced search of Lake Forest College premises or property and/or the employee's personal property. Lake Forest College may also order any employee reasonably suspected of having used or being under the influence of alcohol or illegal drugs while on duty to take a test for the presence of drugs or alcohol. Such test will be conducted by an independent laboratory at Lake Forest College's expenses. Any employee asked to undergo a test will be suspended with pay from work until test results are available and a further determination is made.

Failure to abide by this policy or refusal to consent to testing when requested will result in disciplinary action, up to and including immediate termination, even for a first offense.

If you have a drug or alcohol problem that has not resulted in and is not the immediate subject of disciplinary action, you may request approval to take unpaid time off to participate in a rehabilitation or treatment program. Leave may be granted if you agree to abstain from use of the problem substance, you abide by all Lake Forest College policies, rules, and prohibitions relating to conduct in the workplace, and if granting leave will not cause Lake Forest College undue hardship. Employees with questions or concerns about substance dependency or abuse are encourage to discuss these matters with their supervisor or the Human Resources Director to receive assistance or referrals to appropriate resources in the community.

If you have questions on this policy or issues related to drug or alcohol use in the workplace you may discuss them with the Human Resources Director without fear of reprisal.

## The Employee Assistance Program

The Employee Assistance Program at Lake Forest College is with Perspectives AllOne Health Company. They offer employees counseling, WorkLife services, and more all by qualified professionals. To get in contact with AllOne Health call 1-800-456-6327 or contact Human Resources.

## Drug and Alcohol Abuse Prevention Policy

Pursuant to the requirement of Public Law 101-226, Lake Forest College announced and implemented the following statement regarding a drug-free school in October 1990.

- a. **Prohibited Conduct:** The unlawful possession, use, or distribution of illicit drugs or alcohol by students and employees on College property or as part of any College activity is prohibited. 102
- b. **Applicable Legal Sanctions:**
  - i. The Illinois Criminal Code classified drug-related offenses (e.g.: Manufacture or delivery of a controlled substance, engaging in a calculated criminal drug conspiracy, drug trafficking, unauthorized possession, etc.) as either Class A misdemeanors or Class 1, 2, 3, 4, or X felonies depending upon the severity and nature of the conduct. The following criminal penalties are applicable to the identified categories of offenses:

CATEGORY OF OFFENSE	MONETARY FINES	IMPRISONMENT
Class A Misdemeanor	\$1,000	Up to 1 year
Class X Felony	Up to \$500,000	6 to 60 years
Class 1 Felony	Up to \$250,000	4 to 15 years
Class 2 Felony	Up to \$200,000	3 to 7 years
Class 3 Felony	Up to \$150,000	2 to 4 years
Class 4 Felony	Up to \$15,000	1 to 3 years

- ii. The applicable Federal penalties and sanctions for illegal possession of a controlled substance are given on the attached Appendix A.
- c. **Counseling Services and Rehabilitation Program:** The use of illicit drugs and the abuse of alcohol may result in serious health consequences. A description of health risks associated with substances covered by the Controlled Substances Act (21 U.S.C. 811) is seen in Appendix B for both Faculty and Staff Handbooks. A summary description of health risks associated with alcohol is given on the attached Appendix C. For additional information, consult pamphlet, Drugs and the Body, which is available in the Personnel Office. Students experiencing problems with drug and alcohol abuse are encouraged to

seek assistance in the Health and Wellness Center. Employees with group health insurance coverage should refer to the booklet, Summary Plan Description, Lake Forest College Point-of-Service Plan, for coverage on drug and alcohol treatment. In addition, the Human Resources Office has available as a reference resource, Human Services for Lake County People.

- d. **College Sanctions and Penalties:** Lake Forest College employees and students found in violation of the prohibitions set forth in their respective Handbooks will be subject to disciplinary action up to and including termination or suspension and possible referral for prosecution. Each case will be evaluated on an individual basis. It is possible a disciplinary sanction may include the completion of an appropriate rehabilitation program.

### **Overnight Visits** (including unofficial or official visits, for Admissions or Athletics)

Any participants must comply with alcohol, drug and smoke-free campus policy as a condition of participation. Participants must also comply with a code of conduct for participants.

### **Public Safety & The Annual Security and Fire Safety Report**

The annual publication of the [Annual Security and Fire Safety Report](#) is available to view on Public Safety's webpage on Lake Forest College along with the Daily Crime Log.

### **Title IX**

To view the [Title IX policies, documents, and campus policies](#) visit the Title IX's webpage on Lake Forest College's website to view all items.

### **AOD Strengths, Weaknesses, Opportunities, and Threats:**

#### **Strengths:**

- Lake Forest College has dedicated their efforts towards Alcohol and other Drug preventative efforts by hiring a part-time Prevention Specialist to help navigate AOD preventative efforts on campus in and out of the Health and Wellness Center.
- In spring 2024 the Prevention Specialist trained the Wellness Peer Educators to become certified Peer Educators under NASPA.

- Cross collaborations with Student Affairs to bring Bystander Intervention and Anti-Hazing Education to Greek Life Organizations and Student Programming Groups.

### **Weaknesses:**

- No unified location for Drug Free School and Communities Act Reports and associated resources available for students and employees.
- No permanent Prevention Specialist/Compliance Officer for the DFSCA EDGAR 16.
- We are a highly residential campus with a majority of our students living away from home for the first time and experimenting with alcohol and other drugs. Given this demographic, programming may be ignored or downplayed by students who believe that College is the time to party.
- Funding is limited for staffing and programming, which limits our outreach to students on and off campus.

### **Opportunities:**

- Implementing an institutional-level intervention of an on-campus AOD task force to examine the college's alcohol and other drug environment, policies, and programs. This task force will also help navigate the continuation and compliance of the Drug Free School and Campus Act.
- Having more comprehensive and cohesive education for incoming students on Alcohol and Other Drug Education through the Residence Life first-year curriculum.

### **Threats:**

- We have local drinking establishments that may not be carding students or checking their IDs for accuracy when entering the establishments.
- The Illinois General Assembly passed the Illinois Cannabis Regulation and Tax Act to legalize recreational cannabis use starting on January 1, 2020.

### **Recommendations for next Biennium**

Moving forward, Lake Forest College would like to make recommendations to the Lake Forest College campus community to focus on the following goals.

### **Goals and Objectives for the Next Biennium:**

Goal 1: Creating a AOD Task Force/Committee

Strategy: Review the previous AOD Task Force Model at Lake Forest College to create a proposal to reinstate the task force.

Strategy: Explore NASPA's 360 Proof Program (<https://www.360proof.org/campusteam>)

Goal 2: Update Alcohol and Other Drug policies such as the Amnesty protocol on campus.

Strategy: Review other models of Medical Amnesty Protocols and how they are able to expand on other situations such as hazing, drug use, fake ID use, and more.

Goal 3: Create a website page to house the Drug Free Schools and Campus Act Report, Annual Notification, Resources, and more on Lake Forest College's website.

Strategy: Work with Marketing to establish a webpage.

Strategy: Work with the Dean of Student's office to develop content and design for the website.

Goal 4: Update the Annual Notification system at Lake Forest College for the next years.

Strategy: Work with the Dean of Students office, Human Resources, and Communications to ensure each Lake Forest College student is receiving the Annual Notification.

Strategy: Work with the Illinois Higher Education Center (IHEC) on developing a notification system that would work for Lake Forest College's small liberal arts college campus size and environment.

## Appendices

### Appendix A. All Campus Programs Hosting Policy for 2023 – 2024

#### ACP Hosting Policy 2022-2023

The following All Campus Parties (ACP) Hosting Policy has been created to ensure that all student organizations have the opportunity to be considered to host an ACP, to support successful planning of ACPs by student organizations, and to preserve the safety of our Lake Forest College community. Only registered student organizations in good standing with the Gates Center may sponsor an ACP.

#### GENERAL ACP INFORMATION

1. ACP's may be held from the fourth Friday of the semester until the first Friday in November in the fall, and from the second Friday of the semester until the third Friday of April in the spring.
2. All ACP's are encouraged to have a theme and to be decorated and marketed accordingly.
3. All dances can be no longer than 3 hours and may not begin after 10pm.
4. All ACPs must be held indoors in the Mohr Student Center.
5. No machine or device, including but not limited to, fog machines, dry ice, misters, strobe lights etc. which can obscure vision or create artificial smoke or mist, may be used.
6. Footwear must be worn at all times. Guests may not bring any fake weapons or aspects of a costume that may appear threatening or dangerous.
7. At events, all small purses, such as a clutch are subject to search. No backpacks or large purses are permitted at ACPs. All ACPs must have a coat check which will be run by Event Monitors.
8. The minimum age for entry to the dance is 18. The only exceptions will be for Lake Forest College students who can show a current Lake Forest College ID. All Lake Forest College students must check into the ACP using the Event Pass. Any guests must be registered through the Residence Life Guest Registration Process and any guest who is not registered will need to register before being allowed to enter the event.
9. Any students/guests that are intoxicated, under the influence of illegal drugs, or who demonstrate inappropriate behavior will be removed from the ACP and will be referred to/documented by public safety and/or professional staff members as appropriate. Inappropriate behavior includes, but is not limited to, behavior in violation of Lake Forest College policy, the student code of conduct and/or local, state and federal laws.
10. All ACPs are required to provide a water station to guests through Parkhurst.
11. All guidelines in this policy must be adhered to—failure to do so may result in the delay or cancellation of the event. Any violations of this policy may result in disciplinary sanctions against the sponsoring group(s) and/or individuals. Please note all policies and procedures listed in the Student Handbook are applicable.

#### ACP HOSTING GUIDELINES

12. Student organizations wishing to host an ACP must submit a proposal to the Gates Center through my.involvement.
13. The proposal must be submitted **no less than 30 days** prior to the proposed ACP date and must include the following information:
  - a. Name of the student organization(s) wishing to host and ACP
  - b. Name of the Student Event Manager leading the planning of the proposed ACP (the person who is submitting the form)

- c. Proposed date of the ACP
  - d. A marketing plan
  - e. Logistics plan
    - i. Production schedule
      - 1. Set up time
      - 2. Arrival time and schedule of performers and service providers
        - a. Call time
        - b. Sound check
      - 3. Arrival time of Student Event Manager and Event Monitors
      - 4. Starting/ending time of event
      - 5. Clean up time
  - f. Event Monitor Rotation
  - g. Room layout
  - h. Contact information
    - i. Event crew
      - 1. Set up
      - 2. Monitors
      - 3. Clean up
    - ii. Performers
  - i. List of 12 *trained* Event Monitors, trained at least 15 days before the event.
  - j. Theme – No theme is required for an ACP. If you wish to have a theme, it's expected that you submit a theme proposal to be reviewed
14. After submitting your ACP proposal, you must also submit your Student Organization Funding Request form which includes a detailed budget. The Assistant Director of the Gates Center will review and approve your request for the event and SAFB will approve funding.
15. At the end of the ACP, the Student Manager must walk through the space with the Gates Center staff to determine if there are any damages. The sponsoring organization is responsible for any damage that occurs as a result of their event, and the sponsoring organization(s) may face disciplinary sanctions.

## DEFINITIONS

### Student Event Manager

- The Student Event Manager serves as the main point of contact for the ACP and the hosting organization. The Student Event Manager must be a member of the executive team or board of the student organization and must be the person who submits the ACP proposal and the ACP Budget Request through my.involvement. The Student Event Manager must also attend Event Monitor Training and must remain substance-free for the duration of the ACP. They are responsible for leading the Event Monitors and managing any day of logistics for the event.

### Event Monitors

- Event Monitors are members of the hosting student organization who have been trained at Event Monitor Training provided by the Gates Center. Event Monitors manage event logistics and provide intervention in a variety of situations, if needed. Event Monitors must be substance-free for the duration of the ACP. If an organization does not have twelve (12) Event Monitors present



or if they neglect their duties and expectations, the hosting student organization may face disciplinary sanctions.

### Event Monitor Training

- Event Monitor Training will be provided by the Gates Center and covers the expectations of Event Monitors as well as bystander intervention training. Student organizations should encourage as many of their members as possible to attend Event Monitor Training. Once a student attends Event Monitor training, they are able to serve as an Event Monitor for the rest of the academic year.

### Event Monitor Expectations

- All Event Monitors must be trained at Event Monitor Training.
- Event monitors must be substance-free before and during the ACP. If a staff member suspects that an Event Monitor is under the influence, they will not be able to serve as an Event Monitor at that ACP.
- Event Monitors and the Student Event Manager will have a required meeting with the Gates Center Staff member 45 minutes prior to the start of the event. This meeting will be a review of expectations and roles as well as a chance to exchange contact information.
- Event Monitors will be given their assigned roles and rotation during the meeting. Below is a description of the roles and responsibilities:
  - Check (2) (closest to the Skybox)
    - Direct people to the coat check in the Skybox
    - Check-in all Lake Forest College students using their Event Pass (found on the Corq app)
    - Check the guest registration list and if guests aren't on it, have the hosting student register their guest before entering the event.
    - As people leave, observe for signs of extreme intoxication or other areas of concern. Alert a staff member if applicable.
    - Keep people from leaving with alcohol
  - Top of the Mohr Center Stairs (2) (farthest from the Skybox)
    - Stand at the top of the stairs so attendees can't enter from that side. They are allowed to exit up the stairs.
    - Direct people to the coat check in the Skybox and then to the check-in station
    - Keep people from leaving with alcohol
    - As people leave, observe for signs of extreme intoxication or other areas of concern. Alert a staff member if applicable.
  - Coat Check (2) (Skybox)
    - Check in/check out student's coats and bags
  - Main Floor Patio Entrances (2) (one by each door)
    - Don't allow attendees to enter through these doors. Direct students to enter the ACP through the check-in station. They are allowed to exit through these doors.
    - As people leave, observe for signs of extreme intoxication or other areas of concern. Alert a staff member if applicable.
    - Keep people from leaving with alcohol.
    - Watch for any issues on the dance floor and report them to a staff member if necessary.

- Step in if you see attendees attempting to hop on the stage.
- Tunnel by Boomers/Bathrooms in that Hallway (2)
  - Keep people from entering the ACP and direct them back through the tunnel and upstairs to check in.
  - As people leave, observe for signs of extreme intoxication or other areas of concern. Alert a staff member if applicable.
  - Keep people from leaving with alcohol.
  - Check the bathrooms every 15 minutes for people in distress.
- Bathrooms near Boomers Den (2)
  - Watch for any issues on the dance floor and report them to a staff member if necessary.
  - Check the bathrooms every 15 minutes for people in distress.
- During all times, Event Monitors should be actively fulfilling their duties. They should remain at their post until the established rotation time.
- At the conclusion of the ACP, the Event Monitors are responsible for assisting in any final wrap up needs (clean up, helping coat check).

## Appendix B. All Campus Programs Bystander Intervention Training Outline 2022 – 2023

- Bystander Intervention
  - Intro- mentimeter poll
    - What words come to mind when you think of bystander intervention?
    - On a scale of 1-10, how comfortable do you feel intervening with your peers?
    - On a scale of 1-10, how comfortable do you feel intervening with people who you don't know?
  - Barriers to Intervention
    - Find a bystander intervention video
      - Discussion- what might be some barriers to intervention?
        - Diffusion of Responsibility
        - Conformity
        - Ambiguity
        - Obedience to Authority
        - Alcohol or Drug Use
        - Social Norms
        - Personal Safety
        - Fear of Punishment
        - Personal Characteristics
  - 
  - Types of Intervention
  - Steps to Bystander Intervention
    - Notice the Event
    - Interpret the Event as a Problem
    - Assume personal responsibility
    - Know how to help
    - Implement the help
      - No matter how you help it should be SEEK
        - Safe, Early, Effective and Kind
  - The 5 Ds
    - Distract
    - Delegate
    - Document
    - Delay
    - Direct
  - Intervening with Alcohol
    - Everyone's body reacts differently to alcohol consumption.
      - Some signs to look for that someone is overserved and may need help
        - Slurred speech
        - Trouble standing
        - Salivation

- PUBS- Things to Look for When Determining if Someone Has Overdosed on Alcohol – This is when you call 911
      - Pulse is erratic
      - Unresponsive to touching or pinching
      - Breathing is shallow or stopped
      - Skin is cold or clammy
      - Vomiting
- Intervening in Sexual Misconduct
  - Consent Definition
  - Incapacitation Definition
    - Signs that someone can't consent-
      - Slurring words
      - Someone falling down
      - Drowsiness
      - Eyes are bloodshot
      - Cognitive processing slows down- using the wrong words
- General Tips for Intervention
  - Emergency
    - Call for help!
    - Calm the person
    - Gather information
    - Don't be a hero- know boundaries!
    - Publicly state your commitment- I will do X
    - Engage other bystanders- You do, Y
  - Non Emergency
    - Interrupt/distract/delay a situation before it becomes an emergency
    - Direct vs Indirect
    - Consider having challenging conversations using the following
      - Who, What, When, Where, Why, How
- Scenarios
  - Alcohol Scenarios
  - Consent Scenarios
  - Guest Scenario?
  - Others?
    - Discussion for each
      - What are the signs this is a problem?
      - Which of the 5Ds would you use to step in?
      - What are your next steps to intervene?
      - What are some resources on campus or off you could use?
- Resource Slide

# Appendix C. American College Health Assessment - National College Health Assessment – 2023 Lake Forest College Executive Summary



## LAKE FOREST COLLEGE Executive Summary

Spring 2023

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### American College Health Association National College Health Assessment III

ACHA-NCHA III

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit [www.acha.org](http://www.acha.org), and [www.acha.org/NCHA](http://www.acha.org/NCHA).

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## Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. A revised survey, the ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again, and data collection with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing data points between the Original ACHA-NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusion and is not recommended.

### *Notes about this report:*

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. **About the use of sex and gender in this report:** Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, ([mhoban@acha.org](mailto:mhoban@acha.org)), Christine Kukich, MS ([ckukich@acha.org](mailto:ckukich@acha.org)), or visit [www.acha-ncha.org](http://www.acha-ncha.org).

**We need to draw your attention to an important change in your ACHA-NCHA Report documents.** Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

**I. What we've done to date**

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

**II. Why change?**

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented<sup>[1]</sup>, and schools need readily available access to this data in order to better address the needs of TGNC students.

**III. What's different about the way we are reporting?**

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)
- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men<sup>[2]</sup>." A "2" has been changed from "Female" to "Cis Women<sup>[3]</sup>." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

**IV. Important considerations with this new format**

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size.

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[1] Greathouse M, Brckalorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.



This Executive Summary highlights results of the ACHA-NCHA III Spring 2023 survey for Lake Forest College consisting of 356 respondents. The response rate was 21.2%.

## Findings

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

### A. General Health and Campus Climate

- 40.9 % of college students surveyed ( 53.5 % cis men, 39.1 % cis women, and 25.8 % transgender/gender non-conforming) described their health as **very good or excellent**.
- 80.7 % of college students surveyed ( 85.9 % cis men, 80.4 % cis women, and 71.0 % transgender/gender non-conforming) described their health as **good, very good or excellent**.

Proportion of college students who reported they *agree* or *strongly agree* that:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
I feel that I belong at my college/university	65.8	58.9	58.1	59.8
I feel that students' health and well-being is a priority at my college/university	42.5	39.4	35.5	39.6
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.	58.9	53.1	48.4	54.8
At my college/university, we are a campus where we look out for each other	42.5	39.0	32.3	39.3

### B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days	26.0	20.0	17.2	20.5
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days	74.0	80.0	82.8	79.5
Drinking energy drinks or shots on 0 of the past 30 days	63.4	70.6	71.4	68.7
Drinking energy drinks or shots on 1-4 of the past 30 days	18.3	14.7	17.9	16.2
Drinking energy drinks or shots on 5 or more of the past 30 days	18.3	14.7	10.7	15.0
Eating 3 or more servings of fruits (per day), on average, in the last 7 days	26.0	16.7	3.2	17.3
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days	28.8	26.8	32.3	27.5

■ **Estimated Body Mass Index (BMI):** This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
<b>BMI</b>				
<18.5 Underweight	4.2	3.9	3.4	3.8
18.5-24.9 Healthy Weight	68.1	56.5	51.7	58.9
25-29.9 Overweight	23.6	24.6	20.7	24.0
30-34.9 Class I Obesity	1.4	11.6	13.8	9.5
35-39.9 Class II Obesity	0.0	2.2	10.3	2.4
≥40 Class III Obesity	2.8	1.3	0.0	1.5
Mean	23.64	24.61	25.89	24.48
Median	22.99	23.27	24.33	23.27
Std Dev	5.45	5.36	5.60	5.40

**Students meeting the recommended guidelines for physical activity**

Based on: US Dept of Health and Human Services. *Physical Activities Guidelines for Americans*, 2nd edition. Washington, DC: US Dept of Health and Human Services; 2018

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

Definitions:

- Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups
- **Active Adults** meet the recommendation for strength training AND aerobic activity
- **Highly Active Adults** meet the recommendation for strength training and TWICE the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Guidelines met for <b>aerobic exercise only</b>	75.0	66.1	44.8	66.0
Guidelines met for <b>Active Adults</b>	58.3	39.6	24.1	42.6
Guidelines met for <b>Highly Active Adults</b>	50.0	32.2	24.1	35.5

**Food Security**

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
High or marginal food security (score 0-1)	57.1	52.9	54.8	54.2
Low food security (score 2-4)	32.9	29.0	29.0	29.4
Very low food security (score 5-6)	10.0	18.1	16.1	16.4
<b>Any food insecurity</b> (low or very low food security)	42.9	47.1	45.2	45.8

**C. Health Care Utilization**

**College students reported:**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Receiving psychological or mental health services within the last 12 months	34.2	51.9	58.1	49.1
*The services were provided by:				
My current campus health and/or counseling center	58.3	60.5	56.3	59.8
A mental health provider in the local community near my campus	12.5	10.1	7.1	10.6
A mental health provider in my home town	44.0	42.6	78.6	46.7
A mental health provider not described above	11.1	11.2	25.0	13.0

\*Only students who reported receiving care in the last 12 months were asked these questions

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Visiting a medical provider within the last 12 months	60.3	73.4	90.3	72.4
*The services were provided by:				
My current campus health center	36.4	48.5	53.8	46.7
A medical service provider in the local community near my campus	31.0	25.8	20.8	26.1
A medical service provider in my home town	80.5	80.5	83.3	81.3
A medical service provider not described above	0.0	6.2	5.9	5.1

\*Only students who reported receiving care in the last 12 months were asked these questions

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

College students reported:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Flu vaccine within the last 12 month	53.5	50.2	60.0	51.6
Not starting the HPV vaccine series	11.0	13.8	6.7	12.3
Starting, but not completing HPV vaccine series	1.4	5.0	0.0	4.0
Completing HPV vaccine series	49.3	54.2	60.0	53.4
Not knowing their HPV vaccine status	38.4	27.1	33.3	30.3
Ever having a GYN visit or exam (females only)		42.3	31.0	
Having a dental exam in the last 12 months	69.9	64.7	80.0	67.8
Being tested for HIV within the last 12 months	12.3	12.1	23.3	12.9
Being tested for HIV more than 12 months ago	1.4	6.7	3.3	5.1
Wearing sunscreen usually or always when outdoors	21.9	46.9	23.3	39.3
Spending time outdoors with the intention of tanning at least once in the last 12 months	40.8	51.7	34.5	47.8

#### D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. **Figures in the left columns** use all students in the sample as the denominator. **Figures in the right columns** use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. *(items are listed in the order in which they appear in the survey)*

Negatively impacted academic performance among all students in the sample

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Alcohol use	0.0	2.9	0.0	2.0
Cannabis/marijuana use	4.1	2.1	6.5	2.8

Negatively impacted academic performance among only students that experienced the issue

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	0.0	3.8	0.0	2.7
	15.8	5.2	16.7	7.8

#### Problems or challenges in the last 12 months

Career	12.3	14.5	9.7	13.2
Finances	11.0	19.5	22.6	17.7
Procrastination	50.7	53.5	64.5	53.4
Faculty	8.2	8.7	16.1	9.0
Family	9.6	17.0	29.0	16.6
Intimate Relationships	12.3	18.7	6.5	16.0
Roommate/housemate	1.4	7.5	3.2	5.6
Peers	2.7	6.6	6.5	5.6
Personal appearance	5.5	10.4	16.1	9.6
Health of someone close to me	9.6	12.0	19.4	12.6
Death of a family member, friend, or someone close to me	4.1	12.9	12.9	11.2
Bullying	0.0	2.9	6.5	2.5
Cyberbullying	1.4	1.2	3.2	1.4
Hazing	0.0	0.4	0.0	0.3
Microaggression	2.7	5.0	16.1	5.6
Sexual Harassment	1.4	5.8	6.5	4.8
Discrimination	1.4	4.1	12.9	4.5

	33.3	42.2	25.0	37.9
	27.6	40.5	43.8	38.2
	75.5	72.1	71.4	72.2
	85.7	67.7	71.4	69.6
	26.9	38.7	42.9	37.3
	30.0	44.1	20.0	39.6
	11.1	30.5	16.7	26.7
	14.3	21.3	16.7	19.6
	14.8	17.4	26.3	17.5
	25.0	27.1	31.6	28.0
	25.0	46.3	57.1	44.0
	0.0	35.0	66.7	33.3
	33.3	42.9	100.0	45.5
	0.0	50.0	0.0	25.0
	22.2	20.3	35.7	23.0
	50.0	35.0	40.0	36.2
	16.7	23.8	36.4	25.4

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

Negatively impacted academic performance among all students in the sample

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<b>Acute Diagnoses in the last 12 months</b>				
Bronchitis	0.0	2.5	3.2	2.0
Chlamydia	0.0	0.0	0.0	0.0
Chicken Pox (Varicella)	1.4	0.0	0.0	0.3
Cold/Virus or other respiratory illness	8.2	22.4	16.1	19.1
Concussion	0.0	4.1	3.2	3.1
Gonorrhea	1.4	0.0	0.0	0.3
Flu (influenza or flu-like illness)	11.0	9.5	3.2	9.3
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.0	0.4	0.0	0.3
Orthopedic injury	1.4	3.7	0.0	2.8
Pelvic Inflammatory Disease	1.4	0.0	0.0	0.3
Pneumonia	0.0	0.8	0.0	0.6
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	4.1	6.6	6.5	5.9
Urinary tract infection	0.0	2.5	3.2	2.0

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<b>Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months</b>	19.2	36.9	54.8	34.8

Other impediments to academic performance

Assault (physical)	0.0	0.8	0.0	0.6
Assault (sexual)	0.0	6.6	6.5	5.1
Allergies	4.1	2.1	3.2	2.5
Anxiety	31.5	45.2	54.8	43.3
ADHD or ADD	6.8	16.6	32.3	15.7
Concussion or TBI	1.4	5.0	6.5	4.2
Depression	17.8	29.9	58.1	30.1
Eating disorder/problem	1.4	9.1	3.2	6.7
Headaches/migraines	5.5	17.4	16.1	14.9
Influenza or influenza-like illness (the flu)	9.6	8.7	3.2	8.4
Injury	2.7	3.7	6.5	3.9
PMS	0.0	19.1	12.9	14.6
PTSD	0.0	7.5	12.9	6.2
Short-term illness	5.5	7.5	9.7	7.3
Upper respiratory illness	6.8	12.9	9.7	11.5
Sleep difficulties	26.0	26.6	29.0	27.0
Stress	43.8	51.5	54.8	49.7

Negatively impacted academic performance among only students that experienced the issue

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	75.0	100.0	77.8
0.0	0.0	0.0	0.0
100.0	0.0	0.0	50.0
30.0	58.7	55.6	54.8
0.0	71.4	100.0	73.3
100.0	0.0	0.0	50.0
57.1	56.1	50.0	55.9
0.0	0.0	0.0	0.0
0.0	33.3	0.0	33.3
11.1	42.9	0.0	32.3
100.0	0.0	0.0	33.3
0.0	66.7	0.0	66.7
0.0	0.0	0.0	0.0
42.9	55.2	66.7	53.8
0.0	24.0	33.3	25.0

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
29.2	50.0	68.0	48.1

0.0	25.0	0.0	16.7
0.0	55.2	66.7	54.5
14.3	7.2	9.1	8.7
56.1	58.9	77.3	60.4
83.3	87.0	100.0	88.9
100.0	70.6	66.7	71.4
54.2	67.9	90.0	69.0
50.0	43.1	11.1	38.1
28.6	44.2	41.7	43.1
53.8	42.9	20.0	44.1
15.4	40.9	66.7	35.0
0.0	40.0	33.3	40.0
0.0	56.3	100.0	61.1
28.6	43.9	42.9	40.0
38.5	43.7	30.0	41.8
54.3	53.3	60.0	54.9
62.7	60.5	68.0	61.5

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

### E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
A physical fight	6.8	1.7	0.0	3.2
A physical assault (not sexual assault)	2.7	2.5	6.7	2.8
A verbal threat	12.5	10.9	29.0	13.1
Sexual touching without their consent	4.1	9.7	6.7	8.6
Sexual penetration attempt without their consent	1.4	2.9	3.3	2.6
Sexual penetration without their consent	2.7	2.5	3.3	2.6
Being a victim of stalking	2.7	5.4	9.7	5.4
A partner called me names, insulted me, or put me down to make me feel bad	5.6	12.2	3.3	10.0
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	1.4	9.7	0.0	7.2
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	2.8	3.8	0.0	3.5
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.0	1.7	0.0	1.1
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	0.0	4.6	6.7	3.7

College students reported feeling *very safe*:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
On their campus (daytime)	80.8	78.4	73.3	77.9
On their campus (nighttime)	50.7	27.8	26.7	32.3
In the community surrounding their campus (daytime)	67.1	65.1	41.4	63.1
In the community surrounding their campus (nighttime)	45.2	24.5	13.8	27.8

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

## F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	32.9	33.2	36.7	33.4
Alcoholic beverages (beer, wine, liquor, etc.)	63.0	71.5	56.7	67.5
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) <b>[Please report nonmedical use only.]</b>	37.0	45.2	46.7	43.1
Cocaine (coke, crack, etc.)	4.2	2.5	0.0	2.9
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) <b>[Please report nonmedical use only.]</b>	9.6	4.1	10.0	5.9
Methamphetamine (speed, crystal meth, ice, etc.)	0.0	0.8	0.0	0.8
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	4.1	2.1	3.3	2.8
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) <b>[Please report nonmedical use only.]</b>	6.8	3.3	3.3	4.0
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	8.2	6.7	6.7	7.1
Heroin	0.0	0.8	0.0	0.6
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) <b>[Please report nonmedical use only.]</b>	1.4	2.1	0.0	1.7

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
19.2	24.1	25.8	23.3
58.9	66.0	54.8	62.4
24.7	32.8	35.5	30.9
1.4	0.8	0.0	0.8
4.1	1.2	3.2	2.0
0.0	0.0	0.0	0.0
2.7	0.8	0.0	1.1
1.4	1.7	3.2	1.7
0.0	0.8	3.2	1.1
0.0	0.0	0.0	0.0
1.4	0.4	0.0	0.6

### Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	17.8	16.2	22.6	16.9
Alcoholic beverages	12.3	7.9	9.7	8.7
Cannabis (nonmedical use)	16.4	21.6	16.1	19.9
Cocaine	0.0	0.8	0.0	0.6
Prescription stimulants (nonmedical use)	4.1	0.4	3.2	1.4
Methamphetamine	0.0	0.0	0.0	0.0
Inhalants	1.4	0.0	0.0	0.3
Sedatives or Sleeping Pills (nonmedical use)	2.7	0.8	3.2	1.4
Hallucinogens	0.0	0.0	3.2	0.3
Heroin	0.0	0.0	0.0	0.0
Prescription opioids (nonmedical use)	0.0	0.4	0.0	0.3

\*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	0.4	0.0	0.3
2.7	0.8	0.0	1.1
4.1	0.0	3.2	1.1
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

**\*Proportion of students who were prescribed a medication and used more than prescribed or more often than prescribed in the past 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	2.7	1.2	0.0	1.4
Prescription sedatives or sleeping pills	1.4	1.2	3.2	1.4
Prescription opioids	0.0	0.4	0.0	0.3

\*These figures use all students in the sample as the denominator, rather than just those students who reported having a prescription. Note that the title of this table was changed in Fall 2022, but the figures remain the same.

**\*Tobacco or nicotine delivery products used in the last 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	6.8	10.8	12.9	10.7
E-cigarettes or other vape products (for example: Juul, etc.)	12.3	19.5	22.6	17.7
Water pipe or hookah	1.4	3.3	3.2	2.8
Chewing or smokeless tobacco	2.7	0.8	0.0	1.4
Cigars or little cigars	1.4	0.8	0.0	1.4
Other	0.0	0.0	0.0	0.0

\*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.

**Students in Recovery**

■ 2.2 % of college students surveyed ( 3.8 % cis men, 1.5 % cis women, and 5.3 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

**When, if ever, was the last time you:**

Percent (%)	Drank Alcohol			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	26.0	19.1	36.7	22.7
Within the last 2 weeks	38.4	51.5	30.0	46.7
More than 2 weeks ago but within the last 30 days	15.1	9.1	13.3	10.8
More than 30 days ago but within the last 3 months	8.2	10.0	10.0	9.3
More than 3 months ago but within the last 12 months	4.1	6.6	6.7	5.9
More than 12 months ago	8.2	3.7	3.3	4.5

\*Students were instructed to include medical and non-medical use of cannabis.

Cis Men	Cis Women	*Used Cannabis/Marijuana	
		Trans/ Gender Non- conforming	Total
53.4	49.8	56.7	51.8
16.4	19.5	23.3	19.3
5.5	4.1	0.0	4.0
1.4	7.1	10.0	5.9
4.1	10.4	6.7	8.5
19.2	9.1	3.3	10.5

**Driving under the influence**

- 6.3 % of college students reported driving after having **any alcohol** in the last 30 days.\*  
\*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
- 25.9 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.\*  
\*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

**Estimated Blood Alcohol Concentration (or eBAC)** of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
< .08		66.7	76.9	73.3	74.7
< .10		71.1	82.5	73.3	79.6
Mean		0.07	0.05	0.06	0.05
Median		0.05	0.02	0.04	0.03
Std Dev		0.07	0.06	0.05	0.06

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

\*Reported number of drinks consumed the last time students drank alcohol in a social setting.

Number of drinks	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
4 or fewer		46.7	75.0	73.3	69.3
5		4.4	9.5	13.3	8.7
6		15.6	6.5	6.7	8.2
7 or more		33.3	8.9	6.7	13.9
Mean		5.4	3.1	3.2	3.6
Median		5.0	2.0	3.0	3.0
Std Dev		3.4	2.3	2.1	2.7

\*Only students who reported drinking alcohol in the last three months were asked this question.

Reported number of times college students consumed **five or more drinks** in a sitting within the last two weeks:

	Percent (%)	Among all students surveyed			Total
		Cis Men	Cis Women	Trans/ Gender Non- conforming	
Did not drink alcohol in the last two weeks (includes non-drinkers)		61.6	48.8	72.4	53.6
None		12.3	23.8	10.3	19.9
1-2 times		16.4	22.9	17.2	20.8
3-5 times		8.2	3.8	0.0	4.3
6 or more times		1.4	0.8	0.0	1.4

\*Only students who reported drinking alcohol in the last two weeks were asked this question.

\*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
32.1	46.3	37.5	42.9
42.9	44.7	62.5	44.8
21.4	7.3	0.0	9.2
3.6	1.6	0.0	3.1

\*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did something I later regretted		22.9	17.7	29.4	20.0
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)		18.8	14.0	23.5	15.6
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		33.3	27.4	35.3	28.9
Got in trouble with the police		0.0	1.6	0.0	1.2
Got in trouble with college/university authorities		2.1	1.6	0.0	2.0
Someone had sex with me without my consent		0.0	0.5	0.0	0.4
Had sex with someone without their consent		0.0	0.0	0.0	0.0
Had unprotected sex		10.4	10.8	5.9	10.6
Physically injured myself		12.5	6.5	11.8	8.2
Physically injured another person		0.0	0.0	0.0	0.0
Seriously considered suicide		2.1	1.1	5.9	2.0
Needed medical help		2.1	1.1	0.0	1.2
<b>Reported two or more of the above</b>		<b>35.5</b>	<b>26.2</b>	<b>38.5</b>	<b>28.9</b>

\*Only students who reported drinking alcohol in the last 12 months were asked these questions.



Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

## G. Sexual Behavior

When, if ever, was the last time you had:

Percent (%)	Oral sex			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	48.6	40.1	44.8	42.8
Within the last 2 weeks	23.6	30.0	24.1	28.0
More than 2 weeks ago but within the last 30 days	5.6	5.1	6.9	5.2
More than 30 days ago but within the last 3 months	6.9	11.4	6.9	9.8
More than 3 months ago but within the last 12 months	8.3	8.0	6.9	7.8
More than 12 months ago	6.9	5.5	10.3	6.4

Vaginal intercourse			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
52.8	44.3	62.1	48.3
22.2	31.2	10.3	27.5
4.2	5.5	6.9	5.2
6.9	10.1	6.9	9.0
5.6	3.8	6.9	4.3
8.3	5.1	6.9	5.8

Percent (%)	Anal intercourse			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Never	84.7	89.8	82.8	88.1
Within the last 2 weeks	6.9	0.8	3.4	2.3
More than 2 weeks ago but within the last 30 days	0.0	0.4	0.0	0.3
More than 30 days ago but within the last 3 months	1.4	0.4	0.0	0.9
More than 3 months ago but within the last 12 months	2.8	3.8	0.0	3.2
More than 12 months ago	4.2	4.7	13.8	5.2

\*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
None	0.0	0.0	0.0	0.0
1	72.2	71.0	46.2	69.3
2	0.0	13.0	30.8	12.2
3	11.1	6.5	0.0	6.9
4 or more	16.7	9.4	23.1	11.6
Mean	3.1	1.6	2.1	1.9
Median	1.0	1.0	2.0	1.0
Std Dev	5.0	1.2	1.4	2.5

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Oral sex	0.0	6.0	0.0	4.3
Vaginal intercourse	52.6	44.7	20.0	45.0
Anal intercourse	0.0	0.0	0.0	0.0

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Yes, used a method of contraception	96.3	90.0	100.0	90.5
No, did not want to prevent pregnancy	0.0	0.0	0.0	0.0
No, did not use any method	0.0	10.0	0.0	8.9
Don't know	3.7	0.0	0.0	0.6

\*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

\*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Birth control pills (monthly or extended cycle)	34.6	50.9	33.3	46.9
Birth control shots	3.8	1.9	0.0	2.1
Birth control implants	3.8	2.8	11.1	3.5
Birth control patch	0.0	1.9	0.0	1.4
The ring	0.0	1.9	0.0	1.4
Emergency contraception ("morning after pill" or "Plan B")	7.7	7.4	11.1	7.7
Intrauterine device	15.4	10.2	22.2	11.9
Male (external) condom	65.4	44.4	55.6	49.0
Female (internal) condom	0.0	0.9	0.0	0.7
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	0.0	25.0	22.2	20.3
Fertility awareness (calendar, mucous, basal body temperature)	3.8	8.3	0.0	7.0
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	0.9	0.0	0.7
Other method	3.8	0.9	0.0	1.4
<b>Male condom use plus another method</b>	<b>38.5</b>	<b>29.6</b>	<b>33.3</b>	<b>31.5</b>
<b>Any two or more methods (excluding male condoms)</b>	<b>3.8</b>	<b>24.1</b>	<b>22.2</b>	<b>20.3</b>

\*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes ( 10.7 % cis men, 29.4 % cis women, 11.1 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes ( 0 % cis men, 2.5 % cis women, 0 % trans/gender non-conforming)

## H. Mental Health and Wellbeing

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No or low psychological distress (0-4)	26.4	17.3	10.0	18.2
Moderate psychological distress (5-12)	58.3	54.0	53.3	54.9
Serious psychological distress (13-24)	15.3	28.7	36.7	26.9
Mean	7.88	9.59	11.03	9.42
Median	7.00	9.00	10.00	9.00
Std Dev	4.42	5.52	5.23	5.37

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative for loneliness (3-5)	46.6	48.5	32.3	46.3
Positive for loneliness (6-9)	53.4	51.5	67.7	53.7
Mean	5.59	5.52	6.32	5.63
Median	6.00	6.00	6.00	6.00
Std Dev	1.88	1.88	2.29	1.92

**Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)**  
(higher scores reflect a higher level of psychological well-being)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	44.67	44.67	41.70	44.27
Median	46.00	47.00	44.00	46.00
Std Dev	7.38	8.39	9.88	8.58

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

**The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)**  
(higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.01	5.97	5.83	5.95
Median	6.00	6.00	6.00	6.00
Std Dev	1.53	1.63	1.56	1.63

**Self injury**

■ 13.4 % of college students surveyed ( 9.6 % cis men, 11.6 % cis women, and indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

30.0 % trans/gender non-conforming)

**Within the last 12 months, have you had problems or challenges with any of the following:**

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics		57.5	56.8	74.2	58.5
Career		37.0	34.9	41.9	35.8
Finances		39.7	49.2	53.3	47.7
Procrastination		67.1	75.0	93.3	75.4
Faculty		9.7	13.0	22.6	13.2
Family		35.6	45.6	67.7	46.0
Intimate relationships		41.1	43.3	35.5	41.9
Roommate/housemate		12.5	25.3	22.6	22.2
Peers		19.4	32.4	41.9	30.2
Personal appearance		37.5	60.9	64.5	56.3
Health of someone close to me		38.4	45.4	63.3	46.6
Death of a family member, friend, or someone close to me		16.4	28.0	23.3	26.1
Bullying		1.4	8.4	12.9	8.0
Cyberbullying		4.1	2.9	6.5	3.4
Hazing		1.4	0.8	3.3	1.1
Microaggression		12.3	24.7	48.4	25.1
Sexual Harassment		2.7	16.7	16.7	13.5
Discrimination		8.2	17.5	38.7	18.2

\*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

<i>Students reporting none of the above</i>	9.6	6.2	0.0	6.3
<i>Students reporting only one of the above</i>	9.6	5.4	0.0	5.7
<i>Students reporting 2 of the above</i>	8.2	7.5	12.9	8.0
<i>Students reporting 3 or more of the above</i>	72.6	80.9	87.1	80.1

**\*Of those reporting this issue, it caused moderate or high distress**

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	88.1	92.0	91.3	91.3
	66.7	74.4	61.5	71.8
	72.4	73.9	68.8	73.8
	67.3	70.4	67.9	69.2
	71.4	61.3	42.9	58.7
	53.8	69.4	76.2	68.1
	73.3	64.1	54.5	65.8
	33.3	59.3	42.9	53.9
	14.3	44.7	38.5	40.4
	44.4	62.9	60.0	59.3
	64.3	59.8	68.4	61.5
	58.3	75.8	71.4	73.3
	0.0	55.0	50.0	53.6
	0.0	42.9	100.0	41.7
	0.0	50.0	0.0	25.0
	33.3	30.5	53.3	35.2
	50.0	67.5	100.0	70.2
	33.3	40.5	33.3	39.1

**Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range is 3-18)**

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Negative suicidal screening (3-6)	83.6	70.6	46.7	70.8
Positive suicidal screening (7-18)	16.4	29.4	53.3	29.2
Mean	4.56	5.47	7.50	5.50
Median	4.00	4.00	7.00	4.00
Std Dev	2.17	3.22	3.86	3.21

**Suicide attempt**

- 3.7 % of college students surveyed ( 5.5 % cis men, 2.9 % cis women, and 0 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Within the last 30 days, how would you rate the overall level of stress experienced:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
No stress	2.7	0.4	3.2	1.1
Low	35.6	15.8	12.9	19.4
Moderate	38.4	50.0	45.2	47.3
High	23.3	33.8	38.7	32.2

**I. Acute Conditions**

College students reported being diagnosed by a healthcare professional within the last 12 months with:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Bronchitis	0.0	3.3	3.4	2.6
Chlamydia	1.4	0.8	0.0	0.9
Chicken Pox (Varicella)	1.4	1.3	0.0	1.2
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	27.4	38.5	30.0	35.5
Concussion	0.0	5.9	3.4	4.3
Gonorrhea	1.4	0.8	0.0	0.9
Flu (influenza) or flu-like illness	19.2	18.1	6.9	17.6
Mumps	0.0	0.8	0.0	0.6
Mononucleosis (mono)	0.0	1.7	0.0	1.2
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	12.3	9.2	0.0	9.2
Pelvic Inflammatory Disease	1.4	1.7	0.0	1.4
Pneumonia	0.0	1.7	0.0	1.2
Shingles	0.0	0.8	0.0	0.6
Stomach or GI virus or bug, food poisoning or gastritis	9.6	12.6	10.0	11.5
Urinary tract infection	0.0	10.9	10.3	8.4

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

## J. Ongoing or Chronic Conditions

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

Mental Health	College students reported ever being diagnosed with the following:				*Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months			
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total	Cis Men	Cis Women	Trans/ Gender Non-conforming
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	6.8	14.5	23.3	13.6	80.0	75.8	50.0	73.3
Alcohol or Other Drug-Related Abuse or Addiction	1.4	0.4	0.0	0.6	100.0	0.0	0.0	50.0
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	16.4	47.9	55.2	42.1	83.3	80.7	81.3	80.8
Autism Spectrum	4.1	1.3	20.0	3.5	66.7	33.3	80.0	63.6
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	1.4	1.7	3.4	2.0	100.0	50.0	0.0	57.1
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.0	2.1	3.4	1.7	0.0	60.0	0.0	50.0
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	9.7	35.2	55.2	31.7	85.7	83.1	68.8	80.7
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	1.4	13.3	13.8	10.6	0.0	77.4	50.0	72.2
Gambling Disorder	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Insomnia	1.4	5.5	13.8	5.8	0.0	61.5	75.0	60.0
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	6.8	13.2	3.4	11.6	60.0	77.4	100.0	75.0
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	1.4	11.5	16.7	9.6	0.0	74.1	75.0	71.9
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Tourette's or other neurodevelopmental condition not already listed	0.0	0.9	6.7	1.5	0.0	100.0	100.0	100.0
Traumatic brain injury (TBI)	0.0	2.2	6.7	2.0	0.0	20.0	0.0	16.7

\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
<b>Students reporting none of the above</b>	75.3	45.0	26.7	49.4
<b>Students reporting only one of the above</b>	9.6	13.9	13.3	12.6
<b>Students reporting both Depression and Anxiety</b>	8.2	32.4	44.8	28.5
<b>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</b>	6.8	8.8	13.3	9.2

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

**STI's/Other chronic infections**

**College students reported ever being diagnosed with the following:**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Genital herpes	0.0	0.0	0.0	0.0
Hepatitis B or C	0.0	0.0	0.0	0.0
HIV or AIDS	0.0	0.0	0.0	0.0
Human papillomavirus (HPV) or genital warts	0.0	0.4	0.0	0.3

\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

**\*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	100.0	0.0	100.0

**Other Chronic /Ongoing Medical Conditions**

**College students reported ever being diagnosed with the following:**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acne	31.5	27.4	24.1	28.0
Allergies - food allergy	8.2	17.0	20.7	15.1
Allergies - animals/pets	19.2	12.3	17.9	14.2
Allergies - environmental (for example: pollen, grass, dust, mold)	23.9	27.4	34.5	28.0
Asthma	9.7	13.6	20.0	13.0
Cancer	1.4	0.4	3.4	0.9
Celiac disease	1.4	1.3	3.4	1.5
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	1.4	6.4	10.0	5.8
Diabetes or pre-diabetes/insulin resistance	1.4	3.8	0.0	2.9
Endometriosis	0.0	3.0	0.0	2.1
Gastroesophageal Reflux Disease (GERD) or acid reflux	0.0	6.4	10.0	5.2
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	5.5	2.6	13.3	4.6
High blood pressure (hypertension)	1.4	1.7	0.0	1.5
High cholesterol (hyperlipidemia)	0.0	0.4	6.9	0.9
Irritable bowel syndrome (spastic colon or spastic bowel)	0.0	4.3	10.0	3.8
Migraine headaches	2.7	16.7	20.0	14.2
Polycystic Ovarian Syndrome (PCOS)	0.0	7.6	10.3	6.1
Sleep Apnea	0.0	0.9	0.0	0.6
Thyroid condition or disorder	1.4	4.7	6.7	4.0
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	0.0	2.2	13.3	2.6

\*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

**\*Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
39.1	50.0	28.6	46.9
33.3	42.5	33.3	40.4
7.1	31.0	20.0	22.4
5.9	23.4	22.2	20.2
14.3	34.4	20.0	29.5
0.0	0.0	100.0	33.3
100.0	66.7	100.0	80.0
100.0	73.3	100.0	73.7
100.0	88.9	0.0	90.0
0.0	57.1	0.0	57.1
0.0	73.3	50.0	70.6
25.0	50.0	33.3	46.7
100.0	25.0	0.0	40.0
0.0	100.0	50.0	66.7
0.0	50.0	0.0	41.7
0.0	53.8	40.0	50.0
0.0	77.8	66.7	76.2
0.0	50.0	0.0	50.0
100.0	100.0	100.0	100.0
0.0	40.0	100.0	62.5

Cis Men n =	73
Cis Women n =	241
Trans/GNC n =	31

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Type I Diabetes	100.0	20.0	0.0	33.3
Type II Diabetes	0.0	16.7	0.0	14.3
Pre-diabetes or insulin resistance	0.0	87.5	0.0	77.8
Gestational Diabetes	0.0	0.0	0.0	0.0

## K. Sleep

Reported amount of time to usually fall asleep at night (sleep onset latency):

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Less than 15 minutes	45.2	43.2	25.8	41.5
16 to 30 minutes	28.8	23.7	35.5	25.7
31 minutes or more	26.0	33.2	38.7	32.8

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

On weeknights				
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Less than 7 hours	39.7	48.1	35.5	45.5
7 to 9 hours	60.3	51.9	61.3	54.2
10 or more hours	0.0	0.0	3.2	0.3

On weekend nights			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
19.2	17.8	25.8	19.8
64.4	74.3	67.7	70.6
16.4	7.9	6.5	9.6

Students reported the following on 3 or more of the last 7 days:

Felt tired or sleepy during the day				
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
0 days	5.5	2.1	0.0	2.5
1-2 days	19.2	12.4	9.7	13.6
3-5 days	46.6	50.2	35.5	48.0
6-7 days	28.8	35.3	54.8	35.9

Got enough sleep so that they felt rested			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
12.3	19.1	29.0	18.4
39.7	45.6	51.6	45.5
32.9	28.6	16.1	28.2
15.1	6.6	3.2	7.9

## Demographics and Sample Characteristics

<b>■ Age</b>		<b>■ Students describe themselves as</b>	
18 - 20 years:	51.4 %	Straight/Heterosexual:	61.2 %
21 - 24 years:	45.4 %	Asexual:	4.9 %
25 - 29 years:	2.0 %	Bisexual:	13.2 %
30+ years:	1.1 %	Gay:	2.9 %
Mean age:	20.6 years	Lesbian:	2.3 %
Median age:	20.0 years	Pansexual:	5.5 %
		Queer:	6.9 %
		Questioning:	2.6 %
		Identity not listed above:	0.6 %
<b>■ Gender*</b>			
Cis Women:	67.7 %		
Cis Men:	20.5 %		
Transgender/Gender Non-conforming:	8.7 %		
* See note on page 2 regarding gender categories			
<b>■ Student status</b>		<b>■ Housing</b>	
1st year undergraduate:	25.4 %	Campus or university housing:	73.6 %
2nd year undergraduate:	20.2 %	Fraternity or sorority residence:	0.0 %
3rd year undergraduate:	30.8 %	Parent/guardian/other family:	21.9 %
4th year undergraduate:	21.7 %	Off-campus:	3.4 %
5th year or more undergraduate:	2.0 %	Temporary or "couch surfing":	0.3 %
Master's (MA, MS, MFA, MBA, etc.):	0.0 %	Don't have a place to live:	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	0.0 %	Other:	0.9 %
Not seeking a degree:	0.0 %		
Other:	0.0 %		
		<b>■ Students describe themselves as</b>	
Full-time student:	98.3 %	American Indian or Native Alaskan	2.5 %
Part-time student:	1.7 %	Asian or Asian American	10.4 %
Other student:	0.0 %	Black or African American	5.3 %
		Hispanic or Latino/a/x	21.9 %
<b>■ Visa to work or study in the US:</b>	24.5 %	Middle Eastern/North African (MENA) or Arab Origin:	4.2 %
		Native Hawaiian or Other	
<b>■ Relationship status</b>		Pacific Islander Native:	0.3 %
Not in a relationship:	60.7 %	White:	58.7 %
In a relationship but not married/partnered:	38.5 %	Biracial or Multiracial:	2.5 %
Married/partnered:	0.9 %	Identity not listed above:	2.2 %
<b>■ Primary Source of Health Insurance</b>		<i>If Hispanic or Latino/a/x, are you</i>	
College/university sponsored SHIP plan:	28.7 %	Mexican, Mexican American, Chicano:	66.7 %
Parent or guardian's plan:	59.1 %	Puerto Rican:	7.7 %
Employer (mine or my spouse/partners):	1.1 %	Cuban:	1.3 %
Medicaid, Medicare, SCHIP, or VA:	9.4 %	Another Hispanic, Latino/a/x, or	
Bought a plan on my own:	0.3 %	Spanish Origin:	29.5 %
Don't have health insurance:	0.0 %		
Don't know if I have health insurance:	0.3 %	<i>If Asian or Asian American, are you</i>	
Have insurance, but don't know source:	1.1 %	East Asian:	37.8 %
		Southeast Asian:	32.4 %
<b>■ Student Veteran:</b>	0.3 %	South Asian:	27.0 %
		Other Asian:	8.1 %
<b>■ Parent or primary responsibility for someone else's child/children under 18 years old:</b>	1.1 %		



■ **First generation students** 36.4 %  
(Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ **Do you have any of the following?**

Attention Deficit/Hyperactivity Disorder (ADD or ADHD):	15.3 %
Autism Spectrum Disorder:	4.6 %
Deaf/Hearing loss:	2.0 %
Learning disability:	7.8 %
Mobility/Dexterity disability:	2.3 %
Blind/low vision:	4.9 %
Speech or language disorder:	1.2 %

■ **Participated in organized college athletics:**

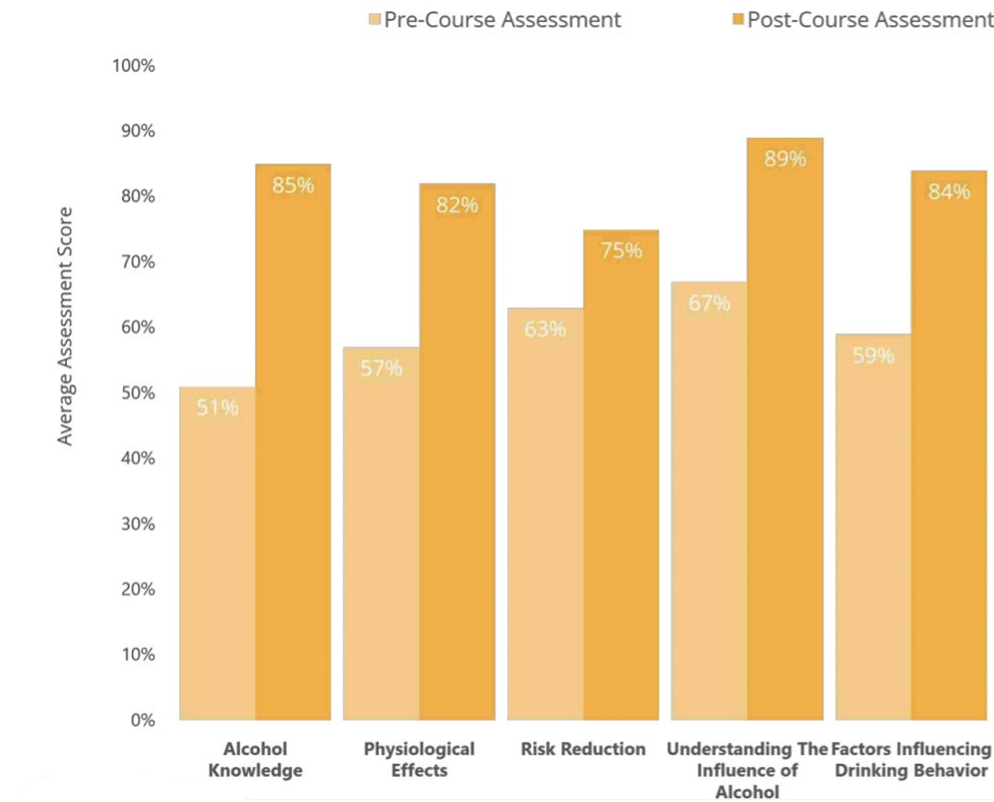
Varsity:	18.3 %
Club sports:	7.3 %
Intramurals:	7.4 %

■ **Member of a social fraternity or sorority:**

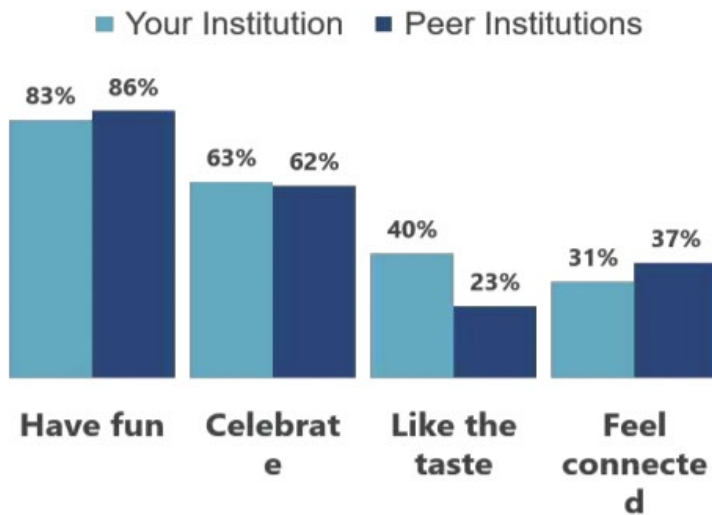
Greek member:	7.7 %
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## Appendix D. Vector Solutions AlcoholEdu for College 2022 – 2023 Impact Report Graphs

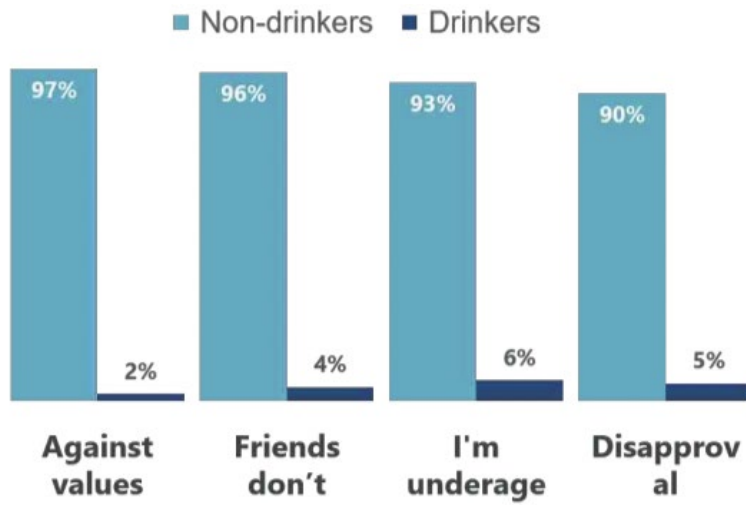
Lake Forest College Student’s Knowledge Gained from AlcoholEdu:



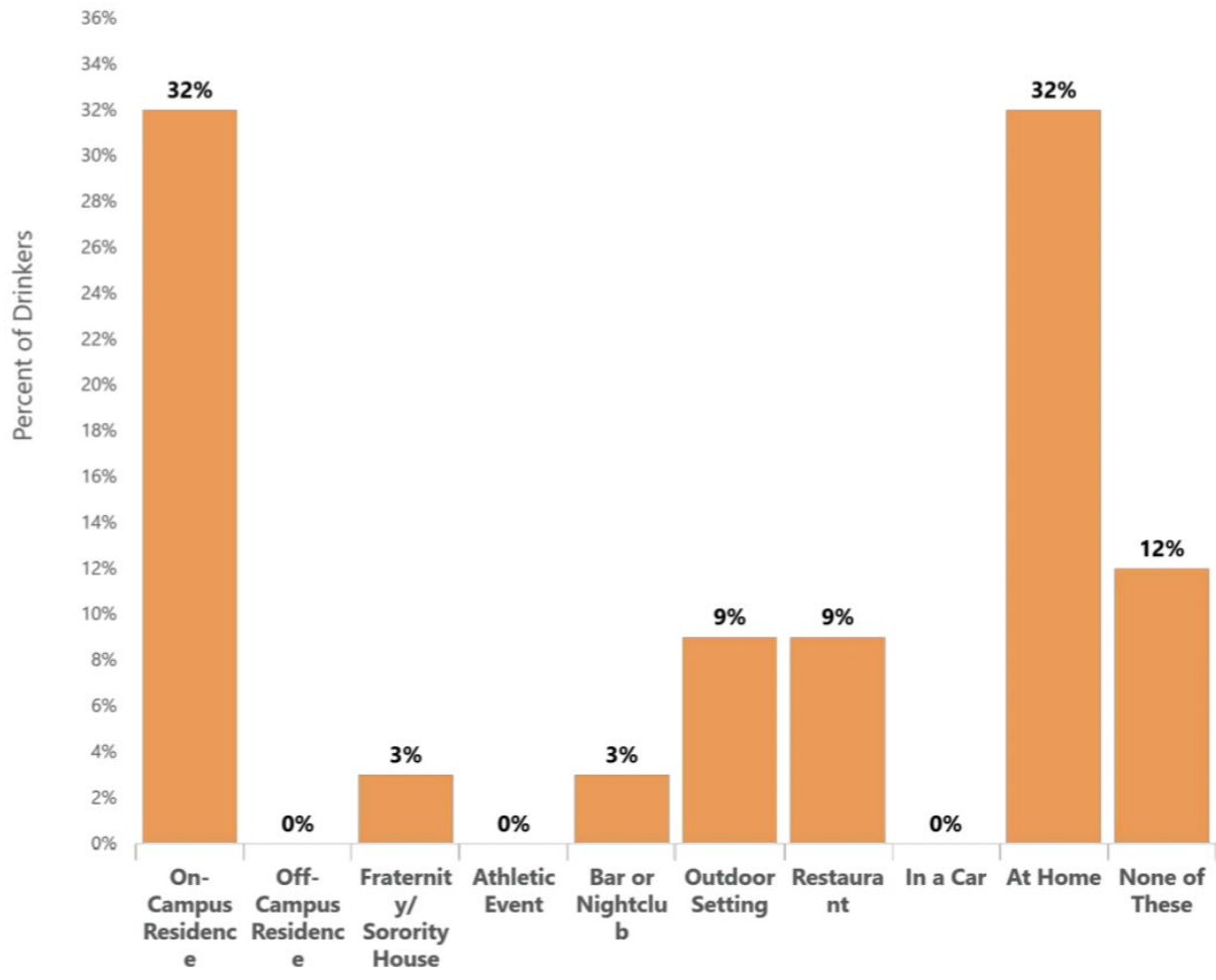
Why Lake Forest College Student Choose To Drink (Drinkers Only)



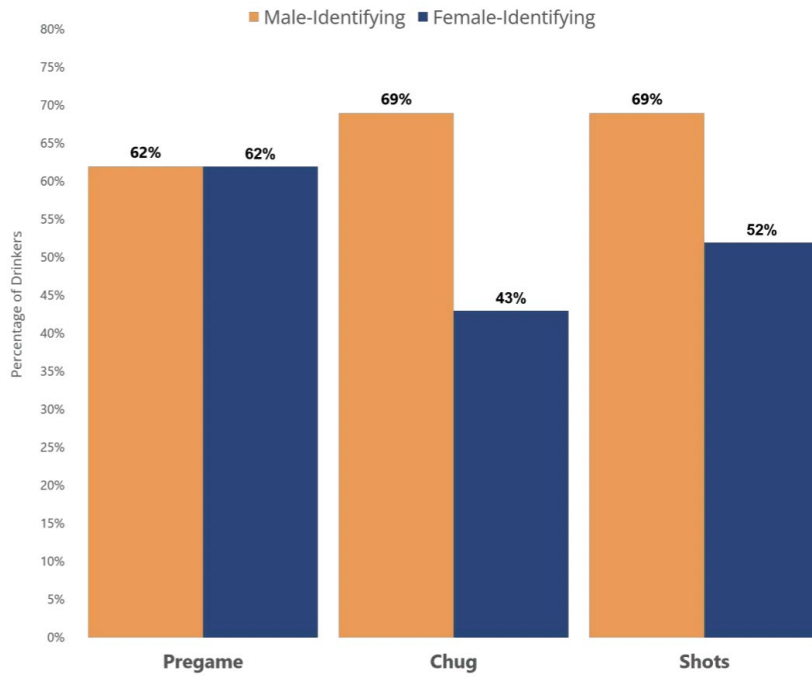
Why Lake Forest College Student Choose Not To Drink (Abstainers and Drinkers)



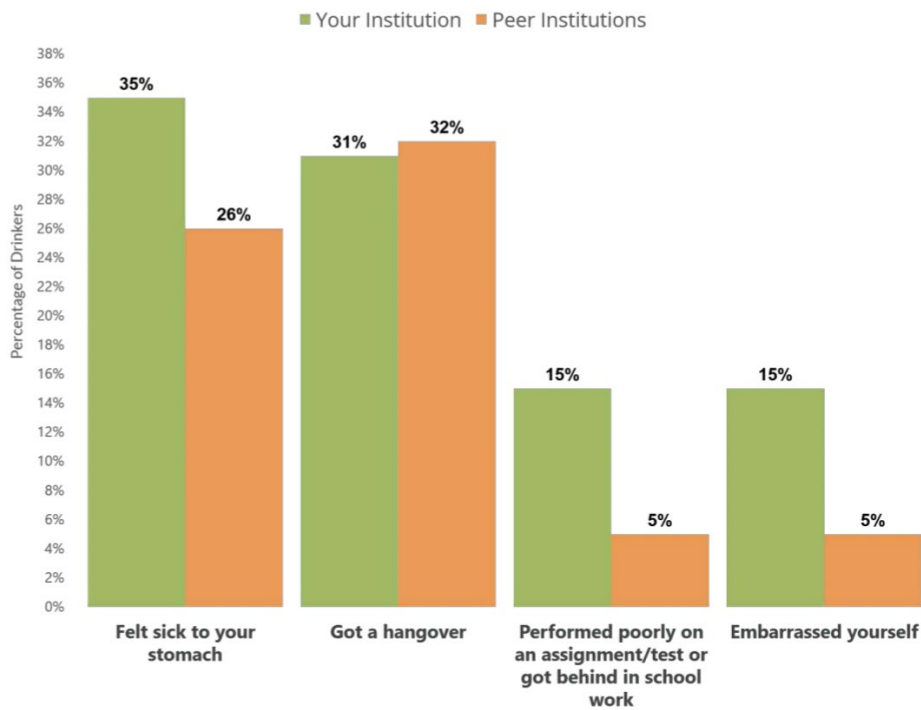
Where Lake Forest College Students Choose to Drink:



### High Risk Behaviors, by Gender Identity:

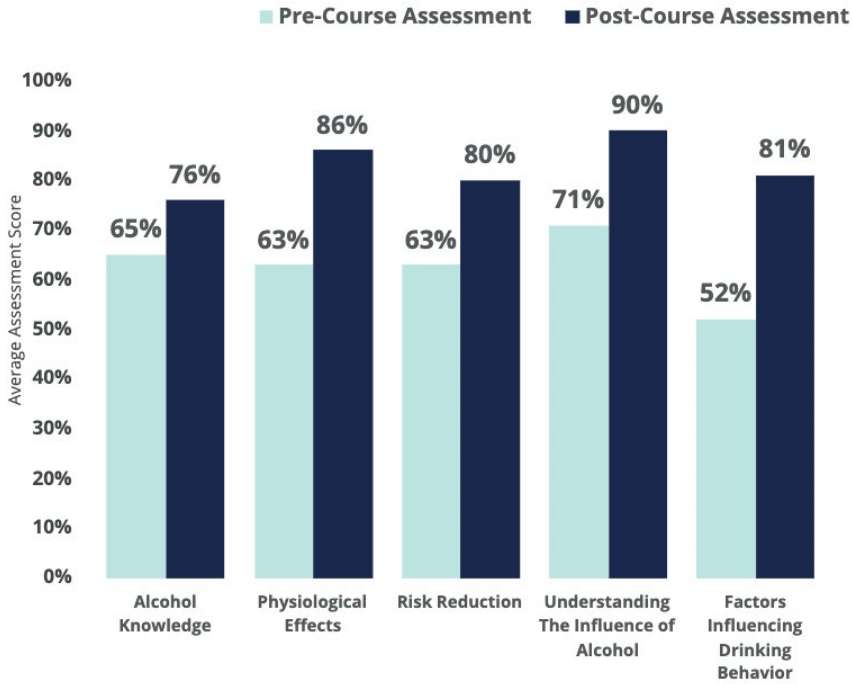


### Top Negative Outcomes Experienced by Lake Forest College Students:

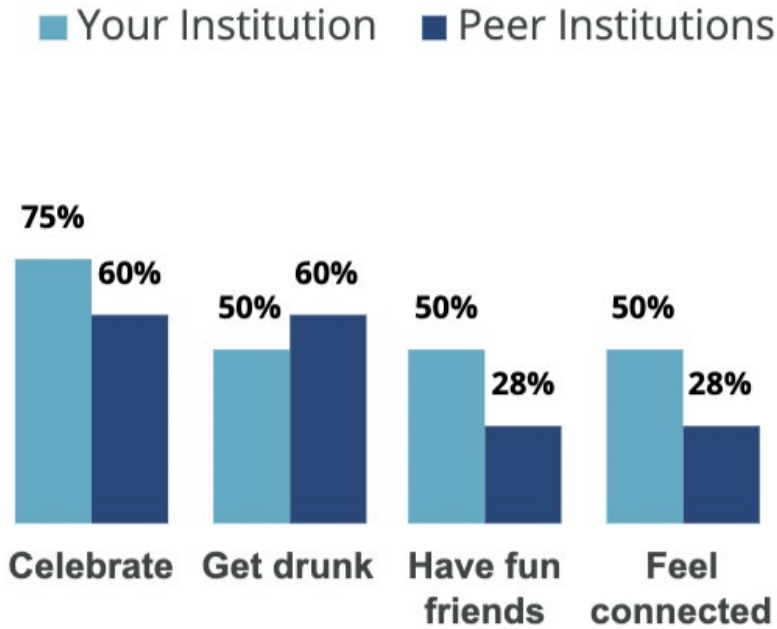


## Appendix E. Vector Solutions AlcoholEdu for College 2023 – 2024 Impact Report Graphs

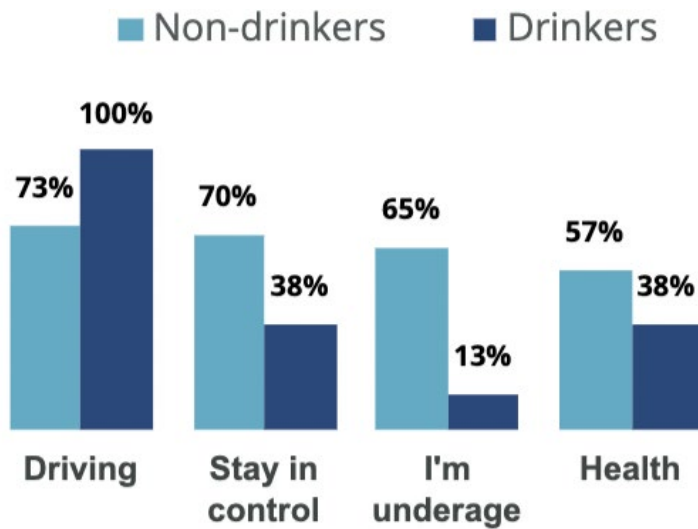
Lake Forest College Student’s Knowledge Gain from AlcoholEdu:



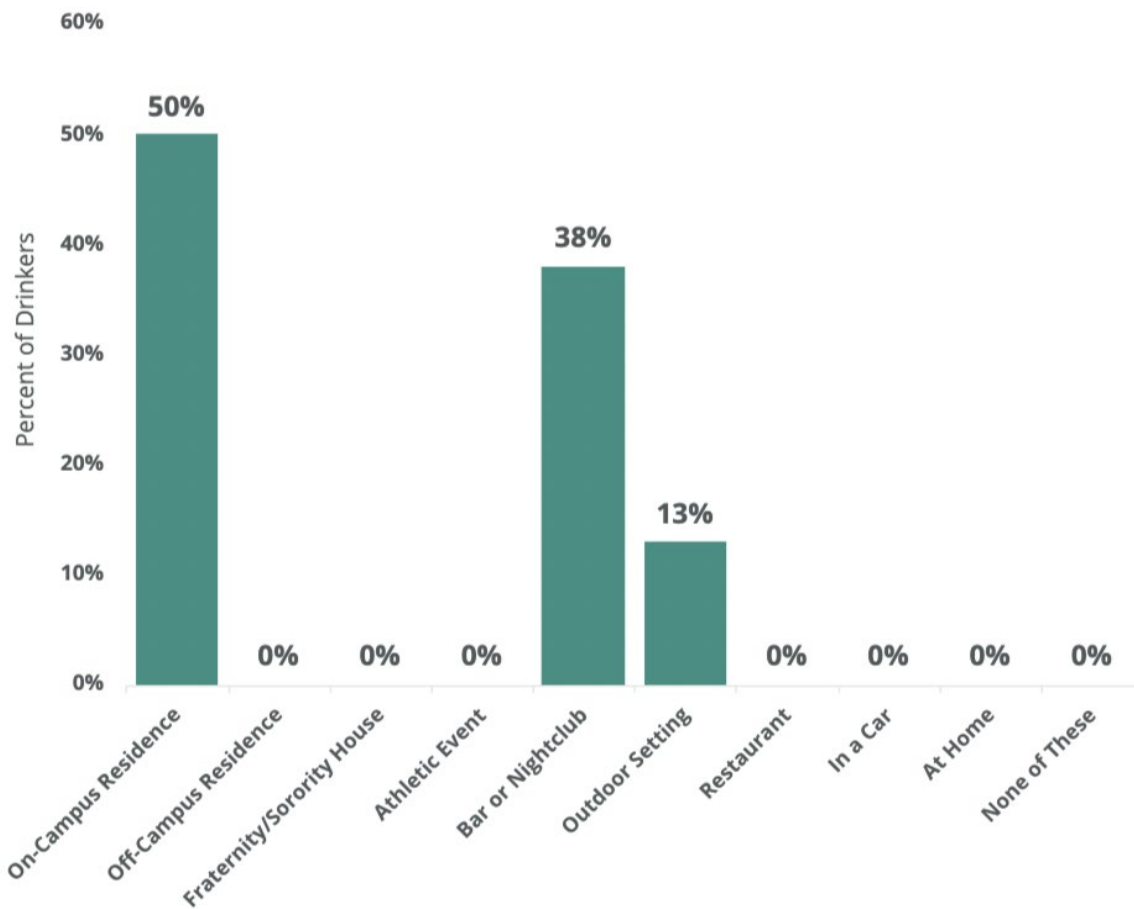
Why Lake Forest College Student Choose To Drink (Drinkers Only)



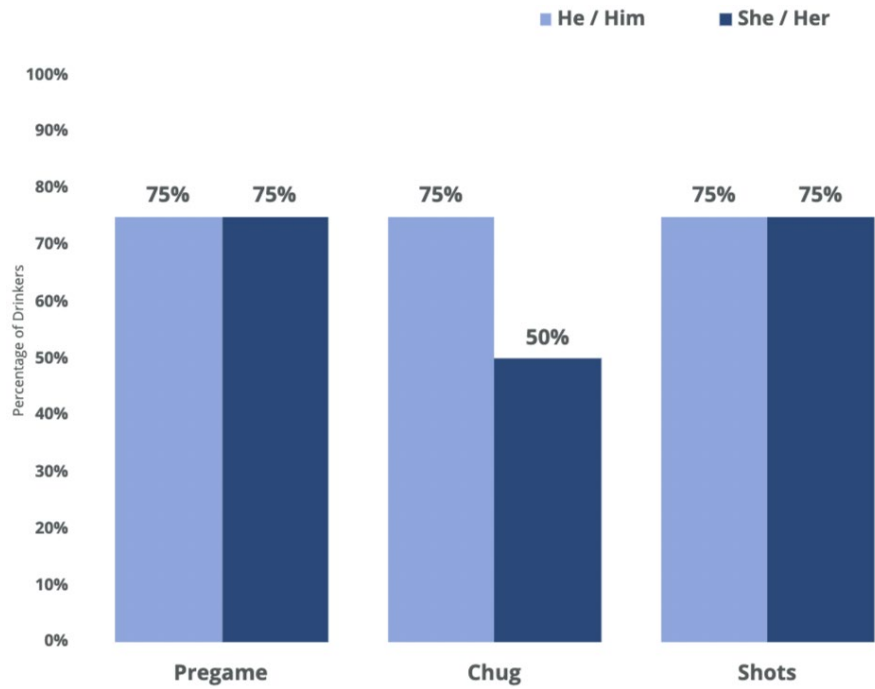
Why Lake Forest College Student Choose Not To Drink (Abstainers and Drinkers)



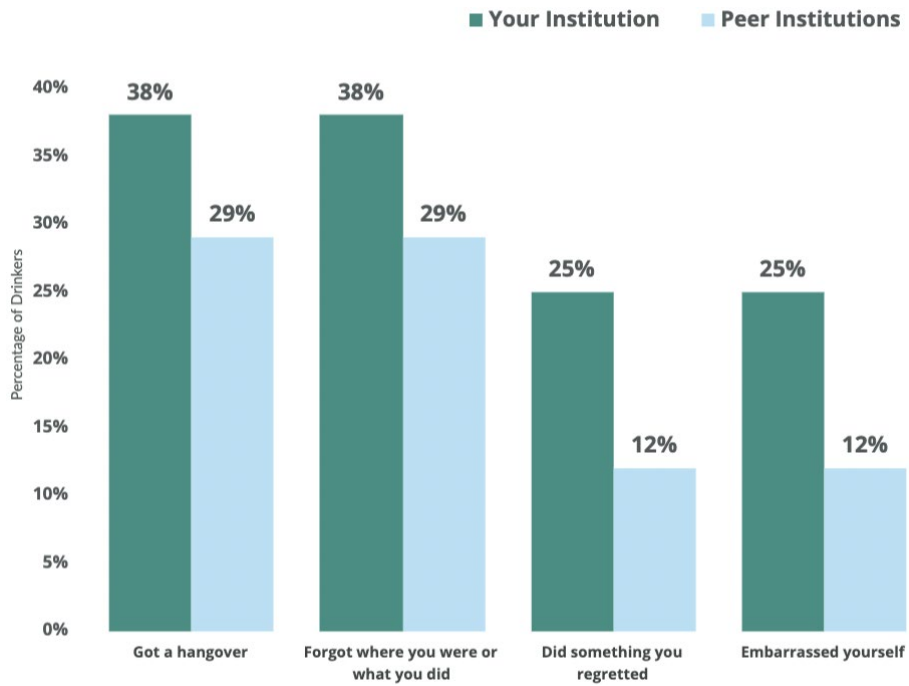
Where Lake Forest College Students Choose to Drink:



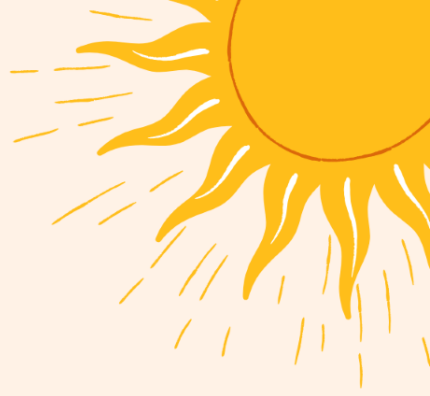
High Risk Behaviors, by Gender Identity:



Top Negative Outcomes Experienced by Lake Forest College Students:



# Safe Spring Break Resource Fair



**Free Narcan,  
Safe Sex Supplies,  
and Giveaways!**

**Come Create Your  
Safe Spring Break Kit**

## Get Info On:

- Safer Partying tips
- Learn about the dangers of Fentanyl
- Sexual Health
- Smoking/Vaping Cessations
- Bystander Intervention
- On-Campus Resources
- Off Campus Resources

Tuesday, March 5th

11:00 am - 1:00pm

Mohr Student Centers Skybox & Balcony  
Presented by The Health & Wellness Center



Health Department  
Community Health Center  
LAKE COUNTY, ILLINOIS



IT'S ON US X HEALTH & WELLNESS



# SPIKING IS A CRIME

**SPIKING: ADDING A DATE RAPE DRUG OR  
ALCOHOL TO SOMEONE'S DRINK/FOOD  
WITHOUT THE CONSUMER'S KNOWLEDGE**



**SPIKING IS  
NONCONSENSUAL**

**CONSEQUENCES OF  
3 YEARS IN PRISON**

**POSSESSION OF  
DATE RAPE DRUGS  
IS A CRIME  
(1-3 YEARS IN  
PRISON + FINES)**

*It's On Us x Health & Wellness*

# **SPIKING**



# **IS A CRIME**

*Spiking: adding a date rape drug or alcohol to someone's drink/food without the consumer's knowledge*

**Spiking is punishable by 3 years in prison**



IT'S ON US

HEALTH & WELLNESS

# DRUNK LOVE

IS NOT

CONSENSUAL LOVE

Intoxicated intercourse is  
nonconsensual intercourse

**NONCONSENSUAL INTERCOURSE  
IS SEXUAL ASSAULT**

Sexual assault can lead to  
4-15 years in prison + a  
monetary fine



IT'S ON  
**US**

IT'S ON US  
X  
HEALTH & WELLNESS



# Drunk love is not consensual love

**Intoxicated intercourse is nonconsensual  
intercourse**

**NONCONSEUAL INTERCOURSE IS  
SEXUAL ASSAULT**

**Sexual assault is punishable by 4-15 years in  
prison + a monetary fine**

# Drink Sizes and Servings



**Your Call** 

 **Could Save**

**A Life** 

**The Amnesty Protocol**  
Bystander Intervention  
Lake Forest College  
Public Safeties Phone Number  
(847) 735-5555  
Dial 911 for Immediate Help

# MENTAL HEALTH FIRST AID TRAINING

Saturday, November 11th  
10:00 am - 4:30 pm

- ✓ Get your Mental Health First Aid Certification
- ✓ Lunch is included
- ✓ 2 hours of pre-work is required
- ✓ Registration closes Oct 27th



Scan the QR code now  
to register for this training





## NARCAN LOCATOR

LOCATE NARCAN FOR FREE  
ALL OVER THE UNITED STATES  
USING THIS QR CODE HERE

<https://nextdistro.org/naloxone#state-finder>



## NARCAN LOCATOR

LOCATE NARCAN FOR FREE  
ALL OVER THE UNITED STATES  
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### LAKE COUNTY, IL NARCAN LOCATOR RESULTS:

- Lake County Health Department
- Live4Lali



## GET SENT FIVE FREE FENTANYL TEST STRIPS

USING BIRDIELIGHT.ORG, GET SENT 5 FREE FENTANYL TEST STRIPS TO YOU USING THIS QR CODE WHEREVER YOU ARE.

<https://www.birdielight.org/test-strips/p/five-fentanyl-test-strips>



## GET SENT FIVE FREE FENTANYL TEST STRIPS

USING BIRDIELIGHT.ORG, GET SENT 5 FREE FENTANYL TEST STRIPS TO YOU USING THIS QR CODE WHEREVER YOU ARE.

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<https://www.birdielight.org/test-strips/p/five-fentanyl-test-strips>



# Marijuana

## What is Marijuana?

Marijuana comes from the dried flowers of the hemp plant, *Cannabis Sativa*.

- Other names for marijuana are weed, herb, pot, grass, bud, dope, and Mary Jane.
- When smoked, THC (a chemical in the plant) goes to the brain and other organs.
- THC can change how the mind and body work.

## Marijuana & Health

- Marijuana smoke has over 450 chemicals, many that can cause cancer.<sup>2</sup>
- Marijuana burns 16 times hotter than tobacco.
  - Users often breathe in deep, keep smoke in long, and do not use filters.
  - This can harm the lungs.
- Marijuana smoke has toxins that can harm non-users.



## SAFE CONSUMPTION CHECKLIST

- ✓ only purchase from licensed dispensaries (avoid homemade)
- ✓ take breaks between use
- ✓ choose low-THC options
- ✓ never drive under the influence
- ✓ have a close friend nearby

## Short-Term Effects

Users may have short-term changes with:

- Mood
- Memory
- Sight, sound, time, touch
- Problem-solving
- How the body moves
- Heart rate

## Long-Term Effects

Regular, long-term users may have:

- Daily cough and mucus
- Colds and flu more often
- Severe nausea and throwing up
- Lung infections
  - Comes from mold on the hemp plant that gets in the lungs via smoke
- Fertility issues like:
  - Changes in a woman's period
  - Less healthy sperm for men
- For teens who use often, marijuana may affect how the brain develops.

**SAMHSA's National Hotline:**  
**1-800-662-4357**

<sup>1</sup>National Institute on Drug Abuse. (2018). Marijuana.

<sup>2</sup>American Thoracic Society. (2013). Smoking Marijuana and the Lungs.

<sup>3</sup>Stevens, P. & Smith, R. Substance Abuse Counseling: Theory and Practice. Fifth Edition.

<sup>4</sup>American Lung Association. (2015). Marijuana and Lung Health.

<sup>5</sup>University of Washington (2015). Marijuana, Reproduction, and Pregnancy.



We are here for U  
When you need someone to  
Talk too.



Student Health Portal



24/7 Mental Health  
Crisis Line  
(847) 735 - 5300

We are here for U  
When you need someone to  
Talk too.



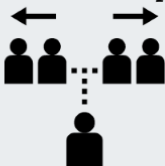
Student Health Portal



24/7 Mental Health  
Crisis Line  
(847) 735 - 5300

### Bystander Intervention

- Ask a friend for help
- Create a distraction
- Take responsibility



**Distract**  
Be Active

**Delegate**  
Be the Bridge

**Direct**  
Be the Leader



When in doubt  
make the call

### The Amnesty Protocol

When Emergency Amnesty is applied, the conduct process still takes place and educational sanctions are still completed; however, the record is erased and never reported on.

### Choose to Carry Narcan

Helps people who  
are overdosing on;

- Opioid's
- Herion
- Fentanyl



Request  
Narcan here

### Drink Spiking

Excessive Bubbling



Foggy Appearance

Salty or Bitter Taste



Sinking Ice

Change in Color



### The Recovery Position

This position is used to open an individuals  
airway in an alcohol or drug misuse incident

Make sure to call  
911 after placing  
someone in this  
position



### How to PARTY LONGER

1-3 drinks if/when  
you party.

1 drink = 12 oz. beer  
4-5 oz. wine  
1 oz. liquor



Stop  
at the  
BUZZ

# HEALTH AND WELLNESS CENTER

2023

## *Counseling*

- **All students** are eligible for counseling services
- Services are **free and confidential**
- Students have access to **group, individual, and couples** therapy

Students can contact the HWC for an initial consultation via:

a) The Lake Forest Student Health Portal  
<https://lakeforest.studenthealthportal.com/>

b) Telephone: **847-735-5240**

c) Email:  
[healthandwellness@mx.lakeforest.edu](mailto:healthandwellness@mx.lakeforest.edu)



LAKE FOREST  
COLLEGE

(back)

## *Let's Talk*

Free, confidential drop-in space  
**No Appointment Necessary!**

*Mondays 11am-12pm* – Rosemary House  
*Wednesdays 11am-12pm* – Rosemary House  
*Thursdays 4-5pm* – HWC Zoom Room  
([lakeforest.zoom.us/my/foresterhealthandwellness](https://lakeforest.zoom.us/my/foresterhealthandwellness))

## *Wellness Whenever*

- **Mental Health Support Line** – Students have 24/7/365 access to crisis counselors by calling **(847) 735-5300**
- **Online Self-help tools** are also available at [connectwellnesshub.com](https://connectwellnesshub.com)

## *Health and Wellness Center*

- Located in Buchanan 137
- **Open Monday-Friday 8:30am-12pm, 1pm-5pm**
- Follow us on Instagram for updates and health tips:  
**lfhealthandwellness**

Appendix H. Social Media Prevention Education Posts

**DEA NATIONAL <sup>Rx</sup>**  
**TAKEBACK**



**DEA National Rx  
Take Back is  
April 27th**

Visit [dea.gov](https://www.dea.gov) and  
enter a Zip Code or  
County/City/State to  
see Collection Sites  
near you

<https://www.dea.gov/takebackday>

**April**

is Alcohol  
Awareness  
Month

DID YOU KNOW?

**April is  
Alcohol  
Awareness  
Month.**

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According to data from the 2022 National Survey on Drug Use and Health, among the 137.4 million respondents aged 12 and older self-reporting current use of alcohol, **44.5% reported binge drinking**, with **the most prevalent age category being 18-25 years old (29.5%).**

## Resources:

**SAMHSA's National Helpline:**

**1-800-662-HELP (4357)**

 **FindSupport.gov**

**24/7 Mental Health Crisis Line:**

**1-847-735-5300**

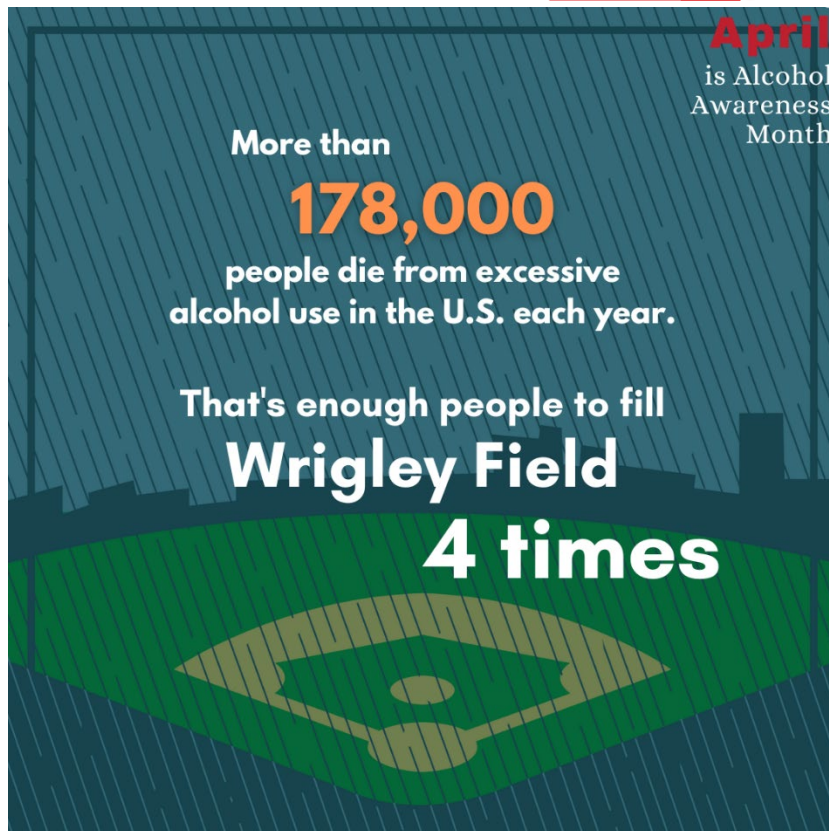
 **app.uwill.com**

**988 Suicide & Crisis Lifeline**



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More than  
**178,000**  
people die from excessive  
alcohol use in the U.S. each year.

That's enough people to fill  
**Wrigley Field**  
**4 times**

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DEATHS EACH DAY

**488**

In the U.S. due to  
excessive alcohol use

Join us for

**Halloween Obstacle Course**

**CANDY PRIZES!**

31 October 2023  
11 am - 1 pm  
in the Skybox

HEALTH AND WELLNESS CENTER

The poster features a torn paper background with a black sky above and a dark ground below. Illustrations include a spider on a web, a ghost on a skateboard, a bat, a dog in a ghost costume next to a pumpkin, and another ghost on a skateboard wearing a beanie.