



JOHNS HOPKINS UNIVERSITY

**Biennial Review of Drug and Alcohol Policies and Programs
Johns Hopkins University
2022-2024**

Executive Summary

The 2022-2024 Biennial Review of the Johns Hopkins University Alcohol & Drug Prevention Program represents the services, policies, programs and efforts that help keep our community safer and healthier, with a focus on greater well-being. As noted in the report issued by the Task Force on Student Mental Health and Well-Being in 2018, the first recommendation charged the university to focus on promoting a climate of awareness and support student mental health, wellness and stress reduction, furthermore creating a climate that values inclusion of overall wellness and promotes resilience in stressful situations that are common in the student experience. Substance use is critical to address in such experiences as is mentioned throughout the document and has been a pivotal part of the action plan of Student Health and Well-Being's work, as well as other key institutional partners as demonstrated by this report. While lingering impacts of the pandemic and various social determinants continue to present challenges to addressing substance use, the work continues to be thoughtfully done with a strong scientific base and with a commitment to well-being as an optimal and dynamic state that allows people and communities achieve their full potential. This biennial review is complete such that that JHU has fulfilled each element as required by Section 22 of the Drug-Free Schools and Communities Act Amendments of 1989 and the implementing Drug and Alcohol Abuse Prevention regulations.

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Introduction to Johns Hopkins University

Johns Hopkins is America's first research university, founded on the belief that teaching and research are interdependent, and that a modern university must do both well. Today, Johns Hopkins remains a world leader in both teaching and research, with more than 24,000 full-time undergraduate and graduate students studying with esteemed faculty members across nine (soon to be 10) world-class academic divisions on four campuses in Baltimore; one in Washington, D.C.; and facilities throughout the Baltimore-Washington region as well as in China and Italy.

Mission Statement

The mission of Johns Hopkins University is to educate its students and cultivate their capacity for life-long learning, to foster independent and original research, and to bring the benefits of discovery to the world.

Drug-Free Schools and Communities Act Overview

In order to receive any form of financial assistance under any Federal program, Section 22 of the Drug-Free Schools and Communities Act Amendments of 1989 and its implementing regulations require any institution of higher education implement a program to prevent the use of illicit drugs and the abuse of alcohol by students and employees that, at a minimum, includes the following:

(A) The annual distribution to each student and employee of—

1. 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;
2. a description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol;
3. a description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. a description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students; and
5. a clear statement that the institution will impose sanctions on students and employees (consistent with local, 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 required by paragraph (A)(1) and

(B) A biennial review by the institution of its program to

1. Determine its effectiveness and implement changes to the program if they are needed; and
2. Ensure that the sanctions required by paragraph (A)(5) are consistently enforced.

Introduction to Biennial Report

Johns Hopkins University has prepared this report in compliance with the Drug-Free Schools and Communities Act Amendments of 1989 and the implementing regulations at 34 CFR Part 86. This report outlines efforts related to Alcohol and Other Drugs (AOD) and presents statistics, prevention efforts, and policies from July 1, 2022 to June 30, 2024.

This report was prepared by the Health Promotion & Well-Being office with data and policy contributions and consultation from the following areas: Athletics, Fraternity and Sorority Life, Leadership Engagement & Experiential Development, Mental Health Services, Office of Student Conduct, Primary Care, Public Safety, Residential Life, Dean of Student Life/Dean of Students, Off-Campus Housing and Community Living, and Student Transitions & Family Engagement.

Distribution

Annual Notification of this report is distributed to all students, staff, and faculty by inclusion of a link in the Annual Security and Fire Safety Report. Supervisors have been directed to offer notification to employees who may not have access to internet or technology. Electronic copies of the Biennial Report are kept with Health Promotion & Well-Being personnel. To request a copy of the Biennial Report, please contact wellbeing@jhu.edu in writing.

Health Risks of Alcohol and Drug Use

There are risks associated with all degrees of alcohol and other drug use, and risks are amplified as use increases in quantity and frequency. Medical and public health experts advise that consequences from short-term use of cannabis or alcohol can include increased risk of worsening mental health, impaired memory, worsening sleep, immunity issues, and other direct and indirect consequences to academics, relationships, and overall quality of life. Chronic use can result in serious lifetime health issues like heart disease, cancer, dependence and addiction.

Substance misuse encompasses all illicit drugs as well as legal drugs, such as alcohol, when they are used in such a way as to cause negative consequences in the user's life. These risks are amplified when multiple substances are used simultaneously, or so that the effects of the two or more substances overlap.

Alcohol

The following information is from the [National Institute on Alcohol Abuse and Alcoholism](#) (NIAAA). More updated statistics and detailed references can be found on the NIAAA website.

- Research has shown that people who misuse alcohol have a greater risk of liver disease, heart disease, depression, stroke, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum.
- These individuals may also have problems managing conditions such as diabetes, high blood pressure, pain, and sleep disorders. Misusing alcohol may also increase the likelihood of unsafe sexual behavior.
- Recent estimates for the United States indicate that 5.6% of cancer cases and 4.0% of cancer deaths are attributable to alcohol consumption.
- Alcohol consumption is associated with increased risk of drowning and injuries from violence, falls, and motor vehicle crashes.
- Alcohol consumption is also associated with an increased risk of female breast cancer, oropharyngeal cancer, esophageal cancer (especially in individuals who inherit a deficiency in an enzyme involved in alcohol metabolism), and harmful medication interactions.
- Alcohol consumption has been linked to risk for fetal alcohol spectrum disorders in the offspring of women who consume alcohol during pregnancy.
- There were more than 96,000 liver disease deaths among people ages 12 and older in 2023, 44.5% involved alcohol. Among males, more than 58,000 liver disease deaths occurred, with 47.0% involving alcohol. Among females, more than 37,000 liver disease deaths occurred, with 40.6% involving alcohol.
- Of the nearly 57,000 cirrhosis deaths among people of all ages in 2023, more than half were alcohol related. The percentage of alcohol-associated cirrhosis deaths was highest (at 80.3%) among adults ages 25 to 34, followed by adults ages 35 to 44 (at 75.6%).

- The number of patients with alcohol-associated liver disease (ALD) who were listed for liver transplant increased by 63% from 2007 to 2017. In 2016, ALD replaced hepatitis C virus infection as the leading cause of liver transplantation due to chronic liver disease.
- In patients with severe alcohol-associated hepatitis, the prognosis is poor. Mortality is 20-40% within three months of diagnosis, and up to 70% for the subset of diagnosed patients who don't respond to corticosteroids.
- The NIAAA Healthcare Professional's Core Resource provides additional information about the effects of alcohol on the human body.

To read more about mental health disorders that commonly co-occur with alcohol use disorder, please visit this [NIAAA site](#).

The details of the risks presented here are not intended to scare the JHU community away from substance use, but to present a factual reality and dispel myths. Also backed by science is a harm reduction approach to education. Health Promotion & Well-Being staff are here for students to learn strategies for themselves and how to intervene with community members should the encounter substance use during their time as a student or in the future, so they are able to make the most informed choice. Those programs are outlined in more detail later in the report.

Cannabis

Federal policy categorizes cannabis as an illicit substance, making it the most widely used illicit drug among college students. Use can result in impaired judgement, anxiety, restlessness, and lung damage. THC is the component of cannabis that causes a feeling of being high. Cannabis is fat-soluble and can be detected in drug tests as late as two weeks after use.

There can be short and long-term consequences to cannabis use. The potency of cannabis is difficult to measure resulting in the immediate consequences being difficult to anticipate. Some effects include intoxication (feeling "high"), anxiety, panic or hallucinations. Physical side effects can include increased appetite. Long term health risks can include harms to lung tissue, mental health effects, cardiovascular effects, increased likelihood of developing head, neck, or throat cancer, particularly in people who smoke cannabis.

A common belief is that cannabis is not addictive, however, Leung et al. (2020) conducted a systematic review of epidemiological cross-sectional and longitudinal studies and found that among people who used cannabis, 22% experience cannabis use disorder, 13% (8-18%) have cannabis abuse, and 13% (10-15%) have cannabis dependence. Those who use cannabis have a one in five risk of developing cannabis use disorder from cannabis use. Signs of cannabis use disorder can include using more cannabis than intended,

unsuccessful attempts at quitting cannabis, spending a lot of time using cannabis, continuing cannabis despite it contributing to problems at home, school and work, choosing cannabis over time with family and friends, and needing increased amounts of cannabis to achieve the same high (APA, 2013).

High-potency cannabis use is associated with an increased severity of dependency and this was particularly so in young people. It also has an impact on brain function in a variety of ways (National Academics of Science, Engineering and Medicine, 2017, Batalla et al., 2013):

- Memory
- Learning
- Attention
- Decision making
- Reaction time
- Emotional regulation

Other Drugs

Below are additional substances and possible risks.

Depressants

Use of depressants can result in drowsiness, relaxation, reduced inhibition, coma, and death. These drugs work by affecting neurotransmitters in the brain. Examples of depressants include barbiturates, benzodiazepines, among others.

Hallucinogens

LSD, psilocybin, peyote, PCP, ketamine, and salvia are common examples of drugs from the hallucinogen family. These substances cause users to hallucinate by temporarily shifting the communication between the brain and spinal cord. General short-term effects include seeing images, hearing sounds, and feeling sensations that are not really there, increased heart rate, nausea, and altered sense of time. Long-term effects include visual disturbances, disorganized thinking, paranoia, mood changes, memory loss, and hallucinogen persisting perception disorder.

Nicotine

Nicotine is a highly addictive chemical compound found in the tobacco plant. It can also be made in a laboratory (synthetic). The effects of nicotine may include a buzz, a feeling of pleasure and relaxation. Smokeless nicotine pouches such as “Zyn” absorb directly into the bloodstream. Withdrawal symptoms include irritability, cravings, depression, anxiety, sleep disturbances and more.

Tobacco

Smoking and vaping tobacco are detrimental to health, contributing to inflammation, heart disease, high blood pressure, premature aging, and cancer. There is no recommended limited dose. For those who already use tobacco, quitting is suggested.

Stimulants

The class of drugs called stimulants share the common effect of increasing heartrate, breathing, blood pressure, and alertness. Common examples include cocaine and ADHD medication. When misused, negative outcomes can include apathy and depression in the short term and hostility or paranoia in the long term.

Standards of Conduct

University standards of conduct related to drugs and alcohol are intended to support individual students, faculty, and staff in their goals for healthy behavior while cultivating an environment where JHU affiliates can thrive and succeed. They include relevant requirements to promote and create safe communities, as well as possible sanctions that the University may impose for violations of the University's standards of conduct with respect to alcohol and other drugs.

- The JHU Policy on Alcohol and Drug Abuse and Drug Free-Environment for faculty and staff can be found [here](#).
- The Drug, Alcohol, and Firearms Policies for Students can be found [here](#).

Student Conduct

The JHU Student Conduct Code is available [here](#). The fundamental purpose of JHU's regulation of student conduct is to promote and to protect the health, safety, welfare, property, and rights of all members of the University community as well as to promote the orderly operation of the University and to safeguard its property and facilities. As members of the University community, students accept certain responsibilities which support the educational mission and create an environment in which all students are afforded the same opportunity to succeed academically.

This Code applies to all students, including without limitation undergraduate and graduate students, and student groups/organizations, whether recognized by the University or not, in the following schools and divisions:

- School of Advanced International Studies (SAIS)
- Krieger School of Arts and Sciences (KSAS)
- Whiting School of Engineering (WSE)
- Carey Business School (CBS)
- School of Education (SOE)
- School of Medicine (SOM)
- School of Nursing (SON)
- Bloomberg School of Public Health (BSPH)
- Peabody Institute (Peabody)

The schools and divisions above must comply with, and ensure that their policies and procedures comply with, this Code. To the extent there is any inconsistency between divisional policies and procedures and this Code, this Code controls. Students are expected to read, be familiar with, and abide by this Code. The Office of Student Conduct is responsible for the implementation and administration of this Code. Students should consult the Office of Student Conduct or their divisional designee about questions concerning student activities, student life, and student affairs.

University employees are notified of their standards of conduct through Human Resources and may find the complete [Policy on Alcohol and Drug Abuse and Drug-Free Environment](#) available online in the [Policy & Document Library](#) at any time.

Off-Campus Party Registration and Safety Policy

The Johns Hopkins University Homewood Undergraduate Off-Campus Party Registration and Safety Policy is one of a group of policies that apply to parties and student safety at the University. The primary aim of University policies in general, and this Policy specifically, is to ensure the safety and well-being of students and party attendees at off-campus residences. The [details of the policy](#) may be found on the Student Affairs website.

Registered Parties in 2022-24 Review Period

Semester	Number of Parties Registered
2022-23	226
2023-24	117

On-Campus Residential Policies

Within university housing, students and guests are expected to know, understand, and adhere to the following policies and expectations (listed here alphabetically) in addition to those outlined in the [Student Conduct Code](#).

Residential Life, alongside the University, works to support individual students in their goals for healthy behavior change while cultivating a healthy environment where students can thrive and succeed. Residential Life staff facilitate programming and enforce policies around alcohol and other drugs/substances in the halls to create safe communities of care and respect. Residential students are also encouraged to take advantage of the many resources on campus related to substance use or misuse and general wellness, including but not limited to: [Primary Care](#), [Health Promotion & Well-Being](#), [Mental Health Services](#), [Religious & Spiritual Life](#), and various peer education and support groups on campus.

Students who observe or are in the presence of a violation of the Alcohol and Drug policies, may be responsible for violating *Student Conduct Code (19) Condoning*, which expects that students who observe or are in the presence of a violation of university policy or law, are expected to remove themselves from participation and encouraged to report the violation.

For incidents involving residential students and alcohol or other drugs, the Office of Residential Life follows the progressive sanctioning guidelines consistent with the [Homewood Undergraduate Alcohol Policies](#).

Outcomes may include Parent or Family Notification, educational programming, and other corrective measures. The University and the Office of Residential Life reserve the right, at its discretion, to impose different or more stringent outcomes depending on the facts and circumstances of a particular case.

Alcohol

In accordance with the University's Student Conduct Code, students who are under the legal age for possession/consumption of alcohol may not have alcohol in their residential space. The legal age for possession/consumption of alcohol is 21. This means if any student is under 21 it is illegal for them to possess, consume, or purchase alcoholic beverages.

- Students who are **under the age of 21** may not host anyone, regardless of age or relationship, who is possessing, consuming, selling, providing, or distributing alcohol.
- Students **age 21 or older** may only possess and/or consume alcohol in a residence hall room or apartment in which all occupants are of legal drinking age.
- Regardless of age, the following are prohibited in residence halls and apartments:
 - High-risk drinking paraphernalia, including but not limited to beer pong tables, beer bongs/funnels, kegs, and all items associated with drinking games, with or without alcohol.
 - Manufacturing of alcohol.

Alcohol, high-risk drinking paraphernalia, and items previously containing alcohol may be confiscated and/or discarded.

Drugs

In accordance with the University's Student Conduct Code, the possession, use, or distribution of illegal drugs or drug paraphernalia as defined by local, state, and federal laws is prohibited at any time on University property. This prohibition includes medical cannabis. No one may use/consume, possess, distribute, dispense, manufacture or grow cannabis, also known as marijuana or weed, on University property or at any University-affiliated activities.

Paraphernalia, drugs, and items previously containing drugs may be confiscated and/or discarded.

Amnesty and Responsible Action Protocol

To encourage students to immediately seek necessary medical attention for themselves or others, the University may not impose disciplinary action of record for a violation of student alcohol or drug possession or consumption against individual students or Recognized Student Groups/Organizations when they seek assistance from on-duty medical staff or law enforcement for a medical emergency or condition.

To initiate the Amnesty & Responsible Action Protocol, you must:

1. Call for help: In the moment of witnessing a medical emergency or personal crisis, you must take immediate action to call Campus Safety and Security (410-516-7777), 9-1-1, or if you're on-campus, contact an RA-on-duty. You may also use any Blue Light on-campus.
2. Stay: Remain with the individual(s) needing help until the on-duty emergency medical staff or law enforcement arrive.
3. Cooperate: Provide information and assistance as needed from the emergency responders and University officials reporting to the needs of the individuals. Meet with the appropriate University staff following the incident and agree to the timely completion of any recommended educational alcohol or other drug corrective measure as assigned by a Conduct Administrator or Hearing Board.

In order for amnesty to apply, a student or Recognized/Student Group/Organization must follow the above-mentioned steps. This amnesty does not preclude disciplinary action for other violations of applicable policies.

Legal Obligations

Student Conduct Code (14) prohibits "The violation of any international or U.S. federal, state or local law, statute, regulation, code, or ordinance."

City of Baltimore Ordinance on Loud and Unruly Parties

Baltimore City has a Social Host/Loud and Unruly Parties Ordinance. **The law brings \$500 fines and the possibility of a 14-day eviction notice.** Baltimore City amended its Neighborhood Nuisance law in June 2015 to provide neighborhoods with a more effective tool to address the problems emanating from loud and unruly house parties. Under the new law, police can now write a civil citation on the spot, similar to a speeding ticket, to the property owners, property managers, occupants, and/ or tenants when a loud and unruly party takes place.

A loud and unruly party is a gathering of two or more people on private property at which: Alcohol is illegally furnished to anyone under 21 or someone under 21 is illegally consuming or possessing alcohol; or Conduct is disturbing the peace, including:

- Excessive noise
- Obstruction of public rights-of-way by unruly crowds
- Public drunkenness
- Assaults, batteries, or other disorderly conduct that disturbs the peace
- Vandalism
- Littering
- Any other conduct that threatens the health, safety, quiet enjoyment, or general welfare

The Johns Hopkins Community Liaison works with registered parties to promote safety and guide them to stay within the limits of the loud and unruly party ordinance.

Maryland State and Local Laws on Alcohol and Controlled Substances

The State of Maryland has a series of laws dealing with distribution, manufacturing, and possession of controlled substances. Any person who unlawfully manufactures or distributes any narcotic drug may be fined up to \$25,000 and may be imprisoned for up to 20 years for a first offense. All of the laws in this section apply to University students and employees when present in the state of Maryland, regardless of their state of residence.

University students and employees are subject to state and local laws for drinking and obtaining alcohol. It is illegal in Maryland for any person under 21 to drink alcohol. It is also illegal for a person under 21 to falsify or misrepresent their age to obtain alcohol, or to possess alcoholic beverages with the intent to consume them. It is also illegal with minimal exception to furnish alcohol to a person under 21. The penalty is a fine of up to \$500 for a first offense, and up to \$1000 for repeat offenses. State law also dictates that it is illegal to possess alcohol in an open container in any parking lot of any shopping center or retail store, unless given permission by the owner. The penalty is a fine of up to \$100. Consuming alcohol on any public property or highway, unless authorized by the governmental entity which has jurisdiction over the property is also prohibited, with penalties including a fine of up to \$100.

University affiliates are also subject to state and local laws governing drinking alcohol and driving. A person may not drive or attempt to drive under the influence of alcohol. Individuals under 21 with a blood alcohol concentration (BAC) of 0.02 will be charged with a violation of a restricted license and result in suspended license until the age of 21. An individual with a BAC of 0.08 or more shall be determined to be under the influence of alcohol. It is also unlawful to drive while impaired by any Controlled Dangerous Substances regardless of their illicit status.

Federal Laws

Federal law classifies drugs into five categories, called schedules, based on the identified utility and risk of each substance. The schedules are outlined in the following chart with examples of substances. This is relevant because federal law does not always align with local or state laws. Recreational cannabis use has been legal for adults over 21 in Washington, DC since 2015, and in 2023, the state of Maryland legalized recreational use of cannabis for adults over the age of 21. Despite its legalization at the state and district level, possession and use of cannabis products (anything that contains tetrahydrocannabinol, aka THC, the substance in the marijuana plant that causes a high), is prohibited on all Johns Hopkins University campuses, in all university buildings, and at university events, regardless of age, amount, or medicinal use.

Schedule	Definition	Examples
I	Drugs with no currently accepted medical use and high potential for abuse. They are the most dangerous drugs of all the drug schedules with potentially severe psychological or physical dependence.	Heroin, LSD, Marijuana, Ecstasy, Methaqualone, Peyote
II	Drugs with a high potential for abuse, with use potentially leading to severe psychological or physical dependence. These drugs are considered dangerous.	Vicodin, Cocaine, Methamphetamine, Methadone, Demerol, OxyContin, Fentanyl, Adderall, Ritalin, Hydrocodone
III	Drugs with a moderate to low potential for physical or psychological dependence.	Codeine, Ketamine, Anabolic steroids, Testosterone
IV	Drugs with a low potential for abuse and low risk of dependence.	Xanax, Soma, Darvon, Valium, Ativan, Ambien, Tramadol
V	Consist of preparations containing limited quantities of certain narcotics.	Robitussin, Lomotil, Motofen, Lyrica, Parepectolin

Disciplinary Sanctions & Policy Enforcement

The University has adopted a progressive sanctioning process for student conduct code violations. The outcomes below apply to violations of all applicable policies. However, outcomes are always assigned on a case-by-case basis and may vary from the guidance in this chart when reasonable. Conduct administrators and hearing boards will always use their discretion in assigning the most appropriate outcomes for the circumstances and frequently assign outcomes other than those listed.

Examples of progressive sanctioning for alcohol violations are demonstrated below:

Alcohol Violation	1st violation	2nd violation	3rd violation	4th violation
Minor Possession/Consumption	Formal Warning, Educational Intervention, Reflection Paper, and other Corrective Measures	University Probation, Educational Intervention, Reflection Paper and Corrective Measures	Deferred Housing Removal/Deferred Suspension, Substance Use Assessment, Student-Centered Developmental Project, Parental/Family Notification	Housing Removal, University Suspension, (Suspension), Reenrollment Clearance (Suspension)
Major Severe-intoxication/DUI Distribution Drug sale/transport/distribution	University Probation, Educational Intervention, Reflection, Follow-up Meeting, and other Corrective Measures	Deferred Suspension, Substance Use Assessment, Student- Centered Developmental Project, Parental/Family Notification	University Suspension or Expulsion, Expectations upon leave (Suspension), Reenrollment Clearance (Suspension)	

(<https://studentaffairs.jhu.edu/viceprovost/student-conduct-ethics/sanctions-corrective-actions/>)

Examples of Sanctions/Corrective Actions for Students

Possible sanctions/corrective actions against students, in increasing order of severity include without limitation one or more of the following:

Formal Warning

Student is notified that the student's actions constituted a violation of the Student Conduct Code and that further violations will result in further disciplinary action.

Educational Activity

Student is required to complete corrective measure designed to be educational, developmental, or restorative in nature that promote enhanced ethical decision-making.

Restitution

Student is required to make restitution for misuse, damage or destruction of or to University, public or private property or services. Examples include without limitation costs of repair, replacement, recovery, cleaning, or otherwise restoring the property or services affected.

Denial of Privileges or Associations

Student is notified that, for a specified period of time, certain privileges or associations within or related to the University are withdrawn. This sanction may include without limitation the termination of residence hall contracts, removal from athletic events, cessation on participation in recreational sports activities, and revocation of the privileges of using certain University facilities.

Probation

Student is notified that his or her status with the University for a specified period of time is such that further violations of any applicable University policies will result in his or her being considered for a "higher level" sanction including suspension or expulsion from the University. If at the end of the specified time period no further violations have occurred, the student is removed from active probationary status.

Deferred Suspension

In some cases, a sanction may be held in abeyance for a specified period of time. This means that, if the student is found responsible for any violation of University policy during that period of time, the student will be subject to the deferred sanction without further review in addition to the disciplinary action appropriate to the new violation. For serious misconduct, the conferring of an academic degree will be deferred for the duration of the sanction.

Suspension

Student is notified that the student is separated from the University for a specified period of time. The student must leave campus and vacate campus residence halls, if applicable, within the time prescribed and is prohibited from University property and events. A suspension may be effective immediately or at a later date in the discretion of the hearing administrator or board based on consideration of relevant factors, including without limitation the nature of the misconduct and the health and safety of the student and others in the University community. The student's academic transcript will contain a notation for the duration of the suspension stating that the student was suspended by University action. The conferring of an academic degree may be deferred for the duration of the suspension. A student must receive written permission from the University prior to re-enrollment or re-application. While serving a disciplinary suspension, academic work completed at another institution will not be recognized for credit transfer.

Expulsion

Expulsion means the permanent removal of the student from the University. Expulsion includes a forfeiture of all rights and degrees not actually conferred at the time of the expulsion, notification of the expulsion to the student's division, permanent notation of the expulsion on the student's University records and academic transcript, withdrawal from all courses according to divisional policies, and the forfeiture of tuition and fees. Any student expelled from the University is prohibited from University property and events and future reapplication to the University.

Examples of Sanctions/Corrective Actions for Student Groups/Organizations

Student groups and organizations may be assigned any of the previously mentioned outcomes in addition to one or more of the following:

Denial of Privileges or Activities

Student group/organization is notified that, for a specified period of time, certain privileges or associations within or related to the University are withdrawn. This sanction may include without limitation the withdrawal of the use of services or privileges as a student group/organization or the loss of the privilege to participate in a University activity or event.

Social Probation

Social probation includes, but is not limited to, prohibiting any social events on- or off-campus, alumni events, as well as prohibiting participation in social components of University events. Violations of the Social Probation will result in further disciplinary charges through the Office of Student Conduct for Failure to Comply.

Probation

The status imposed on a student group/organization for a specific period of time to allow the group

to demonstrate its ability to abide by the Student Conduct Code. Any Code violations committed during the probation period may result in further disciplinary action, including without limitation, immediate suspension or dissolution. Probation may include without limitation one or more of the following conditions:

- Restriction on representing the University in any official group/organization capacity
- Restriction from participation in University programs, events, and activities
- Restriction on use of or access to University property
- Restriction on use of University resources (e.g., ability to receive funding by or through the University)
- Restriction on co-programming with other student groups/organizations, or others through the University
- Other appropriate conditions

Suspension

The separation of the student group/organization from the University for a specified period of time. This generally includes without limitation a restriction on the group/organization conducting any activity or event on or at University property or events, including without limitation in any way that promotes the goals, purposes, identity, programs, membership, or activities of the group/organization. At the completion of the suspension period, and if in the University's determination the group/organization has met the terms of all sanctions/corrective actions and there is no further violation of the Student Conduct Code, the group/organization will be allowed to resume activity as a student group/organization.

Dissolution

The termination of a student group/organization's recognition by the University and separation of the group/organization from the University permanently. This generally includes without limitation a restriction on the group/organization conducting any activity or event on or at University property or events, including without limitation in any way that promotes the goals, purposes, identity, programs, membership, or activities of the group/organization. Once dissolved, a group/organization may only reapply for recognition once all current members have left the University community, unless otherwise authorized in writing by the University.

In addition to disciplinary sanctioning, educational sanctions often accompany conduct hearing outcomes when appropriate. These educational outcomes are typically in agreement between the individual and hearing officer based on the circumstances of the behavior. They may involve:

- Counseling Center
- eCHECKUP TO GO
- Educational Activity
- Follow-Up Meeting
- Referrals
- Reflection Paper
- Training
- Written Assignment

Athletics

JHU Athletics adheres to the rules and regulations set forth by the NCAA, including, but not limited to, drug testing. See Appendix VII for 2023-24 Drug testing guide and list of banned substances.

Sanctions are given to student-athletes who test positive for a banned substance, refuse to participate in a drug test, violate the Safe Harbor policy, are found in possession of a banned substance on or off-campus, or admit using after notification of a test. Sanctions are cumulative and failure to comply with sanctions is counted as another offense. The Safe Harbor Program as defined in 2022-23 [Student Athlete Handbook](#):

If a student-athlete admits to drug use and is seeking treatment, they will not be penalized. However, coming forward after the student-athlete has been informed of an imminent test or of a positive test result will not result in protection from this provision. Once a student-athlete is enrolled in the Safe Harbor program they are still subject to further testing. If that test shows continued drug use the student-athlete is automatically removed from Safe Harbor and becomes eligible for the appropriate consequences for a positive test.

According to the Student Athlete Handbook, the following is the progressive sanctioning for positive drug test(s).

Positive Test 1

- Mandatory referral to Johns Hopkins University counseling center.
- Subjected to further testing as recommended by counselor.
- Notification of parent/guardian, Athletic Director, Head Coach, Medical Director.
- 20 hours community service.

Positive Test 2

- Mandatory follow up with counseling center.
- Subjected to further testing as recommended by counselor.
- Notification of parent/guardian, Athletic Director, Head Coach, Medical Director.
- 20 hours community service.
- Suspension for one calendar year from athletics participation with possibility of dismissal from squad.

Subsequent Positive Tests

- Suspension for a full calendar year
- Cancellation of athletic scholarships for the next semester
- Parental notification by phone or in writing from the Director of Athletics

Failure to Report for Scheduled Drug Test

- If a student-athlete fails to show for a drug test it will be considered a failed drug test.

Failure to Follow Treatment Plan

- Failure of the student-athlete to fulfill all requirements following a positive test will result in immediate suspension from team activities.

In addition to these sanctions within the department, student-athletes may also be given sanctions from the Office of Student Conduct. Alcohol and Other Drug compliance and education is overseen by the Compliance Administrator.

Fall 2022-Spring 2024 Student Conduct Data by Semester

Semester/Year	Count
Fall 2022	
Individual Alleged Violations Alcohol	79
Individual Violations Alcohol-Responsible	55
Individual Alleged Violations Drugs	6
Individual Violations Drugs-Responsible	2
Organizational Alleged Violation-Alcohol	2
Organizational Violations Alcohol-Responsible	2
Organization Alleged Violation-Drugs	--
Organizational Violations Drugs-Responsible	--
Transports	5
Amnesty Protocol	14
Spring 2023	
Individual Alleged Violations Alcohol	48
Individual Violations Alcohol-Responsible	39
Individual Alleged Violations Drugs	9
Individual Violations Drugs-Responsible	6
Organizational Alleged Violation-Alcohol	3
Organizational Violations Alcohol-Responsible	3
Organization Alleged Violation-Drugs	--
Organizational Violations Drugs-Responsible	--
Transports	6
Amnesty Protocol	12
Fall 2023	
Individual Alleged Violations Alcohol	74
Individual Violations Alcohol-Responsible	30
Individual Alleged Violations Drugs	1
Individual Violations Drugs-Responsible	1
Organizational Alleged Violation-Alcohol	--
Organizational Violations Alcohol-Responsible	--
Organization Alleged Violation-Drugs	--
Organizational Violations Drugs-Responsible	--
Transports	12
Amnesty Protocol	16
Spring 2024	
Individual Alleged Violations Alcohol	64
Individual Violations Alcohol-Responsible	55
Individual Alleged Violations Drugs	6
Individual Violations Drugs-Responsible	5
Organizational Alleged Violation-Alcohol	2

Organizational Violations Alcohol-Responsible	2
Organization Alleged Violation-Drugs	--
Organizational Violations Drugs-Responsible	--
Transports	1
Amnesty Protocol	16

Fall of 2022 was the first return to “regular” operations since the beginning of the COVID-19 pandemic which included party registration with alcohol present, yielding an increase in alcohol cases. Health Promotion and Well-Being increased education through signage and Amnesty Protocol education. In the Fall 2023 semester there was a large increase in possession of alcohol paraphernalia and empty alcohol containers during residence hall health and safety checks. All of the prohibited items were disposed of, and the residential students received a written notification of the violation communicating policy and disciplinary action for future violations.

To ensure that sanctions are applied appropriately and consistently, policy and sanction education is a routine part of conduct officer education. All hearings officers, at all levels receive annual training on how to respond to alcohol and drug violations through the conduct process through the Office of Student Conduct and Student Health and Well-Being, including how to apply appropriate disciplinary and educational sanctions, which include referral for risk. Additionally, it is a policy violation to not complete sanctions. The conduct officers dutifully follow up to ensure all sanctions are completed in a timely manner.

The Office of Student Conduct reviews conduct data and sanction application on a semesterly basis to ensure that sanctions are applied consistently and equitably across drug and alcohol cases on individual and organizational cases.

Alcohol and Drug Program

Because substance misuse impacts the lives of undergraduate and graduate students so significantly, the University takes a public health approach to substance use. The primary prevention strategy is to educate the community on the harms of substances and to provide alternative options to engaging in substance use. The secondary approach is through harm reduction strategies, while simultaneously continuing to provide holistic primary resources. The tertiary approach includes meeting with students and groups who have violated community norms or need resources because their substance use is adversely impacting themselves or their community. Education and support are at the center, however, there are consequences from some campus offices that do impact students' status as a student or a member of an organization per the Student Conduct Code. The workshops, trainings, strategies, and services that are detailed in this section are all part of the overall Drug and Alcohol Program.

The strategies the University has used to address alcohol and drug use include a campus task force, campus and community coalition directed at the state level, a newly formed alcohol working group, and strategic interventions that focus on holistic well-being including social, legal, economic factors, as well as the physical environment.

This section is dedicated to describing programmatic interventions and assessment that make up the JHU Alcohol and Drug (AOD) program. Also included in this section are the implementation plan for changes per the requirements of the biennial review (34 CFR 86.100(b)(1)).

Alcohol and Drug Program Goals

- **Prevention:** To prevent the number of JHU community members who might engage in substance misuse at JHU and other areas of their academic and professional lives.
- **Harm Reduction and Impact:** To reduce the number of JHU community members who are negatively impacted by direct and indirect substance misuse in the short and long term.
- **Supportive and Educational Services:** To provide supportive and educational services to those who have been impacted (directly or indirectly) by substance misuse so that they can pursue a fulfilling life.

Key Program Strengths

- Having a dedicated AOD staff member in place for four years has stabilized the program. It has contributed to the growth of peer educators, the development of campaigns and programs across physical and virtual spaces and allowed for the advancement of data analyses.

- The orientation programming, Blue Jays in the Blue Zone, has become a staple program at the Homewood campus and recognizable in name and activity. Students have become increasingly more familiar with serving sizes and the recognition that comes with the program. Students receiving AOD information early in orientation is aligned with best practices.
- The Alcohol Working Group began to address a variety of interdisciplinary AOD issues. Representation included Fraternity and Sorority Life, Residential Life, Office of Student Conduct, Health Promotion and Well-Being, Off Campus Housing and other ad hoc participation as topics arose (i.e. Public Safety). Topics included:
 - presentations of assessment data
 - survey promotion
 - strategic approaches to AOD work on campus
 - party registration process
 - policy discussion
- There has been robust engagement across departments and divisions. There is a strong commitment to the health and well-being of students and community members, demonstrated by staff and faculty. The examples demonstrated in the aforementioned strengths and programs that follow in this section demonstrate the on-going commitment of staff to address AOD issues with individual, community and policy level interventions that are evidence-based.

Ares for Improvement

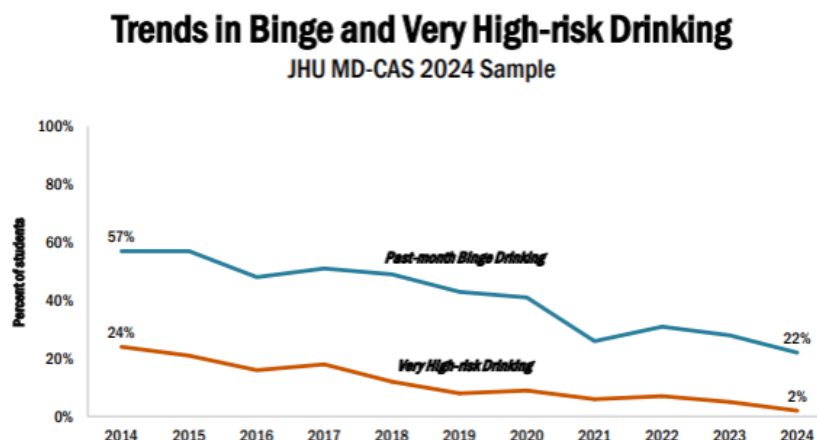
- Fostering community for students who identify as being in recovery has been challenging. Based on data from JHU's administration of the American College Health Association's National College Health Assessment, it is approximately 1% of the student population, however the commitment to ensuring these students have an opportunity to connect with one another remains a priority.
- Cannabis use through edible form has been demonstrated through JHU survey data to be the number one form of use. It would be useful to have targeted harm reduction campaigns around use.
- It is a goal to increase availability of Naloxone and fentanyl test strips widely across campuses and accompany that with education on administration/use.
- The AOD working group would like to explore alternatives for education for party registration that tailors the experience to JHU specifically.

Maryland Collaborative to Reduce College Drinking and Related Problems

The Maryland Collaborative seeks to reduce excessive college drinking and resulting social and economic costs by raising awareness of college student drinking as a statewide public health problem and by helping college communities implement effective policies and practices to reduce the problem. Johns Hopkins University maintains active membership with the Maryland Collaborative. The group provides monthly peer exchange forums in which the member institutions learn from each other about how to enhance their drug and alcohol prevention and intervention efforts. Member institutions also work together to

advocate for local policy change and support best practices in responding to alcohol and drug concerns.

Johns Hopkins University participates annually in the Maryland College Alcohol Survey sponsored by the Maryland Collaborative to assess student substance use. This survey has been critical to making changes to the JHU AOD program over the last 10 years. As demonstrated in the graph below, there has been a significant decline in binge and very high-risk drinking by JHU students. While some of this can be attributed to generational changes, JHU took several actions to respond to these data over time as well.



As noted, the addition of the AOD specialist in Health Promotion and Well-Being has been key. The position focused on programmatic interventions such as campaigns, workshops, and relationships across campus. During this 2022-2024 Biennial Review Cycle JHU also administered the American College Health Association’s National College Health Assessment (NCHA). This survey includes several questions and assessments related to AOD which inform the program. The survey had not been administered since 2018 due to COVID, however, in 2022, the NCHA was administered to graduate students for the first time ever which will provide comparison data for 2024.

Blue Jays in the Blue Zone

All new undergraduate students receive peer-facilitated training called “Blue Jays in the Blue Zone” during orientation week. This program was adapted from “The Buzz” at the University of Arizona. The content focuses on the increased risk from mixing alcohol with other drugs, alcohol’s role in facilitating sexual assault, harm reduction options, what to do in an overdose emergency and reminders of state, local and federal laws, standards of conducts policies and resources. “The Blue Zone” is a BAC up to 0.055 where the fewest alcohol-related harms occur. Information on opioids is included in the training to reflect state mandates on education, and education on cannabis is included to reflect state legalization in 2023 and increased availability of the substance. The training is facilitated

by First-Year Mentors (FYMs) and RAs who are taught how to facilitate the program by trained health educators.

The program is interactive and organized by modules. Learning outcomes include:

- Identify common myths surrounding alcohol and explain why they are inaccurate
- Recall basic knowledge about alcohol, including serving sizes, BAC, and alcohol as a drug
- Explain why pouring accurate serving sizes may be difficult
- List practical and realistic ways to reduce risk if they choose to consume alcohol
- Identify possible challenges/barriers to drinking moderation
- Describe current alcohol use trends on-campus and that most students choose not to drink or use drugs
- Explain what to do in an alcohol emergency
- Identify resources on-campus that are available if they are concerned about their own or their peers' substance use

Academic Year	Number of Peer Trainers	Number of Student Participants
August 2022	95	1,260
August 2023	98	1,405

Opioid Awareness Program

The Heroin and Opioid Education and Community Action Act of 2017 (Start Talking Maryland Act) requires that all institutes of higher education, public and private, in the state of Maryland provide opioid education to incoming full-time students. Johns Hopkins University requires all incoming degree-seeking students to take online opioid training.

Course Objectives

- Discuss the magnitude of impact of the current opioid epidemic
- Explain the concept of harm reduction as it relates to substance use disorder and opioid use disorder
- Identify the risk factors associated with substance use disorder and opioid use disorder
- Identify the risk factors associated with fatal overdoses from opioid use
- Describe the symptoms of an opioid overdose
- Explain how to respond to someone suffering from an opioid overdose
- List resources available to them for support

Timeframe	Number of Students who Completed Opioid Training
7/1/2022-12/31/2022	3,593
1/1/2023-12/31/2023	10,937
1/1/24-6/30/2024	5,774

Bystander Intervention Training

The Bystander Intervention Training (BIT) program teaches students about gender-based violence, consent, and bystander intervention skills. Upon completion of BIT, students will know how to safely intervene in situations that could immediately lead to violence and how to interrupt a culture that is permissive to gender violence. Students will acquire intervention tools to use in situations that seem risky in order to become effective and active bystanders. The BIT program discusses topics including intimate partner violence, sexual assault, stalking, harassment, survivor empathy, and consent. The role of alcohol and other substances are included in BIT specifically as it pertains to their role in the perpetration of sexual assault and related behaviors, the university's amnesty protocol, and identifying resources. BIT is taught peer-to-peer in two 2.5-hour sessions to all new undergraduate students. Students must attend both sessions in full to complete BIT.

A shortened 2-hour version is available to graduate students. The Bloomberg School of Public Health has integrated the BIT program into their new student orientation, and Health Promotion continues to market the program to graduate students and academic departments for integration.

Year	Undergraduate Completion	Graduate Completion
7/1/2022-6/30/23	1,249	448
7/1/23-6/30/2024	1,331	455

Athletics

Student athletes and their fans can have higher levels of alcohol use than other student groups. Specific prevention efforts have been implemented to support both of these groups.

Alcohol-free social events and tailgates were created around sports games to support student desire to be social, without encouraging substance use.

- 10 Men's Lacross Games – student attendance averages 150 students
- 2 Blue Jay Opening Day Tailgates – student attendance averages 400 students
- 24 Themed Sporting Events – student attendance averages 75 students
- 4 Pre-Game Student Tailgates – student attendance averages 250 students

All student athletes participated in the following training modules:

First-year student-athletes:

- Sexual Violence Prevention
- Alcohol & Other Drugs, Alcohol, Dietary Supplements, Marijuana, Prescriptions & Over the Counter Drugs, Performance Enhancing Drugs, Stress Management, Tobacco, Mental Health, Sleep Wellness, Hazing Prevention, Sport Nutrition Plan, Time Management

Returning student-athletes:

- Sexual Violence Prevention
- Marijuana, Prescription & Over the Counter Drugs, Tobacco

Leadership Engagement & Experiential Development

A selection of programs held by Leadership Engagement & Experiential Development (LEED) and the student programming boards have been highlighted. These include evening or late-night programs with emphasis on weekends that provide opportunities for students to attend alcohol-free events during what can be perceived as peak drinking hours. Additional alcohol-free social events and programs were hosted during daytime hours and while substance-free, were not designed with that outcome at the forefront.

Any programming that contains alcohol uses outside security to check student IDs and typically ask for two forms of ID to minimize the risk of false IDs being used on campus. Wristbands are changed between each event to keep students from using the same one from a previous event. Signage is posted to create one-way entries and exits in drinking areas. Hopkins Emergency Response Organization (HERO) is on standby in case of needed health assessments, and members of the campus On-Call trained team assist with staffing to challenge potential problem areas.

Examples of programming and events include:

Alcohol-Free Alternate Programming: All events hosted, except Hoptober Fest, Spring Fair, and Senior Week, described below. Examples of successful programs include Trivia Night, Paint Night, Movie Nights, Skate Night, Lighting of the Quads, Silent Disco, and Hop-A-Palooza.

Hoptoberfest: An annual stress-buster week. Alcohol is provided in limited quantities to students with wristbands demarcating their legal age. This was paired with education about alcohol and the brewers who took part in the event. Any event that contains alcohol also has snacks available to encourage harm reduction behaviors. In this case, eating before drinking.

Community Liaison: The Community Liaison, housed within the Dean of Student Life, visits houses that are hosting registered parties to provide water and unsalted snacks and reviews the houses for safety. This position also patrols the neighborhood parties that are taking place late at night and on weekends to ensure safety of students. This position has

been awarded the Good Neighbor Award from Fraternity and Sorority Life, which raises awareness of low-risk alcohol use behaviors.

Spring Fair: The planning committee learned the conduct process to manage appropriate norms for alcohol and drugs. The leadership was updated with a clear set of expectations of norms, engagement, and how to appropriately mentor younger students, eliminating hazing behaviors. Staffing has been tripled at the Beer Garden to manage potential over-consumption of alcohol.

Senior Week: Students over the age of 21 were permitted wristbands and allotted two alcoholic beverages per person for the entirety of the two-hour event; this is congruent with the harm reduction approach of limiting alcohol consumption to one drink or fewer per hour.

Fraternity and Sorority Life

Membership in fraternity and sorority organizations has consistently been associated with higher-risk alcohol consumption. Therefore, Johns Hopkins University has worked to promote lower-risk behaviors among these students specifically.

Sober Party Monitors

According to the Homewood Undergraduate Alcohol Policies, off-campus parties must designate sober party monitors. A party must have two designated Sober Party Monitors (SPMs) and one additional SPM for every twenty-five attendees above the initial twenty-five attendees. This means that if a party has 30 attendees, there must be at least 3 SPMs; if a party has 50 attendees, there must be at least 4 SPMs; if a party has 75 attendees, there must be at least 5 SPMs; etc. At least one SPM must be a resident of the House in which the Party is held. First-Year students are not permitted to serve as SPMs. In addition to the responsibilities outlined above, SPMs must meet and comply with all of the following for the duration of the Party:

- a) Completed training provided by the University Center for Health Education and Well-Being within the last twelve (12) months
- b) Wear a neon shirt provided by the University or another University-approved method of identification
- c) Carry a phone on their person at all times in case of emergencies, and have the phone numbers for Campus Safety and Security, the Community Liaison, HERU, and 911 programmed on their phones or immediately accessible
- d) Must not consume alcohol and/or illegal drugs and remain free of these substances for the entire duration of the Party and for eight (8) hours prior to the start of the Party
- e) Verify that the number of attendees does not exceed the fire code capacity of the House or twenty-five individuals per SPM
- f) Circulate throughout the Party (including points of entry and exit), be vigilant for situations that may endanger the health, safety, or welfare of individuals, promptly

obtain assistance from Campus Safety and Security, the Community Liaison, HERU and/or the Baltimore Police Department, as appropriate, and communicate with other SPMs regarding the foregoing

- g) Speak with law enforcement and any neighbors who come to the House and ask to speak with someone regarding the Party

Sober Party Monitors were trained using TIPS, a skills-based training program designed to prevent intoxication, underage drinking, and drunk driving. All monitors are verified prior to registered parties being approved.

Mental Health Services

Mental Health Services (MHS) uses the Counseling Center Assessment of Psychological Symptoms (CCAPS) which utilizes an alcohol use index as part of the intake process for patients. Staff make referrals as appropriate and also utilize evidence-based tools such as eCheck-up [cannabis](#) and [alcohol](#).

Primary Care

Patients can be screened and treated for substance use disorders including prescription treatment. Staff make referrals as appropriate and also utilize evidence-based treatment modalities, specifically screening, brief intervention and referral to treatment (SBIRT).

Residential Life

Students' health and safety is a core part of the JHU Residential experience. Health Promotion and Well-Being provided alcohol and drug education during Resident Advisor (RA) training and RA's have been part of the Blue Jays in the Blue Zone content delivery. All programming in the residential spaces is substance free and focuses on the community and educational topics, which totals more than a thousand programs and even more interactions annually. In the communities, the bulletin board requirements are focused on one month each semester devoted to alcohol and other drugs and decision making as the bulletin board topic.

Health Promotion and Well-Being provided posters on alcohol, cannabis and caffeine to be hung up in residential communities based on social norm data and harm reduction. All residential bathrooms have amnesty protocol mirror clings so students know the process and have the phone numbers to call in case of emergency.

Health Promotion Initiatives

Mental Health First Aid

Mental Health First Aid is an eight-hour course that teaches individuals how to identify, understand and respond to signs of mental health disorders and specifically addresses substance use disorders. The training provides skills needed to reach out and provide initial help and support to someone who may be developing a mental health or substance

use problem or experiencing a crisis. The program is between six and eight hours of synchronous content with a licensed trainer. The six-hour format is a hybrid program that includes self-paced, web-based pre-work, whereas the eight-hour format is all facilitated by the instructor(s). During the 2022-24 timeframe, students, faculty and staff participated in Mental Health First Aid.

Year	JHU Community Members Trained
7/1/2022-6/30/23	69
7/1/23-6/30/2024	66

Sexual Health Programming

Health Promotion & Well-Being offers several different workshops that include the relationship between sexual wellness and substance use. Programming is facilitated by trained peer-health educators, and students discuss the impact that alcohol and other substances can have on boundary setting and consent. With events facilitated by peer educators, students discuss substance use as it affects contraceptive use, decision making, and consent. In a workshop discussing nourishing relationships, peer educators lead activities that equip their peers to discuss preferences and boundaries in advance to promote proactive decision making before introducing alcohol or other substances. During Sexual Health Jeopardy, students are asked about internal condoms as a contraceptive that can be applied prior to consuming alcohol, reducing risk of improper use or forgetting the condom entirely. Resources are provided for those moments when barrier methods are forgotten or omitted so students can make informed decisions at every point.

Love & Liquor workshop

- Learn the basics of alcohol, cannabis, other drugs and contraceptives
- Learn how alcohol and other drugs interact with contraceptives and affect sex
- Understand the motivations for using substances separately and while engaging in sex
- Learn harm reduction techniques for engaging in these behaviors
- Learn and practice preventative skills to limit adverse reactions risky behaviors

Harm Reduction Well-Being on Wheels

Well-Being on Wheels is a mobile cart that travels around the Homewood, East Baltimore and DC campuses to take Health and Well-Being education to where the learners are. Harm Reduction Well-Being on Wheels specially addressed issues of substance abuse

and distributed education related to cannabis and alcohol use for students who choose to use those substances or for their peers.

Workshop Content for Scholar Athletes and Club Sports

- For those who choose to drink, standard drink sizes
- How alcohol works in the body
- Techniques to moderate use
- When things don't go as planned
- Performance and Alcohol

Specific to scholar athletes, NCAA MyPlaybook helps first-year student-athletes make better informed choices around substance use (alcohol, federally scheduled drugs, performance-enhancing drugs) by increasing knowledge, challenging misperceptions about use, and providing behavior strategies. Non-alcoholic tailgates are events on campus with food trucks, games, and other entertainment that invite students to enjoy the time before a game without substances.

Workshop Content for Fraternity & Sorority New Member Orientation

- Identify the effects of substance misuse on the mind and body
- Recognize signs of substance misuse
- Understand BAC and standard drinks sizes
- Reflect on personal risk factors
- Discuss how substances impact social settings

Nicotine Quit Kits & Guide

Health Promotion & Well-Being developed and distributed a 23-page guide developed specifically for JHU learners who plan to reduce or completely quit their use of nicotine. The guide is rooted in behavior change theory and the science of nicotine's impact on the brain and body, two tools which are useful in speaking to the culture of research that is omnipresent on each of JHU's campuses. The guide is useful for both smoking and vaping, addresses the faulty thinking that keeps many individuals from making meaningful behavior change, and also helps individuals address the environments that they are in with peers, work, and school. There are both JHU-specific resources and external community resources, which are provided free of charge.

In addition to the guide, Quit Kits were distributed around campuses near areas where students traditionally smoked. The kits included a quit guide, regular gum, nicotine gum, toothpicks, and a fidget toy. Kits were distributed during the Great American Smoke Out and other key days.

Workshops and initiatives offered by Health Promotion reached more than 18,000 students through 353 programs in 2022-23 and more than 13,000 students with 221 programs in 2023-24, all of which are substance free and most of which address AOD in an intersectional way. More specifically, there were 56 AOD programs with 706 student participants in 2022-23 and 77 programs with 888 participants in 2023-24.

Campus Resources

Health Promotion & Well-Being

Offers motivational interviewing sessions for students, residents, fellows, and trainees to learn about their alcohol, marijuana, and/or tobacco use and set goals for change. Develops and implements alcohol and drug focused prevention programming and media campaigns.

Behavioral Health Crisis Support Team

The Behavioral Health Crisis Support Team (BHCST) pairs experienced, compassionate crisis clinicians with specially trained public safety officers to support individuals in crisis on or immediately surrounding our Baltimore campuses. The BHCST provides immediate assistance to those who need it and, just as importantly, links students, faculty, staff and community members in crisis to ongoing support services in the days and weeks that follow. Call [410-516-9355](tel:410-516-9355). This team is available 24 hours a day, year-round.

Hopkins Emergency Response Organization

Professional EMS organization providing 24/7 service on the Johns Hopkins Homewood campus. Call 410-516-7777

Mental Health Services

Provides free, confidential individual counseling, psychiatric care, or referrals for students, residents, fellows, and trainees.

Primary Care

Provides medical, and wellness services to students, residents, fellows, and trainees.

Public Safety

Responds to emergency situations. Escorts students, faculty, and staff on or around campus. Call 410-516-4600 to request a safety escort response.

Student Outreach & Support

Case Managers provide one-on-one support, including interventions, advocacy, referrals and follow-up services for undergraduate students at the Homewood Campus who are experiencing significant difficulties related to mental health, physical health, family emergencies and/or other areas of concern.

SilverCloud

An online, confidential mental health resource, providing Cognitive Behavioral Therapy. Available to full-time students over 18 years old.

TimelyCare Telehealth

Augments other services offered by campus resources to provide 24/7 access to mental health services. Available to degree-seeking students enrolled at least half-time. Starting in Fall 2024 this will also include medical care as well.

Sexual Assault Helpline

To reach the JHU Sexual Assault Helpline, call [410-516-7333](tel:410-516-7333). This helpline is a confidential service of Johns Hopkins University Mental Health Services, staffed 24 hours a day by professional counselors. An updated list of all JHU confidential resources can also be found on JHU's We Listen. You Decide [website](#).

Well-Being Website

Serves as a centralized hub of all campus wellness resources and shares blogs and targeted content about health-related topics.

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Appendices

Appendix I: Annual Distribution

Procedures for Written Alcohol & Other Drugs Information & Policies Distributed to Students & Employees

The annual notification is distributed to all Johns Hopkins University students, faculty, and staff in the spring semester. The communication is a collaborative effort between Human Resources, Student Health and Well-Being, and Student Affairs. A sample communication is included below.

Dear Johns Hopkins Community:

The U.S. Department of Education requires institutions of higher education to distribute their alcohol and drug policies in writing to student, faculty, and staff members. JHU policies prohibit the illegal use of alcohol and other drugs.

- The Drug, Alcohol, and Firearms Policies for Students can be found online [here](#).
- The JHU Policy on Alcohol and Drug Abuse and Drug Free-Environment for faculty and staff can be found online [here](#).

Both policies are intended to support individuals in their goals for healthy behavior while cultivating an environment where JHU affiliates can thrive and succeed. They include relevant requirements to promote and create safe communities, as well as possible sanctions that the university may impose for violations of its standards of conduct with respect to alcohol and other drugs.

Members of the university community are responsible for knowing the risks associated with substance use and misuse. Offices of the university are here to support anyone who is struggling with alcohol and drug use, and resources can be found below.

Please note that while Maryland and the District of Columbia have permitted recreational adult use of marijuana, university policies remain unchanged and prohibit the use, sale, possession, or distribution of marijuana on university property or as a part of university activities.

Federal law generally prohibits the manufacture, distribution, or dispensing of a controlled dangerous substance and, under certain circumstances, of a counterfeit substance. It is also a crime to possess a controlled dangerous substance with the intent to manufacture, distribute, or dispense the substance. Conviction for one of these offenses is punishable

by a prison sentence, the length of which depends on the type and amount of the drug involved.

Maryland and District of Columbia laws state that an individual convicted of the manufacture, distribution, dispensing, or possession of certain controlled dangerous substance with an intent to do any of the foregoing is subject to imprisonment, a fine, or both. As with federal law, the penalty varies depending on the drug types and amount, and the Maryland and D.C. statutes provide for increasingly stiff penalties with each drug offense conviction. Medical and public health experts advise that **consequences** from short-term use of marijuana or alcohol can include increased risk of worsening mental health, impaired memory, worsening sleep and immunity issues, and other direct and indirect consequences to academics, relationships, and overall quality of life. Chronic use can result in serious lifetime health issues such as heart disease, cancers, dependence, and addiction.

RESOURCES FOR STUDENTS

The university has a variety of resources for students related to education about the risk of substance abuse and support for those seeking individual health care services related to alcohol and drug use. A comprehensive list of resources can be found online **here**. To seek help for substance use or misuse, a comprehensive list of well-being resources, organized by school and student type, can be found on the **Student Well-Being website**.

RESOURCES FOR FACULTY AND STAFF

Health care referrals and educational programs about substance abuse are available through the **Johns Hopkins Employee Assistance Program**.

We thank you for your cooperation in supporting the health and well-being of the university community.

Sincerely,

Rachelle Hernandez
Vice Provost for Student Affairs

Kevin Shollenberger
Vice Provost for Student Health and Well-Being

Meredith Stewart
Interim Vice President for Human Resources

Appendix II: Alcohol-Related Advertising and Promotion Homewood Activities Alcohol Provisions

Appendix III: Homewood Undergraduate Sanctions and Corrective Actions: Alcohol Policy Violations

Appendix IV: JHU Public Safety Trend Data

Appendix V: Policy on Alcohol and Drug Abuse and Drug-free Environment

Appendix VI: Tobacco and Smoke-Free Campus

Appendix VII: NCAA Drug Testing

[NCAA Drug-Testing Program](#)

[NCAA 2023-24 Banned Substances](#)