



Drug-Free Schools and Campuses Regulations [Edgar Part 86] Biennial Review for the Academic Years 2022-2023 & 2023-2024

This review was created by the Student Life Office with the help of the following personnel:

Jeffrey Schone – Vice President for Student Life

Laura Olson – Executive Assistant to the Vice President for Student Life

Angela Scharf – Women’s Services Director

Nathaniel D. Savage – Men’s Services Director

Aaron Bush – Men’s Services Director

Kelsey Horn, RN – Health Services Office

Andrea Wendland – Human Resources Director

Annette Schultz – Financial Aid Director

David Biedenbender – Athletics Director

This report is issued by the Martin Luther College Student Life Office on **December 6, 2024**

Martin Luther College
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Alcohol and Other Drug Prevention Certification

The undersigned certifies that Martin Luther College 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.

Martin Luther College
1995 Luther Ct
New Ulm, MN 56073

Richard L Gurgel

41-0695520

Typed Name of Chief Executive Officer

IRS Employer Identification Number



507-354-8221

Signature of the Chief Executive Officer

Telephone Number

December 6, 2024

Gurgelrl@mlc-wels.edu

Date

Email Address

Introduction/Overview

The Drug-Free Schools and Campuses Regulations (345 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require that an institution of higher education (IHE) such as Martin Luther College (MLC) certify implemented programs to prevent the abuse of alcohol and use or distribution of illicit drugs both by MLC students and employees both on its premises and as a part of any of its activities. At a minimum each institution of higher education must annually distribute the following in writing to all students and employees:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol;
- A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students; and
- A clear statement that the institution will impose sanctions on students and employees 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. The law further requires that the institution conduct a biennial review of its program with the following objectives:
 - Determining the effectiveness of the policy and implementing changes to the alcohol and other drug programs if they are needed; and
 - To ensure that the sanctions developed are enforced consistently.

The biennial review must also include determinations as to:

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

Martin Luther College acknowledges its legal obligation to conduct a biennial review of compliance with the Drug-Free Schools and Communities Act and authorizes the Student Life Office to conduct the relevant review in fulfillment the requirements of the previously mentioned Federal Regulations. The personnel associated with this work are listed above.

Biennial Review Process

To meet the legal requirements of conducting a biennial review and also summarize the programs and activities related to alcohol abuse and drug prevention at Martin Luther College during the 2022-2023 and 2023-2024 academic years, the following information was examined:

- Alcohol and drug information provided to students and employees
- Policies contained in Student, Faculty and Employee Handbooks related to drug and alcohol use on campus and the sanctions imposed for failure to comply
- Various resources available to students and employees regarding drug and alcohol abuse
- Incident reports in the Student Life Office related to any possible infraction of the drug and alcohol policy for students and employees
- Minnesota College Student Health survey data for 2023 (survey administered by the Boynton Health Service of the University of Minnesota in Minneapolis)
- Local ordinances, state statutes and federal laws pertaining to alcohol and drug use, possession and abuse

Martin Luther College strives to remain in compliance with the requirements of the Drug-Free Schools and Communities Act. The college is committed to creating a healthy, safe and positive community for its students and employees. The college has adopted and implemented programs to prevent abuse of alcohol and use or distribution of illicit drugs by both students and employees both on its premises and as part of any of the college's activities. Through the use of multiple strategies, the college provides a framework for addressing alcohol and other drug-related issues for the campus community. This was accomplished by:

- 1) developing alcohol and drug-related policies to foster the consistency of enforcement;
- 2) conducting early intervention programming;
- 3) providing treatment and recovery options.

MLC policies and procedures on alcohol and other drugs are reviewed with all new students during orientation. These policies are also made available through the Student Handbook available on both the MLC website and the MLC portal site. This policy information is also distributed at the beginning of each school year—separately and as part of the MLC Annual Security and Fire Report. Policy information is available on the Student Life home page at: <https://mlc-wels.edu/student-life/alcohol-drug-firearms-policy/>

MLC distributes alcohol and drug related information to all those enrolled for credit, including continuing education, online and graduate students. The college distributes this information at the beginning of the fall and spring semesters to on-campus students and to on-campus summer term students when they begin their classwork. Information is distributed to on-line students as they begin their classwork during the school year – fall, spring and summer sessions. Students who enroll at other times will be given drug and alcohol related information when they begin coursework.

The employee handbook (Lay and Called Worker Handbook) is available online 24/7 via the [MLC Portal](#) and [Vibe](#). Annually on July 1, or as revisions occur, employees are required to acknowledge the handbook with the Employee Handbook Acknowledgment Form found on page 90. Employees can refer to the table of contents and the revision dates. The handbook is distributed via [Vibe](#), but also is announced to the campus through campus publications. Initially, all new employees, including student employees, are made aware of the policy during the hiring process.

Biennial Reviews are kept in the Student Life Office for 7 years and are available upon written request of the Vice president for Student Life.

1. Martin Luther College Alcohol and Drug Policies for Students, Faculty and Employees

Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol on school property or as part of any school activities

The MLC Student Handbook is distributed to each student, faculty member and staff member via the school's website. The handbook states the following concerning the college's policies regarding Alcohol and illegal drugs.

a. ALCOHOL AND DRUG POLICY

The College Governing Board has adopted a policy on drug and alcohol in response to former President George H. W. Bush's national drug control strategy, Congress passed legislation to require schools, colleges,

and universities to implement and enforce drug prevention programs and policies as a condition of eligibility to receive federal financial assistance.

On December 12, 1989, President Bush signed the Drug-Free Schools and Communities Act Amendments of 1989 (Amendments) Public Law 101-226. Section 22 of the Amendments amends provisions for the Drug-Free Schools and Communities Act of 1986 and the Higher Education Act of 1965 to require that, as a condition of receiving funds or any other form of financial assistance under any federal program after Oct. 1, 1990, a university or college must submit certification that it has adopted and implemented a drug prevention program.

MLC Governing Board's regulations prohibit the unlawful possession, distribution, sale, and use of illegal drugs and alcohol by all faculty, staff, students, or visitors to the campus, on MLC property, and at any college sponsored events.

Martin Luther College students are prohibited from the use of illegal drugs or alcohol on campus or as a representative of the institution of campus.

In accordance with Minnesota law, the legal age of alcohol consumption is 21 years of age. Based on the standards for student conduct any student found to be engaging in underage drinking will be in violation of the code of conduct. Furthermore, there is an increased risk to safety when engaging in excessive drinking that could include public intoxication and driving under the influence, which can lead to additional violations.

MLC faces the same problems as other American colleges Drug and alcohol abuse is a sinful misuse of the body. Underage drinking and the use of illegal drugs are sins against lawful authority. The college is obligated to provide information on drug and alcohol abuse annually, offer aid and counsel to abusers, and suspend, dismiss or sanction when appropriate. MLC is committed to a drug and alcohol-free campus for its students.

Violation of the MLC alcohol and drug free campus policy, any underage drinking, any cases of drunkenness, or the possession, use or distribution of illegal drugs will result in one or more of the following consequences: a \$250 fine, mandatory counseling, restrictions at or dismissal from school, referral to law enforcement authorities.

Selling illicit drugs is a criminal offense punishable by a fine or imprisonment, depending on the specific offense and factors such as prior convictions for similar offenses. Driving while intoxicated is against the law and can result in driver's license revocation or even imprisonment in some cases. Under Minnesota law, an individual under the age of 21 can be arrested and put in jail for purchasing or consuming alcohol.

The following is a brief overview of local, state and federal laws governing the possession, use and distribution of illicit drugs and alcohol. It is not intended to be an exhaustive or definitive statement of various laws, but rather is designed to indicate types of conduct that are against the law and the range of legal sanctions that can be imposed for such conduct.

b. ALCOHOL/CONTROLLED SUBSTANCE VIOLATIONS AND PARENTAL NOTIFICATION

In 1998 Congress added the following provision to the FERPA legislation: Nothing in this Act or the Higher Education Act of 1965 (20 U.S.C. 1001 et seq.) shall be construed to prohibit an institution of higher education from disclosing, to a parent or legal guardian of a student, information regarding any violation of any Federal, State, or local law, or of any rule or policy of the institution, governing the use or

possession of alcohol or a controlled substance, regardless of whether that information is contained in the student's education records, if –

(A) the student is under the age of 21; and

(B) the institution determines that the student has committed a disciplinary violation with respect to such use or possession.

The VP for student life is responsible for determining if and by what means parents or legal guardians will be notified when students under the age of 21 are found to have committed violations of federal, state, or local law or college policies related to the possession, use, or distribution of alcohol or a controlled substance.

The college encourages students to assume personal responsibility and accountability for their actions as they learn to establish their own independence. The college also recognizes that the process of establishing personal independence requires support and, at times, assistance or intervention. In the appropriate circumstances, notification of parents or legal guardians can be a means of support in that transition. Consistent with this approach, the VP for student life or his designee, at his discretion, will involve the student in a discussion about the decision to notify his/her parents or legal guardian and will inform the student that notification will take place.

- c. The MLC employee (Lay and Called Worker) Handbook is posted on the college computer network and is available to all members of the staff. This handbook states the following concerning drugs and alcohol:**

“702 Drug and Alcohol Use”

WELS and MLC advocates that its premises will be free from the unlawful distribution, dispensation, possession or use of controlled substances by its employees. Additionally, WELS and MLC employees are to work free from the effect of alcohol and other performance-impairing substances while at work or at WELS and MLC-sponsored events. Illegal drug use includes the unauthorized use or possession of a legal drug as well as the use or possession of a controlled substance. The legal use of prescribed drugs is permitted on the job only if it does not impair an employee's ability to perform the essential functions of the job effectively and in a safe manner that does not endanger other individuals in the workplace.

WELS reserves the right to conduct alcohol and drug tests for cause or periodic testing for employees in designated departments, classifications or workgroups. Violations of this stated policy may lead to disciplinary action, up to and including termination of employment, and/or required participation in a substance abuse rehabilitation or treatment program. Such violations may also have legal consequences.

Employees with questions about this policy or issues related to drug or alcohol use in the workplace should raise their concerns with their supervisor or the DHR without fear of reprisal

The college's Annual Security Report is posted on the MLC website each year and is made available in this electronic format for prospective and current students, faculty and staff members. It contains detailed information concerning applicable legal sanctions for the unlawful possession or distribution of illicit drugs and alcohol.

2. Applicable Laws

Selling illicit drugs is a criminal offense punishable by a fine or imprisonment, depending on the specific offense and factors such as prior convictions for similar offenses. Driving while intoxicated is against the law and can result in driver's license revocation or even imprisonment in some cases. Under Minnesota law,

an individual under the age of 21 can be arrested and put in jail for purchasing or consuming alcohol. The following is a brief overview of local, state and federal laws governing the possession, use and distribution of illicit drugs and alcohol. It is not intended to be an exhaustive or definitive statement of various laws, but rather is designed to indicate types of conduct that are against the law and the range of legal sanctions that can be imposed for such conduct.

A. Alcohol Laws

- a. Local Laws:** The city of New Ulm, like many other cities, has an ordinance prohibiting the consumption of, or possession of, an open container containing an alcoholic beverage in any public place or on private property without the owner's permission.
- b. State Laws:** Minnesota state law provides that it is a misdemeanor if a person under the age of 21 consumes alcohol, attempts to purchase alcohol, possesses alcohol with intent to consume it, enters a licensed establishment or municipal liquor store for the purpose of purchasing or being served alcohol or misrepresents her or his age. Misdemeanors are punishable by imprisonment for up to 90 days and/or a \$700 fine. It is a gross misdemeanor to give or sell alcohol to a person under the age of 21 or to procure alcohol for an obviously intoxicated person. It also is a gross misdemeanor (punishable by imprisonment for up to 90 days and/or a \$3,000 fine) to induce a person under the age of 21 to purchase alcohol or to knowingly permit a person under 21 to use one's driver's license or other identification for the purpose of procuring alcohol. Finally, selling alcohol to a person under the age of 21 who becomes intoxicated and causes death or serious bodily harm to herself/himself or another is a felony, punishable by imprisonment in excess of one year and/or a fine in excess of \$3,000. If an individual in Minnesota drives under the influence of drugs or alcohol, possible sentences include revocation of driving privileges, fines, imprisonment and participation in rehabilitation programs. If a person drives under the influence of alcohol and death or injury results, the intoxicated driver can be convicted of murder, manslaughter or battery.
- c. Compendium of Local, State and Federal Laws**

i. City of New Ulm Ordinances

Section 8.84. Hosting gathering at which underage alcohol possession or consumption occurs.

Subdivision 1. Purpose. This section is enacted pursuant to Minn. Stat. §145A.05, subd. 1, to protect public health and safety and discourage underage possession and consumption of alcohol by holding persons criminally responsible who host events or gatherings at which underage persons possess or consume alcohol, regardless of whether the host supplied the alcohol.

Subdivision 2. Definitions. For purposes of this section, the following terms have the following meanings:

A. "Alcohol" means ethyl alcohol, hydrated oxide of ethyl, or spirits of wine, whiskey, rum, brandy, gin, or any other distilled spirits, including dilutions and mixtures thereof from whatever source or by whatever process produced.

B. "Alcoholic beverage" means alcohol, spirits, liquor, wine, beer, and every liquid or solid containing alcohol, spirits, wine, or beer, and which contains one-half of one percent or more of

alcohol by volume and which is fit for beverage purposes either alone or when diluted, mixed, or combined with other substances.

C. "Event or gathering" means any group of three or more persons who have 13 assembled or gathered together for a social occasion or other activity.

D. "Host" means to aid, conduct, allow, entertain, organize, supervise, control, or permit a gathering or event.

E. "Parent" means a person having legal custody of a juvenile as a natural or adoptive parent or step-parent, as a legal guardian, or as a person to whom legal custody has been given by order of the court.

F. "Person" means any individual, partnership, co-partnership, corporation, or any association of one or more individuals.

G. "Underage person" is any individual under twenty-one (21) years of age

Subdivision 3. Prohibited acts. It is unlawful for any person to host an event or gathering, at any location, at which:

A. alcoholic beverages are present; and

B. the person knows, or reasonably should know, that any underage person will or does consume any alcoholic beverage or possess any alcoholic beverage with the intent to consume it; and

C. the person fails to take reasonable steps to prevent possession or consumption by the underage person. A person who hosts an event or gathering does not have to be present at the event or gathering to be in violation of this subdivision.

Subdivision 4. Exceptions. Subdivision 3 above shall not be construed to apply to:

A. Conduct solely between an underage person and that person's parent while in the parent's household.

B. Legally protected religious observances.

C. Conduct of intoxicating liquor licensees, 3.2 percent malt liquor licensees, or bottle 36 club permit holders who are regulated by Minn. Stat. Chapter 340A.

D. Situations in which an underage person is lawfully in possession of alcoholic beverages during the course and scope of that person's employment.

Subdivision 5. Penalty. Violation of Subdivision 3 of this section is a misdemeanor.

Section 8.85. Consumption of alcoholic beverages on streets and public property.

It is unlawful for any person to consume, or possess in an unsealed container, alcoholic beverages as defined by Minnesota Statutes, in or upon any street, parking lot owned by or under the control of the City, building owned by or under the control of the City, or other property owned by or under the control of the City, except when and where permission has been specifically granted or licensed by the City Council. Provided, that this section shall not apply to the possession of an unsealed container in a motor vehicle on streets or public property when the container is kept in the trunk of such vehicle if it is equipped with a trunk, or kept in some other area of the vehicle not normally occupied by the driver or 5 passengers, if the motor vehicle is not equipped with a trunk. For the purpose of this section, a utility or glove compartment shall be deemed to be within the area occupied by the driver or passengers. Notwithstanding the general prohibition contained in this section, alcoholic beverages may be consumed in City facilities and parks if the requirements of City Code section 5.50 are met.

Section 8.86. Consumption of beer, wine, or liquor on private parking lots.

It is unlawful for any person to consume or possess in an unsealed container, beer, wine, or liquor, as those terms are defined by Minnesota Statutes, on any privately-owned parking lot without the consent of the owner of the parking lot. Provided, that this section shall not apply to the possession of an unsealed container in a motor vehicle on privately-owned parking lots when the container is kept in the trunk of such vehicle if it is equipped with a trunk, or kept in some other area of the vehicle not normally occupied by the driver or passengers, if the motor vehicle is not equipped with a trunk. For the purpose of this section, a utility or glove compartment shall be deemed to be within the area occupied by the driver or passengers.

B. Drug Laws

a. New Ulm & Brown County ordinance regarding cannabis:

Subd. 1. No person shall use cannabis flower, cannabis products, lower-potency hemp edibles, or hemp-derived consumer products in a public place or a place of public accommodation unless the premises is an establishment or an event licensed to permit on-site consumption of adult-use cannabis flower and adult use cannabis products. See State Legislation Article 4, Sec. 19, Minn. Stat. 152.0263, Subd. 5, or successor statute.

The Freedom to Breathe (FTB) provisions, that Brown County has accepted, were signed into law by Governor Tim Pawlenty on May 16, 2007, to protect employees and the public from the health hazards of secondhand smoke. The FTB provisions are an expansion of the current Minnesota Clean Indoor Air Act (MCIAA).

b. State Laws:

Minnesota Clean Indoor Air Act (MCIAA) MN Statute 144.412 Public Policy: The purpose of sections [144.411](#) to [144.417](#) is to protect employees and the general public from the hazards of secondhand smoke and involuntary exposure to aerosol or vapor from electronic delivery devices by eliminating smoking in public places, places of employment, public transportation, and at public meetings.

Minnesota law mandated Cannabis is legal to possess, use, and grow beginning Aug. 1, 2023

This law allows a person 21 years of age or older to:

- Use, possess, or transport cannabis paraphernalia.
- Possess 2 ounces or less of cannabis flower in a public place.
- Possess 2 pounds or less of cannabis flower in a person’s residence.
- Possess or transport 8 grams or less of adult-use cannabis concentrate.
- Possess or transport edible products infused with a total of 800 milligrams or less of tetrahydrocannabinol.
- Give away cannabis flower and products in an amount that is legal for a person to possess in public.

The law explicitly authorizes individuals to use adult-use cannabis flower and adult-use cannabis products:

- In a private residence, including the individual’s curtilage or yard.

- On private property, not generally accessible by the public, **unless the owner of the property prohibits the use of the products.**
- On the premises of an establishment or event licensed to permit onsite consumption.

A person may not use cannabis flower, cannabis products, or hemp-derived consumer products in a manner that involves the inhalation of smoke, aerosol, or vapor at any location where smoking is prohibited under the Minnesota Clean Indoor Air Act (MCIAA).

c. **Federal Laws:** In addition to state laws, federal laws prohibit the manufacture, distribution, possession with intent to manufacture or distribute, and simple possession of certain drugs. The law sets the following sentences for first-time offenders:

- A minimum of 10 years and a maximum of life imprisonment and/or a \$4 million fine for the knowing or intentional manufacture, sale or possession with intent to sell, of large amounts of any narcotic, including heroin, morphine or cocaine (which includes crack), or of phencyclidine (PCP) or of LSD, or of marijuana (1,000 kg or more);
- Five to 40 years in prison and/or a \$2 million fine for similar actions involving smaller amounts of any narcotic (including heroin or morphine), cocaine (which includes crack), PCP or LSD, or marijuana (100 kg or more);
- A maximum of five years and/or a \$250,000 fine for similar actions involving smaller amounts of marijuana (less than 50 kg), hashish, hashish oil, PCP or LSD, or any amounts of amphetamines, barbiturates and other controlled stimulants and depressants;
- Four years in prison or a \$30,000 fine (or both) for using the mail, telephone, radio or other public or private means of communication to commit acts that violate the laws against the manufacture, sale and possession of drugs;
- One year or a \$1,000 fine (or both) for possession of any controlled substance. (The gift of a small amount of marijuana is subject to the penalties for simple possession.) Penalties may be doubled, however, when a person at least 18 years old: (1) distributes a controlled substance to a person under 21 years of age (A term of imprisonment for this offense shall not be less than one year); or (2) distributes, possesses with the intent to distribute, or manufactures a controlled substance in or on, or within 1,000 feet of the real property comprising a public or private elementary or secondary school, or a public or private college. Any attempt or conspiracy to commit one of the above federal offenses, even if unsuccessful, is punishable by the same sentence as for that offense.

In addition, persons convicted of possession or distribution of controlled substances may be ineligible for federal benefits for up to one year (in the case of conviction for possession) or up to five years (in the case of conviction for distribution). "Federal benefits" include grants, contracts and loans, including Federal Financial Aid benefits.

Minnesota Alcohol and Drug Laws

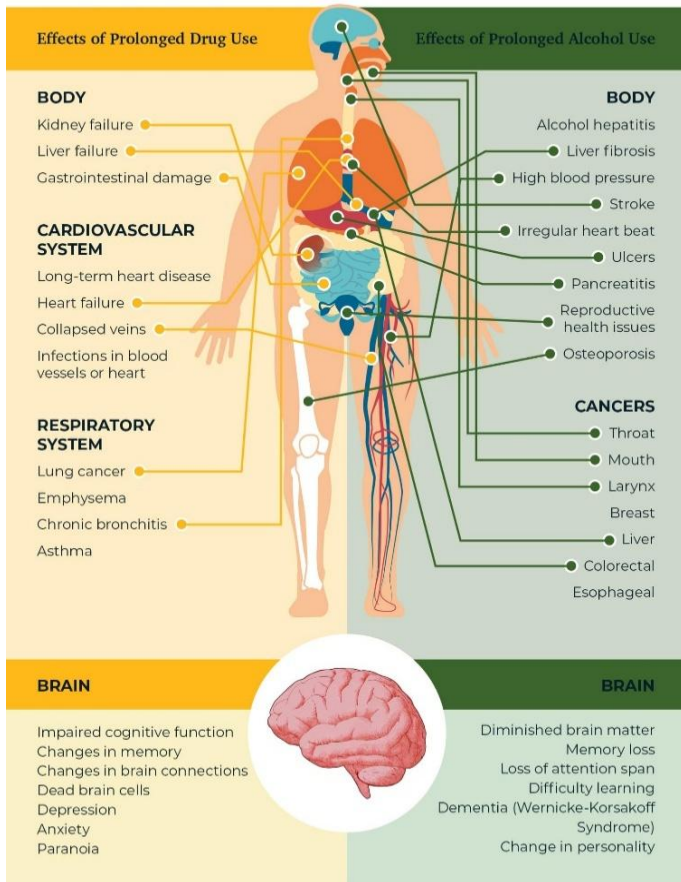
An Overview of Minnesota's DWI Laws [dated January 2022]

<http://www.house.leg.state.mn.us/hrd/pubs/dwiover.pdf>

3. Description of The Health Risks Associated with The Use of Illicit Drugs and The Abuse of Alcohol

The college's Annual Security Report is posted on the MLC website each year and is made available in this electronic format for prospective and current students, faculty and staff members. It contains detailed information concerning the health risks associated with the use of illicit drugs and the abuse of alcohol.

Long-term Health Effects of Prolonged Drug & Alcohol Use



Drug Type	Common Name	Health Risks
Alcohol	Booze, beer, wine, coolers, liquor	High blood pressure, higher risk of sexually transmitted diseases & unplanned pregnancy, depression, lowered resistance to disease, insomnia
Marijuana	Grass, reefer, pot, weed	Damage to heart, lungs, brain, lung cancer, decreased motivation, depression, paranoia, impaired memory
Steroids	Anabolic/Andreno-genic (roids, juice)	High blood pressure, liver and kidney damage, acne, atrophy of testes, breast enlargement in men, breast reduction in women, aggressiveness, mood swings
Solvents-Inhalants	Acetone, freons, nitrous oxide	Heart failure, respiratory arrest, liver and brain damage
Depressants	Alcohol, ludes, barbiturates	Liver damage, convulsions, depression, disorientation, insomnia
Hallucinogens	PCP, LSD, angel dust, mushrooms	Agitation, extreme hyperactivity, reduced eating, flashbacks
Stimulants	Cocaine, crack, amphetamines, diet pills	Headaches, depression; malnutrition, anorexia, strokes, seizures
Narcotics	Smack, codeine, heroine, lords	Respiratory arrest, sleepiness, organ and lung damage, nausea
Tobacco		Lung cancer, emphysema, oral cancer

4. A description of any drug or alcohol counseling, treatment, rehabilitation, and re-entry programs that are available to employees or students

The college's Annual Security Report is posted on the MLC website each year and is made available in this electronic format for prospective and current students, faculty and staff members. It contains information concerning drug or alcohol counseling and treatment available to students, faculty and staff members.

Drug and Alcohol Education and Counseling

The Student Life Office can provide counsel and help regarding drug and alcohol problems. The Student Life Office will also make referral for students concerned about alcohol or drug use.

Employees may voluntarily request assistance in dealing with drug or alcohol issues. The cost of treatment may be covered by health-insurance benefits. Please check the guidelines of your policy.

Other locally available sources for assistance and counseling include:



- United Way 2-1-1 Program: free and confidential health and human services information for people in Minnesota. 24/7 connecting you to resources and information you need.

- AA Westside Group – Meets below Lyric 3 Theater
 - Mondays, Thursdays, Fridays, and Saturdays
 - [AA Meetings in Minnesota, New Ulm](#)
- New Ulm Medical Clinic - (507) 217-5000
 - Mental Health & Addiction Connection line 866-603-0016,
 - Psychiatric Outpatient Services (507) 217-5168.
- Recovery 101 Counseling & Treatment in New Ulm, MN
 - intake@r101.org
 - <https://myemail.constantcontact.com/Recovery-101-Treatment-Center-is-NOW-OPEN---Accepting-New-Clients.html?soid=1130321257795&aid=SnLYtjIOhNI>
- Call or text: 988 to speak with trained professionals from the National Suicide Prevention Lifeline if you or someone you know is displaying suicidal ideation or actions. This 24/7 service will connect you with a suicide prevention and mental health service provider that is closest to your location. Spanish and/or English.

Help Resources

988 Suicide & Crisis Lifeline

Free and confidential support for people in distress, 24/7.

Call or text 988

National Helpline

Treatment referral and information, 24/7.

1-800-662-HELP (4357)

5. A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with federal, state, or local 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

The **MLC Student Handbook**, as cited earlier, states the following concerning the college’s policies regarding sanctions for alcohol and illegal drug violations.

Alcohol and Controlled Substance Violations

Violation of the MLC alcohol and drug free campus policy, any underage drinking or any cases of drunkenness or any cases of possession of alcohol on campus will result in one or more of the following consequences: a \$250 fine, mandatory counseling, restrictions and/or dismissal from school, referral to law enforcement authorities. Controlled substance violations will be treated very seriously and may jeopardize the individual’s enrollment at Martin Luther College.

The **MLC Lay and Called Worker Handbook**, as cited earlier, contains the following paragraphs:

WELS and MLC advocates that its premises will be free from the unlawful distribution, dispensation, possession or use of controlled substances by its employees. Additionally, WELS and MLC employees are to work free from the effect of alcohol and other performance-impairing substances while at work or at WELS and MLC-sponsored events. Illegal drug use includes the unauthorized use or possession of a legal drug as well as the use or possession of a controlled substance. The legal use of prescribed drugs is permitted on the job only if it does not impair an employee's ability to perform the essential functions of the job effectively and in a safe manner that does not endanger other individuals in the workplace.

WELS reserves the right to conduct alcohol and drug tests for cause or periodic testing for employees in designated departments, classifications or workgroups. *Violations of this stated policy may lead to disciplinary action, up to and including termination of employment, and/or required participation in a substance abuse rehabilitation or treatment program. Such violations may also have legal consequences.*

6. ALCOHOL AND OTHER DRUG Prevalence Rate, Incidence Rate, Needs Assessment and Trend D

11/14/22 18:30	Completed		Yes
11/14/22 18:30	Closed/No Violation		Yes
11/7/22 21:00	Closed/No Violation		Yes
11/7/22 21:00	Completed		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Completed		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Closed/No Violation		Yes
10/28/22 23:15	Closed/No Violation		Yes
9/24/22 0:00	Closed/No Violation		Yes
9/24/22 0:00	Completed		Yes
9/24/22 0:00	Closed/No Violation		Yes
9/24/22 0:00	Closed/No Violation		Yes
9/24/22 0:00	Closed/No Violation		Yes
9/24/22 0:00	Closed/No Violation		Yes
9/18/22 2:50	Closed/No Violation		Yes
9/18/22 2:50	Closed/Responsible	Alcohol on Campus/Dorm, Intoxication/Drunkenness	Yes
9/18/22 2:50	Closed/No Violation		Yes
9/18/22 2:50	Closed/No Violation		Yes
9/18/22 2:50	Completed		Yes
9/18/22 2:50	Closed/Responsible	Alcohol on Campus/Dorm	Yes
9/18/22 2:50	Closed/Responsible	Alcohol on Campus/Dorm, Intoxication/Drunkenness	Yes
9/18/22 2:50	Closed/No Violation		Yes
9/3/22 1:00	Closed/No Violation		Yes
9/3/22 1:00	Completed		Yes
8/27/22 22:30	Completed		Yes
8/27/22 22:30	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
8/27/22 22:30	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
8/27/22 22:30	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
8/27/22 22:30	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
8/27/22 22:30	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
5/7/22 23:55	Completed		Yes
5/7/22 23:55	Closed/Responsible	Alcohol on Campus/Dorm, Intoxication/Drunkenness	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Completed		Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 23:45	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 0:00	Closed/No Violation		Yes
4/9/22 0:00	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 0:00	Closed/No Violation		Yes
4/9/22 0:00	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
4/9/22 0:00	Completed		Yes
4/9/22 0:00	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
2/20/22 1:00	Closed/Responsible	Intoxication/Drunkenness, Underage Drinking	Yes
2/20/22 1:00	Closed/Responsible	Intoxication/Drunkenness, Underage Drinking	Yes
2/20/22 1:00	Completed		Yes
2/18/22 21:00	Completed		Yes
2/18/22 21:00	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes

12/15/23 15:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
12/15/23 15:00	Completed		Yes
12/15/23 15:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
12/3/23 0:30	Closed/No Violation		Yes
12/3/23 0:30	Completed		Yes
10/15/23 0:00	Completed		Yes
10/14/23 22:50	Completed		Yes
10/14/23 22:50	Closed/No Violation		Yes
10/14/23 22:50	Closed/Responsible	Alcohol on Campus/Dorm	Yes
10/14/23 22:50	Closed/No Violation		Yes
10/14/23 0:00	Closed/No Violation		Yes
9/17/23 22:30	Completed		Yes
9/17/23 22:30	Closed/No Violation		Yes
9/17/23 22:30	Closed/No Violation		Yes
9/17/23 22:30	Closed/No Violation		Yes
9/17/23 22:30	Closed/No Violation		Yes
9/17/23 22:30	Closed/No Violation		Yes
8/31/23 20:15	Closed/Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
8/31/23 20:15	Closed/Responsible	Alcohol on Campus/Dorm	Yes
8/31/23 20:15	Completed		Yes
6/21/23 3:00	Internal Reporting		Yes
6/21/23 3:00	Processing		Yes
6/17/23 2:00	Processing		Yes
6/17/23 2:00	Responsible	Alcohol on Campus/Dorm	Yes
5/7/23 0:19	Closed/No Violation		Yes
5/7/23 0:19	Completed		Yes
5/6/23 0:00	Closed/No Violation		Yes
5/6/23 0:00	Completed		Yes
5/6/23 0:00	Closed/No Violation		Yes
5/6/23 0:00	Closed/No Violation		Yes
4/16/23 2:30	Closed/Responsible	Underage Drinking	Yes
4/16/23 2:30	Completed		Yes
4/16/23 2:30	Closed/Responsible	Underage Drinking	Yes
4/16/23 2:30	Closed/Responsible	Police citation for alcohol use	Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Closed/No Violation		Yes
3/18/23 22:10	Completed		Yes
3/18/23 22:10	Closed/No Violation		Yes
2/13/23 11:00	Completed		Yes
2/13/23 11:00	Closed/No Violation		Yes
2/11/23 1:00	Closed/No Violation		Yes
2/11/23 1:00	Completed		Yes
1/27/23 22:00	Closed/No Violation		Yes
1/27/23 22:00	Completed		Yes
1/27/23 22:00	Closed/No Violation		Yes
1/27/23 22:00	Closed/No Violation		Yes
1/4/23 21:15	Closed/No Violation		Yes
1/4/23 21:15	Completed		Yes
1/4/23 21:15	Closed/No Violation		Yes
1/4/23 21:15	Closed/No Violation		Yes

11/3/24 0:30	Completed		Yes
11/3/24 0:30	Closed/Not Responsible	Underage Drinking	Yes
5/15/24 23:00	Closed/Not Responsible	Alcohol on Campus/Dorm	Yes
5/15/24 23:00	Closed/Not Responsible	Alcohol on Campus/Dorm	Yes
5/15/24 23:00	Closed/Not Responsible	Alcohol on Campus/Dorm, Underage Drinking	Yes
5/15/24 23:00	Completed		Yes
5/11/24 0:00	Closed/No Violation		Yes
5/11/24 0:00	Completed		Yes
4/20/24 0:00	Closed/Responsible	Intoxication/Drunkenness	Yes
4/20/24 0:00	Completed		Yes
4/19/24 23:45	Completed		Yes
4/19/24 23:45	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Completed		Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Completed		Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Completed		Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes
3/5/24 18:00	Completed		Yes
3/5/24 18:00	Draft		Yes
2/11/24 0:00	Completed		Yes
2/11/24 0:00	Closed/Responsible	Alcohol on Campus/Dorm	Yes

Other pertinent Data

- Alcohol and other Drug Related Admissions to local ER – 2
- Alcohol and other Drug Related Ambulance Transports/Calls for Service – 2
- Alcohol and Drug Related fatalities occurring on campus – 0

7. ALCOHOL AND OTHER DRUG Policy, Enforcement & Compliance Inventory & Related Outcomes/Data

a. General Enforcement of Alcohol and Drug Policies

Alcohol and Drug Violations are monitored, investigated and sanctioned in the following way:

- Student Violations are handled by the Student Life Office. The Vice president for Student Life will utilize dormitory supervisors, RA staff and MLC Security Team members in the enforcement of college policy.
- Faculty Violations are handled by the President and the Vice president for Academics.
- Staff Violations are handled by specific supervisors, the Human Resources Director and the Vice president for Administration.

Martin Luther College cooperates with the New Ulm Police Department, the Brown County Sheriff’s Department and local Minnesota DNR officers when called upon to do so.

b. Title IX Policy References to Alcohol and Drugs

(This policy is administered by the Student Life and Human Resources Offices)

“Use of alcohol or other drugs will never function as a defense to a violation of this policy.”
 “Witnesses or victims of an incident of sexual assault who report the incident in good faith shall not be sanctioned by the institution for admitting in the report to a violation of the institutions student conduct policy on the usage of drugs or alcohol.”

“Sexual Misconduct”

Sexual activity with someone whom one should know to be – or based on the circumstances should reasonably have known to be – mentally or physically incapacitated* (e.g., by alcohol or other drug use, unconsciousness or blackout), constitutes a violation of this policy.

*Incapacitation is a state where someone cannot make rational, reasonable decisions because they lack the capacity to give knowing consent (e.g., to understand the “who, what, when, where, why or how” of their sexual interaction) This policy also covers a person whose incapacity results from mental disability, sleep, involuntary physical restraint, or from the taking of drugs.”

c. Financial Aid Drug Conviction Policy

(This policy is administered by the Financial Aid Office)

According to the United States Department of Education, if a student is convicted of a drug offense after receiving Title IV Aid, he or she must notify the Financial Aid Office immediately and that student will become ineligible for further federal aid and also be required to pay back any and all aid received after the conviction. Should a conviction result, a student can take advantage of rehabilitation programs that can make him or her eligible for federal financial aid again.

Students Convicted of Possession or Sale of Drugs

- A federal or state drug conviction can disqualify a student for Title IV Funds.
- Convictions only count if they were for an offense that occurred during a period of enrollment for which the student was receiving Title IV aid—they do not count if the offense was not during such a period.
- A conviction that was reversed, set aside, or removed from the student’s record does not count, nor does one received when she was a juvenile, unless she was tried as an adult.

The chart below illustrates the period of ineligibility for Title IV Funds, depending on whether the conviction was for sale or possession and whether the student had previous offenses. (A conviction for sale of drugs includes convictions for conspiring to sell drugs.)

	POSSESSION OF ILLEGAL DRUGS	SALE OF ILLEGAL DRUGS
1st Offense	1 year from date of conviction	2 years from date of conviction
2nd Offense	2 years from date of conviction	Indefinite period
3+ Offenses	Indefinite period	

If the student was convicted of both possessing and selling illegal drugs, and the periods of ineligibility are different, the student will be ineligible for the longer period.

A student regains eligibility the day after the period of ineligibility ends or when he successfully completes a qualified drug rehabilitation program.

Further drug convictions will make him ineligible again. It is the student’s responsibility to certify to that s/he has successfully completed the rehabilitation program.

MLC Student Athlete Handbook:

(This policy is administered by the Athletics Department and the Athletic Director’s Office)

Hazards to Eligibility: Alcohol/Tobacco/Drugs/Gambling/Hazing policies

1. Alcohol: The state of Minnesota requires that a person be 21 years of age or older to purchase, possess, or consume alcoholic beverages. The Athletic Department at Martin Luther College has a responsibility to promote the health and well-being of our student-athletes. In view of the fact that alcohol consumption has been proven to be detrimental to general health, academic, and athletic performance, we encourage student-athletes to exercise self-discipline and self-awareness in their alcohol consumption. We strongly recommend that student-athletes of legal age refrain from alcohol consumption during their season and expect that student-athletes under the age of 21 will not consume alcohol. Coaches, in consultation with the Athletic Director, may have more restrictive team policies ranging from community service to dismissal from the team if violations occur.
2. Tobacco: The athletic program prohibits the use of any tobacco product by student-athletes during any team function (practice, games, and trips). The use of E-cigarettes also is prohibited. The use of chewing tobacco is a violation of NCAA and UMAC policy and will result in disciplinary action up to and including removal from the team.
3. Illegal drugs: Possession or use of any illegal drug by any student-athlete is strictly prohibited.
4. Gambling is defined as the exchange of money and/or goods for the use of lotteries, chance tickets, promotional schemes, betting, and wagering. MLC views gambling as poor stewardship, an unwise use of God-given resources, and therefore finds gambling not acceptable in any form. Gambling jeopardizes your athletic eligibility.
5. Hazing is defined as subjecting a fellow community member to abusive or humiliating pranks. MLC does not permit hazing. Any student participating in a prank-type activity which potentially endangers or adversely affects the physical and emotional well-being of another community member can expect immediate disciplinary action.

8. ALCOHOL AND OTHER DRUG Comprehensive Program Goals and Objectives for Biennium Period Being Reviewed, Goal and Objective Achievement

Recommendations from past review

1. Establish a relationship with a local AODA counselor, local law enforcement personnel, a local attorney, local medical practitioner, MADD panel participants, etc., willing to speak to RAs, new students, and returning students.
2. Develop topics that local resource people could present to MLC students, faculty and staff: DUI/DWI procedures, ramifications and costs, Alcohol and pregnancy, and Marijuana use and physical/cognitive/emotional health
3. Develop materials to use with parents of MLC students
4. Continue to incorporate alcohol conversations program into each school year
5. Continue to meet and work with student party organizations to address cultural concerns and practices
6. Participate in the 2021-22 College Student Health Survey administered by the Univ. of Minnesota

- ✓ *48.9% of students participated in the 2023 College Student Healthy Survey administered by the University of Minnesota*

AODA SWOT/C Analysis

Strengths

Institution

- The mission of Martin Luther College is to train men and women to meet the public ministry needs of the Wisconsin Evangelical Lutheran Synod (WELS) and to proclaim the Word of God faithfully and in accord with the Lutheran Confessions in the Book of Concord. To fulfill this mission, Martin Luther College carries out all instruction and programs of student life according to the gospel as revealed in the inspired and inerrant Word of God. This is a core understanding of our constituency, governing board, and faculty and is well-understood by our student body. With such a foundation, there is no disagreement about the need for called workers to be especially judicious and wise in their attitudes and practices regarding alcohol.

Division

- MLC, through its Student Life Division, is structured in order to provide close, careful, evangelical and personal supervision for our students. The fact that MLC implements a student residency requirement helps supervisory personnel instruct, guide, discipline and assist students in regard to alcohol use and misuse.

Program

- Relationships are central to the MLC experience – those existing within the student body as well as those established between students, faculty and staff. One important strength of our AODA efforts is the personal and personalized attention we can offer students in both preventative and restorative work.

Weaknesses

Institution

- The vast majority of our students (and faculty) come from or have their roots in the Upper Midwest, particularly the states of Michigan, Minnesota and Wisconsin. As such, they bring to MLC a cultural heritage that, in many ways, is closely connected to alcohol use. In this regard, our church body's history and heritage also reflects the surrounding cultural views and attitudes regarding the use of alcohol. In particular, it is fair to say that the WELS worker training schools, that is to say the past and present students at our schools, have established traditions regarding socializing and alcohol. Many of the traditions are multi-generational.

Division

- Manpower and money are certainly limitations faced by the Student Life Division and those given the responsibility for carrying out AODA efforts have other hats to wear and other duties to perform. In a school of 500-600 undergraduates, hiring full-time people to handle AODA efforts is not possible at this time.

Program

- Programming has been “event and occasional” oriented rather than of an “on-going” or progressive nature. Ideas regarding other programming methods are being pursued, e.g., Alcohol 101.

Opportunities

Institution

- As MLC finishes a major renovation in a dorm basement, there is a new opportunity for an alcohol-free late-night environment for students.

Division

- Alcohol 101 is offered to sophomores and those who misuse alcohol on campus.

Program

- Though not affiliated, endorsed, or financially dependent on the college, there are two groups (CoS and DEX) who provide 21+ opportunities for students off campus. Student Life and Dorm Staff could work with these two groups to offer programs of safe alcohol use.

Threats/Challenges

Institution

- There are those who do not appreciate AODA issues—historical and current—among our students and, as a result, do not understand the value of providing on-campus housing for all of our ministerial students.
- Overcoming long standing cultural traditions and attitudes in regard to alcohol use presents MLC with a considerable challenge.

Division

- Staff members who have many responsibilities to fulfill in addition to AODA programming

Program

- Finding ways to reach most students more regularly with the information and guidance that they need and are interested in receiving.

Recommendations for next Biennium

General summary of findings of review (were previous goals met?) ... General strengths and weakness of institution... Summary of recommendations, goals and objectives.

1. Establish a relationship with a local MADD panel participants willing to speak to juniors and seniors.
2. Develop topics that local resource people could present to MLC students, faculty and staff
 - a. DUI/DWI procedures, ramifications and costs
 - b. Alcohol and pregnancy
 - c. Marijuana use and physical/cognitive/emotional health
3. Develop materials to use with parents of MLC students for August New Student Orientation and on the website.
4. Continue to incorporate alcohol conversations program biennially
5. Continue to meet and work with student party organizations to address cultural concerns and practices
6. Participate in the 2025 College Student Health Survey administered by the University of Minnesota
7. Implement the use of the Alcohol 101 program annually on our campus.

Conclusion

The last review conclusion stated the following:

Three matters stand out in this biennial review: student self-understanding, the power of culture and tradition and the ability to engage the community. During the last decade, measures of the MLC student body show a consistent understanding, namely, an accurate and realistic understanding of the relationship MLC students have with alcohol, which is primarily positive in the sense that the great majority of students either don't use alcohol or use it responsibly. At the same time, students and administrators also understand how deeply ingrained alcohol and alcohol use is in the culture and tradition of MLC. How to change the culture and refocus it? Certainly the personal and individual character of our AODA efforts must remain prominent. At the same time, regular and ongoing programming can be augmented, notably by incorporating community resources into programming efforts.

Due to the limits placed upon colleges and campus families by the pandemic, what was true two years ago seems to be true today as well. In fact, during the pandemic the use of alcohol seemed to increase across the nation, and this trend seems to have had some tracking within our college community as well.

Online alcohol assessment tools can be accessed at these URLs:

<https://adsyes.org/alcohol-and-drug-online-assessment/>

Alcohol Diagnostic Self-Test

A note of explanation to the MLC Campus family: students, faculty and staff

College Presidents from across the country have concluded that the misuse and overuse of alcohol poses a significant danger to campus health and welfare. The United States Department of Education agrees with this concern and requires individual colleges to provide information and resources that can help people avoid alcohol-related problems.

The University of Notre Dame Office of Alcohol and Drug Education has produced two diagnostic “self-tests” which can help individuals assess their use of alcohol. The MLC Student Life Office has adapted these diagnostic tests and is distributing them to the members of our campus family as part of an effort to provide continuing education and information regarding the use and misuse of alcohol and drugs.

Please note that these are “self-tests.” They are not meant to be invasive or to deprive anyone of privacy. These self-tests will not be collected and no one will look at them. They are provided simply as a tool that individuals can use to assess themselves. These self-tests are distributed as part of our college effort to promote healthy living and healthy lives.

Self-Test I -- Assessing My Use of Alcohol

(Adapted/Developed by L. Hickman, Ph.D.)

Respond to the following questions by checking Yes or No:

	YES	NO
1. Have you missed classes more than once due to a hangover?	<input type="checkbox"/>	<input type="checkbox"/>

2. Have you felt you should cut down on your drinking?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you decided to cut down on your drinking & found out that you could not?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you been angered by the criticism of others about your drinking?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you gotten into a fight while drinking?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you gotten into problems with campus authorities because of your drinking?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you ever had periods of time you cannot account for while you were drinking or after drinking occurrences?	<input type="checkbox"/>	<input type="checkbox"/>
8. Have you had sexual experiences after drinking?	<input type="checkbox"/>	<input type="checkbox"/>
9. Have you been involved in an act of vandalism to property after drinking?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you routinely "binge" drink? (Binge drinking for women is defined as drinking four or more drinks during an episode of drinking. For men – five drinks during a single episode is considered "binge drinking.")	<input type="checkbox"/>	<input type="checkbox"/>
11. Is excessive/binge alcohol use a significant part of your weekly social/recreational activities?	<input type="checkbox"/>	<input type="checkbox"/>

SCORING For Self-Test I:

Give yourself 1 point for each "YES" response.

Score = 0

A score of "0" on this test suggests that your use of alcohol is not causing you any on-going negative experiences indicative of early warning signs of alcohol abuse or dependence. For additional information and assessment you may wish to take SELF-Test II .

Score = 1

A score of "1" indicates that now is the time to evaluate how much you are drinking, how often, and the impact your alcohol consumption is having on you. A score of "1" also indicates that you should probably reduce the quantity of alcohol you consume. To learn more, you may wish to take Self-Test II.

Score = 2 or greater

More than one “Yes” response indicates the definite need for you to limit your alcohol use by either abstaining or reducing your use to responsible levels of consumption. Review the suggestions in ... OK, NOW WHAT CAN I DO?

Self-Test II: ADDITIONAL WARNING SIGNS

(Adapted/Developed by L. Hickman, Ph.D.)

Some additional screening questions to help you determine if your alcohol use is becoming problematic.

Check the box under **Yes** or **No**.

ADDITIONAL WARNING SIGNS	YES	NO
1. Do you ever lie about how much alcohol you're consuming?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have your grades suffered because of drinking?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you typically hang out with others who are heavy drinkers and avoid socializing with acquaintances who seldom drink?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you frequently regret things you've said or done after drinking?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you routinely use alcohol to reduce stress?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is it hard for you to enjoy social activities if alcohol is unavailable?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have your friends ever made comments to you about cutting back on your alcohol use?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you drink to get a buzz once a week or more?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you often drink alone?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you conceal from others how much you are drinking?	<input type="checkbox"/>	<input type="checkbox"/>

SCORING FOR SELF TEST II:

If you've answered "Yes" to ANY of the above questions it's quite likely that you are no longer a light or moderate user of alcohol. It is also likely that your potential for developing more serious alcohol related problems is increasing. Review the suggestions in ... **OK, NOW WHAT CAN I DO?**

"OK, NOW WHAT CAN I DO?"

STEP ONE: Evaluate your relationship with alcohol and at the very least reduce the frequency of your drinking and the quantity you drink. Seek information on responsible use of alcohol.

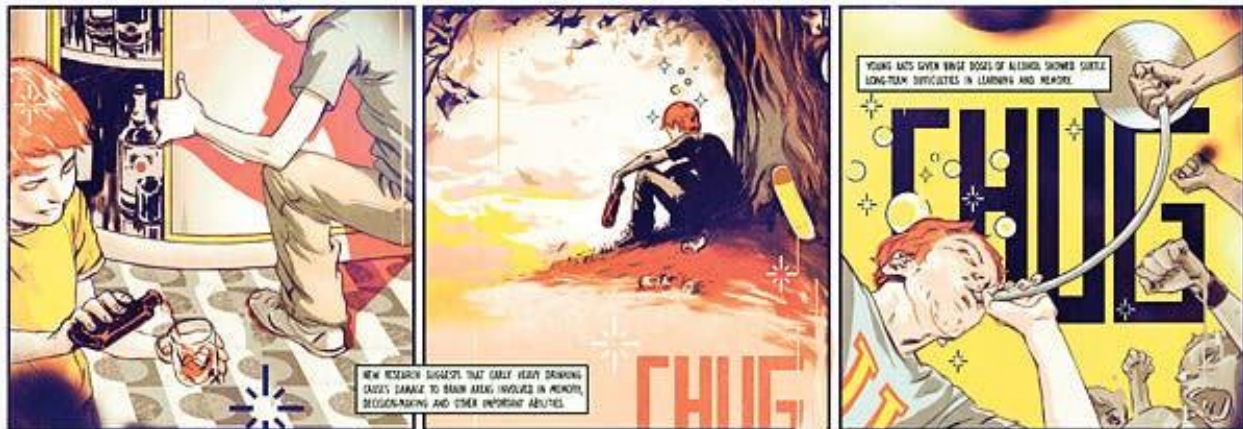
STEP TWO: More than one yes response on EITHER self-test strongly indicates the need for you to decide to limit or abstain from alcohol use.

ANOTHER STEP.... Help and Helpers are available for you in our community. The Vice President for Student Life, the Campus Pastor, your Academic Dean or Advisor, your Supervisor, HR Director ... These are some of the people who can assist you in finding confidential help-either on or off campus.

A. Read the articles:

Alcohol's Effects on the Adolescent Brain <https://alcoholthinkagain.com.au/alcohol-and-young-people/impact-of-alcohol>

The Grim Neurology of Teenage Drinking



By Katy Butler

- July 4, 2006

Teenagers have been drinking alcohol for centuries. In pre-Revolutionary America, young apprentices were handed buckets of ale. In the 1890's, at the age of 15, the writer Jack London regularly drank grown sailors under the table.

For almost as long, concerned adults have tried to limit teenage alcohol consumption. In the 1830's, temperance societies administered lifelong abstinence pledges to schoolchildren. Today, public health experts regularly warn that teenage drinkers run greatly increased risks of involvement in car accidents, fights and messy scenes in Cancún.

But what was once a social and moral debate may soon become a neurobiological one.

The costs of early heavy drinking, experts say, appear to extend far beyond the time that drinking takes away from doing homework, dating, acquiring social skills, and the related tasks of growing up.

Mounting research suggests that alcohol causes more damage to the developing brains of teenagers than was previously thought, injuring them significantly more than it does adult brains. The findings, though preliminary, have demolished the assumption that people can drink heavily for years before causing themselves significant neurological injury. And the research even suggests that early heavy drinking may undermine the precise neurological capacities needed to protect oneself from alcoholism.

The new findings may help explain why people who begin drinking at an early age face enormous risks of becoming alcoholics. According to the results of a national survey of

43,093 adults, published yesterday in Archives of Pediatrics & Adolescent Medicine, 47 percent of those who begin drinking alcohol before the age of 14 become alcohol dependent at some time in their lives, compared with 9 percent of those who wait at least until age 21. The correlation holds even when genetic risks for alcoholism are taken into account.

The most alarming evidence of physical damage comes from federally financed laboratory experiments on the brains of adolescent rats subjected to binge doses of alcohol. These studies found significant cellular damage to the forebrain and the hippocampus.

And although it is unclear how directly these findings can be applied to humans, there is some evidence to suggest that young alcoholics may suffer analogous deficits.

Studies conducted over the last eight years by federally financed researchers in San Diego, for example, found that alcoholic teenagers performed poorly on tests of verbal and nonverbal memory, attention focusing and exercising spatial skills like those required to read a map or assemble a pre-cut bookcase.

"There is no doubt about it now: there are long-term cognitive consequences to excessive drinking of alcohol in adolescence," said Aaron White, an assistant research professor in the psychiatry department at Duke University and the co-author of a recent study of extreme drinking on college campuses.

"We definitely didn't know 5 or 10 years ago that alcohol affected the teen brain differently," said Dr. White, who has also been involved in research at Duke on alcohol in adolescent rats. "Now there's a sense of urgency. It's the same place we were in when everyone realized what a bad thing it was for pregnant women to drink alcohol."

One of two brain areas known to be affected is the hippocampus, a structure crucial for learning and memory. In 1995, Dr. White and other researchers placed delicate sensors inside living brain slices from the hippocampi of adolescent rats and discovered that alcohol drastically suppressed the activity of specific chemical receptors in the region.

Normally, these receptors are activated by the neurotransmitter glutamate and allow calcium to enter neurons, setting off a cascade of changes that strengthen synapses, by helping to create repeated connections between cells, aiding in the efficient formation of new memories.

But at the equivalent of one or two alcoholic drinks, the receptors' activity slowed, and at higher doses, they shut down almost entirely. The researchers, led by Scott Swartzwelder, a neuropsychologist at Duke and at the Veterans Affairs Medical Center in Durham, N.C., found that the suppressive effect was significantly stronger in adolescent rat brain cells than in the brain cells of adult rats.

As might be predicted, the cellular shutdown affected the ability of the younger rats to learn and remember. In other experiments, the team found that adolescent rats under the influence of alcohol had far more trouble than did tipsy adult rats when required repeatedly to locate a platform submerged in a tub of cloudy water and swim to it.

Dr. Swartzwelder said it was likely that in human teenagers, analogous neural mechanisms might explain alcohol "blackouts" — a lack of memory for events that occur during a night of heavy drinking without a loss of consciousness. Blackouts were once thought to be a symptom of advanced adult alcoholism, but researchers have recently discovered just how frequent they are among teenagers as well.

Toren Volkman has written a book about his problems with alcohol, which began at age 14. Credit...Sandy Huffaker for The New York Times

In a 2002 e-mail survey of 772 Duke undergraduates, Dr. White and Dr. Swartzwelder found that 51 percent of those who drank at all had had at least one blackout in their drinking lifetimes; they reported an average of three blackouts apiece.

These averages barely suggest the frequency of blackouts among young adults at the extreme end of the drinking scale. Toren Volkman, 26, is a graduate of the University of San Diego who, at 14, started drinking heavily almost every weekend and at 24 checked himself into a residential alcohol treatment program.

"It was common for me to basically black out at least once or twice every weekend in late high school and definitely through college, and it wasn't a big deal to me," said Mr. Volkman, a co-author, with his mother, Chris, of "From Binge to Blackout: A Mother and Son Struggle With Teen Drinking," to be published in August. "I wouldn't even worry about what happened, because I wouldn't know."

Blackouts are usually mercifully brief, and once they are over, the capacity to form new memories returns. But younger rats subjected to binge drinking also displayed subtler long-term problems in learning and memory, the researchers found, even after they were allowed to grow up and "dry out."

In experiments conducted by the Duke team, the reformed rat drinkers learned mazes normally when they were sober. But after the equivalent of only a couple of drinks, their performance declined significantly more than did that of rats that had never tippled before they became adults. The study was published in 2000 in the journal *Alcoholism: Clinical and Experimental Research*. Other research has found that while drunken adolescent rats become more sensitive to memory impairment, their hippocampal cells become less responsive than adults' to the neurotransmitter gamma-amino butyric acid, or GABA, which helps induce calmness and sleepiness.

This cellular mechanism may help explain Jack London's observation, in "John Barleycorn: Alcoholic Memoirs," that when he was a teenager he could keep drinking long after his adult companions fell asleep.

"Clearly, something is changed in the brain by early alcohol exposure," Dr. Swartzwelder said in an interview. "It's a double-edged sword and both of the edges are bad."

"Teenagers can drink far more than adults before they get sleepy enough to stop, but along the way they're impairing their cognitive functions much more powerfully."

Alcohol also appears to damage more severely the frontal areas of the adolescent brain, crucial for controlling impulses and thinking through consequences of intended actions — capacities many addicts and alcoholics of all ages lack.

In 2000, Fulton Crews, a neuropharmacologist at the University of North Carolina, subjected adolescent and adult rats to the equivalent of a four-day alcoholic binge and then autopsied them, sectioning their forebrains and staining them with a silver solution to identify dead neurons.

All the rats showed some cell die-off in the forebrain, but the damage was at least twice as severe in the forebrains of the adolescent rats, and it occurred in some areas that were entirely spared in the adults.

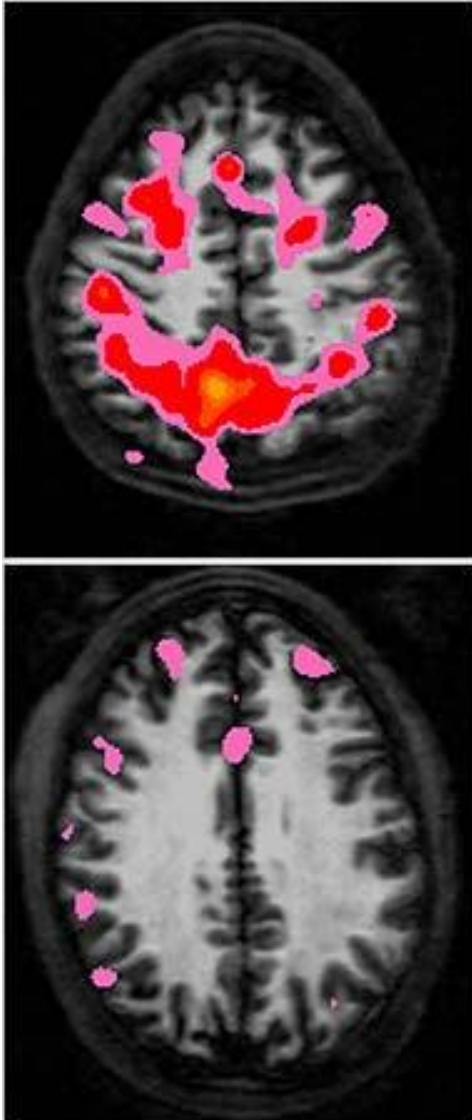
Although human brains are far more developed and elaborate in their frontal regions, some functions are analogous across species, Dr. Crews said, including planning and impulse control. During human adolescence, these portions of the brain are heavily remolded and rewired, as teenagers learn — often excruciatingly slowly — how to exercise adult decision-making skills, like the ability to focus, to discriminate, to predict and to ponder questions of right and wrong.

"Alcohol creates disruption in parts of the brain essential for self-control, motivation and goal setting," Dr. Crews said, and can compound pre-existing genetic and psychological vulnerabilities. "Early drinking is affecting a sensitive brain in a way that promotes the progression to addiction.

"Let's say you've been arrested for driving while drunk and spent seven days in jail," Dr. Crews said. "You'd think, 'No way am I going to speed and drive drunk again,' because you have the ability to weigh the consequences and the importance of a behavior. This is exactly what addicts don't do."

In another experiment, published this year in the journal *Neuroscience*, Dr. Crews found that even a single high dose of alcohol temporarily prevented the creation of new nerve cells from progenitor stem cells in the forebrain that appear to be involved in brain development.

The damage, far more serious in adolescent rats than in adult rats, began at a level equivalent to two drinks in humans and increased steadily as the dosage was increased to the equivalent of 10 beers, when it stopped the production of almost all new nerve cells.



The images above show the brain activity of a 15-year-old nondrinker, top, and a drinker, bottom. Credit...Susan Tapert/University of California, San Diego

Dr. Crews added, however, that adult alcoholics who stop drinking are known to recover cognitive function over time.

The same may hold true for hard-drinking teenagers. In 1998, Sandra Brown and Susan Tapert, clinical psychologists at the University of California, San Diego, and at the Veterans Affairs Medical Center there, found that 15-to-16-year-olds who said they had been drunk at least 100 times performed significantly more poorly than their matched nondrinking peers on tests of verbal and nonverbal memory.

The teenagers, who were sober during the testing, had been drunk an average of 750 times in the course of their young lives.

"Heavy alcohol involvement during adolescence is associated with cognitive deficits that worsen as drinking continues into late adolescence and young adulthood," Dr. Tapert said.

Two M.R.I. scan studies, one conducted by Dr. Tapert, have found that hard-drinking teenagers had significantly smaller hippocampi than their sober

counterparts. But it is also possible, the researchers said, that the heavy drinkers had smaller hippocampi even before they started to drink.

Teenagers who drink heavily may also use their brains differently to make up for subtle neurological damage, Dr. Tapert said. A study using functional M.R.I. scans, published in 2004, found that alcohol-abusing teenagers who were given a spatial test showed more activation in the parietal regions of the brain, toward the back of the skull, than did nondrinking teenagers.

When female drinkers in the group were tested in their early 20's, their performance declined significantly in comparison with nondrinkers, and their brains showed less activation than normal in the frontal and parietal regions.

Dr. Tapert hypothesized that when the drinkers were younger, their brains had been able to recruit wider areas of the brain for the task.

"This is a fairly sensitive measure of early stages of subtle neuronal disruption, and it is likely to be rectifiable if the person stops drinking," Dr. Tapert said.

The good news is that the brain is remarkably plastic, she added, and future studies may show that the teenage brain, while more vulnerable to the effects of alcohol, is also more resilient.

She pointed to test results from the original group of teenagers, recruited from substance abuse treatment centers and brought into the lab when they were 15 by Dr. Brown. When Dr. Tapert retested the teenagers eight years later, those who had relapsed and who continued to get drunk frequently performed the worst on tests requiring focused attention, while those who reported the most hangovers performed the worst on spatial tasks.

On the other hand, the relative handful of teenagers and young adults in the group who stayed sober — 28 percent of the total — performed almost as well, at both the four-year and the eight-year mark, as other San Diego teenagers who had rarely, if ever, had a drink.

Mr. Volkmann, the University of San Diego graduate, was not part of Dr. Tapert's study. While in college, Mr. Volkmann said, he thought he drank for the fun of it. His moment of truth came in the Peace Corps in Paraguay, when he began waking up with sweats and tremors. He discovered he could not control his drinking even when he wanted.

The son of an anesthesiologist and a former teacher in Olympia, Wash., Mr. Volkmann spent a month in a residential treatment program and six months in a halfway house. He has since returned to San Diego.

He said in an interview that he had no way of knowing exactly how drinking affected his overall brain function. But on one point, he is clear.

"My memory is definitely better now," he said. "Every day now, I can count on the fact that when I think back to the night before, I know what happened."

B. Read the articles:

Health Effects of Alcohol

<https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol>

Alcohol Poisoning

<http://www.maine.gov/dhhs/mecdc/population-health/prevention/partysmarter/alcoholpoisoning.htm>

How Quickly Will Alcohol Act on Your Brain?

<http://news.softpedia.com/news/Alcohol-Acts-on-the-Brain-in-Less-than-6-Minutes-114283.shtml>

How Long Will Alcohol Stay in Your System?

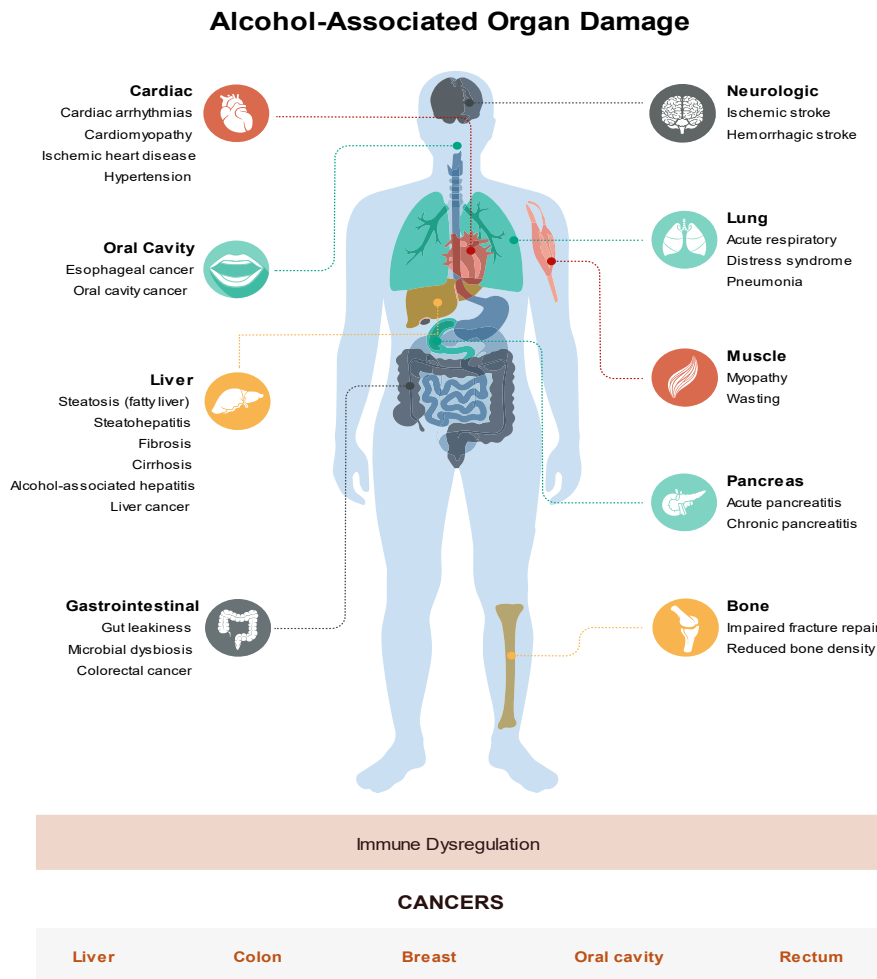
<http://www.drinkfox.com/information/alcohol-metabolism>

Alcohol and Athletic Performance

<https://www.nsc.com/education/articles/nsc-coach/the-effects-of-alcohol-on-athletic-performance2/?srsrtid=AfmBOorQc-TAGgdMChyjIHtWBUCN0xWfa1slT8fstIvk8i55sRjEv9nh>

Alcohol Effect and Age

<https://www.sciencedaily.com/releases/2014/03/140306191410.htm>



C. Read the articles:

“Women More Vulnerable to Alcohol’s Effects?”

<http://www.news-medical.net/?id=15242>

<https://www.marchofdim.org/find-support/topics/pregnancy/alcohol-during-pregnancy>

“Fetal Alcohol Syndrome and Fetal Alcohol Effects”

Results from 2024 “Alcohol Conversations” Peer Led Student Focus Groups

Every other year, for about a dozen years now, the Student Life Office has carried out a program simply called "Alcohol Conversations," with the goal of engaging students and peer facilitators in mature and responsible conversation about alcohol topics on our campus. Participants have appreciated the opportunity to speak to each other about these matters in a confidential group setting.

The idea will be to randomly select 100 students and to distribute them in 10 groups, each with a facilitator team of 1 male and 1 female RA who've received training in how to lead this group discussion.

The random selection process will happen soon, and the facilitators will be contacting the members of their groups with more detail. These conversations will take place on **Sunday, January 28, 2024 from 9:00 to 9:45 PM** in designated classrooms. Please understand that while the facilitators will take notes so that a general report can be compiled and distributed to the campus family, **absolutely no names** will be noted, and all comments will remain within the confidentiality and privacy of each particular group. Each participant and facilitator will honor the confidentiality of his or her respective group.

This year's Alcohol Conversation will address two important issues:

1. Alcohol Culture at MLC
2. Procuring Alcohol for those who are Underage

In addition to the conversations, participants will be asked to fill out a brief survey about their personal ideas concerning alcohol and marijuana use within the student body of our school. The document used for these conversations is attached to this email. God bless us in this work together!

PS -- All participants will receive **a free T-shirt**. I've included the front design of the T-shirt below.



Participants and Leaders Conversation Guide

Thank you for agreeing to participate in this “Alcohol Conversations” program. All participants were selected at random from the MLC student body. The RAs were assigned to groups as facilitators. They’ve been instructed to lead the discussion, encourage all participants to add to the discussion. The RAs are instructed to take careful—and anonymous—notes concerning the discussion. No names will ever be used or revealed in any report to the MLC campus family.

Part 1 – Framing and Addressing Current Issues on the MLC Campus:

Issue #1 -- Alcohol Culture at MLC

FRAME THE ISSUE

How would you describe the Culture of Alcohol that exists at Martin Luther College?

What are the components of that culture?

What is upheld as a model or a norm or as a good...regarding alcohol use?
 What are the practices and attitudes concerning alcohol use on our campus?
 How is that culture fostered, learned and sustained on the MLC campus?

What do you think constitutes problem drinking or trouble with alcohol?

What do you consider responsible use of alcohol?

ADDRESS THE ISSUE:

What kind of Alcohol Culture would you want to create or foster?

Issue #2 -- Procuring Alcohol for those under the legal drinking age

FRAME THE ISSUE

How prevalent is this practice?

What enables this practice to continue?...or makes it easy?

What issues or concerns are associated with this practice?

Do people know (do you know) the legal and vocational ramifications associated with this practice?

ADDRESS THE ISSUE:

How would you work to stop the illegal practice of procuring alcohol for those under the legal drinking age? What would be useful and helpful?

Part 2 -- Survey of perceived practices and attitudes
--

Please estimate *what you think* are the percentages for the items listed below... what are your estimates for this 2023-2024 school year.

% of students who have a drinking problem	
% of students who may not have a drinking problem, but get into trouble regarding alcohol in some way	
% of students who use alcohol responsibly	
% of students who do not use alcohol at all	
Should add up to	100
% of students who use marijuana regularly (weekly, monthly, etc.)	
% of students who use marijuana occasionally (2-5 times during the year)	
% of students do not use marijuana	
Should add up to	100

2023-2024 Survey RESULTS of perceived practices and attitudes

SURVEY OF PERCEIVED PRACTICES AND ATTITUDES											
Please estimate what you think are the percentages for the items listed below...what are your estimates for this 2023-2024 school year:											
SECTION #1	Group #1	Group #2	Group #3	Group #4	Group #5	Group #6	Group #7	Group #8	Group #9	Group #10	Average
% of students who have a drinking problem	3.50%	7.30%	8.90%	8.60%	19%	7.36%	6.80%	11.30%	5%	13.90%	8.65%
% of students who may not have a drinking problem, but get into trouble regarding alcohol in some way	7.20%	8.40%	10.60%	9.90%	16%	8.73%	11.60%	15.20%	5%	15.60%	10.82%
% of students who use alcohol, but not legally	12.40%	25.70%	26.40%	18.30%	19%	18.18%	22.70%	22.30%	15%	24%	20%
% of students who use alcohol legally & responsibly	40%	26.40%	36.30%	44%	40%	44.73%	31.30%	28%	41%	25.90%	35.76%
% of students who do not use alcohol at all	35%	29.70%	24.10%	18.30%	23%	21.55%	27.60%	24.20%	34%	20.60%	25.81%
Should add up to	100	100	100	100	100	100	100	100	100	100	
SECTION #2											
% of students who use marijuana regularly (daily or weekly, etc.)	2.30%	7.20%	7.80%	4.25%	7%	7.14%	7.30%	9.30%	3%	10.60%	6.59%
% of students who use marijuana occasionally (2-5 times during the year)	9%	18.20%	15.10%	14%	19%	13.18%	14.80%	18.80%	9%	18.90%	15.00%
% of students who do not use marijuana	89%	72.10%	75.60%	82.50%	73%	79.73%	77.90%	71.90%	88%	70.50%	78.02%
Should add up to	100	100	100	100	100	100	100	100	100	100	

SECTION #1	
% of students who have a drinking problem	9.20%
% of students who may not have a drinking problem, but get into trouble regarding alcohol in some way	10.82%
% of students who use alcohol, but not legally	20.40%
% of students who use alcohol legally & responsibly	35.76%
% of students who do not use alcohol at all	25.81%
Should add up to about 100%	101.99%
SECTION #2	
% of students who use marijuana regularly (daily or weekly, etc.)	6.59%
% of students who use marijuana occasionally (2-5 times during the year)	15%
% of students who do not use marijuana	78.02%
Should add up to about 100%	99.61%

ALCOHOL CULTURE AT MLC

- Students conclude and address that MLC does have a drinking culture while adding the fact that many colleges do. It is also important to note the main difference in our drinking cultures compared to others is substantially lower concerning misuse. Events such as COS and DEX show that MLC is using alcohol responsibly to the public and those groups are taking precautions such as beer garden hours with security to ensure that alcohol is staying with those it should be. MLC is a dry campus that every student is informed of, which leads to less drinking in the dormitories and in other locations on campus. New Ulm still contains many places to obtain alcohol, but being professional businesses, IDs are checked as a way to obtain alcohol. Many students practice responsibility with alcohol when it comes to designated drivers. Responsibility also is applied as students remember the reason why they are on this campus. Individuals are here at Martin Luther College to learn how to teach and preach the gospel in the full-time ministry.

PROCURING ALCOHOL FOR THOSE UNDER THE LEGAL DRINKING AGE

- Underage drinking, while illegal, still occurs at MLC. Siblings or older friends have the means of obtaining alcohol which may lead to passing down and offering to those under the legal drinking age. Sin is everywhere in our world, and in this instance, the devil is working overtime to tempt God's children. Social media and peer pressure are also involved in a scenario like this. People on this campus have an understanding of the rules set in place by this campus and in the Bible. When asked, students answered ways we at Martin Luther College could work to stop the illegal practice of procuring alcohol for those under the legal drinking age. Some responded that we as future called workers should turn to the Bible and see what God has to say about drinking underage. It is also good to be a friend to others and serve as a reminder of what is good. A good practice could also include shifting the mindset from law-based "don'ts to living a Christian life "above reproach" while using alcohol legally and responsibly according to personal decisions about adiaphora.

[Results of this focus group/social norm effort communicated to campus family in January 2024.]

MLC Results – 2023 Minnesota College Student Health Survey

In previous years the Student Life office has conducted a program called The College Student Health Survey (CSHS) designed by Boynton Health and administered by the University of Minnesota. It gives postsecondary institutions a comprehensive look at the health of their students. In 2023 of the 603 current students, 295 students completed the survey. The survey measures eight key areas: Health Insurance and Health Care Utilization, Mental Health, Alcohol and Other Drug Use, Tobacco Use, Personal Safety, Financial Health, Nutrition and Physical Activity, and Sexual Health. There are plans to participate in the Spring 2025 survey. Below are the results for the Tobacco Use and Alcohol and Other Drugs Use:

Results

Tobacco Use

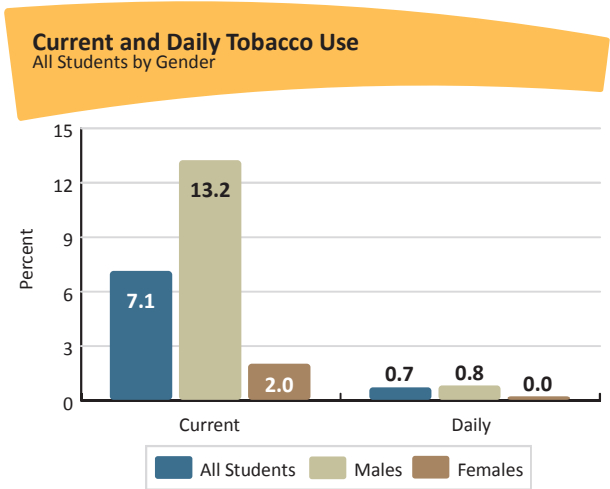
Young adults transitioning between high school and college find themselves in an environment with increased opportunities to make personal and lifestyle decisions without supervision or input from their parents. This newfound freedom, coupled with growing academic pressure and an expanding social network, can lead to experimentation and risky behaviors such as smoking. Preventing smoking among young adults is critical to reducing both the long-term use of tobacco products and their subsequent negative health consequences.

National Comparison

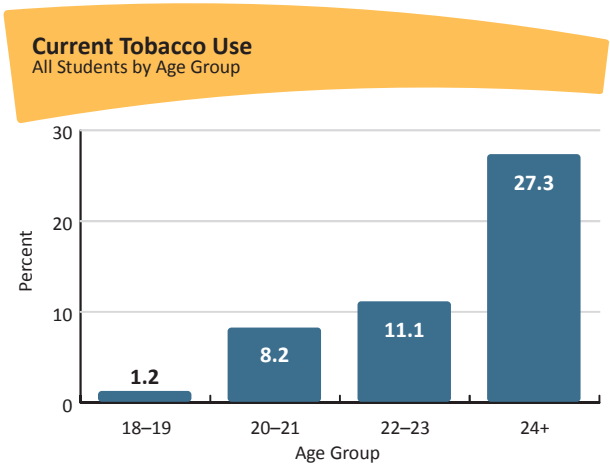
The use of cigarettes within the past 30 days among 18- to 25-year-olds declined from 40.8% in 2002 to 17.5% in 2019 (CBHSQ, 2020). The 30-day use among adults 26 and older was 18.2% in 2019 (CBHSQ, 2020). Among full-time college students, 16.0% smoked cigarettes at least one time in the previous year, about one in thirteen (7.9%) smoked cigarettes at least one time in the previous 30 days, and about one in 35 (2.5%) smoke cigarettes daily (Schulenberg et al., 2019). Approximately one-third (35.3%) of full-time college students vaped nicotine at least one time in the previous year (Schulenberg et al., 2019). Current cigarette smokers are more likely to use other tobacco products, alcohol, or illicit drugs than nonsmokers (CBHSQ, 2015). Among all current smokers, 68.0% want to completely stop smoking, 55.4% made an attempt to quit in the past year, and 7.4% successfully quit within the past year (CDC, 2017b). The current level of tobacco use among college students clearly poses a major health risk as this use can become a lifelong habit (USDHHS, 2020).

The rate of current tobacco use for students at Martin Luther College is **7.1%**, with a daily rate of **0.7%**. Compared to females, males report higher rates of current and daily tobacco use.

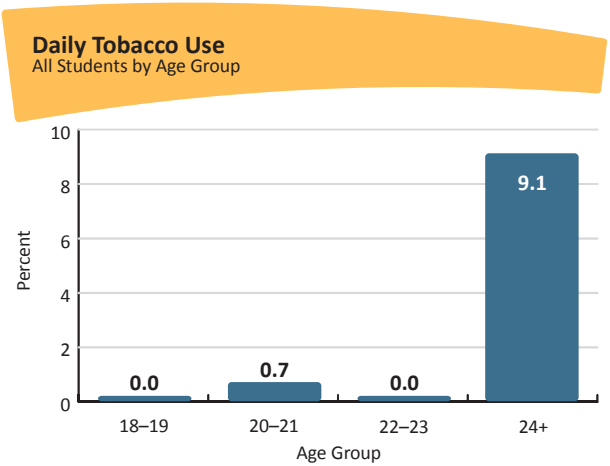
Definition:
Current Tobacco Use
 Any tobacco use within the past 30 days. Tobacco use includes both smoking and smokeless tobacco.



The highest rate of current tobacco use is found among MLC students ages 24 and older (**27.3%**).

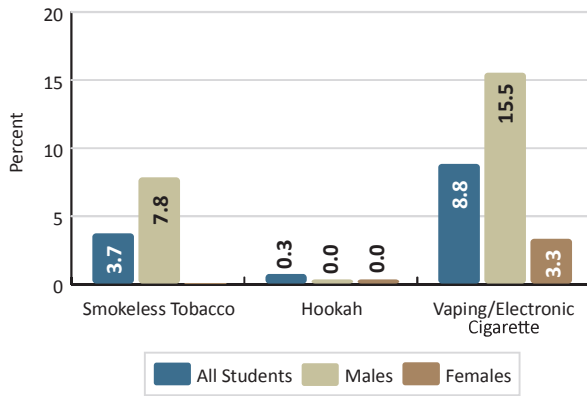


The highest rate of daily tobacco use is found among MLC students ages 24 and older (**9.1%**).



Current Smokeless Tobacco, Hookah, and Vaping/Electronic Cigarette Use

All Students by Gender



Overall, **3.7%** of MLC students report using smokeless tobacco, **0.3%** report using a hookah, and **8.8%** report vaping or using an electronic cigarette during the past 30 days.

Definition:

Current Smokeless Tobacco Use

Any smokeless tobacco use within the past 30 days.

Definition:

Current Hookah Use

Any use of tobacco from a water pipe (hookah) within the past 30 days.

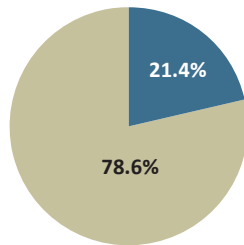
Definition:

Current Vaping/Electronic Cigarette Use

Any vaping/electronic cigarette use within the past 30 days.

Consider Themselves Smokers

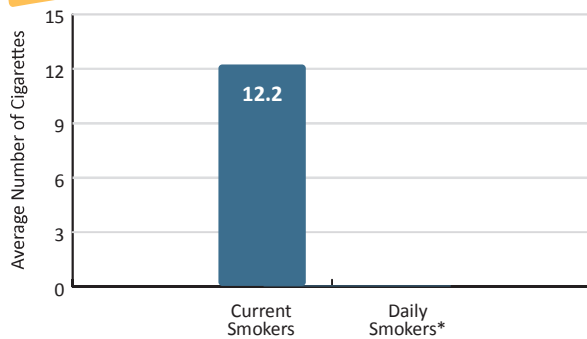
Current Smokers



Among students at MLC who report smoking tobacco in the past 30 days, **78.6%** do not consider themselves smokers.

Average Number of Cigarettes Smoked Per Week—Past 30 Days

Current vs. Daily Smokers



The average number of cigarettes smoked per week over the past 30 days by MLC students is **12.2** among current smokers.

*Insufficient data.

Among MLC students, **3.9%** of nonsmokers and **28.6%** of smokers report being exposed to secondhand smoke on campus (outside) in an average week.

Secondhand Smoke Exposure

All Students

Location	Percent Who Indicate Exposure					
	Nonsmokers		Current Smokers		All Students	
In a Car	3.2	N/A	35.7	N/A	4.7	N/A
Off Campus	6.8	28.8	28.6	42.9	7.8	29.5
On Campus	2.1	3.9	14.3	28.6	2.7	5.1
Where I Live	1.1	5.3	14.3	14.3	1.7	5.8
Other	3.6	14.6	14.3	21.4	4.1	14.9
N/A—Never Exposed	50.9		50.0		50.8	



Results

Alcohol Use and Other Drug Use

For some young adults, college life includes an introduction to or an increase in the use of alcohol, marijuana, and various illicit drugs. Whether students are using these substances to signify emergence into adulthood, enhance their social life, or cope with stress, substance abuse can lead to a decline in classroom performance, lower grades, aggressive behavior, property damage, and personal injury.

National Comparison

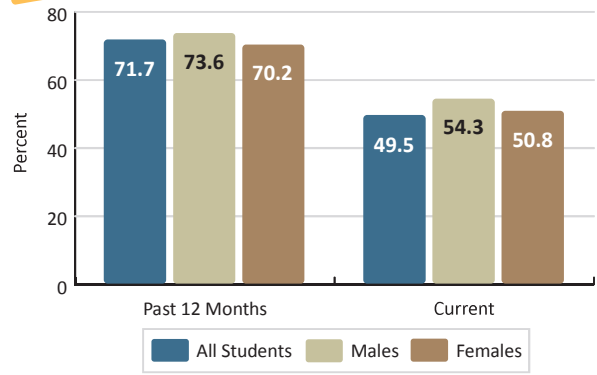
American college students consume alcohol and other drugs at very high rates. Among full-time college students, four in five (79.2%) have consumed alcohol at least one time, nearly four in five (77.6%) have consumed alcohol in the past year, and about three in five (62.2%) consume alcohol monthly (Schulenberg et al., 2019). The rate of binge drinking (consuming five or more alcoholic beverages in a row in the previous two weeks) is highest for those ages 18–25, at 34.3%, and is 24.5% among adults age 26 and older (CBHSQ, 2020). Compared to those not enrolled in college full-time, young adults who are enrolled full-time are more likely to consume alcohol monthly and to binge drink (CBHSQ, 2020).

Approximately three in five (58.9%) full-time college students have used an illicit drug at least once in their lifetime, more than four in ten (46.8%) have used an illicit drug at least once in the past year, and nearly three in ten (29.7%) have used an illicit drug in the last month (Schulenberg et al., 2019). Marijuana is the illicit drug of choice for full-time college students, with more than half (54.7%) having used the drug at least once in their lifetime, more than two in five (43.0%) having used it in the past year, and approximately one-fourth (26.3%) having used it in the past month (Schulenberg et al., 2019). Among full-time college students, 13.5% have used amphetamines, 8.8% have used cocaine, and 6.9% have used hallucinogens in the previous year (Schulenberg et al., 2019). More than one in eight college students report vaping marijuana within the past 30 days (Schulenberg et al., 2019).

Among Martin Luther College students, **71.7%** report using alcohol in the past 12 months, and **49.5%** report using alcohol in the past 30 days. Compared to male students, female students report lower rates of alcohol use in the past 12 months and in the past 30 days.

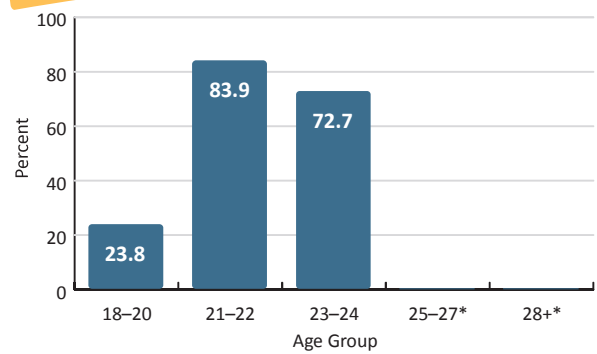
Definition: Past 12-Month Alcohol Use Any alcohol use within the past year.
Definition: Current Alcohol Use Any alcohol use within the past 30 days.

Alcohol Use—Past 12 Months and Current
All Students by Gender



MLC students ages 21–22 report the highest rate of consuming alcohol in the past 30 days (**83.9%**). Nearly one in four (**23.8%**) MLC students ages 18–20 report consuming alcohol in the past 30 days.

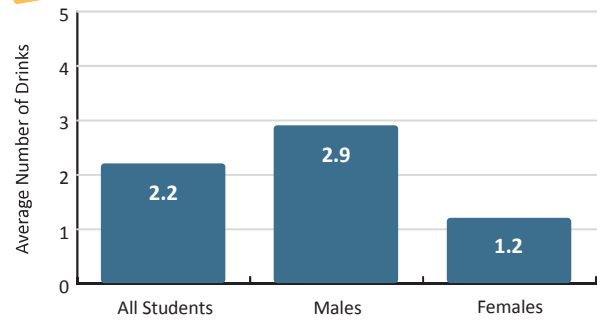
Current Alcohol Use
All Students by Age Group



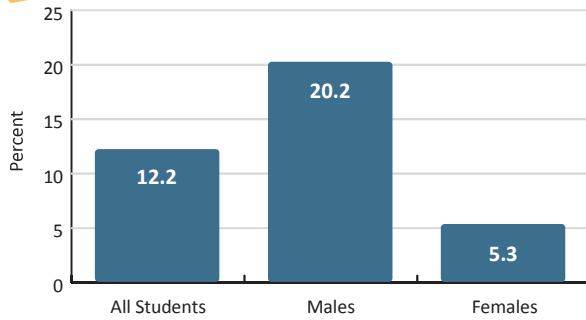
*Insufficient data.

Male MLC students report consuming a higher average number of drinks per week than female students at the college. The average number of drinks per week may serve as an indicator of overall alcohol use.

Average Number of Drinks per Week—Past 30 Days
All Students by Gender



High-Risk Drinking All Students by Gender

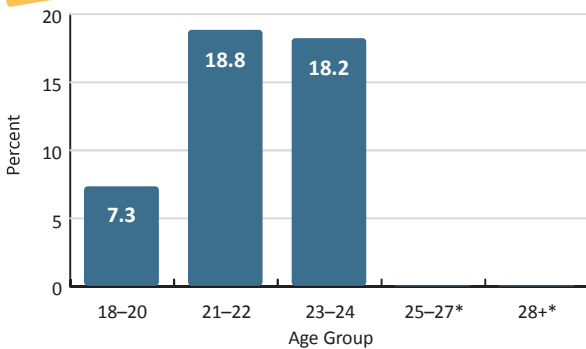


Compared to female students, male students at MLC report higher rates of high-risk drinking (**20.2%** vs. **5.3%**).

Definition:
High-Risk Drinking

Consumption of five or more alcoholic drinks at one sitting within the past two weeks for both males and females. A drink is defined as one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.

High-Risk Drinking All Students by Age Group



*Insufficient data.

Among MLC students, the peak years for engaging in high-risk drinking are ages 21-22.

High-Risk Drinking Rates on Campus— Perceived vs. Actual All Students

Question asked:
In the past two weeks, what percentage of students at your school do you think had five or more drinks at a sitting? (One drink = one shot of alcohol, a 12-ounce beer, a mixed drink containing 1 or 1.5 ounces of alcohol, a 12-ounce wine cooler, or a 5-ounce glass of wine.)

High-Risk Drinking Status	Students' Perception of High-Risk Drinking by School Peers	Actual High-Risk Drinking Rate
All Students	21.2%	12.2% of All Students
High-Risk Drinkers	35.8%	
Non-High-Risk Drinkers	19.1%	

Students attending MLC overestimate the rate of high-risk drinking on their campus. The estimate from all students is **21.2%**, while the actual rate is **12.2%**. Those who have engaged in high-risk drinking estimate a rate of **35.8%**, while those who have not engaged in high-risk drinking estimate a rate of **19.1%**.

The BAC of a student on the most recent socializing/partying occasion was calculated based on answers to four different survey questions (gender, current body weight, amount of alcohol consumed, and time period of consumption). It should be noted that the BAC calculated in this study is an estimate. This information is self-reported, and students tend to underestimate the actual amount of alcohol they consume.

The legal driving limit for individuals of legal drinking age is 0.08.

The average estimated BAC among students at Martin Luther College, based on the last time the student partied/socialized, is **0.05**. The average is the same for male and female students at the college.

Among MLC students, the average BAC levels at the most recent socializing/partying occasion range from **0.02** to **0.05**, with an average of **0.05**. Students ages 21–22 report the highest average estimated BAC level of **0.05**, which is below the legal driving limit for individuals of legal drinking age.

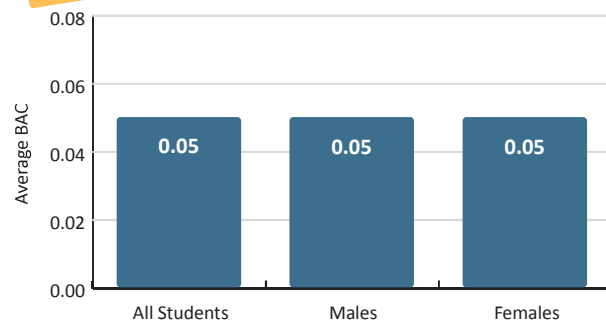
Blood Alcohol Content

Blood alcohol content (BAC) measures the percentage of alcohol in a person's blood. The calculation of BAC is based on a formula that takes into account the following factors:

- Gender
- Current body weight
- Amount of alcohol consumed (number of drinks)
- Time period of consumption
- Concentration of alcohol in the beverage consumed (based on the alcohol content of one typical can of beer containing 4.5% alcohol)

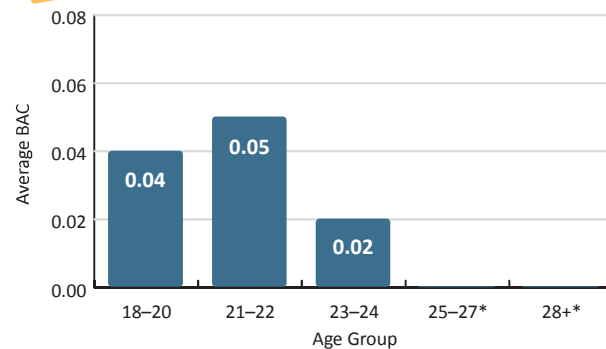
Average Estimated Blood Alcohol Content

All Students by Gender



Average Estimated Blood Alcohol Content

All Students by Age Group



*Insufficient data.

Negative Consequences of Alcohol Use— Past 12 Months

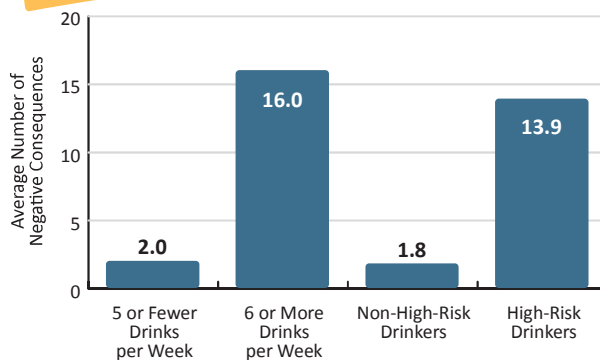
All Students

Negative Consequence Due to Alcohol Use	Percent Who Report Experiencing Within Past 12 Months
Arrested for a DWI/DUI	1.0
Criticized by Someone I Know	12.2
Damaged Property, Pulled Fire Alarm, etc.	0.3
Done Something I Later Regretted	14.9
Driven a Car While Under the Influence	4.1
Got Into an Argument or Fight	4.4
Got Nauseated or Vomited	24.4
Had a Hangover	28.5
Had a Memory Loss	9.5
Have Been Taken Advantage of Sexually	2.0
Have Taken Advantage of Another Sexually	0.7
Hurt or Injured	3.1
Missed a Class	4.7
Performed Poorly on a Test or Important Project	2.4
Seriously Thought About Suicide	1.7
Seriously Tried to Commit Suicide	1.0
Thought I Might Have a Drinking Problem	5.4
Tried Unsuccessfully to Stop Using	2.0
Trouble with Police, Residence Hall, or Other University/College Authorities	5.1

About one in 24 (**4.1%**) MLC students report having driven a car within the past 12 months while under the influence of alcohol; for the same period, **4.7%** report missing a class and **2.4%** report performing poorly on a test or project as a result of alcohol use.

Average Number of Alcohol-Related Negative Consequences*

All Students by Average Number of Drinks and High-Risk Drinking



*The average number of drinks is based on behavior in the past 30 days, high-risk drinking is based on behavior in the past two weeks, and the average number of negative consequences is based on reported experiences in the past 12 months.

A strong association exists between the average number of drinks MLC students consume per week and the total number of reported alcohol-related negative consequences experienced over the past 12 months. An association also exists between engaging in high-risk drinking within the past two weeks and reported negative consequences.

Rates for alcohol-related negative consequences are up to ten times higher among MLC students who engaged in high-risk drinking in the previous two weeks compared to those who did not. Nearly one in five (19.4%) students who have engaged in high-risk drinking in the past two weeks report driving while under the influence of alcohol one or more times in the past 12 months.

High-Risk Drinking and Selected Consequences* All Students

Negative Consequence Due to Alcohol Use	Percent		
Driven a Car While Under the Influence	4.1	1.9	19.4
Got into an Argument or Fight	4.4	2.7	16.7
Have Been Taken Advantage of Sexually (Includes Males and Females)	2.0	1.9	2.8
Missed a Class	4.7	2.7	19.4
Performed Poorly on a Test or Important Project	2.4	1.5	8.3

■ All Students
 ■ Non-High-Risk Drinkers
 ■ High-Risk Drinkers

*High-risk drinking is based on behavior in the past two weeks while the rate for negative consequences is based on reported experiences in the past 12 months.

Asked if they would call 911 if someone passes out due to alcohol/drug use and couldn't be awakened, 63.5% of all MLC students report they would be "very likely" to call for emergency assistance.

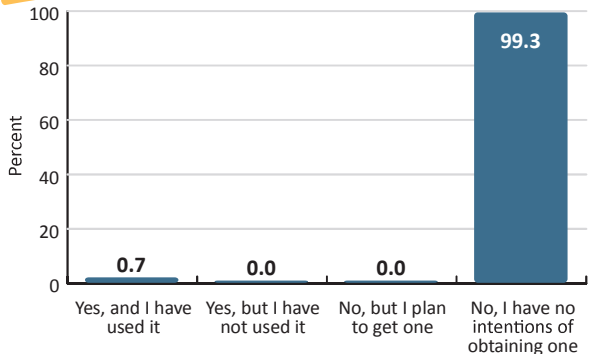
Likelihood of Calling 911 in an Alcohol- or Drug-Related Situation All Students

Response	Percent		
Very Likely	63.5	64.0	63.0
Somewhat Likely	24.8	27.2	22.6
Somewhat Unlikely	8.9	7.3	10.3
Very Unlikely	2.8	1.5	4.1

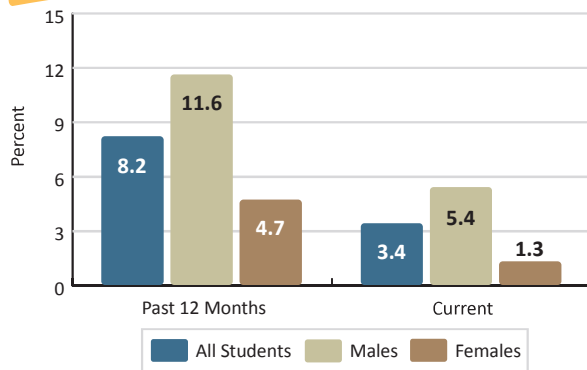
■ All Students
 ■ Students Who Did Not Use Alcohol Within the Past 30 Days
 ■ Students Who Did Use Alcohol Within the Past 30 Days

When asked whether they have a fake ID, more than nine in ten MLC students (99.3%) said they did not have one and did not intend to obtain one. Among the 0.7% of students who do have a fake ID, 100.0% use someone else's ID.

Fake ID Ownership All Students under 21 Years of Age



Marijuana/Cannabis Use— Past 12 Months and Current All Students by Gender



Among all MLC students, the rate for any marijuana/cannabis use within the past 12 months is **8.2%**, while the rate of current use is **3.4%**. Rates are higher for males than for females at the college.

Definition:
Past 12-Month Marijuana/Cannabis Use

Any marijuana use within the past year.

Definition:
Current Marijuana/Cannabis Use

Any marijuana use within the past 30 days.

Negative Consequences of Marijuana/Cannabis Use—Past 12 Months All Students

Negative Consequence Due to Marijuana/Cannabis Use	Percent Who Report Experiencing Within Past 12 Months
Arrested for a DWI/DUI	0.3
Criticized by Someone I Know	1.0
Damaged Property, Pulled Fire Alarm, etc.	0.3
Done Something I Later Regretted	1.0
Driven a Car While Under the Influence	1.4
Got Into an Argument or Fight	0.7
Got Nauseated or Vomited	1.0
Had a Hangover	0.3
Had a Memory Loss	1.0
Have Been Taken Advantage of Sexually	0.7
Have Taken Advantage of Another Sexually	0.3
Hurt or Injured	0.7
Missed a Class	0.7
Performed Poorly on a Test or Important Project	0.3
Seriously Thought About Suicide	0.3
Seriously Tried to Commit Suicide	0.3
Thought I Might Have a Drug Problem	0.7
Tried Unsuccessfully to Stop Using	1.0
Trouble with Police, Residence Hall, or Other University/College Authorities	0.3

More than one in 70 (**1.4%**) MLC students report having driven a car within the past 12 months while under the influence of marijuana/cannabis, **0.7%** report missing a class due to marijuana/cannabis use, and **0.7%** report thinking they might have a drug problem.

Among MLC students, **1.1%** report having used at least one of the eight listed illicit drugs within the past 12 months, **0.7%** report using another person's ADHD medication, and **0.4%** indicate that they used another person's prescription medication (other than ADHD medication).

Selected Drug Use—Past 12 Months

All Students

Drug	Percent Who Report Use Within Past 12 Months
Amphetamines	0.4
Cocaine	0.7
Ecstasy	0.4
GHB/Rohypnol	0.7
Hallucinogens	0.4
Inhalants	0.4
Opiates	0.4
Sedatives	0.4
Use of at Least One of the Above Listed Drugs	1.1
Use of Another Person's ADHD Medication	0.7
Use of Another Person's Medication Other Than ADHD	0.4