

**Student Fee Review Board
Funding Application for Fiscal Year
2020-2021**

UNM CASAA/COSAP Campus office of Substance Abuse Prevention
Name of Unit

J. Scott Tonigan CASAA Interim Director
Dean/Director Title

CASAA 2650 Yale SE MSC11 6280/COSAP 3057 Mesa Vista Hall MSC06 3640
Campus Address

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Campus Phone E-mail Address

\$ 50,020 ctn@unm.edu
Total Amount Requested Alternate Email Address

One-Time Funding Recurring Requesting Increase

CERTIFICATION

I certify that the statements herein are true and complete to the best of my knowledge and accept the obligation to comply with the terms and conditions of the Student Fee Review Board. I understand that the SFRB is a **recommendation** body and that its funding allocations are subject to revision by the Budget Leadership Team before final approval.

Randall Starling
Submitted By (Print Name)

 8/27/19
Department Head Signature Date

Please submit an electronic version of this application via email to SFRB@unm.edu and 13 hard copies of this application to the GPSA Office, Student Union Building suite 1021.

DEADLINE September 6, 2019, 5:00 PM.

*Late applications will not be accepted

SFRB Executive Summary 2021-2022 (FY21)
The UNM Campus Office of Substance Abuse Prevention - COSAP

Role in supporting student success

The Campus Office of Substance Abuse Prevention (COSAP) is dedicated to helping students achieve academic success. Our approach is to prevent alcohol/substance misuse among students and encourage students of legal age to take responsible measures regarding safe and moderate alcohol consumption. We help students make informed decisions while also making the most out of their college experience.

Use of student fee funding to benefit UNM

With the support of SFRB funding, we have implemented effective programs to help UNM students succeed. With renewed funding, we hope to continue them:

- **Designated Lobos** - This program rewarded students for serving as the sober designated driver for their friends. Based on local research, we've realized that UBER and LYFT are frequently being used as a "safe-ride" mechanism and as such, COSAP has adopted distributing UBER cards to students. We are revising this program to be called **Lobo Safe Ride**.
- **Fun in the 505** - Our 6th Annual Edition of the SFRB-funded booklet, called **Fun in the 505**, was distributed to over 5,000 students last fall and since then has been continually distributed to campus departments. We also release it in an online PDF format. Aimed at providing ideas for student fun that doesn't require the use of alcohol, the booklet is also packed with messages supporting wise decision-making where alcohol and drug use is concerned.
- **Lobos Stay with the Pack/Lobos Party Smart** – Using normative correction messaging, COSAP engages in correcting the perception of students regarding alcohol consumption among their peers. This in turn typically reduces alcohol consumption among risky drinking students.
- **New: Center for Collegiate Recovery (CCR)** - In collaboration with various UNM student groups, *COSAP aims to assist in development, marketing, and student activities of a new campus program to aid UNM students in recovery from substance abuse.*
- Having SFRB funding allows COSAP to 1) Work with the College Enrichment Program on New Student Orientation, 2) Work with Residence Life and American Campus Communities to train RA's and assist them in creating informative events, and 3) Participate in Welcome Back Days, Safe Spring Break, etc. and provide alcohol and substance abuse/misuse prevention initiatives and messaging throughout the year.

Why we are Seeking SFRB funding

SFRB support allows us to put 100% of the funding towards campus projects and programs that promote safe and healthy lifestyle habits necessary for academic success. Outside funding is helpful but is uncertain and very restrictive.

Collaborations both Within and Outside UNM

COSAP is proud to collaborate with several UNM organizations, such as SHAC, Association of Students in Recovery, UNM Athletics, and UNM Greek organizations. We also collaborate with outside organizations, including NM Dept. of Health, NM Human Services Dept., Bernalillo County, and New Mexico State Police Special Investigations Unit (SIU).

Reasons for Requesting a Funding Increase

While the requested funding increase reflects a normalized annual operating SFRB budget for COSAP, it does include projected increases in prices for campaign give-away items. It also includes new requests for funding for a Graduate Assistant student employee and funding for assisting in developing and conducting events in CCR for students in need.

Application Questions

1. Describe the history and mission of your unit, and how its services support the mission of the University. Please address each of the following bullet points in your answer.

A. What services does your unit specialize in that are not offered in a similar form elsewhere within the University?

B. How does your unit serve the University's commitment to diversity?

A. Services

Established in 1992, The Campus Office of Substance Abuse Prevention joined the University of New Mexico with two primary areas of responsibility in mind: (1) to ensure the University's compliance with the Drug Free Schools and Communities Act and the Drug-Free Workforce and Workplace Acts, and (2) to coordinate, enhance, and develop prevention programs for members of the campus community. The availability of federal student financial aid funding and other federal resources depend on UNM's compliance with these two charges.

In a broader sense, COSAP's mission is to work with students, staff, and faculty to create and support a healthy campus environment that is free from the negative effects of alcohol or other drug use. Students' academic success and personal well-being are closely associated with their ability to maintain a healthy balance between their academic life and their social life, a balance we strive to help students obtain through our various programs and practices. ***COSAP is the single UNM program that works to support our student population with a wide array of substance abuse/misuse prevention strategies, services, and information to ensure the safety, success, and well-being of UNM students.*** A detailed list of services provided to students, along with the number of students served will be provided at our hearing.

B. Diversity

COSAP serves the University's commitment to diversity in a number of ways. Throughout the year, we interact closely with campus cultural centers including El Centro de la Raza, the African American Student Services Center, the American Indian Student Services Center, the Women's Resource Center, and some of the multicultural Greek organizations. We also work with the Men of Color Initiative. Whether it is through presentation requests or invitations to events where we are able to have a table and promote our department, projects, and programs, we are in constant collaboration, coming together for student outreach to encourage healthy lifestyles.

Along with our collaborative efforts with UNM's cultural centers, COSAP staff have also participated in the Safe-Zone training facilitated by the LGBTQ Resource Center to be educated on proper terminology and to receive a better understanding of the LGBTQ community as a whole.

Overall, COSAP strives to help students maintain a healthy balance between their academic life and their social life, a goal we try to achieve through social media campaigns, the implementation of various programs and projects, and collaborative efforts with other UNM departments and organizations (Athletics, Greeks, etc.). By doing so, COSAP helps students reach the goal of graduation while also making the most out of their overall college experience. COSAP is happy to hire and serve ALL members of our diverse campus community.

2. Briefly describe each program/project in your unit that is funded specifically by student fees. What are the outcomes, so far, of each program/project? What, if any, changes do you plan to make to these programs/projects?

Currently, COSAP has three programs/projects that are solely supported by SFRB funding: 1) Designated Lobos/Lobo Safe Ride, 2) Fun in the 505, and 3) Lobos Stay with the Pack/Lobos Party Smart.

1) Designated Lobos/Lobo Safe Ride – This is COSAP’s most well-known program among students. This program has rewarded students for acting as the sober designated driver for their friends in addition to providing incentives to those who might seek an added benefit to providing a safe ride home. The program will be entering the 8th year of existence and has demonstrated effectiveness in self-reported episodes of acting as a designated sober driver. For example, our annual Student Lifestyle Survey (SLS; Evaluation Specialists 2017; 2018; 2019) reveals that about 60% of all UNM students reported having served as a sober designated driver one or more times in the past 12 months over each of the last two years. An additional outcome that can be attributed to the program is the use of designated drivers among students who have been drinking. The SLS data from 2017-2018 indicates approximately 80% of students who drink report using a designated driver when drinking. Further, among students who drink, the number of those stating they have **not** driven under the influence over the past 12 months has increased from 73.7% in 2017 to 81% in 2018 and 82% in 2019. Interestingly, this data suggests a use of shared ride programs, such as Uber or Lyft, as opposed to a traditional designated driver approach which COSAP focus groups with students confirm. With this in mind, we are revising our successful Designated Lobos program into **Lobo Safe Ride** for UNM students. This program, renamed to better reflect a shared ride approach, will evolve to meet the needs of students and encourage participation through crafted promotional and social media messaging on strategies for avoiding intoxicated driving. Although messaging content will include a designated driver option for students who drink, we will purchase and distribute Uber gift cards to students through interaction with COSAP social media pushes and attending COSAP campus tabling events. Both the social media pushes and tabling events will be done at higher drinking times throughout the year (e.g., homecoming, holidays, etc).

2) Fun in the 505 – The 6th edition of COSAP’s “Fun in the 505” booklet is in current distribution throughout campus. Student feedback on this booklet has been overwhelmingly positive. This booklet provides ideas of fun things to do for students in Albuquerque and the surrounding area, featuring icons that denote establishments that provide student discounts and/or accept LoboCash. The book is infused with educational “infographics” that contain alcohol and drug prevention information. The purpose of “Fun in the 505” is to show students that there are plenty of activities to do around town that offer great alternatives to the use of alcohol and other drugs. Initially, the book was only available in areas where students frequent (waiting areas, seating areas, etc.) but due to its popularity, it is now distributed to residents (Residence Life, Casas del Rio, Lobo Rainforest, and Lobo Village) in their mailboxes or “Welcome” packets, so the book is available at the start of the school year. Students have also expressed that they would like for the book to be available online, so “Fun in the 505” can be found on the UNM COSAP website as a PDF. The book will be distributed to incoming students during New Student Orientation to ensure that our non-resident students got a copy. Since spring break and summer break are times that students particularly seek out fun activities that often

involve partying, COSAP feels it is an imperative time to provide students with alternative suggestions and solutions. The book is revised and refreshed every year, as establishments may close and new establishments open their doors.

3) Lobos Stay with the Pack/Lobos Party Smart - COSAP engages in the social normative approach to describe campus drinking norms as a method for correcting the perception of students regarding alcohol consumption among their peers. This information is used to inform students that 1) not as many students drink alcohol as they might think, and 2) they don't drink as much. This information helps to curb drinking among riskier drinking students (they stay closer to the normal drinking range of their peers, i.e., they stay with the pack or party smart). Our data collection to establish the new campus norm is conducted annually through our Student Lifestyle Surveys. Messaging content is derived from the data results and posted to our website and pushed through our social media platforms (see Question #7). It is also posted in assigned bulletin boards across the university, on SUB monitors, and at athletic events. Beyond just drinking norms, COSAP uses the data to develop and deliver messaging to students regarding preventing driving under the influence, using a designated driver/ride share, reducing or preventing tobacco or vaping, and preventing or reducing use of illicit, including prescription, drugs. The data is also used in presentations to campus or student organizations (e.g., residential halls, Greek Life, etc.) requesting COSAP provide a presentation. The normative messaging in reducing binge drinking (5 or more drinks for a male/4 or more for a woman over about 2 hours - the most dangerous type of alcoholic consumption) among UNM students. In 2019 26.5% of undergraduate students at UNM reported having had five or more drinks in a sitting on one or more occasions over the previous two weeks compared to 31.4% in 2017. Nationally, the rate is about 40%. We also provide messaging related to penalties related to alcohol; e.g., providing alcohol to a minor. Our messaging has produced results in the desired direction; i.e., perception of risk for giving alcohol to a minor has increased from 46.7% in 2018 to 48.1% of students in 2019 stating police are likely to arrest an adult for giving alcohol to someone under 21.

New: With SFRB funding we are proposing to assist in developing, conducting activities for, and marketing a new campus program directed to UNM students in recovery from substance abuse.

Center for Collegiate Recovery (CCR) - Substance abuse and addictions is prevalent throughout the U.S and New Mexico is no exception. There is growing population of recovering young adults pursuing their educations and several colleges and universities have developed collegiate recovery communities to help these students in recovery maintain their abstinence while pursuing their educations. Research indicates collegiate recovery programs are integral to recovering students' academic success (Kelly, Stout, & Slaymaker, 2013; Brown, Ashford, Figley, et al., 2019). In addition to helping students maintain recovery and succeed academically, it can have a financial benefit to an institution. UNM had 22,225 students enrolled in the 2019 spring semester. Based on calculations presented by Knight, Wechsler, Kuo, et al (2002) and Clements (1999) we estimate that 31.6% of students, or 7,023 students, meet the criteria for substance abuse and addictions. Further, of the 31.6% of students, we estimate that 6%, or 1,333 students, will meet the criteria for substance dependence disorder. We anticipate that 4%, or 334 students, are seeking help. With fall 2019 tuition at \$7,556, we estimate that helping 334 students will have a \$2,523,704 savings in direct tuition revenue over one year. Over a five-year period, the savings in direct tuition revenue would be \$12,618,520. Research shows that CCRs help their

participating students maintain abstinence and also help them academically (Brown, 2019). We propose to assist in developing a campus Center for collegiate recovery (working with Marni Goldberg, Program Specialist @ UNM Dept. of Psychology) to be temporarily housed at UNM Dept. of Psychology through hiring a qualified Graduate Assistant to aid student programmatic activities. We will also conduct sober living activities for the center and market the program to students in need through giveaways, social media, and activities such as “sober tailgating (e.g., root beer floats) at UNM games.

3. Does your unit have an SFRB balance forward? If so, please justify this balance forward and describe how you will utilize it.

COSAP will have a small carry forward going into FY2021. Although we may be losing two funding lines, as an organization, COSAP has grown more efficient with its use of student resources over the years, and we believe that this is a factor in having a positive balance carried over. The balance forward will be directed to providing further efforts on alcohol and substance abuse/misuse prevention efforts, including normative campaigns (e.g., alcohol/substance abuse prevention messages aired at UNM movie nights in the SUB) and purchase of Uber cards for Lobos Safe Ride.

4. Describe any increase in SFRB funding you are requesting, and provide justification detailing how raising student fees will improve your unit’s impact on the student population. If requesting increases for multiple programs/projects, which program/project is your top priority? If requesting an increase, please state any reserves in your unit’s budget and provide justification for not using said reserves for the requested increase.

COSAP is requesting an increase in SFRB funding for year 2021 -2022. In addition to hiring a UNM student to assist with COSAP programmatic activities, operating cost associated with production of materials have increased. For example, swag items, typically provided during new student orientation and COSAP tabling events, have increased in price as has production of the Fun in the 505 booklet. Social media pushes across our 4 social media platforms, which allow for geo-fencing and granular approaches to targeting UNM students, involve further costs. Additionally, we are striving to develop and market the CCR program for students in recovery and increased SFRB funding will help realize this goal. We are requesting funding for a Graduate Assistant (GA) to help in conducting student led programmatic activities at the proposed CCR and funding to market the program to UNM students in need. The GA will be part of COSAP and will be supervised by the COSAP program manager and Marni Goldberg, a program specialist at UNM Dept. of Psychology, who will expedite CCR treatment modalities. We believe our request closely mirrors our FY20 expenditures to allow COSAP to help our students make informed choices about alcohol/substance use that will increase student success while reducing potential costs to the university via student attrition. Further, we will be assisting in developing a recovery program that we hope will economically benefit the University. Priority would be Lobo Safe Ride, Fun in the 505, Lobos Stay with the Pack, and CCR.

5. What are your unit’s current non-SFRB sources of funding (e.g. Instructional & General, state or federal grants, self-generated revenue), and if applicable, what additional funding sources are you seeking this fiscal year?

A. What increases or decreases from non-SFRB funding sources do you anticipate compared to your budget last year?

B. Please complete Budget Form C for non-SFRB income.

COSAP's funding sources, as noted on budget form C, consist of:

UNM Instruction & General

This allocation pays for the Program Manager (1 FTE) and a very small budget for office needs. **The I&G line of funding has not increased beyond adjustments for salary/fringe raises in the twenty-five years COSAP has been in existence.**

6. Describe student participation in your unit, and any plans to improve it, addressing each of the following bullet points.

A. How are students involved in the governance/decision-making of your unit?

B. How many students do you employ (including graduate assistants, interns, etc.)?

A. Governance/Decision Making

COSAP regularly solicits opinions and ideas from diverse student populations via focus groups, individual interviews, and surveys. Our annual UNM campus-wide Student Lifestyles Survey is administered to approximately 500 - 900 undergraduate students; the data collected via this process provides the basis for COSAP's strategic planning, which sets our goals and objectives for the upcoming year.

COSAP has worked with UNM's policy office to support the implementation of UNM's tobacco-free policy. One of the ways COSAP is supporting this policy is by recruiting students to be a part of UNM's Tobacco Free Campus Student Ambassador Campaign. UNM Student Health Ambassadors take a leadership role amongst their peers through peer-to-peer support to ensure an environment of compliance and health awareness where tobacco use on campus is concerned. COSAP holds trainings sessions and weekly meetings for the Student Ambassadors, and has made it possible for them to get class credit with the approval of a faculty member. Through the UNM Tobacco Free Campus Student Ambassador Campaign, COSAP is helping students become educated and involved in local health initiatives. More significantly, COSAP is providing an opportunity for UNM students to take an active role in our department's prevention planning and work.

COSAP also seeks feedback from students affiliated with COSAP through coursework (papers, field placements) or program advisement (RA's, CA's, and NSO Leader training, etc.). *Utilizing all of these sources of information, our student employees and associates are fully involved in all day-to-day decision-making.* In addition to their regular duties (presentations, graphic design, web-development, social networking, and tabling events) they help develop COSAP's approach to prevention, especially when communicating with our student population.

B. Student Employment

Presently, COSAP has one undergraduate student. We hope to continue her employment at COSAP. Within the past fiscal year COSAP had several student interns. Six students volunteered with COSAP as peer "Health Ambassadors" and helped to encourage adoption of the UNM Tobacco-Free Policy and worked on other projects. One volunteer assisted COSAP with tabling events, surveying, as well as assorted assignments in the office. In addition to continuing with

undergraduate student employment we are requesting SFRB funds for a part time Graduate Assistant to oversee student led programmatic activities at the CCR.

7. Describe specific improvements your unit has made in the last fiscal year to the visibility/accessibility of its services, and any plans to further improve visibility/accessibility.

COSAP regularly utilizes our three bulletin board spaces located on campus. The bulletin boards are updated with advertisements about SFRB funded programs, the events our department puts on for students, and the positive data we have collected from focus groups and surveys. The same advertisements we print for our bulletin boards are displayed on the TV monitors in the UNM SUB for all students, staff, and visitors to view in addition to the monitor in the UNM tap room, Draft and Table. COSAP staff have been trained by University Web Communications to help improve the visibility and accessibility of our website.

To put its messages out front and center to students, COSAP has redirected much of its efforts toward the use of messaging channels that are highly utilized by students such as our website, email Listserv, and social networking sites (with occasional advertisements in the Daily Lobo). COSAP has increased the use of its social networking media via multiple “pushes.” We recently conducted two 30-day social media campaigns to reduce harmful drinking among the college student population across platforms: Facebook, Instagram, Snapchat, and Twitter. The media content reflected a social normative approach to describe campus drinking norms. Content was pushed daily across each of the platforms and reach and user engagement with the posts data was collected before the push (pre-push) and 30 days after the push (post-push). **Results of Push 1** show Facebook: Pre-Push: 114 people reached with 1 post engagement. Post-Push: 2,597 people reached with 616 post engagements. Twitter: Pre-Push: 219 users reached with 22 post engagements. Post-Push: 22,737 people reached with 786 engagements. Instagram: Pre-Push: 91 people “liked” the post. Post-Push: 605 people “liked” the post. Snapchat: Snapchat does not provide pre-push metrics but post-push reveals 911 user views and 935 views from the Snap being sent to others. **Results of Push 2** show Facebook: Pre-Push: 99 people reached with 10 post engagement. Post-Push: 4,705 people reached with 867 post engagements. Twitter: Pre-Push: 175 users reached with 1 post engagements. Post-Push: 36,795 people reached with 145 engagements. Instagram: Pre-Push: 22 people “liked” the post. Post-Push: 650 people “liked” the post. Snapchat: Does not provide pre-push metrics but post-push reveals 92 user views and 2,600 views from the Snap being sent to others. The data shows the social media push campaigns were successful in reaching significantly larger numbers of users with the harm reduction messages. Future research should include measuring the impact these social media messages may have on drinking behavior.

Giveaway items are a primary way COSAP increases visibility on campus. We purposefully select the items that students will use while studying and socializing. For instance, COSAP gives out drink koozies (foam insulator sleeves for beverage cans) imprinted with anti-DWI messages in addition to drug-detecting coasters at Safety Week. During Welcome Back Days, COSAP gives students school supplies that include COSAP information, COSAP imprinted water bottles, smartphone wallet, pens, mechanical pencils and three-color highlighters. COSAP also selects incentives that will pair well with other departments when doing collaborative tabling or events. Health related giveaway items are specifically used when collaborating with SHAC. Exercise

related giveaway items are given to all incoming new student athletes every year. The usefulness of these items helps guarantee the recipient will keep and use the item, viewing our information and messages with each use. This careful selection of incentives allows COSAP to reach out to a variety of UNM populations on campus. COSAP is only able to provide incentive items to students through the help of the SFRB which may be essential to gain busy students' attention.

8. How does your unit collaborate with other campus units and/or off-campus entities?

COSAP is charged with ensuring the university's compliance with the mandates of the federal Drug-Free Schools and Communities Act, and as such, has ultimate responsibility for the prevention of alcohol and other drug (AOD) abuse/misuse and its consequences. To achieve the goal of effective prevention, collaboration is essential. This is a partial list of COSAP's collaborators:

Student Affairs - Over the years COSAP has worked with a variety of other Student Affairs and academic departments and programs that have requested presentations and/or other resources from COSAP on an ongoing basis.

The Student Health and Counseling Center (SHAC) - COSAP and SHAC refer students bi-directionally: students who are in need of either AOD counseling or nutrition/sexual education services are referred to SHAC by COSAP, and SHAC refers requests for AOD prevention presentations and information to COSAP. Additionally, the two programs cooperate with health education information campaigns and events.

The Dean of Students Office (DOS) and COSAP have collaborated to create programs for **Student Housing** and **American Campus Communities (ACC)** to effectively train Resident Advisors as well as to hold events for students to reduce AOD problems.

UNM Athletics - To provide an increased level of alcohol and other drug prevention programming to our student athletes, COSAP conducts presentations and social norms marketing campaigns to discourage overconsumption and encourage the use of designated drivers/ride shares at sporting events. We also provide messaging directed to student athletes regarding alcohol and substance use/misuse and its negative impacts on training and performance.

UNM Policy Office – COSAP has been supporting The UNM's Policy Office's implementation of a tobacco-free campus through tabling, advertising, and student outreach. COSAP is a member of UNM's Tobacco Task Force, which includes several different UNM departments, to be a part of the discussion and decision making involving the maintenance of the UNM Tobacco-Free Policy.

Association of Students in Recovery (ASIR) – COSAP continues to work closely with the student organization, ASIR, to provide advisement, information on meetings, support groups, and other recovery resources. As previously stated, we want to anchor a new program (CCR) at COSAP to benefit UNM students who may be in need of program resources. Our collaboration with ASIR is a conduit to students using the CCR as it develops.

Bernalillo County Community Health Council – COSAP attends the council’s meetings to determine methods of addressing the opioid epidemic in our campus community. We have recently invited them to join our UNM campus-community coalition.

New Mexico Human Services Department – COSAP participates in New Mexico’s Synar Program every year to educate tobacco retailers about state laws regarding selling tobacco to youth. This service helps ensure that the proper signage bringing awareness to illegal tobacco purchases is visible in UNM’s surrounding area of influence.

New Mexico State Police Special Investigations Unit – COSAP is collaborating with the NMSP SIU in providing safe drinking messaging at drinking establishments within the University area of influence. These efforts are designed as environmental strategies to reduce underage drinking and prevent risky drinking among UNM students.

9. What methods have been used in evaluating your unit’s impact on the student population (e.g. surveys, focus groups, interviews), and how effective have those methods been? Please provide any data collected if it pertains to the application.

Every year COSAP has conducted The New Mexico Student Lifestyles Survey (SLS), a large-scale survey of students’ alcohol and other drug use, perceptions, and attitudes to help steer program content and outreach methods, as well as to identify high-risk groups and behaviors. The most important reason for conducting the survey is the evaluation of our progress toward the achievement of our overarching strategic goals, such as rates of student binge drinking, driving while intoxicated, and use/misuse of prescription medication (that was not prescribed to the user). Effective evaluation entails far more than measuring progress toward the achievement of long-term goals. COSAP has developed program responsiveness and course-correction where changes in orientation or strategy are indicated. Some of COSAP’s program evaluation methods and procedures include the following:

- To gauge the degree to which students benefit from our presentations, we use COSAP-developed **evaluation questionnaires**. These ensure effective communication and relevance to real-life student issues;
- To track the numbers of students we engage interactively at tabling events, health fairs, etc. we use a **“clicker”** to unobtrusively count these student encounters
- Use of the online tool *electronic-Checkup To Go* is tracked via a **downloadable database**; and
- Student “walk-ins” are tracked via entries into the COSAP **“Student Encounter Log”** which includes details regarding the purpose of the visit, what COSAP staffs were able to provide and the time spent with the student.

The results of COSAP’s prevention efforts must be understood in light of changing national trends, an ever-changing student population, and the available resources that can be brought to bear on alcohol and other drug problems. Over the years, COSAP has nonetheless made headway on several key measures (binge drinking, underage drinking, and reduced driving while under the influence) that reflect the degree to which students at UNM are impacted by these behaviors.

10. If your unit received specific recommendations from last year’s SFRB, what are your unit’s current plans to address these recommendations?

N/A

11. Provide any other information or a narrative that will assist the SFRB in making its decision to fund your unit.

Academic success in college is dependent on a number of factors, an important one being a student's overall physical and mental wellness. COSAP has contributed to student wellness by increasing the awareness of the need for balance between the academic and social dimensions of college life. Retention and graduation are as important for UNM as an institution as they are for our students; wellness plays a critical role in retaining students. COSAP is proud to have made significant inroads with students regarding behaviors such as driving while impaired and binge drinking and the negative impact associated with these activities. As always, there is more work to be done in these areas and new substance abuse/misuse trends present as new obstacles. For example, we are striving to help curb the impact of the nationwide opioid epidemic on our students. According to data from the 2019 SLS data (Evaluation Specialists, 2019), 11.9% of UNM students stated they had purchased, been given, or taken without asking prescription painkillers during the past year, down from 15.6% in 2018 (Evaluation Specialists, 2018). More data reflects that 11.4% of UNM students reported having given or otherwise shared prescription painkillers in the past year with someone that was not prescribed them compared to 16.8% in 2018. Although the trends are going down we know increased efforts need to be made to bring these numbers down further. Finally, many students come into a university while actively recovering from alcohol/substance use. COSAP is proud to be instrumental in the opportunity to develop a CCR to help students maintain recovery and succeed academically while having a financial benefit to the institution. COSAP is grateful to the undergraduates, graduates, and SFRB for the support received in the past. Those resources are, and will be allocated wisely in the interest of student well-being and success. Given the range and breadth of value that we offer to students, COSAP only asks that a commitment to student well-being be a shared commitment between the institution and its students.

References

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Kelly, J. F., Stout, R. L., & Slaymaker, V. (2013). Emerging adults' treatment outcomes in relation to 12-step mutual-help attendance and active involvement. Drug and Alcohol Dependence, 129(1), 151–157.

Knight, J.R., Wechsler, H., Kuo, M., Seibring, M., Weitzman, E.R., and Schuckit, M. (2002). Alcohol abuse and dependence among U.S. college students. Journal of Studies on Alcohol, 63, 263-270.

Form A

SFRB Funding Request Form

STUDENT FEE REVIEW BOARD
FISCAL YEAR 2020-2021

DEPARTMENT CASAA
VICE PRESIDENT VP for Research
INDEX # 028115

	A	B	C	D	E	F
DESCRIPTION	ORGANIZATION OPERATING BUDGET 2018 - 2019	TOTAL BUDGET 2019 - 2020	SFRB BUDGET 2019 - 2020	TOTAL BUDGET 2020 - 2021	SFRB BUDGET REQUESTED 2020 - 2021	SFRB FUNDING INCREASE/DECREASE REQUEST 2020 - 2021
			13,624		50,020	36,396
1 Faculty salaries						
2 Staff salaries	53,307.00	89,610	2,841	100,000	8,228	
3 SUBTOTAL NON-STUDENT SALARIES (Line 1+2)	\$ 53,307.00	\$ 89,609.70	\$ 2,841.25	\$ 100,000.00	\$ 8,228.00	\$ 5,386.75
4 Student (student employment & workstudy)			2,363		12,843	
5 GA, TA, RA - Pay and Benefits					13,065	
6 Fringe Benefits on Staff & Faculty salaries			1,597		3,555	
7 TOTAL COMPENSATION (Lines 3 - 6)	\$ 53,307.00	\$ 89,609.70	\$ 6,801.36	\$ 100,000.00	\$ 37,691.00	\$ 30,889.64
						-
GENERAL EXPENSES						
8 Other Supply costs			420			
9 Office Supplies		921.14				
10 Computer Software		360.00				
11 Computer Supplies		2,057.88				
12 Telecomm		882.50				
13 Voice mail box		445.00				
14 Copying Gen		125.46	855		1,000	
15 Other Repairs Maintenance		25.00				
16 Banner Tax		48.16				
17 Foundation Surcharge		472.11	68		249	
18 Event Fees					3,200	
19 Graphic Design			5,480		1,380	
20 Incentives					1,000	
21 Other Professional Services					5,500	
22 Other Operating Costs	40,000.00					
23						
24						
25						
26						
27						
28						
29						
30						-
						-
32 TOTAL GENERAL EXPENSES (Line 8 - 30)	\$ 40,000.00	\$ 5,337.25	\$ 6,822.80	\$ -	\$ 12,329.00	\$ 5,506.20
						-
34 GRAND TOTAL EXPENSES (Line 7+32)	\$ 93,307.00	\$ 94,946.95	\$ 13,624.16	\$ 100,000.00	\$ 50,020.00	\$ 36,395.84

Form C

External Funding Sources

This form is used ONLY if you have **EXTERNAL FUNDING SOURCES**

DEPARTMENT CASAA
 VICE PRESIDENT VP for Research
 INDEX(es) # 028000, 028115, 028405

STUDENT FEE REVIEW BOARD
FISCAL YEAR 2020-2021

FUNDING SOURCE	2019-2020 BUDGET	2020-2021 FORECASTED BUDGET	Funding Increase Request for 2020-2021
1 Student Fee Review Board (SFRB)	13,624	50,020	36,396
2 UNM Instruction & General	94,947	100,000	5,053
3 Private Donations			-
4 Fundraising/Foundation/Development			-
5 State Funding	376,244	-	(376,244)
6 Federal Funding			-
7 Grants (including federal and private)			-
8 Self-Generated Revenue			-
9			-
10 If Other(s), please list below:			-
11			-
12			-
13			-
14			-
15			-
16			-
17			-
18			-
19			-
20			-
21			-
22			-
23			-
24			-
25			-
26			-
27			-
28			-
29			-
30			-
TOTAL OPERATING INCOME/REVENUE	\$ 484,814.72	\$ 150,020.00	\$ (334,794.72)

*The narrative response to question #5 must reflect this information