

UNIVERSITY OF NEW MEXICO BIENNIAL REVIEW OF DRUG PREVENTION EFFORTS

[August 1, 2024-July 31, 2026]

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BIENNIAL REVIEW OF ALCOHOL & DRUG USE PREVENTION EFFORTS AT THE UNIVERSITY OF NEW MEXICO

August 1, 2024 – July 31, 2026

I. INTRODUCTION

About UNM

The University of New Mexico (UNM) is a public research university. UNM offers more than 220 degree and certificate programs including over 90 baccalaureate, 80 masters and 49 doctoral degree programs, through 12 colleges and schools including a medical school and the only law school in New Mexico. UNM has experienced a growing student population – during Fall 2025, UNM reported an enrollment of 23,955 students at the main campus (with a total system-wide enrollment of 28,285 students), including enrollment of 3,814 new first-year students at the main campus. This figure represents the largest incoming Freshman class in the university's history. UNM serves a diverse student population from within New Mexico, the United States, and internationally. The university is located in Albuquerque, NM the most populous city in New Mexico and the 32nd largest city in the U.S.

UNM Campus Office of Substance & Alcohol Prevention (COSAP)

The [Campus Office of Substance & Alcohol Prevention](#) (COSAP) was established in 1992 and is part of the [Center on Alcohol, Substance use, And Addictions](#), a Category III research center at UNM. COSAP is charged with two broad objectives:

- Ensure UNM's compliance with federal regulations related to substance use including the Drug-Free Workplace Act and the higher education provisions of the Drug-Free Schools and Communities Act; and to
- Coordinate, enhance, and develop substance use prevention programs for all members of the campus community in conjunction with existing UNM and community services.

Substance Use Prevention Mission Statement

The following mission statement for the Campus Office of Substance and Alcohol Prevention (COSAP) was adopted by the COSAP Advisory Board in 1992, and continues to guide the work of COSAP during the current review period:

The COSAP mission is to prevent the misuse of alcohol and other drugs (AOD) through programs and practices that inform UNM students, faculty, and staff and promote safe and moderate behaviors, and contest positive perceptions of alcohol and other drug use.

In addition to campus-based programming, COSAP is committed to cooperating with and encouraging similar efforts in the surrounding communities and in other institutions of higher education.

For students, COSAP promotes prevention programming and provides information on substance-free activities as options for students to enjoy their time at UNM without alcohol and other drugs. COSAP programming promotes realistic estimates of student peers' alcohol use (social norms) and protective behavioral strategies to reduce student alcohol and other drug related risks and to help students live by the following values:

- Abstinence from alcohol, tobacco and other drugs is acceptable and supported in all situations.
- Illegal use of alcohol or other drugs (including underage drinking) is unacceptable in all situations. UNM is a drug-free campus.
- Although alcohol consumption on campus is highly restricted by current law and regulations, harm reduction and protective behavioral strategies to reduce harm are encouraged for those that choose to consume alcohol.
- Any use of alcohol is unacceptable in high-risk situations such as driving.
- Heavy drinking is unacceptable in all situations.

Purpose of the Document

This document was prepared for the U.S. Department of Education pursuant to the Drug-Free Schools and Communities Act Amendments of 1989, which require each institution of higher education (IHE) receiving federal assistance to certify that it has adopted and implemented a drug prevention program that includes at a minimum:

- 1) Annual distribution to each employee and to each credit-earning student detailed information about the IHE's policy prohibiting any unlawful activity on campus related to illegal drugs and alcohol; a description of applicable sanctions under state and federal law; a description of health risks associated with illegal drug use and the abuse of alcohol; a description of available alcohol and other drug counseling or treatment resources; and a clear statement that the IHE will impose sanctions on students, faculty, and staff members for alcohol/drug violations committed on campus.
- 2) A biennial review of its drug prevention programs to determine the effectiveness of the programs and to ensure that disciplinary sanctions described above are consistently enforced. (A complete description of these regulations is contained CFR 86.100).

Overview of the Review Process

This biennial review covers the period from August 1, 2024 – July 31, 2026. The review process was conducted by the staff of the Campus Office of Substance and Alcohol Prevention (COSAP). The author of this document gathered information from several University departments and offices that are involved in prevention activities and/or track the pertinent indicators. Taken in total, this document will demonstrate:

1. The University of New Mexico's compliance with the requirements of the Act, including uniform policy distribution and enforcement of sanctions for illegal drug and alcohol-related violations;
2. The scope of the University's alcohol, tobacco, and other drug use prevention programming and policies; and
3. Indicators of the effectiveness of these programming efforts.

II. POLICIES

Distribution of AOD-Related Policies

The *UNM Drug-Free Campus Policy (DFC Policy)*, officially adopted in August 1990, was specifically designed to meet the Drug-Free Schools and Campuses regulations set forth in EDGAR Part 86. This overarching policy is supplemented by several other policies which address specific groups and/or particular circumstances and procedures.

DFC Policy Distribution to Staff and Faculty

The *DFC Policy* is distributed through mass email at the unmc.edu domain via UNM Campus Communications to all UNM students, faculty, and staff. COSAP coordinates the distribution of the *DFC Policy* with the University Communication and Marketing department and University President's office on an academic-year basis rather than by calendar year, ensuring that our university population receives the policy once during the academic year.

The policy is also published in the [UNM Faculty Handbook](#) which is provided electronically to all faculty and staff at orientation and is also available online. In addition, the policy was summarized in the [Board of Regents' Policy Manual](#) and provided directly to each new UNM Regent.

DFC Policy Distribution to Students

COSAP placed the *DFC Policy* including health risks associated with alcohol misuse and/or illicit drug use in the [UNM Pathfinder](#) student handbook which is provided annually to all students each academic year. COSAP collaborates with the Office of University Counsel to maintain accurate information within Pathfinder on state and federal drug penalties.

The *DFC Policy* is also published in the annual Campus Safety Report which the Campus Safety Council in collaboration with the UNM Police Dept. distributes to current students, staff, and faculty in an [online format](#). This report releases crime statistics for the campus, including crime statistics involving alcohol and other drugs.

Campus-Wide AOD Policies

Four campus-wide policies which serve to enhance the *DFC Policy* are contained in the [University Administrative Policies and Procedures Manual](#). The first three policies are directed toward all University members (faculty, staff, and student, as well as group events) whereas policy 3270 refers to employees only:

- 2140 Use and Possession of Alcohol on University Property (Revised: 08-14-2018),
- 2150 Sponsorship by Alcohol Beverage Companies (Revised: 06-01-2012), and
- 2250 Transition to a Smoke and Tobacco-Free Campus (revised 05-02-2016), and
- 3270 Suspected Employee Impairment at Work (Revised: 06-08-2023).

The University Administrative Policies and Procedures Manual (UAPPM) serves as the official reference source for institutional policies and procedures.

Policy [#2140](#) establishes policy on use and possession of alcohol on University property (including on-campus residence halls) and appropriately lists COSAP as a resource of alcohol awareness or for presenting information on alcohol education. Policy [#2150](#) establishes parameters on sponsorship by alcohol beverage companies. A policy provision states "Alcohol beverage

marketing programs...shall support campus alcohol education programs that encourage informed and responsible decisions about the use or nonuse of alcohol.” More work needs to be done to highlight the responsibility of alcohol beverage marketers in abiding by this provision and establishing it as non-negotiable for marketing on University property.

COSAP was instrumental in developing [#2250](#) which states the University of New Mexico is committed to wellness, prevention, and providing a healthful environment in which to learn, work, and visit. For these reasons and in compliance with state law, smoking and the use of tobacco (including e-cigarettes) are prohibited at the University of New Mexico and its branch campuses, except for a small number of outdoor designated smoking areas. Accordingly, smoking and tobacco use are prohibited inside University buildings, in University owned vehicles, and in privately owned vehicles on University property. The policy is modeled on a state law, the Dee Johnson Clean Indoor Air Act, which establishes smoke-free areas that extend within a reasonable distance from doorways, windows, and ventilation system intakes. It also prohibits situations where people must pass through tobacco smoke to enter or exit a building. In addition to combustible plant products intended for inhaling, this policy address electronic smoking devices and smokeless tobacco. Similar to the *DFC Policy*, this policy also provides risks/dangers of smoking, penalties for non-compliance, and resources for quitting nicotine are provided at the policy URL. At the time of creating this review, policy #2250 is in the process of being revised and updated.

Policy [#3270](#) describes procedures to follow when dealing with an employee who appears to be impaired during working hours while present on UNM campus, a UNM-designated location, or alternative work location (even if that location is employees home). The policy recognizes that impairment may be due to the use of alcohol or other substances/drugs (legal or illegal), or perhaps a medical or psychological issue. The policy lists the UNM DFC statement.

University Housing Policies

The Residence Life and Student Housing produces various publications, including those on policies and/or procedures regarding alcohol, tobacco and other drugs. The policy on alcohol and drugs/paraphernalia is listed in the *Community Standards* section of the [UNM Residence Hall Handbook](#) (see Table 1). Throughout the academic year, Residence Advisors reinforce the rules and consequences via various platforms, including email, student mail, bulletin board displays, and hall meeting announcements. Students who are found to violate the residence hall ban on alcohol and other drugs are typically referred for completing an educational sanction. COSAP works with Residence Life and the UNM Psychology Clinic on student referrals for completing the sanction requirement. Subsequent violations can result in housing probation or contract revocation.

In accordance with the University Student Records Policy, parents or guardians may, when deemed appropriate, be contacted concerning student violations of campus alcohol or drug policies. In addition, housing contracts now encompass both spring and fall semesters. Thus, policy violators who elect to move off-campus during the academic year to avoid further violations can be subject to significant financial penalties.

Table 1: 2024-2025 Residence Hall Handbook

Alcohol

In accordance with UNM Administrative Policy 2140, the use and possession of alcohol is prohibited on University property, including the residence halls on Main Campus. For students who are 21+ and residing at Lobo Rainforest, you may possess and consume alcohol in your assigned living space, provided that all persons present are 21+. Alcohol may only be consumed in the presence of persons who are under 21 if that person is your roommate. Alcohol may not be consumed in any common or public areas of the building/complex. Large volume containers and devices used for the rapid consumption of alcohol are prohibited. No person 21+ may provide alcohol for or contribute to the consumption of alcohol for persons under 21.

Alcohol Possession and Distribution

The following constitute possession of alcohol:

- The physical presence of alcoholic beverages in your assigned residence hall room/apartment.
- Holding or transporting an alcoholic beverage on University premises.
- The presence of any student in any room, building, or facility on University premises where alcoholic beverage(s) are available.
- Selling, producing, or providing alcoholic beverages to another student on University or University related premises.
- The consumption of any amount of alcohol within the residence hall area.

Alcoholic Beverage Containers MAIN CAMPUS

You may not possess or use alcoholic beverage containers (cans, bottles, boxes, kegs, etc.) for any purpose in your room, regardless of your age. This includes beer bongs, shot glasses, or other devices used to consume alcohol, regardless of whether they currently contain alcohol.

Alcohol & Other Drug Misconduct

Disruptive or disorderly conduct caused by the influence of alcohol and/or other drugs is prohibited within the residence halls. Students who cause disruption within the residence halls due to the consumption of alcohol and/or other drugs may be charged with violating the alcohol and/or drug policies.

Drugs and Paraphernalia

You may not possess, use, sell, or otherwise distribute any illegal drug or controlled substance in or around the residence halls/apartments. You may not use any prescribed drug in a manner that is inconsistent with the prescription, nor may you distribute your prescribed drug to others. If drugs or illegal use of controlled substances can be seen, smelled, or otherwise determined to be present it can be assumed that a policy violation has occurred and UNMPD will be involved in the removal of said substances.

Drug possession may include:

- The physical presence of drugs in your assigned residence hall room
- Holding or transporting drugs on university premises
- Your presence in any room or area on university premises where drugs are available
- Purchasing or procuring drugs and subsequently selling, giving, or furnishing drugs to another person in or/and around your residence hall
- Physical presence of drug paraphernalia with or without drug residue on you, your guest, your belongings, or in your assigned room
- Growing or making drugs
- Seeds
- Odor or scent of cannabis
- Being under the influence of drugs

Greek Life Policies

The Office of Greek Life provides a risk management policy that covers alcohol and illegal drug use. The [policy](#) states “All Fraternity and Sorority facilities are alcohol and illegal substances free” and bans use of alcohol during recruitment, pledge/associate/new member/novice activities. The policy provides additional information on alcohol and drugs and liability.

There are multiple Greek governing councils at UNM.

- United Greek Council (UGC)
- Interfraternity Council (IFC)
- National Pan-Hellenic Council (NPHC)
- Panhellenic Council (PC)

Athletics Department Policies

Student-Athletes

UNM tests all athletes on a random basis in accordance with NCAA regulations, and also tests athletes when there is a “reasonable suspicion” of illegal alcohol/other drug use. Student athletes who test positive are referred to the UNM Athletics Department’s resident psychologist on staff for assessment and counseling, as are athletes who are arrested for alcohol and other drug-related offenses in the community. Student-athletes have a one-time option to self-refer for a substance abuse and/or alcohol problem.

The [student-athlete handbook](#) provides information on risks, consequences, and penalties related to alcohol misuse and for possession for those under the age of 21 as part of the Athletic Department’s substance abuse policy. The UNM Athletic Department has also established the Student-Athlete Recovery Training Team (STARTT). STARTT is a subcommittee of the department’s Wellness Intervention Team focused on the oversight of the Substance Abuse Policy. The goal of the policy is to assist the Athletic Department and student-athletes by promoting a functional and thriving athletic environment that is devoted to the health and welfare of the student-athletes. COSAP is provided as a resource in the student-athlete handbook.

Football Tailgating

University policy provides information on [tailgating rules](#) at UNM athletic venues. The policies have been revised over time but govern the use and possession of alcohol.

- No kegs or use of devices to facilitate rapid ingestion of alcohol;
- No sales of alcohol in tailgating area;
- Individuals of legal age (21 years old or older), who have tickets or invitations to UNM sanctioned events, may consume alcoholic beverages in designated parking areas at the South Campus before the events, at privately hosted tailgate parties, and in certain tented parking lot areas that the University has leased to private groups, in accordance with the terms of their leases;
- Advertising or announcements as to availability of alcohol are prohibited;
- No underage drinking allowed;
- Ticketholders not allowed to bring alcohol into any athletic event;

Although not stated in policy, the following points are usually applied at athletic events:

- Neighborhood traffic restricted by Police and barricades;
- Illegally parked vehicles towed;
- Additional security and law enforcement hired to patrol lots, including undercover agents charged with enforcing the underage drinking law.

UNM has contracted with Levy Restaurants (operating locally as Lobo Hospitality) to provide concessions and catering, including alcohol, at UNM sporting events. Employees serving/selling alcohol are required to obtain a valid New Mexico alcohol server's permit within 30 days of employment. Permits are valid for 2 years from date of completion. Levy utilizes state approved Responsible Beverage Service (RBS) training to ensure their staff adhere to responsible alcohol service policies and procedures.

To encourage cooperation with the football game rules, University stadium alcohol sales policies have been [posted](#) and included in the provision of season tickets. Signage is placed around the stadium to encourage responsible alcohol use and reduce drinking and driving. The Athletics Department also runs public service announcements in the stadium that discourage excessive drinking and promote the use of designated drivers. Other prevention methods include a “no re-entry” policy to eliminate drinking in the tailgate lots during the game and half-time. Patrons of legal age desiring to purchase alcohol will need to stop by an ID check location. A legal and accepted form of I.D. must be shown to receive wrist band. Only guests with wristbands will have the opportunity to purchase alcoholic beverages. Beer and wine will be available at concessions stands and guests will need show both the wrist band and a legal and accepted form of I.D. at these stands to complete purchase. Each time a Lobo fan purchases an alcoholic beverage, the wrist band will be marked. Event staff are also responsible for overlooking patrons' sobriety. Additionally, the designated stop time for the sale of alcohol at football games is the start of the 4th quarter. Fans have the option of ride-sharing services such as Uber. UNM established a dedicated rideshare pick-up/drop-off zone to streamline sober transit options.

University Arena

University Arena, also known locally as “The Pit,” serves primarily as the home venue of the University of New Mexico Lobo basketball teams. Similar to the process involved in football games, patrons of legal age desiring to purchase alcohol must obtain a wristband and their ID is double checked at both the point of purchase and again before reentering the seating area. Signage with alcohol rules/policies and anti-Driving While Intoxicated (DWI) messaging is also posted in alcohol purchase areas. The wristband is stamped for every drink bought up to a maximum drink limit. Event staff will also be responsible for overlooking patrons' sobriety. Additionally, a designated stop time for the sale of alcohol at basketball games is at 10 minutes left in the second half.

III. AOD PREVENTION PROGRAMS AT THE UNIVERSITY OF NEW MEXICO

This section begins with the table chart on the following page (Table 2). AOD prevention at UNM is conducted by COSAP or by the university entities listed below, many times in collaboration with COSAP. Table 2 utilizes the NIAAA “[3-in-1 Framework](#)” and provides an overview of strategic campus prevention and intervention efforts and policies. These efforts are further detailed in the pages following Table 2. Enforcement of policies (and penalties for violations of policies) relies on a variety of campus-based organizations and are noted in this document.

Areas of Strategic Intervention

Table 2: Campus Prevention and Intervention Efforts

STRATEGIC INTERVENTION	AT RISK INDIVIDUALS	AT RISK GROUPS: (First Yr/Greeks/Athletes)	STUDENTS IN GENERAL	COMMUNITY
Education & Awareness	BASICS/ASTP training for sanctioned students through UNM Psychology Clinic Collegiate Recovery Center	New Student Orientation, Student Athlete orientation/handbook, Greek life orientation, Electronic	Curriculum Infusion, Awareness events Materials placement Residence Life Student Activities Center LIFE	Annual distribution of UNM Drug Free Campus Policy Employee Wellness HSC Wellness
Alcohol-Free Options		Class Crawl, Movie on the Field (For incoming first year students). Greek life formal recruitment and intake events are strictly alcohol-free	Welcome Back Days ASUNM Movie Nights Friday Night Live Recreational Services Intramural sports Service learning Fall Frenzy/Spring Storm Alternative Spring Break	
Normative Environment		New Student Orientation Resident Advisors Orientation First Year Experience Academic programs Lobo Heat	Alcohol-free residences Social norms campaign Fun in the 505	Fun in the 505
AOD Availability			Campus ban/restrictions Tailgating restrictions Information on penalty for providing alcohol to minors	Alcohol server training Alcohol laws (e.g., Happy Hour)
Policy Development & Consistent Enforcement	Disciplinary referral for student alcohol violations UNMPD criminal citations	Risk mgmt. policies	AOD policy Skills training for RAs	Seller/server compliance checks DWI checkpoints Social host liability >21 license format
Harm Reduction		UNM Fraternity/Sorority presentations with social norms and PBS focus New Student Orientation Lobo Heat	Alcohol PBS implementation Safe ride e-CHECKUP TO GO	Drug take back Ride share Safe ride
Intervention & Treatment	Student Health & Counseling LoboCares UNM Psychology Clinic		Student Health & Counseling UNM Psychology Clinic	UNM ASAP CARS UNM Psychology Clinic

Education & Awareness (Knowledge, Attitudes & Behavioral Intentions)

New Student Orientation

Orientation sessions are required for new, incoming Freshman students in the fall and spring term of the academic year through UNM New Student Orientation (NSO). Parents are encouraged to participate in the Family Connection Program, which runs concurrently with the student program. This provides parents an opportunity to learn more about the campus and its opportunities in addition to acclimating new students. For Fall 2025 the NSO served 3,814 new first-year students. NSO collaborates with campus departments and programs during orientation to make these students aware of UNM policies and resources across campus. NSO leaders are responsible for groups of new, first-year students during orientation as they arrive on campus (or virtually) through each summer.

A critical component of the New Student Orientation (NSO) program is a sexual misconduct prevention session entitled “[Grey Area](#)” which is Dept. of Justice compliant. This session, developed with [LoboRespect](#), discusses and provides information on sexual assault and consent issues, along with providing bystander training. It promotes communication and decision-making skills regarding safety, alcohol and other drug use, and sexual behavior to students. An overarching theme is how alcohol impairs and affects decision-making in social settings common to college students. Students are required to attend the entirety of the training to receive credit. Most students complete the training through New Student Orientation.

e-CHECKUP TO GO

e-CHECKUP TO GO is an online program that provides students with personalized feedback about their drinking patterns and how their alcohol use might affect their health and personal goals. It has demonstrated [effectiveness](#) among several college groups, including first-year students. While completion of the e-CHECKUP TO GO is not mandatory for incoming first-year students, COSAP trains NSO leaders in social normative techniques and using the e-CHECKUP TO GO and encouraging incoming first-year students to complete the e-CHECKUP TO GO as part of their orientation session. Links to the e-CHECKUP TO GO are part of the task list provided to all incoming new incoming students. The task list is a set of actions that should be completed before starting classes. Program access is also part of the task list for new incoming students attending UNM branch campuses. E-CHECKUP TO GO access is provided by links at [COSAP](#) and Student Health & Counseling and is promoted by COSAP at campus activities, campus presentations, and through social media messaging. At this time, 3,000 UNM students have completed the e-CHECKUP TO GO in the last 12 months (82% as Freshman students).

Curriculum Infusion

First Year Experience (FYEX) is a UNM Academic Community dedicated to helping new students learn about UNM resources to help them have successful academic careers. COSAP collaborates with FYEX each semester to provide alcohol and substance related data and provide resource information to students and to FYEX advisors. COSAP provides presentations to class sections in a variety of disciplines and incorporates social normative and PBS messaging into class content in addition to providing prevention and harm reduction information for other substances. For example, COSAP provides Naloxone and Fentanyl testing strips and related training for students and campus organizations.

Awareness Events and Materials Placement

COSAP

COSAP provides students with both a broad and a targeted array of brochures, articles, in-person, and social media messaging about alcohol, tobacco, and other drugs. COSAP also distributes

(online and as a physical copy) a book, [Fun in the 505](#), which provides information about various venues and activities in Albuquerque while providing educational and informative messaging about alcohol and other substances. These publications are available in various University offices; in addition, COSAP provides major departments and student service centers with these materials and distributes written information to interested students, staff, and faculty through campus activities.

COSAP utilizes existing campus events such as NSO in-person orientation and Welcome Back Days in addition to other campus activities and holidays to expand awareness and provide information to students. COSAP works with various organizations to sponsor specific awareness events throughout the academic year that attract and engage students. For example:

- Alcohol Awareness Month – Each April, COSAP provides in-person and social media based information and contests related specifically to alcohol prevention and harm reduction. Activities include Uber gift card prizes as part of the COSAP DWI prevention effort. Tabling is conducted with a trivia wheel for students that both students and staff can use to learn more about alcohol and its impact. Additionally, information for alcohol screening and intervention resources (e.g., e-CHECKUP TO GO) are provided
- National Prescription Drug Take Back Day – this event which happens twice a year and aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. COSAP provides Detera bags on campus for drug disposal in addition to providing prescription drug “lock boxes” for students to both hide and secure prescription drugs.
- Welcome Back Days – Provide returning UNM students material, resources and items related to preventing underage/risky drinking and preventing tobacco and drug misuse.
- BeKind Week – This week promotes kindness among UNM students and employees. COSAP participates each year in related events and provides social normative and protective behavioral strategies information in addition to other prevention and harm reduction material.
- Safety Week – COSAP participates in this week-long focus on encouraging safe activities for UNM students. This includes providing information, strategies, and materials related to alcohol and drug prevention.
- Suicide Prevention Month – Each September COSAP collaborates with UNM Health Sciences Center in an event focusing on suicide prevention efforts and providing information about the role of alcohol and other drugs in suicide. COSAP also provide Detera bags in efforts to reduce potential opioid overdose related suicide attempts.
- National Drug and Alcohol Facts Week – This annual, week-long, health observance is designed to inspire dialogue about the science of drug use and addiction among youth. Each year COSAP develops and shares facts about drugs, alcohol, and addiction to UNM and the larger community. Utilizing guidance from the National Institute on Drug Abuse (NIDA), social media and on campus “Easter egg” hunts have been used to provide information.
- High Drinking Times - COSAP pushes alcohol misuse prevention information at high drinking times throughout the academic year; e.g., holidays and start/end of semesters. Additionally, multiple campus-based raffles for students to win a \$25 - \$50 Uber gift cards are conducted during these times. The raffles are part of COSAP DWI prevention efforts.

HSC Wellness

Health Sciences Center Wellness ([HSC Wellness](#)) provides aligned, diverse, and integrated programs, activities, tools, and resources focused on the eight (8) elements of wellness to promote

quality of life, and build collaborative relationships to support wellness initiatives and programs, which foster a culture of holistic wellbeing. They offer a variety of services and events, including affordable fitness classes, meditation groups, live music and healthy living tips to improve lives of HSC faculty, staff, and students.

Student Health & Counseling

UNM Student Health & Counseling ([SHaC](#)) provides quality health and counseling services to all UNM students to foster student success. They also offer health promotion programming and messaging on topics such as mental health, stress management, nutrition, and sexual risk behavior to the student population. They conduct topic related workshops in addition to participating in campus activities and providing materials to student centers.

Collegiate Recovery Center

The [UNM Collegiate Recovery Center](#) (CRC) is a program that serves students in recovery from addiction. It is a university-provided, supportive environment within the campus culture that reinforces the decision to engage in a lifestyle of recovery from substance use. It is designed to provide peer led and peer organized recovery support along with academic experience to ensure that students do not have to sacrifice their recovery or education for the other.

Greeks New Member Orientation

New members of fraternity/sorority organizations undergo orientation specific to their new membership. A number of topics are part of the orientation and all new members are required to attend. Topics include alcohol education/awareness, hazing, sexual violence prevention, etc. DWI prevention is embedded in the alcohol education for new members. COSAP provides alcohol and other drug related presentations and workshops to UNM Greek chapters upon request. These workshops include social norming activities and PBS.

Residence Life

The UNM Student Housing and Residence Life program serves more than 3,000 (primarily first-year) students who live on campus in university housing. As part of their annual and ongoing training programs, UNM Resident Advisors (RAs) and Residence Life administrative staff receive extensive alcohol and other drug information related to social norms correction, consequences of hazardous drinking and other drug abuse, and basic intervention skills. COSAP also provides training and material to this organization in the use of Naloxone and Fentanyl testing strips as an effort in opioid related harm reduction.

The UNM Residence Life programs on alcohol and other drugs are part of its “Wellness Wheel” programming philosophy. Residence Life staffs lead and participate in extensive prevention programming efforts throughout the academic year, drawing upon partnerships with other campus entities such as COSAP and Student Health & Counseling for professional assistance.

Residence Life hires some students as RAs who provide resources and direction for assigned units of students. Additionally, Residence Life developed Community Associations, made up of elected student residents dedicated to each housing unit. These associations work with their respective RAs to implement various activities for residents such as barbecues, ice cream socials, board game nights, etc. The activities, all alcohol and other drug-free, are designed to help residents form friendships and spend portions of their free time in safe and fun behaviors. COSAP works with various RAs throughout the academic year in providing games to be used for their assigned unit.

Residence Life staffs also collaborated with Recreational Services and Student Activities to offer low-cost weekend trips, residence hall sports tournaments, and smaller scale, alcohol-free, social events.

Information regarding student alcohol and other drug use is placed within the student handbook which is distributed to in student rooms and available online.

Student Activities Center

The goal of the Student Activities Center is to provide access to diverse co-curricular programs as well as to support student leadership. Along with COSAP and the Women's Resource Center, the Student Activities Center maintains and periodically promotes a variety of material on the topic of alcohol and other drug misuse prevention for student use. Each semester the Center distributes a list of speakers on related topics to Greek letter organizations who are required to meet minimum AOD training standards.

Lobo Institute For Excellence

The Athletics Department maintains a staff member charged with administering the Lobo Institute For Excellence ([LIFE](#)) program and the program works closely with the Student Athletes Advisory Council (SAAC). The program is committed to developing and maintaining a culture of excellence through professional development, leadership, diversity, and wellness in order to promote personal and professional growth for all students, staff, and faculty in the UNM Athletic Department. Alcohol and substance use prevention messaging is provided to student athletes via LIFE as part of their orientation. UNM athletics has an assigned clinical psychologist to address substance use related issues among members and has a program in place for student athletes. COSAP collaborates with UNM Athletics through our *Lobo Heat* program. This effort provides alcohol misuse prevention information and material designed for UNM student athletes.

Environmental Change: Alcohol-free Options

UNM Recreational Services

The mission of UNM Recreational Services is to provide an array of opportunities to enhance the educational, recreational, and cultural experiences for a diverse University community. The Department offers services that stimulate a social, ethical, healthy, and safe environment and strives to educate students and other campus members in the proper use of leisure time and the achievement and maintenance of good mental and physical wellness. The department offers activities designed primarily for students that range from intramural sports and fitness/strength-building activities to moonlight cross country ski adventures, rock climbing, kayaking, and various hikes to New Mexico trails and area hot springs.

Student Activities Center

The Student Activities Center and the Associated Students of UNM (ASUNM) offer a wide range of no-charge and alcohol/substance-free activities throughout the academic year. These events include Friday Night Live, alcohol-free Spring Storm/Fiesta, Red Rally, Lobo Palooza and other activities including movie nights. These events are being held later in the evening to more effectively serve as alternatives to the downtown bar scene.

Residence Life

UNM Student Housing and Residence Life expanded their services to include Community Associations (a group of elected students in each housing unit). Their goal remains the same - to create a welcoming, social environment for student residents. Working closely with Resident Advisors and Student Hall Coordinators (upper level students), the Community Associations and with their respective student residents to sponsor social activities each month. Alcohol policies may be found in the UNM Residence Hall Handbook. COSAP provides copies of *Fun in the 505* to residence halls and the Student Residence Center ([SRC](#)), a complex located around residence life hubs on main

campus). COSAP continues to work throughout the academic year RAs in alcohol education and awareness training and other trainings around other substances

American Campus Communities

Additional housing options for students on university owned land have been built and are operated by American Campus Communities (ACC), a corporation specializing in such turn-key housing for college students. Multiple apartment-style residences have been developed under ACC. One residence, Casas del Rio, resides on main campus and follows the university alcohol policy. Another residence, Lobo Village, states that the university alcohol does not apply and that residents who are 21+ years of age are allowed to consume alcohol in accordance with state and federal law in their apartment. While this housing does not necessarily satisfy the Freshman Residency Requirement, freshmen students may be eligible to live at Lobo Village based on various requirements, including an exemption request.

Lobo Rainforest

UNM Residence Life & Student Housing's partnered with Innovate ABQ and the City of Albuquerque to create an additional housing option, Lobo Rainforest. It is open to Innovation Academy students, current UNM Residents and UNM upper-classmen with exclusive living space for UNM Navajo Students. Policy states that students who are 21+ and residing at *Lobo Rainforest* may possess and consume alcohol in their assigned living space, provided that all persons present are 21+, unless the only other person present is their roommate and is under 21. Otherwise, alcohol may not be consumed in any common or public areas of the building and no person 21+ may provide alcohol for or contribute to the consumption of alcohol for persons under 21.

Service Learning

The Associated Students of UNM (ASUNM) [Community Experience](#) is a large community service agency through ASUNM. This campus organization puts on campus-wide and Albuquerque-wide service events throughout the year. Examples of these events include blood drives, food drives, Fall Frenzy, Spring Storm, and others.

Fall Frenzy is an annual campus-based community service experience. Each Fall, this campus clean-up event is organized by the Associated Students of UNM (ASUNM) to beautify UNM's campus before Homecoming Week. Hundreds of volunteers spread out across campus to rake leaves, pull weeds, plant flowers and trees, lay mulch, and more. Afterwards, volunteers gather for a celebration luncheon and picnic with free food, games, and prizes.

Spring Storm is ASUNM's annual spring community service experience. In this event, hundreds of students, staff, and faculty from UNM participate in a half-day service project. This event offers a personalized way of giving back to Albuquerque through a massive volunteer force. The day starts in the Main Gym of Johnson Center and breakfast is provided. Then everyone heads out to projects across Albuquerque. After a half day of work everyone heads to the Duck Pond for Lunch, prizes, and celebration.

Environmental Change: Normative Environment

New Student Orientation

To help students become acquainted with UNM, all incoming students complete an orientation program (New Student Orientation; NSO) that provides them with the opportunity to learn about campus resources, make connections with faculty and staff, and register for courses. Considering students enter UNM with diverse knowledge and experiences, NSO offers a variety of options that are tailored for each student. When students sign-in to the reservation system, each is automatically

directed to the orientation program designed for their admitted student type (e.g., first year, transfer, readmission, etc). First year students (have never attended college; or are a graduating high school student with college credit; or completed less than 24 college credit hours since graduating from high school or earning a GED) are required to participate in a 2 day orientation program either in person or virtually. As part of this orientation, COSAP provides Title IV required alcohol education training to NSO leaders (who each “lead” a small group of students through required orientation sessions most weeks over a summer). The training COSAP provides to NSO leaders (a train-the-trainer model) consists of training the leaders in how to deliver to their student groups 1) social norms messaging to illustrate firsthand to new students how they tend to greatly overestimated the average number of drinks-per-week that UNM undergraduates (their peer group-to-be) consume and thereby potentially prevent/reduce their own drinking; 2) delivery of protective behavioral strategies to reduce potential consequences from drinking; and 3) encourage the new students to access and complete the e-CHECKUP TO GO. Students are also provided contact and resource information about COSAP at this time and also as part of their welcome kit from UNM. Information on risks and consequences of alcohol and substance use, UNM policies, and related laws and penalties are provided in the student handbook and are also available COSAP.

First-Year Experience

First Year Experience, an Academic Community Program, is dedicated to helping first-year students develop strategies and connections to help them succeed. The program is designed to increase academic and personal success through community based classes to help students develop close bonds with peers and professors, quickly build learning, research, and thinking skills, and benefit from individual attention and mentoring. This program helps first-year students via two different tracks: 1) transition communities – a seminar that helps students excel in their first year at UNM by learning college success skills and building community, or 2) Academic Foundations - courses that prepare students for college-level work by offering introductory-level courses in math and reading. COSAP provides presentations to class sections in a variety of disciplines and incorporates social normative and PBS messaging into class content in addition to providing prevention and harm reduction information for other substances.

COSAP – Social Normative Correction

Using a “train-the-trainer model, NSO student leaders are trained by COSAP in social normative (social norms) correction techniques and protective behavioral strategies (PBS) and provided the most recent data collected by COSAP on student alcohol use, perceptions, and use of PBS. Alcohol social normative information and PBS are presented by NSO student leaders to their groups of incoming first-year students. The orientation leaders are extensively trained in social norms, alcohol and other drug-related information, group facilitation skills, and sex education. The leadership training and NSO program components are carefully reviewed each year in order to ensure their ability to meet the needs of the students and maintain a careful balance between entertaining and educating entering first-year students.

COSAP administers a social norms campaign throughout each year to correct students’ misperceptions of the norms around alcohol and cannabis consumption and related safety practices. While first year students get primarily targeted during orientation (throughout the summer) and in early part of the fall, the academic year is aimed at the student body in general. This [effective](#) strategy serves to reinforce the small-group norms work conducted with the first-year students while reaching the greater student body with expanded norms messaging. The campaign uses flyers, tabling events, social media, and in-person presentations to deliver the norms messages to a wider body of students than only first-year. COSAP also engages in DWI prevention campaign throughout each academic year. This campaign uses primarily social media messaging with a social normative approach and

Uber (ride share) card give-aways through an online raffle to UNM students. This type of approach has been found to be [effective](#). Messaging and program raffles are timed with higher drinking periods. Program efforts show that 92% of students would “disapprove” or “strongly disapprove” of a friend driving a car while under the influence of alcohol (injunctive norm). Among UNM students that reported drinking in the previous 12 months, 86% said they had not driven after drinking in that time period. Additionally, over 85% of UNM students that consumed alcohol in the previous 12 months reported they “usually” or “always” have a designated driver/safe ride (one of the Protective Behavioral Strategies promoted by COSAP). COSAP also provides messaging about approaches for reducing alcohol related harm through a PBS focus and the use of various PBS among students who are or plan to be engaged in alcohol consumption. PBS is an [effective](#) strategy that involves delivery of tips for minimizing or avoiding alcohol-related harms. COSAP also distributes additional messaging of alcohol and other drug related to policies, laws, and consequences; e.g., COSAP provides training and distribution of Naloxone and Fentanyl/Xylazine testing strips to students, employees, and campus organizations. COSAP also provides these trainings and materials to community organizations upon request. Finally, COSAP provides social normative information regarding student use of cannabis. While effectiveness of a social norms approach regarding cannabis use among college students is not settled, [research](#) continues to inform programmatic efforts

Alcohol-Free Housing

UNM policy prohibits the possession and consumption of alcohol on university property regardless of age, including residence halls on main campus and Greek housing*. Additionally, smoking and tobacco use is prohibited in all the residence halls. To support effective and consistent enforcement of the alcohol/other drug ban, the Resident Advisors (RAs) receive training prior to each academic year that includes the protocol for enforcing policy; the role and expected conduct of a RA; available resources; how to recognize and assist a victim of an alcohol overdose; and how to identify and provide appropriate referrals to a resident whose substance use behavior is raising some concern. COSAP collaborates with Residence Life and Student Housing and the [UNM Psychology Clinic](#) to refer students in violation of the university alcohol policy to receive evidence based counseling services.

Environmental Change: Alcohol Availability

The use and possession of alcohol is prohibited on university property with the following exceptions:

- Receptions or other special events sponsored by a university department approved in advance by the President or designee. These must be by invitation only, limited to beer and wine, and be a non-routine occurrence.
- University House (President’s home) residents and guests.
- Events held in Hodgin Hall pursuant to the UNM Alumni Association’s club license.
- Off-campus Student Family Housing and the off-campus UNM Golf Course (license holder).
- During football season, ticket holders of legal age may consume alcohol in the South Campus tailgate lots prior to a game. Kegs, glass containers, and beer bongs are prohibited and consumption is prohibited once the game begins.
- UNM offers beer and wine in all general seating areas of UNM basketball and football facilities.

State law requires alcohol seller/server training certification for individuals who serve and/or sell alcohol in conjunction with a liquor license, thus all providers for the Championship Golf Course, Hodgin Hall, university sports venues, and approved receptions have completed a state mandated alcohol server training, as have servers employed by local alcohol establishments.

Within walking distance of the UNM campus is Nob Hill, a business district containing numerous restaurants with alcohol licenses, several on-site alcohol serving establishments and a few off-site alcohol-selling establishments. Downtown Albuquerque, an area that has become a popular nightspot and drinking destination for young adults, is situated within two miles of main campus and a residential area with a large student population. Alcohol establishments are common in these areas, with as many multiple establishments possible per city block. Many of these establishment advertise in the *Daily Lobo* student newspaper and through other platforms which target the 18-to-30-year-old market. As part of a statewide effort to reduce incidents of drunk driving, a strong emphasis has been placed on reducing alcohol service to intoxicated patrons and underage individuals. Compliance checks, conducted by the Special Investigations Unit of the New Mexico Department of Public Safety, are conducted regularly and violators face administrative and/or criminal penalties.

The 2025-2026 UNM Student Lifestyle Survey found that approximately 57% of students reported it was “easy” or “very easy” for underage students to get alcohol, a slight decrease (59%) from the 2023 survey. For under 21 year old individuals that reported consuming alcohol in the previous 30 days social access was the preferred route of obtaining alcohol. For example, 78% of those having consumed alcohol report they obtained it from someone aged 21+ while about 15% said they got alcohol at a party. Additionally, 7% said they bought alcohol without being asked for identification, a decrease from 15% in 2023.

The number of traditional drinking establishments immediately surrounding the UNM campus has been overall decreasing due to a wave of high-profile [closures](#), though the landscape is simultaneously shifting toward fewer, but highly specialized neighborhood taprooms and cocktail lounges.

Efforts to Reduce Underage Consumption

In New Mexico providing alcohol to a minor (under the age of 21) is a 4th degree felony. As part of efforts to reduce underage drinking, COSAP implements messaging designed to inform students and community members about this law and the potential consequences for violations. As part of this messaging, COSAP provides information on social host liability and potential consequences for violation. Data indicates almost half of students are aware of the legal penalties for purchasing or providing alcohol to an underage person. Further, about 55% of students would “disapprove” or “strongly disapprove” or providing alcohol to someone under 21.

Environmental Change: Policy Development and Consistent Enforcement

Residence Life

Residence Life staffs serve as information and referral sources for students who need additional assistance and they also serve in a disciplinary capacity by enforcing the drug-free policy. Residence Life staff continued to evaluate and refine the discipline process during the review period in an ongoing effort to help students assess and modify their behaviors in an atmosphere that views alcohol and other drug violations as serious and consequential.

Resident Advisors (RAs) are responsible for enforcing the DFC campus policy in the student residences. The RAs receive training on the DFC policy through a referral process to professional Area Coordinators who conduct judicial hearings on alcohol/other drug violations.

Students living at American Campus Community’s Lobo Village housing option are also experiencing more consistent enforcement of UNM policy with regard to underage drinking (alcohol is allowed for residents 21 yrs. or over at this off campus facility). Policy violators are through the standard disciplinary process provided by the Dean of Students office and sanctions may include referral to the UNM Psychology Clinic for the [Alcohol Skills Training Program](#) (ASTP) or [Brief Alcohol Screening and Intervention of College Students](#) (BASICS). Alternative and additional

sanctions, including suspension, may also be delivered by this office. UNM's Residence Life program has the most involvement on campus in policy enforcement and imposing sanctions for alcohol and other drug violations on students because of its oversight of the student residence halls. While other campus organizations may have interaction with a campus alcohol infraction (e.g., UNM Police Department on Liquor Act Violations), the majority of incidents involve Residence Life. A tally of non-criminal alcohol sanctions are detailed in *Assessment, Research, and Evaluation*

UNM Human Resources

Various units of the UNM Human Resource Department also support the University's DFC policy/mission through the following activities:

- Ongoing implementation of random drug testing for the limited number of employees on campus subject to Department of Transportation testing.
- Consultation with supervisors and managers regarding appropriate disciplinary action (including referral for treatment) in cases involving possible substance misuse.
- Training of employees subject to DOT regulations with regard to alcohol use, drug testing, and related policies.

Employee Wellness

Employee Wellness, part of Benefits & Employee Wellness within UNM Human Resources, provides programing and resources meant to create positive culture and behavior change. The organization focuses solely on UNM employees. The Employee Wellness team strives to assist our workforce in achieving personal and professional wellness goals in the areas of emotional, financial, nutritional and physical wellness. This resource has a team including multiple health education consultants. Employee Wellness collaborates with various organizations across campus, including COSAP, and provides reminders of university alcohol and other drug use policies.

New Faculty Orientation

New faculty orientation provides faculty new to UNM the opportunity to learn more about New Mexico and UNM. The orientation session also provides new faculty resources for instruction, research, and available support services on campus. COSAP services are listed as a [resource](#) for faculty as part of their orientation.

Harm Reduction

Student Discipline

With respect to enforcing sanctions for alcohol and other drug-related violations on campus, UNM continued to exhibit a preference for offering the option of rehabilitation and education to students, faculty, and staff members whenever possible. The University administration has taken aggressive steps to ensure policies governing the conduct of all members of the campus community reflect appropriate consistency in the wording of sanctions for these violations.

COSAP offers the e-CHECKUP TO GO assessment tool and which provides participants with online feedback regarding their level of risk and how their level of use compares with the University's norms. Students who have engaged in an infraction of the University policy on alcohol are referred to COSAP, typically by Residence Life senior staff, who then schedules a date/time for the student with the UNM Psychology Clinic. First time infractions receive ASTP while those with multiple infractions receive BASICS. This referral process is separate from alcohol related arrest/summons/citations processed by the UNM Police Department. However, the UNM Police Department may collaborate with Residence Life in referring students for disciplinary action related to violating university alcohol policy.

COSAP Protective Behavioral Strategies

As mentioned previously, COSAP utilizes protective behavioral strategies related to alcohol consumption among students. Excessive drinking leads to a number of [serious harms](#) and this approach to student drinking [shifts the focus](#) from drinking itself and emphasizes the importance of [preventing serious, life-threatening harms](#). PBS strategies encouraged by COSAP include avoiding drinking games, alternating with non-alcoholic beverages, setting drink limits, and others. PBS messaging is provided through various platforms, e.g, presentations, social media, and as part of in-person NSO training and student peer-led efforts.

As part of additional harm reduction efforts, COSAP became a certified New Mexico Department of Health (DOH) Harm Reduction Provider. This provides COSAP with the tools to train students, faculty, staff, and campus organizations on the use of naloxone (opioid overdose prevention) and fentanyl/xylazine drug testing strips and provide these materials. Several campus organizations, including Residential Life, receive the training and materials annually. Additionally, COSAP and UNM Staff Council are collaborating on an initiative for distribution of naloxone on campus.

Intervention & Treatment

Student Health & Counseling

In support of the emphasis on early intervention, SHaC primary care providers screen patients for alcohol, tobacco and other drug-related risk factors and administer the 3-item Alcohol Use Disorder Identification Test – Concise (AUDIT-C) as part of taking an initial history. Referrals are made as needed to external resources or to the SHaC Counseling, which is the primary provider of psychological and psycho-educational services for UNM students. The comprehensiveness of the SHaC assessment process allows the therapists and psychiatrists to identify and intervene with students whose primary problem is substance abuse, addiction, or other problems exacerbated by unhealthy drinking or other drug use. Cases involving alcohol or other drug use are up to the provider in terms of level of intervention. A provider may conduct a brief intervention (e.g., normative corrections) if they believe their client can be reasonably treated in house. However, a provider can refer their client to an organization outside of SHaC for more intensive treatment. Systematic efforts are made when hiring new therapists to ensure they have training and experience in alcohol and other drug-related problems.

Department of Psychology Clinic

The [Department of Psychology Clinic](#) pursues two equally important primary missions: 1) to provide high quality mental health care to the community and, 2) to provide in-house training for our clinical psychology doctoral students. Psychotherapy and psychological assessment are provided by doctoral students in clinical psychology under the supervision of clinical faculty and under the responsibility of the director, who is a licensed psychologist. Psychological services are provided by a general clinic serving individuals for which there exists a qualified student-clinician and supervisor. A Specialty Clinic operated by the UNM Psychology Clinic, Alcohol Treatment @ UNM, provides empirically-supported treatment and assessment for alcohol-related problems and is instrumental in providing alcohol and is instrumental in providing ASTP and BASICS to students referred for violation of the university alcohol policy.

Counseling, Assistance & Referral Service (CARS)

Established in 1982, [CARS](#) is an internal employee assistance program offering free services to UNM faculty and staff members and with certain limitations, their families. The CARS program follows a broad-brush model addressing a variety of personal and work-related problems including those that are related to alcohol and other drug abuse. Measures to protect and ensure the confidentiality of the

employees served are a hallmark of the program. A vital component of the employee assistance program is collaboration with other departments to maintain compliance with the University's Drug Free Workplace efforts. The CARS staff includes licensed professional clinical counselors and licensed clinical social workers. Professional support staff coordinate scheduling of clients and other office duties. All staff must adhere to confidentiality rules and regulations, and possess relevant education and training. Program clinical staff provide varied individual, couple, and group interventions that are preventive and/or problem resolution focused in nature. The goals of CARS are 1) Improve the behavioral health and well-being of UNM faculty, staff and retirees; 2) Reduce the negative impact of personal and work-related problems on productivity and job satisfaction, 3) Increase outreach and service provision to the UNM Community; and 4) Collaborate with other UNM departments to identify and address service needs

Center on Alcohol, Substance use, And Addictions (CASAA)

[CASAA](#) is a Category III research center that generates high quality assessment, prevention, treatment, and implementation research to reduce suffering and social costs caused by substance use and other addictive behaviors, and to improve quality of life. CASAA collaborates with fellow scientists, community partners, practitioners, and those most impacted by substance use and other addictive behaviors, and by working across disciplines.

UNM Health Sciences Center

The UNM Health Sciences Center consists of the patient care facilities – University Hospital, Carrie Tingley Hospital, the University Psychiatric Hospitals, and UNM Mental Health Center Programs, as well as the School of Medicine, the Colleges of Nursing and Pharmacy, the Health Sciences Center Library and the Office of the Medical Investigator. HSC continues a number of alcohol and other drug related prevention and treatment activities. Clinicians and students work on many drug efforts that affect New Mexicans' lives and collaborate with several organizations across campus:

- UNM College of Pharmacy's Substance Use Research & Education ([SURE](#)) Center brings together faculty across UNM HSC to conduct research involving the use and misuse of alcohol and prescription and nonprescription drugs. Part of their center goals include coordinating and improving training in substance use disorder (SUD), overdose prevention, and community education in the PharmD curriculum.
- [LoboCare Clinic](#) is a medical care clinic near UNM that was established to meet the acute and episodic medical needs of UNM employees. The LoboCare clinic is part of the broader LoboCare Network of clinical services. Employees and dependents enrolled in a UNM or UNMH employer-sponsored health plan are eligible to participate in the LoboCare Network.

IV. ASSESSMENT, RESEARCH, AND EVALUATION

Problem Assessment & Program Evaluation

Campus-wide student surveys provide important assessment data for the alcohol/other drug program efforts at the University of New Mexico and also serve as a means of evaluating program impact and student trends. Each of these in conjunction with departmental assessment efforts are listed below:

COSAP Student Lifestyles Survey

COSAP administers the UNM Student Lifestyle annually to UNM students. The design is a convenience sample with recruitment pushed to students through several campus organizations; e.g., ASUNM, GPSA, Greek Life, Multicultural Life, Residence Life, and other organizations. The survey findings are incorporated into social norms messages, New Student Orientation programming, and other on-campus sessions. Results provide evidence of programming impact and

serve to inform COSAP about where resources should be emphasized. Using the most recent data from [Monitoring the Future](#), we are able to compare reported UNM student use of alcohol or other substances to the national average among college students; e.g., UNM binge drinking rates (5+ drinks for male/4+ drinks for female in a sitting on one or more occasions in the past 2 weeks) match national binge drinking rates among US undergrad college students (23%). The most recent national college student and UNM student alcohol use indicators are presented in Table 3.

Table 3: National College Student and UNM Student Alcohol Use

Alcohol Use Indicators	National College Students*	UNM Students
Students that used alcohol in past 30 days	52%	56%
Students that used alcohol in the past 12 months	71.5%	71.2%
Students reporting binge drinking/past 2 weeks	23%	23%

*Patrick, M. E., Miech, R. A., Johnston, L. D., & O'Malley, P. M. (2025). Monitoring the Future Panel Study annual report: National data on substance use among adults ages 19 to 65, 1976–2024. Monitoring the Future Monograph Series. Ann Arbor, MI: Institute for Social Research, University of Michigan.

As mentioned previously, COSAP promotes use of protective behavioral strategies among UNM students that drink alcohol. Table 4 shows recent results for UNM students that reported drinking alcohol in the past 12 months and their use of protective behavioral strategies for reducing risk of alcohol-related consequences.

Table 4: UNM Student Use of Protective Behavioral Strategies*

Protective Behavioral Strategies	UNM Student Use
Stop drinking 1-2 hours before going home	70%
Alternate alcohol with non-alcoholic beverage	63%
Have a designated driver or safe ride	85%
Keep track of the number of drinks you have	69%
Eat before and during the time you're drinking	71%
Have a friend let you know when you had enough	46%
Refuse to ride with a driver who has been drinking	81%
Watch a friend's drink while they are gone	78%
Decide ahead not to exceed a set number of drinks	53%
Avoiding drinking games	43%
Limit number of drinks per hour	41%

*Adapted from Martens, M. P., Pederson, E. R., LaBrie, J. W., Ferrier, A. G., & Cimini, M. D. (2007). Measuring alcohol-related protective behavioral strategies among college students: Development and initial validation of the Protective Behavioral Strategies Scale. *Psychological Assessment*, 19(2), 259–265.

UNM Police Department

The UNM Campus Police Department in cooperation with the Campus Safety Council prepares an annual [Campus Safety Report](#) that covers all crimes that occur on campus, at University-controlled properties, and in public streets and parking facilities adjacent to campus. Table 5 shows a composite of the alcohol and other drug-related arrests/citations for 2024 and 2023:

Table 5: Liquor and Drug Violation Arrest/Summons/Citation Data

Offense	Year	On Campus	On Campus Student Housing	Non-Campus	Public Property	Total
Liquor Law - Arrest/Summon/Cit.	2024	6	1	0	1	7
	2023	4	0	0	0	4
Drug Abuse Violation – Arrest/Summons/Cit.	2024	13	4	0	0	13
	2023	9	1	0	2	11

Table 6 reflects the alcohol and other drug-related referrals for disciplinary actions for 2023 and 2024. This includes persons who were referred for campus disciplinary action by UNM Police Dept. for a violation of the law but not necessarily cited:

Table 6: Liquor and Drug Violation Referrals for Disciplinary Action

Offense	Year	On Campus	On Campus Student Housing	Non-Campus	Public Property	Total
Liquor Law – Disciplinary Referrals	2024	124	116	0	1	125
	2023	111	107	0	0	111
Drug Abuse Violation - Disciplinary Referrals	2024	0	0	0	0	0
	2023	3	1	0	0	3

V. CONCLUSION

The University of New Mexico has taken an active, institution-wide approach to the prevention of alcohol and other drug use for several years. It has in place a variety of programs aimed at students, faculty, and staff members that significantly predate the current period under review. With the advent of the federal requirements stemming from the Drug-Free Schools and Communities Act Amendments of 1989, the University has committed considerable time and resources to comply with both the letter and the spirit of the law. It is clear that UNM provides a depth and breadth of resources for prevention and treatment services offered to all members of the campus community.

Alcohol and other drug prevention at UNM is a collaborative effort. This effort is led by the Campus Office of Substance and Alcohol Prevention (COSAP), is facilitated through its programs, and is supported and informed and by its partners both within and external to the university. Additionally, UNM COSAP enjoys opportunities to work with other public New Mexico universities on data collection and substance misuse prevention efforts. These data are important in creating prevention and harm reduction strategies for each university and identifying areas in need of more resources.

VI. UNM DRUG FREE CAMPUS POLICY



The University of New Mexico

DRUG-FREE CAMPUS

I. Policy II. Legal Sanctions for Violations III. Health Risks of Alcohol and Drug Abuse IV. Smoke and Tobacco Free Campus V. Campus Resources for Substance Abuse Problems

THE UNIVERSITY OF NEW MEXICO POLICY ON ILLEGAL DRUGS AND ALCOHOL

This Policy on Illegal Drugs and Alcohol is adopted pursuant to federal laws and because of the commitment of The University of New Mexico to an environment for the pursuit of its educational mission free of drugs and the illegal use of alcohol. Drug and alcohol abuse on campus pose a serious threat to the health and welfare of faculty, staff and students; impairs work and academic performance; jeopardizes the safety and well-being of other employees, students and members of the general public; and conflicts with the responsibility of the University of New Mexico to foster a healthy atmosphere for the pursuit of education, research and service.

This policy covers all property owned, used, leased or controlled by the University of New Mexico, or any other site where official University business is being conducted. “Controlled substances” means those substances in Schedules I through V of section 202 of the Controlled Substances Act, 21 U.S.C. 812, and implementing regulations, 21 CFR 1308.11-1308.15. Controlled substances include, but are not limited to, marijuana, cocaine (including “crack”), amphetamines, heroin, PCP, hallucinogens, and certain prescription drugs. If taking prescription drugs, you are personally responsible for not creating a safety risk for yourself or others. Store your medications in a secure place, don’t share your medications under any circumstances, and properly dispose of expired or unused medicines. Illegal uses of alcohol are not allowed at UNM establishments and events where alcohol is served. Illegal uses of alcohol include, but are not limited to, serving, buying, or drinking alcohol by a minor; assisting a minor or an intoxicated person to get alcohol; selling alcohol without a license and driving while under the influence. This policy is not intended to supersede or negate any existing policies on substance abuse, student or employee discipline, or any additional requirements imposed on the University of New Mexico or its students, faculty or staff by federal or state law.

I. POLICY STATEMENT

The unlawful manufacture, distribution, dispensing, possession or use of controlled substances or alcohol on UNM property or as part of any of its activities by any member of the University of New Mexico community – faculty, staff or student – is strictly prohibited.

As a condition of employment, all employees – faculty and staff – of the University of New Mexico shall abide by the terms of this policy. Violation of this policy shall result in disciplinary action, up to and including dismissal. For more detailed information, faculty should refer to the Faculty Handbook and/or contact the Faculty Grants and Contracts Office. Staff may refer to the University Business Policies and Procedures Manual and/or contact the Division of Human Resources.

As a condition of continued registration and enrollment, any student of the University of New Mexico shall abide by this policy. Violation of this policy shall result in disciplinary action, up to and including expulsion. For more detailed information, students should refer to the Student Code of Conduct and related policies printed in *The UNM Pathfinder* (<https://pathfinder.unm.edu/code-of-conduct.html>) and/or contact the Dean of Students Office.

UNM’s response to any violation of this policy may include, as a total or partial alternative to disciplinary action, a requirement that the employee or student participate satisfactorily in an approved substance abuse treatment or rehabilitation program as a condition of continued employment or registration/enrollment. Any employee engaged in the performance of work under a federal contract or grant is required, as a condition of employment, to notify his/her supervisor if he or she is convicted of a criminal drug statute violation occurring in the workplace within five days of such conviction. The supervisor shall notify the University Counsel’s Office. Failure of the employee to notify the supervisor shall be grounds for disciplinary action.

In recognition of the dangers of substance abuse in the workplace, the University of New Mexico shall maintain alcohol and drug-free awareness programs to inform members of the University community about the issues and risks of substance abuse, and about counseling and treatment resources. The University shall assign responsibility for such awareness programs to specific administrative entities, which shall be provided sufficient resources to develop and maintain the programs. As a matter of policy, any referral, treatment, awareness or primary prevention programs established by the University shall play no role in enforcing or instituting possible disciplinary action.

II. LEGAL SANCTIONS

FOR THE UNLAWFUL POSSESSION OR DISTRIBUTION OF ILLICIT DRUGS AND ALCOHOL

The penalties for even the most minor of violations of the Liquor Control Act can include fines starting at \$500, confiscation of property, and imprisonment for up to eighteen months. More serious violations carry greater penalties, with larger fines and longer imprisonment. Driving or using machinery after drinking or using drugs creates the risk that the user may injure or kill someone. This can result in homicide charges. License revocation and vehicle impoundment are also possible results of driving while under the influence of liquor or other drugs. The minimum blood alcohol levels at which drivers' licenses are revoked in New Mexico are .02% for those under 21 and .08% for 21 and older. All drivers in New Mexico are presumed to be intoxicated at the .08% level. In drug-related cases a court can permanently suspend eligibility for federal benefits, including financial aid. A criminal record can seriously hurt educational and career opportunities. Penalties for illegal drug use can include significant fines and imprisonment. Penalties for the illegal sale of drugs are greater, and may include property confiscation. Alternative penalties for illegal drug or alcohol use may also include mandatory community service. Violation of laws by a foreign national may result in deportation.

III. HEALTH RISKS

ASSOCIATED WITH THE USE OF ILLICIT DRUGS AND THE ABUSE OF ALCOHOL

Excessive alcohol consumption and abuse of illicit drugs can lead to certain types of cancer, pathological changes in the liver, brain, heart and muscle which can lead to disability and death, addiction, birth defects, shortened life span, stomach ulcers, phlebitis, varicose veins, and other health problems. Alcohol and drugs are also a major factor in homicides, assaults, rapes, suicide, and family and date violence. Alcohol is significantly involved in all types of accidents-motor vehicle, home, industrial, and recreational. Unintended pregnancies and sexually transmitted diseases are often associated with alcohol or other drug abuse, as well as relationship, academic or work problems.

IV. UNM POLICY UAP 2250

SMOKE AND TOBACCO FREE CAMPUS

In compliance with state law, smoking and the use of tobacco (including e-cigarettes) are prohibited on all University of New Mexico campuses and property, except for a small number of designated outdoor smoking areas. Accordingly, smoking and tobacco use are prohibited inside University buildings, in University owned vehicles, and in privately owned vehicles on University property. A state law, the Dee Johnson Clean Indoor Air Act, establishes smoke-free areas that extend within a reasonable distance from doorways, windows, and ventilation system intakes. It also prohibits situations where people must pass through tobacco smoke to enter or exit a building. UNM Police officers are authorized to enforce the Dee Johnson Clean Indoor Air Act by issuing citations for smoking and tobacco use outside of the designated areas. Fines for non-compliance are graduated and start at \$100.00.

For more information about the possible effects and health risks associated with the use of illicit drugs, alcohol, and tobacco contact the Campus Office of Substance and Alcohol Prevention (COSAP) at 277-0360. For more detailed information about all applicable policies, faculty, staff, students, and visitors can visit <https://cosap.unm.edu/alcohol-and-other-drug-information/unm-alcohol-and-drug-policies.html> or consult University Administrative Policies at <https://policy.unm.edu/uap/index.html>.

V. CAMPUS RESOURCES FOR SUBSTANCE ABUSE PROBLEMS

CAMPUS RESOURCES FOR FACULTY & STAFF

If you are concerned about your own, an employee's or a colleague's alcohol or other drug use, contact the CARS program. The intent of CARS is not to intrude into the private lives of University employees, but rather to provide services for those who choose to request help. Your contact with CARS is confidential within the limits or applicable law and ethical guidelines. Individual assessments, short-term counseling, consultation and referrals are available. CARS also offers workshops on a variety of topics and group crisis intervention.

CARS (Counseling, Assistance & Referral Service) ... 272-6868

University Hospital Employees may access services through Outcomes, Inc. at 4308 Carlisle Blvd. NE, Suite 101....**243-2551**

Or-
Call Human Resources for information about available counseling and referral sources..... **277-6947**

OTHER CAMPUS & COMMUNITY RESOURCES

AGORA Crisis Center	277-3013
Psychiatric Urgent Care	272-2920
University Hospital Emergency Dept.	272-1111
UNM Addiction & Substance Abuse Program (ASAP)	
Outpatient Treatment Services	994-7999
UNM Center on Alcohol, Substance use, And Addictions (CASAA)	925-2300
Campus Office of Substance and Alcohol Prevention (COSAP).....	277-0360
UNM Psychology Clinic	277-5164
Alcohol Specialty Clinic.....	277-5165
UNM Employee Wellness	272-4460
UNM Employee Occupational Health Services	272-8043
UNM Psychiatric Center	272-2800
UNM Women's Resource Center	277-3716
LoboRESPECT Advocacy Center	277-2911

CAMPUS RESOURCES FOR STUDENTS

If you are concerned about your own alcohol, tobacco, or other drug use, contact **Student Health and Counseling (SHAC):**
SHAC (Medical appointments/consultations).....277-3136

SHAC (Confidential assessments and counseling).....	277-3136
Campus Office of Substance and Alcohol Prevention (COSAP)	277-0360
Collegiate Recovery Center (CRC)	277-3136