Waldorf University
AODA Prevention: Spring 2026 Biennial Review
Completed by the Waldorf University AODA Task Force

I. Description of AODA Program Elements

Waldorf University continues to emphasize student engagement, prevention, education, and policy enforcement philosophy regarding alcohol and other drug (AODA) issues on campus. Waldorf University maintains a dry-campus policy for undergraduate students, prohibiting the possession, consumption, or distribution of alcohol within traditional residence halls and on-campus facilities. This policy provides clear expectations for students and allows for consistent enforcement.

Exceptions to this policy include approved non-student events hosted by outside groups utilizing university facilities, provided all applicable laws regarding alcohol service are followed. Additionally, Timberland Apartments, a Waldorf-managed off-campus housing complex, permits alcohol possession and consumption only when all residents of the apartment are 21 years of age or older and comply with established lease agreements and university policies.

Waldorf University recognizes the importance of creating positive traditions and opportunities for student engagement. The University has continued its Senior Send-Off celebration, an event developed collaboratively between Student Life, Student Senate, and graduating seniors. The event provides a structured and supervised environment where graduating students can celebrate their accomplishments through food, entertainment, social activities, and limited alcohol service consistent with applicable laws and university guidelines. The continued success of this event demonstrates that responsible planning and oversight can contribute positively to student engagement and community building.

The University utilizes a comprehensive prevention model that includes educational strategies, alternative activities, environmental management approaches, community partnerships, early intervention efforts, and student connection initiatives. Since expanding its scope, the AODA Committee has continued to address the relationship between alcohol and drug use, sexual misconduct prevention, student wellness, and other high-risk behaviors that can impact student success.

The Counseling Services Department continues to provide screenings, assessments, referrals, educational programming, and individual support related to substance use concerns. Counseling staff participate in orientation programs, residence life training, first-year student initiatives, and ongoing campus education efforts. Resident Assistants receive annual training related to alcohol and drug awareness, recognizing signs of concern, referral procedures, and responding appropriately to students experiencing substance-related difficulties.

The University continues to offer educational programming through first-year seminar courses, speaker series presentations, wellness initiatives, and athletic department education sessions. The campus nurse and athletic training staff provide annual education regarding drug testing policies, performance-enhancing substances, and student-athlete wellness expectations.

Although Waldorf University no longer utilizes a formal student-athlete drug testing program through Drug Free Sport, the University continues to support prevention efforts through education, awareness initiatives, collaboration with local law enforcement, and proactive campus programming. Partnerships with local agencies have allowed educational presentations, prevention awareness campaigns, and law enforcement training opportunities that support campus safety while fostering positive relationships between students and community partners.

Jason Ramaker, Dean of Students/Vice President for Student Life, and Nicolas Determann, Director of Mental Health Counseling Services and Chair of the AODA Committee, continue to represent Waldorf University in community prevention efforts. Waldorf maintains an active partnership with CAUSE (Coalition for a Unified Substance-Free Environment), formerly known as the Winnebago County Task Force Coalition. Through participation in coalition meetings and prevention initiatives, Waldorf remains informed about local substance use trends while contributing a college student perspective to county-wide prevention efforts.

These partnerships have supported grant opportunities and wellness initiatives that enhance student well-being. Resources obtained through community collaborations have helped expand student wellness programming, including the development and continued use of campus relaxation and wellness spaces designed to reduce stress and promote healthy coping strategies. Wellness resources such as massage chairs, light therapy equipment, stress management tools, and positive engagement activities continue to be available to students as alternatives to unhealthy coping behaviors.

Through ongoing collaboration among Student Life, Counseling Services, Residence Life, Athletics, Campus Safety, faculty, staff, and community partners, Waldorf University remains committed to fostering a campus environment that promotes responsible decision-making, student well-being, and the prevention of alcohol and other drug misuse.

Education Strategies /Public Awareness

The Counseling Services Department continues to provide educational sessions and prevention programming upon request for academic classes, student organizations, athletic teams, residence life staff, and campus departments. Counseling Services remain actively involved in first-year student orientation, parent orientation programming, and first-year seminar courses to ensure students understand the resources available to support their academic, personal, and emotional success.

Counseling staff continue to provide outreach presentations throughout the academic year, including meetings with athletic teams, student leaders, residence life staff, and student

organizations. These presentations focus on mental health awareness, stress management, alcohol and drug education, healthy decision-making, suicide prevention, and available campus resources. Counseling staff have intentionally increased their visibility across campus to foster stronger relationships with students and encourage early utilization of support services.

The Health Promotion and Exercise Science curriculum continues to offer HPES 250: Substance Abuse: A Holistic Approach to Prevention and Intervention. This course examines substance abuse from social, psychological, physical, and community perspectives while emphasizing prevention strategies, treatment approaches, and healthy lifestyle choices.

Waldorf University continues to invest in educational and prevention-focused initiatives that promote student wellness and healthy engagement. Intramural activities, student organization involvement, leadership opportunities, wellness programming, and educational workshops are utilized to provide alternatives to high-risk behaviors while fostering a positive campus environment.

The University has continued to prioritize mental health services by maintaining a full-time mental health counseling program. Counseling Services remain highly utilized by students and continue to serve as an important resource for students experiencing academic, emotional, social, or substance-related concerns. Students may receive screenings, assessments, referrals, and individualized action plans when concerns related to alcohol or other drug use are identified.

Counseling Services have also expanded outreach efforts through QR-code appointment scheduling, classroom presentations, campus events, social media campaigns, and participation in campus-wide wellness initiatives. These efforts have increased awareness of available services and reduced barriers to accessing support.

A significant development during this reporting period has been the continued growth of Warrior Wellness programming. Warrior Wellness events have provided opportunities for students to engage with campus and community resources focused on mental health, wellness, stress reduction, substance abuse prevention, self-care, and healthy lifestyle practices. These initiatives reinforce the University's commitment to addressing student wellness through proactive education and prevention efforts. Warrior Wellness has also expanded through its partnership with the Pillars Program, a student-led organization that plays an active role in planning, organizing, and implementing the event. This collaboration provides students with hands-on leadership and event management experience while increasing student ownership and engagement. As a result, participation has continued to grow, and Warrior Wellness has become a highly anticipated annual event that fosters connection, education, and wellness across the campus community.

Waldorf University remains committed to creating an inclusive and welcoming campus environment through ongoing diversity, equity, inclusion, and belonging initiatives. Efforts continue to focus on fostering respect, understanding, and engagement among students, faculty,

and staff through educational opportunities, training initiatives, and campus dialogue. These efforts support the University's mission while promoting a healthy campus culture that contributes to student success and well-being.

Alternative Activities to Combat Alcohol and Drug Abuse on Campus

Waldorf University remains committed to providing a wide variety of recreational, educational, social, and leadership opportunities that encourage healthy engagement and reduce the likelihood of high-risk alcohol and drug use. The University supports these efforts through the Student Activities Office, Student Warrior Activities Team (SWAT), Residence Life, Campus Ministry, Intramural and Recreation programs, Student Senate, and numerous student organizations.

Throughout the academic year, students are offered a diverse schedule of free activities including entertainment events, bowling nights, roller skating, movie outings, coffeehouse events, game nights, escape rooms, laser tag, trivia competitions, seasonal celebrations, wellness programming, outdoor recreation, and off-campus excursions. Additional campus programming includes theatrical productions, concerts, guest speakers, art exhibits, chapel activities, and community engagement events.

The AODA Committee continues to support and sponsor alcohol-free activities during major campus traditions and community events. Tailgate activities, wellness initiatives, stress-relief events, and educational programming are intentionally designed to provide students with enjoyable alternatives to alcohol and drug use while promoting healthy social connections.

The University recognizes that meaningful student involvement is one of the strongest protective factors against substance misuse. By offering a broad range of opportunities for engagement, Waldorf seeks to create an environment where students can develop relationships, leadership skills, and a sense of belonging while making healthy choices.

Intramurals

Waldorf University's Intramural and Recreation Program continue to serve as a cornerstone of student engagement and wellness efforts. The program provides opportunities for physical activity, social interaction, stress management, and healthy competition while offering positive alternatives to alcohol and drug use.

Students maintain access to the local YMCA through the University's community partnership, providing year-round opportunities for exercise and recreation. Intramural activities are intentionally scheduled during evenings and weekends to encourage participation during times commonly associated with higher-risk behaviors.

During this reporting period, the Department of Intramural and Recreation experienced another leadership transition. Despite this change, intramural programming has continued to provide students with a variety of opportunities for engagement, recreation, and community building. The Intramural and Recreation Program continued to expand both traditional and non-traditional offerings. Popular activities included volleyball, basketball, pickleball, kickball, flag football,

sand volleyball, bowling, billiards, ping pong, badminton, fantasy sports leagues, video game tournaments, board game events, scavenger hunts, and various recreational competitions.

Participation in intramural and recreational programming remains strong and continues to receive positive feedback from students. The variety of activities allows the program to engage a broad spectrum of students with differing interests and skill levels. These opportunities contribute significantly to student wellness, campus engagement, and the University's overall prevention efforts.

The continued growth and success of the intramural program reinforce the importance of providing accessible, inclusive, and enjoyable recreational opportunities that support student development and healthy decision-making.

Attendance has averaged a continued increase in students per event, demonstrating continued student interest and participation. Retention across individual activities remains a challenge due to the wide variety of campus events and commitments occurring throughout the academic year. However, students who participate consistently report enjoying the opportunities to socialize, engage in friendly competition, and take a break from the demands of their academic responsibilities. The department remains committed to offering diverse recreational opportunities that contribute to student engagement, wellness, and campus connectedness.

Student Organizations

Waldorf University currently supports more than 40 active student organizations representing academic, cultural, service, leadership, recreational, spiritual, and special interest areas. Student Senate provides leadership, funding, and oversight for many student-led initiatives and activities. These organizations provide students with valuable leadership opportunities, meaningful social connections, community involvement, and alcohol-free programming throughout the academic year. In addition, the University encourages student leadership and involvement through role modeling with high behavior expectations for student positions including Resident Assistants, Orientation Leaders, student coordinator of intramurals, campus work study positions and Student Ambassadors (tour guides).

Community Connections

Waldorf University believes that strong connections between students and the Forest City community contribute to student success, responsible citizenship, and healthy decision-making. The University actively promotes positive relationships between students, local businesses, community organizations, law enforcement, and residents.

First-year students are encouraged to engage with the local community through orientation activities, community tours, volunteer opportunities, and educational experiences designed to strengthen their sense of belonging both on campus and within Forest City. All students continue to receive membership access to the YMCA, which serves as a shared facility connecting students with community members while promoting wellness and healthy lifestyles.

Student organizations, athletic teams, and campus departments regularly participate in community service initiatives including blood drives, community clean-up projects, charitable fundraisers, volunteer efforts, and collaborative community events. These activities encourage civic engagement while strengthening relationships between the University and surrounding community.

The University maintains strong partnerships with local law enforcement, emergency services, public health agencies, and prevention organizations. Campus administrators meet regularly with local partners to discuss safety concerns, emerging trends, prevention efforts, and educational opportunities related to alcohol and drug misuse. Collaborative efforts continue to support a safe campus environment while fostering positive relationships between students and community stakeholders.

Traditional Campus Events

Waldorf University continues to provide a comprehensive calendar of campus traditions and engagement opportunities designed to foster community, leadership development, and healthy student involvement. Signature events include New Student Orientation, Homecoming, Warrior Cup activities, Winter Fest, Club and Organization Fair, Warrior Wellness programming, Pizza with the President, Rake-A-Thon, De-Stress Days, speaker series events, leadership recognition programs, international celebrations, late-night breakfast during finals, and numerous student organization activities throughout the year. These events provide structured opportunities for student engagement while reinforcing healthy alternatives to alcohol and drug use.

Residence Hall Programming

Residence Life staff continue to provide educational, social, and wellness-focused programming within the residence halls throughout the academic year. Resident Assistants are trained annually on alcohol and drug awareness, crisis response, student support resources, conflict resolution, and referral procedures.

Programming efforts are intentionally designed to build community, encourage student engagement, and provide positive alternatives to alcohol and drug use. Activities are frequently scheduled during evenings and weekends to offer students meaningful options during times traditionally associated with higher-risk behaviors.

Residence Life staff collaborate closely with Counseling Services, Student Life, Campus Safety, and other campus partners to identify concerns, support student well-being, and connect students with appropriate resources when needed. Residence halls continue to serve as important environments for education, prevention, and early intervention efforts.

Policy Development, Distribution and Enforcement

Waldorf University maintains a comprehensive Student Code of Conduct and Alcohol and Drug Policy that clearly outlines expectations regarding alcohol, drugs, tobacco, vaping products, marijuana, and other prohibited substances. These policies are reviewed periodically to ensure consistency with applicable laws, institutional priorities, and best practices in higher education.

The University's dry-campus policy within traditional residence halls continues to provide clear expectations and consistent enforcement procedures. While alcohol-related incidents do occur, the University focuses on education, accountability, student safety, and behavior change when responding to violations.

Timberland Apartments continue to operate under separate housing provisions that permit alcohol possession and consumption only when all residents meet legal age requirements and comply with university expectations. Residence Life staff maintain oversight of the facility and work proactively to address concerns before they escalate into larger incidents.

The University continues to utilize physical security measures, residence hall access controls, professional staff oversight, student staff training, and collaborative partnerships with local law enforcement to support a safe campus environment.

Alcohol and drug policies are available through the Student Handbook and University website. Students receive information regarding these policies during orientation, housing check-in processes, and throughout the academic year. Faculty and staff also have access to these policies to support consistent implementation and enforcement across campus.

The AODA Committee continues to review policies, campus trends, educational initiatives, and prevention strategies while making recommendations for future improvements as needed.

Campus alcohol/drug policies are available on-line to all enrolled students on the campus web page under: <https://www.waldorf.edu/faculty-staff/departments/campus-safety/substance-abuse-policies-procedures>. The current student policies are on-line with full access to faculty and staff for implementation campus wide. A handout with this website outlining all AODA policies is distributed to each student when they check in at the beginning of each semester.

Calendar Year Statistics-January 1-December 31

- 39 students were cited for violating alcohol and drug policies on campus 2008
- 34 students were cited for violating alcohol and drug policies on campus 2009
- 23 students were cited for violating alcohol and drug policies on campus 2010
- 34 students were cited for violating alcohol and drug policies on campus 2011
- 52 students were cited for violating alcohol and drug policies on campus 2012
- 25 students were cited for violating alcohol and drug policies on campus 2013
- 14 students were cited for violating alcohol and drug policies on campus 2014
- 11 students were cited for violating alcohol and drug policies on campus 2015
- 28 students were cited for violating alcohol and drug policies on campus 2016
- 22 students were cited for violating alcohol and drug policies on campus 2017
- 31 students were cited for violating alcohol and drug policies on campus 2018
- 62 students were cited for violating alcohol and drug policies on campus 2019
- 134 students were cited for violating alcohol and drug policies on campus 2020
- 144 students were cited for violating alcohol and drug policies on campus 2021
- 113 students were cited for violating alcohol and drug policies on campus 2022

- 68 students were cited for violating alcohol and drug policies on campus 2023
- 35 students were cited for violating alcohol and drug policies on campus 2024
- ? students were cited for violating alcohol and drug policies on campus 2025

Early Involvement/Referral

Waldorf University utilizes a proactive approach to identifying and assisting students who may be experiencing academic, behavioral, emotional, or substance-related concerns. Information regarding alcohol and drug policies, available resources, and support services is communicated during orientation programs, residence hall meetings, first-year seminar courses, and other student engagement opportunities.

The Warrior CARE referral system continues to serve as an important mechanism for identifying students who may benefit from additional support. Referrals may be submitted by faculty, staff, students, parents, coaches, or community members when concerns arise regarding a student's well-being, academic performance, mental health, substance use, or overall success.

Counseling Services, Student Life, Academic Affairs, Residence Life, Athletics, and other campus partners collaborate to assess concerns and provide appropriate interventions. Students identified through CARE referrals may receive outreach, support planning, counseling referrals, academic assistance, wellness resources, or other individualized interventions.

Students involved in alcohol or drug-related policy violations continue to participate in an educational and developmental sanction process that may include counseling screenings, substance use assessments, educational programming, behavioral interventions, and accountability measures designed to reduce future risk and promote student success.

This collaborative and supportive approach allows Waldorf University to identify concerns earlier, connect students with appropriate resources, and intervene before issues significantly impact student well-being or academic achievement.

Statement of AODA Program Vision

AODA prevention programming at Waldorf University addresses the following goals:

1. Policy Enforcement- To continue to consistently and effectively enforce the campus-wide policy of no alcohol or drug possession or consumption within underclass residence halls. This policy has been long-standing and is therefore relatively straightforward to enforce. The student handbook clearly outlines the policy, and Residence Life staff, along with student staff, assist the Student Life department in enforcement and sanctioning.

2. Culture of Abstinence- To encourage an environment where abstinence from drugs and alcohol is an accepted and respected choice. We expect that a portion of students arrive at the university with the understanding that certain aspects of typical college life will differ.

Expectations for student behavior, including responsible decision-making regarding alcohol, are part of the experience at a Christian-affiliated university.

3. Low-Risk Decision Making- To encourage an environment where low-risk choices are understood and practiced as the norm among students who choose to drink alcohol.
An ongoing campaign utilizing email communication, table tents, posters, and the university website will promote abstinence as well as responsible, low-risk drinking behaviors.

4. Peer Support and Awareness- To encourage an environment where most students recognize risk factors and know how to help a peer, as well as where to access resources for themselves if they or others make high-risk alcohol-related choices. Through student staff training and distribution of educational materials, students will be informed about the warning signs of high-risk drinking, binge drinking, and campus emergency response procedures.

5. Alternative Engagement Opportunities- To provide an environment with a variety of alternative activities in our small rural setting that offer attractive options for students as alternatives to alcohol and drug use. Opportunities for student engagement include sporting events, performing arts, clubs and organizations, guest speakers, intramurals, entertainment events, wellness and recreation programs, off-campus excursions, and residence hall activities.

II. Summary of AODA Program Successes and Room for Improvement

Successes

The University has continued to strengthen prevention and wellness efforts through collaboration among Counseling Services, Student Life, Residence Life, Athletics, Intramurals, Student Activities, and community partners. Warrior Wellness programming has expanded opportunities for students to engage with wellness resources and prevention education in a positive and interactive manner.

Counseling Services utilization remains strong, demonstrating increased awareness of and willingness to access mental health support among students. Expanded outreach efforts, CARE referrals, QR-code scheduling, classroom presentations, and campus partnerships have increased visibility and accessibility of support services.

Intramural participation and student engagement programming continue to provide meaningful alternatives to alcohol and drug use. Student feedback consistently highlights the importance of recreational opportunities, social events, and wellness programming in creating a positive campus experience.

The AODA Committee continues to meet regularly, assess campus trends, support prevention initiatives, and collaborate with local organizations to address emerging concerns. Partnerships with CAUSE and other community organizations have strengthened prevention efforts and expanded educational opportunities available to students.

Room for Improvement

- Continue increasing student participation and representation on the AODA Committee.
- Expand peer-to-peer prevention and wellness education opportunities.
- Increase visibility and marketing of AODA initiatives, prevention resources, and committee activities.
- Continue strengthening collaboration between Counseling Services, Residence Life, Athletics, and Student Organizations.
- Increase educational efforts related to marijuana, vaping, prescription medication misuse, and emerging substance use trends.
- Continue exploring opportunities for late-night and weekend programming that provide alternatives to alcohol and drug use.
- Expand educational programming addressing the relationship between substance use, mental health, sexual misconduct prevention, and student wellness.
- Continue evaluating campus trends through CARE referrals, conduct data, and student feedback to guide future prevention efforts.

III. **Procedures for distributing AODA Policy to students and employees**

Students are given access to the Student Handbook (online only) which contains the complete alcohol and drug policies which they can access at any time through the Waldorf University website.

All students are required to go through a check-in process prior to the start of each academic year. Included in this process is a hand-out in the packet that each student receives that outlines all our alcohol, drug and substance abuse policies, procedures and expectations. The handout also includes and references the web page links on the Waldorf web page for the Student Handbook which has additional alcohol policies listed.

The Athletic Department, through its coaches, creates and administrates additional collaborative alcohol policies and procedures for the athletes. Student Life will inform coaches when their player is documented for alcohol violations on and off campus and coaches will take appropriate action.

The campus AODA policies were distributed to all employees via the Waldorf University website through an email and the earlier mentioned handout on alcohol policies.

Policies to Students and Employees
All AODA policies located on our university website (<https://WWW.waldorf.edu>)

IV. **Recommendations for Revising AODA Programs**

For 2026 & 2027:

- Continue active participation with CAUSE and other community prevention partnerships.
- Expand Warrior Wellness programming and prevention-focused campus events.
- Increase student leadership involvement in planning and implementing prevention initiatives.
- Continue monthly AODA Committee meetings and annual assessment of campus trends.
- Increase marketing and awareness of AODA resources, CARE referrals, Counseling Services, and educational opportunities.
- Explore additional peer education models and student ambassador opportunities related to wellness and prevention.
- Continue collaboration with Athletics, Residence Life, and Student Organizations to identify emerging concerns and proactively address student needs.
- Evaluate conduct, counseling, and CARE referral data annually to guide future prevention strategies and resource allocation.

(Original signed copy available in the Office of Student Life-Campus Center)

_____

Drug and Alcohol Committee Chair/Date :

_____

Robert A. Alsop, Waldorf University President/Date