Exploring Trends and the Impact of Collegiate Alcohol and Other Drug Use: “Intervention always works”
Everybody drinks in college...
There is nothing to do at MU but party till ya puke...We are so far out there that all you can smell is manure!
Everybody smokes pot...just walk into the Suites, you smell it in the dorms all the time...
Wink, wink, nudge, nudge. Well...we know that college students are gonna drink...
Collegiate AOD use as portrayed by the media and and many students, families faculty and staff, is a false narrative. The story is not true.

- Tell the other story... the rest of the story.
- Challenge the “False Consensus”

- Cautionary note: Do not become a State Police Officer or your parent.
“What elephant?”
Reduce Risk
Reduce Harm
“Intervention always works”

Robert Chapman Ph.D
More than 60% of MU students socialize by drinking 4 or less drinks. Almost
Over 20% didn’t drink last month
Almost 80% drank a six pack or less.
Most abusers of alcohol and other drugs eventually outgrow it.
Many college students can use pot recreationally.
Maturing Out

Frequency & Amount

Freshman  Sophomore  Junior  Senior

Frequency & Amount
College Alcohol Survey

Alcohol was involved in:

- 29% of dropouts
- 38% of academic failures
- 64% of violent behaviors
- 66% of unsafe sexual practices
- 78% of acquaintance rape
1,825 college students die each year of alcohol related unintentional injuries including car crashes. That’s 50 per week!!

70,000 students are sexually assaulted in alcohol related incidents

500,000 unintentionally injured
Other Less Good News

- In spite of years long downward trend college students are drinking to higher BACs.
- Women are drinking to higher BACs.
- Some other drugs dramatically on the rise.
Naïve students...

- Freshmen or transfer students with little or no experience and no tolerance are at high risk of alcohol poisoning, sexual assault, police involvement, academic or career altering consequences etc.

- Good news: They’re are also very malleable, teachable and wonderful.
High-Risk Drinker Profile

- **Students who drink MOST include:**
  - Males
  - Whites
  - Members of fraternities and sororities
  - Athletes
  - Some first year students

- **Schools where excessive drinking is more likely to occur**
  - Greek systems dominate
  - Schools in Northeast

- **Schools where excessive drinking is least likely to occur**
  - 2–year institutions
  - Religious/Commuter Schools
  - HBCUs
GOOD

LESS GOOD
Understanding the Stages of Change
Prochaska and DiClemente

- Pre–contemplative
- Contemplative
- Planning
- Action
- Maintenance/Relapse
It's Your Choice
Understanding the role of expectations

- George Parks $90,000 bar...
Snowball exercise

Snowballs

Remember that this is totally anonymous.

Did you drink in the last year?  No  Yes

Did you drink in the last month?  No  Yes

When you party do you drink  0–4  5–10  11 or more

Do you drink 6 or less when you drink?  Yes  No

Did you smoke pot this month?  Yes  No

Do you have a grandparent, parent, sibling, aunt or uncle with an alcohol or other drug problem?  20–75% CUD Family
The monitor card.
Grab your BAC cards

- How many drinks when you socialize?
- How many standard drinks do your drink?
- Subtract one drink for each hour you party.
- Find # of drinks in left hand column.
- Find your body weight.
- What is your average BAC?
- How much does your BAC rise with each standard drink?
- How many days per week do you socialize?
- Multiply # per setting times # of times per week times 4 for the number of drinks per month.
- Pint, Quarts, Gallons, Barrels! 7.97gals/15.47gals
- Multiply drinks per month by 140 calories per beer.
Did you know going to bed at 2am after Thirsty Thursday with a BAC of .20 will produce a BAC of .08 at 10am and you will not be sober till 4:30pm. How many drinks would it take for you to have a BAC of .20 in 3 hrs.?
5 Blue Drops
The Alcohol Self-Survey
Echeckup to Go
Quantify how to get all the good stuff and none of the less good stuff.

- BAC
- Drinks/hour
- No liquor
- Measure standard drinks
Consent and incapacitation

What is the #1 Date Rape Drug on college campuses?

- **Consent**
  1. Clear knowing and voluntary.
  2. Active not passive
  3. Silence is not consent.
  4. Consent today doesn’t mean consent tonight

- **Incapacitation**
  1. Can’t make a rational decision
  2. Slurring words, staggering, repeating self

- **Bystanders**
  1. Listen to your guts/conscience
  2. You have great power
  3. Intervene
Responsible Action Policy (RAP)

- PA State Law
- MU Policy
Passing Out – An Alcohol Emergency

- Signs of Alcohol Poisoning
Know the signs.

- If a person is vomiting
- Is hard to awaken or has passed out
- Cannot be awakened
  Has blue lips, clammy skin or nail beds
- Not breathing

Know what to do.

- Keep them from choking, drowning in toilet or harming themselves. Stay with them
- Turn on left side
  Keep them awake. Call 911
- Call 911
- Call 911
- Call 911
  Do CPR (if trained)
A Good thing about starting later than sooner

90% of addictions begin in the teenage years

Drugfree.org

The Partnership at
Tolerance

- Tolerance occurs at the cellular level
- Tolerance leads to dependence or addiction

Tolerance is NOT a good thing
A Matter of Perspective

Cold  Warm  Hot
Myth: MU students believe that 15% drink daily.
Reality: 1.8% drink daily
   19% of College Students didn’t drink alcohol last year
   21% of MU Students didn’t drink last year

Myth: MU students believe that .04% didn’t drink last month
Reality: 32.5% of college students did not drink alcohol last month
   37.7% of MU students didn’t drink in last month
Myth. MU students believed that 93.4% of students smoked pot.

46% of high school students tried pot.

51% college students use and illicit drug last year last year

40% of college males and 32.6% of females used pot last year

27.8% of males and 15.9% of females used last month

8.7% of males and 2.9% of females used daily
The good things...

Pot:

- It is organic.
- It is decriminalized and legal in many places.
- It’s legal in CO and WA
- It has “legitimate” medical properties.
- You can’t OD on pot.
- You typically don’t fight or rape when you’re stoned.
- It helps some people to be creative and connect with their spirituality.
- There are no calories in pot.
- For many it is easier to get than alcohol.
- It shouldn’t have been criminalized in the first place.
Let’s be honest here...

- Pot – Yes...It is addicting—Motivation, memory, concentration, GPA. Can’t see impact till try “the experiment”.
- Can’t handle boredom. Have to be high to enjoy Friends, TV, Video Games etc.
- Pot ADHD/Depression/Anxiety
- DUI
Study of 23,500 driver fatalities
28% deaths due to alcohol
12% deaths due to pot
Drivers under the influence of alcohol are 13% more likely to have a fatal crash than a sober person.
Drivers under the influence of alcohol and pot are 24 times more likely to die than a sober person.
Impaired Driving in CO:

- Overall, Traffic fatalities decreased 14.8% from 2007–2012. During those same 5 years fatalities involving operators testing positive for marijuana have increased 100 percent.
- The majority of driving- under- the- influence- of- drugs arrests involve marijuana and 25 to 40 percent were marijuana alone.
- Toxicology reports with positive marijuana results for driving under the influence have increased 16 percent from 2011 to 2013.
Top three reasons for admission to rehab

#1 Alcohol
#2 Opiates
#3 Marijuana was #2 until fall of 2013.
Those who use 15 or more times per month are 2x more likely to drop out compared to those who smoke only a few.

Recent study shows using 3 times per week is the demarcation point for crossing over to the dark side.

Chronic pot users score 8pts lower than pre-stoner testing on IQ tests

Motivation/Concentration/Short term memory. Executive function.

GPA .17
Developing brain: First time measured in light users vs heavy users.

- \(N=40\) college students 18–25 who were weekly users but not dependent vs control of non-users.
- Nucleus accumbens and amygdala where misshaped and amygdala larger than control group.
- This was previously only known of those with significant cannabis use disorders.
- This is the area of brain involved with long term memory, motivation, emotion and reward and addiction.
Spice

- Yes... It is addicting too!
- It binds to cannabinoid receptors 1000 more strongly than pot.
- Unknown/morphine,
- Frieburg University Study
- Hospitalizations/Panic attacks
- “The Powder”
- Acid, Schrooms, Salvia
- Adderall, Ritalin, Meth, E/MDMA, Bath Salts, Panic, Hospitalizations,
- Coke/Crack
- Xaneys, Ativan, Valium, etc. 1=3
- Vicodin/Oxy, $40–$50/tab, Opana, $70–$80/Heroin, $5/bag Withdrawal after two–three days, Suboxone
- I am not a dealer…… 2 Choices
You can’t Change Collegiate Drinking Culture!

- My generation didn’t wear seat belts as teens and young adults but I hear “Cranpa wheres your seatbelt before the key is in the ignition.
- My grandparents generation’s Tour de France athletes believed smoking improved lung capacity.
- My father’s generation saw smoking as harmless. But only 6% of MU students smoke cigarettes.
- Previous generations routinely drove under the influence but 86% of MU students use a designated driver.
- You can transform culture. But it takes a village.
“Intervention always works.”

Robert Chapman Ph.D.
Student Affairs

- AOD Steering Committee Strategic Plan
- Counseling Center Assessment, Treatment, BASICS and Outreach
- Social Norms Committee
- Judicial Affairs Sanction for AOD including Assessment, Individual Counseling or BASICS
- Alcohol Zombies and You
- Stall Talk, PEs, Social Norms Campaigns
- ACHA and other research
- Health and Wellness 175
- Athletics PLCB grant all teams
- Baseball, Wrestling, Field Hockey
- FYE Classes
Clearly state expectations regarding attendance and participation in your syllabus
Caution students about the impact of AOD in each Syllabus.
Suggest that they take the Alcohol Survey and eTOKE.
Challenge the false consensus.
Take advantage of teachable moments and help students learn to balance social and academic life.
Bring up AOD use during advisement, particularly if a student is struggling. “How often do you drink or get high?”
Make a referral. Only 4 faculty referrals since 2005.
Faculty Opportunities to Help Transform the Culture (cont)

- Curriculum infusion of alcohol and other drug related issues.
- Create an AOD assignment or research project
- Classes, test and quizzes on Friday
- Projects due on Monday and Tuesday.
- Reinforce how to avoid and handle alcohol poisoning.
- Include AOD education in FYE as was originally intended.
- Remind them of MU’s Responsible Action Policy (RAP)
- Teach with your example. Break the “NO TALK RULE” about alcohol and other drugs and challenge the “False Consensus”.
Protocol for Expressing AOD Concerns to your Students

- If needed, please call the AOD Guy for support
- Remember, "Intervention always works"
- Approach students in private
- Express concern in sensory feedback. “Just the facts M’am.”
- Suggest an appointment with AOD Counselor.
- Respect their right to choose and suggest Echug or Etoke if they decline.
- Follow up with a note or in private.
- Call the AOD Guy with questions.
Average Number of Drinks Per Week by GPA

Source: Core Institute, 1996

Grade point average (GPA)

A

B

C

D or F

# of drinks per week

0

1

2

3

4

5

6

7

8

9

10

11

12

3.3

4.8

6.1

9.0

Average Number of Drinks Per Week by GPA

Source: Core Institute, 1996
Help

- FYE classes
- Refer to The AOD Guy
- AA
- NA
- Recovery Anonymous?
- Online Recovery Groups
- IOP
  - Freedom Center
  - Rehab After Work
- IP Caron/Parents Insurance
The AOD Guy

- Counseling Center
  871-7822
  John.Baltzer@Millersville.edu
- Echeck-up to go CC Home Page
- Alcohol Survey”

“
Thoughts/Questions?

John at the Counseling Center. 872-3122
John.Baltzer@Millersville.edu
Addiction Sculpture

- Stage 1: Infatuation
- Stage 2: Seeking the High
- Stage 3: The Beast

- Faculty/Staff

- Family (Disappointed/denigrating)
- Helpers “Try harder””Come on, you can do it.”