





## Please stand by. The webinar will begin momentarily.





#### **RECORDING NOTICE**

This webinar will be recorded.

The presentation, video archive (including closed captioning), and a written transcript will be posted to www.stopalcoholabuse.gov.









# College Drinking: Prevention Perspectives from the Field

A virtual panel discussion and soft launch of the College Drinking: Prevention Perspectives video series







## MODERATOR Jane Tobler

Project Director, Underage Drinking Prevention Education Initiatives, Vanguard Communications



## COLLEGE DRINKING: PREVENTION PERSPECTIVES VIDEO SERIES

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#### A new resource for:

- Institution of higher education professionals;
- Parents of college-age youth; and
- Prevention and education-focused organizations.

#### **Demonstrates how to:**

- Implement effective strategies to prevent underage drinking in campus communities; and
- Work with the community on prevention efforts.



## PARTICIPANT TIPS

#### For this webinar:

- Use the chat box (on the lower left) to submit technical problems.
- Use the same box to submit questions for presenters.
- Submit questions at any time. Please do not hold your questions until the end.



### **MEET THE PANELISTS**



## PANELIST Dr. Vivian Faden

National Institute on Alcohol Abuse and Alcoholism (NIAAA),
National Institutes of Health, (NIH)





#### PANELIST Marion C. Pierce

Center for Substance Abuse Prevention (CSAP), SAMHSA





### PANELIST John Ruyak

Student Health Services, Oregon State University



#### **NEW VIDEO SERIES**

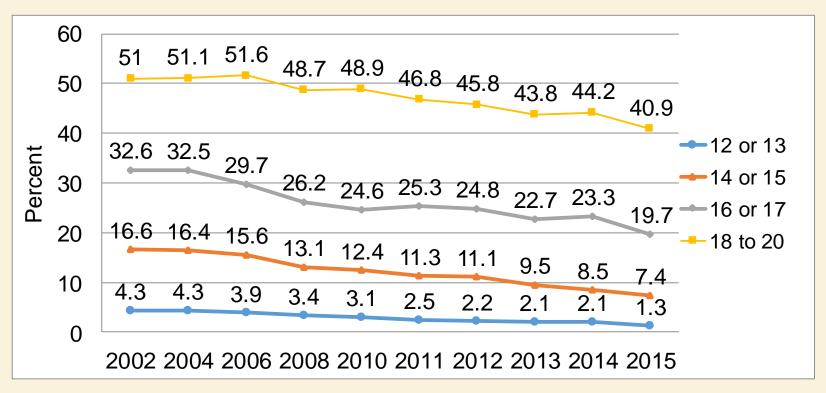
#### College Drinking: Prevention Perspectives





#### A STEADY DECLINE

#### Past-month alcohol use by 12- to 20-year-olds



Center for Behavioral Health Statistics and Quality (2016). 2015 National Survey on Drug Use and Health: Detailed Tables.



#### **CONSEQUENCES FOR STUDENTS**

## Underage drinking has short- and long-term consequences for students, including:

- Academic failure;
- Increased risk of future alcohol dependence and/or alcohol use disorders;
- Injury and death;
- Assault and sexual abuse;
- Unsafe sex; and
- Legal repercussions.











## COLLEGE DRINKING: PREVENTION PERSPECTIVES

## The College Drinking: Prevention Perspectives video series demonstrates how to:



- Tackle underage drinking with limited resources;
- Implement underage drinking prevention programs;
- Engage community partners in prevention efforts; and
- Account for differences in student culture and the surrounding campus community.

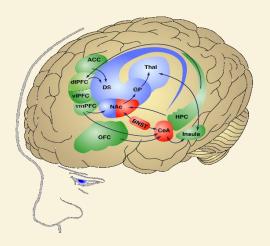


#### **PREVENTION IS KEY**

## Effects of alcohol on a college student's brain (still developing until the mid-20s):

- Short-term: Drinking causes problems with decision-making and the ability to recognize potential danger, which can lead to tragic consequences.
- Long-term: Alcohol can affect the development of the frontal cortex, which is responsible for cognition and decisionmaking—and those functions can be affected into adulthood.



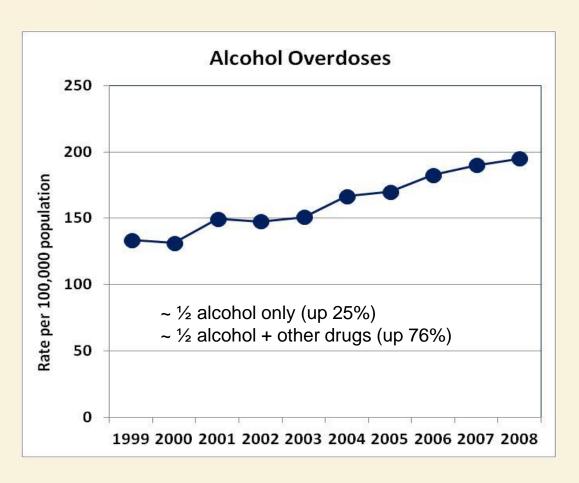




#### PREVENTION IS KEY

A 67% Increase In Hospitalizations Related To Alcohol Overdoses In 18to 24-Year-Olds Between 1999–2008







## Oregon State University partnered with the city of Corvallis to:

- Highlight the central role of campus and community partnerships in shaping meaningful prevention efforts;
- Bring multiple voices to the table; and
- Create opportunities for campus and community policy advocacy.







#### **Community collaboration in action:**

After a challenging Halloween, Oregon State...

- Convened a group of campus and community stakeholders, including law enforcement;
- Discussed large scale changes for addressing high-risk events; and
- Identified the EMS as one of the university's biggest allies.



## Oregon State University partnered with the city of Corvallis to also:

- Utilize data and information sharing.
- Seek out powerful community voices.
- Spark crucial conversations gaining key stakeholder buy-in.





## COLLEGE DRINKING: PREVENTION PERSPECTIVES

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#### "Lessons Learned at Frostburg State University"





## "LESSONS LEARNED AT FROSTBURG STATE UNIVERSITY"

#### Frostburg's actions included:



- Offered Friday classes to discourage Thursday night drinking;
- Hosted alcohol-free dance parties;
- Helped fund extra officer to patrol neighborhoods on party nights;
- Made an online class about college drinking mandatory; and
- Trained student leaders using same training bartenders received to spot problems at parties.



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## COLLEGE DRINKING: PREVENTION PERSPECTIVES

#### "Lessons Learned at Frostburg State University"





#### **Oregon State's community partnerships:**

 Develop sustained prevention impacts through Collaboration Corvallis.



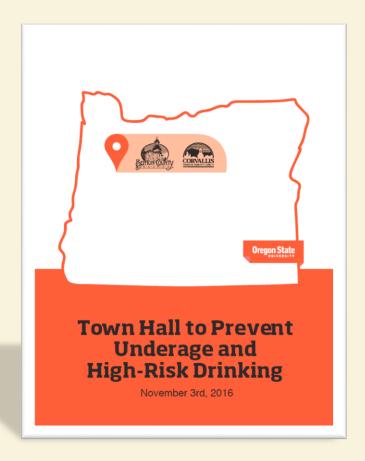




## Oregon State's community partnerships (cont.):

 Engage community stakeholders in prevention efforts through Communities Talk: Town Hall Meetings

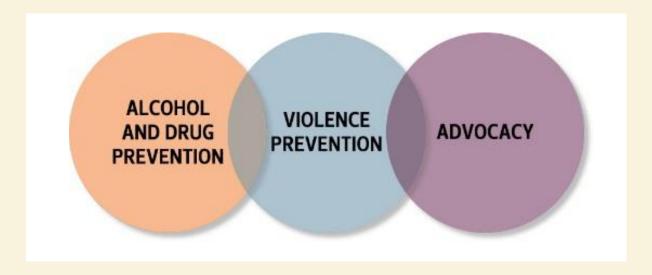






#### Oregon State's community partnerships (cont.):

 Utilize OSU's Prevention and Advocacy Coalition as a strategic hub.





## Oregon State's community partnerships create institutional buy-in for change.

- Within our campus communities, speak to overarching goals;
- Link to goals for student development (Student Affairs); and
- Link to goals of the university.





### NIAAA's CollegeAIM

## The College Alcohol Intervention Matrix (*CollegeAIM*):

- A resource from NIAAA to help schools address harmful and underage student drinking.
- Developed with leading college alcohol researchers and staff, it is an easy-to-use and comprehensive tool to identify effective alcohol interventions.







### NIAAA's CollegeAIM

#### CollegeAIM makes research easy to "use."

- Developed for school officials, particularly alcohol and other drug (AOD) and student life staff.
- Designed to inform and guide them as they choose interventions for their campus communities by allowing them to compare a range of strategies.

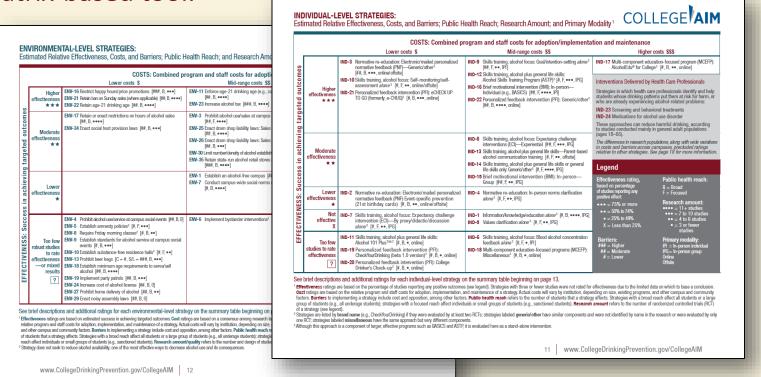




### NIAAA's CollegeAIM

The Centerpiece: The centerpiece of the guide: a user-friendly,

matrix-based tool.





### HOW SCHOOLS CAN USE CollegeAIM

#### With the help of CollegeAIM, school officials can:

 Review the individual and environmental matrices to identify highly-rated strategies likely to reduce drinking and its harmful consequences.



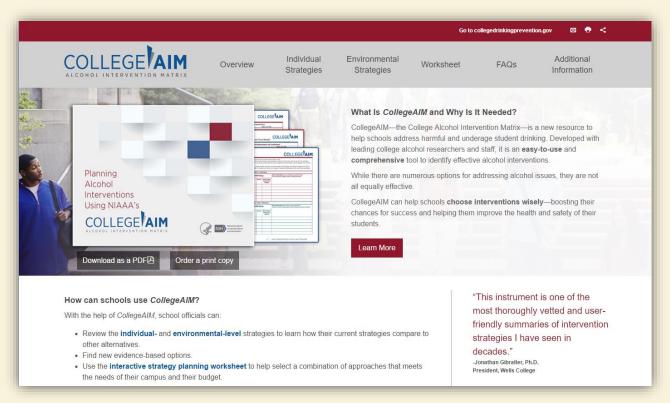
- Compare current interventions to possible alternatives.
- Find new evidence-based options to consider.
- Use the interactive strategy planning worksheet to select a combination of approaches that meets the needs of their campus and budget.



## HOW SCHOOLS CAN USE CollegeAIM

#### For more information, visit:

www.collegedrinkingprevention.gov/CollegeAIM





## **QUESTIONS**

#### **ASK A QUESTION**

#### There are two ways to ask a question:

**Online:** Type your question in the lower left hand chat box.

**By phone:** Dial "star 1" on your phone to be placed in the queue.

 Be sure to tell the operator your name as you wish it to be announced.





For additional questions, e-mail: info@stopalcoholabuse.net

Today's presentation will be available on:

www.StopAlcoholAbuse.gov

### **FINAL THOUGHTS**

## WHERE TO FIND CollegeAIM

#### For more information, visit:

www.collegedrinkingprevention.gov





## SAMHSA UNDERAGE DRINKING PREVENTION RESOURCES



#### Website

www.stopalcoholabuse.gov/townhallmeetings







### SAMHSA UNDERAGE DRINKING PREVENTION RESOURCES



The Sound of Your Voice Video and Parent Guide

The Sound of Your Voice encourages parents to talk with their college-bound young adults about alcohol use before and during their freshman year.

#### enzimenta from often storr fellow students, una pipohol.

Alcohol avoidance can help a student keep academic

plans on track; alcohol use can disrupt a future.

College can everwhelm new students as they also with

responsibilities that come with being on their pwin. It can

be so challenging that about one third of find year students. fall to entit! for their second year." Some students may use stocked as a way to cope with

is common and socially expected among their new friends.

changing social and academic expectations and the

TRANSITIONING TO COLLEGE

20 year-clos excelers characterly. Overall, full time first year students sould to divid more than their poors who do not attend politique—and suffer significantly more attorior

LEARN ABOUT COLLEGE ALCOHOL POLICIES AT



Decome familiar with the school's prodel use policy boother

online course in alcohol use prior to arriving on campus?

. How might existion from a residence hall, being released.

from a team, or loss of a scholarship affect your young.

between parents and shubants can augport academic success. Contact the college your young adult will be attending for

or taking about alcohol.

. Does the school have different senctions for student athleses and those attending on scholarship?

Does the school require new students to complete a



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#### Find these resources and more at:

SAMHSA UNDERAGE DRINKING

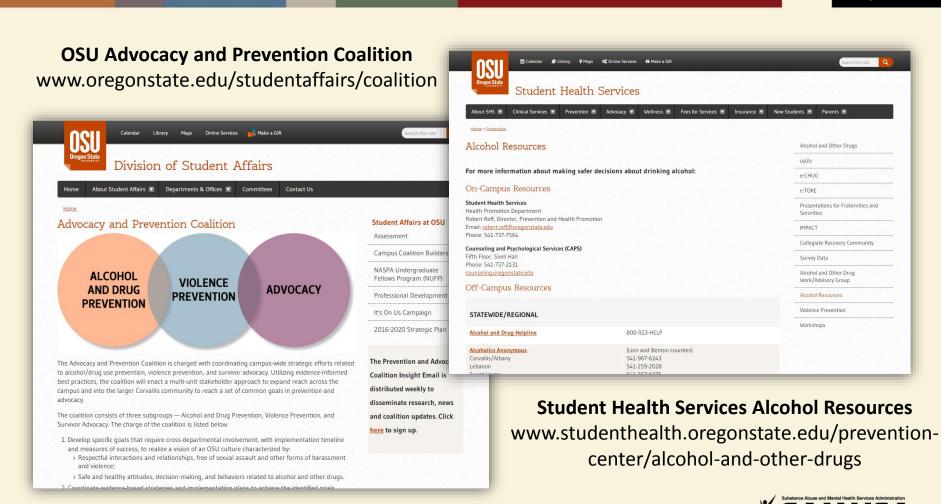
PREVENTION RESOURCES

www.stopalcoholabuse.gov





#### **OREGON STATE RESOURCES**









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