

THE ALCOHOL SUMMIT

UNDERSTAND THE ISSUES FACING SJU &
WORK TOGETHER TO FIND SOLUTIONS.

MARCH 1, 2016

BROUGHT TO YOU BY THE ADVISORY COUNCIL ON ALCOHOL, DRUGS
AND STUDENT HEALTH

11:15am-12:15am: Scope of the Problem

- Student alcohol behaviors at SJU compared nationally
- Impact of alcohol use on academic success, persistence and retention as well as memory formation and learning
- High risk drinking rates and outcomes
- Connection between alcohol use and sexual violence

Today's Agenda

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12:15pm-1:30pm: Lunch and Student Panel

- Numerous students will share their experiences and perceptions regarding alcohol culture at SJU

1:30pm-3:00pm: Discernment of Solutions

- In small groups, we will discuss individual and community strategies and next steps for supporting our students

Risk Factors for Alcohol Use: Institutional Characteristics

In a national study of over 12,000 students, it was found that students who:

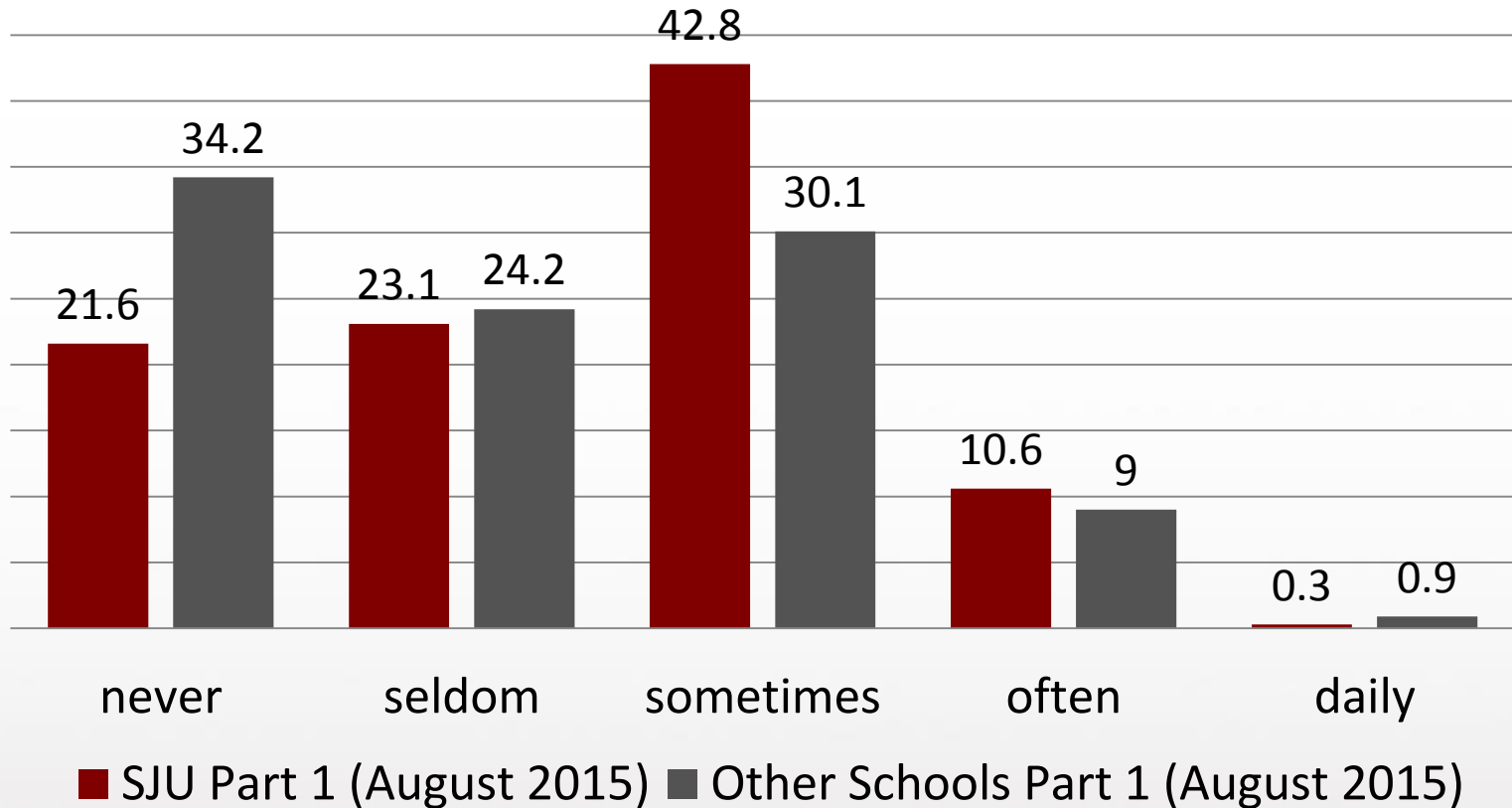
- Attend private schools
- Attend religiously affiliated schools
- Attend a school in the North East of America
- Attend a school with less than 10,000 students

Those students are more likely to:

- Exhibit heavier drinking and
- Have a higher incidence of problems related to drinking

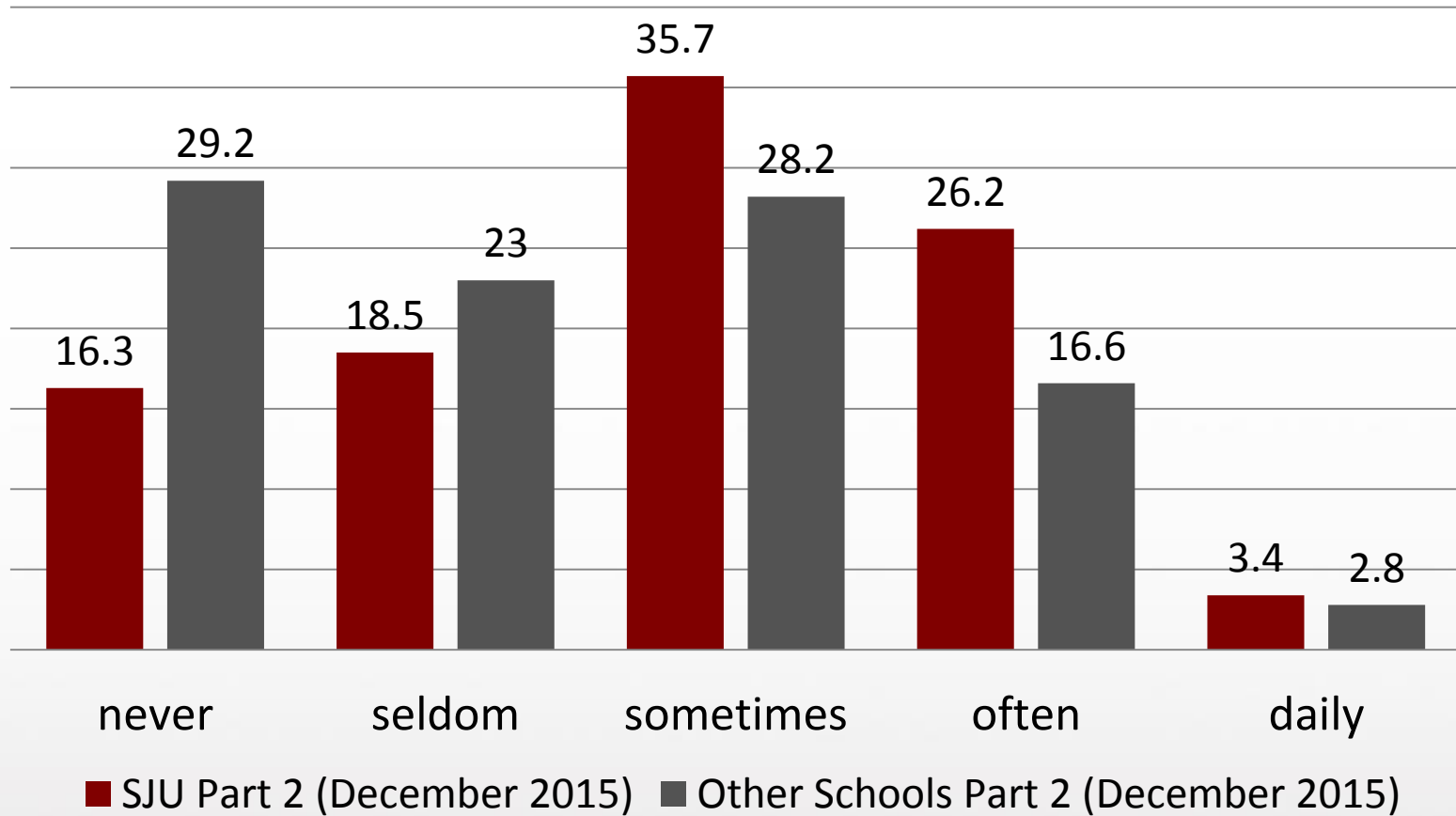
Ruth Engs, et al. 1994

Class of 2019 Drinking Rates in August: Pre-enrollment



Campus Clarity, 2015

Class of 2019 Drinking Rates in December



Campus Clarity, 2015

Perception Vs Reality

In the last 30 days, how many days do you drink alcohol?

_____ Never, I don't drink

_____ Between 10-19 days

In the last 30 days, how often do you think the typical student at your school drinks alcohol?

_____ Never, I don't drink

_____ Between 10-19 days

National College Health Assessment, 2014

Perception Vs Reality

In the last 30 days, how many days do you drink alcohol?

14% Never, I don't drink

16% Between 10-19 days

In the last 30 days, how often do you think the typical student at your school drinks alcohol?

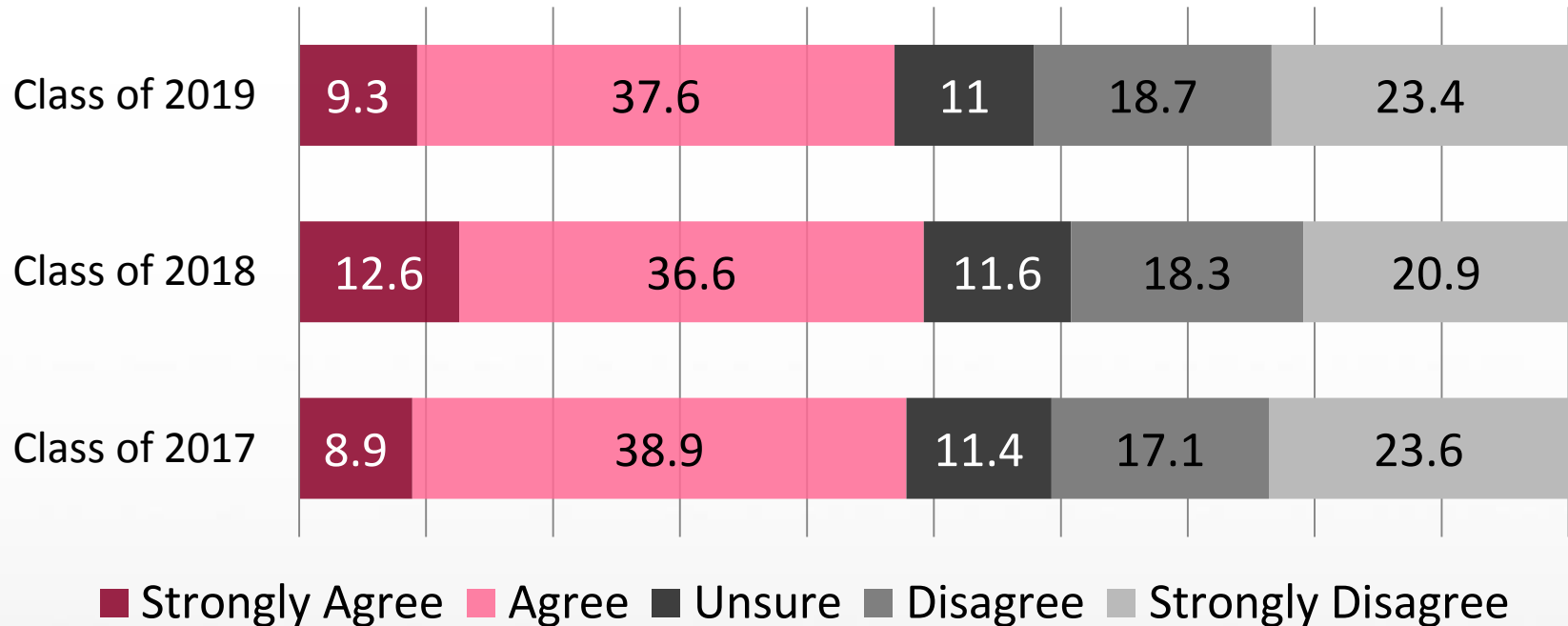
1.4% Never, I don't drink

41% Between 10-19 days

National College Health Assessment, 2014

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"I often drink a lot of alcohol very quickly before going out (pre-game)"



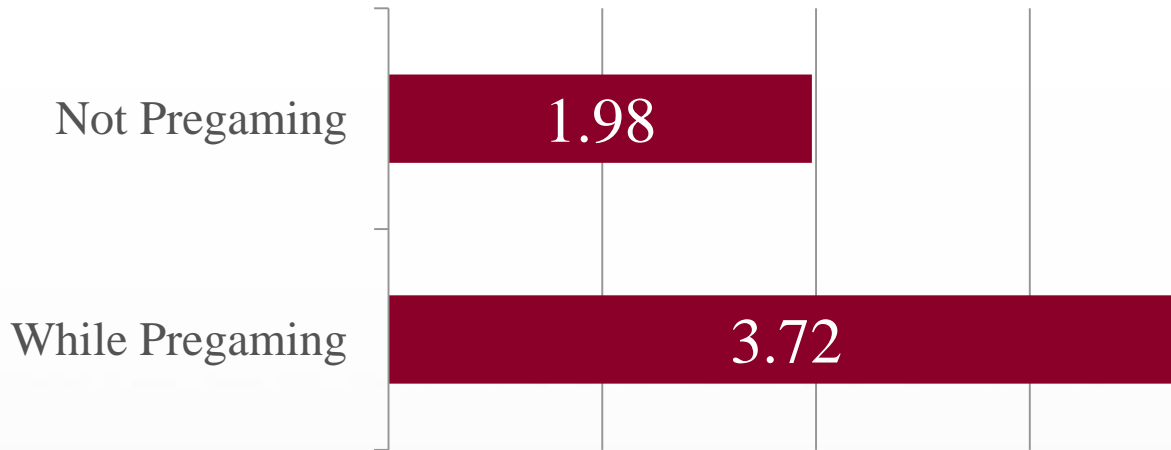
Almost half of all SJU freshman report *pre-gaming often* in their first fall semester.

Campus Clarity, 2012-2015

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Average Amount of Alcohol Consumed

■ Amount Consumed



Those who pregame are more likely to use all other drugs from cigarettes and steroids to cocaine and heroin.

Pregame with Liquor	Pregame with Beer	Pregame with Other
43%	32%	25%

EveriFi, AlcoholEDU 2013

Top 10 Reasons Why Students Choose to Pre-Game

- 72% To get a buzz before the event
- 53% To **feel more comfortable** when I get to the event
- 50% To drink in a **safe place with friends** who will look out for me
- 47% To save money so I don't have to buy as much when I'm out
- 43% To get around tough restrictions of alcohol at the event
- 37% To make it **easier to talk** to someone I'm attracted to
- 34% To play drinking games
- 34% To **feel more connected** to my friends
- 32% To make it **easier to hook-up** at the event
- 31% To make it **easier to connect** with people at the event

6 out of 10 reasons are related to Social Anxiety

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What are the Top Predictors of Success in College?



Top 5 Predictors of Success in College

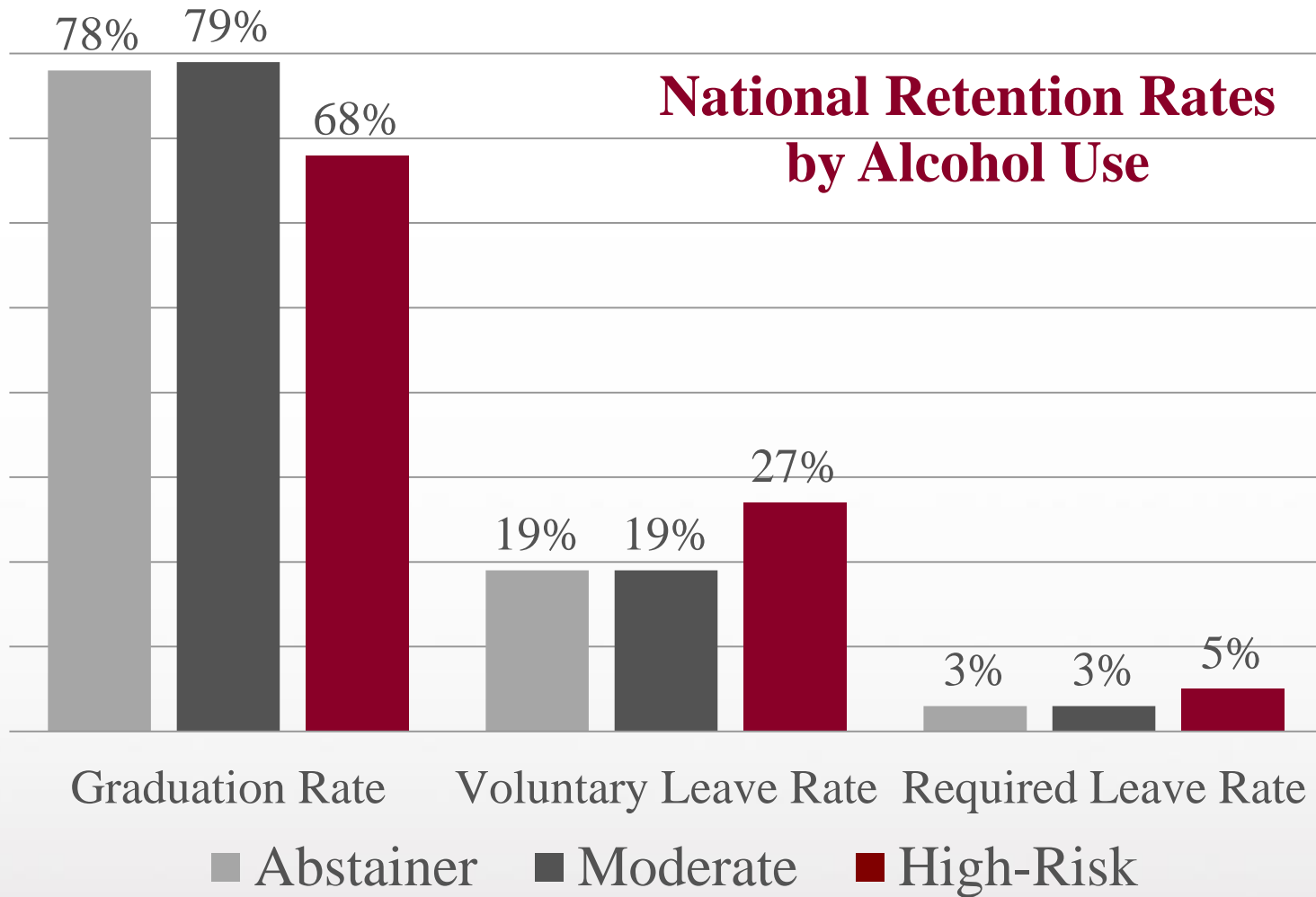
1. Studying outside the classroom 

2. Alcohol consumption 

3. Attending classes 

4. Volunteering 

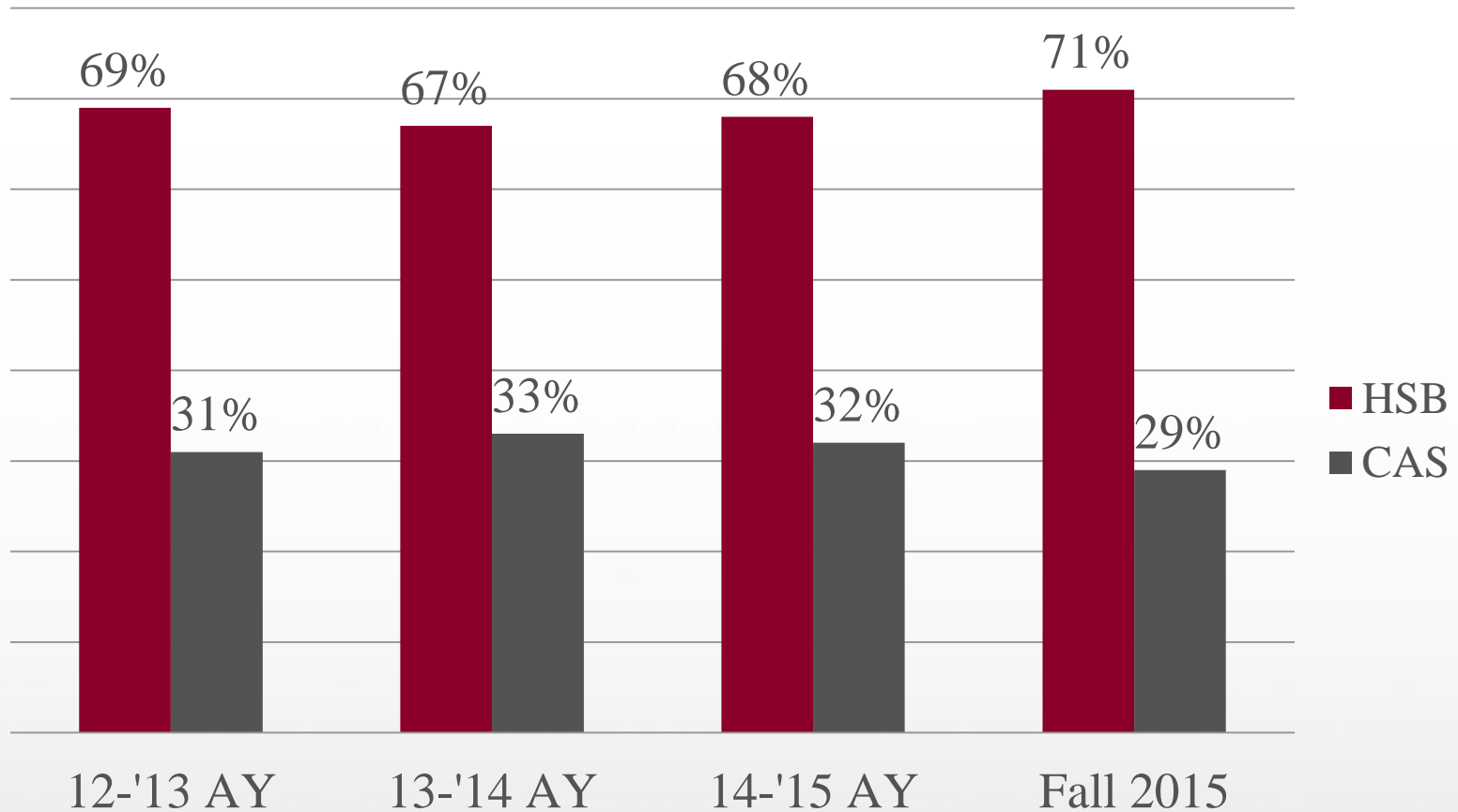
5. Watching TV/online activity 



EverFi Report, 2011

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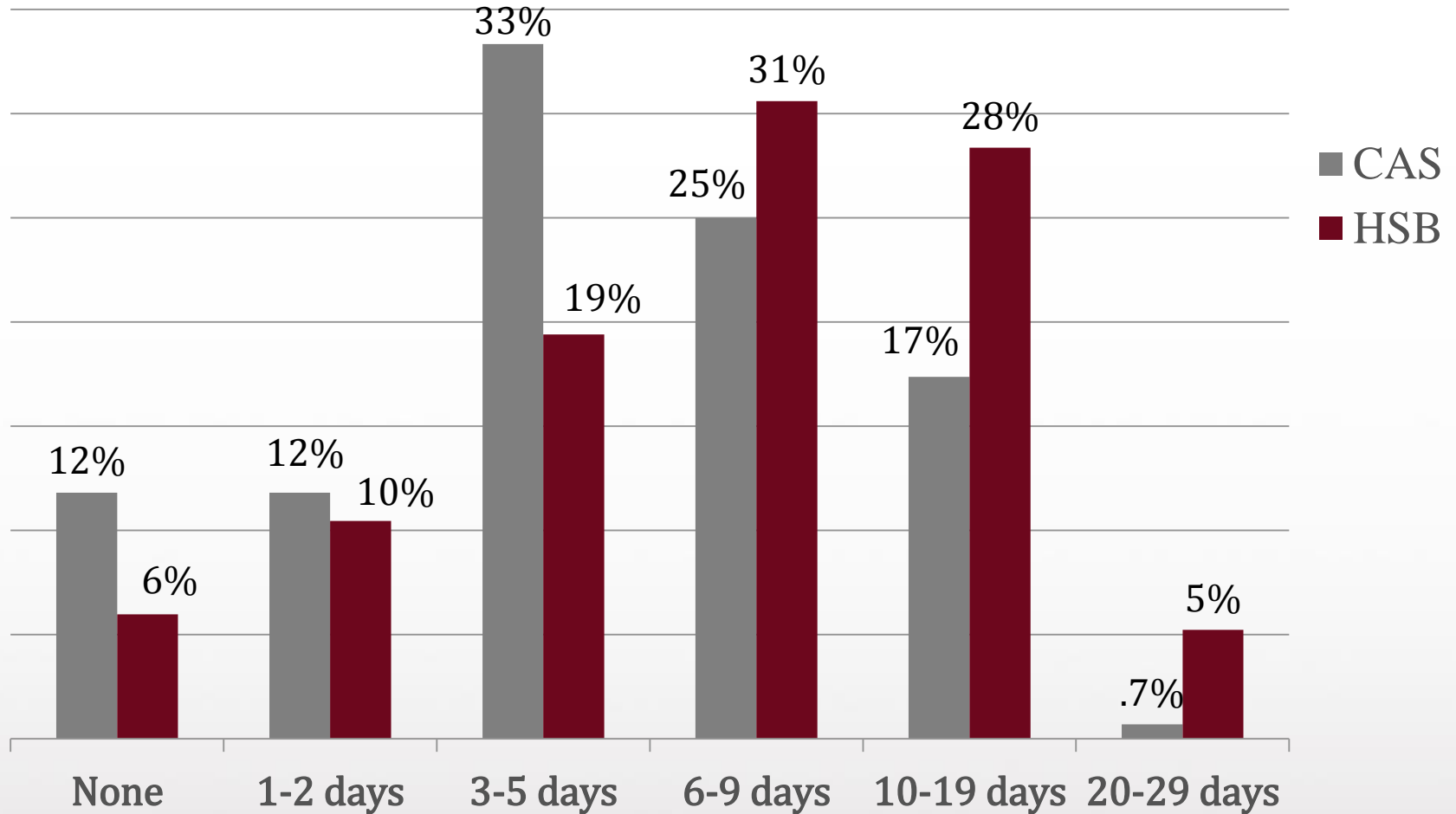
Total Alcohol Violations by School



Wellness, Alcohol & Drug Education (WADE)

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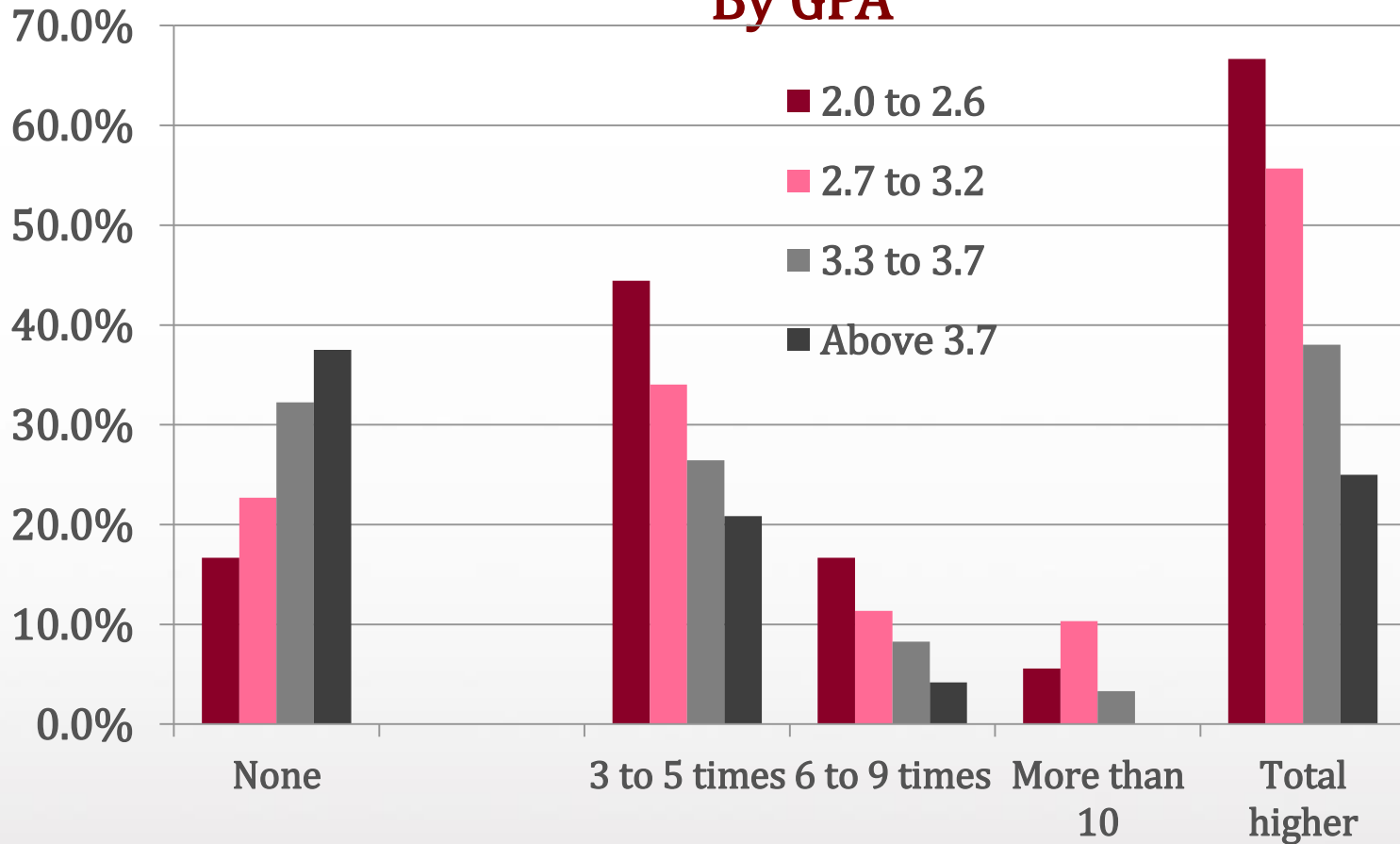
In the last 30 days, how many days did you use alcohol?



WADE Classroom Survey

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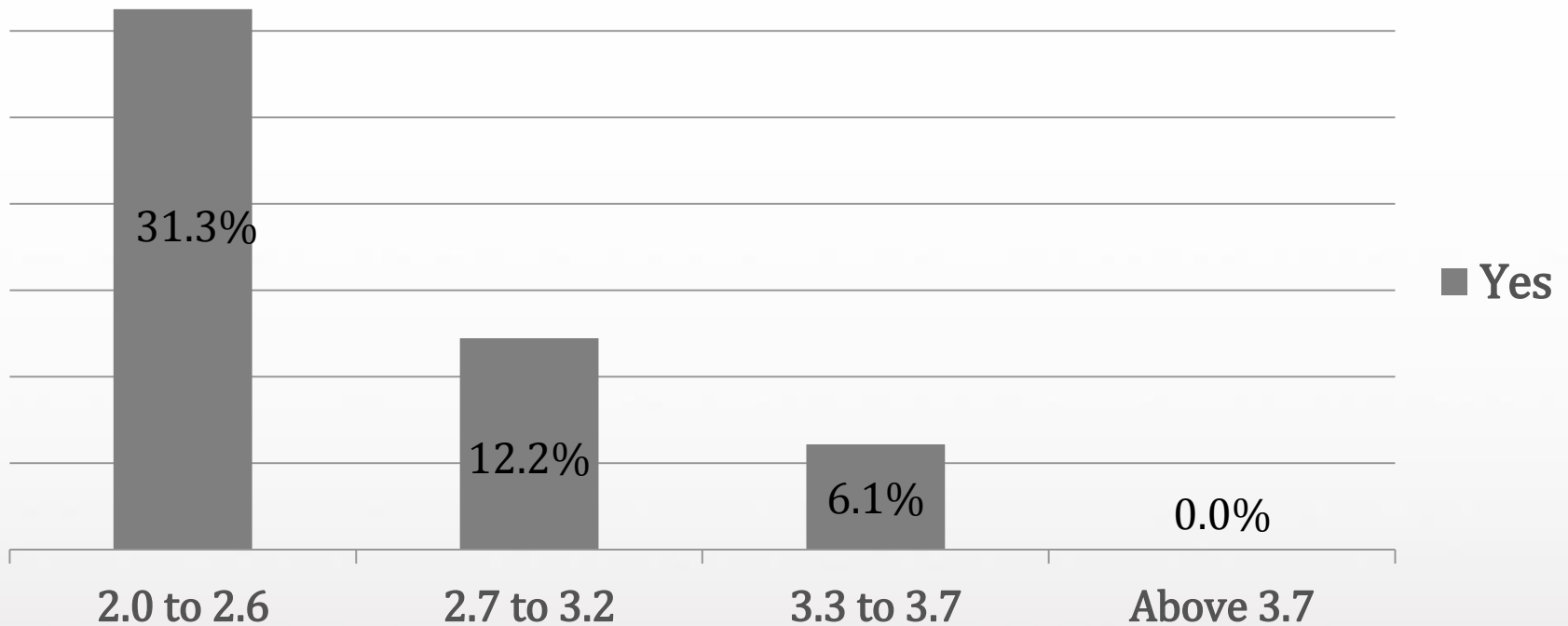
In the last 30 days, how many days did you use alcohol? By GPA



WADE Classroom Survey

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In the past 12 months, do you believe that your alcohol use has impacted your academic performance –
Negative impact on my GPA



WADE Classroom Survey

Other Findings from Feb. 2016 survey

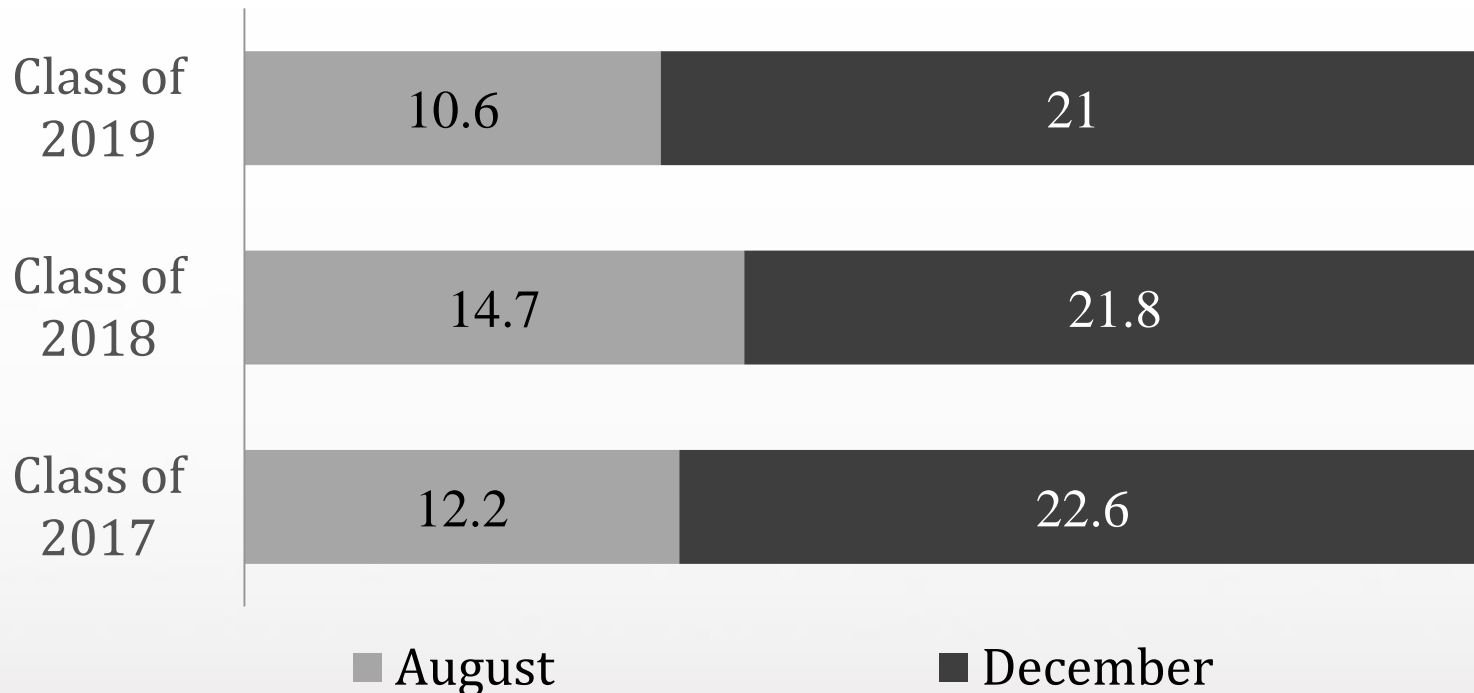
- 60% of these Sophomores and Juniors report “pre-gaming”
 - No difference if you are involved in activity/service/club
- 45.4% of our students who drink reported doing something they regretted
- 41% of our students in this survey who drink have blacked out/forgotten what they did

Other Findings from Feb. 2016 survey

- The group with the highest-risk drinking in terms of activities was **Intramural Athletes**
- **Honors students** are the least likely to engage in extreme risky behaviors
- Number of drinks last time out
- Number of drinking days in the last 30 and
- Number of “partying days in the last 30 were
ALL linked to a negative impact on a student’s GPA

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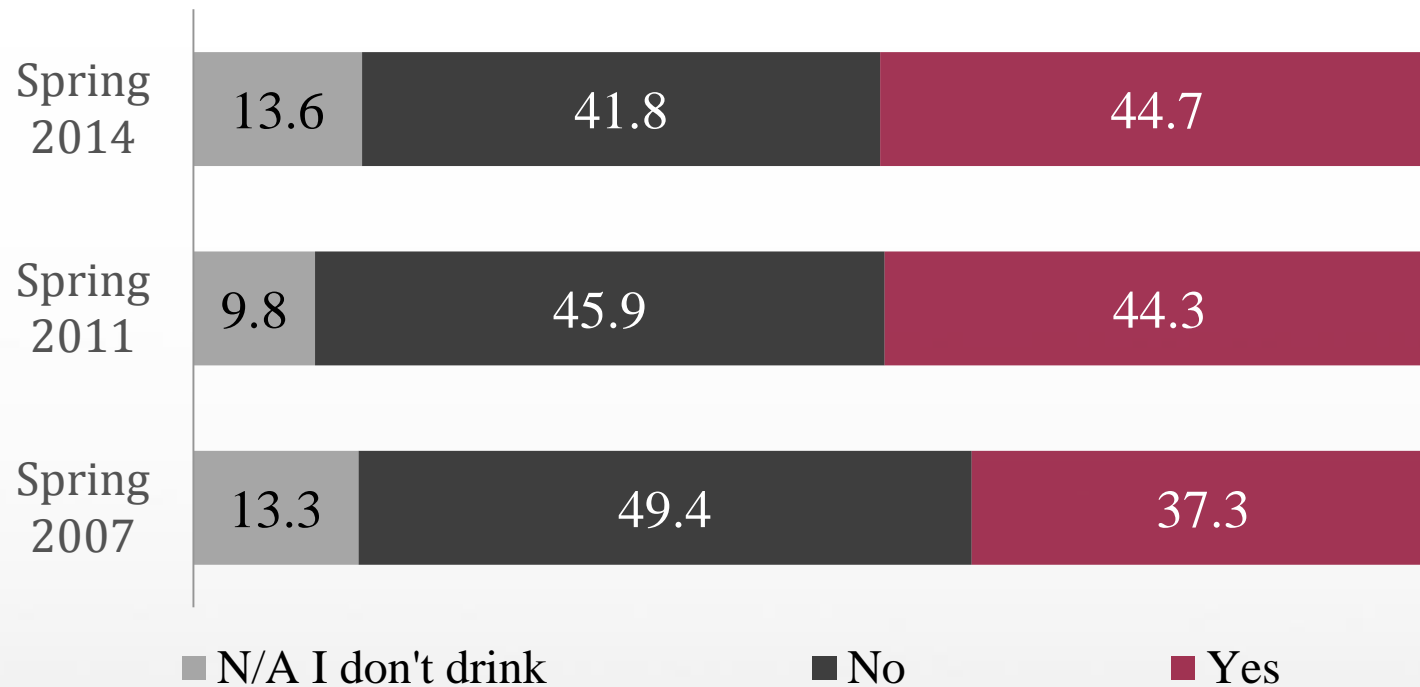
Yes responses to: “I have blacked out (lost memory) from drinking in the past 30 days.”



Campus Clarity, Inc.

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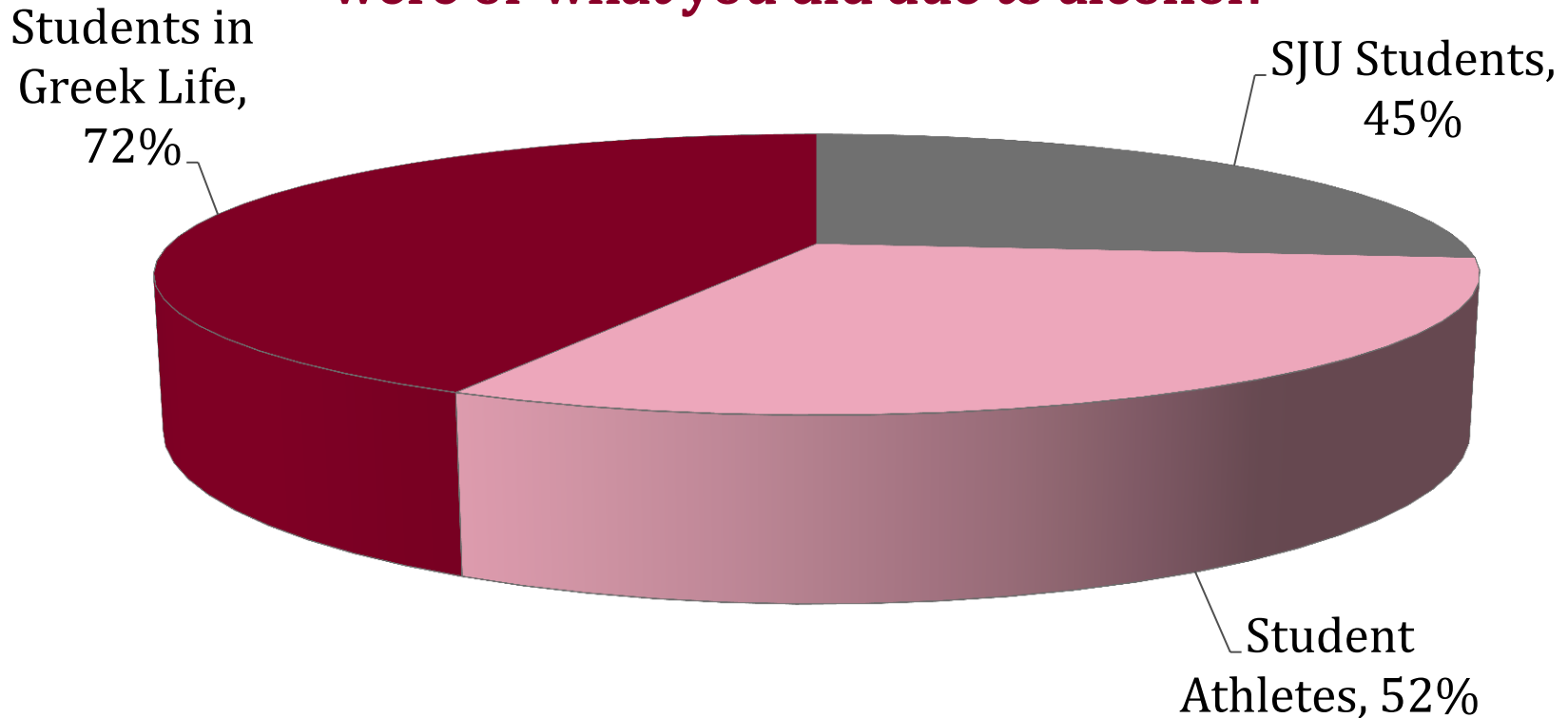
In the past 12 months, have you forgot where you were or what you did when drinking?



National College Health Assessment at SJU

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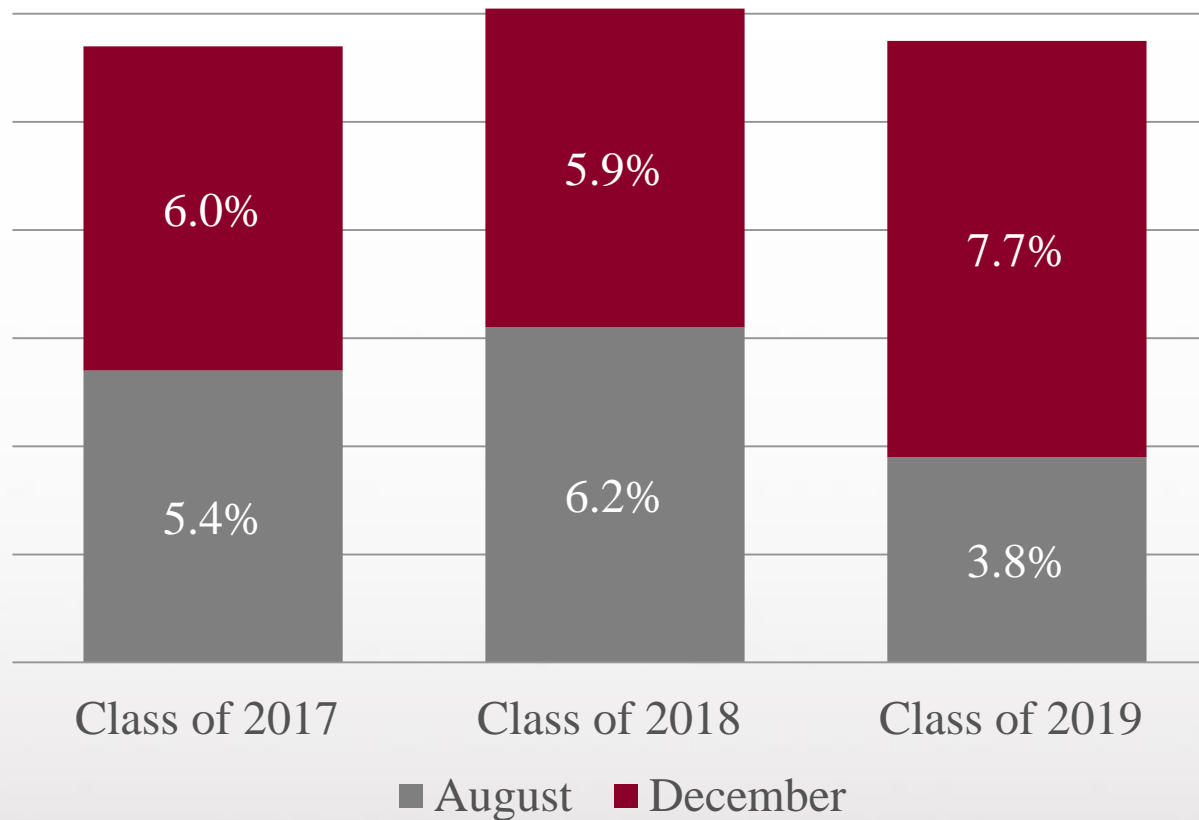
In the past 12 months, have you forgot where you were or what you did due to alcohol?



American College Health Assessment at SJU, 2014 & Electronic Check-Up To Go Assessment, 2014

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“I have had unwanted sex while drunk or on drugs”
Freshman Rates in August and December



Campus Clarity, 2015

ACHA NCHA Survey Campus-wide

Within the last 12 months, have you experienced any of the following when drinking alcohol?	Someone had sex with me without my consent - YES	I had sex with someone without their consent - YES
Spring 2011 <i>(11% RR)</i>	3.5	.3
Spring 2014 <i>(20% RR)</i>	3.1	.4

National College Health Assessment at SJU

SJU Reports of Sexual Assaults that Resulted in a Disciplinary Hearing

Rates from Community Standards regarding reported sexual assaults by year	Sexual Assault Reports Total	% of Sexual Assault Reports with Alcohol Involved
2012-2013	7	71% (5 of 7)
2013-2014	11	82% (9 of 11)
2014-2015	6	100% (6 of 6)

Reports to Community Standards at SJU

Top 10 Reasons Why Students Choose to Pre-Game

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#1 Male and #2
Female Response

#1 Female
Response

#2 Male
Response

6 out of 10 reasons are related to Social Anxiety

Prevention Education for Freshmen

- Orientation Sessions: *How to Be Successful at SJU & Breaking the Silence*
- Think About It Online Course: Part 1, 2, 3
- Peer Educator Workshops in Residence Halls
- Weekender
- Inigo: First Year Experience
- Retreats: Ignite & Road Trip
- Service opportunities: APEX, Weekly Service
- Koinania and Freshman Leadership Program

Education in Small Groups: Athletes & Greek Life

Brief Motivational Enhancement session with an online assessment tool covering the following topics:

- Cultural impacts of perceptions on behavior
- High risk drinking and harm reduction strategies
- Social norms of the group & compared to campus
- Bystander Intervention and how to help a friend

Average Alcohol Use Diagnostic Inventory Test (AUDIT) Score for Athletes at SJU



Recommendations for individuals based on AUDIT score:

Score of 1-7: Drinking is risky at times. Provide Education.

Score of 8-12: High risk drinking is evident. Counseling is necessary.

Score of 12-20: Symptoms of addiction are possible. Detox/rehabilitation possibly needed.

Electronic Check-Up To Go Assessment, 2012-2015

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Self Reports of Knowledge, Attitudes & Behavior since Session

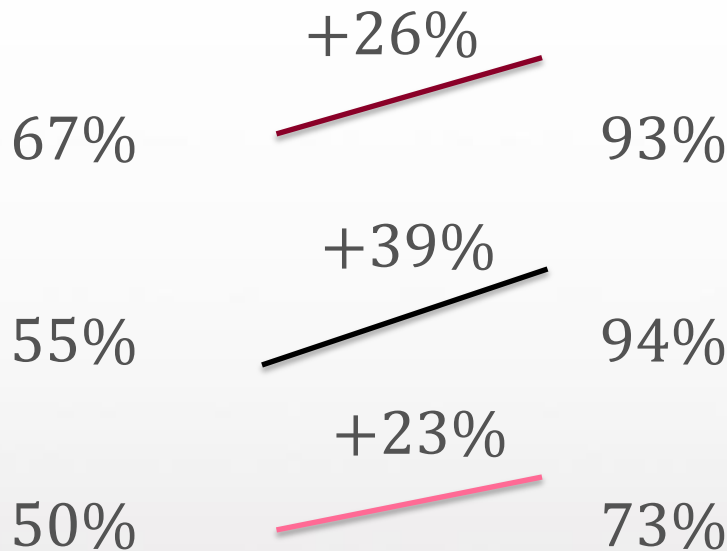
Did Not Attend

Did Attend

I am aware of resources to support those struggling with addiction or in recovery

I feel inclined to intervene with a friend showing signs of a problem with alcohol by sharing my concern

I have not done something I regret due to alcohol



WADE Follow-Up Survey Spring 2015

Campus Wide Education: Awareness & Alternative Events

- SUB Weekend Events
- Student Health 101 online magazine
- Peer Education Groups
 - Training then facilitate workshops & implement events
 - \$10k Transforming Youth Recovery grant
 - National #LeadTheBreak Contest Winners 2014 & 2015
- Awareness Weeks
 - Addiction Speak Out, Black Out Day, Wellness Fair, etc.

Campus Wide Education: Psycho-Educational Support

- Individual BASICS appointments in WADE for mandated or self-referred students
- Psycho-educational classes:
 - IMPACT
 - Community Living
- Support Group through CAPS
 - Social Anxiety, Relationships 101, Managing Moods, Mindfulness & Self-Compassion, Sexual Assault Survivors

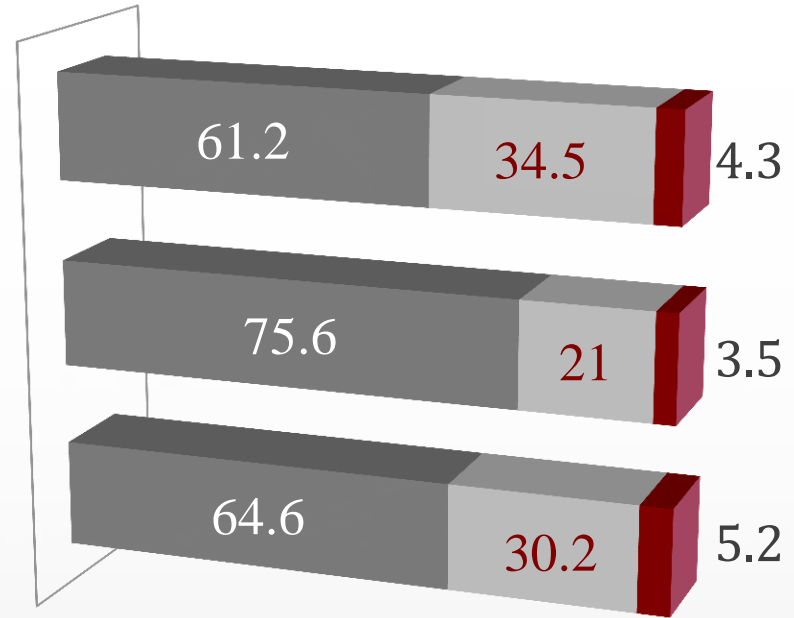
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Self Reports of Behavior Change

I would utilize this office/staff as a campus resource in the future

I felt the time spent was productive

Due to this session, I am likely to make a positive behavior change



■ SA ■ A ■ D ■ SD

WADE Session Evaluation 2014-2015

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Help Seeker Behavior Campus-Wide

Transports	<u>14-15</u>	<u>13-14</u>	<u>12-13</u>	<u>11-12</u>
Total	58	59	55	46
Help Seekers	43%	33%	38%	25%

Help Seeking behavior has grown over time with the implementation of the iCARE Campaign

SJU Reports 2011-2015

University Commitment

- Advisory Council on Alcohol, Drugs and Student Health
- Invisible Safety Net (ISN)
- Behavioral Intervention Team (BIT)

Cura Personalis:

Holistic health and student success is
everyone's issue

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STUDENT PANEL

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**Does your own alcohol use
or other's alcohol use
impact your experience at
SJU?**

**If so, how?
If not, why not?**

“Others use of alcohol affects your time at social events. You feel weird if your not drinking and usually end up taking care of the drunk people.”

-Senior, Art Major

“Alcohol is a part of the college experience and it is what I would expect in college. It is a normal thing.”

-Freshman, Business Administration Major



“It impacts the way in which I manage my time (how much work I have to do early in the day if I want to go out at night, do I have too much homework to go out tonight?,) All my friends drink so sometimes I only drink to be sociable”

-Sophomore, Elementary Education Major

“It supplements the social scene, has made me comfortable to meet new people, taught me responsibility for my own actions as well as others”

-Senior, IHS Major

“At SJU parties intoxicated men give women a poor perspective of the men.”

-Junior, Education Major

“I don't use alcohol on campus or during school, but I find other people effects me. It puts pressure on you to go out or at least do something, when I would rather spend my weekend night in my dorm.”

-Freshman, Business Administration Major



“It has not adversely impacted my experience at SJU. In fact, with responsible drinking on my part and the part of my friends, it has enhanced my social experience.”

-Senior, Finance Major

“It creates a social experience that allows you to fit in, have fun, and take the stress off your mind.”

-Freshman, Business Administration Major

“Minorly - for recreation on occasion. Through other people, it causes peer pressure, and fear of being out late at night. Causes a fear of being left out, and a fear of getting hurt. Have more than once been a victim of very mild sexual harassment because of alcohol”

-Sophomore, Actuarial Science

“I don’t drink. I don’t care what others do.

-Sophomore, Criminal Justice Major



How has your own alcohol use or other's alcohol use impacted your academic success at SJU?

**How has your parent's
opinions or use of alcohol
influences your decisions
regarding alcohol use?**

**Are you comfortable talking
with faculty/staff and have
you talked with faculty/staff
about alcohol?**

Reflect on your ideal college experience with regard to alcohol.

How can you influence your environment to help make your ideal the reality? How can SJU faculty/staff contribute to this ideal? What can SJU do as an institution?



“I would much rather enjoy college without alcohol for everyone because I don't need it. That will never happen though. I can influence my environment by surrounding myself with others with the same interests. I feel that the faculty does a good at helping students in regards to alcohol. It's a very difficult topic. Most kids are too cool.”

-Senior, College of Arts & Sciences

“I feel as though the entire campus community needs to be completely open about alcohol abuse and awareness. Students need to feel as though drinking is not frowned upon, and that the university will provide support to any student that needs it when it comes to alcohol (counseling, Good Samaritan policy, WADE, etc). As a student, I need to share any and all knowledge I have on these support systems. Faculty should also be aware of these things. And administrators should only focus on making students feel comfortable about drinking (responsibly) socially rather than prioritizing discipline policies.”

-Senior, Finance Major

“I would love if I could sit with people comfortably and just have a glass of wine or beers and have a conversation. I wish it was more comfortable and wasn't abused as often. I don't know if I can make that a reality because no one I know seems to be interested in that.”

-Freshman, Business Administration Major

“Stand up for my position not to drink and be supported by the faculty in that decision.”

-Junior, Accounting & Business Intelligence Major

“My ideal college experience with regards to alcohol would be a big tailgate or day drink during a warm Saturday afternoon. Hold a senior tailgate and make sure each student shows proper ID.”

-Senior, Communications Major



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“I am aware that alcohol plays a part in almost every college experience. However, that does not mean that excessive alcohol use is expected. I can influence this ideology by reminding my peers of this. I believe SJU already does their best to instill this philosophy.”

-Senior, Finance Major



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“I think alcohol can play an important part to the college experience, if you choose to do so. If you don't drink stay away from the scene and everything is fine but college is supposed to be the best 4 years of your life and a lot of time that involves alcohol I'm not a proponent of getting blacked out every night, but enjoying drinks with friends is a good time. The SJU faculty/staff can help that by not ending the world when students get house complaints because the majority of the time the complaint and cops over exaggerate the events that occurred and the students are ridiculed for something that in reality was not that big of a deal.

-Senior, Sports Marketing Major

“In a perfect world, people would drink only to the extent of feeling tipsy and extra social! More ready to dance and converse! “

-Senior, IHS Major

“Ideal college experience is somewhere where drinking alcohol is a part of the culture but also does not seem so overwhelmingly big that you feel left out if you choose not to drink. You can influence this by who you surround yourself with. I am not sure how staff would contribute. “

-Freshman, Undecided Business

“The perfect college experience would include drinking only two or three times a month. Sometimes it's fun, but I know I always feel better mentally and physically when I don't drink very often. I can do this by suggesting other things to do with my friends that does not involve alcohol. The SJU staff already do a good job of providing activities through SUB and Res Life, especially for freshman.”

-Sophomore, Elementary/Special Education Major

**If you could tell first year
students one thing about
alcohol at SJU,
what would it be?**

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STUDENT PANEL

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DISCERNMENT OF SOLUTIONS

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In your folders, find:

Where do we go from here?
Reflection Questions

Two moderators at each table will help lead the discussion and compile responses.

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UNDERSTAND THE ISSUES FACING SJU &
WORK TOGETHER TO FIND SOLUTIONS.

THANK YOU!

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