

*Engaging Heads, Hearts, Hands to
Reduce the Negative Impact of
Student Drinking on the Learning
Community*

Anne E. Hoffmann, Ph.D.
18th Annual Teaching Conference
University of Wisconsin-Stevens Point

Is college student drinking an issue?

- Higher education perspectives on this are broad.
- Developments over the years have been numerous.
- Impacts include peers, family, community and greater society.
- *Everyone has a story*

Is college student drinking an issue?

If negative consequences are the deciding factor, we must say “yes.”

A prevention goal to reduce harm is the simplest and most effective approach for college drinkers.

Substance Use Data

Wisconsin--Alcohol

Wisconsin binge drinking rate 23% (16% national)

In 2011, excessive drinking resulted in:

- 1529 deaths
- 48,578 hospitalizations
- 46,583 treatment admissions
- 60,221 arrests
- 5,751 motor vehicle crashes (2010)

Total cost: \$6.8 billion dollars

Burden of Excessive Alcohol Use in Wisconsin, University of Wisconsin Population Health Institute

UWSP Students -- Alcohol

February 2013 AODA survey (773 responses, 46%)

Describe your drinking:

- a. **38%** drank before college and since coming to college still drink
- b. **29%** started drinking after starting college
- c. **29%** did not and still do not drink
- d. **4%** drank before, but quit since coming to college

Of UWSP student drinkers:

- 57% used alcohol 1 – 5 days in last 30 (21% 6 – 10)
- 65% of drinkers consumed at least four drinks; 53% consumed five (in one sitting)

HS Students -- Alcohol

- Students who drink in HS continue drinking in college.
- The more students consume in HS the greater their consumption in college. (*Addictive Behaviors*, 2007)
- HS drinkers from rural areas were more likely to indulge in extreme binge drinking. (NPR, 9/17/2013; *JAMA Pediatrics*, 2011)

HS Students – Alcohol

- “extreme binge drinking”--drinking ten or more drinks in a row
- Between 2005 and 2011, one in five U.S. high school seniors reported binge drinking—drinking five or more drinks in a row in the last two weeks. Slightly more than one-half (52%) of these binge drinkers were extreme binge drinkers, defined as having consumed 10 to 14 (24%) or 15 or more (28%) drinks in a row (*JAMA Pediatrics*, 2011)

UWSP Students -- Other Drugs

Tobacco -- 16%

Marijuana -- 15%

Prescription Drug (w/o script) -- 4%

All other drugs -- less than 1%

- Cocaine
- Heroin
- Amphetamines
- Ecstasy
- Hallucinogens
- Inhalants
- Synthetics

Synthetic Drugs

- Synthetic cannabinoids, Spice or K2
- Synthetic cathinones, bath salts
- For now, use is more evident among non-college HS graduates than those attending college full time

Enforcement Challenges--While there are currently synthetic cannabinoids and synthetic cathinones illegal at the federal level, these laws are often circumvented by the production, sale, and use of new synthetic metabolites not covered by current legislation.

(Monitoring the Future National Survey Results on Drug Use, 1975-2012, Source: Center for Substance Abuse Research)

Harms from Drinking

UWSP Student Drinking Harms*

- 80% reported a hangover
- 60% reported nausea or vomiting
- 42% reported memory loss
- 28% reported fighting or arguments
- 25% reported having been criticized
- 24% reported driving under the influence

**experienced in the last year*

UWSP Student Secondary Drinking Harms

- 45% reported interrupted sleep
- 40% reported interrupted studying
- 25% reported damage to personal property
- 20% reported negative effect on reputation of school
- 19% reported feeling unsafe
- 15% reported an inability to enjoy events

... loss of friends, frustration, worry

Student Drinking Harms

Brain Development

- The earlier in life a student drinks, the more impact on the developing brain. Particularly problematic for frontal lobe development -- planning, decision-making, impulse control, memory, language, and processing social cues.
(Alcohol Clin Exp Research, 2000)

Student Drinking Harms

Academic

- 50% of students who drink spend more time drinking than studying (*AlcoholEdu, national survey database*)
- First-year students who binge drink twice in a two week period have GPAs 0.11 points lower than non-drinkers; 0.36 points lower for 6 or more binges. (*Pascarella, 2007*)

Student Drinking Harms

- 27% of attrition among college students was related to alcohol (NASPA, 2010)
- 40% of all academic problems were related to alcohol

UWSP Drinkers

- 26% of students who drink had missed at least one class due to their drinking
- 20% performed poorly on a test or important project due to their alcohol use

Student Drinking Harms

From the College Alcohol Survey (2006):

- 10% of non-binge drinkers miss a class compared to 65% of students who frequently binge
- 9% of non-binge drinkers get behind in class compared to 48% of students who frequently binge

Student Drinking Harms

Alcohol Abuse/Dependence

- Nationally, 15% of college students meet clinical criteria for an alcohol use disorder. (*Am J Health Behavior*, 2008)
- While dependence holds true across groups, alcohol abuse doubles from the first to the third year in college (CLS, 2011)

UWSP Student Drinking Harms

Score	AUDIT (World Health Organization) Results category	PACE scores
0 - 7	Screening results are not consistent with hazardous or harmful levels of alcohol use	9
8 - 15	Screening results suggest use beyond "safe" levels and lean toward hazardous and harmful; consider taking action to reduce use	64
16 - 19	Screening results are consistent with hazardous or harmful drinking; take action to reduce use	26
20+	Screening results are consistent with alcohol dependence in need of treatment	12

Student Drinking Harms

Lack of Help Seeking

- Of 548 use disorder cases, few (3.6%) perceived need for help. Greater likelihood to see help if encouraged by others. (*Sub Abuse Trtmt*, 2009)

UWSP Drinkers

- 10% thought they might have a problem
- 4% tried unsuccessfully to stop using

Longer Term Consequences of Student Drinking

Employment

Heavy drinking contributed strongly to consequences discovered 10 years beyond college such as less prestigious occupations, lower wages, and continued alcohol abuse or alcohol dependence (*Am Jrn AOD Abuse*, 2004).

Institutional Consequences of Student Drinking

- Heavy drinking adds to student risk for discontinuity. (*Psychiatric Serv*, 2013)
- Heavy drinkers are more likely to have an early departure from college. (*Am Jrn AOD Abuse*, 2004)

UWSP estimated loss of tuition revenue:
\$699,098 over four years

Addressing Student Drinking

Addressing Student Drinking

- UW System Student AODA Survey
- College Alcohol Survey, Harvard School of Public Health
- Core Survey, Southern Illinois University at Carbondale
- National College Health Assessment, American College Health Association
- College Life Survey, University of Maryland School of Public Health

Addressing Student Drinking

- www.collegedrinkingprevention.gov
- www.samhsa.gov
- Government and non-profit organizations
- Conferences, e-news, webinars

Addressing Student Drinking

Prevention has many layers:

Universal—for all

Selective—for at risk

Indicated—for those showing signs

Good decisions begin with accurate
information

Addressing Student Drinking

Prevention Initiatives:

- Alcohol education (online and classes)
- Brief screenings (Health Center, Allen Center, Counseling Center)
- Campus wide educational programs (Greek-letter students, residence halls, athletes . . .)
- Policies, enforcement and sanctioning

Addressing Student Drinking

AODA Prevention Partnership

Core-Vice Chancellor for Student Affairs, Stevens Point Mayor, AODA Staff

Management Team- Student Health, Dean of Students, Counseling, Residential Living, Athletics, Faculty, Inst. Research, Student Involvement, plus Core Team

Partnership-60+people from campus and the community who are interested in the issue

Addressing Student Drinking

1. Develop a model for AODA prevention and intervention that will **engage** a diverse group of stakeholders and various departments in its implementation.
2. Establish and implement system for AODA-related **policy development, review, revision and dissemination**.
3. Develop guidelines, data collection processes and training components to support **enforcement and sanctioning consistency**.
4. Establish minimum standards, enforcement protocols, and consequences for conduct related to AOD use as related to **official and unofficial university and academic activities**.

Addressing Student Drinking

5. Improve **evaluation practices** within programs and services including expectations for knowledge, skill and behavioral changes.
6. Establish **communications plan** and curriculum to share AODA-related data, prevention strategies, resources, and alcohol-free options for faculty, staff, and student employees.
7. Provide quality education through programs and services—use **best practices** as advanced by the National Institute of Alcohol Abuse and Alcoholism, Substance Abuse and Mental Health Services Administration, and related research findings.
8. Develop, implement, evaluate and sustain initiatives to **reduce negative consequences** from student drinking in the immediate surrounding communities.

Addressing Student Drinking through **Academic Department Discussion**

- Jokes about alcohol in the classroom
- Classes scheduled at venues that serve alcohol and serving alcohol at academic events
- Provide alcohol or host events with alcohol off campus

Resources

Dean of Student's Office, x2611
information and sanctions

Counseling Center, x3553
referrals, screening, and counseling

Center for Prevention, x4290
educational services

Look for electronic resources . . .

In appreciation:

Chancellor Bernie Patterson
Vice-Chancellor Al Thompson, Jr.
Dr. Shari Summers

Thank you!