Students Drink, But Not My Student

SLO Days 2016
Alcohol & Drugs
Mental Health
Respect, Diversity, Inclusion & Privilege
Sexual Violence & Title IX
Awareness Gallery
1 in 4 college aged women will be sexually assaulted

fear
disorientation
lack of trust
depression
anger

powerlessness
“Suicide is the third leading cause of death among children ages 15-19, following accidents and homicides.”

National Alliance on Mental Illness
WHAT’S ONE DRINK?

- 12 oz. beer = 4-5% alcohol
- 4-5 oz. wine = 12% alcohol
- 1-1½ oz. 80-proof shot = 40% alcohol

the average red cup holds 16 ounces!
pouring? pay attention to the ridges!
Alcohol Use on our Campus

Perception

95%

2016, ACHA | NCHA II
Alcohol Use on our Campus

Reality

70%

2016, ACHA | NCHA II
Things to be aware of...

- College Students reported the following:
  - 83% ate before and/or during drinking
  - 86% stayed with same group of friends
  - 91% used a designated driver
Understanding Me: Encounters with Alcohol
aware awake al!ve
save a life from alcohol poisoning
Mission Statement

Educate students on the dangers and symptoms of alcohol overdose

Generate awareness and dialogue around amnesty-based policy and legislation

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Know the Signs

**M**ental confusion

**U**nresponsive

**S**noring – gasping for air

**T**hrowing up

**H**ypothermia – cold and clammy skin

**E**rratic breathing

**L**oss of consciousness

**P**aleness or blueness of skin
911 Lifeline Legislation

• If you are under 21 and you are the one who calls for help, you will not be cited for possessing or consuming alcohol
• Must stay with the person who needs help until emergency services arrives
A Parent’s Worst Call
What is your initial reactions to the information?
What are some ways you have began the conversation regarding alcohol with your students?
Campus Health & Wellbeing

- Health Services
- Counseling
- Health Education
- Campus Wellbeing
  - Sexual Health
  - Nutrition & Dietary Analysis
  - Mental Wellbeing
  - Substance Use & Misuse
What we do...

• Evidence-based prevention & education
  – AlcoholEdu | Haven
  – PULSE Seminar
  – BASICS
• Certified Peer Education
• Outreach
• Alternative Programming

All new Cal Poly Students are required to complete AlcoholEdu & Haven

Deadline:
September 14, 2016
Things to be aware of...

• Substance Use Advisory Committee
  – Meets monthly to talk about substance use issues on campus and in the community
Referrals & Resources

- Food Pantry
- Massage Chair
- Referrals to campus partners
- Referrals to medical staff
- Student Leadership Opportunities
Campus Health & Wellbeing

Building 27 (Health Center)
Upper Level Health & Counseling Services
Lower Level Peer Health Education (PULSE)
(805) 756-1211
www.hcs.calpoly.edu
Campus Partners for Student Safety

- Campus Health & Wellbeing  
  - (805) 756-6181

- Fraternity & Sorority Life  
  - (805) 756-7270

- University Housing  
  - (805) 756-5690

- Parent Advisory Council  
  - (805) 756-6700