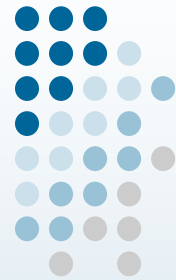




NASPA | KNOWLEDGE
COMMUNITY

ALCOHOL AND OTHER DRUG NEWSLETTER



Welcome to the New AOD KC Newsletter

We are very pleased to introduce the new AOD KC Newsletter. The idea for this newsletter came out of a discussion at the AOD KC Business Meeting last March in Philadelphia at the NASPA annual meeting. The meeting was attended by approximately 20 AOD KC members, many of whom were new to the group and for whom it was the first business meeting they had attended. That was very gratifying for us, as the theme we have been trying to develop during the year and one-half we have been co-chairs is greater involvement by members who have not previously been involved. This involvement has occurred in multiple ways: from new members volunteering to be involved on planning committees for the January Alcohol and Other Drug Abuse Prevention & Intervention Conference, to the Sponsored Program review committee for the annual conference, to creating a new Facebook page for the AOD KC. All of this, of course, is in the service of providing to NASPA members relevant and useful information about alcohol and other drug prevention issues which continue to present themselves on our campuses. While we often find ourselves responding to the latest waves (e.g., Energy Drinks, Bath Salts) we try to remind ourselves that it is important to keep the big picture in mind and advise members accordingly (see Michael McNeil's article in this fall's NASPA KC publication). Accordingly, we have continued to solicit articles from you, the membership for the monthly AOD NetResults column, and to periodically update the AOD KC website with relevant information.

With this new bi-annual newsletter (we aim for an edition during the fall semester and the spring semester) we hope to provide yet another useful source of AOD information and another opportunity for members to share relevant information about topics of interest, programming ideas, and yes, new and emerging "hot" topics. We hope you find this newsletter useful. Feedback and comments to the editor, Elizabeth Wright, are welcome. Finally, please consider contributing something for an upcoming edition.

Mary Anne Nagy
Co-Chair

Glen Sherman
Co-Chair

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Fall 2011

SAVE THE DATES

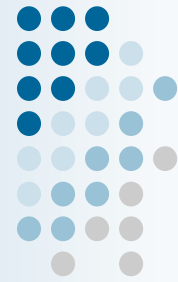
NASPA AOD Conference
January 19-21, 2012

NASPA Annual Conference
March 10-14, 2012

Editor in CHIEF
Elizabeth Wright (WPU)

Co-Editor
Jessica Wright (EIU)

SEE the three pronged approach to reducing alcohol misuse Dr. Joyce Shotick, Bradley University



“SEEing is believing” is an old adage that provides confirmation of the effectiveness of a solution to a problem. After mental health, the next most challenging problem for student affairs professionals is the abuse and misuse of alcohol by college students. Students who engage in alcohol consumption may be involved in physical or sexual assault, be transported to the hospital with alcohol poisoning, or die from over intoxication. The emotional pain and scarring to the student body from these tragedies serve as a wake-up call to administration to respond.

As professionals in student development, we need to SEE that students are safe in their college environment. We must SEE with our eyes what the true behaviors of our students are. We should SEE with our ears from our students as they discuss individuals who are binge drinking. We must SEE with our mind as we learn about best practices and new programs based on the data from students. The three prongs to creating a safe college environment in which students either abstain from consuming alcohol or limit their consumption are: Social alternative activities, Education, and Enforcement of underage drinking laws.

The first of the three prongs is Social alternative activities. Students need exciting, engaging activities, food, and prizes to gather and participate in safe, alcohol-free events. Late night activities that are well planned and implemented can provide alternatives to parties where underage drinking occurs. Colleges have reported that attendance at these late night events has exceeded as much as half their student body.

The second prong is education and awareness. Students have been exposed to social media that portrays the “wild” side of college life and have formed beliefs that most students engage in these risky behaviors. Small group social norming has become one of the best practices to help students realize that most students don’t drink alcohol or drink a limited, reasonable amount. Tips and strategies for responsible behavior are best learned from creative and well trained peer educators .

The third prong is enforcement of drinking laws and policies. Student affairs professionals, in conjunction with campus police, can serve as the catalyst to preventing underage

drinking. Party patrols, response to noise complaints, and retail decoys can establish the consequences of illegal alcohol consumption. Drinking tickets, judicial notifications, or health referrals are all necessary for students to receive the professional help they may need. Preliminary data suggest that increased tickets and/or referrals are associated with decreased hospital transports of alcohol poisoning. More research is needed to determine if an increase in drinking restrictions leads to reduced alcohol consumption and/or transports.

Social alternative activities, Education about the risks of alcohol misuse, and Enforcement of underage drinking laws can create a positive, safe environment for students. Understanding their limits, participating in fun events, and avoiding judicial sanctions by refraining from underage drinking will enhance students’ academic and social attitudes and performance. They can SEE the outcomes before tragedy strikes.

“We must SEE with our eyes what the true behaviors of our students are.”

2012 ALOCHOL/OTHER DRUG CONFERENCE

*NASPA Alcohol and Other Drug Abuse
Prevention & Intervention Conference
January 19-21, 2012*

*Atlanta Marriott Marquis * Atlanta, Georgia*

For more information:

<http://www.naspa.org/programs/aapc/default.cfm>

2012 ANNUAL CONFERENCE



3rd Annual Research Summit
Helen Stubbs, Senior Director
Outside the Classroom

In June 2011, representatives from 34 colleges and universities and two national fraternities and sororities gathered in Wellesley, Massachusetts for the third Annual Research Summit convened by The Alcohol Prevention Coalition.

Staff from Outside The Classroom shared findings via several major research presentations, including "Understanding Abstainers: Behavioral expectancies and reasons for not drinking," "Alcohol Policies: Best practices in development, implementation, and evaluation," and "The Future of Alcohol Prevention: Shifting the campus culture towards healthy behaviors." The two-day event included a pre-conference institute, a series of skill-building workshops, and both formal and social opportunities for attendees to learn from and share experiences in alcohol prevention with one another. Campus professionals interested in participating in The Alcohol Prevention Coalition can contact Brandon Busteded at busteded@outsidetheclassroom.com.

Addressing the Health Needs of Community College Students: Time for Solutions? Emil Chiauzzi, Ph.D., Vice President of Product Strategy at Inflexxion, Inc.

Dr. Chiauzzi has been a Principal Investigator on over 30 NIH grants. He has led the development and testing of Inflexxion's college health programs including MyStudentBody, an online drug and alcohol abuse prevention program for college students. Dr. Chiauzzi has published extensively in the areas of substance abuse treatment and computer-mediated programs. He is the author of *Preventing Relapse in the Addictions* (Allyn & Bacon) and the first author of *Time-Effective Treatment: A Manual for Substance Abuse Professionals* (Hazelden). He earned his Ph.D. in clinical psychology at the State University of New York at Albany.

There are almost 1,200 community colleges nationwide, representing 11.5 million students. Although community college students make up 46% of all undergraduates, there has been a surprising lack of research regarding the programming available to prevent substance abuse among these students. Most research studies that evaluate college AOD (alcohol and other drug) programs focus on students attending traditional four-year colleges. Community college students face different challenges. They are more likely to be older and balancing work, school and family responsibilities, all of which can be complicated by substance abuse issues.

With funding from the National Institute on Drug Abuse, we conducted an Internet survey with 100 community college administrators on:

- student AOD problems
- AOD staffing and funding
- AOD programming
- the relationship between on-campus residential availability and AOD concerns

Our survey was developed using literature reviews, input from community college health experts, and the extensive knowledge previously gained from Inflexxion projects on college health and development of MyStudentBody. We sought a diverse sample of 100 administrators, health providers, and faculty at community colleges nationwide. In general, it is clear that community college administrators are concerned about student AOD use, but struggle with limited staff and funding.

Survey findings:

Community college administrators are quite concerned about a variety of student health behaviors, particularly those that are related to underage drinking, binge drinking, marijuana use, and tobacco use.

About half of respondents reported the presence of a dedicated AOD staff member on campus. The presence of a designated staff member and funding sources has a strong positive effect on programming, collaborations, and involvement of more constituencies in prevention efforts.

Less than 10% of survey respondents reported using evidence-based four-year college alcohol and/or drug prevention strategies such as the Brief Alcohol and Other Drug Screening for College Students (BASICS), alcohol abuse and misuse screening, student health surveys, and social norms marketing.

Twenty-seven percent (27%) of respondents reported that residential facilities are available at their colleges. Compared to respondents from non-residential colleges, they reported a higher level of concern about underage drinking, binge drinking, and marijuana use. Because these colleges have residences, they may be more likely to directly experience substance use issues that are similar to four-year institutions.

Given the increased attendance at community colleges and likely growth in student health needs, the survey findings suggest that community college student health deserves increased attention and resources. There is also evidence that health issues can affect student retention and success. To meet this need, Inflexxion is developing an online community college student health program with funding from the National Institute on Drug Abuse. Much like Inflexxion's MyStudentBody, used at almost 100 traditional four-year colleges and universities, the new community college student health program will be used as part of student orientation or integrated into student academic classes.

REFERENCE: Chiauzzi, E., Donovan, E., Black, R., Cooney, E., Buechner, A., & Wood, M. (2011). A survey of 100 community colleges on student substance use, programming, and collaborations. *Journal of American College Health*, 59, 563-573.

In Memory of Alan Marlatt

Jason Kilmer and Eric Davidson



Alan Marlatt, professor of psychology at the University of Washington, and pioneer in the field of collegiate alcohol prevention, particularly in the areas of brief screening, assessment, and harm reduction, died on March 14. Dr. Marlatt's death evokes sadness for those who had the opportunity to work with him directly, as well as many within college health who practice his teachings and methods on a daily basis.

"So many of the successes we have in impacting college student drinking came directly from Alan," said Dr. Jason Kilmer, the Assistant Director of Health & Wellness and a Research Assistant Professor in Psychiatry and Behavioral Sciences at the University of Washington, where he was also a student of Dr. Marlatt. "Yet, above all of his other contributions, Alan's kindness, generosity, dedication, and loyalty to the people around him have set the standard so many of us try to model in our work with colleagues and students. He was a tremendous person whose impact will be felt for years to come."

Dr. Marlatt's professional accomplishments within the arena of collegiate health included:

Development of the Brief Alcohol Screening and Intervention for College Students (BASICS) program. BASICS is listed in the "Call to Action" Task Force report from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) as an example of a brief motivational enhancement intervention one of three "Tier I" approaches with demonstrated success in reducing alcohol use

(and/or alcohol-related consequences). BASICS is also listed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP).

Use of the balanced-placebo design in alcohol research (leading to one study named a "citation classic") to further understand the role of expectancies in the social and interpersonal effects normally attributed to alcohol use. This led to the development of the Behavioral Alcohol Research Laboratory (BARLAB), which set the stage for additional expectancy challenge research, including research with college students. Challenging alcohol expectancies is also listed as a Tier I Evidenced-Based approach.

Development of the Alcohol Skills Training Program (ASTP), listed as an example of skills training programs that combine norms clarification and motivational enhancement techniques, which rounds out the three interventions listed in Tier I by NIAAA.

Recipient of The Network of Colleges and Universities Committed to the Elimination of Drug Abuse's 2002 Visionary Award

Years of leadership, advising, mentoring, and cutting edge research as the director of the University of Washington's Addictive Behaviors Research Center

Dr. Marlatt's legacy will continue to shape collegiate alcohol prevention, intervention, and treatment as he trained numerous graduate students through the Addictive Behaviors Research Center, as well as thousands of professionals and researchers who attended workshops, conferences, and trainings. Many current and emergent leaders within the areas of brief assessment, alcohol expectancy theory, and harm reduction can trace their roots to Dr. Marlatt's teaching and mentoring. The Brief Alcohol Screening and Interventions approach is being implemented on nearly 2000 campuses, with this number likely to increase.

While known as a great practitioner, researcher, teacher, and mentor, Dr. Marlatt was also known as a tremendous human being who possessed a servant's heart and genuinely cared about others. He strongly desired to assist others in their growth and development. Few could ask for a better ally or supporter. He modeled a life of balance, and made time for family, friends, music, meditation and spirituality.

One ACHA colleague reflected, "One of the best and most useful trainings I ever attended was one given by Dr. Marlatt on brief assessment and screening. After that training, my philosophical approach to working with students who were sent to me as a result of their alcohol abuse changed. I began to see far greater results.

Later, I would start applying the same principles and methods to large group presentations and programs. I can't imagine my campus prevention and intervention program being where it is now, had I not had the opportunity to hear Dr. Marlatt!"

Jason Kilmer added, "Alan was such a presence on campus. Students mattered to him, and those around him mattered to him. He worked tirelessly throughout his career to impact the health of students on the University of Washington campus and on other campuses across the country as well. Alan showed us that being a productive, prolific researcher and being a nice, kind person do not need to be exclusive characteristics – he was, most definitely, both."

Continued on page 6

In Memory of Alan Marlatt Con't

Dr. Marlatt's contributions to the larger field of psychology and addiction are well noted. Dr. Marlatt authored and co-authored over 300 articles and book chapters, as well as authored or contributed to 23 books. He served on the editorial boards of over 30 scholarly publications. In addition, he served as a past President for the Association for Cognitive and Behavioral Therapies, and was a fellow of both the American Psychological Association and the American Psychological Society.

Those wishing to remember Dr. Marlatt and his many contributions to the field are asked to consider making a donation to the G. Alan Marlatt Memorial Fund (the link for donations can be found in the upper left hand corner of the page at <http://depts.washington.edu/abrc/marlatt.htm>).



Answer the following questions and we will submit your comments in the Spring 2012 Newsletter:

- 1. Prescription Drugs: How is your Campus handling this growing trend?**
- 2. Is your institution a wet or dry campus?**
- 3. Is there a concern on the use of medical marijuana on your campus?**

STAY CONNECTED!



**Interested in submitting an article
for Spring 2012 edition.
Email wrighte@wpunj.edu for more information.**