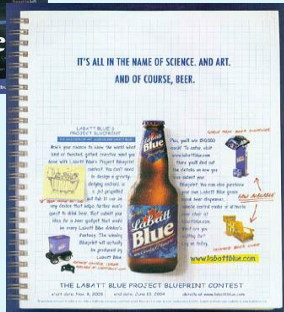


# AlcoholEDU and Haven: What You Need to Know

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## College Life...According to the Alcohol Industry



## Alcohol Consequences on College Campuses

### A National Concern for College Students (and Parents)

#### In a year...

- 1,825 college student deaths
- 97,000 sexual assaults
- 696,000 assaults
- 4.8 million students report driving while intoxicated
- 19% of college students met the criteria for alcohol abuse or dependence, but only 5% of these students sought treatment.

**Sources:**

National Institute of Health Publication No. 07-5010. Printed November 2007

National Institute of Alcohol Abuse and Alcoholism (2015)

<http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/college-drinking>

## State of Wyoming Youth Risk Behavior Survey

2015 survey of Wyoming High School 12<sup>th</sup> graders

BEHAVIOR	WYOMING
Lifetime Alcohol Use	63.8%
Recent (Past 30-Days) Alcohol Use	35.9%
Drinking and Driving (Past 30 days)	9.9%
Riding with a driver who was drinking (Past 30-days)	18.8%
Heavy/Binge Drinking	23.9%
Drank (more than sips) before age 13	11.6%

More information at [www.cdc.gov](http://www.cdc.gov) or  
<http://edu.wyoming.gov/data/yrbs/>

## What is UW doing?

### Alcohol, Wellness Alternatives, Research, & Education (AWARE) Program

- Harm Reduction Approach
  - “Safe, Legal, Responsible”
- Educational services at 3 levels:
  - UW and surrounding community
  - UW student population as a whole
  - Individual student
- UW has received multiple national awards for our work in alcohol abuse prevention



## AlcoholEDU and Haven

- Required of ALL UW freshmen and transfer students with less than 60 credit hours
- Online alcohol and sexual assault/relationship violence prevention education programs
- Used by nearly 700 U.S. colleges/universities
- Personalized, interactive program, designed specifically for college students
- Non-opinionated, research based

## Alcohol EDU and Haven Logistics

- **Part One**
  - Opens **Friday, July 22**
  - Total estimated time: 3 hours
  - Deadline: **Friday, August 26**
  - Students must pass test at end with 75%
- **Part Two**
  - Email invitation 45 days after completing Part 1
  - Fifteen minutes
  - Deadline: **Wednesday, October 26**

## Incentives and Consequences

- Incentives (prizes) for completing the program on time
- Penalty for not completing program by deadlines: register LAST for spring semester

## Research Findings

- UW Freshmen high risk drinkers have decreased from 32% in 2008 to 15% in 2016
- Top 3 reasons for not drinking:
  - ✦ I'm going to drive
  - ✦ I have other things to do
  - ✦ I don't want to spend the money
- Parents who talk to students before they leave for college can have a big impact on social behavior and academic success

## Questions for the Car Ride Home...

- What do you know about alcohol?
- What's your reason to use/not use alcohol?
- What are your perceptions of alcohol use and partying at UW?
- Can you keep me in the loop?
- How are you going to balance your academic and social life?

## Questions During the School Year

- How are you spending your free time?
- Is the drinking environment what you expected?  
Why/why not?
- How are you handling the drinking environment?
- What decisions are you making about alcohol?
- What consequences (positive and negative) are you seeing from your choices?

## Any Questions?

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