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 Alcohol Abuse and Alcoholism (2015)

State of Wyoming Youth Risk Behavior Survey
2015 survey of Wyoming High School 12th graders

<table>
<thead>
<tr>
<th>BEHAVIOR</th>
<th>WYOMING</th>
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<tbody>
<tr>
<td>Lifetime Alcohol Use</td>
<td>63.8%</td>
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<tr>
<td>Recent (Past 30-Days) Alcohol Use</td>
<td>35.9%</td>
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<tr>
<td>Drinking and Driving (Past 30 days)</td>
<td>9.9%</td>
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| Riding with a driver who was drinking (Past 30-
  days)                                       | 18.9%   |
| Heavy/Binge Drinking                          | 23.9%   |
| Drank (more than sips) before age 13         | 11.6%   |

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

Alcohol EDU and Haven Logistics

Part One
Opens: Friday, July 21
Total estimated time: 3 hours
Deadline: Friday, August 25
Students must pass test at end with 75%

Part Two
Email invitation 45 days after completing Part 1
Fifteen minutes
Deadline: Friday, October 27
Incentives and Consequences

- Incentives (prizes) for completing the program on time
- Penalty for not completing program by deadlines: registration hold will be placed on account.

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 don't want to spend the money
  - I have other things to do
- Parents who talk to students before they leave for college can have a big impact on social behavior and academic success

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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