

# OUTREACH MENU



AWARE Outreach Options

## Outreach Programs

At AWARE, we provide primary prevention and research-based outreach programs and presentations about substance use to student organizations and academic classes across campus. Below is a list of outreach options currently available.

### Harm Reduction Skills Training

Using a harm-reduction framework, Skills Training engages students in a discussion regarding various aspects of drinking, including: factors influencing BAC; BAC levels and their physiological, emotional, and cognitive effects; standard drink sizes; sobering up; and tolerance. **1 hour or 50-minute class period in length; audience of 10-25; whiteboard required.**

### BLING

Rooted in social norms theory, this Brief, Live, Interactive, Normative Group (BLING) program uses students' live feedback (via Poll Everywhere) to correct misperceptions of perceived alcohol-related social norms. Following the creation of a new group-specific norm, students discuss social norms theory and process questions. **1 hour or 50-minute class period in length; audiences of 25+; projector and high-speed internet access required.**

### Alcohol Education Seminar (AES)

A more in-depth alcohol education program, AES covers a wide range of alcohol-related topics, including: standard drink sizes, BAC levels, positives and negatives of drinking. Using a harm-reduction framework, AES engages students in a discussion regarding various aspects of drinking, the biphasic curve of alcohol consumption and related effects, drinking expectancies, knowing one's limits, tolerance, drunk driving, and sobering up. **Up to 3 hours (content can be modified to fit shorter time frames); audience of 10-20; whiteboard required.**

### Tell Me Something I Don't Know...

The Tell Me Something... program consists of a 30-minute DVD highlighting a 1997 incident where a student died from alcohol poisoning in his fraternity. As such, the video serves as an impetus for honest dialogue about healthy and unhealthy behaviors, prompts examination of drinking behaviors, encourages learning from peers, and highlights potential consequences of alcohol-related actions. **1 hour or 50-minute class period in length; audience of 15+; projector required.**

### AUDIT/Alcohol Screening

The Alcohol Use Disorders Identification Test (AUDIT) is a tool used to screen individuals for excessive drinking and help identify students who may benefit from a conversation about their drinking patterns. Each Alcohol Screening is a brief, 5-10 minute individual intervention, resulting in personalized feedback. Alcohol screenings can take place over a few hours to allow multiple students an opportunity to partake in the program. **Open-ended time-frame; table and chairs required; private space for personalized feedback preferred.**

### TiPS Training for the University

Training for Intervention ProcedureS (TiPS) Training for the University helps encourage the responsible sale, service, and consumption of alcohol. TiPS gives people the skills and confidence to act responsibly in situations where alcohol is being consumed, and builds on student concern for their friends' safety and well-being. **2.5 hours; audience of 8+; projector required.**

### Standard Drink Size Activity

Using physical examples of common beverages glasses and containers, the Standard Drink Size Activity begins by discussing what a standard drink is and clarifying misperceptions about alcohol proof levels within common drinks (e.g., jungle juice). Students pour their "typical" drink and calculate how many standard drinks their "typical drink" entails. **10 minutes; audience of 10-20; table required.**

### AWARE Program Research and Initiatives

The AWARE Program is an award winning collegiate alcohol abuse prevention program unique to the University of Wyoming. This presentation provides an overview of what makes AWARE effective. Information regarding theoretical approaches, evidence-based strategies, research, and evaluation is shared. This presentation is ideal for academic classes or groups that are interested in AWARE as a research program. **50-60 minute class period; audience of 10+; projector required.**

### Resources Available by Appointment

Upon request, additional resources (e.g., pamphlets, brochures, BAC cards) concerning various substance and alcohol-related topics are provided. Some popular topics include: partying smart, alcohol poisoning signs, how to cut down your drinking, and drinking attitudes and actions. **Available by appointment.**