Addressing Alcohol Use in the First Six Weeks

Dr. John Clapp, Executive Director and Associate Dean of Research and Faculty Development, College of Social Work
Connie Boehm, Associate Director and Director, Student Life Student Wellness Center
Why are you here today?
Participants will be able to:

1) Identify critical times for first year students in establishing habits for academic success
2) Review and gauge our campus culture around alcohol misuse
3) Identify ways to innovatively involve faculty, staff, and students in prevention efforts
Assess Alcohol Use on Campuses
Alcohol use over the years
Recent Scene on High Street
Alcohol Use Trends Nationally

- The percentage of students who do not use alcohol has declined, but not significantly
- Almost 30% of students never drink or didn’t drink in last 30 days
- Binge drinking has significantly declined over time
- The percentage of students negatively affected by alcohol use is declining
- Statistically significant declines in affect on academics, trouble with police, and physically injuring self or others
In an average week, I consume alcohol

74% don’t drink

OSU students’ use
Does being in school make students unhealthy?

In the last 2 weeks, I have binge drank

84% don’t binge
What impacts our students’ alcohol use?
Socio-ecological Model

- **Intrapersonal**
  - Knowledge
  - Attitudes
  - Behavior
  - Self-concept
  - Skill
  - Developmental history

- **Interpersonal Processes and Primary Groups**
  - Formal and informal social network and social support systems, including family, work group, and friendship networks

- **Institutional Factors**
  - Social institutions and organization characteristics, and formal (and informal) rules and regulations for operations

- **Community Factors**
  - Relationships among organization, institutions, and informal networks with defined boundaries

- **Public Policy**
  - Local, state, and national laws and policies
What are we currently doing?
Review current efforts

• Have campus-wide task forces addressing alcohol
• Recently started a collegiate recovery initiative
• Expanded sexual violence efforts
• Have a statewide initiative and engage policy makers
• Engaged sorority and fraternity men in bystander intervention
• Students are interested in changing the culture
  • Late night programming
  • Take care of each other
What could we be doing?
• 57% reduction in medical transports over first 5 weeks

• 50% reduction over the course of the year

• Alcohol citations fell by 56%

• Drug violations by 46%
SBIRT
Screening-online, brief
Brief Intervention-MI
Referral to Treatment
Enhanced Enforcement
What more could we be doing?
The Ohio State University Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

- Collaboration: OSU College of Social Work, College of Pharmacy and Office of Student Life
- Conrad N. Hilton Foundation
- Replaces USDE’s HEC
- Refocus national attention
To help college and community leaders develop, implement, and evaluate programs and policies to reduce problems experienced by students related to alcohol and other drug use
Primary Functions

- Education and Training
- Research and Evaluation
- Technical Assistance
- Technology Development
Core Principles

- Innovation
- Effectiveness
- Responsiveness
- Adaptability/adoptability
- Sustainability
SBIRT

Screening

Brief Intervention

Referral to Treatment
COLLEGIATE RECOVERY
POLICY ENHANCEMENT
Further Information

- Dr. John Clapp  clapp.5@osu.edu
- Dr. Ken Hale    hale.3@osu.edu
- Connie Boehm    boehm.19@osu.edu