PARENTS AS PREVENTION EXPERTS

COLLEGE ALCOHOL CHOICES
Lifetime & Current Alcohol Use
Monitoring the Future Study 2012

- **8th grade**
  - lifetime use 29.5%, current use 11%
- **10th grade**
  - lifetime use 54%, current use 27.6%
- **12th grade**
  - lifetime use 69.4%, current use 41.5%
Use of 5 or More Drinks in a Row in the Past 2 Weeks

• 8th grade
  5%
• 10th grade
  18%
• 12th grade
  22%
16b At what age did you first use alcohol (beer, wine, liquor)?

- Never .................................................. 6.7%
- 13 or younger (elementary school) ................ 10.9%
- 14 to 18 (high school) .............................. 64.7%
- 18 or older (college) ................................. 17.7%
Choices:
Abstinence
Low Risk Drinking
High Risk Drinking
Availability of Alcohol
Absence of Parents
Desire to Fit In
## Alcohol Choices & Grades

<table>
<thead>
<tr>
<th>Grade</th>
<th>Average</th>
<th>Drinks per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>3.6</td>
<td>10.6</td>
</tr>
<tr>
<td>B</td>
<td>5.5</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td>7.6</td>
<td></td>
</tr>
<tr>
<td>D or F</td>
<td>10.6</td>
<td></td>
</tr>
</tbody>
</table>
Consequences of Alcohol Abuse

Less Serious but More Common Experiences:

• Done something I later regretted........42.4%
• Missed a class.................................37%
• Criticized by someone I know..........37.1%
• Had a memory loss............................41.7%
• Got nauseated or vomited................62.1%
• Had a hangover................................76.9%
Consequences of Alcohol Abuse

Public Misconduct or Behaviors that involve actual or potential harm to self or others:

• Arrested for DWI or DUI..........................0.2%
• Trouble with Police, Residence Hall, or other College Authorities............................19.4%
• Damaged property; pulled fire alarm.....4.9%
• Drove while under the influence.............20%
• Got into an argument or fight..................38.8%
Consequences of Alcohol Abuse

Serious Personal Problems:

- Hurt or injured......................................18.1%
- Thought I might have a drinking or other drug problem...............11.9%
- Tried unsuccessfully to stop using ...........................................5.1%
- Preformed poorly on a test or important project.........................27.3%
Consequences of Alcohol Abuse

Serious Personal Problems:

- Seriously thought about suicide ........... 3.2%
- Tried to commit suicide........................ 0.9%
- Experienced forced sexual touching or fondling........................................... 3.7%
- Experienced unwanted sexual intercourse................................................. 2.8%
Drinking Choices

• Lowest Risk – Abstinence

• Low Risk – On occasion you choose to drink alcohol:
  – Consume drinks one (1) hour apart
  – Drink two (2) or fewer nights a week
  – Have three (3) or fewer alcohol drinks
# Iona College Comprehensive AOD Prevention

<table>
<thead>
<tr>
<th>Universal Prevention</th>
<th>Targeted Interventions</th>
<th>Specialized Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Policy Promulgation</td>
<td>BASICS</td>
<td>Treatment</td>
</tr>
<tr>
<td>Policy enforcement</td>
<td>CHOICES</td>
<td>- Inpatient</td>
</tr>
<tr>
<td>Alcohol-free options</td>
<td></td>
<td>- Outpatient</td>
</tr>
<tr>
<td>AOD Peer Education Team</td>
<td></td>
<td>- 12 step programs</td>
</tr>
</tbody>
</table>

- Social Norms Marketing Campaign
- Campus Coalitions to Reduce High Risk Drinking
- Bystander Intervention Training
JUDICIAL PARENTAL NOTIFICATION POLICY CONTINUUM

Discretionary

Severity Triggered

Repeat Offender

Strict Notification – Iona College
PARENTS REMAIN INFLUENTIAL AFTER HIGH SCHOOL

- Wood et al 2004: parental monitoring and permissiveness correlated with alcohol use and negative consequences the summer before starting college.

- NCHA 2006: 77% of students report receiving health information from parents.
DISCUSSION POINTS

• Share realistically your experiences with drinking, both positive and negative.

• Be clear in what you expect from your son/daughter about such things as:
  * Staying in touch
  * Drinking and driving
  * Financial responsibility
  * Choices regarding drinking
  * Study time vs. social time

• Family beliefs and values regarding alcohol
• How to get help on campus
• How to refuse a drink
SOME CONVERSATION STARTERS

- How will you decide whether or not to drink at college?
- What will you do if you find yourself at a party with only alcohol to drink?
- What will you do if your roommate only wants to drink and party?
- What will you do if you find a student passed out in the bathroom?
- How will you handle it if you are asked to baby-sit someone who is very drunk?
CAMPUS RESOURCES

• Alcohol and Other Drug Education Services
  (914)633-2026  Spellman Hall, Room 213
  http://www.iona.edu.aode; follow us on Facebook
  keyword: AODE

• Counseling Center  Spellman Hall, Room 203
  (914)633-2038

• Office of Residential Life
  (914)633-2336  LaPenta Student Union, Room 221

• Student Health Services
  (914)633-2548  Wellness Center, 760 North Avenue