



# GIVE IT A BREAK...

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L.P.C.



# Office of Substance Abuse Prevention & Education

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Substance Abuse Prevention and Education (SAPE) services are available to students, faculty and staff. A variety of educational programs, individual counseling, and prevention activities can be provided upon request. A sampling of the services and related topics addressed through SAPE are as follows:

- Alcohol and other drug assessment, counseling and referral
- How to help a friend or family member with an alcohol or other drug problem
- Assistance for recovering alcoholics and addicts through an on campus AA support group
- Information, support and counseling for "adult children of alcoholics"
- Education regarding the most abused drugs on campus
- Current statistics related to alcohol and drug use among Southeast students.

[www6.semo.edu/sape](http://www6.semo.edu/sape)



# SAPE

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- Parental Notification
- Possession by Consumption
- Peer Education Association
- Counseling and Disability Services
  - Dearmont B-1 986-6191



# The following bars offer Free Drinks! for designated drivers – **Just Ask!**

**2 NORTH** – 2 North Main Street  
**APPLEBEES** – 202 South Broadview  
**BEEF O'BRADY'S** – 1812 Carondelet Suite 101  
**BELLA ITALIA** – 20 North Spanish Street  
**BG'S OLDE TYME DELI** – 205 South Plazaway  
**BILLIARD CENTER** – 26 North Main Street  
**BREAKAWAYS BAR & BILLIARDS** – 15 North Main Street  
**BUCKNER BREWING COMPANY** – 132 North Main Street  
**BUFFALO WILD WINGS** – 2136 William Suite 120  
**CASA MEXICANA** – 1832 North Kingshighway  
**CUP 'N CORK** – 46 North Main Street  
**D'LADIUMS** – 1127 Broadway  
**HECKLER'S** – 1000 North Sprigg  
**IMO'S PIZZA** – 1201 Broadway  
**INDEPENDENCE PLACE** – 5 North Henderson  
**LODO** – 33 North Main Street  
**O'CHARLEY'S** – 3093 William  
**PINK GALLEON** – 2136 William  
**POUR HOUSE PUB** – 113 Broadway  
**RECOVERY ROOM** – 1611 Independence  
**SAFFRON BISTRO** – 1610 North Kingshighway  
**SHOW-ME'S** – 1751 Independence  
**SLINGERS NIGHT CLUB & LOUNGE** – 820 north Sprigg Suite 6  
**WHISKEY RIVER** – 1444 Independence



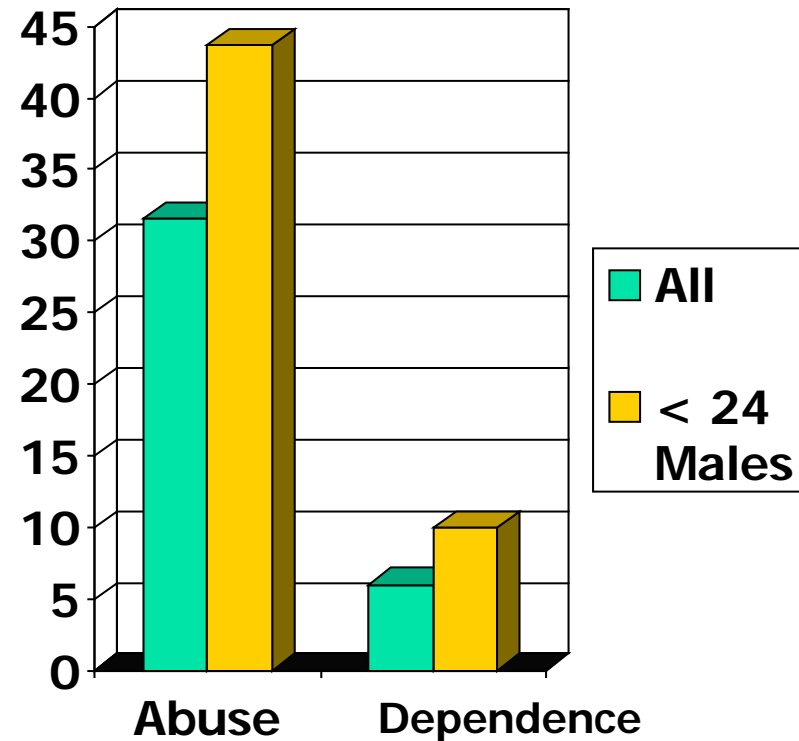
# Risk Protection

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- How Many Live on Campus?
- Get Meningitis Vaccine?
- 2 out of 100,000 (.002%)
- 140X More Likely to Die due to Alcohol
- Be More Proactive in Trying to Prevent Alcohol Problems for Ourselves & Friends

# One-Third of College Students Have Alcohol Disorders (Nationally)

- 31.6% clinical criteria for abuse
- 6% clinical criteria for dependence
- 10% of < 24 yr. Old men clinical dependence
- The majority did not describe themselves as problems drinkers and did not believe they had a problem

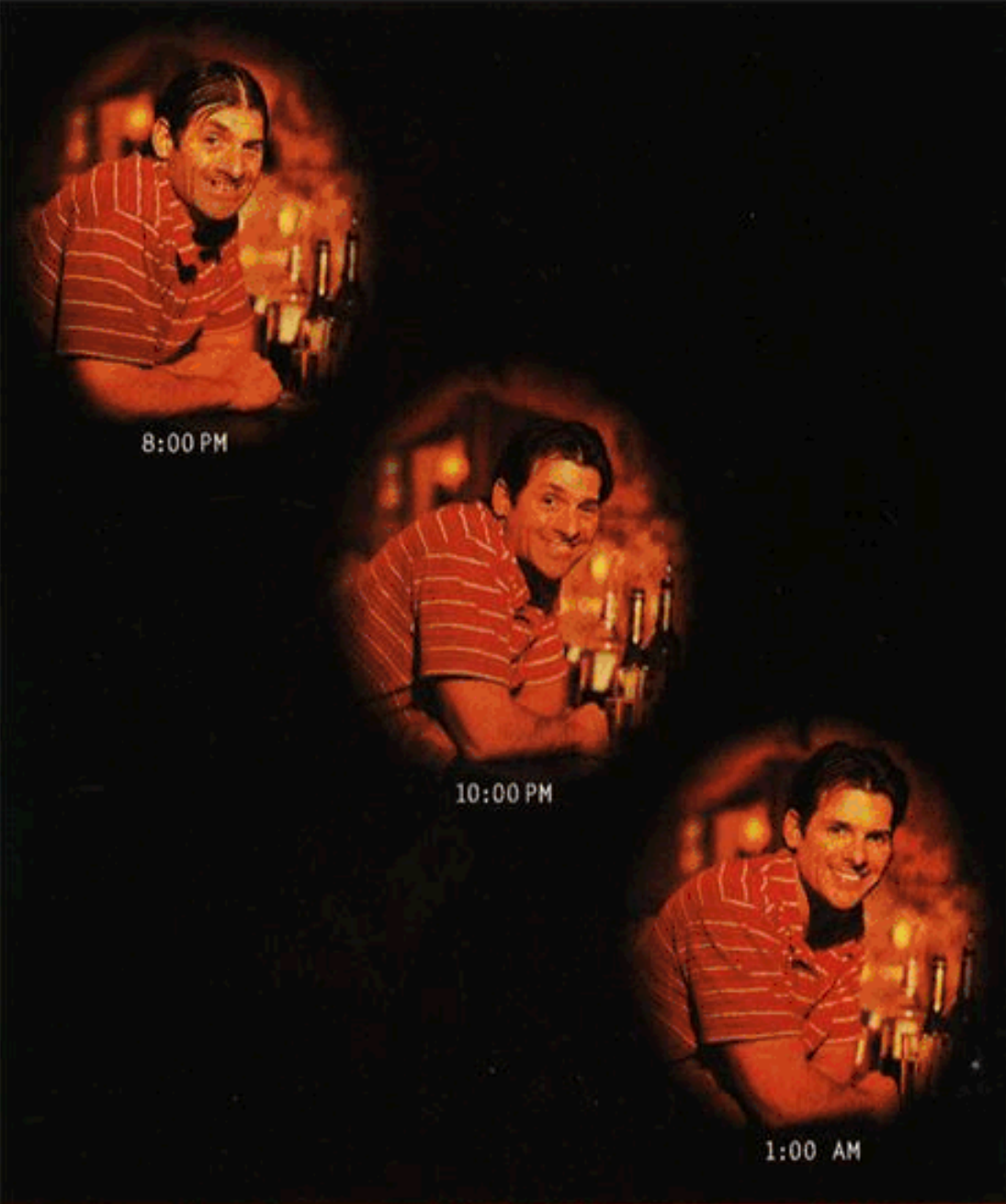
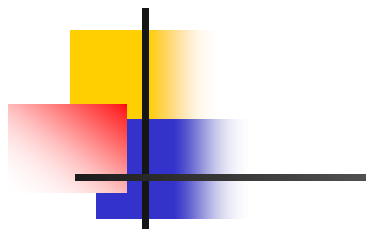




# What Goes First?

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- Coordination?
- Judgment?



8:00 PM

10:00 PM

1:00 AM

**Do you really need more proof that drinking impairs your judgement?**

Mothers Against Drunk Driving



# What Is High-Risk?

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- Event Risk
  - Get hurt, drive, unprotected sex, poisoning
- Lifestyle Risk
  - Grades, relationships
- Health Risk
  - Dependence



# Tolerance

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- What is it?
- “A change that occurs in the brain due to frequent and/or heavy use of certain drugs. Over time, it takes more alcohol or drugs to experience a feeling of intoxication, or high.”  
3<sup>rd</sup> Millennium Classrooms
- i.e. When the body produces enzymes to rid itself of excessive drugs, such as the liver of a heavy drinker adapts & begins to metabolize many (different) drugs more quickly.



# Tolerance

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- Weather
- Coffee/sugar
- Initial and high tolerance
- Don't feel it until too late



# Hangover or Withdrawal?

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- “Mild symptoms can include hangover, headache and nausea. Chronic abusers may experience anxiety, shaking, and sleep disturbances. Serious alcohol withdrawal symptoms can be life-threatening and often require medical treatment.”

3<sup>rd</sup> Millennium Classrooms



# #1 Reason Students Decide NOT to Drink

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- 78% of Southeast Students Decide Not to Drink due to Academic Obligations the Next Day
- 66.1% Designated Driver
- 46.6% Cost of Alcohol
- 42.2% Potential of getting sick or hangover



# Negative Consequences Students Often Experienced

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- Academic Failure
- Weight Gain (e-Chug cheeseburgers)
- Impaired Sleep
  - Diminishes REM Sleep
    - Leads to increase in Anxiety, Jumpiness, Irritability
- Unplanned Pregnancies
- Transmission of STD's/HIV



# Negative Consequences Students Often Experienced

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- Sexual Assault
- Alcohol Related Accidents
- Finances
- Blackouts
- Hangovers
- Time Spent Intoxicated



# What is Your Degree Worth?

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## What's Your Degree Worth?

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Maybe not as much as you think if you have been convicted of an alcohol or drug-related crime . . . because many employers perform a background check before making a final job offer. If you have an alcohol or drug-related misdemeanor or felony on your record, you may be denied an occupation despite your educational accomplishments.

### Drug or alcohol convictions can include:

- Carrying or manufacturing a false ID
- Misrepresenting your age to purchase alcohol
- Possession of alcohol by a minor
- Driving under the influence of intoxicants or controlled substances
- Disorderly conduct
- Purchasing and/or providing alcohol for minors
- Possession and/or use of controlled substances (i.e., drugs) or drug paraphernalia





# What is a Standard Drink?

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- 12 oz. beer
- 10 oz. microbrew
- 10 oz. wine cooler
- 8 oz. malt liquor
- 8 oz. ice beer
- 8 oz. Canadian beer
- 6 oz. ice malt liquor
- 4 oz. wine
- 2 ½ oz. fortified wine (i.e. MD 20-20)
- 1.25 oz 80 proof hard alcohol
- 1 oz. 100 proof hard alcohol



# Absorption and Oxidation of Alcohol

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- Factors affecting absorption
  - What one is drinking
  - Rate of consumption
  - Effervescence
  - Food in stomach
- Factors affecting oxidation
  - Time!



**INSTRUCTIONS:**

Please fill out the questionnaire below and answer all questions honestly. A "standard drink" is equivalent to 10-12 ounces of beer, 1 shot or mixed drink, 5 ounces of wine, or 1 wine cooler. Remember that your answers are CONFIDENTIAL. Your name is not attached to this form and no personally identifiable information from this survey will be stored.

Answering each question accurately will give you realistic feedback regarding your use of alcohol.

Have you taken the e-CHUG before? Enter your Reference Key below:

submit



Sex: <input type="radio"/> male <input type="radio"/> female	Age: <input type="text"/>	Weight: <input type="text"/> (in pounds.)
Are you currently taking any prescription medications? <input type="radio"/> yes <input type="radio"/> no	Ethnic Identity: <input type="text"/>	Greek Affiliation: <input type="text"/>
What is your student status? <input type="radio"/> Southeast Missouri State University Student <input type="radio"/> Other College Student <input type="radio"/> High School Student <input type="radio"/> non-student	Year Level? (Class Standing) <input type="radio"/> Not Applicable <input type="radio"/> Freshman <input type="radio"/> Sophomore <input type="radio"/> Junior <input type="radio"/> Senior <input type="radio"/> Graduate	

For the PAST MONTH, please describe a TYPICAL DRINKING WEEK. For each day, fill in the number of STANDARD DRINKS of each type of alcohol you consumed and the NUMBER OF HOURS you drank on that day.

	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
Beer?	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



## 1. YOUR DRINKING PROFILE...

You drink **150.5** standard drinks per month.  
In a typical week you drink **35** standard drinks.  
You spend **\$1040.00** per year on alcohol, which means  
You spend **43%** of your spending money on alcohol.

Your Reference Number is: **050504093**

These are the average number of drinks that you reported having in a typical week and month. Also listed is the percent of your income that you spend on alcohol and the total spent per year on alcohol. Because alcoholic beverages vary in strength, we have converted your drinking pattern into standard "one drink" units. In this system, "one drink" contains one-half ounce of pure ethanol and is equivalent to:

- 10-12 ounces of beer (5% alcohol) or
- 4 ounces of table wine (12% alcohol) or
- 1.25 ounces of 80 proof liquor (40% alcohol) or
- 1 ounce of 100 proof liquor (50% alcohol)

Each standard drink also contains approximately 100 calories. At 100 calories per drink, in ONE month you drank the equivalent of 43 cheeseburgers.



**93%** of American men drink less than you.



This tells you what percent of U.S. men drink less than you in a typical week. If this number were 60, for example, it would mean that your drinking is higher than 60% of American men (or that 40% drink as much or more than you).

How much is too much? Current research indicates that college men who drink five or more standard drinks, and college women who drink four or more standard drinks on any given day within a two week time frame are at higher risk for health, academic, and social problems. For some people, however, even 1-2 drinks per day would be too many. Pregnant women, for example, are best advised to abstain from alcohol altogether because even small amounts have been found to increase the risk to the unborn child. Other health problems (such as liver disease) make even moderate drinking unsafe. Other people find that they are unable to drink moderately, and having even one or two drinks leads to intoxication.

## #2. LEVEL OF INTOXICATION...

Estimated highest Blood Alcohol Concentration  
during a typical week: **0.19**

Estimated highest Blood Alcohol Concentration  
during your heaviest drinking episode: **0.29**

[Blood Alcohol Content Table](#)

Another way of looking at your drinking is to examine your peak level of intoxication. The unit used to express the amount of alcohol that is circulating in your blood stream is called Blood Alcohol Concentration (BAC, calculated based on the standards set forth by the [U.S. Department of Transportation National Highway Traffic Safety Administration](#)). BAC is an important indication of the extent to which alcohol is affecting your body and behavior. BAC might be thought of as a thermometer, in that, the higher it is, the greater the intoxication. Police and the courts, for example, use it to determine whether a driver is too impaired to operate a motor vehicle. The following factors might result in a *higher BAC level* than might be predicted by gender, weight, amount consumed and time spent drinking:

- Drinking on an empty stomach
- Using alcohol in combination with other drugs
- Being on a diet or under your normal weight
- Certain emotional states, or menstrual cycle phases
- Being older or in poor health
- Recent loss of blood (or blood donation)

There are also a few factors that might result in having a *lower BAC level* than you would otherwise:

- Drinking after a full meal
- Processing alcohol more rapidly than most people
- Certain emotional states
- Menstrual cycle phases

Some factors, often believed to help a person sober up, actually have NO EFFECT on BAC AT ALL. What they do is give the person a false impression of feeling more awake and alert, creating what has been called a "wide awake drunk." These factors include:

- Coffee and other stimulants
- Exercise or a cold shower
- Fruit juices or special concoctions

Your body gets rid of alcohol at a relatively constant rate. However, that rate is not the same for everyone. Men and women, for example, typically metabolize alcohol at different rates. There is nothing that you can do to speed up this process of elimination once alcohol is in your bloodstream.

### #3. PERSONAL RISK FACTORS...

This section provides you with information about your level of risk based on the characteristics you reported. "High risk" does not mean that one does (or will) definitely have serious problems with alcohol. Neither does "low risk" mean that one will be free of such problems. For higher risk people, however, the chances of developing serious problems are greater.

#### Tolerance

Your tolerance level is: **290**.  
Your level of risk is **very high**.  
[Tolerance Scale](#)

Your peak BAC level is a pretty good indicator of your level of tolerance to alcohol. If you are reaching BAC levels beyond the normal social drinking range (especially if you are not feeling so

Two common myths about tolerance are that higher tolerance means you are not being harmed by alcohol and higher tolerance means that your body gets rid of alcohol at a faster rate than others. These myths are *not true*.

Higher tolerance --the ability "to hold your liquor"--actually puts you at greater risk. The person with a high tolerance for alcohol needs more of it to feel the same effects as those with lower tolerance. Not only is this financially expensive, but the high levels of toxins can significantly damage the internal organs of the body. Like a person who has no sense of pain, people with high tolerances can become seriously injured without realizing it. Higher tolerance can also lead to loss of control, which is a symptom of alcohol dependence.

Higher tolerance means that a person needs more alcohol to feel the same effect as others, not that they metabolize alcohol faster. Fortunately, alcohol tolerance seems to be reversible within brief periods of abstinence or reduced consumption. Some have found it helpful to set a moderate BAC limit (e.g., .06%) that they will not exceed for some period of time (e.g., 2 months).

#### Negative Consequences

Your negative consequences score is: **23**.  
Your level of risk is **high**.  
[Negative Consequences Scale](#)

Past consequences from drinking can be a predictor of risk for alcohol problems. This score indicates your level of risk based on the [World Health Organization's AUDIT](#) screening measure. Higher scores mean that more harm has resulted from your drinking and you are at greater risk.

#### Family risk

Your family risk level is: **8**.  
Your level of risk is **very high**.  
[Family Risk Scale](#)

Your family risk level is: **8**.

Your level of risk is **very high**.

[Family Risk Scale](#)

People with a history of alcohol or drug problems among their blood relatives are at higher risk themselves. This may happen through either inheriting a higher tolerance or a body that is particularly sensitive to alcohol. Your score is calculated based on the [National Institute on Alcohol Abuse and Alcoholism's Project MATCH](#) criteria.

## Risk-taking and Accidents

You drove **4** time(s) in the past month after having three or more drinks.

In the past month, you were a passenger in a vehicle with a driver who had three or more drinks **1** time(s).

You reported that you drove times in the past month after having 3 or more drinks. It is very likely that you were **driving while intoxicated**. You also reported that, in the past month, you rode with a driver that drank 3 or more drinks time. It is very likely that your driver was **driving while intoxicated**.

Alcohol-related accidents and violence are the leading cause of death for Americans under the age of 35. When you drive after drinking (or ride with a driver who has been drinking), you greatly increase your risk for alcohol-related injuries or legal problems.

Drinking makes a person less in control. Alcohol, even at levels under the legal limit, can cause significant changes in a person's ability to react, control muscles, and perceive the world accurately. After a few drinks, people are more likely to do things they would never do while sober.

Excessive drinking is related to unprotected sex (leading to an increase of STD's/HIV and pregnancy) and is a major factor in most cases of acquaintance rape. After drinking, people are also more likely to misjudge others as threatening them, and to react aggressively or violently. Other misjudgments can be disastrous too. Tens of thousands of deaths, and hundreds of thousands of injuries, happen every year because people drink before driving vehicles, using power tools or firearms, or engaging in sports like swimming, boating, and skiing. Before you drink, consider planning a safer way to get home:

- Contact Greek Services (573) 651-2280
- Contact the [CHEERS to the Designated Driver Program](#)
- Arrange for a designated driver before you drink
- Call a cab. It is far cheaper than a D.W.I. (aka D.U.I.).
- Call a sober friend or family member and ask for a ride.

## #4. THE NORMS...

What percent of US College Students (same-sex) drink more than you?

You said: **50%**

Survey results indicate: **3%**

## What Happens to Your Body When You Get Alcohol Poisoning?

Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A fatal dose of alcohol will eventually stop these functions.

It is common for someone who drank excessive alcohol to vomit. Alcohol is an irritant to the stomach. There is then the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.

You should also know that a person's blood alcohol concentration can continue to rise even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

## Physical Signs for Alcohol Poisoning

- Mental confusion, stupor, coma, or person cannot be roused.
- Vomiting.
- Seizures.
- Slow breathing (fewer than eight breaths per minute).
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature), bluish skin color, or paleness.

## What Should I Do If I Suspect Someone Has Alcohol Poisoning?

- Know the danger signals.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may die.

## Alcohol Poisoning?

- Know the danger signals.
- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out may die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Don't try to guess the level of drunkenness.

## What Can Happen to Someone With Alcohol Poisoning That Goes Untreated?

- Victim chokes on his or her own vomit.
- Breathing slows, becomes irregular, or stops.
- Heart beats irregularly or stops.
- Hypothermia (low body temperature).
- Hypoglycemia (too little blood sugar) leads to seizures.
- Untreated severe dehydration from vomiting can cause seizures, permanent brain damage, or death.

If the victim lives, an alcohol overdose can lead to irreversible damage. Rapid binge drinking (which often happens on a bet or party) is especially dangerous because the victim can ingest a fatal amount of alcohol before becoming unconscious.

Don't be afraid to seek medical help for a friend who has had too much to drink. Don't worry that your friend may become angry or embarrassed—remember, you cared enough to help. Always be safe, and don't drink and drive. Don't drink and drive. Don't drink and drive.

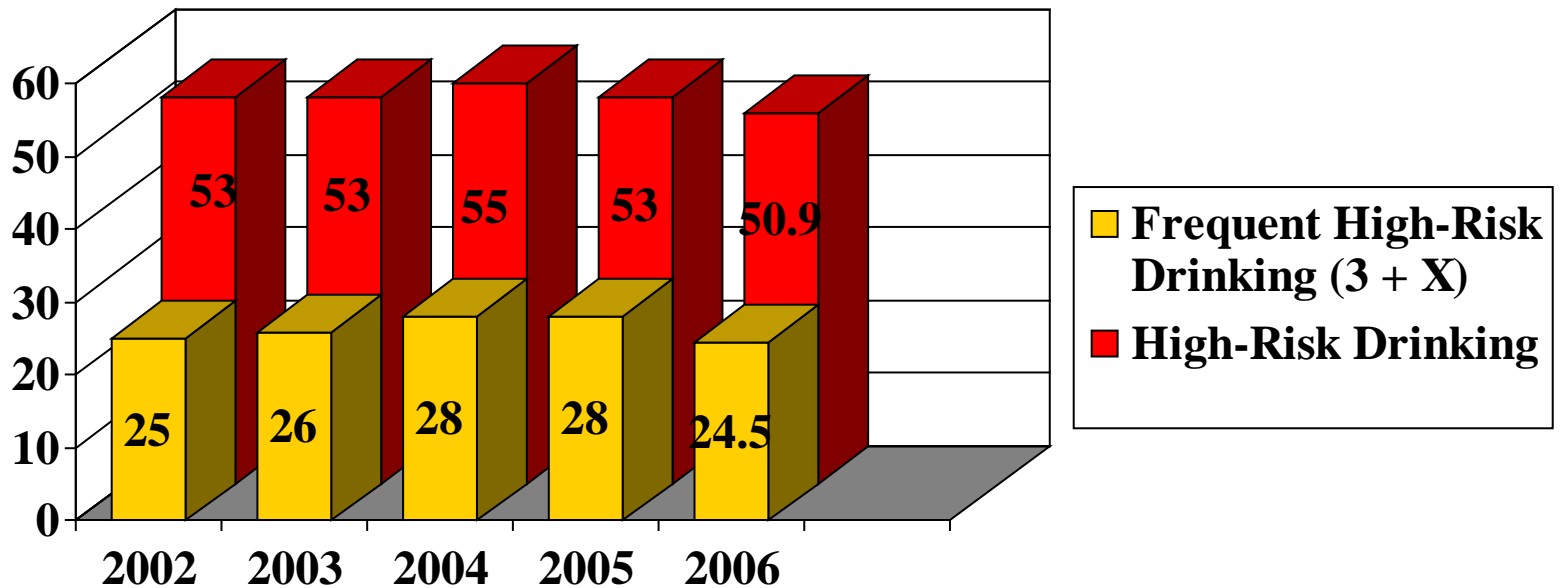
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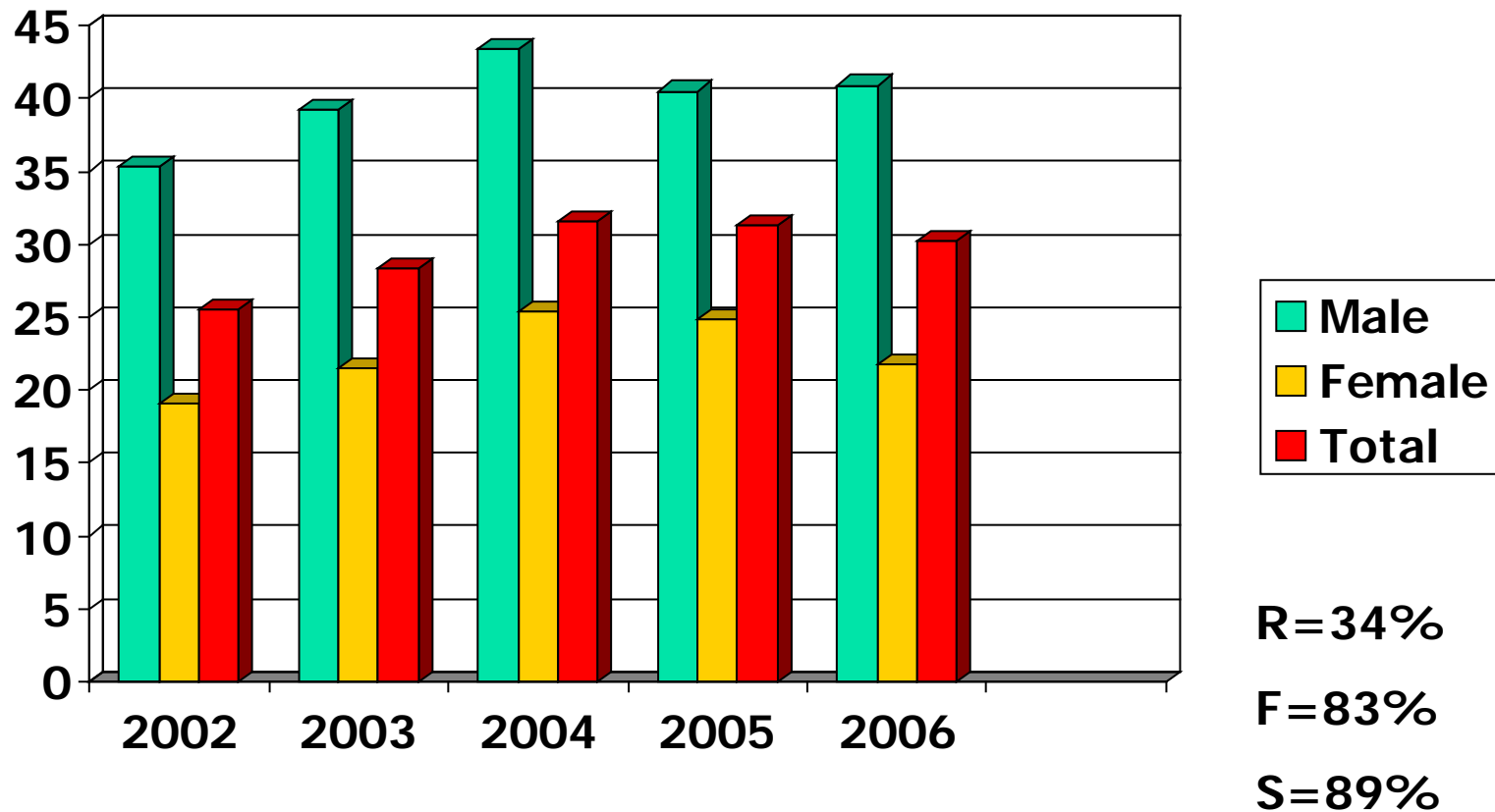
Supported in part by the [NIAAA](#), a part of the [NIH](#), a component of the [U.S. DHHS](#).

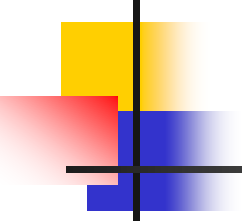
# Southeast High-Risk Drinking

(Consuming 5 or More at 1 Sitting in Past 2 Weeks)



# SEMO Students Drinking 3X/Week or More



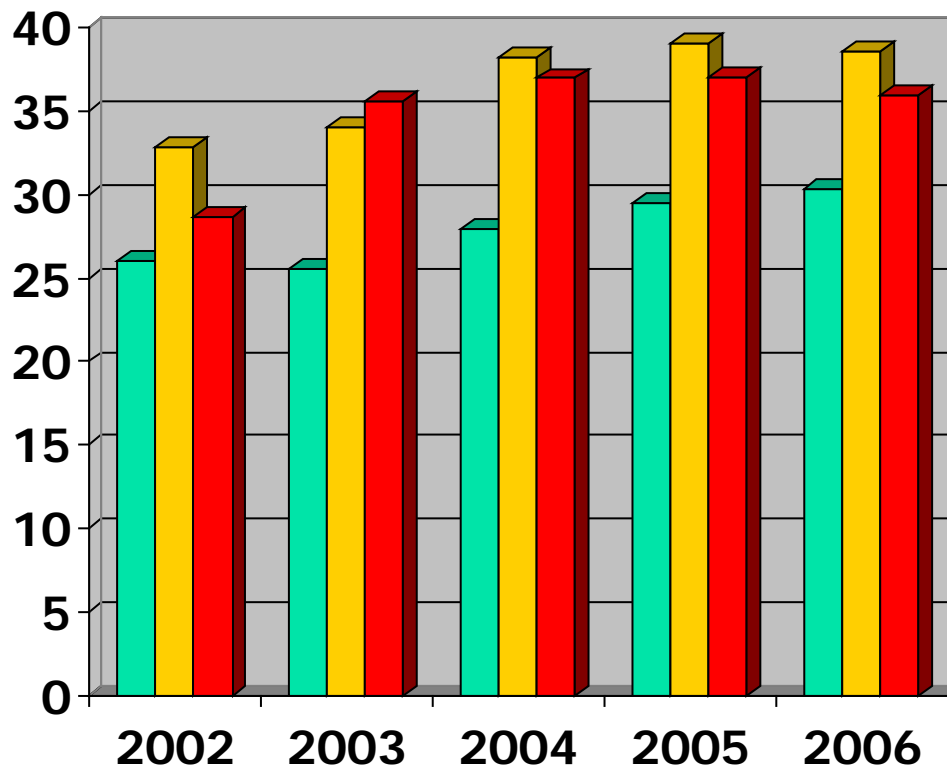


# Impact of Alcohol on College Students

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- Lingering cognitive deficits up to 48 hrs. after a night of heavy drinking
- Can lead to + BAL the next day, affecting whether or not get up for class and, if do, the quality of how information is processed and ultimately stored
- Sleeping off a buzz can interfere with the sleep cycle, resulting in increased anxiety, jumpiness, and irritability the next day, and fatigue the day after that

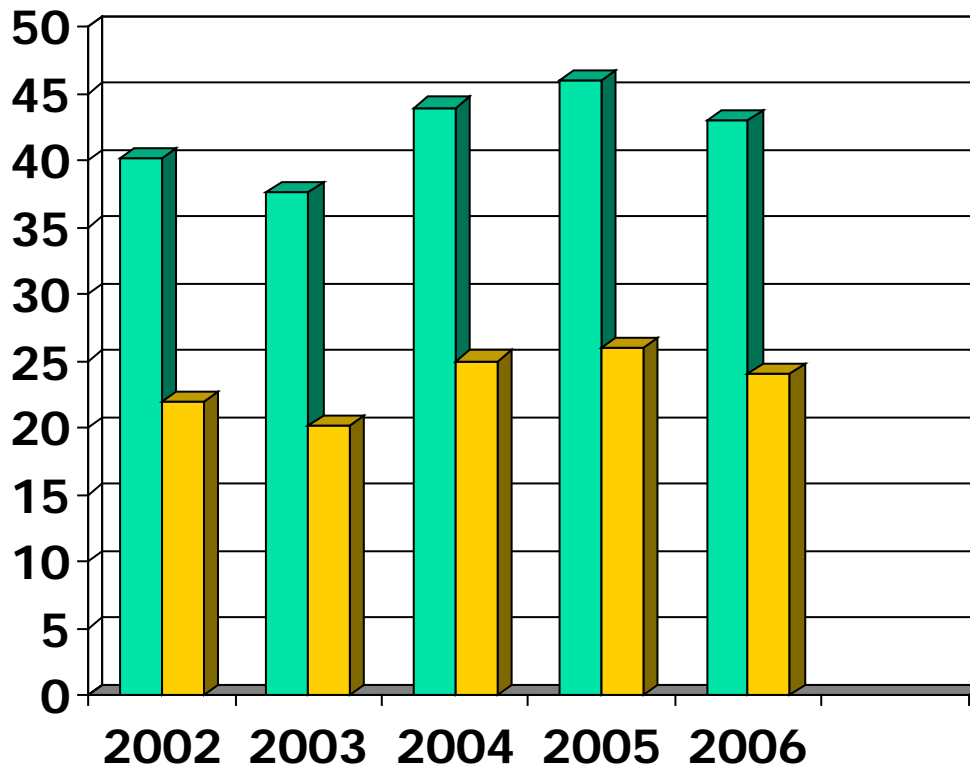
# Alcohol-Related Academic Problems



- Performed Poorly on a Test/Project
- Missed a Class
- Had a Memory Loss

(Due to Drinking or Drug Use)

# Negative Consequences Due to Drinking

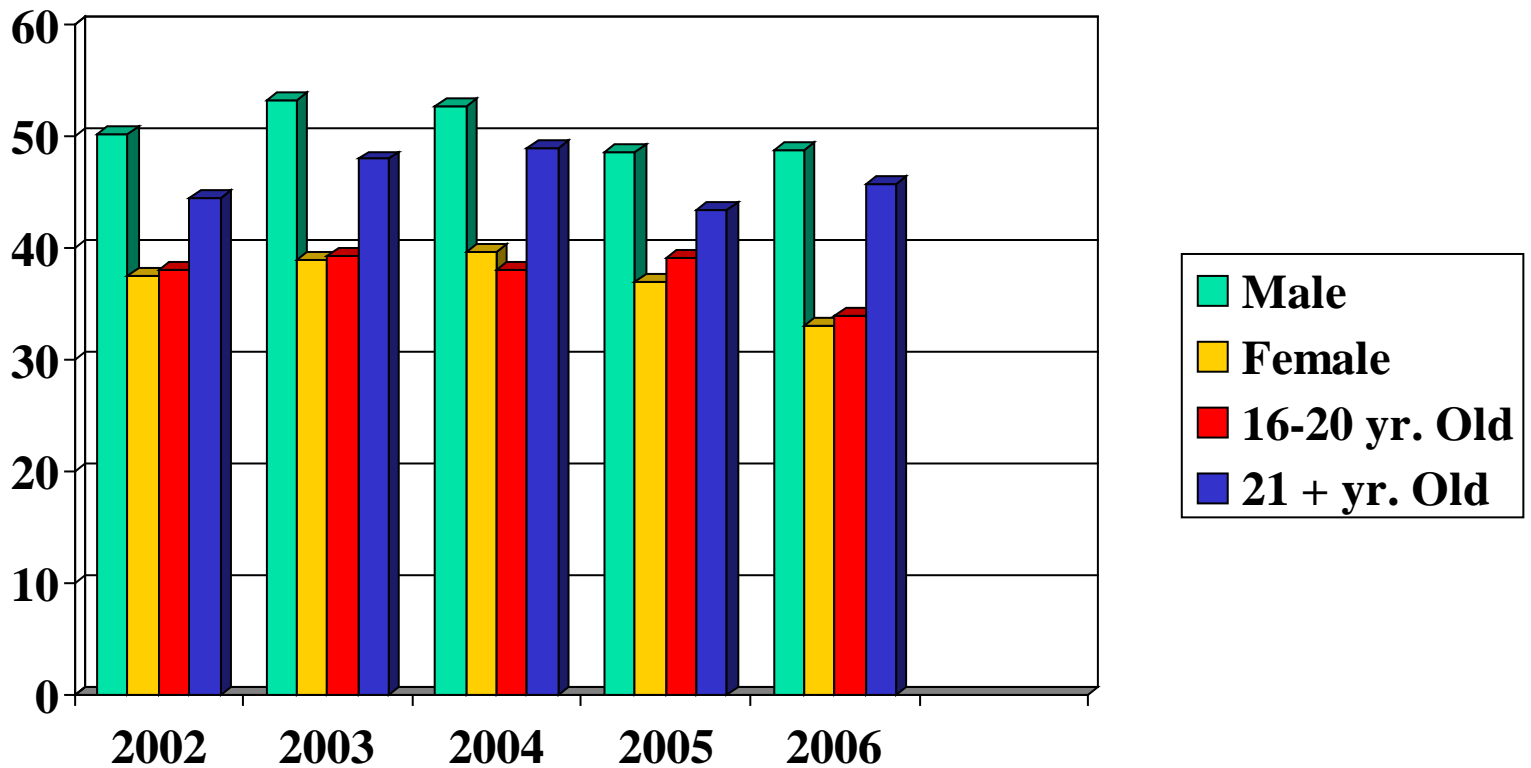


**Public Misconduct**  
**Personal Injury**

Trouble with police,  
fight/argument, DWI,  
vandalism

Suicidality, hurt/injured,  
trying unsuccessfully to  
stop using, sexual assault

# Driving Under the Influence





# Emergency First Aid for Drunks

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- Stay with them – Watch them.
- Harm happens to drunk people – accidents/rapes/poisoning...
- Death occurs in alcohol poisoning because you drink enough to depress your respiratory center in the brain and stop breathing, or your heart stops, or your brain “stops” (coma). Or
- You drown in your own vomit.



# With Drunks – Don't

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- Give them coffee...
- They'll just be a wide awake drunk
- Give them food...
- They'll have more to throw up on you
- Walk them around...
- They'll fall down and hurt you or themselves
- Put them in a cold shower...
- They'll just be cold, royally ticked off and hard to hold onto



## With Drunks – DO:

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- Stay with them and track their respirations: less than 8/minute or 10 + seconds between breathes = emergency
- They CAN get more drunk once they pass out
- Safety Position
- Check/poke for consciousness
- If in doubt, call 911 – you only have ~ 5 minutes if they stop breathing until brain dies
- Don't worry about "getting them in trouble" – if YOU don't do something, they may be dead

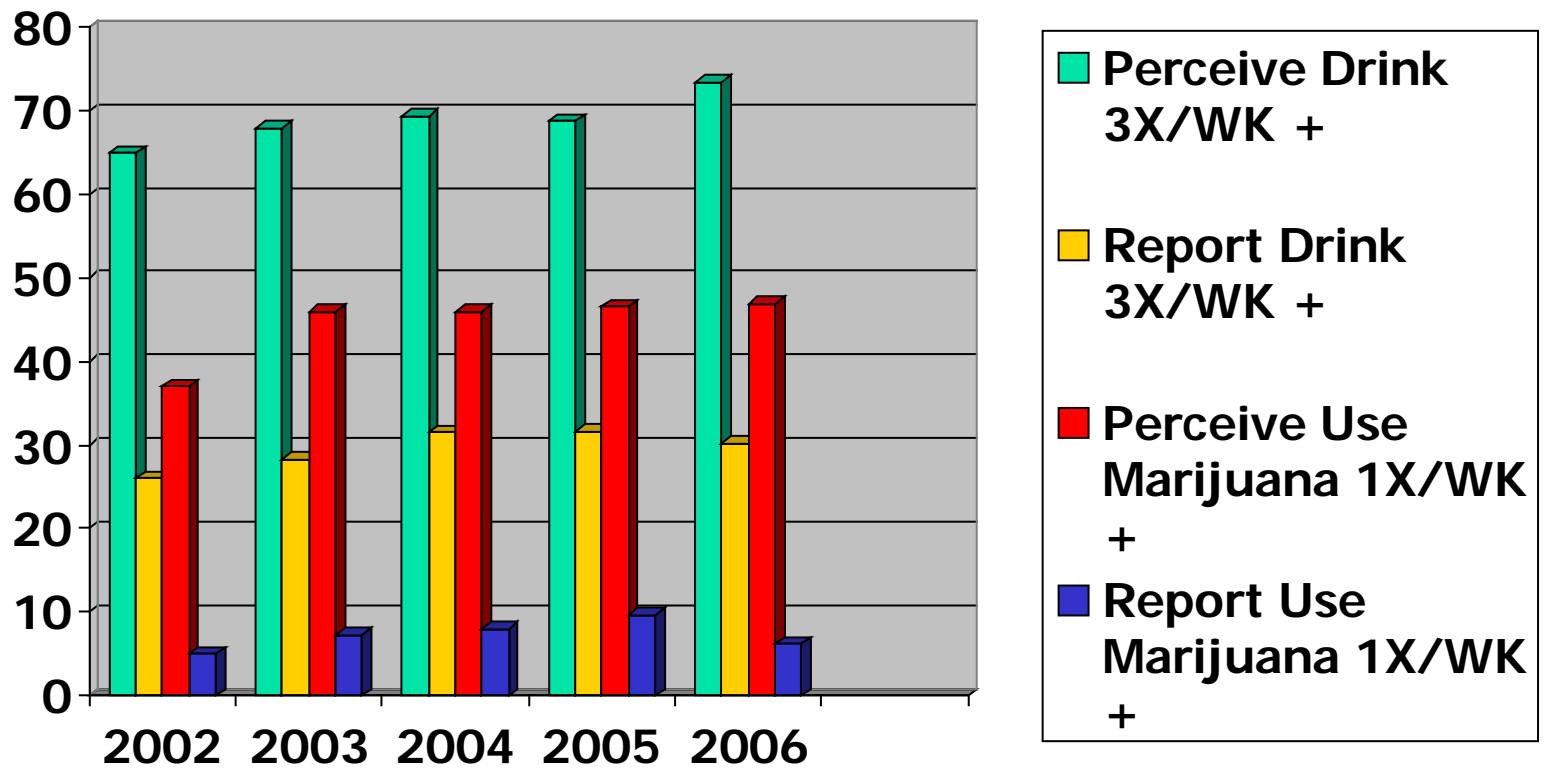


# Specific Tips for Reducing the Risk of Alcohol Use

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- Set limits
- Keep track of how much you drink
- Space your drinks
- Alternate alcoholic w/non-alcohol drinks
- Drink for quality, not quantity
- Avoid drinking games
- If you choose to drink, drink slowly
- Don't leave your drink unattended
- Don't accept a drink when you don't know what's in it

# Perceptions vs. Reality





# Alcohol POP Quiz

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# How Much is Too Much?

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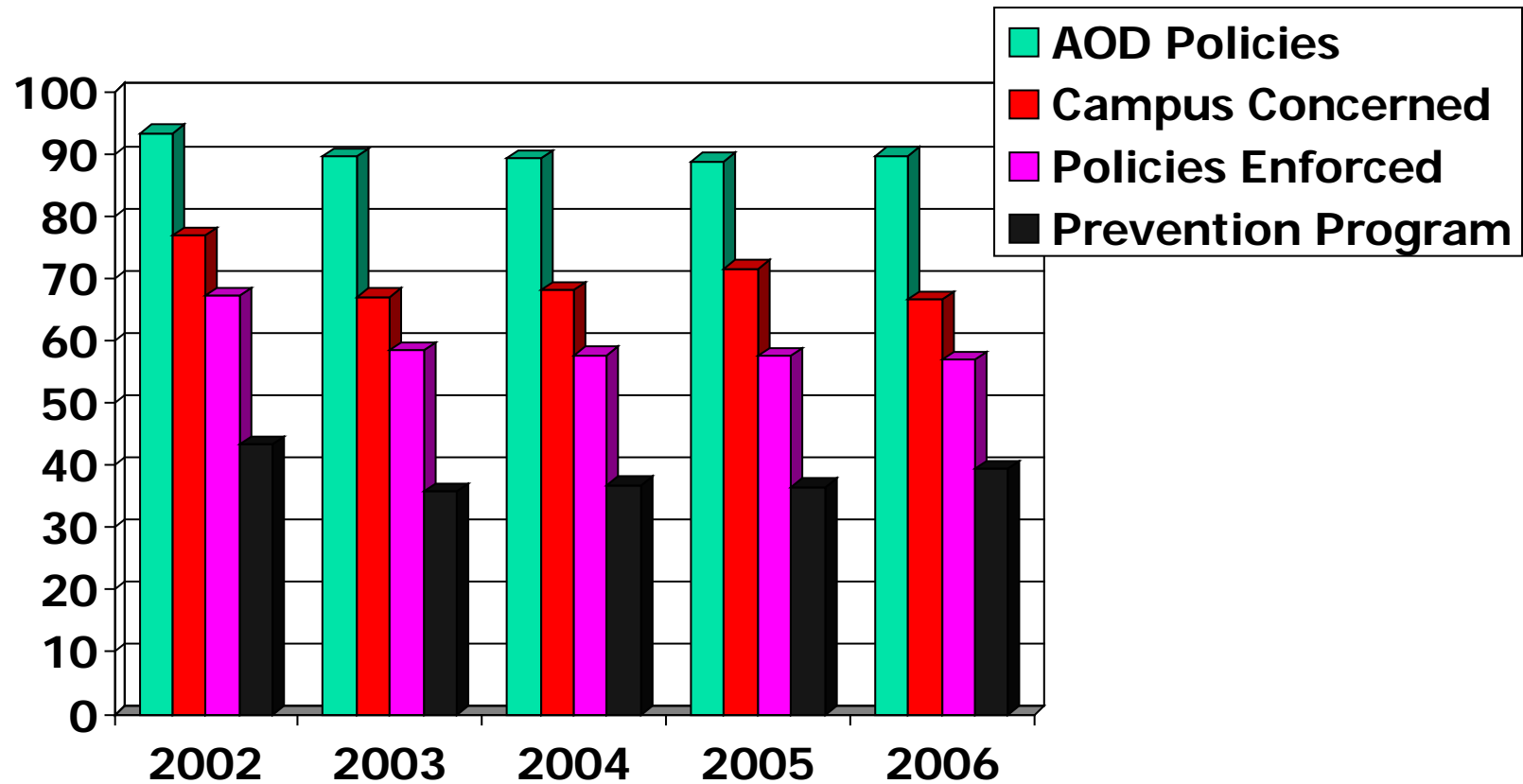
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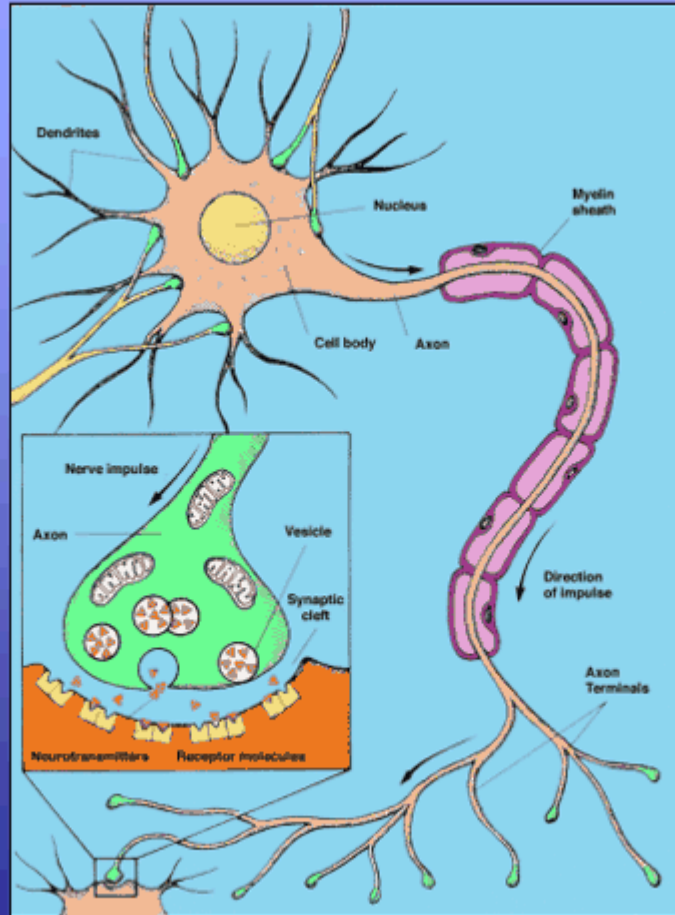
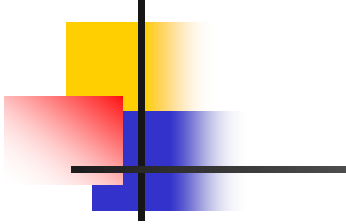
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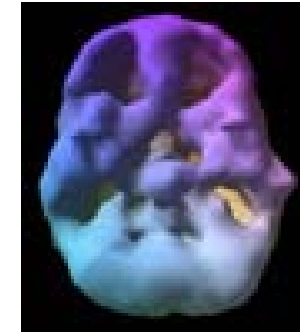
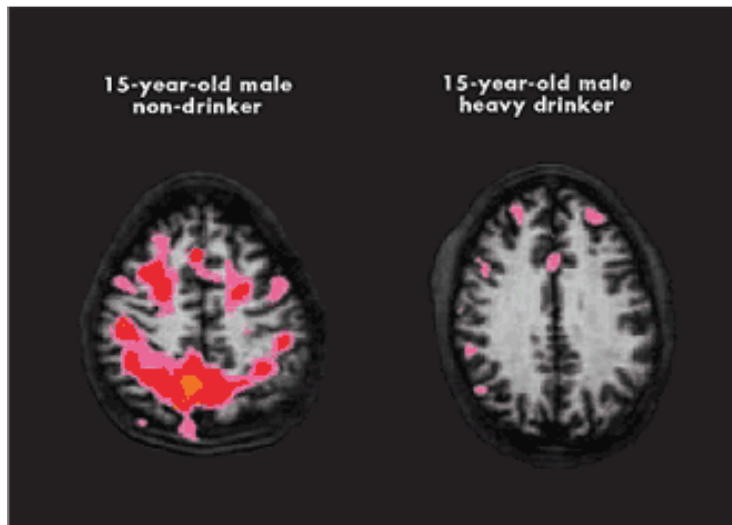
- [www.alcoholscreening.org](http://www.alcoholscreening.org)
- How help a friend?  
[www.ncadd.org](http://www.ncadd.org)

# Students' Awareness of Campus AOD Efforts





# PET Scan of Alcohol & Marijuana on Adolescent Brain



18 yr. old  
Marijuana  
Weekly User  
Since 15



# SOCIAL & ECONOMIC COSTS

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- > \$200 Billion/year
- Health-Related
- Lost Productivity
  
- Losses to Society from Premature Death
- Criminal Justice System
- Public Policy & Laws