



Stay Dry!

Mississippi Coalition of Partners in Prevention Newsletter

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Issue 4

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Best Practices: Coalition Action Areas

The below chart is taken from the 2013 NASPA Mental Health, Alcohol, Other Drug Abuse, and Violence Prevention Conference. During a roundtable discussion, attendees were given the below worksheet on Coalition Action Areas and asked to rank them in order of importance. Please take some time to review the chart and consider what is important on your campus and what is necessary for MCPP to address as a state-wide Coalition. Discussion on these topics will take place as future work is planned on the **March 5 conference call**.

	Very Important	Important	Somewhat Important	Not Important
a. provided better clinical counseling to college students with drinking problems.	1	2	3	4
b. limit access to bars.	1	2	3	4
c. provide outreach to high school students.	1	2	3	4
d. work to eliminate price discounting (e.g., happy hours, 2-for-1 specials).	1	2	3	4
e. increase alcohol-free activities.	1	2	3	4
f. promote the sharing of information across various campus/community service agencies (e.g., health, police).	1	2	3	4
g. improve relations between campus/community service providers and students (e.g., law enforcement).	1	2	3	4
h. increase job opportunities for college students.	1	2	3	4
i. promote responsible beverage service training.	1	2	3	4
j. develop strategies to continue the Coalition's efforts beyond the grant period.	1	2	3	4
k. strengthen the enforcement of laws that ban drinking among minors.	1	2	3	4
l. enforce existing penalties for adverse consequences of alcohol use and abuse.	1	2	3	4
m. design media campaigns to reduce high-risk drinking and related harms.	1	2	3	4
n. disseminate facts about secondhand effects of problem drinking to shift norms.	1	2	3	4
o. work to increase excise taxes on alcohol.	1	2	3	4
p. provide/increase alcohol-free housing.	1	2	3	4
q. work to limit advertising about alcohol.	1	2	3	4
r. provide academic enrichment.	1	2	3	4
s. increase visibility of Coalition/project.	1	2	3	4
t. change laws and rules about alcohol's distribution and sales.	1	2	3	4
u. strengthen the ties between adults and college students.	1	2	3	4
v. provide programming at new student orientation.	1	2	3	4
w. provide better prevention programming.	1	2	3	4
x. strengthen ties among adults who supervise and mentor college students.	1	2	3	4
y. strengthen ties between university and the surrounding community.	1	2	3	4
z. work to limit/reduce the density of alcohol outlets.	1	2	3	4
aa. other: _____	1	2	3	4

Nelson, T.F., & Winters, K.C. (2012). *Preventing binge drinking on college campuses*. Hazelden: Minnesota

Timely Topic: Spring Break Tips

The following information was created by the Bacchus Network to encourage safe behaviors during Spring Break. Displays, programs, or ads in the campus newspaper could prove useful for your school in distributing this information to students before they depart campus for Spring Break this year.



- Be responsible – Pace yourself when drinking.
- Know the liquor laws of the location where you will be vacationing.
- Sun can maximize the effects of alcohol, so make sure that you drink plenty of water and utilize shady spots while hanging out on the beach.
- Do not swim while under the influence of alcohol. If you get caught in an undertow, do NOT swim against it. Swim parallel to the shoreline until the current carries you back to shore.
- The effects of alcohol are felt sooner and more strongly while in a hot tub because alcohol dilates blood vessels and lowers blood pressure to dangerously low levels. This can lead to unconsciousness and drowning. Therefore, it is NEVER a good idea to mix drinking and hot tubs.
- Minimize drama by sticking with your friends when going out. Never allow alcohol to impair your judgment in such a way as to leave with someone you do not know.
- Similarly, do not accept drinks from people that you do not know. While holding a drink in your hand, make sure that you keep the opening covered, and NEVER come back to a drink that you left unattended. These are easy ways for date rape drugs to be slipped into your drink.
- In the event that you decide to “hook up” with someone after consuming alcohol, make sure that you make wise choices by setting limits and always using protection.

<http://www.safespringbreak.org/safety-tips/>

High-Risk Alcohol Use & Intramural Athletes

Many of you may have seen the following article in the December issue of the *Journal of American College Health*. If you have not, Andes, Poet, and McWilliams (2012) examined the drinking patterns of club and intramural college athletes as compared with campus varsity athletes, which included perceived norms around the excessive use of alcohol, negative consequences, and the employment of protective strategies (p. 556). While varsity athletes have been identified as an at-risk group in much of the literature, little has been written about the drinking behaviors of club/intramural athletes. Also noted by Andes et al. (2012) are the ways in which participation in these sports groups provide a substitute for former high school athletes who may be struggling to form new identities in college (p. 557). When their drinking behaviors were examined:



- The Pearson's correlation coefficient indicated a negative relationship between reported high-risk drinking and varsity athletes but a positive relationship between intramural athletes and high-risk drinking.
- Intramural sport participants demonstrated a positive relationship with the reported number of drinks consumed in the previous 30 days, whereas varsity athletes demonstrated a negative relationship in the same category.
- Intramural athletes had higher perceptions of other students' alcohol consumption and demonstrated a significant relationship with reduction of calorie consumption after drinking alcohol, whereas varsity athletes did not.
- Finally, intramural athletes were the only ones to exhibit a greater likelihood of combining alcohol with energy drinks.

This article provides insight into a little studied group of students. Perhaps efforts can be made on our campuses to target club/intramural athletes in education and prevention efforts. By partnering with campus recreation centers and student team leaders, programming can be created to address this group.

Andes, S., Poet, K., & McWilliams, S. (2012). The culture of high-risk alcohol use among club and intramural athletes. *Journal of American College Health*, 60(8), 556-561.

What's Happening at Your School?

Mississippi State University: A Partnership with Mississippians Advocating Against Underage Drinking (MAAUD)

In preparation for the Super Bowl, graduate assistants at MSU contacted local pizza delivery restaurants to place stickers on boxes that would be delivered during the weekend. The message, "Don't let alcohol intercept your game," reminds students and others about responsible drinking. Stickers were provided by MAAUD, and participating restaurants included Papa John's and CJ's Pizza. For more information on this initiative and project sticker shock, please visit <http://maaud.org/>



Graduate Assistants Placing Stickers at CJ's Pizza



Jones County Junior College: Arrive Alive

Students at JCJC learned the dangers of drunk driving and texting while driving at the Arrive Alive Tour on campus. Over 277 students visited the booth.

The program allowed students to sit in a simulator resembling a vehicle. Once inside, students were given goggles to wear while they attempted a driving simulation. Many students only lasted a few seconds before they crashed.

The settings on the simulator were only showing what would happen after four drinks. Many people think that after a few drinks one is able to drive, but the simulation shows otherwise. "The simulator was an eye-opener. It definitely encouraged me not to drink and drive," said JCJC student, Taylor Corley.

The Arrive Alive booth also showed videos of what could happen if one texts while driving. "It is dangerous, but it is so easy to reach down and send a text even when you know you should not," said Kayla Ivey, another student at JCJC.

The videos portrayed the horrible accidents that can take place after one glance at a cell phone. The horror students felt as they watched the videos of the wrecks that can happen from inattentiveness at the wheel was written all over their faces. Many students admitted to texting while behind the wheel.

Kayla and Taylor agreed that the simulator encouraged students not to drink and drive and should cause everyone to think before they get behind the wheel. The program urged all students to "Arrive Alive, Don't Drink and Drive."



Suggestions?

If there is a specific topic you would like us to address in the next edition of this newsletter, please email Michelle. Also, please share with us the ways in which you address the issues covered in this edition on your campus. We want to use this newsletter as an informal way to share ideas with one another, and we'll publish your feedback (anonymously) in the next edition!