Parents, Students and UConn Working Together
Welcome to UCONN

Objectives for today:

• Name two obstacles that affect student academic success
• Review of UConn’s policies
• Identify resources for students and families
The University has adopted a wide-ranging new academic vision to shape its efforts in the coming decade to become a national leader in breakthrough research, innovative undergraduate and graduate education, service, and public engagement.

http://academicvision.uconn.edu/
UConn and Husky Pride!

Community - Responsibility - Citizenship
University of Connecticut's Division of Student Affairs recognizes and respects the critical role of parents and families in students’ lives.

• Parental and family involvement can also have a profound impact on the pursuit of the students’ educational goals and ultimate success beyond their university experience.

• To that end, we value the opportunity to be proactive partners with parents and families during their students’ collegiate career

http://www.dsa.uconn.edu/index.php
Wellness & Prevention - Alcohol & Other Drugs (AOD)

Educational Resources:
- Campus-wide presentations,
- 1:1 Consultations
- 21st Birthday Campaign

Educational Interventions:
- BASICS- Brief Alcohol Screening for College Students
- MAPP- Marijuana Abuse Prevention Program

UCCONN Recovery Community (URC):
- A community environment supportive to the needs of students in recovery from addictive behaviors
Wellness & Prevention - Health Education

Stress management programming:
- Relaxation Station
- Pet therapy visits
- Sleep aids

Comprehensive sexuality education:
- Abstinence kits
- Safer sex supplies
- Sexual health consultations and testing

Campus-wide programming:
- Peer education
- Stall Street News
Wellness is a Journey, not a destination!

The wellness wheel provides a visual representation of the concept of wellness that demonstrates the need for balanced or well-rounded lives.
Top Two Academic Obstacles

According to the National College Health Assessment (NCHA) the top two academic obstacles are:

1. Stress
2. Sleep difficulties

*Executive summary highlights of the ACHA-NCHA II Spring 2013 survey for a Reference Group of 123,078 respondents.
What Does Stress Look Like on a College Campus?

- Pop quiz
- Missing a deadline
- Tension or a conflict with roommate or friends
- Navigating a University campus
- Deciding on a major or career
- Financial
What Can Sleep Difficulties Look Like?

• Distractions with roommate or floor
• Involved in too many activities (student groups, volunteer, employment, Greek Life)
• Technology (on and off campus, technology including texting and gaming)
• Time management with course load
• Social gatherings and parties (Alcohol and Other Drugs)
Prescription Drugs

- 86.4% of UConn students reported they have not used prescription drugs that were NOT prescribed to them in the past year

(UConn ACHA Data Spring 2014)

Commonly abused types of prescription drugs:

- medication for pain (opioids)
- medication for anxiety and sleep disorders
- medication for ADD/ADHD (stimulants)

(www.drugabuse.gov/drugs-abuse/prescription-drugs)
Marijuana

- 78.9% of UConn students have not used marijuana in the past 30 days

(UConn ACHA Data, Spring 2014)

In the state of Connecticut, the possession of marijuana (and subsequent paraphernalia) is illegal and can result in fines.
Alcohol

Risky Drinking Behaviors
Defined as:
4+ drinks for women & 5+ men (binge drinking)

- 62.2% of students drank 4 or less drinks the last time they chose to party

(UConn ACHA Data, Spring 2014)
What is a standard drink?

12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits ("hard liquor"—whiskey, gin, rum, vodka, tequila, etc.)

about 5% alcohol
about 7% alcohol
about 12% alcohol
about 40% alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.
HOW MANY OUNCES IN A SOLO CUP?

• Hint: look on the bottom of the cup (typically 16-18oz.)
### Blood Alcohol Content (BAC)

#### WOMEN after one hour of drinking

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#### As BAC Increases, So Does Impairment

- **Life Threatening**
  - Loss of consciousness
  - Danger of life-threatening alcohol poisoning
  - Significant risk of death in most drinkers due to suppression of vital life functions

- **Severe Impairment**
  - Speech, memory, coordination, attention, reaction time, balance significantly impaired
  - All driving-related skills dangerously impaired
  - Judgment and decision-making dangerously impaired
  - Blackouts (amnesia)
  - Vomiting and other signs of alcohol poisoning common
  - Loss of consciousness

- **Increased Impairment**
  - Perceived beneficial effects of alcohol, such as relaxation, give way to increasing intoxication
  - Increased risk of aggression in some people
  - Speech, memory, attention, coordination, balance further impaired
  - Significant impairments in all driving skills
  - Increased risk of injury to self and others
  - Moderate memory impairments

- **Mild Impairment**
  - Mild speech, memory, attention, coordination, balance impairments
  - Perceived beneficial effects, such as relaxation
  - Sleepiness can begin

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**Blood Alcohol Content (BAC)**

- 0.00–0.05%
  - Sleepiness can begin

- 0.06–0.15%
  - Mild speech, memory, attention, coordination, balance impairments

- 0.16–0.30%
  - Increased impairment

- 0.31–0.45%
  - Life threatening
Alcohol Poisoning: Signs & Symptoms

• Unresponsive
• Vomiting while passed out
• Slow Heart Rate
• Slowed Breathing (10 or less per minute)
• Hypothermia (skin color change)
• Eyes Rolled Back In Head

Never leave a person with alcohol poisoning alone

CALL 911 if ANY of these symptoms are present
Student Strategies

• Choose NOT to drink
• Get involved in student activities on campus
• Alternate alcohol with non-alcoholic drinks
• Set a limit ahead of time and stick to it!
• Know your Blood Alcohol Content (BAC)
• Stay in the Blue Zone
• Eat before/during
• Pace drinks throughout night

It’s good to go out... but it’s better to get home safely with friends
Student Strategies

- Keep track of the number of drinks
- Avoid drinking games and shots
- Skip pre-gaming
- Avoid mixing alcohol with energy drinks
- Avoid taking acetaminophen (Tylenol) after drinking

It’s good to go out... but it’s better to get home safely with friends
UConn Recovery Community (URC)

Recovery - Community - Academics - Friendship

Mission Statement:
The mission of the UConn Recovery Community (URC) is to provide an environment that is supportive to the needs of students recovering from addiction. We provide support through community building, social support, academic support, substance free activities, advocacy, outreach, and creating greater opportunities to access resources and services available on campus. We are inclusive of all students seeking to recover from addictive behaviors and value the personal dignity of each member.

Located In Wilson Hall - South Campus, urc@uconn.edu
Alcohol EDU For Students

As part of our comprehensive alcohol prevention program, University of Connecticut expects each member of the first-year class and transfer students to complete AlcoholEdu. AlcoholEdu is

• a non-judgmental, online course taken each year by hundreds of thousands of students, at over 500 campuses nationwide.

• an interactive course that uses up-to-date research to educate students about alcohol and its effects, empowering you to make well-informed decisions about alcohol for a safer and more successful college career.

• collects survey responses that are strictly confidential; the school will only receive information about the student body as a whole and will never see individual students’ answers.

http://www.wellness.uconn.edu
Alcohol EDU For Students

The course has two sections, both of which must be completed to fulfill this requirement.

**PART 1**- taken online at home, prior to your student arriving on campus
- This portion of the course that will take approximately 1½ hours to complete
- Course scheduled to go online July 18, 2014
- Information will be emailed to you with all details for prior to the

**PART 2**- Available 45 days after completing Part 1- taken after students have begun. Takes approximately 15 minutes to complete
Alcohol EDU For Parents

Talking points for parents about alcohol:

• you have a key opportunity to talk with your student about some of the most important choices they will make as they begin college.

• do some research ahead of time that will help you get ready for those conversations.

• participating in AlcoholEdu for college is a great way to get started, as it provides you and your student with the same knowledge about alcohol use and drinking in college.

http://www.wellness.uconn.edu/
http://parents.alcoholedu.com/factsheets/1_talk_student.pdf
Other Impacts to Consider when it comes to Alcohol and Other Drugs
A sense of community and of belonging are something most students need and want:

- Responsibilities of Community Life: The Student Code
- Good Samaritan Policy
- Mansfield, CT Town Ordinances

http://www.community.uconn.edu/student_code.html
http://www.community.uconn.edu/policy_good_samaritan.html
Predatory Drugs

- Alcohol
- GHB/Liquid X
- Rohypnol/Roofies
- MDMA/Ecstasy (ie Molly)
- Ketamine/Special K

While protecting a drink against tampering, be aware that the drink itself may also be cause for concern. **ALCOHOL IS STILL A PREDATOR’S NO. 1 DRUG OF CHOICE.** Sexual contact with someone who is impaired by alcohol and/or drugs and, therefore, unable to consent, is rape.
Sexual Violence Awareness

• The University of Connecticut is committed to creating and maintaining a campus environment free from all forms of sexual violence, harassment, exploitation, and intimidation.

• Every member of the University community should be aware that sexual violence is prohibited by law and by University policy and that the University will not tolerate any form of sexual violence.

http://www.sexualviolence.uconn.edu/index.html
UConn’s Definition of Consent

- **Consent** is an understandable exchange of affirmative words or actions, which indicate a willingness to participate in mutually agreed upon sexual activity.

- Consent must be informed, freely and actively given.

- It is the responsibility of the initiator to obtain clear and affirmative responses at each stage of sexual involvement.

- The lack of a negative response is not consent.

- An individual who is incapacitated by alcohol and/or other drugs both voluntarily or involuntarily consumed may not give consent.

- Past consent of sexual activity does not imply ongoing future consent.

http://www.community.uconn.edu/sexual_misconduct.html
Definition of Incapacitation

• Inability to make rational decisions

• Inability to answer who, what, when and why

• A person whose incapacity results from mental disability, sleep, involuntary physical restraint, or from the consumption of predatory drugs cannot give consent.

http://www.community.uconn.edu/sexual_misconduct.html
Information and Resources
Counseling & Mental Health (CMHS) Students Can Do It! CMHS Can Help!
Approximate % of UConn students who have received diagnosis or treatment for mental health concerns in the past year.
(2014 NCHA UCONN Survey)

23%
Mental Health: Everyone Has It

Within the last 2 weeks

- 50% of students felt overwhelmed by all they had to do
- 48.3% felt exhausted
- 22.6% felt very sad
- 22% felt very lonely
- 19.2% felt overwhelming anxiety
Counseling & Mental Health Services
Include:

• Free workshops on common Mental Health Concerns
• Triage and Assessment
• Individual and Group Therapy
• Specialized Groups for
  – Grief,
  – Sexual Assault or Domestic Violence Survivors,
  – Children from Substance Abusing Families,
  – Alcohol & Other Drugs (AOD) Group, Older Students Group
  – Crisis Services

• Getting Help Is Easy: Click or Call
  • www.counseling.uconn.edu
  • 860-486-4705
College and Suicide - Just the Facts

Suicide is Preventable

- Suicide is the 2nd leading cause of death among college students nationally.
- 18-24 year-olds think about suicide more often than any other age group.

UConn’s Suicide Prevention Committee holds suicide prevention events throughout the academic year to strongly communicate that UConn cares and that there is hope, help, and healing for everyone who needs it.

http://www.suicideprevention.uconn.edu/resources.html
UConn’s Resource & Cultural Centers
Located in the Student Union

H. Fred Simons African American Cultural Center
Veteran’s Oasis
Puerto Rican/Latin American Cultural Center
Asian American Cultural Center

Wellness & Prevention Services
UConn Parents Association

• The UConn Parents Association is your personal link to the University of Connecticut. It is our goal to keep you up-to-date with University policies, procedures, and important calendar dates as well as to provide a helping hand, if it is ever needed.

• The Parents Association encourages parents and guardians to get involved. Each fall, the association participates in two events Husky Week of Welcome, which occurs during move-in weekend and Family Weekend.

• All parents of currently enrolled undergraduate UConn students are members of the Parents Association. Enrollment is automatic - no dues or sign up is required. [http://parents.uconn.edu/](http://parents.uconn.edu/)
Resources on Campus

- Dean of Students Office
- Wellness and Prevention Services (WPS)
- Student Health Services (SHS)
- Counseling Mental Health Services (CMHS)
- Student Activities - Campus Activities
- Residential Life
- Community Standards
- Title IX Coordinator
- Center for Students with Disabilities
Resources on Campus

- Off Campus Student Services
- Humphrey Clinic
- Center for Students with Disabilities
- Math Help Center
- Writing Center
- Academic Achievement
- Veterans Affairs & Military Programs
- First Year Experience
- UConn Police Department
- Recreation Services
- UConn Directory A-Z
Questions??

Department of Wellness & Prevention Services
Wilson Hall, South Campus
Phone: 860-486-9431
Website: www.wellness.uconn.edu
HUSKY PRIDE!!

• Don’t let this puppy down!