Covering the Bases: Prevention, Intervention, Recovery Resources!

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Who is this woman? Why is she talking to us?

- Nurse Practitioner (FNP)
- Frustrated stand-up comedienne
- Scientist & Seeker of Truth (PhD)
- Unusual Fantasy Life
- Mom... and thus very humble!
Clicker lessons
Does your “dot” flash green when you push 1?

1. Yes

- Immediate Audience Response Device
- Anonymous
- Radio Frequency - you don’t have to point it at anything
- You can change your response by just hitting a different number, but ...
- ONLY one response will record per person!
Who are you?

1. Student Athlete
2. Support Team
Tired of being on the road?

Want to meet some NEW people?
Let’s find a new cast of characters!

- Supporting characters – move toward rear
- Student Athletes move to front
- Sit with NEW people, not your APPLE team

TAKE YOUR WATER GLASS AND CLICKER WITH YOU!
Then introduce yourselves to each other-

Name, school, Sports, major/dream future why you came...
then if time weird facts about you
Anytime you see this picture, it means GROUP DISCUSSION. Pick a team captain who can write legibly.
7 of the MOST useful tools I have:

1. Motivational Interviewing (MI)*
2. Harm reduction
3. Genetic Snowflake Concept
4. Social Norms
5. “Bystander Training”*
6. Wisdom of Recovering Students*
7. Networking/Policy*

*Look for an APPLE BREAKOUT on this topic
1. Motivational Interviewing (MI)

This tool has a TON of evidence that MI Works!

Participants last year requested more info on this... so Breakout Session 3 will be offered by Paige Hawkins, JMU
Most recent definition of Motivational Interviewing 2009
-William Miller

“... a collaborative, person centered form of guiding to elicit and strengthen motivation for change.”
The MI approach can be used for individuals, teams & creating media!

The WAY you address the issue of alcohol and drugs MATTERS!
The Name of the Game is...

WIN AS MUCH AS YOU CAN!!!(if you have done this before...
opt out, help others find a partner)

– Stand up
– Find a partner
– place right feet
  side by side
– “shake” right
  hands
If you push... people just naturally push back.
What are the **good things** about alcohol?

- Fun
- Helps you socialize
- Tastes good
- Stress relief
- Meet people
- Meet “hot” people
- Fit in

What are the **not so good things** about alcohol?

- Hangovers
- Facebook hall of shame
- Legal charges
- Injuries
- STI’s, unplanned pregnancy
- Assault, rape, violence
- Addiction
- Death
Why MI is an important tool...

9 out of 10 excessive drinkers are not alcohol dependent.

89.8% Excessive Drinkers Who Are Not Dependent

10.2% Excessive Drinkers Who Are Dependent
This is why MI is important

Excessive drinking is a spectrum open to change... not a lost cause

http://www.addictionpro.com/article/new-research-redefining-alcohol-disorders
People drink for reasons
Meeting those needs is important

• Outgoing
• Impulsive
• Rebellious

• To cope
2. HARM REDUCTION
not judging...just facts & strategies

How to get ideas for harm reduction strategies...

“Look for hidden goodness”
-Michael Haines
Useful analogies that explain why alcohol education is important EVEN for those under age 21

Heimlich Maneuver
We teach youth about health problems, but don’t expect them to choke on a hot dog or have a heart attack.

CPR
We can educate about alcohol and expect them not to drink. They may save a life!
True Story about a VCU female student and the "pink clutch"
Harm reduction idea from fraternity brother in a snowball survey
Once people are dependent, MI is important but so are other forms of support!

why do you think athletes might be at risk for opiate addiction?
Youtube: The how and why of heroin addiction

Warning: profanities are used
Nasal Naloxone- Lay person training to prevent death from narcotic overdose
Mix of Harm Reduction Education & Social Norms Data
Featuring The Well’s NCHA data & VCU’s Spit for Science data
Harm Reduction and wisdom “hidden goodness” from student

Shedding some light on blackouts

If you’ve seen the movie “The Hangover,” you know that alcohol-related blackouts are not pass outs. Drinkers remain up and moving but alcohol derails brain systems, resulting in short-term memory never getting moved to long-term memory.

There are two types of blackouts – complete (permanent memory loss of periods of hours or even days that never returns) and partial (short pieces of memory loss lasting minutes that sometimes may be recalled).

Who blacked out?

The Spit for Science pie chart below shows that most students (56%) did not black out in the past year. However, students who do shots, play drinking games, and gulp drinks are the most at risk.

Women are at risk if they try to drink at the same rate as men. Students who are part of groups with traditions of rapid drinking and drinking games are at risk.

Blackouts also have a genetic component. If one identical twin has blackouts, the other is more likely to be prone to blackouts as well, due to common DNA variants that makes someone more susceptible.

It’s a myth that you have to be an alcoholic to black out. While blackouts are more common in alcoholics, they also occur in rare or who define themselves as alcoholics never have blacked out.

Can you stop blacking out?

Sure. Some folks have one blackout and then, confronted by the consequences, choose to alter their drinking and don’t black out again. Research shows that students who blacked out six times or more in the previous year are 2.5 times more likely to end up in the emergency room.

Hospital bills, unplanned STIs/pregnancy, and embarrassing Facebook posts don’t have to happen.

If you or someone you know is experiencing repeated blackouts, patterns can be changed. Feel free to contact The Well or University Counseling Services for some supportive ideas so you can remember
Situational Tolerance

Pavlov and his drooling dogs can teach us a lot about alcohol as well as tolerance, overdoses and cravings. While our bodies don’t drool when they see alcohol (well, at least not most of us anyway), we still develop conditioned responses. If every weekend we expose our bodies to the same drink, the same taste, the same friends’ faces and similar drinking places, over time our body “learns” to associate environmental cues with alcohol’s sedative effect.

When cued by the same drinking triggers, over time the nervous system anticipates the impending sedation and, even before the first drink is taken, the body compensates by speeding up.

This compensatory response accounts for why over time more drinks are needed to get the usual buzz. It’s called situational or learned tolerance.

Overdoses

Situational tolerance is strongly related to overdoses in regular users. Let’s say you go on spring break, travel abroad, move from home to college, or drink a different tasting drink, and the cues for situational tolerance are gone. The body fails to anticipate the sedative effect and fails to compensate.

If the usual amount is consumed in an unusual environment, an overdose is very, very possible.

This phenomenon is documented by research by Siegel and Ramos. For an interesting description of this research, check out the YouTube video “Situational Tolerance” by Dr. Jason Kilmer.

So what?

Knowledge is power. Recognizing that a new situation or a novel beverage is likely to reduce tolerance, a drinker can choose to drink more slowly or consume less in the hope of avoiding overdoses (or at least avoiding embarrassing Facebook pictures and regretted tattoos. Did you know Mom upside down spells WOW?)

Cravings & Triggers

This same “situational tolerance” has a lot to do with cravings and how hard it is to change behavior. Situational tolerance occurs for all drugs — for depressants such as prescription neroitics and heroin and for stimulants like caffeine or Adderall. Smokers know well which “situational triggers” make them crave nicotine. Once recognized, triggers can be avoided or altered.

There are a ton of creative and useful strategies for dealing with cravings, breaking the cycle of use, and reducing situational tolerance.

The Well website has a free online self assessment and the staff loves to chat individually with students about all things alcohol-related.

Email: kkolonovan@vcu.edu

What’s a standard drink?

Please note for all alcohol research both in VCU and nationally, a “standard drink” is defined this way:

- 12 oz. of beer = 5 oz. of wine = 1.5 oz. of liquor

Research-based low-risk alcohol use guidelines

From a fairly cool, non-judgmental interactive website, niaaa.nih.gov: 1 drink per day for women and 2 drinks per day for men. 1 drink per day for pregnant women.

Women and Men:

Zero drinks if you are driving, have liver disease, take multiple meds, are in recovery or are going on a job interview. (We made that last one up, but it makes sense to us.) And, of course, pregnant women.

Women:

One drink if you drink regularly, because at two per day breast cancer risks go up and at three per day blood pressure goes up.

Three drinks or fewer if you drink only occasionally. (Sorry, you can’t save all seven for Friday.) Statistically, four or more drinks increases a woman’s risk for injuries, accidents, and illnesses including alcoholism.

Men:

Two drinks if you drink regularly, because at three per day blood pressure goes up and at four per day liver disease increases.

Four drinks or fewer if you drink only occasionally, because five or more is associated with injuries, accidents, and illnesses including alcoholism.
Highly recommend viewing... 8 minute YouTube “Situational Tolerance” by Jason Kilmer
Situational Tolerance

Brain/Body
Stimulation

Baseline

Desired
Effect

Brain/Body
Depression

New situation
no
anticipation
by the body

OVERDOSE
DEATH
One Standard Drink =

- 12 oz. beer
- 4 - 5 oz. glass of wine
- 1 oz. of 100 proof liquor
Strategy for avoiding harm
Know some true facts about molecules and the body

- **ONE DRINK EQUALS**
- 12 oz regular BEER
- (6 oz. of 8% Malt Beer or 4.5 oz of 12% Malt)
- 4.5 oz wine
- 1 oz (shot) of 100 proof liquor
- ½ oz grain alcohol (everclear 198 proof)
Pour one ounce into your red solo cups!
How many drinks in a handle (1.75 liters) of 80 proof Vodka?

1. 32
2. 36
3. 38
4. 41
5. 44
6. 47
7. 50
8. 53
Wallet & BAC Card
Myth of the bigger, better buzz

Small volumes of liquor can get you hurt quicker

Western Washington University
Reality of Bi-phasic Response
Pregnancy prevention is not just for women!
Fertility in Men & Women
Cyclebeads - safer
Fertility Awareness

12 fertile days
Research by Georgetown University

Only list 7 fertile days...
some people WANT to get pregnant
3. Genetic Snowflake Concept
Genetics is **not** destiny!

- Genes only influence one's disposition to develop a particular outcome.

- The environment and personal **choice** still plays a critical role.

- We aren’t monkeys. We can make informed decisions. We can educate & motivate ourselves!
Biological responses differ

e.g. - 40% of Asians have a mild form (Chinese, Korean, Japanese)
The first 5 times you drank, how many did it take for you to feel tipsy or have a buzz? (Research by Marc Schuckit)

1. N/A never drank 5 times
2. 1
3. 2
4. 3
5. 4-5
6. 5-6
7. 7-8
8. 9-10
9. Over 10

Not good or bad... just different and biologically based... but increases risk
Level of Response is a genetic thing

High Response
“Cheap Drunk”

Low Response
“Hollow leg”
A "teetotaler" is a total NON drinker

Lets talk about GENETICS and Primates...

The monkeys in the following YouTube are NOT trained.
YouTube: Alcoholic Vervet Monkeys BBC
20% don’t drink at all
60% drink in moderation
20% drink heavily

Fanta Soda
CocaCola
The monkey’s drink differently

Some reject all alcohol

Others drink until they pass out
CAUTION before using on your campus...
Discuss the YouTube and include Comments from students

• “I didn’t see the soda, I thought all the monkeys were drinking. I guess I’m like the teetotaler monkeys. I hold a solo cup but don’t drink.”

• “We laugh at the monkeys but really it’s kinda sad. It’s also sad when laugh at our friends who drink too much.”
4. Social Norms

*People are healthier than they think! Misperceptions increase use & harm.*

For social norms “how to” details & research
Visit www.socialnorms.org
Inaccuracies in brain ruts and perception

Some examples...

• Spell TOPS 3 times
• 3 items

When our culture says...
• Don’t drink,
• Don’t drink,
• Don’t drink...

• We think everyone....Drinks!

When our culture says...
• Don’t have sex
• Don’t have sex
• Don’t have sex... We think...
Take the Awareness Test

How many passes does the team in white make?
Perception & Reality? YouTube The monkey business illusion
Student Athletes
Will you agree to tell the TRUTH about the following health behaviors?
- Past month energy drink use
- Past month alcohol use
- Past year number of sex partners

TRUTH PACT
If you don’t feel comfortable telling the truth with these clickers...
Can you just play “Air-Clicker” and don’t press a button?
ATHLETES ONLY     Perception

How many energy drinks do you think most students have per week?

1. None
2. 1-2
3. 3-4
4. 5-6
5. One daily
6. More than one daily
ATHLETES ONLY        Reality
How many energy drinks do you have per week?

1. None
2. 1-2
3. 3-4
4. 5-6
5. One daily
6. More than one daily
ATHLETES ONLY | Perception

How many **days per month** do you think most student athletes drink alcohol?

1. 0-5 days
2. 6-10 days
3. 11-15 days
4. 16-20 days
5. 21-25 days
6. 26-30 days
ATHLETES ONLY       REALITY

How many days per month do you drink alcohol?

1. 0-5 days
2. 6-10 days
3. 11-15 days
4. 16-20 days
5. 21-25 days
6. 26-30 days
What’s real about sexual behavior and college students?

Most of the time you can’t see people having sex...

so we fill in with what we have seen in the media.
ATHLETES ONLY  Perception

How many sex partners do most student athletes have in a year?

1. 0-1
2. 2-3
3. 4-5
4. 6-9
5. 10 or more

![Bar chart showing the percentage of athletes for each number of sex partners per year.](chart.png)

- 0-1: 8%
- 2-3: 44%
- 4-5: 30%
- 6-9: 10%
- 10 or more: 8%
ATHLETES ONLY  Reality
How many sex partners did you have in the past year?

1. 0-1
2. 2-3
3. 4-5
4. 6-9
5. 10 or more
Why do we still need social norms messages?
5. Bystander Training

Breakout Session 3
Step UP! & workshops to Work it Out
Deidre Feeney UVA
&
Apple Team from Bridgewater
#VeryCaringU

Growing kindness & overcoming the Bystander Effect at VCU

Tweets, stories & pics
6. Wisdom of Recovery

We need to grow collegiate recovery support on ALL our campuses!

Breakout Session 2
Kevin Doyle - Recovery Issues and Athletes
Rams in Recovery
recovery@vcu.edu

RAMS IN RECOVERY
A VCU Student Organization

Want to be part of a supportive, caring group of friends?

Want to hang out with fun people who are in recovery from addictions?

Want to do fun stuff for free?

Meetings every Friday!
2PM at THE WELL
815 Cathedral Pl.

facebook.com/ramsinrecovery
(804) 828-WELL
recovery@vcu.edu
Early Stage Collegiate Recovery Grants

Completing the online application signals your interest in contributing to a national capacity-building movement for students in recovery. Your direct involvement would focus on a number of keystone activities that we have come to believe are important in early stage efforts on any campus.

You will find that the application asks about your campus, your role, your program, and your initiatives. If you have never done this before, we can help you get started and will provide you with resources to help you succeed.
Wisdom of A.D.G.O.S
Another Darn Growth Opportunity

Success

what people think it looks like

what it really looks like
To make change- Policy works the best but is challenging.

Break out session 1
Kathy Turpin,
Best Practices for Developing Drug Testing Policies
Networking, write letters, & advocate for smart policies

Dear President Obama,

PLEASE READ

Linda's LETTER

NCAA Student-Athletes
1. That you all (college students) are awesome and healthier than you think!!!

   Every school should have clickers for social norms

2. We need 2 policy changes:
   • Label all alcohol with “servings per container”
   • Unit Dose Measuring cups for all liquor bottles.
Standard drink labels

“all the smart alcohol goes to England and Australia, all the stupid alcohol is in America.”

ENGLISH PRODUCT LABELS

AUSTRALIAN PRODUCT LABELS
Make alcohol safer.
We need **unit dose measuring cups** for all liquor bottles.
Starting tomorrow...
Your APPLE TEAM will meet and talk about ACTION PLANS

Oh what to do, what to dooo?
One last useful skill...
How to conduct a SNOWBALL SURVEY

• Blank paper, same color pen
• Do NOT put name or identifying marks on paper
• You can write with opposite hand
• Respond to a question
• Crumple paper into snowball
• Have snowball fight
• Share each others answers
SNOWBALL SURVEY

Which “tool” appealed to you the most AND why?

1. Motivational Interviewing
2. Harm Reduction
3. Genetic Snowflake Concept
4. Social Norms
5. Bystander Training
6. Wisdom of Recovery
7. Networking & Policy
Concluding Remarks

• YOUR Challenge- Take all 7 TOOLS
  1. Motivational Interviewing
  2. Harm Reduction
  3. Genetic Snowflake Concepts
  4. Social Norms
  5. Bystander Education
  6. Wisdom of Recovery
  7. Networking & Policy

• Possible strategies for your team action plans

• Find your **OWN reasons** to stay motivated to make a difference on YOUR campus!
“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

-Margaret Mead
Cultural Anthropologist
www.thewell.vcu.edu
Check out our media vault find the link at our homepage

THE STALL SEAT JOURNAL

Welcome to our first cartoon Stall Seat! This nerd herd knows the facts. VCU students are healthier than people think! The herd will feature health findings from a campus-wide random survey of all enrolled students - freshmen through grads.

Questions about the data? The data nerd herd would love to talk about the survey methods. Just email TheWell@vcu.edu or call 828-WELL. Check out more facts on the well's facebook and instagram. Want to suggest some better "VCU puns"? Send those along too!

82% of VCU students use at least one protective behavior when they socialize, such as avoiding drinking games, alternating with non-alcoholic beverages, pace and space drinks, setting a limit in advance, and choosing not to drink. They protect themselves and their friends by partying smart!

Most Rams "hoof" the good sense to avoid drinking games!

Wanna watch Judge Judy and take a shot every time she yells at someone?

Uh... no.

I want to live

Most Rams ask a pal to "Butt in" when they've had too much!

Come on!

Come on!

Nope.

Nope.
A BIG thanks to all the students and staff at VCU that help others...make me look good
Tomorrow
Adventures in an Uncertain World

BRADLEY TREVOR GREIVE
The #1 Best-selling Author of The Blue Day Book and Priceless
After long and thoughtful consideration, I have come to a rather interesting conclusion.
Even though the global population is soaring into the billions, with thousands of religions, languages, philosophies and cultures represented,
ultimately, there are only two kinds of people.
There are those that are certain the world is going to hell in a hand basket,
and those that believe the best is yet to come.