Minding what matters for success!

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8 of the MOST useful tools I have:

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

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

This tool has a TON of evidence that MI works!
“... a collaborative, person centered form of guiding to elicit and strengthen motivation for change.”

Most recent definition of Motivational Interviewing 2009
-William Miller
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.
### Team Brainstorming

2 minutes each column

<table>
<thead>
<tr>
<th>What are the <strong>good things</strong> about alcohol?</th>
<th>What are the <strong>not so good things</strong> about alcohol?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Fun</td>
<td>• Hangovers</td>
</tr>
<tr>
<td>• Helps you socialize</td>
<td>• Facebook hall of shame</td>
</tr>
<tr>
<td>• Tastes good</td>
<td>• Legal charges</td>
</tr>
<tr>
<td>• Stress relief</td>
<td>• Injuries</td>
</tr>
<tr>
<td>• Meet people</td>
<td>• STI’s, unplanned pregnancy</td>
</tr>
<tr>
<td>• Meet “hot” people</td>
<td>• Assault, rape, violence</td>
</tr>
<tr>
<td>• Fit in</td>
<td>• Addiction</td>
</tr>
<tr>
<td></td>
<td>• Death</td>
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</tbody>
</table>
Why MI is an important tool...
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
“Bartender School”

One Standard Drink =

12 oz. beer
4 - 5 oz. glass of wine
1 oz. of 100 proof liquor
Gordie BAC Cards
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)
How many standard drinks of alcohol are in a fifth (1.75 liters) of 80 proof Vodka?

A. 25
B. 32
C. 40
D. 47
E. 50

Answer: 47
True Story about a VCU female student and the “pink clutch”
Harm reduction idea from fraternity brother in a snowball survey
Myth of the bigger, better buzz

- Small volumes of liquor can get you hurt quicker
- More is better Cultural Myth
- Coma
- Death

Blood Alcohol Level (BAL): 0.01, 0.03, 0.05, 0.06, 0.07, 0.08, 0.09, 0.10, 0.15, 0.20, 0.30, 0.40
Reality of Bi-phasic Response

Life Changing Decisions (LCD)

"Buzz" Stimulant Euphoria

Golden Zone

"Drunk" Depressant Dysphoria

Blood Alcohol Level (BAL)

.01 .03 .05 .06 .07 .08 .09 .10 .15 .20 .30 .40
Have you seen any of these sex issues decrease a team’s success? (choose all that apply)

A. Unplanned Pregnancy
B. Diseases (STDs)
C. Rape/Violence/Stalking
D. Relationship Drama
E. Other

[Bar chart showing percentages for each issue]

- Unplanned Pregnancy: 15%
- Diseases (STDs): 8%
- Rape/Violence/Stalking: 25%
- Relationship Drama: 43%
- Other: 10%
How many days our of a woman’s cycle is she high risk for pregnancy?

A. 1
B. 3
C. 5
D. 7
E. 12
F. 30
Cyclebeads - safer
Fertility Awareness

12 fertile days
Research by Georgetown University

Only list 7 fertile days...
some people WANT to get pregnant
3. Social Norms*

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

For social norms “how to” details & research
Visit [www.socialnorms.org](http://www.socialnorms.org)
Breakout session tomorrow
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...
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?

A. None
B. 1-2
C. 3-4
D. 5-6
E. One daily
F. More than one

44% 34% 9% 5% 2%
7% 1-2 3-4 5-6 One daily More than one
Athletes only  Reality
How many energy drinks do you drink per week?

A. None
B. 1-2
C. 3-4
D. 5-6
E. One daily
F. More than one
ATHLETES ONLY   Perception
How many days per month do you think most athletes drink alcohol?

A. 0-5 days
B. 6-10 days
C. 11-15 days
D. 16-20 days
E. 21-25 days
F. 26-30 days
ATHLETES ONLY  Perception
How many days per month do you drink alcohol?

A. 0-5 days
B. 6-10 days
C. 11-15 days
D. 16-20 days
E. 21-25 days
F. 26-30 days
What’s real about sex behavior in student athletes?
ATHLETES ONLY  Perception
How many sex partners do most student athletes have in a year?

A. 0-1  
B. 2-3  
C. 4-5  
D. 6-9  
E. 10 or more
ATHLETES ONLY   Reality

How many sex partners did YOU have in the past year?

A. 0-1
B. 2-3
C. 4-5
D. 6-9
E. 10 or more
4. Genetic Snowflake Concept
Will Your Toddler Be a Drinker? Personality May Tell

Laura Poppick, Staff Writer  |  July 10, 2013 04:01pm ET

Adolescent Alcohol Use is Predicted by Childhood Temperament Factors Before Age 5, with Mediation Through Personality and Peers

Danielle M. Dick, Fazli Alley, Shawn J. Latendresse, Matt Hickman, Jon Heron, John Macheod, Carol Johnson, Barbara Maugham, Glyn Lewis, and Kenneth S. Kendler
Different Pathways of Risk for Alcohol Problems

• Externalizing: sensation-seeking, impulsivity

• Internalizing: Drinking to cope, anxious

• Physiological: Low level of response to alcohol
“PreVenture” Program in Europe

Researcher Jasmin Vassileva VCU
VCU Institute for Alcohol and Drug Studies
Addresses Impulsivity and Sensation Seeking

Conrod, Castellanos-Ryan, Strang (2010). Arch Gen Psychiatry
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)

A. N/A never drank 5 times
B. 1 drink
C. 2 drinks
D. 3 drinks
E. 4-5 drinks
F. 6-7 drinks
G. 8-10 drinks
H. Over 10 drinks
Level of Response is a genetic thing

High Response
“Cheap Drunk”

Low Response
“Hollow leg”
Let's talk about GENETICS and Primates...

The monkeys in the following YouTube are NOT trained.

A “teetotaler” is a total NON drinker
Youtube
Alcoholic Vervet Monkies
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.”
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!
Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

People who are addicted to...

- Alcohol: 2x
- Marijuana: 3x
- Cocaine: 15x
- Rx Opioid Painkillers: 40x

...more likely to be addicted to heroin.

Comment by mother who lost dauther.

“The doctor gave heroin to my daughter...but he prescribed Percocet.”

Carolyn Weems of Virginia Beach who lost her daughter Caitlyn at age 21 to a heroin overdose
Harm Reduction
Highly recommend viewing...
8 minute YouTube
“Situational Tolerance” by Jason Kilmer
Situational Tolerance

Brain/Body Stimulation

Baseline

Desired Effect

New situation

no anticipation by the body

Brain/Body Depression

OVERDOSE

DEATH
5. Mindfulness Stress & Anxiety Management Skills
What percent of athletic success is mental?

A. None
B. 10%
C. 25%
D. 50%
E. 75%
F. 90%
An observation about stress...

- Hold up an arm....
MIND FULL? OR MINDFUL?
Why? reflex responses
Skills...

chest vs. belly breathing
Just Breathe by Salzman
Mindful Schools
6. Bystander Training

#VeryCaringU
We need to grow collegiate recovery support on ALL our campuses!
Wisdom of A.D.G.O.S
Another Darn Growth Opportunity

Success

what people think it looks like

what it really looks like
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
8. Networking & Policy

To make change- Policy works the best

*but is challenging.*
Networking, write letters, & advocate for smart policies
What did I tell President and Mrs. Obama?

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.
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. Mindfulness/anxiety skills
6. Bystander Training
7. Wisdom of Recovery
8. Networking & Policy
Concluding Remarks

• YOUR Challenge - Take all 8 TOOLS
  1. Motivational Interviewing
  2. Harm Reduction
  3. Genetic Snowflake Concepts
  4. Social Norms
  5. Mindfulness/Anxiety Management skills
  6. Bystander Education
  7. Wisdom of Recovery
  8. Networking & Policy

• Possible strategies for your team action plans
• Find your OWN reasons to stay motivated to make a difference on YOUR campus!