Covering the Bases: Prevention & Team Success

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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)
- Public Health – the big picture
- Fantasy #1

- Mom... and thus very humble!
What is the most devastating drug?
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?

A. Student Athlete
B. Support Team for Student Success
Let’s meet some new friends

TAKE YOUR WATER GLASS AND CLICKER WITH YOU!

• **Student Athletes** move to front **tables**

• **Supporting folks** move toward middle/back

• Sit with **NEW people**, *not your APPLE team*
Then introduce yourselves to each other-

things like...

Your name,
school,
sport,
why you came to APPLE
Genetics AND Environment!

Framework of compassion and knowing that Life is not fair

- Genetic Snowflakes
- Environmental

Similar to diabetes, cancer, hypertension and many others!
Do you know someone who has done a DNA test?

A. No
B. Yes
C. Yes but for their pet

- No: 52%
- Yes: 42%
- Yes but for their pet: 7%
CDC Blog post by Scott Bowen:

Shall we have pie or stew?
Disease Causation is Not as Easy as... Pie

Causation of human disease is not about nature OR nurture but more about nature AND nurture.

https://blogs.cdc.gov/genomics/2011/08/11/shall-we-have-pie-or-stew/
Will Your Toddler Be a Drinker? 
Personality May Tell

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

Researchers have found tots who are either highly sociable or emotionally challenged are more likely than peers to drink as teens.

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

Danielle M. Dick, Fazli Alev, Shawn J. Latendresse, Matt Hickman, Jon Heron, John Madeo, Carol Johnson, Barbara Maughan, Glyn Lewis, and Kenneth S. Kendler
Pathways of Genetically Influenced Risk for Substance Use Outcomes

- **Physiological**: the way our bodies respond to a drug
- **Externalizing**: impulsivity, sensation-seeking
- **Internalizing**: anxious, depressed, drinking to cope

(We all have our own unique combination)
Physiological - Level of Response is genetic

- High Response
  “Cheap Drunk”

- Low Response
  “Hollow leg”
How many genes are involved in a rat that impact alcohol preference?

A. 1
B. 16
C. 98
D. 213
E. 930
Rats offer clues to biology of alcoholism

Hundreds of genes involved in drinking preferences, study finds

BY TINA HESMAN SAELY 2:15PM, AUGUST 4, 2016

“Rats bred either to drink heavily or to shun alcohol have revealed 930 genes linked to a preference for drinking alcohol”

4 reasons people use alcohol/drugs

• To feel good
• To feel better
• To perform better
• To fit in
The 4 Traits That Put Kids at Risk for Addiction

By MAIA SZALAVITZ  SEP. 29, 2016

❖ Impulsivity
❖ Sensation Seeking
❖ Anxiety Sensitivity
❖ Negative Thinking / Hopelessness

https://www.nytimes.com/2016/10/04/well/family/the-4-traits-that-put-kids-at-risk-for-addiction.html
Environments change
Substance availability, potency, & cost
Think “Continuum”: Covering the Bases

Primary Prevention
Keep healthy people healthy

Secondary Prevention
At risk

Tertiary Prevention
Substance Use Disorder
Relapse Prevention

- Motivational Interviewing spirit*

SOCIAL NORMS*
HARM REDUCTION
EDUCATION*
- Alcohol
- Other drugs (nicotine)
- Sex

Meeting
Mental Health
needs

~60-70%

~60-70%

~20-30%

~5-10%

Genetic Snowflakes & Environmental Rolls of the Dice*

Bystander Training

Policy & Testing

Collegiate Recovery*

- HARM REDUCTION
- EDUCATION*
- SOCIAL NORMS*
Motivational Interviewing (MI)*

There are decades of evidence that MI works!
Why MI?

Because...the WAY you address the issue of alcohol and drugs MATTERS!

My research crush —
Dr. William Miller
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
- Get consent
- place right feet side by side
- “shake” right hands
If you push...

people just naturally push back.
Avoiding the “Kiss of Death”

- Lecturing
- “Righting reflex”
- Nagging
If you tell them all the reasons to change – what do they have to say?
Get them to talk! Understanding & exploring the PICTURE BOOK of someone else’s life
2 key tools in the MI tool box

The

1. “Good things/not so good things” Question

2. The “Importance Ruler”
Which discussion shall we have?  
Good things/not so good things for...  

A. Alcohol  
B. Marijuana
Find MI challenge sheet on your table:

What are the good thing about...

• 1
• 2
• 3
• 4
• 5...

What are the not so good things about...

• 1
• 2
• 3
• 4
• 5...
Find MI challenge sheet on your table:

What are the good thing about...

• 1 Fun
• 2 Social, reduce anxiety
• 3 Relax
• 4 To sleep
• 5 Food tastes great

What are the not so good things about...

• 1 Don’t get off couch
• 2 Increased Anxiety
• 3 Paranoia
• 4 Tired, REM sleep problem
• 5 Munchies
• 6. Academic impact
• 7. Can’t stop
Sleep disturbances predict substance use among college athletes
Having sleep difficulties consistently predicts use of substances such as alcohol, marijuana and cocaine

Date: June 6, 2017
Source: American Academy of Sleep Medicine

MI Ruler - importance & confidence
On a scale of 1 to 10

• How **important** is it for you to ________________?
• Not at all Extremely
  1 2 3 4 5 6 7 8 9 10

• **Go 2 Down… “What makes it a 7 and not a 5?”**

• How **confident** are you that you can ________________?
• Not at all Extremely
  1 2 3 4 5 6 7 8 9 10

• **Go 2 up… What would it take to make it a 7 & not a 5?**
Cheap but useful give-a-ways

MI Ruler

Use in trainings for student leaders, mentors, tutors, coaching, trainers, health staff, etc.
Fantasy #2

I wish college student were like thanksgiving turkeys
Think “Continuum”: Covering the Bases

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Substance Use Disorder Relapse Prevention

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HARM REDUCTION

EDUCATION*
- Alcohol
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Genetic Snowflakes & Environmental Rolls of the Dice*

POLICY & TESTING

BYSTANDER TRAINING

COLLEGIATE RECOVERY*
Social Norms

Health & MISPERCEPTIONS

Perception

Overestimate

Unhealthy *visible* behaviors
- smokers, drunks, violence,
goofing off, credit card debt, etc.

Underestimate

Healthy *less visible* behaviors
- non-smokers, moderate drinkers
academic seriousness, prayer

REALITY

GAP
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 marijuana use
- Past vape 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

![Bar chart showing the percentage of responses for each option.]

- None: 17%
- 1-2: 46%
- 3-4: 28%
- 5-6: 3%
- One daily: 3%
- More than one: 3%
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

[Bar chart showing percentages for each option]
Perception

How often do you think most athletes use a vape?

A. Never/Rarely
B. Past year
C. Past month
D. Past week
E. Daily
F. Multiple times daily
Reality

How often do you vape?

A. Never/Rarely
B. Past year
C. Past month
D. Past week
E. Daily
F. Multiple times daily
Nicotine Use Disorder
Nicotine salts – likely to be highly addictive
Time from puff to nicotine level in blood

- Combustion cigarette
- Traditional e-liquid
- PAX Labs platform - as tested
- PAX Labs platform - commercial version

*Data calculated using PBPK model

http://ecigone.com/e-cigarette-reviews/juul-e-cigarette-review/
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    REALITY

How many days per month do you drink alcohol?

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F. 26-30 days

[Bar chart showing the percentages for each option, with the majority being 69% for 0-5 days]
The majority

versus

the “very visible” minority
Perception

How often do you think most athletes use marijuana?

A. Never/Rarely
B. Past year
C. Past month
D. Past week
E. Daily
F. Multiple times daily
Reality

How often do you use marijuana?

A. Never/Rarely
B. Past year
C. Past month
D. Past week
E. Daily
F. Multiple times daily
## 2016 Monitoring the Future College Students and Young Adults Survey Results

### Daily use

<table>
<thead>
<tr>
<th></th>
<th>1996</th>
<th>2006</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>19- to 22-Year-Olds</td>
<td>4.0%</td>
<td>5.3%</td>
<td>7.8%</td>
</tr>
<tr>
<td>College</td>
<td>2.8%</td>
<td>4.3%</td>
<td>4.9%</td>
</tr>
<tr>
<td>Non-College</td>
<td>5.3%</td>
<td>6.7%</td>
<td>12.8%</td>
</tr>
</tbody>
</table>

**Potency of Seized Marijuana in the U.S.**

121% increase from 1998-2010

Average Potency (% THC Content)

Source: University of Mississippi, National Center for Natural Products Research, *Potency Monitoring Project Quarterly Report 115* (December 2011)
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

[Bar chart showing percentages for each category]
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

51%  29%  11%  6%  2%
HARM REDUCTION
not judging...just facts & strategies
Have you seen any of sex related issues listed below decrease a team’s success? (choose all that apply)

A. Unplanned Pregnancy
B. Diseases (STDs)
C. Rape/Violence/Stalking
D. Relationship Drama
E. Other
Let’s hear a big round of applause for...

ABSTINENCE
I'm so over the Gender Binary!
Hundreds of life forms change their SEX!

Certain fish, frogs, mollusks, water fleas, flatworms, limpets, starfish, salamanders, crabs, eels, corals, etc.
We can only “count” what we define.

- New Survey Item
- National College Health Assessment

- 2016 asked about “Sexual orientation”
- Choices included- 9 terms
- Including “asexual” and “queer”
What best describes your sexual orientation?

A. Asexual
B. Bisexual
C. Gay
D. Lesbian
E. Pansexual
F. Queer
G. Questioning
H. Same gender loving
I. Straight/Heterosexual
VCU incoming freshmen 2016 n=233

What best describes your sexual orientation?

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D. Lesbian
E. Pansexual
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G. Questioning
H. Same gender loving
I. Straight/Heterosexual

1 in 5 VCU students diverse sexuality
How many days out 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
Condom Steps Challenge
(whisper – don’t other teams hear you)

• As a team list and write the **9 steps from first to last** for correct condoms use:
  • FIRST?
  • **1. Get consent**
  • Check expiration date
  • Check package for damage
  • Gently open
  • Squeeze air out of tip
  • Roll it down to base
  • Do the Wet Wild thing
  • HOLD ON – pull out
  • Dispose of correctly (tie and put in trash not toilet)
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!
Size (and % alcohol) matters
Pour one ounce into your red solo cups!
How many shots in a handle?
#labelliquor
Fantasy 3  #LabelLiquor
Let’s put measuring tops on every liquor bottle!

*We do it for other products...*
Myth of the bigger, better buzz

Small volumes of liquor can get you hurt quicker

- coma
- DEATH

Western Washington University
Situational Tolerance – think about recruits

Brain/Body Stimulation

Baseline

Desired Effect

Brain/Body Depression

New situation

no anticipation by the body

OVERDOSE

DEATH
Overdose Harm Reduction Challenge

ALCOHOL
List the Signs of overdose

• P_____________________
• U_____________________
• B_____________________
• S_____________________

First team to write down
4 alcohol overdose symptoms
that help you know when to dial
911

P____________________

U____________________

B____________________

S____________________

STAND AS A TEAM when you have
your answer written!
Naloxone (Narcan) – opioid reverser

Nasal Spray

Auto Injector
Think “Continuum”: Covering the Bases

Motivational Interviewing spirit*

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- Relapse Prevention

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- Relapse Prevention

SOCIAL NORMS*

HARM REDUCTION EDUCATION*
- Alcohol
- Other drugs (nicotine)
- Sex

~60-70%

POLICY & TESTING
- 20-30%

BYSTANDER TRAINING
- ~60-70%

COLLEGIATE RECOVERY*
- 5-10%

Genetic Snowflakes & Environmental Rolls of the Dice*
What is the most devastating drug?

The one you like the best!

(Genetics)

The one your friends are doing!

Available
Potent
Cheap
(Environment)
A.D.G.O.s

Another Darn Growth Opportunity

Success

what people think it looks like

what it really looks like
Collegiate Recovery

Helpful websites:
transformingyouthrecovery.org
collegiaterecovery.org
http://www.thewell.vcu.edu/recovery-support/rams-in-recovery/

My last fantasy (for now)

• After May 1 when I retire from VCU....

• I want to support Collegiate Recovery Effort nationally!

• If you invite me to your school AND you have a collegiate recovery program... I’ll donate part of my fee to that program

• Otherwise part of my fee goes to
  – Rams in Recovery or The Healing Place
Think “Continuum”: Covering the Bases

Motivational Interviewing spirit*

Primary Prevention
- Keep healthy people healthy

Secondary Prevention
- At risk

Tertiary Prevention
- Substance Use Disorder
- Relapse Prevention

Social Norms*

Harm Reduction*

Education
- Alcohol
- Other drugs (nicotine)
- Sex

Bystander Training

Policy & Testing
- ~60-70%
- 20-30%

Collegiate Recovery*
- 5-10%

Genetic Snowflakes & Environmental Rolls of the Dice*
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 Question:
What idea would you most like to apply back home?

- Social Norms
- Harm reduction education
- Motivational Interviewing
- Snowballs to get people to talk
- Genetic Snowflakes & environmental change
Concluding Remarks

Team plans – think in an MI way!

Education is only the first step... more is needed!

Social Norms, Policy, Motivational Interviewing, etc

Have the courage to help Genetic Snowflakes &
Support those in recovery