

Promising practices in substance use prevention at the University of Virginia



Critical Components of Health Promotion Campaigns

- Evidence-informed
- Coordinated
- Comprehensive
- Proactive
- Active partnerships with students
- Commitment to assessment and research



Primary message on illicit drug use: You Just Don't Know

- Legal risks
- Inherent health risks for any drug use
- Never sure of street drug content
- Mixing alcohol and other drugs (even over-the-counter ones) can be lethal

Drug Prevention Programs Targeting Specific Populations*



- Alcohol & Drug Abuse Prevention Team (ADAPT) peer educators
- Peer Health Educators (PHEs)
- Student-Athlete Mentors (SAMs)
- Aid to Medical Students peer educators
- GORDIEcheck cards, magnets & mirror clings with PUBS signs of overdose
- After Hours late night weekend events
- #HoosGotYourBack bystander campaign
- University Advisory Committee on Alcohol and Substance Abuse
- Hoos Sober listserv (alcohol-free weekend event listing)
- Charge-a-Ride cab program

New students

- Online education program
- RA and Orientation Leader training

Celebratory events

- Spring break
- Summer festivals

Fraternity/Sorority chapters

- Fraternal Organization Agreement program requirements
- Online sanction course

Study abroad

- Faculty and student training

- Hoos in Recovery: students, alumni, faculty and staff support
- Brief Alcohol Screening and Intervention for College Students (BASICS) personalized feedback
- Dean on Call and RA referrals

- Online alcohol/drug abuse screening
- Counseling & Psychiatric Services (CAPS)
 - Evaluation and treatment team
 - 6-week Choices group
 - screenings and assessment

*National Academy of Science's Institute of Medicine

UVA prevention efforts:

- Trained peer educator presentations/campaigns
- Symptoms of overdose/how to respond
- Bystander intervention training
- Support for students in recovery from substance abuse

SUMMER 2015

Traveling abroad? Going to a music festival?

Drug Policies
and issues obviously vary from country to country, and even from state to state. Use this page as a guide to make informed decisions this summer.

Tips for Music Festivals



- Research drug classifications & consequences by state
- Be familiar with the locations of the medical emergency tents, cool down stations, and water stations
- Always carry your own camelbak, a map of the festival grounds, an ID, and a flashlight
- Think about investing in walkie-talkies -- cellphones die!
- While traveling, know your rights concerning searches
- Pace yourself -- you don't want to miss half of the festival

Tips for Traveling Abroad



Know These Things:

Drug classifications, associated risks, and legal consequences associated with each classification (check out travel.state.gov)

How outsiders are treated for violating policies

Drug tourism and other health risks to look out for

Different health resources, hotlines, and policies to use in case of emergency

If you call for medical attention will you be treated, arrested, or some other outcome?



Brought to you by:

Alcohol and Drug Abuse Prevention Team

Students for Sensible Drug Policy at UVA

Shooting Star Foundation at UVA



1 Standard Drink = 0.6 fluid oz. of pure alcohol

Beer	Wine	Liquor
12 oz 5% alcohol	5oz 12% alc	1 oz. Liquor*

Equivalency

- 16 oz. cup
- 12 oz. Beer*
- 8 oz. Malt Liquor*
- 5 oz. Wine*
- 1 oz. Liquor*

*Use approximate measurements

GORDIECheck

Alcohol overdose can have any of these four PUBS symptoms

U Unresponsive (to pinching) **B** Breathing (irregular)

P Puking (while passed out) **S** Skin (cold or blue)

***** **!**

*Unsure? Call Poison Control Call **911**

GORDIE'S CALL

Learn about Gordie's story—gordiescall.org

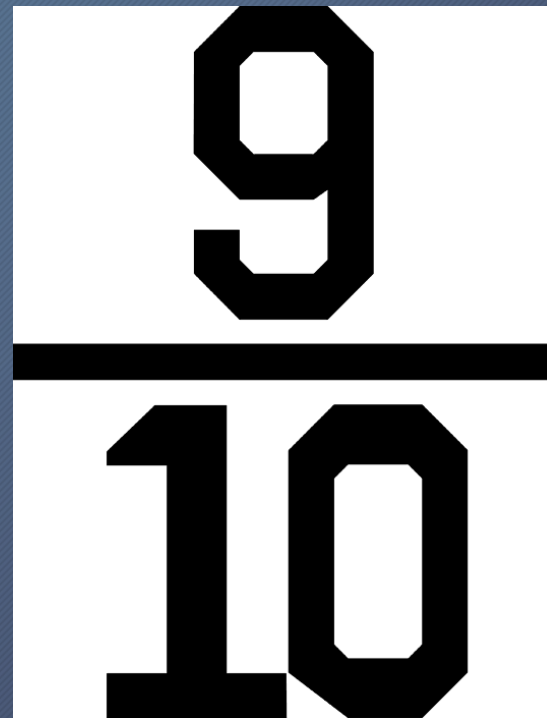
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By October of their first year, 85% of UVA students know overdose signs

Before enrollment, only 44% knew the signs

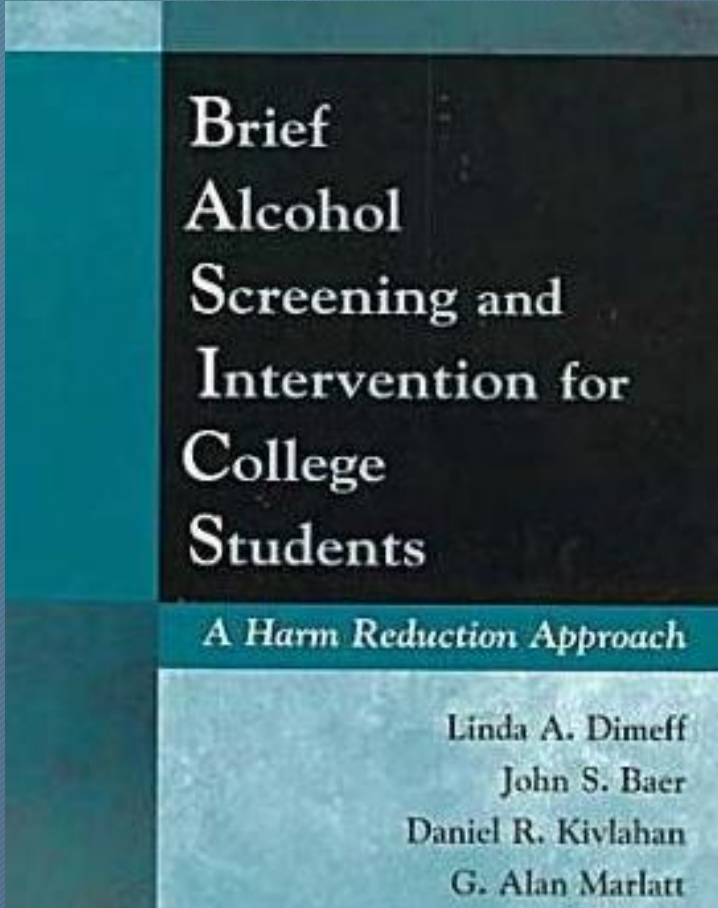
Bystander Intervention

#HOOS
Got Your
Back



90.1% of UVA students believe it is **their responsibility to intervene** when they notice a problem situation
(2013 Health Survey)

BASICS Early Intervention Program



**Brief
Alcohol
Screening and
Intervention for
College
Students**

A Harm Reduction Approach

Linda A. Dimeff
John S. Baer
Daniel R. Kivlahan
G. Alan Marlatt

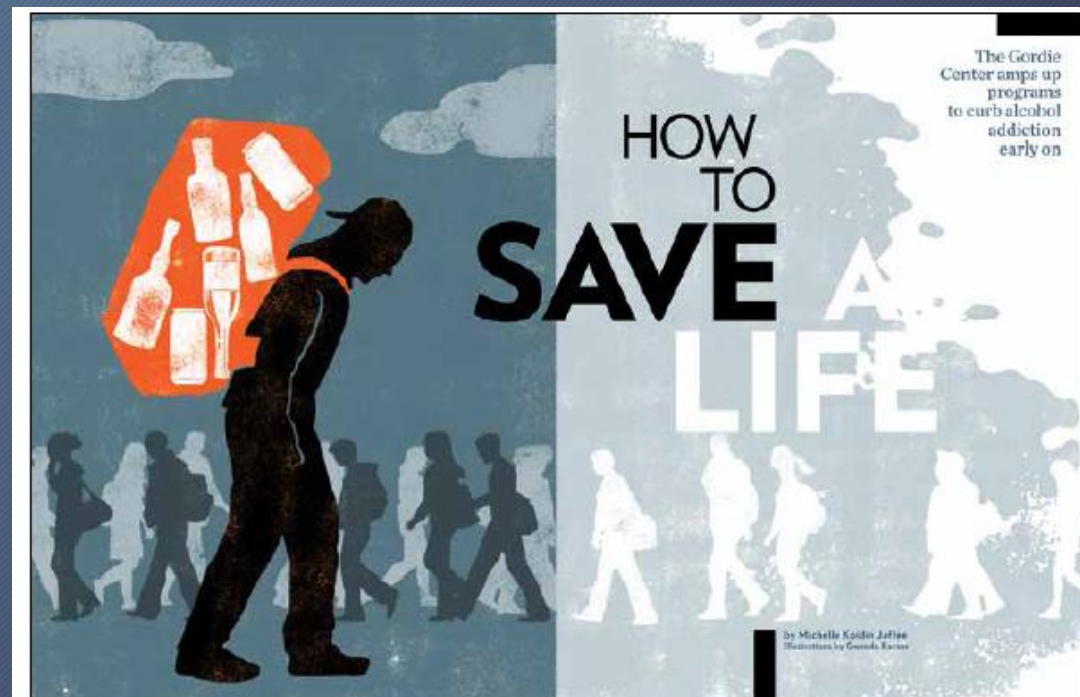
- Evidence-based model program
- Harm reduction
- One-on-one meeting
- Nonjudgmental
- Helps students:
 - assess risk
 - identify potential changes
 - avoid future problems

Hoos in Recovery

A social support group for UVA students, alumni, faculty & staff in recovery from alcoholism or drug addiction.

- Weekly lunch & coffee meetings
- Social events

500% increase in attendance after full-time staff hired



Writer: Michelle Koidin Jaffee, Illustrator: Gwenda Kaczor

A Night of Shooting Stars

- Multiple student group sponsors
- Education on illicit/abused drugs
- Behavioral pledge to educate and intervene
- Memorial to students impacted by substance use



A Night of Shooting Stars

