For the St. Cloud State University Parent: Your College Student and Alcohol
It is our pleasure to welcome you and your student to St. Cloud State University. As a community dedicated to the intellectual, moral, physical and social development of students, we hope that your student will take full advantage of the many opportunities and resources available at St. Cloud State University.

In the months ahead, your student will be faced with many choices and challenges that will set the tone not only for the years at St. Cloud State, also
for life beyond. As widely reported in the media, high-risk drinking is a very serious problem on college campuses. With national studies showing that nearly half of college students engage in high-risk use of alcohol, many in higher education consider high-risk drinking to be the single most important health and safety issue we face. While your student leaving for college is an important milestone in his or her journey toward independence and adulthood, your influence and guidance as a parent or guardian continue to be important. This brochure is designed to assist you in discussing the issue of alcohol with your student as his or her college career begins. We have included information about St. Cloud State University alcohol education programs, St. Cloud State University Student Code of Conduct regarding alcohol and/or other drugs, Minnesota’s laws on alcohol, a listing of campus and community resources, and suggestions of specific topic areas you might wish to address with your student. We hope that you will find this information helpful.

If we can provide additional information or assistance, please contact:

U-Choose
Student Life and Development
219 Atwood Memorial Center
Phone: 320-308-6175
E-mail: uchoose@stcloudstate.edu
Web site: www.stcloudstate.edu/uchoose
-Choose is an education based campus prevention effort that focuses on the reduction of high-risk alcohol use. The program uses empirically based theories and approaches specifically designed for college students. Our presenters use the approaches in a fun, interactive, positive and intellectually stimulating manner. U-Choose is a voluntary program, and presentations are available upon request by instructors. Students also have the opportunity to self-refer to a U-Choose program through U-Choose SR (self-referral) offered throughout the year. The components of the presentation include:

**B.A.S.I.C.S.-** (Brief Alcohol Screening and Intervention for College Students), this program focuses on helping students identify negative and harmful consequences of their alcohol use. It acknowledges abstinence from alcohol is the safest option but not always the most acceptable choice for students. Therefore, the U-Choose program focuses on harm reduction as opposed to a “just say no” approach.

**Motivational Interviewing**- is a focused and goal-directed approach to working with college students. The ultimate goal is to help students explore and resolve ambivalence to changing behaviors around alcohol use.

**Social Norms**- an approach that assumes that students may have inaccurate perceptions about the quantity and frequency of alcohol use of their fellow college students. Often students hear the most provocative and salacious stories about other students. They rarely hear what usually happens as it makes for less outrageous stories. Therefore, social
norms marketing seeks to gather accurate information about alcohol use data and then promote that accurate data in conjunction with healthy and protective behaviors.

50% of St. Cloud State University students drink two or fewer drinks during a typical week. Recent surveys suggest that the more that St. Cloud State University students recognize heavy drinking isn’t the norm at college they make healthier, more responsible decisions with regard to alcohol.

**Use Assessment:** We have two assessments we use, e-CHUG and e-TOKE. We use these assessments for students to have an understanding of their current use and how they can make healthier and safer choices. The e-CHUG includes the quantity of alcohol consumed, frequency of consumption, type of alcohol, peak use and typical use. E-TOKE is an online tool that assesses marijuana use.

**Programming Topics covered during a U-Choose presentation:**
- Why Do We Drink?
- What is a Standard drink?
- High Risk Behaviors
- Pouring Demonstration
- Social Norms Clarification
- Blood Alcohol Content
- Biphasic Effects of Alcohol
- Sexual Consent
- Strategies for Lowering Risk
- Alcohol & Academics
- Cost of High Risk Alcohol Use – Financially, Academically, Physically
- Alcohol-Induced Blackout
- Alcohol Myopia
- Addiction & Dependency
- Alcohol Poisoning Symptoms and Detox
- How to Help a Friend
- Alcohol & Performance

St. Cloud State University IMPACT courses are for sanctioned students with alcohol-related violations through the Student Code of Conduct. IMPACT-M courses are for sanctioned students with marijuana related violations. IMPACT classes use best practice data driven approaches. Each class use the theories of motivational interviewing, norms clarification, B.A.S.I.C.S. and psychoeducation. All students are given the opportunity to critique the class and give feedback to the presenters. The IMPACT classes also use pre and post test data to determine effectiveness. Highly trained graduate assistants teach most small group classes, while Counseling and Psychological Services deliver one-on-one sessions for IMPACT-III, IMPACT-IV and IMPACT-MII. As IMPACT classes require staff time and resources, there is a cost associated with classes. Updated fee information can be found at www.stcloudstate.edu/sld. For more information regarding circumstances that will require students to attend IMPACT, please see the Alcohol Policy on Page 6.

![BAC at 90-Day Follow-Up](chart.png)

**IMPACT participants report a reduction of approximately 40% in Blood Alcohol Content (BAC) at 90-day follow-up.**
his policy supports the mission of St. Cloud State University by:

**Enhancing Learning and Service:** St. Cloud State University seeks to provide an excellent learning environment and to provide support and service to our community and the broader community. We recognize the best educational environments are free from the adverse affects of high-risk and illegal alcohol and other drug use. We recognize also that high-risk drinking among our students on or off-campus has a negative effect on academic performance and negative consequences for our community.

**Respecting Individual Freedom and Responsibility:** The University supports the individual freedoms accorded to our community members. However, we believe that with those freedoms come responsibilities to the University and the surrounding community. At a minimum, fulfilling those responsibilities requires that individuals understand and act in accordance with university policy and applicable local, state and federal laws.

**Promoting Health, Safety and Well-Being:** The misuse and abuse of alcohol and other drugs pose a serious threat to individuals and the University’s ability to fulfill its educational mission. Excessive drinking among St. Cloud State University students is potentially associated with death, sexual assault, violence, injury, property damage, and a host of other negative effects.

Reducing these negative effects requires that we care for members of our community and our guests and visitors. Every member of the University community has a stake in promoting the goals listed above. As a result, University employees are expected to support this policy by:

- Supporting efforts to reduce or eliminate high-risk and illegal use of alcohol and other drugs.
- Holding students accountable for behavior that violates this policy, including referring incidents to University and/or law enforcement officials as appropriate.
- Supporting students’ efforts to achieve healthy and productive lives by referring them to appropriate services, programs and activities.

Some employees have a greater responsibility in supporting compliance, including but not limited to, student organization advisers, Community Advisers, Public Safety Officers and those traveling with students to off-campus events.

All University employees (non-students) are expected to comply with the employee policy regarding alcohol and other drugs.
St. Cloud State University Alcohol and Other Drug Policy

• The use, possession, distribution, manufacture or sale of any controlled substances, illegal drugs, or alcoholic beverage is prohibited on campus. Students may use and possess prescription drugs (including controlled substances) for which they have a valid prescription.

• As members of the University community, students are expected to behave responsibly and legally. University community members violating civil or criminal law may be subject to University conduct procedures when that conduct occurs off-campus and adversely affects the educational, research, or service functions of the University. Unlawful behavior by individual students or student organizations should be reported to the University. If reported, the University may take appropriate conduct action. The illegal use, possession, distribution, manufacture or sale of any controlled substance, drugs, or alcoholic beverages is prohibited for individual students or student organizations:

• At University events on or off-campus; on travel status when representing the University (e.g., as a member of athletic team, sports club, Student Government Association, student organizations and groups, member of a University group, delegation, etc.). Further restrictions or allowances for legal and responsible use of alcohol may apply to individual students or student groups on travel status, based on the specific program’s needs and direction of the faculty or staff supervisors/advisors. Student leaders, faculty, staff supervisors/advisors and coaches assume responsibility for ensuring University policies and local, state, and federal laws are followed.

• Disruptive use of alcohol and other drugs is prohibited. Disruptive use of alcohol and other drugs, regardless of where consumed or ingested, includes behavior that disrupts the university community, endangers the health or safety of self or others, results in damage to University or personal property, or requires the intervention of University or community resources. Examples of disruptive use include, but are not limited to, disorderly conduct, excessive noise, violence, threats, vandalism, or intoxication (regardless of age), that leads to intervention by University personnel, law enforcement personnel or medical personnel.

• The public display of advertising or promotion of alcoholic beverages or illegal drugs, in University buildings or any other public campus area including all University-owned housing areas is prohibited. This includes alcohol containers, banners, lighted beer/liquor signs, and large inflatable advertising.

• The possession or display of alcohol “trophies,” or other forms of empty alcohol containers, is not allowed on campus. The presence of empty containers, devices designed or intended to be used for the rapid consumption of alcohol (i.e., races, games, etc.), or drug paraphernalia, is prohibited. Possessing any of these materials may be considered evidence of use, consumption, or distribution.

• The University does not regulate content or advertisements in autonomous student-edited media, such as student newspaper. Because of the belief that advertising alcohol perpetuates the culture of high-risk and underage drinking, the University encourages student media publications including, but not limited to, the University Chronicle to maintain internal policies, which are compatible with this policy, to help promote student health and success.
• The following advertising and promotional activities are prohibited for any student, University employee, registered student organization, or University office, department or program:
  > Using alcoholic beverages as awards or prizes in connection with University events;
  > Providing promotional items or advertising associated with alcohol and illegal drugs at University sponsored student events. This includes, but is not limited to, such items promoting alcohol or drug use on cups, shirts, beverage can coolers, or any other items advertising or promoting alcohol or illegal drug use;
  > Advertising alcohol and/or illegal drugs in University controlled or affiliated publications, or on University premises, including University affiliated web sites;
  > Advertising that includes brand names, logos, prices, visual images or phrases that refer to consumption of alcoholic beverages and use of illegal drugs;
  > Use of alcohol for recruiting and student organization fund-raising activities and events;
  > Purchasing alcohol and other drugs with University or organization funds, including student activities fee allocations; and
  > Consuming or transporting alcohol and other drugs in University vehicles.

• Students are responsible for complying with Minnesota state law regarding alcohol. Any person who is under 21 years of age is underage with regard to alcohol use in the state of Minnesota. Students may be subject to disciplinary action for underage consumption, possession, or transportation of alcoholic beverages.

• University sanctions for alcohol and other drug policy violations can include one or more of the following, depending on the severity of the violation:
  > Attend an alcohol education class (IMPACT class)
  > Fines
  > Disciplinary probation
  > Removal from the residence hall
  > Loss of on-campus housing privileges
  > Suspension
  > Permanent dismissal
A “Good Samaritan” Policy

A student, who may be in violation of the alcohol and other drug policy, but comes to the aid of another student by seeking professional help, will not be cited for an Alcohol and Other Drug Policy violation through the University conduct process. This exception is subject to the discretion of the Vice President for Student Life and Development or designee. This exception will not be granted to those who flagrantly or repeatedly violate the Alcohol and Other Drug Policy. This exception does not suggest that laws or policies should be violated in order to help individuals.

Minnesota State Law:
• It is illegal for anyone under the age of 21 to buy alcohol.
• It is illegal to purchase alcohol for or provide it to anyone under the age of 21.
• It is illegal for anyone under the age of 21 to have alcohol in his or her possession at any time, even if he or she is not consuming it.
• It is illegal for anyone to possess an open container of alcohol in a motor vehicle. Both the driver and passengers can be charged, regardless of age or whether they have consumed any alcohol.
• It is illegal for anyone under the age of 21 to operate a motor vehicle with any amount of alcohol in his or her system.
• It is illegal for anyone to use a fake ID to purchase alcohol.
• It is illegal to provide a fake ID to another person.
• Public intoxication is prohibited.

Career Consequences:

Today, young adults are held responsible for their decisions. They need accurate information to make wise choices.

The effects of college drinking may reach beyond the classroom. More and more companies are doing background checks on potential employees. In addition, many employers are searching web sites such as Facebook (http://www.facebook.com) and MySpace (http://www.myspace.com) for irresponsible behavior by potential employees.

Graduates may be denied employment opportunities as a result of alcohol-related criminal convictions. For example, a drinking under the influence conviction could result in an education major being denied employment in a school district. Even acquittals may remain on one’s permanent record.
2. Help your student to understand that any alcohol use brings with it some level of risk. Because alcohol is a drug with addictive properties, it is not risk-free, and some alcohol use by college students is of great concern to St. Cloud State University and the surrounding community. High-risk drinking is defined as:

- Drinking underage
- Drinking to the point of intoxication
- Drinking with a family history of alcoholism or other drug dependence
- Drinking and driving
- Drinking when you are ill, stressed, tired, or angry
- Drinking on medication or with other drugs
- Drinking alcoholic beverages when you are unaware of the alcohol content or leaving your glass unattended
- Drinking quickly (“chugging”), doing consecutive shots, or engaging in drinking games
- Drinking on an empty stomach

It is important to remind your student that whenever in a setting where alcohol is present, he or she is at greater risk, even if not consuming or is consuming only moderately. Examples of these environmental risks include:

- Intoxicated students at a party draw attention to themselves. Campus security or community police are called.
- All minors at a party who have had anything to drink are cited for underage consumption—even those with a blood-alcohol concentration of a .01 (one drink or less)
- Several intoxicated students are with other students who have not been drinking. An argument breaks out. Those not drinking try to break it up and become injured.
- In a dating situation, one person or both people are drinking. This increases the likelihood for inappropriate or unwanted sexual activity, or other problems.
3. Make sure your student understands that alcohol is a toxic substance that can be dangerous when used in excess.

On college campuses across the country, students die every year from alcohol poisoning. It is important to discuss this with your student and discourage dangerous drinking behaviors, such as using beer bongs, taking shots, and engaging in drinking games and competitions. Encourage your child to intervene when he or she sees someone else engaging in dangerous drinking practices.

4. Don’t tell tales.

Your son or daughter may interpret stories of drinking during college as approving of dangerous alcohol consumption. If you drank at their age, avoid entertaining students with these stories.

5. Be clear about your expectations.

Attending college is a huge investment of time and money. Set clear expectations for your student, encouraging him or her to focus on academics and personal development. National studies have shown that high-risk alcohol use is directly correlated with lower academic performance, dropping out of college, high-risk sexual activity, sexual assault and rape, vandalism and violent behavior, injury and even death.

6. Continue to talk with your student during his or her first year at St. Cloud State University.

Pay particular attention to your student’s experiences during his or her first weeks on campus, this is a particularly crucial time for first-year students. Ask specific questions about the social events your child attends and about the friends he or she is making. Many St. Cloud State University students have had little or no experience with alcohol in high school. With a new sense of freedom and easier access to alcohol, some students choose to consume alcohol.

Before coming to St. Cloud State University, 77% of students had a parent, guardian, or other influential adult talk to them about making responsible decisions regarding alcohol use.

7. If your student chooses to drink alcohol, discuss specific guidelines for alcohol use, such as:

— Using alcohol is a personal choice.
— Know your own personal limits for moderate use. It is recommended that when drinking, a person should keep his or her blood-alcohol concentration (BAC) below .06.
— Women and men respond to alcohol differently because of a variety of body differences. As a result, if a man and a woman were the same body weight, one drink for the woman is equivalent to two drinks for the man.
— Avoid situations in which others’ alcohol or other drug use puts you at risk, such common containers.
— Know when abstinence is the best choice.
— Remember that underage drinking and driving after drinking are against the law.
We believe that by talking openly and directly with their students on a consistent basis, parents can play a critical role in curbing alcohol abuse and helping change the culture of high-risk drinking on campus. Here are some tips for talking with your student:

1. **Communicate with your student in new ways.**

Be a good listener, ask questions and try not to act in a way that will shut down the conversation. If your student says things that challenge you, try not to react harshly and explain that you want to prepare him or her for a positive college experience.

2. **Ask your student about grades and involvement last semester.**

You may ask if things turned out as well as expected or if his or her goals achieved and what factors contributed to success or difficulties. You may also ask your student’s goals for the upcoming semester and what steps are necessary to achieve them. Another way to approach the conversation is by asking about the connections and friendships your student is building.

3. **Ask your student how he or she is spending the weekend.**

Every week, there are hundreds of things to do on campus that do not involve alcohol. Encourage your student to explore the campus with friends.

4. **Invite a discussion**

Talk to your student at a time and place that allows for an easy exchange of ideas.

5. **Volunteering**

Encourage your student to volunteer in the community. It helps structure free time and provides students with a broader outlook and a healthier respect for their lives.

6. **Help them prepare successfully for the unexpected.**

Discuss the ways one can handle certain situations before students face them on campus.

We encourage you to make these conversations an ongoing part of your communication with your student.
Innovative PREVENTION and best practice

Here’s a look at what St. Cloud State has been doing to manage and reduce high-risk drinking:

Prevention

- **U-Choose**: Interactive education program designed to teach students how their body handles alcohol and the effects alcohol could have on their health, academic performance, mood and relationships (see Page 1).

- **House Party 101**: 100 students volunteered to role-play party situations and help students experientially learn how to keep safe and make smart choices about alcohol.

- **Atwood After Dark**: Friday night events that provide a fun, alcohol-free activity.

- **Blizzardshack Block Party**: Receiving two Innovative Program awards, more than 1,000 students attended this event in 2009 where students participate in fun activities and have the opportunity to play mini golf with each hole infused with prevention messages and activities.

- **St. Cloud Police Involvement**: Referred to as “Cop Talks,” police officers talked with more than 1,000 last year during the popular Q&A sessions in residence halls.

Intervention

- **New Student Code of Conduct**: Includes expectations for student behavior with alcohol and prompts the university to intervene when behavior - on or off campus - does not follow those expectations.

- **IMPACT**: Intervention program for sanctioned students who break the Student Code of Conduct.

Community Outreach

- **Husky Neighbor Program**: Hired and trained by the University, Husky Neighbors are St. Cloud State students who live in the neighborhoods close to campus and are responsible for facilitating community building among residents.

- **St. Cloud Community Alliance**: This coalition to reduce high-risk drinking and its negative effects on the community consists of local stakeholders who evaluate alcohol and drug use in the community and identify ways to foster a healthier, safer community.

- **Property Manager Collaboration**: A program that creates opportunities to collaborate with local property owners to encourage students living off-campus to participate in the U-Choose alcohol prevention program.

Environmental Management

St. Cloud State University implements an evidence-based approach to reduce high-risk drinking called the Environmental Management Prevention Model.

The five key strategies key to this model are:

- Reduce Alcohol Availability
- Reduce Alcohol Marketing
- Consistent Law Enforcement
- Provide Alcohol Free Options
- Provide a Healthy, Normative, Social Environment

The Ferris Wheel lights up the Atwood Mall at Blizzardshack Block Party - an annual Homecoming Event at St. Cloud State University
Blood Alcohol Level (BAL) and U-CHOOSE

<table>
<thead>
<tr>
<th>Name</th>
<th>Weight</th>
<th>Sex</th>
<th>Drinks</th>
<th>Standard Drinks</th>
<th>Hours</th>
<th>BAL</th>
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<tr>
<td>Jack</td>
<td>170lbs</td>
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<td>.04</td>
</tr>
<tr>
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<tr>
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<td>Male</td>
<td>“4”</td>
<td>10</td>
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<tr>
<td>Jill</td>
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<td>Female</td>
<td>“4”</td>
<td>10</td>
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<td>.30</td>
</tr>
</tbody>
</table>

In the example above, the students who participated in U-Choose were knowledgeable about physiological effects of alcohol and what it means to have a standard drink.

What do different BALs look like?

.01-.03 Mild relaxation; slight euphoria and social comfort.

.04-.06 Relaxed; lowered inhibitions. Minor impairment of logic and memory. Driving can be risky.

.08 Limit for DUI in Minnesota.

.07-.09 Slight impairment of balance and reaction time. Caution, reason and memory are impaired.

.10-.22 Significant impairment of coordination, judgment, balance and reaction time. Risk of blackout.


.18-.20 Unstable mood, nausea, risk for alcohol myopia

.25-.35 Mental confusion, high risk of vomiting, incontinence, injury and loss of pain sensation. Risk of death.

.40+ Respiratory arrest, possible coma or death.
How many cheeseburgers you drank last month?

www.scloudstate.edu/uchoose

Take e-chug online and find out!
Here is a list of the SCSU resources regarding alcohol and/or other drugs:

**U-Choose Office**
For questions about alcohol prevention and intervention programming, alternative programming, and campus resources

Student Life and Development
219 Atwood Memorial Center
St. Cloud State University
St. Cloud, MN 56301
Phone: 320-308-6175
E-mail: uchoose@stcloudstate.edu
Web site: www.stcloudstate.edu/uchoose

**Counseling and Psychological Services**
Offers free, confidential counseling to students

Student Health Services
Offers chemical assessments and consultation

Additional Resources for Parents:

**College Parents of America**
8300 Boone Boulevard
Suite 500, Vienna, VA 22182
888-256-4627
www.collegeparents.org

A national membership association dedicated to helping parent members prepare for and put their children through college easily, economically and safely.

**The Higher Education Center for Alcohol and Other Drug Prevention**
Education Development Center, Inc.
55 Chapel Street, Newton, MA 02458-1060
800-676-1730
www.edc.org/hec

Supports institutions of higher education in their efforts to combat illegal alcohol and other drug use and its consequences, including violence, in American colleges and universities, primarily through the use of prevention strategies that focus on environmental, educational and information dissemination strategies.

**National Clearinghouse for Alcohol and Drug Information**
800-662-HELP
www.health.org

Provides publications on substance abuse and gives local referrals for treatment.

**American Council for Drug Education**
800-488-3784
www.drughelp.org

Provides information on the effects of drug usage and offers referrals for treatment.

**A Call to Action: Changing the Culture of Drinking at U.S. Colleges**
www.collegedrinkingprevention.gov

Report from the Task Force of the National Advisory Council on Alcohol Abuse and Alcoholism, co-chaired by Rev. Edward Malloy, CSC, President Emeritus, the University of Notre Dame.

**Facts on Tap**
www.factsontap.org

Provides facts for your college student about alcohol and drugs.