Information for the University of Southern Mississippi Community

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) requires all institutions of higher learning (IHE) to provide evidence that the institutions have developed policies, programs and sanctions related to the use of alcohol and other drugs.

The University of Southern Mississippi is committed to maintaining an alcohol and drug free university community that provides students, faculty and staff a safe environment which supports the highest levels of learning. The use of alcohol and other illegal drugs can lead to high risk behaviors that impacts not only the individuals using the alcohol and drugs, but also the community as a whole. This document will review the University of Southern Mississippi’s policy and several departments’ policies regarding alcohol and illegal drugs, educational programing and counseling opportunities available to the university community.

Policy Statement

The University of Southern Mississippi strives to maintain campus communities, activities and worksites free from the illegal use, possession, or distribution of alcohol, illegal drugs or controlled substances as defined by state law and in Schedules I through V of the Controlled Substances Act, 21 United States Code section 812, as amended and by regulation at 21 Code of Federal Regulations section 1308. The University of Southern Mississippi recognizes that the illegal and/or abusive use of alcohol or drugs by members of the University community can prevent the University from meeting its commitments and accomplishing its missions. Further, such use jeopardizes the safety and welfare of the individual, fellow employees and students, and the University community. The University Alcohol and Drug Policy prescribes standards of conduct expected of academic and staff employees, students and visitors to maintain alcohol and drug-free campus communities, activities and worksites, and contains provisions to ensure that the University is in compliance with federal and state statutes.

Purpose

Consistent with state and federal law, the University will maintain a workplace and educational environment free from the unlawful manufacture, distribution, dispensation, possession, or use of any controlled substance and/or alcohol. This policy is implemented in compliance with the Drug-Free Workplace Act of 1988, and the Drug-Free Schools and Communities Act Amendments of 1989. The purpose of this statement is to establish policy for all employees, students and visitors of The University of Southern Mississippi concerning manufacture, sale, possession, distribution, or use of alcohol or illegal drugs during working hours; during class attendance; in a manner while off duty that impairs on-duty work performance; or in a manner while in attendance at an official University function or at an
authorized University site that adversely affects the performance of the employee or student or may adversely affect the health or safety of any other person.

This policy applies to all students, faculty and staff and is made available on the following website:

http://www.usm.edu/institutional-policies/policy-pres-pr-001

Violations by Employees

Employees found to be in violation of this Policy, including student employees if the circumstances warrant, may be subject to corrective action, up to and including dismissal, under applicable University policies, or may be required, at the discretion of the University, to participate in and satisfactorily complete an Employee Support Program or may be reported to authorities for criminal prosecution or other appropriate action.

The University reserves the right to inspect the workplace for alcohol, controlled substances, illegal drugs or paraphernalia relating to alcohol, controlled substances or illegal drugs and to question any employee when it reasonably suspects that this policy or any procedure under this policy has been violated.

Violations by Students

The University of Southern Mississippi’s student conduct regulations prohibit the unlawful possession, use, or distribution of alcohol and other drugs by students and student organizations. The regulations also prohibit other alcohol-related misconduct. In accordance with residence life and housing policy, alcohol is not permitted inside student housing. Any possession or consumption of alcoholic beverages of any kind in plain view shall be considered a violation of this policy. In accordance with residence life and housing policy, alcohol is not permitted inside student housing. However, privacy rights of students in their residential space will be respected, but any public nuisance coming from private space related to the consumption of alcohol shall bring the full force of this policy and applicable state law into play. The concealment of illegal alcohol consumption from plain view does not preclude the enforcement of state laws or this policy.

All traditional freshmen, sophomores, and other students under the age of 21 are prohibited from possession and consumption of alcohol. All students are prohibited from the use and possession of illegal drugs. In addition, student organizations sponsoring events where alcohol is present are subject to the requirements and guidelines of the University’s Social Events policy and registration form. Students found to be in violation of this Policy may be subject to corrective action, which may include alcohol and/or other drug education, mandated evaluation and treatment, community service, suspension, and/or expulsion up to and including dismissal, as set forth in the University of Southern Mississippi Code of Student Conduct and Disciplinary Conduct. They may also be reported to authorities for criminal prosecution or other appropriate action.

Student fraternal organizations sponsoring events where alcohol is found to be present are subject to the additional requirements and sanctions of the University’s Gold Book of the Greek Life Office of The University of Southern Mississippi, eduprod.usm.edu/institutional-policies/policy-stua-gl-001.
Community Alcohol

The presence of “community alcohol” including, but not limited to drinking games and rapid consumption techniques and devices (e.g., flip cup, beer pong, quarters, funnels, power hour, whoop juice, card games, shots, etc.) violate this policy. All individual student violations of the University Alcohol and Drug Policy will be handled by the Office of the Dean of Students and follow its sanction process for alcohol violations, while fraternities and sororities found in violation of community alcohol will receive the following minimum sanctions:

A. First Offense: Required alcohol/drug education program and community service for the entire chapter, including associate members, and probation for the remainder of the current semester and the following fall or spring semester. Probation extends through any intervening terms or institutional breaks.

B. Second Offense While on Probation: Suspension of the organization’s social activities to take place immediately and to remain in effect for at least one complete fall or spring semester following the effective date of the suspension, including any intervening terms or institutional breaks.

The minimum sanctions are not appealable. Prior issues or citations concerning alcohol will be considered in making additional sanctions.

The Family Educational Rights and Privacy Act (FERPA) has given colleges/universities the option to notify parents/guardians about specific types of information from a student's conduct record. The office of the Dean of Students may notify parents/guardians the first time and any subsequent time a student is found to have violated Code of Conduct policies on the use or possession of alcohol or other drugs when he/she is under the age of 21.

Additional Departmental Programming

In additional to the University of Southern Mississippi official policy, several departments address alcohol and drugs through programming, enforcement and as a part of the departments’ internal policies.

Human Resources

Internal Alcohol and Drug Policy:
The University of Southern Mississippi prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on The University of Southern Mississippi property or a part of any of its activities.

Penalty if Policy is Broken:
Employees found to be in violation of this Policy, may be subject to corrective action, up to and including dismissal, under applicable University policies, or may be required, at the discretion of the University, to
participate in and satisfactorily complete an Employee Support Program or may be reported to authorities for criminal prosecution or other appropriate action.

**Current Education/Programming Offered:**
No additional programming is offered at this time.

**Division of Student Affairs-Gulf Park**

**Internal Alcohol and Drug Policy:**
Our Gulf Park campus abides by the same Alcohol and Drug policy listed in the Student Handbook (http://www.usm.edu/student-handbook/drug-and-alcohol-policies) as well as the Institutional Policy (http://www.usm.edu/institutional-policies/policy-stua-res-018) as well as the alcohol policy via the President’s Office (http://www.usm.edu/institutional-policies/policy-pres-pr-001)

**Penalty if Policy is Broken:**
This department follows the same violation protocols as our Hattiesburg campus; therefore, violations are handled by the Dean of Students office.

**Current Education/Programming Offered:**
No additional programming is offered at this time.

**Future Recommendations:**
Provide educational materials during Orientation. Include educational information in Orientation modules.

**University Police Department**

**Internal Alcohol and Drug Policy:**
The University of Southern Mississippi prohibits the unlawful possession, use or distribution of illicit drugs and alcoholic beverages by students and employees on its campus. Further, any possession or consumption of alcoholic beverages of any kind in plain view shall be considered in violation of campus policy.

**Penalty if Policy is Broken:**
Employees found to be in violation of this Policy, may be subject to corrective action, up to and including dismissal, under applicable University policies, or may be required, at the discretion of the University, to participate in and satisfactorily complete an Employee Support Program or may be reported to authorities for criminal prosecution or other appropriate action.

The University makes available to all its employees an employee assistance program which includes drug counseling and rehabilitation. The services are provided in a confidential manner.

**Current Education/Programming Offered:**
Conducted Risk Management talks and programs in Resident Halls and Greek Life organizations.
2012-2013 year conducted 17 talks
2013-2014 year conducted 22 talks

Future Recommendations:
No recommendations offered at this time.

Athletics

Internal Alcohol and Drug Policy:
The University of Southern Mississippi’s Department of Intercollegiate Athletics has developed and implemented a Drug Testing and Intervention Program (“the Program”) for its student-athletes in order to promote their physical and mental wellbeing. The Program is designed to develop and maintain an environment that encourages student-athletes to avoid the use of unauthorized controlled substances, performance-enhancing drugs, alcohol, tobacco and unapproved dietary supplements. Because of the serious nature of substance abuse, the Program also includes significant sanctions and penalties that serve as a deterrent to drug use.

The University of Southern Mississippi (“USM”) works in conjunction with the National Collegiate Athletics Association (“NCAA”) in its Drug Testing Programs, both on-campus and during its post-season championship events. While the NCAA’s Drug Testing Programs and USM’s Program are separate and distinct programs from one another, all Southern Miss student-athletes are subject to the rules and regulations of both.

Penalty if Policy is Broken:
Penalty/Sanction for Positive USM Drug Test Results:

A. All drugs except Street Drugs

1st Occurrence
a. Mandatory participation in an official assessment by the USM SCS department, or an alternative program suggested by the SCS department.

b. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the Director of Athletics informing them of their son’s/daughter’s positive drug test.

c. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

d. An additional penalty may be imposed at the discretion of the Head Coach and Athletic Director, including termination of athletic scholarship and suspension or dismissal from the team.

2nd Occurrence
a. The student-athlete is permanently dismissed from the intercollegiate athletics program and his/her athletic scholarship (if applicable) is terminated at the end of the semester.
B. Street Drugs

1st Occurrence
a. Mandatory participation in an official assessment by the USM SCS department, or an alternative program suggested by the SCS department.

b. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the Director of Athletics informing them of their son’s/daughter’s positive drug test.

c. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

d. An additional penalty may be imposed at the discretion of the Head Coach and Athletic Director, including termination of athletic scholarship and suspension or dismissal from the team.

2nd Occurrence
a. Mandatory participation in an official assessment by the USM SCS department, or an alternative program suggested by the SCS department.

b. Immediate mandatory suspension of 10% of the team’s contests against outside competition, with partial games rounded to the next whole number (e.g. 12 games results in a suspension of 1.2 games, which rounds down to 1 game; 56 games results in a suspension of 5.6 games, which rounds up to 6 games);

c. Mandatory notification of parents/guardians, if applicable. If the student-athlete’s parents/guardians are living and are involved in the student-athlete’s life, they will be mailed a letter via certified mail by the Director of Athletics informing them of their son’s/daughter’s second positive drug test.

d. The student-athlete shall be subject to random drug testing at an increased frequency for a period of at least one year.

e. An additional penalty may be imposed at the discretion of the Head Coach and Athletic Director, including termination of athletic scholarship and suspension or dismissal from the team.

3rd Occurrence
a. The student-athlete is permanently dismissed from the intercollegiate athletics program and his/her athletic scholarship (if applicable) is terminated.

Student-athletes testing positive for alcohol are subject to USM’s Alcohol and Drug Policy, including all disciplinary policies and procedures. In addition to any institutional penalty that may be imposed by USM’s Alcohol and Drug Policy, the Drug Testing Committee reserves the right to take additional disciplinary measures, including but not limited to attending a required SCS Department assessment, suspension, and permanent dismissal from the team.

Current Education/Programming Offered:
No student-athlete specific programming is offered during this period.
Future Recommendations:
No recommendations are offered at this time.

**Staff Council Gulf Park Campus**

Internal Alcohol and Drug Policy:
Drugs and alcohol are prohibited on campus, except in the case of Aramark catering private events.

Penalty if Policy is Broken:
For faculty and staff, the penalty may be a letter of reprimand, termination, or even prosecution - all depending upon the situation.

Current Education/Programming Offered:
No additional programming is offered at this time.

Future Recommendations:
Notification of faculty/staff about the current policy/penalties and discussion of local programs available for faculty/staff to use

Office of Student Activities and the Southern Miss Activities Council (SMAC)

Internal Alcohol and Drug Policy:
Zero tolerance, it is not allowed. All of SMAC's events take place on campus, so we follow the universities policy regarding alcohol at SMAC events.

Penalty if Policy is Broken:
Removal from position within organization.

Current Education/Programming Offered:
SMAC does at least one alcohol education program in spring semester each year.

Future Recommendations:
More partnerships with other areas and departments on campus.

**Gamma Theta Upsilon**

Internal Alcohol and Drug Policy:
Alcohol is prohibited at events.

Penalty if Policy is Broken:
Removal from the organization.

Current Education/Programming Offered:
No additional programming is offered at this time.

Future Recommendations:
Increase communication regarding alcohol during general announcements.
Department of Residence Life

Internal Alcohol and Drug Policy:
Alcohol (over 21) - sale, consumption, possession of alcoholic beverages/containers is prohibited in the residence hall and it is illegal for those of legal age to provide alcohol to a minor (anyone under 21).

Alcohol (under 21) - residents under 21 are not permitted to possess, consume, be in the presence of, or possess any alcohol containers in the residence halls.

Drug Policy - Drug - the illegal possession, use, sale or attempt to obtain unlawful drugs is prohibited in or on residence life property.

Drug Paraphernalia - The possession of drug paraphernalia (including but not limited to bongs, grinders, pipes, vaporizers, rolling papers, spice, etc.) is not permitted in the residence halls.

Penalty if Policy is Broken:
Each sanction is determined on a case by case basis. Sanctions range from a follow up meeting with the conduct officer to residence hall probation and or removal from campus housing, based on past conduct history and the severity of the incident. We also use the counseling center, BASICS and judicial educator as additional sanction options.

Current Education/Programming Offered:
Each Residence Hall staff utilizes programming efforts to educate the residence on alcohol policies and safety by collaborating with UPD, counseling, and other campus resources.

Future Recommendations:
If not already, during freshmen and transfer orientations, I feel a session for parents and students should be a part of the transition to campus. The session need to be presented by Greek students, student leaders, Residence Life and UPD to stress the importance of maintaining safety on the campus as well as educating the student about the severity of the dry campus policy. By collaborating a presentation together, the parent and student will be able to see the holistic importance of this policy. Also periodically, we could send out session information reminders throughout the semester.

Alcohol and Illegal Drug Education
The Office of Health Promotion (OHP) offers a variety of alcohol and drug related programming to the university community. The OHP partners with various campus organizations, to include Greek Life, Southern Miss Activities Council, and Residence Life to offer accurate information regarding alcohol and drugs. A student group called Wellness Ambassadors works with the office of Health Promotion to plan and execute alcohol related activities. The following outreach programs were held during the 2012-2013 and 2013-2014 school year:

- Orientation (2012-13/2013-14) – spoke briefly to new students about alcohol on our campus and provide information about AlcoholEdu
- Classroom talks (2012-13/2013-14)- speak to UNV 101 and 301 classes about college drinking patterns, risks associated with alcohol, and how to drink responsibly
• Educational tables (2012-13/2013-14) – 2-3 per semester. Provide passive and active programing to inform students about the risks associated with alcohol and responsible drinking
Health fair (2012-13/2013-14) – provide handouts with alcohol safety tips. Pine Belt Mental Health (an off campus resource) provides alcohol risk screenings. Play educational games about drinking responsibly
• Residence Hall talks (2012-13/2013-14) – give presentations in residence halls about risks associated with alcohol and information about responsible drinking
True Life – Alcohol (2012-13) – an educational program open to all students where students speak to their peers about how alcohol has personally affected them
Save a Life tour (2012-13/2013-14) – a simulated drunk driving game brought to campus
• Safe Spring Break (2012-13/2013/14) – educate students on responsible drinking via handouts and interactive educational tables the week prior to spring break

The OHP has handouts and brochures that are shared at events and available at Student Health Services for any student. Please see the documents in Appendix I for the most commonly utilized handouts.

The OHP also manages the AlcoholEdu online education program. AlcoholEdu is an online alcohol program that all incoming freshmen are required to take. Freshmen students are required to pass this course in order to register for spring classes. This program offers in depth alcohol education information designed to capture incoming students before the come to campus and offer factual information regarding alcohol consumption as well as health risks and consequences for consuming alcohol. In the 2012-2013 academic year, 1,156 students completed this course. In 2013-2014, 1,148 students completed this course.

The Department of Psychology organized and implemented the Brief Alcohol Screening and Intervention for College Students (BASICS) program. Information regarding the BASICS program can be found at the following link:
http://www.usm.edu/counseling-psychology-clinic/brief-alcohol-screening-and-intervention-college-students
and in Appendix II of this document.
This department also developed and implemented prevention activities for national college alcohol awareness week that included safe drinking discussions, drunk goggle activities, and alcohol risk screening and feedback activities and developed alcohol and drug use evaluations to determine the nature of severity and treatment needs. All of these activities are designed and implemented through the Community Counseling and Assessment Clinic in the Department of Psychology.

Counseling and Recovery Programs
Counseling is available to students through University of Southern Mississippi Student Counseling Services. Services are available through appointments and on an emergency basis. Information regarding counseling services can be found on the Student Counseling Services’ website:
www.usm.edu/student-counseling-services

In addition to counseling services, the University of Southern Mississippi Collegiate Recovery Community is a program available for students who are in recovery from addictive disorders including alcohol and
drugs. Additional information about the Collegiate Recovery Community can be found at: http://www.usm.edu/student-health-services/collegiate-recovery-community

Contributing Departments

Dean of Students
R.C. Cook University Union
Room 231
118 College Drive #5204
Hattiesburg, MS 39406-0001
Phone: 601.266.6028
Fax: 601.266.6401
E-mail: dos@usm.edu

Student Health Services
Scott Hall (Century Park South)
118 College Drive Box #5066
Hattiesburg, MS 39406
Phone: 601.266.5390
Fax: 601.266.4205

Student Counseling Services
Bond Hall East
118 College Drive #5075
Hattiesburg, MS 39406
Phone: 601.266.4829
Fax: 601-266-5146

University Police
Bond Hall ground floor
118 College Drive #5061
Hattiesburg, MS 39406
Phone: 601.266.4986

Human Resources
McLemore Hall (MCL) 301
118 College Drive #5111
Hattiesburg, MS 39406
Phone: 601.266.4050
Fax: 601.266.4541

Residence Life
Hickman Hall
118 College Drive #5064
Hattiesburg, MS 39406
Phone: 601.266.4783

Athletics
118 College Drive #5017
Hattiesburg, Miss. 39406-0001
Athletic Center - (601) 266-5017
Fax Machine - (601) 266-6595

Office of Student Activities
Hub 110
118 College Drive #5048
Hattiesburg, MS 39406-0001
Phone: 601.266.4403
Fax: 601.266.5870

Department of Psychology
Owings-McQuagge Hall (OMH), 231
118 College Drive, #5025
Hattiesburg, MS 39406
Phone: 601.266.4177
Fax: 601.266.5580

Staff Council-Gulf Coast
Science Building
730 East Beach Boulevard
Long Beach, MS 39560
Phone: 228.214.3298
Fax: 228.214.3241

Student Affairs- Gulf Coast
Hardy Hall 232
730 East Beach Boulevard
Long Beach, MS 39560
Phone: 228.865.4565
Appendix I
Alcohol Handouts

Did you know...
Facts about your Blood Alcohol Content.

What the Numbers Mean:

- .040: Most people begin to feel relaxed.
- .060: Judgment is somewhat impaired.
- .080: Definite impairment of muscle coordination and driving skills. This is the legal intoxication level in most states.
- .100: Clear deterioration of reaction time and control. This is legally drunk in all states.
- .120: Vomiting usually occurs (.150 Balance and movement are impaired.)
- .150 - .250: Most people begin to experience blackouts.
- .300: Many people lose consciousness.
- .400: Most people lose consciousness and some die.
- .450: Breathing stops. Fatal dose for most people.

Know the Standards!

- One Standard Drink = One 12 oz. bottle of beer = One 4 oz. glass of wine = One 1.25 oz. shot of hard liquor

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What’s a Standard Drink

In the United States, a standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents. These are approximate, since different brands and types of beverages vary in their actual alcohol content.

<table>
<thead>
<tr>
<th></th>
<th>beer or cooler</th>
<th>malt liquor</th>
<th>table wine</th>
<th>80-proof spirits</th>
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<td>~ 5% alcohol:</td>
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Many people don’t know what counts as a standard drink and so don’t realize how many standard drinks are in the containers in which these drinks are often sold. Some examples:

For beer, the approximate number of standard drinks in

- 12 oz. = 1
- 22 oz. = 2
- 16 oz. = 1.3
- 40 oz. = 3.3

For malt liquor, the approximate number of standard drinks in

- 12 oz. = 1.5
- 22 oz. = 2.5
- 16 oz. = 2
- 40 oz. = 4.5

For table wine, the approximate number of standard drinks in a standard 750-mL (25-oz.) bottle = 5

For 80-proof spirits, or "hard liquor," the approximate number of standard drinks in

- a mixed drink = 1 or more*
- a fifth (25 oz.) = 17
- a pint (16 oz.) = 11
- 1.75 L (59 oz.) = 39

*Note: It can be difficult to estimate the number of standard drinks in a single mixed drink made with hard liquor. Depending on factors such as the type of spirits and the recipe, a mixed drink can contain from one to three or more standard drinks.
What’s a Standard Drink

In the United States, a standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons). Below are U.S. standard drink equivalents. These are approximate, since different brands and types of beverages vary in their actual alcohol content.

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<td>8.5 oz.</td>
<td>5 oz.</td>
<td>1.5 oz.</td>
</tr>
</tbody>
</table>

Many people don’t know what counts as a standard drink and so don’t realize how many standard drinks are in the containers in which these drinks are often sold. Some examples:

For **beer**, the approximate number of standard drinks in
- 12 oz. = 1
- 22 oz. = 2
- 16 oz. = 1.3
- 40 oz. = 3.3

For **malt liquor**, the approximate number of standard drinks in
- 12 oz. = 1.5
- 22 oz. = 2.5
- 16 oz. = 2
- 40 oz. = 4.5

For **table wine**, the approximate number of standard drinks in
- a standard 750-mL (25-oz.) bottle = 5

For **80-proof spirits**, or “hard liquor,” the approximate number of standard drinks in
- a mixed drink = 1 or more*  
- a fifth (25 oz.) = 17  
- a pint (16 oz.) = 11  
- 1.75 L (59 oz.) = 39

*Note: It can be difficult to estimate the number of standard drinks in a single mixed drink made with hard liquor. Depending on factors such as the type of spirits and the recipe, a mixed drink can contain from one to three or more standard drinks.
This is not a condemnation of alcohol, or the people who consume it responsibly and are of legal age. It is merely to spread awareness of a problem our nation is facing and to promote responsible and healthy drinking habits.

**REMEMBER:** No alcohol is permitted in the residence halls unless you are 21 years of age.

Refer to the student handbook at _____, if you have any further questions regarding campus alcohol policies.

The content of this pamphlet was compiled by information found at: www.madd.org
www.rochester.edu/uhs/healthtopics/Alcohol/caloricvalues.html

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**Alcohol**

College presents individuals with many opportunities to experience new things. Many students take the time to learn about new subject matters, join interesting clubs, play sports, or take part in student government, study abroad, or become an RA, all of which are positive associations with college life. Then there are others who choose another route: a road paved by sex, drugs, and alcohol.

This pamphlet will discuss some common myths associated with alcohol. It will also give some starting statistics and some unknown facts pertaining to alcohol and underage drinking.
Ten Myths about Alcohol

1. Myth: Alcohol is a great way to relax and reduce stress.
   Fact: Alcohol increases the level of stress that is placed on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress.

   Fact: Although a small amount of alcohol may make you feel less inhibited and may stimulate your interest in sex, anything more will decrease and reduce your ability to perform and numb your sensitivity.

3. Myth: There is no point in postponing drinking until I’m over 21.
   Fact: Research shows that the longer you postpone drinking, the less likely you are to ever experience alcohol-related problems. Research also shows that the brain does not finish developing until a person is at least in their early 20s, and one of the last regions to mature is intimately involved with the ability to plan and make complex judgments. They made the legal age limit 21 for a reason.

4. Myth: Women can “hold” their alcohol as well as a man.
   Fact: Women process alcohol differently. No matter how much a man drinks, if you drink the same amount, you will be more intoxicated and more impaired.

5. Myth: Black coffee and a cold shower will sober you up.
   Fact: The average person metabolizes alcohol at the rate of about one drink per hour. Only time will sober a person up. Drinking strong coffee, exercising or taking a cold shower will not help.

6. Myth: You can drink and still be in control.
   Fact: Drinking impairs your judgment, which increases the likelihood that you will do something you’ll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others. This also goes along with believing you can still drive even after you drink. Although you may feel fine, your judgment is impaired and you should never drive under the influence, always have a designated driver or call a taxi.

7. Myth: Beer doesn’t have as much alcohol as hard liquor.
   Fact: A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine. Alcohol is alcohol. Your blood alcohol content (BAC - the percent of alcohol in your blood) is what determines how drunk you are. Not the favors you selected.

8. Myth: Drugs are a bigger problem than alcohol.
   Fact: Although alcohol use is legal when you are 21, and is more socially acceptable, it is still classified as a drug. Alcohol has claimed the lives of more young people than cocaine, heroin, and every other illegal drug combined. About 18 million Americans are addicted to alcohol or have alcohol abuse issues. Furthermore, alcohol is the No. 1 drug problem of today’s youth.

9. Myth: Drinking isn’t all that dangerous.
   Fact: One in three 18-24 year olds admitted to emergency rooms for serious injuries are intoxicatied. And alcohol is also associated with homicides, suicides, and drowning. Alcohol is closely linked with violence. Alcohol and 40 percent of all crimes (violent and non-violent) are committed under the influence of alcohol. In 2004, 30 percent of all fatal crashes during the week were alcohol-related, compared to 51 percent on weekends. For all crashes, the alcohol involvement rate was 5 percent during the week and 12 percent during the weekend. About three in every ten Americans will be involved in an alcohol-related crash at some time in their lives. Just to throw out some other statistics for college aged students:
   - 1,400 college students between the ages of 18-24 die each year from alcohol related accidents.
   - 70,000 college students reported cases of sexual abuse because of alcohol use.
   - 600,000 reported cases of students being assaulted by someone who had been drinking.
   - 500,000 college students unintentional injuries blamed on alcohol use.

10. Myth: Everyone in college drinks!
    Fact: Although it may seem like everyone you know is drinking, in reality they are not. It is true that underage drinking is a problem with 54% of freshman illegally consuming alcohol and binge drinking is also becoming a problem, but that still means 46% are not drinking. The number of college students who do not drink is beginning to grow. The percentage of abstainers increased from 15 to 19 percent. 70% of college age students also favor 21 as the minimum age to sell or serve alcohol. 65% want the rules more strongly enforced. Just remember that you do not have to drink in order to fit in. There are many alternatives to drinking; you just have to find them!

MAKE RESPONSIBLE DECISIONS WHEN IT COMES TO DRINKING →
YOU SHOULD NOT DRINK UNTIL YOU’RE 21
Appendix II
BASICS Information

Brief Alcohol Screening & Intervention for College Students

The Problem & Facts about College Drinking

• Today, it is estimated that as many as 66.6% of college students engage in heavy episodic alcohol use at least once a month (Johnston, O’Malley, Bachman, & Schulenberg, 2014).

• In fact looking at research on alcohol use trends since the late seventies it become apparent that 63-68% of participants reported alcohol use within the last 30 days and that 41-46% reported heavy episodic drinking (Johnston et al., 2014).

• At our local university level a recent survey of 226 students found that 85% of the respondents reported using alcohol and 37.2% screened positive for a risk of alcohol problems on the Alcohol Use Disorders Identification Test (Morris, Dahlen & Madson 2009).

• Continued research over the past several decades has enabled academic institutions to implement increasingly more effective screening and intervention strategies (Larimer, Cronce, Lee, & Kilmer, 2004); however, the negative alcohol-related consequences continue to increase.

• The negative consequences associated with heavy alcohol use affect those associated with the college environment whether they drink or not (Wechsler & Nelson, 2008).

• Academic consequences related to heavy episodic drinking experienced by college students include (a) missing class, (b) falling behind in class work, and (c) having a lower grade point average

• Personal consequences related to heavy episodic drinking include (a) engaging in unplanned sex, (b) failing to use protection during sex, (c) having a hangover, (d) doing something one later regretted, (e) being hurt or injured (f) memory loss and (g) death.

• Social consequences related to heavy episodic drinking include (a) driving a motor vehicle after drinking, (b) fighting, (c) legal troubles and (d) vandalism

What is BASICS?

• An indicated prevention program focused on high risk students with slight yet detectable evidence of an alcohol problem (e.g., example evidence of heavy drinking episodes, evidence of initial problems).

Goals:

o Flexible, affordable, prevention

o Reduce hazardous drinking

o Promote utilization of campus services**

• Focuses on harm reduction (as opposed to reducing drinking/abstinence message)

• Two session model (in person assessment & feedback/problem solving)
• Additional services can range from follow up booster sessions to referral to on-going alcohol treatment or other university services (health, counseling, etc).

Evidence for BASICS

• BASICS has been around since the mid 90s and has demonstrated efficacy across multiple studies. Results include reducing drinking, helping students better understand campus drinking norms, decreasing binge drinking, reducing harmful consequences associated with drinking.

• In-person has demonstrated better effects than computer or education approaches

What are we going to do at USM?

• BASICS is offered in the Community Counseling and Assessment Clinic in the Department of Psychology (located in OMH).

• Consistent with the goals of BASICS the goal of introducing PBS is to prevent larger scale alcohol problems from developing.

• For USM students only.

Who’s providing the service?

• Graduate students in counseling psychology will be implementing the BASICS program under the supervision of Dr. Michael Madson.

• All students will have prior clinical experience.

Benefits of this project

• The project will provide an indicated prevention services that is evidence based.

• The project is an addition to not a substitution for existing services.

• A goal of this program is enhancing student use of university services.

How do we refer a student?

• Have students e-mail Dr. Madson (Michael.madson@usm.edu).

  o Students should identify themselves as USM students

  o State that they are referred to talk about their alcohol use

• Our staff will ask a few additional questions to connect to the SBI program.

• If you are interested in referring students contact michael.madson@usm.edu.