

# RETHINKING DRINKING

VILLANOVA UNIVERSITY



## The Blackout Test

Not sure your friend is going to remember the party in the morning? Ask them to remember a list of three random words for you, then allow them to be distracted by something else. Five minutes later, bring up the list again. If they can't remember more than one of the words you gave them, they aren't going to remember much in the morning either.

## Can you "hold your liquor?"

**If so, you may be at greater risk.** For some people, it takes quite a few drinks to get buzzed. Often they are unaware that being able to "hold your liquor" isn't protection from alcohol problems, but instead a reason for **CAUTION**. They tend to drink more, and develop a tolerance for alcohol. As a result, they have an increased risk for developing alcoholism. The higher alcohol levels can also cause liver, heart, and brain damage that can go unnoticed until it's too late.

## Did you know?

- 👍 Most VU students report drinking 5 days or less each month.
- 👍 Most VU ladies drink less than 4 drinks, and most VU gentlemen drink less than 6 drinks the last time they partied.
- 👎 Approximately 15% of all drinkers will develop an alcohol abuse or dependence problem.
- 👎 24.5% of those who start drinking at age 17 or younger develop alcohol dependence.

- 👎 1,825 college students between the ages of 18 & 24 die each year from alcohol-related unintentional injuries.
- 👎 More than 97,000 students between the ages of 18 & 24 are victims of alcohol-related sexual assault.

## Could you have a problem?

- Have you ever been arrested or hospitalized due to alcohol or use of illicit drugs?
- Do you use alcohol or other drugs to build self-confidence?
- Do you ever drink or get high immediately after you have a problem at home, school, or work?
- Do you feel more at ease on a date or social event when drinking or using other drugs?
- Do you ever wake up and wonder what happened the night before?
- Have you ever tried to quit or to cut back using alcohol or other drugs?
- Have you repeatedly used substances in dangerous situations such as driving while intoxicated?

**If you answered yes to any of these questions it is likely you are experiencing some problems with alcohol. Let us help you explore your options!**

## Ready...or not?

Still struggling with how to make a positive change in your alcohol use? *Brief Alcohol Screening Intervention for College Students* [https://villanova.basicsfeedback.com/survey/Villanova\\_BASICSAssessment](https://villanova.basicsfeedback.com/survey/Villanova_BASICSAssessment) helps you find a healthy balance by creating a plan for change in a non-judgmental way. Schedule a one-on-one with a Health Promotion staff member to talk about it.

## When you need to call the shot!

We want to be sure you think about the health and safety of your friend **FIRST**. If you suspect alcohol poisoning, call for help. Let a professional decide. To get help:

- Contact your RA or the RA on duty.
- Contact VEMS at 610-519-4444.

If you contact an RA or VEMS for medical assistance, you will not face formal University disciplinary actions for being under the influence of alcohol yourself, if you:

- Reasonably believe that a friend needs medical assistance
- Stay with the person who needs assistance until help arrives
- Cooperate with those who arrive to help your friend
- Are not in violation of other University policies

## Alcohol & Athletic Performance

Consuming alcohol after a workout, practice, or competition can cancel any physiological gains you may have achieved. Not only does long-term alcohol use diminish protein synthesis resulting in a decrease in muscle build-up, but even short-term alcohol use can hinder muscle growth.

In order to build stronger muscles, your body needs to sleep to repair itself after a workout. Because of alcohol's effect on sleep your body is robbed of the chemical called "human growth hormone," or HGH. HGH is part of the normal muscle-building and repair process; alcohol can decrease the secretion of HGH by as much as 70%! Also, when alcohol is in your body, it triggers the production of a substance in your liver that is directly toxic to testosterone. Testosterone is essential for the development and recovery of your muscles.

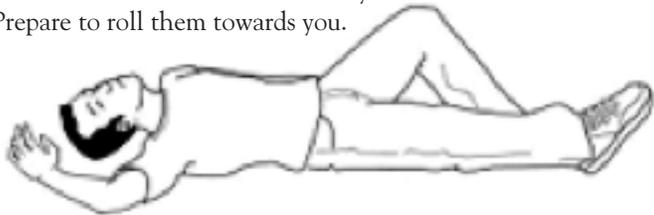


## How to Help a Friend

If someone passes out from drinking too much, you can help by positioning them so they will not choke on their vomit. If you are worried about them, get medical attention, especially if you can't awaken them to the point that they can talk to you.

### The Bacchus Maneuver:

1. Raise the arm that is closest to you above their head. Prepare to roll them towards you.



2. Gently roll them toward you, guarding their head from hitting the floor. The head should rest in front of the arm, not on it.



3. Tilt the head up to maintain airway. Tuck their nearest hand under the cheek to help maintain head tilt and raise the face off the floor.



4. Stay with them.

## Alcohol Can Be an Expensive Mistake

Students under the age of 21 are in violation of the alcohol policy if they possess, consume or purchase alcohol on or off the campus. Villanova reserves the right to sanction students who violate the policy on or off campus.

Fines:

\$50 per six pack

\$200 per case of beer

\$300 per handle of liquor

## Campus Resources

### Assistant Dean for Alcohol & Drug Intervention

[galeet.farrow@villanova.edu](mailto:galeet.farrow@villanova.edu)

610.519.4200

### University Counseling Center

[www.villanova.edu/counselingcenter](http://www.villanova.edu/counselingcenter)

610-519-4050

### Office of Health Promotion

[www.villanova.edu/healthpromotion](http://www.villanova.edu/healthpromotion)

[healthbytes@villanova.edu](mailto:healthbytes@villanova.edu)

610-519-7407

### On-Campus AA Meetings

Thursdays at 8:30pm

Saturdays at 7:00am & 8:30am

\*All meetings are in HSB Room 200

## Local Resource

### New Leaf Club

#### Adult Children of Alcoholics Step Study

Mondays at 6:30pm & Saturdays at 7:00pm

#### Young Peoples' Meeting

Sundays at 4:00pm

<http://www.newleafclub.org/>

\*All national data taken from the National Institute on Alcohol Abuse and Alcoholism. All Villanova data taken from the Villanova National College Health Assessment Survey (2015).

