

# RETHINKING DRINKING

How Solo Expects You to Use the Cup < > How People Actually Use the Cup



## CAN YOU HOLD YOUR LIQUOR?

Being able to “hold your liquor” isn’t protection from alcohol problems, but instead a reason for **CAUTION**. This alcohol tolerance can increase risks for developing alcoholism, as well as cause damage to the liver, heart, and brain that can go unnoticed until it’s too late.

### THE BACCHUS MANEUVER

The Bacchus Maneuver is meant for someone who needs medical attention—it is NOT the position to leave someone in when they go to sleep. Putting someone in this position is meant to ensure that they do not aspirate on their own vomit or suffocate on some other object, like a pillow, while waiting for help to arrive.

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



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 towards you.



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.

## DID YOU KNOW?

### AT VILLANOVA UNIVERSITY

**53%**

of Villanova students indicated that they did not consume alcohol in the past 30 days.

**76%**

of Villanova drinkers indicated that their alcohol use either decreased or stayed the same in the past year.

*Villanova Student Health and Well-Being Survey Spring 2021*

### NATIONALLY

- Approximately **15%** of all drinkers will develop an alcohol abuse or dependence problem.
- **1,825 college students** between the ages of 18–24 die each year from alcohol-related unintentional injuries.
- **24.5%** of those who start drinking at age 17 or younger develop alcohol dependence.
- More than **97,000 students** between the ages of 18–24 are victims of alcohol-related sexual assault.

*Data acquired from the National Institute for Alcoholism and Alcohol Abuse*

### 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.

# IF YOU SUSPECT ALCOHOL POISONING, CALL FOR HELP.



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

## COULD YOU HAVE A PROBLEM?

### Have you ever:

- Been arrested or hospitalized due to alcohol or use of illicit drugs?
- Used alcohol or other drugs to build self-confidence?
- Drank or gotten high immediately after you have a problem at home, school, or work?
- Felt more at ease on a date or social event when drinking or using other drugs?
- Woken up and wondered what happened the night before?
- Tried to quit or to cut back using alcohol or other drugs?
- 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.

## ALCOHOL CAN BE AN EXPENSIVE MISTAKE

- Students under the age of 21 may not possess, consume, purchase, attempt to purchase, or transport alcoholic beverages on or off the campus, consistent with state law.
- Students over the age of 21 are permitted a moderate amount of alcohol and are expected to consume in a responsible manner, consistent with University policy.
- Drinks with 15% or greater alcohol by volume is prohibited in University residence halls and apartments for all students.
- Students in violation of these policies may face disciplinary sanctions, including disciplinary probation and fines. **For example, the fine for possession of hard liquor is typically \$150.**



Brief Alcohol Screening Intervention for College Students (**BASICS**) can help you create a plan for positive change in your alcohol use, in a non-judgmental way. Schedule a one-on-one with a Health Promotion staff member to talk about it.



## MORE INFORMATION:

<https://www1.villanova.edu/university/student-life/health-services/health-wellness-resources/alcohol-drugs-tobacco.html>

## CAMPUS RESOURCES

**SUBSTANCE USE COUNSELOR**  
counselingcenter@villanova.edu  
610-519-4050

**UNIVERSITY COUNSELING CENTER**  
[www.villanova.edu/counselingcenter](http://www.villanova.edu/counselingcenter)  
counselingcenter@villanova.edu  
610-519-4050

**OFFICE OF HEALTH PROMOTION**  
[www.villanova.edu/healthpromotion](http://www.villanova.edu/healthpromotion)  
healthbytes@villanova.edu  
610-519-7407

## COMMUNITY RESOURCES

**WILLIAM WAY COMMUNITY CENTER**  
1315 Spruce Street, Philadelphia  
[www.waygay.org/recovery](http://www.waygay.org/recovery)

### ALCOHOLICS ANONYMOUS

**Wednesday, 7 p.m.**

St. Mary's Episcopal Church  
104 Louella & Lancaster Avenues,  
Wayne

**Wednesday, 7:30 p.m.**

St. Martin's Church at  
Bolingbrook Mansion  
424 King of Prussia Road, Radnor

**Thursday, 8:30 p.m.**

Radnor United Methodist Church  
930 Conestoga Road, Bryn Mawr

**Friday, 8 p.m.**

St. Joseph's University,  
Barnes Arboretum  
50 Lapsley Lane, Merion

**Friday, 8 p.m.**

St. Katharine of Siena Parish Hall  
104 S. Aberdeen Avenue, Wayne

**Saturday, 7 p.m.**

St. Thomas of Villanova  
Rosemont Campus  
(Parish Center, lower level)  
1229 E. Lancaster Avenue, Rosemont

**Sunday, 7:30 p.m.**

St. Mary's Episcopal Church  
36 Ardmore Avenue, Ardmore

**For a list of additional meetings, visit [www.aasepia.org](http://www.aasepia.org).**

*An AA Meeting Guide App is available by visiting [www.aasepia.org](http://www.aasepia.org) and selecting the Meeting Guide App tab.*