



Where to Get Help:

- *Speare Hospital*
- *SAMHSA (Substance Abuse and Mental Health Services Administration) – Parents resource*
- *Counseling and Human Relations Center- Plymouth State University*
- *NIH (National Institute on Alcohol Abuse and Alcoholism)*
- *SMART Recovery- Online resource*



Resources:

Albers, A., Siegel, M., Ramirez, R., Ross, C., Dejong, W., & Jernigan, D. (2015). Flavored Alcoholic Beverage Use, Risky Drinking Behaviors, and Adverse Outcomes Among Underage Drinkers: Results From the ABRAND Study. *Am J Public Health American Journal of Public Health*, 105, 810-815.

Montag, A., Brodine, S., Alcaraz, J., Clapp, J., Allison, M., Calac, D., . . . Chambers, C. (2015). Effect of Depression on Risky Drinking and Response to a Screening, Brief Intervention, and Referral to Treatment Intervention. *Am J Public Health American Journal of Public Health*, 105, 1572-1576.

Wahowiak, L. (2015). Six people in US die each day from alcohol poisoning, CDC reports. *The Nations Health*.

Whitton, S., Weitbrecht, E., Kuryluk, A., & Bruner, M. (n.d.). Committed Dating Relationships and Mental Health Among College Students. *Journal of American College Health*, 176-183.

Pictures:

http://pulseradio.net/media/transfer/img/articleimage/2015-07/drinking_4.jpg

<http://www.bing.com/images/search?q=people+clipart&view=detailv2&&id=D7F0DDC0456B66ECC1DAE03821D24725E5F7FE2E&selectedIndex=133&ccid=CRCEfE3r&simid=608016371757221237&thid=OIP.M09109e7c4debad9d644d14e849d7f428H0&ajaxhist=0>

<http://clipartzebra.com/image.php?pic=/images/2/road-to-recovery/road-to-recovery-06.jpg>

<http://betsychasse.net/wp-content/uploads/2012/05/just-say-no.jpg>

http://media.tumblr.com/65d465ffe9dc82c4678f90c8923d3e52/tumblr_inline_miy5khWbhC1qz4rgp.jpg



BINGE DRINKING AMONGST COLLEGE STUDENTS

Created By:

- Taylor Raney
- Alex Cederstrom
- Bianca Pellon

Facts:

- ❖ College students have an increased risk of having mental health issues including, depression, alcohol or substance abuse. Alcohol dependence is when a person is physically or psychologically dependent on alcohol.
- ❖ When binge drinking in college, students are more likely to have negative effects affect their life, such as dropping out, injury, or even death.
- ❖ In a study published as a Vital Signs report in the January 6th issue of “Morbidity and Mortality” weekly reports, researchers found that more than 2,200 people die from alcohol poisoning each year in the United States. This is an average of 6 deaths each day according to the CDC.
- ❖ Alcohol poisoning rates varied widely from state to state and Alaska was one of the highest with 46.5 alcohol-poisoning deaths per million residences.
- ❖ The agency defines binge drinking as when men consume four or more drinks in about two hours
- ❖ FABs high alcohol content, low price, sweet flavoring, attractive packaging and targeted marketing strategies have caused concern that FAB consumptions might disproportionately contribute to alcohol related emergency department visits by underage drinkers.



Statistics:

- ❖ About 14.9% of college students have been diagnosed with depression
- ❖ Up to 41% of students have shown elevated symptoms of depression, which can impair their academic life.
- ❖ In addition to depression, approximately 14% of 18-20 year olds are involved with binge drinking in college
- ❖ Over 30% meet criteria for either alcohol abuse or dependence.
- ❖ Between the ages of 15-24 they are thought about the common binge drinkers, and account for 5 percent of all alcohol poisoning deaths each year.

Tips for How to Practice a Behavior in a Healthy Way:

- ❖ **Drink slowly.** When you drink, sip your drink slowly. Take a break of one hour between drinks. Drink soda, water, or juice after a drink with alcohol. Do not drink on an empty stomach! Eat food when you are drinking.
- ❖ **Practice saying “no” to alcohol in social situations.** No matter how much you try to avoid alcohol, there will probably be times where you’re offered a drink. Prepare ahead for how you’ll respond, with a firm, yet polite, “no thanks.”
- ❖ **Watch it at home.** Keep a small amount or no alcohol at home. Don’t keep temptations around.

Social Ecological Model Application

- ❖ **Intrapersonal:** This is the stage where the person has to agree to make a change to a health behavior. Self-efficacy is greater than temptation for the individual to achieve a goal. The type of motivation that is needed is intrinsic motivation. This is when you need to make them feel comfortable, and not left out.
- ❖ **Interpersonal:** Social support in which is given to an individual, such as friends, or family. Depending on whom you hang out with will determine your choices you make. Changing the people you hang out with will have a huge impact on your social behavior. Hanging out with people that like to drink just influences this behavior you are trying to change.
- ❖ **Institution:** This would be related to your school, or work environment. Being in college can influence drug and alcohol abuse, because of the involvement student have with parties.
- ❖ **Community:** Thinking about the community outside of school, which involves bars, restaurants, and nightclubs. Events that these places host, draw people in and encourage spending money on food and drinks
- ❖ **Policy:** In schools, and around the community should have a requirement to have students, and other people to attend these classes about alcoholism and drug abuse.