Continuing Conversations

Ann Arbor Campus Community Coalition
What is this conversation about?
What harm is caused by excessive alcohol use?

Alcohol use has been documented in:
- 37% of physical assaults
- 60% of sexual assaults
- 13% of child abuse cases
- 86% of homicides (National institute on Alcohol and Alcoholism, 1997)
What harm is caused by excessive alcohol use?

- Neighbors living within one mile of college campuses are 135% more likely to experience vandalism, assault, noise, litter, and other public disturbances resulting from alcohol use. (Harvard School of Public Health, 2001)

- In 2001, 400,000 full-time college students had unprotected sexual intercourse while under the influence of alcohol. (Underage Drinking in the US: A Status Report, 2005)
What harm is caused by excessive alcohol use?

- New research shows that binge drinking affects brain development in those 25 years and younger. (Tapert, Caldwell, & Burke, 2004)

The lack of pink and red coloring in the shows poor brain activity in a memory task.

(Tapert et al., 2004)
Adolescent Alcohol Use

- Peer influence, culture, environment, and genetics all influence adolescents’ intention to drink and drinking behaviors.

(Flay, Petratis, & Hu, 1995)
Why do teens drink?

Males:
- Good Time: 34%
- Experiment: 21%
- Relax: 22%
- Tastes Good: 18%
- Get High: 20%
- Boredom: 11%
- Get Away From Problem: 9%
- Anger/Frustration: 6%

Females:
- Good Time: 40%
- Experiment: 28%
- Relax: 23%
- Tastes Good: 23%
- Get High: 20%
- Boredom: 11%
- Get Away From Problem: 13%
- Anger/Frustration: 9%

Underage Drinking

In 2006…

- 17% of 8th graders
- 34% of 10th graders
- 45% of 12th graders

admitted to drinking at least one alcoholic beverage in the last 30 days.

(Johnston, O’Malley, Bachman, & Schulenberg, 2006)
According to a survey of Ann Arbor high school students, self-reported alcohol use was:
- 47.7% for 12th graders
- 28.7% for 10th graders
- 11% for 8th graders

(Ann Arbor Public School District Alcohol and Other Drugs Survey, 2004-2005)
Of 2,382 visits to the ED at UM Hospital with an alcohol-related diagnosis:
- 508 (21%) under the age of 21
- 673 (28%) between ages 17-25 (college age)
(Cunningham & Desmond, 2007)
What is being done in Ann Arbor to address this issue?
Parental Involvement in Prevention

- Parental and family involvement has been shown to inhibit an adolescent’s alcohol use.

- Adolescents with parents who supervise their friendships and activities are less likely to engage in problem behavior, including drinking.

(Barnes, et al., 2006)
Tips for Parents to Prevent Underage Drinking

- Talk with your child about the dangers of underage drinking and reinforce that it is against the law.
- Improve parent-child relationships by using positive reinforcement, listening and communication skills, and problem solving.
- Recognize problem behaviors and seek help when necessary. (Komro & Toomey, 2002; The Century Council, 2005)
Community Involvement in Underage Alcohol Prevention

Communities can affect an adolescent’s decision to use alcohol and should be considered in the planning of prevention programs. (Holder, 2000)
Community-Based Strategies

- Involve media to increase awareness.
- Establish community laws and norms that discourage underage drinking.
- Train alcohol-retail establishments on preventing underage sales.
- Increase awareness about the nature and extent of underage drinking.
- Provide opportunities for youth to contribute to the community. (Komoro & Toomey, 2002; Community How To Guides on Underage Drinking, 2001)
In our community: Who is A2C3?

- The mission of the A2C3 is to promote health and wellness by reducing harm from inappropriate alcohol use in the community through involvement of a broad based coalition of community members.
A2C3 Coalition Members and Supporters

- Ann Arbor City Attorney’s Office
- Ann Arbor Police Department
- Ann Arbor Public Schools
- Ann Arbor City Council
- Livingston & Washtenaw Substance Abuse Coordinating Agency
- Main Street Area Association
- Neutral Zone- Ann Arbor
- Prevention Network
- South University Area Association
- State Street Area Association
- UM Alumni Interfraternity Council

- UM Chief Health Officer
- UM Department of Public Safety
- UM Division of Student Affairs
- UM Office of Greek Life
- UM Office of New Student Programs
- UM Office of Student Conflict Resolution
- UM Office of the Vice President for Communications
- UM University Health Services
- UM University Housing
- Washtenaw Community Partnership/ Clean Teens
- 15th District Court
Working Goals

1. Change campus and community culture surrounding the inappropriate promotion and use of alcohol.
2. Reduce access to alcohol for minors.
3. Advocate for more treatment and prevention options.
Youth Involvement

- Neutral Zone
- In Tune
- Students on Alcohol Prevention
The Neutral Zone

- A diverse, youth-driven center dedicated to promoting personal growth.
- A safe place to make new friends and explore new ideas.
In Tune

- A theatre troupe at Community High School.
- Performances address a variety of health, wellness, and social issues.
- Scenes written, performed, and directed by students; small-group, facilitated discussions follow the performances.
Students on Alcohol Prevention (S.O.A.P.)

- Group of 20 Huron High School students.
- Received grant from the State of Michigan for their activities.
- Goal is to raise awareness of the dangers of drinking among their peers.
Huron High School Student Survey

- **Sample**
  - 120 students.
  - Confidential survey, administered during lunch.

- **Findings**
  - Stress, friends and the opposite sex influence students to drink.
  - 35% believed drinking alcohol increases personal social status.
  - 49% have driven or ridden with someone who had been drinking.
  - Being on a sports team, getting caught, and religious or moral values influence students who say they do not drink at a party.

- **Limitations**
  - No way of knowing whether students completed more than one survey.
  - Did not include freshman in survey.
  - Survey not a validated instrument.
Where do we go from here?
How to talk to teens

- Make it a conversation, not a lecture!
  - Ask for their views about alcohol.
  - Share important facts about alcohol.
  - Provide good reasons why teens should not drink.
  - Encourage your teens to talk with you about their problems and concerns.
  - Discuss ways they can avoid drinking when they are feeling pressured by peers.

Source: www.talkingwithkids.org
Take action as a community member

- Find out about programs/policies in your community to prevent underage drinking.
- Deliver the message that underage drinking is not okay.
- Support and become involved in positive opportunities and activities for youth.
- Work together to create a community where young people can feel good about themselves without drinking. (U.S. Department of Health & Human Services, 2007)
What can I do?

Continue the Conversation!

Please visit:
http://www.sitemaker.umich.edu/campuscommunityconversations/home
to get involved!

- Let neighbors, school administrators, and elected officials know about your concerns.
- Talk to your children and other parents about the issue.
Additional Resources

- Ann Arbor Public Schools: Safe & Drug-Free Schools (http://instruction.aaps.k12.mi.us/sdfs)
- Washtenaw Youth Directed Substance Abuse Prevention Campaign (myrealitycheck.org)
- Neutral Zone (www.neutral-zone.org)
- Michigan Coalition to Reduce Underage Drinking (www.mcrud.org)
- National Institute on Alcohol Abuse & Alcoholism (www.niaaa.nih.gov)

Please see A2C3 website for more resources!
References


