College Students and Substance Use: What Parents Need to Know

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CECIL PRICE – DIRECTOR STUDENT HEALTH SERVICE
Goals

- Briefly discuss substance use problems at Wake Forest
- Allow parents to meet campus faculty and staff resources
- Partner with parents to address substance use at Wake Forest
- Encourage parents to have conversations with their students about their expectations of college life including discussions about substance use
- Decrease the negative consequences of use of alcohol and other substances at Wake Forest
WAKE FOREST 2014 – ENTERING FIRST YEAR STUDENTS

Type of Drinkers

* n=1132 initial,

<table>
<thead>
<tr>
<th>Type of Drinkers</th>
<th>Your School</th>
<th>All My Student Body Schools</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abstainers</td>
<td>41%</td>
<td>44%</td>
</tr>
<tr>
<td>Lower Risk</td>
<td>35%</td>
<td>37%</td>
</tr>
<tr>
<td>Higher Risk</td>
<td>24%</td>
<td>20%</td>
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</tbody>
</table>

Wake Forest

All Schools
WAKE FOREST 2013 DATA
INCLUDES FOLLOW-UP 90 DAYS INTO FALL 2013 SEMESTER

Type of Drinkers

* n=1140 initial, 331 Follow-ups (students that used alcohol within the past year)

WFU Initial  WFU Follow-up  All Schools
Drug Usage

* n= 1084

- Marijuana
  - 73% Never
  - 17% Rarely
  - 6% Monthly
  - 6% Weekly

- Pain Medications
  - 95%

- Prescription Stimulants
  - 96%

* Based on the students that completed the drug module
** Non medical use only

WFU 2014
Research by Rob Turrisi at Penn State showed parental communication with students between high school graduation and the start of the first year of college concerning expectations related to alcohol use decreased high risk use of and negative consequences of alcohol in their children during the first semester of their college experience.

Similar research by Meg Small also at Penn State showed parental communication on weekends (30 minutes or more of general conversations not specifically related to substance use) decreased the high risk use of alcohol on those weekends.
Conversations About Alcohol and Other Drug Use

Talk to your student about your expectations about:

- Drinking and drug use
- Attending class
- Drinking and driving
- Financial responsibility
- The balance between studying and socializing
High Drinking Times During the Academic Year

- The first six weeks of school (pressure to socialize and fit in)
- Right before, during or after midterm and final exams
- Major sporting events
- Relationship break ups (not just romantic but discord with roommate or peers)
- Fraternity and Sorority rush/recruitment
- Spring Break
- Graduation
- Birthdays or other Celebrations
Ways to intervene if your student shows signs or symptoms of an alcohol problem

- Treat the situation as serious.
- Do not blame your student, but find appropriate treatment.
- Share your concern and encourage the student to seek help.
- Contact the Substance Abuse Prevention Coordinator for support and resources.
Online Wake Forest Resources

Choices Office (Substance Abuse Prevention Coordinator: http://choices.studentlife.wfu.edu/)

Student Health Service
http://shs.wfu.edu/

University Counseling Center
http://counselingcenter.wfu.edu/

MyStudentBody.com
School code for Wake Forest parents: wfuparent
Panelists

Steve Hirst – Director of Student Engagement
Charlene Buckley – Associate Dean for Judicial Affairs
Adam Goldstein – Dean of Students and Associate Vice President of Campus Life
Matt Clifford – Director of Residence Life
Alan Cameron – Associate Director, University Counseling Center
Regina Lawson – Chief, University Police
Harsh Patolia – Lieutenant, Wake Forest Emergency Response Team
Angela Culler – Assistant Vice President, Human Resources Services. Title IX Coordinator
Beth Montplaisir – Coordinator of Sexual and Relationship Violence Prevention and Response
Tim Auman – University Chaplain
Panelists

Lesia Finney – Sargent, Community Policing Coordinator, University Police

Scott Smith – Police Office, University Police

Donna McGalliard – Dean of Residence Life and Housing and Assistant Vice President of Campus Life

Rob McNamara – Assistant Director for Clinical Services, University Counseling Center

Jim Le – Captain, Wake Forest Emergency Response Team