Ensuring Student Success: Parents as Partners

- Office of the Dean of Students
- Student Health & Wellness
- RVAP (Rape Victim Advocacy Program)
Ensuring Student Success: Parents as Partners

Students as Explorers

University Support & Expectations

Parents as Prevention Specialists
Students as Explorers

NEW…

• Freedom
• Environment
• Friends
• Responsibilities
• Stress
• Experiences
• Opportunities
Students as Explorers

Volunteering

Student Employment

Student Orgs

Academic Honors

Multicultural

Leadership

Fraternity/Sorority Life

Intramurals

Performing Arts

PICK ONE! GO HAWKS!
UI Alcohol

17% decrease since 2006

Binge Drinking Rate

![Graph showing the decrease in binge drinking rates from 1991 to 2014. The rate decreased from 68.9% in 2001 to 54.1% in 2014.](image)
The University’s Piece of the Puzzle

Parent Handbook
Talking with your student about alcohol and having difficult conversations
Parents as Preventionists
Parents as Preventionists

- Serve as a guide
- But everybody is doing it…
- My student is already well informed
- “We did it when we were in college.”
- Can’t prevent everything
Parents as Support

Source of Health Information

1. Internet
2. Parents ★
3. SHW Medical Staff
4. Friends
Parents as Support

Parents who talk to their students BEFORE they leave for college have a big impact on social behavior and academic success.

Research suggests that discussions just prior to starting college lead to lower alcohol consumption among first-year students.
Parents as Support

Consider it a series of conversations, rather than “the talk”

Handbook Conversation Points:
1. Your stance on the issue
2. How alcohol works
3. Reasons students drink
4. Reasons for NOT drinking
5. Sexual Consent
6. Willingness to help
Your Stance on the Issue

- Clearly communicate what is okay and what is not
- Your own orientation as a parent is a matter of your own values

Studies consistently show, permitting your son/daughter to drink leads to heavier and more frequent drinking outside the home.
ANY sexual activity without consent

Sexual misconduct falls on a continuum and can include many behaviors (harassment, stalking, dating violence, rape, attempted rape, other sexual assault)
How Alcohol Works

- Handbook: How alcohol works in the body
- Consequences of overestimating
- Dispelling myths and inaccuracies
Negative Outcomes:

- Blackouts
- Regretting something
- Decreased GPA
- Fights/arguments
- Public Intoxication, OWI
- Large legal charges/fines
- Decreased opportunities: Graduate school/jobs
Negative Consequences

- GPA
- Brain development
- Memory
- Long-lasting effects
- Health/safety risks

Blackout:
- 2011: 45.9%
- 2012: 42.9%
- 2013: 43.7%
- 2014: 40.4%
Marijuana

Negative Outcomes:

- Eating too much
- Sleep problems
- Memory problems
- Impacts productivity, apathy, and motivation
- Problems with lungs or coughing
- Long-term health risks

24% of UI students report marijuana use in past 30 days

Yet students think that 76% of their peers have used in past 30 days
Second Hand Effects of Alcohol

Negative consequences as the result of someone else’s drinking
- Vandalism
- Arguments
- Fights
- Sleep interruptions
- Study interruptions
Students are held accountable for their actions both on and off campus

- If the violation were to occur off-campus, student will meet with Student Conduct Office
- If the violation occurs in the residence halls, student will meet with a Residence Education staff member
- For specific questions about residence hall violations, please consult with Residence Education staff during the Information Fair
3 Reasons Students Drink

• Discussing the positives of drinking are just as important as discussing the negatives
• Puts the positives into perspective

- Adds to celebration
- Lowers stress
- Social aspects
- Makes it easier to express feelings/less inhibited
Reasons for NOT Drinking

Discuss negative consequences in a matter of fact, honest, and straightforward fashion

**Examples:**
- Legal consequences
- Feeling sick, long-term health concerns
- Impaired brain development
- Financial impact

SCARE TACTICS MAY BACKFIRE!
Students Choosing Not to Drink

Non-drinkers
(30-day prevalence)
Sexual assault is not a consequence of drinking alcohol.
Willingness to Help

• Help find constructive alternatives to drinking

• Encourage student to use campus resources early & often
Support and Assistance
RVAP

For victims/survivors of sexual assault and their friends & families

24 hour Crisis Lines: 319-335-6000 or 800-284-7821

In-person Advocacy:
  Hospital
  Court
  Law Enforcement
  University

Individual and group counseling with Certified Sexual Assault Counselors

Educational Programming
To Report to Police

- Criminal Justice
  - 911 (24 hrs.)
  - UI Police
  - Iowa City Police
  - Coralville Police
  - Johnson County Sheriff

For Counseling & Advocacy

- RVAP (24 hrs.)
  - University Counseling Service
  - Ombudsperson
  - Women's Resource & Action Center

To Report to the University

- University Administration
  - Office of the Sexual Misconduct Response Coordinator
  - Student Conduct Office
RVAP: Common Reactions

- Feeling helpless
- Feeling guilty
- Doubt
- Blame
- Support → recovery and healing time
- Impact on relationship

RVAP.ORG
RVAP: How to Support

Listen

Believe

Offer to go to RVAP with them

Allow them to make decisions

Make a safety plan

Let them know that you DON'T blame them

Maintain confidentiality

Assure them that you care

Offer to go to RVAP with them

Make a safety plan

Maintain confidentiality

Assure them that you care

Let them know that you DON'T blame them

Allow them to make decisions
89.5% of UI Students reported their health at good, very good or excellent

### Most Common Health Problems

<table>
<thead>
<tr>
<th>Rank</th>
<th>Condition</th>
<th>% of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Allergies</td>
<td>20.9%</td>
</tr>
<tr>
<td>2</td>
<td>Sinus Infection</td>
<td>16.6%</td>
</tr>
<tr>
<td>3</td>
<td>Strep Throat</td>
<td>14.4%</td>
</tr>
<tr>
<td>4</td>
<td>Back Pain</td>
<td>12.6%</td>
</tr>
<tr>
<td>5</td>
<td>Urinary Tract Infection</td>
<td>9.2%</td>
</tr>
</tbody>
</table>

### Health & Academic Issues of our UI Students

<table>
<thead>
<tr>
<th>Rank</th>
<th>Condition</th>
<th>% of Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Stress</td>
<td>27.4%</td>
</tr>
<tr>
<td>2</td>
<td>Anxiety</td>
<td>24.8%</td>
</tr>
<tr>
<td>3</td>
<td>Sleep difficulties</td>
<td>17.2%</td>
</tr>
<tr>
<td>4</td>
<td>Work</td>
<td>16.4%</td>
</tr>
<tr>
<td>5</td>
<td>Cold/flu/sore throat</td>
<td>14.1%</td>
</tr>
<tr>
<td>6</td>
<td>Internet use/computer games</td>
<td>12.7%</td>
</tr>
<tr>
<td>7</td>
<td>Depression</td>
<td>11.4%</td>
</tr>
<tr>
<td>8</td>
<td>Alcohol use</td>
<td>9.6%</td>
</tr>
<tr>
<td>9</td>
<td>Relationship difficulties</td>
<td>9.6%</td>
</tr>
<tr>
<td>10</td>
<td>ADHD</td>
<td>7.7%</td>
</tr>
</tbody>
</table>
Student Health & Wellness

- General medicine
- Women’s health
- Psychiatry
- On site laboratory
- Immunizations
- Allergy clinic
- Travel clinic
- Nurseline
- Weight management
- Clinical outreach—campus health programs, activities and vaccinations
Student Health & Wellness

FITNESS
Fitness Consultations, Equipment Orientations

NUTRITION
Dietary Analysis, Eating Issues, Weight Management, Special Diets

TOBACCO USE
Tobacco Cessation Consultations

Westlawn

CRWC
Student Health & Wellness

STRESS MANAGEMENT
Stress Management Consultations

SLEEP
Sleep Improvement Program and Consultations

SEXUAL HEALTH
Sexual Health Consultations, Safer Sex Supplies

ALCOHOL & OTHER DRUGS
Alcohol & Other Drug Consultations

Refresh
sleep program

Refresh is a FREE cognitive behavioral self-help sleep program. Register online to receive a weekly email or download the app for our specialized program to improve sleep quality.
Red Watch Band

Fall 2009

Free CPR and Alcohol Bystander training

Providing knowledge, skills, and confidence to “make the call” and ultimately prevent alcohol related deaths

U of I students trained (5 years): 3,400
Help Your Students Call for Help

A student who calls for help on behalf of self or others, in most cases, will not be subject to status sanctions

Students may be required to complete education/counseling

Dean may notify parent
Student Care and Assistance

• Provides support and assistance to students experiencing crisis and emergency situations
  • Hospitalization
  • Medical emergencies, long-term illness, or chronic conditions
  • Mental health concerns
  • Death of a family member
  • Natural disasters
  • Other unexpected events or challenges
Student Care and Assistance

Academic Support & Retention
Provides services and programs which create a seamless transition in college and lead to student academic success

Early Intervention Team

Academic Advising Center
Center for Diversity and Enrichment
College of Liberal Arts and Science

Residence Education
Threat Assessment & Care Team
University Counseling Service
Resources

- Academic Advising Center
- Academic Support and Retention
- Academic Colleges – Business, CLAS, Education, Nursing, Engineering
- American Red Cross
- Center for Diversity and Enrichment
- Domestic Violence Intervention Program
- International Students and Scholars Services
- Johnson County Crisis Center
- Monsoon
- Office of Equal Opportunity and Diversity
- Office of Student Financial Aid
- Office of the Ombudsperson
- Office of the Sexual Misconduct Response Coordinator
- Public Safety/UIPD
- RVAP (Rape Victim Advocacy Program)
- Residence Education
- Student Disability Services
- Student Health & Wellness
- Student Legal Services
- Threat Assessment Team
- Women’s Resource and Action Center
- University Counseling Service
What Will Not Help

Avoid “stoppers”
Single statements that will close anyone down

Avoid attacking
Studies show that when students feel they can trust their parents and are trusted by them, they tend to drink less

Resist the urge to rescue your son/daughter
It is important to stand firm: poor decisions = poor consequences
Successful Students

a parent handbook for
Talking with College Students About Alcohol

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