

Alcohol and Drug Concerns

Alcohol has been associated with the College experience for ages. Some people may ignore college students drinking, claiming, "it's a normal rite of passage". But is it? And what constitutes "normal"?

Here are some quick facts:

Death: 1,700 students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle accidents

Injury: 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol

Assault: More than 696,000 students between the ages of 18 and 24 are assaulted due to drinking by another student

Sexual Abuse: More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape

Academic Problems: About 25% of college students report academic consequences of their drinking, including: missing class, falling behind, doing poorly on papers or exams, and receiving lower grades overall

Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol-related health problem and between 1.2% - 1.5% of students indicate they tried to commit suicide within the past year due to drinking or drug use

Alcohol Abuse and Dependence: 31% of college students met criteria for a diagnosis of alcohol abuse and 6% for a diagnosis of alcohol dependence in the past 12 months, according to self-report based questionnaires

If you or someone you know is dealing with an alcohol or other drug related problem there are resources available to you, please contact:

On Campus

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Schroeder Complex, Lower Level
545 North 15th Street, Milwaukee, WI

To estimate your risk regarding alcohol consumption, please take a look at the following questionnaire. You may also answer the questions with someone else in mind.

The AUDIT is a 10-item questionnaire developed by the World Health Organization to identify persons whose alcohol consumption has become hazardous or harmful. The screening has excellent reliability and validity established in many different populations around the world, including college students. The AUDIT has been published in many resources including: Walters, S.T., & Baer, J. S. (2006). **Talking with College Students About Alcohol**. New York: The Guilford Press.

The scoring is simple: the numbers for each response are added up to give a composite score.

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| 1. How often do you have a drink containing alcohol? | 0=Never
1= Monthly or less
2= Two-four/month
3= Two-three/week
4= Four or more/week |
| 2. How many drinks containing alcohol do you have on a typical day when you are drinking? | 0= One to two drinks
1= Three to four drinks
2= Five to six drinks
3= Seven to nine drinks
4= Ten or more drinks |
| 3. How often do you have six drinks or more on one occasion? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |
| 4. How often during the last year have you found that you were not able to stop drinking once you had started? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |
| 5. How often during the last year have you failed to do what was normally expected from you because of drinking? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |
| 6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |

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| 7. How often during the last year have you had a feeling of guilt or remorse after drinking? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |
| 8. How often during the last year have you been unable to remember what happened the night before because you had been drinking? | 0= Never
1= Less than monthly
2= Monthly
3= Weekly
4= Daily or almost daily |
| 9. Have you or someone else been injured as a result of your drinking? | 0= No
1= Yes, but not in the last year
2= Yes, during the last year |
| 10. Has a relative, friend or health professional been concerned about your drinking or suggested you cut down? | 0= No
1= Yes, but not in the last year
2= Yes, during the last year |

Scores above 8 call for an in-depth assessment and may be indicative of an alcohol problem.

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References and Further Information:

www.collegedrinkingprevention.gov
www.factsontap.org/index.htm

Talking with College Students about Alcohol by Scott Walters and John Baer