



UNIVERSITY AT ALBANY
State University of New York

College Student Alcohol and Other Drug Use and COVID-19: Insurmountable Challenge or Undiscovered Path to Opportunity?

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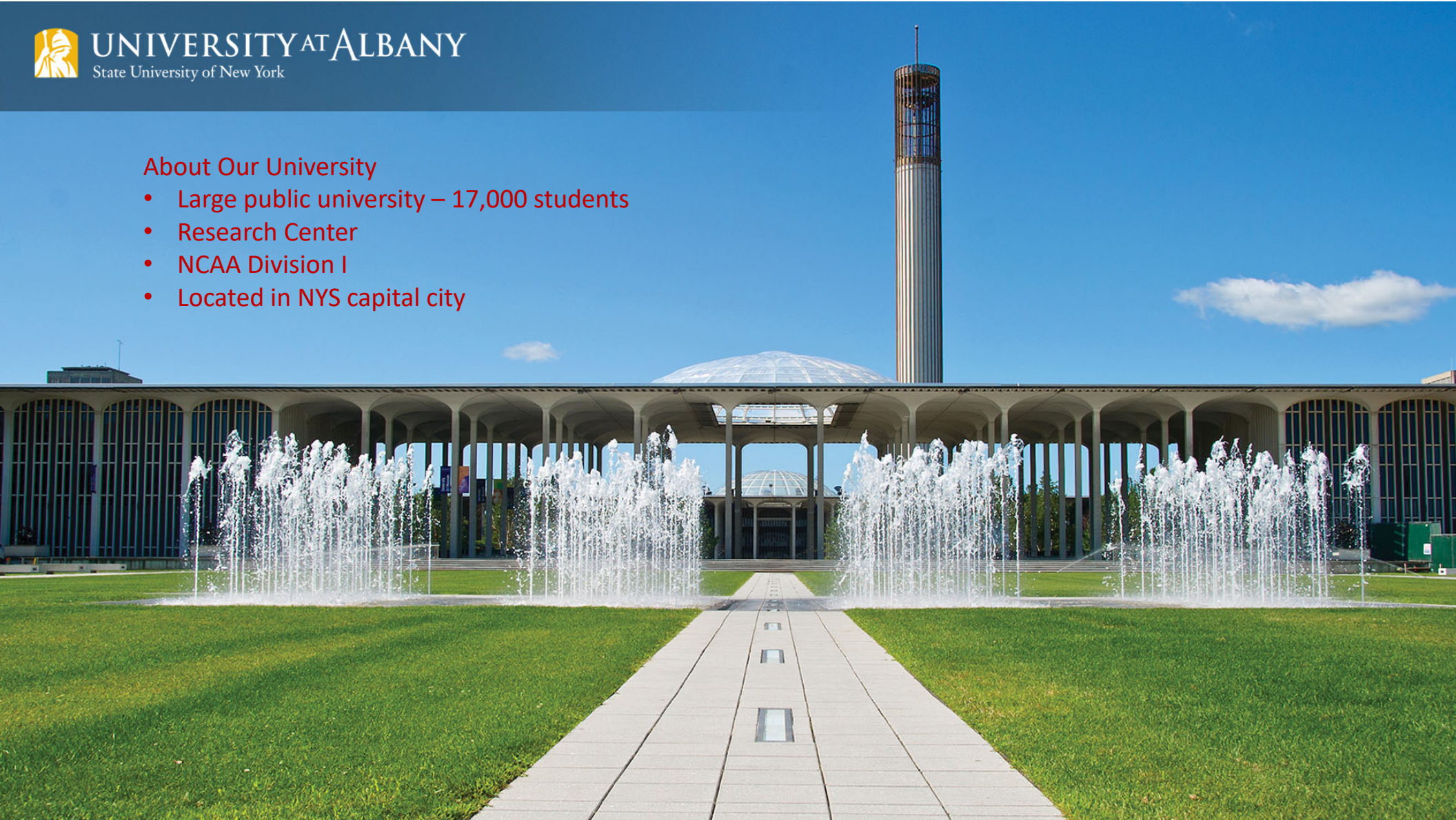
UNLEASH
GREATNESS



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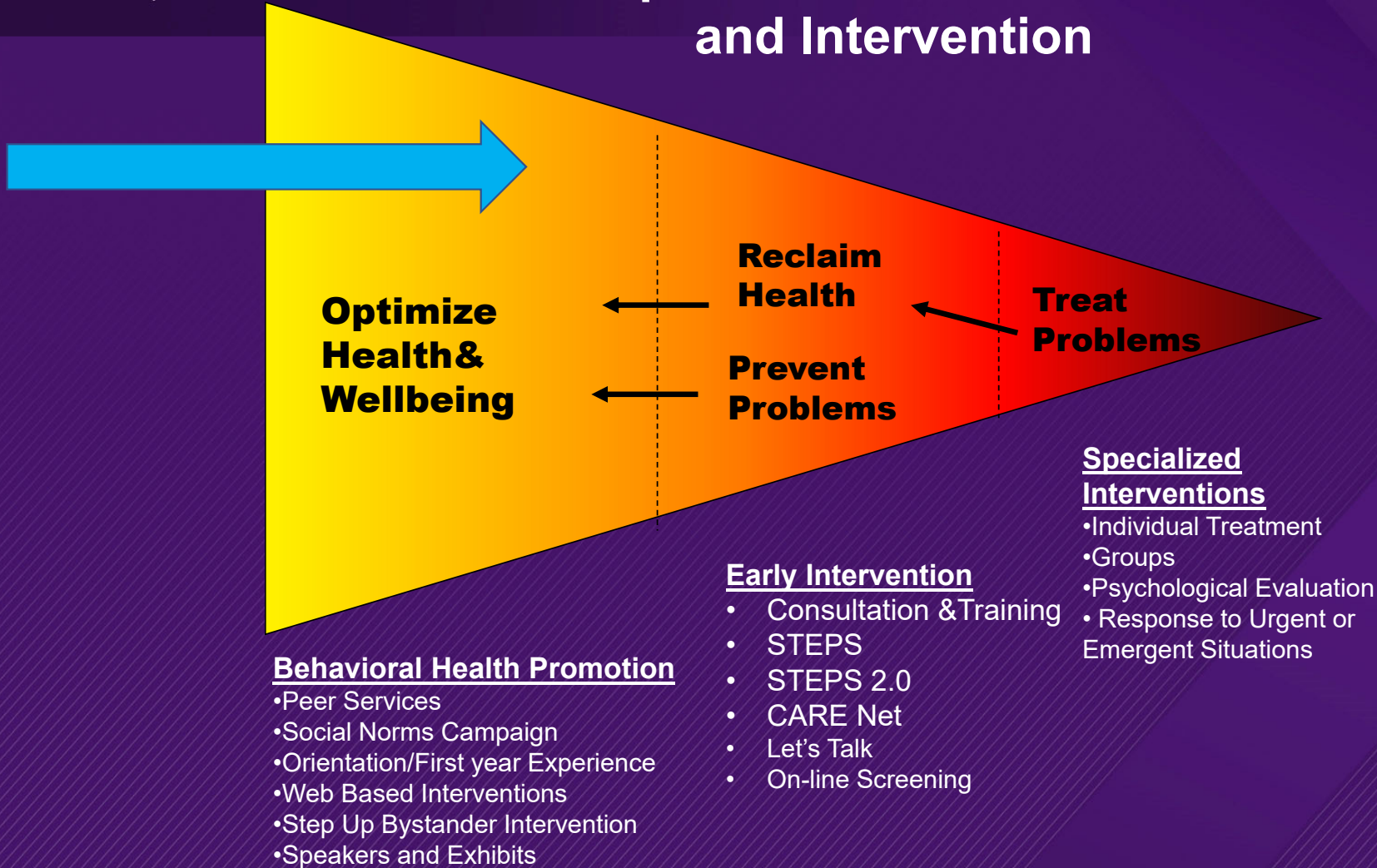
About Our University

- Large public university – 17,000 students
- Research Center
- NCAA Division I
- Located in NYS capital city





Spectrum of Prevention and Intervention





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Components of UAlbany Comprehensive Prevention Program

- ✓ Presidential Leadership
- ✓ Campus AOD Task Force
- ✓ Student Involvement/Leadership
- ✓ Social Norms Marketing
- ✓ Campus-Community Coalitions
- ✓ Inclusive Academic Excellence
- ✓ Healthy Living Communities
- ✓ Alcohol-Free Activities
- ✓ Early Intervention
- ✓ Restricting Alcohol Marketing/Promotion
- ✓ Policy Evaluation/Enforcement
- ✓ Parental Involvement
- ✓ Treatment & Referral
- ✓ Research and Program Evaluation - NCHIP



Comprehensive Program



AOD USE AND COVID-19 IN THE NEWS

Breakouts of COVID-19 associated with college student events:

- [University of Washington: Greek Row](#)
- [University of Alabama: Student-Hosted Party](#)
- [Albany: 4th of July Party](#)

A 3D rendering of a coronavirus particle, showing a spherical structure with a grey core and a red, spiky outer layer.

CORONAVIRUS
(COVID-19)



ALCOHOL USE AND COVID-19 DATA

- Students reporting heavy episodic drinking were significantly less likely to follow public health guidelines, such as mask-wearing and physical distancing
- Students reporting heavy episodic drinking were significantly less likely to believe they should follow public health guidelines to protect themselves and their community





OUR APPROACH

- ✓ **Comprehensiveness**
 - ✓ Implement a public-health approach
 - ✓ Consider what we have learned from evidence-based practices addressing sexual health, bystander intervention, consent, HIV/AIDS and IV drug use
- ✓ **Collaboration**
 - ✓ Partner with working groups/coalitions
 - ✓ Develop a plan to address AOD use and COVID-19 with key stakeholders
- ✓ **Compassion**
 - ✓ Remember that brains of college students are still developing, and build interventions responsive to related developmental needs
 - ✓ Prepare for “rebound effect” of isolation and loneliness on students’ return to campus
 - ✓ Consider creative and responsive integration of medical amnesty to address challenges of COVID-19 testing and contact tracing



WAYS TO BE SAFER WHEN SOCIALIZING DURING A PANDEMIC

BEFORE HEADING OUT

- Have a small, consistent group of people (~10) that you socialize with- your "social bubble".
- Stay home if you feel at all sick.
- Prep your PPE- mask/face covering, hand sanitizer, travel wipes.

WHILE THERE

- Wear a face covering whenever you're with others: in the DD vehicle, walking in groups, at the gathering, etc.
- Practice physical distancing (6 ft. apart).
- It's safest to spend time with others outside. When outside, be mindful of your neighbors & keep the volume down.
- When inside, keep windows open & fans on to circulate air.
- Wash hands frequently for >20 seconds with soap and water or an alcohol based hand sanitizer.
- Sanitize hands after touching communal spots like door knobs, fridge handles, bathroom appliances, railings, game pieces, car doors, seat belts, etc.
- Bring your own drinks so you don't have to touch shared containers.
- Keep your own cup & avoid drinking games that include sharing cups.
- Limit the number of people serving drinks & food.

AFTER THE FUN

- Change your clothes when you get home.
- Wash hands for at least 20 seconds, as well as your face.
- If you attend functions frequently, get tested frequently.



SMOKING

Don't share vapes, cigarettes, e-cigarettes, joints, bongs, pipes, etc. with others.

COVID-19 spreads through respiratory droplets released when people speak, cough or sneeze. You can pick it up if you put items contaminated by droplets, like vapes, in your mouth or touch them and then touch your eyes, nose or mouth.

Wash your hands before using any substance.

Be aware that smoking and vaping damages lungs and weakens the immune system.

Smokers are at higher risk of developing severe COVID-19 outcomes and death. Limit cannabis smoking or vaping to once a week. Avoid smoking or vaping cannabis if you feel sick. Take shallow inhalations and don't hold breath. Use products that contain no more than 100 mg/g (10%) THC content.

DRINKING

- Eat before and/or during drinking
- Use a DD or ride share
- Stick with friends when you go out
- Trust friends when they tell you you've had enough, and tell friends the same
- Don't mix alcohol and other drugs
- Decline drinks from strangers
- Alternate alcoholic and nonalcoholic drinks to hydrate
- Pace drinks to 1/hour
- Consider skipping drinking games and shots
- Pick a safe number of drinks for the night and keep track of it
- Have a plan if you get separated from friends
- Know what's in your drink and how much

FOR MORE INFO

For COVID-19 testing:

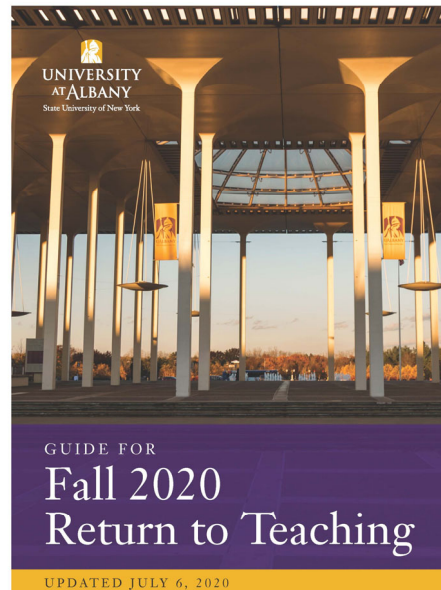
covid19screening.health.ny.gov

For UAlbany current information:

albany.edu/covid-19

For NYS current information: **Student Affairs** Center for Behavioral Health Promotion and Applied Research

<https://coronavirus.health.ny.gov/home>



HAVE YOU HAD THE COVID TALK?

CONSENT, COMMUNICATION, & BOUNDARIES FOR COVID-19



WHAT TO ASK

- When were you last tested?
- What were the results?
- What precautions are you taking?



WHAT TO DISCUSS

- Physical Distancing - 6 ft apart
- Wearing a mask - at all times?
- Location - indoors/outdoors?
- Food/Drinks - BYO or shared?
- Bathroom- available?
- Risk factors - for your bubble

WHAT TO SAY

"I'm comfortable with [insert activity/behavior] if we [insert safety precautions]."

"I'm NOT comfortable with [activity/behavior]."

WHEN THINGS GET AWKWARD...

"[Behavior] is a hard limit for me. I am not willing to do that."

"Thanks for thinking of me, but I am only attending outdoor [activities] right now."

"[Event] is something I'm still feeling unsure about. Can we talk more about the safety guidelines?"

"I was comfortable with the plan to [behavior], but now that more people are here I need to head out."

"That sounds fun. Will everyone be wearing masks the whole time?"



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2021: KEGS AND EGGS 10TH ANNIVERSARY



Digital Communications

Date	Time Period	From (Office)	Signatory	Content Summary	Send to	Delivery Method	Wrapper	Person Drafting	Person Sending
Tuesday, March 9, 2021	Afternoon	Dean of Students	Clay	General Conduct. Sanction Guidelines. Off Campus Safety. No Parties. Distance. Masks.	All Students	Email	DOS	Brian	Brian/Cindy
March 10 - March 20	N/A	CBHPAR	N/A	Social Norms (with updated data) & AOD High Risk Behavior Prevention Messages	All Students	CBHPAR Social Media (Retweet by UAlbany Social)	N/A	CBHPAR	CBHPAR
Wednesday, March 10, 2021		FSL	Arleny	Forward and Reinforce DOS Message sent on 3/9. Per Sanction Guidelines your org can be derecognized.	Greek Life	Email	N/A	Arleny	Arleny
Wednesday, March 10, 2021		Athletics	Mark Benson	Forward and Reinforce DOS Message sent on 3/9	Athletes	Email	N/A	Mark Benson	Mark Benson
Wednesday, March 10, 2021		Student Involvement	MJ	Forward and Reinforce DOS Message sent on 3/9. Per Sanction Guidelines your org can be derecognized.	Student Group Leadership	Email	Student Affairs	MJ	MJ
Wednesday, March 10, 2021		Student Involvement	MJ	Special GO Email - Activities, what to do for both weekends and throughout the week?	All Students	Email	Student Affairs	MJ	Brian/Cindy
Thursday, March 11, 2021	Afternoon	Res Life	Carol	On Campus Behavior, Stay on campus (safety), activities to do on campus	Residential Students	Email	Residential Life	Carol	Carol
Thursday, March 11, 2021	Afternoon	CBHPAR	Dolores	Bystander, AOD and COVID - rebranding previous messages sent	All Students	Email	Student Affairs	Dolores	Dolores
		Dean of		Safety, COVID Rules. No Parties. Avoid large	All				

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STUDENT
AFFAIRS

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Adapted from: https://greatergood.berkeley.edu/article/item/how_to_form_a_pandemic_bubble
<https://www.npr.org/sections/health-shots/2020/07/08/886541838/starting-a-covid-19-social-bubble-how-safe-sex-communication-skills-can-help>



SIGNS OF PROGRESS

Headlines:

- Editorial: A DECADE LATER, WORK REMAINS
- How Pine Hills has changed since 'Kegs and Eggs'



www.cdta.org

CDTA

STEP UP

TO PROTECT THE GREATNESS

You have the power to intervene when something's not right. Common situations that may require a bystander's intervention include alcohol/substance misuse, sexual violence, hazing, harassment, acts of racism, violating COVID-19 mandates, etc.

- 1 NOTICE THE SITUATION**
Increase situational awareness.
- 2 INTERPRET THE SITUATION AS RISKY**
Assess whether or not someone actually needs help.
- 3 DECIDE TO RESPOND**
Is it safe to do so, make the decision to take responsibility.
- 4 KNOW HOW TO RESPOND**
Direct, distract, delegate or delay. Be familiar with resources that may be helpful.
- 5 STEP UP & PROTECT THE GREATNESS**

 **STUDENT AFFAIRS**
CENTER FOR BEHAVIORAL HEALTH PROMOTION AND APPLIED RESEARCH

CHECK IN ON YOUR USE

MANAGING CANNABIS USE



Frequent use of high THC cannabis (10% concentration or higher) can lead to:

- Impairments in attention and memory
- Difficulties sleeping
- Higher tolerance
- Slowed reaction time & decision making

This can all impact your learning, driving and quality of life.

Tips to cut back or quit:

- Only use at specific times of the day
- Try taking a tolerance break
- Use lower THC content cannabis products
- Know the THC content of your products
- If smoking, take small, shallow puffs
- Purchase only from a trusted source

TAKE A FREE & ANONYMOUS SCREENING TO ASSESS YOUR CANNABIS USE.

 (use your camera app)

 **STUDENT AFFAIRS**
CENTER FOR BEHAVIORAL HEALTH PROMOTION AND APPLIED RESEARCH

FOR HELP QUITTING CANNABIS VISIT
grounded420.com

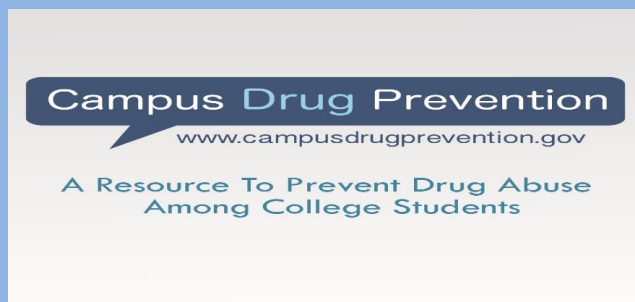


Drug Enforcement Administration

DEA's Products for Colleges and Universities

Institutions of higher education are an important stakeholder.

- Launched website in 2017 – www.campusdrugprevention.gov
- Developed campus-specific fact cards
- Sponsor Red Ribbon Week Campus Video PSA Contest with SAMHSA's Center for Substance Abuse Prevention
- Strategic planning guide for preventing drug misuse among college students





Drug Enforcement Administration

www.campusdrugprevention.gov

Campus Drug Prevention
www.campusdrugprevention.gov

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HOME

DRUGS & PARAPHERNALIA

RESEARCH

PUBLICATIONS

RESOURCES

UPCOMING EVENTS

THE STUDENT CENTER



NEW PODCAST

Deb Augustine, from DEA's Victim Witness Assistance Program, discusses the drugs often used in sex assault and much more on this month's episode.

Welcome

The Drug Enforcement Administration (DEA) is pleased to provide institutions of higher education and their surrounding communities with these resources to prevent drug misuse among college students. We are committed to promoting the importance of prevention and its role in helping ensure the health and safety of our nation's colleges and universities. [View an introductory video clip of the website's features.](#)

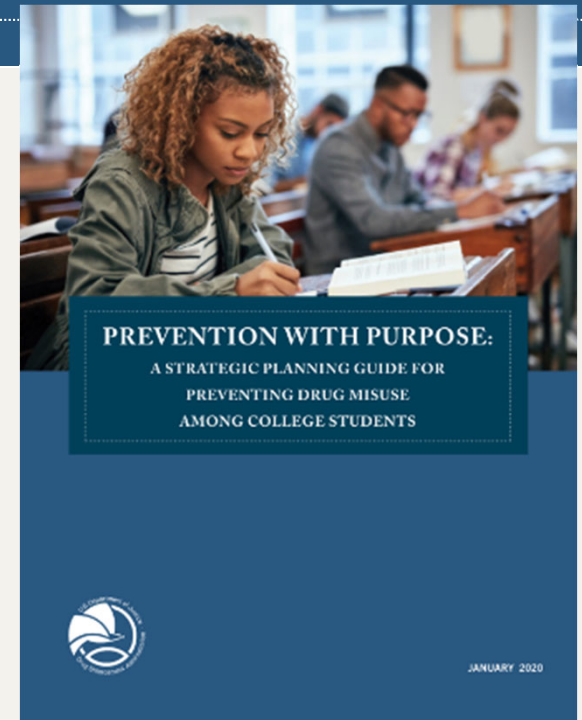




Drug Enforcement
Administration

Prevention with Purpose

- Provides a road map for prevention professionals to collaborate with a range of stakeholders to address campus-wide drug misuse issues
- We use the SPF as the “how to” for:
 - Systematically measuring the scope of drug misuse issues
 - Building relationships with key stakeholders
 - Planning and implementing a drug misuse prevention effort
- Overview of the guide
 - Eight easy-to-read chapters with helpful graphics
 - Print and online versions
 - Online resources associated with each chapter





Drug Enforcement Administration

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