Project Prevention 2011

Off the Wall!

Alcohol and Other Drugs

- **Alcohol**
  - Binge/toxic drinking
  - Alcohol poisoning/blackout/memory loss
  - Drink equivalences
    - Standard US Drink = 12 fl oz of beer = 8.9 fl oz of malt liquor = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits (“hard liquor”)

- **Prescription drugs**
  - Adderall, Opiates, Xanax

- **Illicit Drugs**
  - Marijuana, cocaine, ecstasy

- **Impact/Consequences**
  - Academic
  - Social
  - Life threatening

- **Resources**
  - AA group (CPO Lounge Friday 3pm)
  - Student Recovery group (Campus Lifetime – Wednesday 1:00pm)
  - Red Watch Band and E-chug
  - Counseling and Psychological Services (CAPS)

Sexual Violence

- **Stalking**
  - Cyber stalking
  - Way to prevent/protect
  - What to do if you think you or someone is a victim

- **Sexual Assault**
  - Alcohol used in facilitation of the crime
  - Do not blame the victim
  - Non-stranger rape
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- **Resources**
  - SANE Center
    - Access through SBUMC Emergency Room
    - Evidence collection can take place only within 96 hours of the incident
    - Free, caring, anonymous - no police report required
  - Counseling and Psychological Services (CAPS)
  - VIBS Hotline (24 hours a day, 7 days a week - (631) 360-3606)

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**Depression and Suicide**

- **Depression**
  - **Health problem, affects whole person**
    - common and treatable
    - prevalence: 33% at SBU (World Health Organization - #1 health problem)
  - **Signs and Symptoms:**
    - Physical / Emotional / Behavioral
      - Change is key
      - Distress should be taken seriously - most extreme outcome of depression could be suicide

- **Suicide**
  - **Prevalence:**
    - 2nd leading cause of death for you (college aged, 18-24: 1100 deaths/year)
  - **Signs and Symptoms:**
    - Verbal / Behavioral / Situational
    - 90% of suicide attempts give clear signs ahead of the time
  - **Ask the question – or find someone who can**
    - Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.

- **Depression and Suicide resources**
  - Counseling and Psychological Services (CAPS)
  - UPD in emergencies
  - QPR training
  - Mood gym
  - Response Hotline 631-751-7500
  - The Trevor Project 866-4-U-TREVOR (866-488-7386)