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Effect of Combination Ice and Compression Socks on Resting Calf Blood Flow in Trained Male Athletes

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Resources at the University of Dayton for Helping and Preventing Alcoholism



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INTRODUCTION

What is Alcoholism?

• "A chronic disorder characterized by dependence on alcohol, repeated excessive use of alcoholic beverages, the development of withdrawal symptoms on reducing or ceasing intake, morbidity that may include cirrhosis of the liver, and decreased ability to function socially and vocationally" (Dictionary.com)

Student Definitions of Alcoholism

"Not being able to control your drinking and having it impact your performance in school and relationships"

"15 drinks in one day; That done more than once a week"

"Getting blackout drunk more than twice a week (more than weekends)"

Development of Alcoholism



Source: Healthline

What are the Effects of Alcoholism?

- Liver Damage
- Depressed immune system
- "Heart toxin"
 - Cardiomyopathy
- Ischemic and hemorrhagic strokes
- Higher risk for bone disease
- Higher risk of breast cancer
- Depression and anxiety
- Impaired learning and memory
- Decreased social function

INFORMATION

1 Alcohol Abuse on College Campuses

- 4/5 college students drink alcohol
- 1/5 of those students binge drink
- 1,825 unintentional alcohol related deaths/year
- 896,000 assaults by intoxicated students
- 97,000 sexual assaults related to alcohol
- About 20% of college students meet

2 Resources at the University of Dayton

Community Wellness Center

Alcohol/Drug Check-Ups

Individual meeting to counsel and discuss substance abuse in a confidential setting

Alcohol Skills Training Program (ASTP)

Offers students who chose to drink how to drink responsibly. This program also provides information on how to reduce risks associated with alcohol use

Sober Flyers

Offers open AA meetings on Wednesdays at 8:30pm in the McGinnis Center as well as 6:30pm on Fridays in Alumni Hall.

Counseling Center

- Seeks to provide opportunities for students to work towards a more balanced lifestyle, overcome obstacles, and achieve a healthy well-being.
- Open to broad audience
 - Stress associated with college lifestyle to those suffering with mental well-being
- Aim is to help students reach their full potential

3 Preventative Efforts by the University of Dayton

AlcoholEdu

- Hands on module for freshman

Alcohol and Other Drug Prevention Office

- Focus is on education and prevention
- Provides interactive programs, training, and educational presentation for all UD students

- REAL Program (Resources for Education and Alcohol in your Life)

- REAL talk: 50 Shades of Alcohol Use - discusses alcohol use on a continuum (from abstinence to signs of addiction)

- Flyer Host

- Keeping the community safe while having parties

Club 6 Organization

- UD recognized student-run organization that offers substance-free parties and activities in the South Student Neighborhood.

4 Pros and Cons of Current Resources

Pros

- Myriad of resources for students to access
- Resources include both preventative and reactive measures
- Mix of student and University organizations/programs

Cons

- Not much help for incoming students
- Current resources not updated
- Current resources are not localized
- Students seems to lack knowledge about the available resources
- Stigma of alcoholism still exists and there is little talk about drinking problems

RECOMMENDATIONS

1. Provide Better Preventative Resources for Incoming Students

Purpose: Student avoid the first stage on way to alcoholism
• Students did not think AlcoholEdu was a good preventative measure
Implementation: Place Alcohol Skills Training Program into New Student Orientation with an AlcoholEdu follow up

2. Update Current Resources

Purpose: Give students current information
Implementation: Update physical and electronic material

3. Centralize Resources

Purpose: Easy access
Implementation: Place all current resources in Gosiger Hall

4. Advertise Resources

Purpose: Eliminate lack of knowledge on resources
• Students interviewed lacked knowledge on resources
Implementation: Speakers/Educational Flyers/Brochures/etc.

5. Reduce Stigma of Alcoholism on Campus

Purpose: Eliminate fear of judgment
Implementation: Use of speakers, classes, and such to integrate openness about problem into UD's sense of community

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