Underage Drinking and Other Drug Use: An Opportunity for Discussion

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Alcohol Use Among High School Students

Nationally:

- 64% of students used alcohol before they arrive to college.
- 35.3% of high school student seniors reported that they drank alcohol in the past 30 days.
- Most high school seniors reported that alcohol was “fairly easy” or “very easy” to get.

Students expect their behaviors to change once they get older or “once they graduate”. Though college students drink, the actual rates of use is much lower than commonly believed.

Monitoring the Future Survey 2015
Marijuana Use Among High School Students

Nationally.....

• 11.8% percent of 8th-graders used marijuana at least once in the last year.
• 25% of 10th-graders used marijuana in the last year.
• 35% percent of 12th graders have tried marijuana within the last year, 0.6% used daily.
• For the first time, daily marijuana use exceeds daily tobacco use (5%) among high school seniors.
• 79.5% of high school seniors reported that marijuana was “fairly easy” or “very easy” to get.

Monitoring the Future Survey 2015
Other Drug Use Among High School Students

- Past year use of heroin, typically very low among teens, is at an all-time low at 0.3 percent for eighth graders, and 0.5 for 10th and 12th graders.
- Non-medical use of the prescription amphetamine Adderall, typically given for ADHD, remains high at 7.5 percent among 12th graders.
- Most teens abusing prescription opioids report getting them from friends or family members. However, 1/3 report getting them from their own prescriptions.
The “College Effect”

- During high school, college-bound students have lower rates of alcohol use than their non-college bound peers. Once in college, rates of alcohol consumption dramatically increases, compared to their same-aged peers (Schulenberg & Maggs, 2002).
- About 1/3 of students consume 3/4 of all of the alcohol on college campuses (O’Malley & Johnston, 2002).
What the Research Tells us About Use

- Research shows that use of marijuana and other drugs peak in late teen to early twenties, then decline in later years. This is a crucial period for development and may increase risk for addiction.
- Students engage in behaviors that they believe is the expected norm or reality.
- Students who think it’s normal or expected to get drunk in college may engage in high risk drinking behaviors in order to “fit in”.
- Providing your student with accurate facts empowers them to make healthy and responsible decisions.
What is Social Norming?

- You set standards, or “norms” for your student at home.
- Students like to be part of the majority, to “fit in”...but sometimes it’s not clear who the majority is.
- Sometimes those who get the most attention are presumed to be the majority and their behavior considered the “norm”.
- Social Norms messages help students understand that MOST students do not engage in high risk drinking or drug use!
American College Health Association  
NCHA II Data: Spring 2013

<table>
<thead>
<tr>
<th>Frequency of Alcohol Consumption within the last 30 days</th>
<th>National N=123,078</th>
<th>Montclair State University N=352</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never used</td>
<td>21.3%</td>
<td>20.5%</td>
</tr>
<tr>
<td>Have used, but not in last 30 days</td>
<td>13.9%</td>
<td>22.2%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>17.5%</td>
<td>20.5%</td>
</tr>
<tr>
<td>3-5 days</td>
<td>16.6%</td>
<td>15.1%</td>
</tr>
<tr>
<td>6-9 days</td>
<td>14.9%</td>
<td>11.1%</td>
</tr>
<tr>
<td>10-19 days</td>
<td>11.4%</td>
<td>7.4%</td>
</tr>
<tr>
<td>20-29 days</td>
<td>3.2%</td>
<td>2.6%</td>
</tr>
<tr>
<td>Used daily</td>
<td>1.2%</td>
<td>0.6%</td>
</tr>
</tbody>
</table>

What this means is that over 75% of MSU students drink less than once a week!
## NCHA II Data continued...

<table>
<thead>
<tr>
<th>Students who consumed 5+ drinks within last 2 weeks</th>
<th>National</th>
<th>Montclair State</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A (Don’t Drink)</td>
<td>21.7%</td>
<td>23.1%</td>
</tr>
<tr>
<td>None</td>
<td>45.5%</td>
<td>51.1%</td>
</tr>
<tr>
<td>1-2 times</td>
<td>22.3%</td>
<td>19.1%</td>
</tr>
<tr>
<td>3-5 times</td>
<td>8.4%</td>
<td>5.4%</td>
</tr>
<tr>
<td>6 or more times</td>
<td>2.0%</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of drinks consumed last time students “partied” or “socialized”</th>
<th>National</th>
<th>Montclair State</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 or fewer</td>
<td>70.5%</td>
<td>76.3%</td>
</tr>
<tr>
<td>5-6</td>
<td>14.2%</td>
<td>15.1%</td>
</tr>
<tr>
<td>7-8</td>
<td>6.7%</td>
<td>5.4%</td>
</tr>
<tr>
<td>9 or more</td>
<td>8.6%</td>
<td>3.2%</td>
</tr>
</tbody>
</table>

What this means is that 75% of MSU students drink responsibly when they drink!
### NCHA II Data continued...

<table>
<thead>
<tr>
<th>Frequency of marijuana use within the last 30 days</th>
<th>National N=123,078</th>
<th>Montclair State University N=352</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never used</td>
<td>62.1%</td>
<td>61.6%</td>
</tr>
<tr>
<td>Have used, but not in the last 30 days</td>
<td>21.1%</td>
<td>21.3%</td>
</tr>
<tr>
<td>1-2 days</td>
<td>5.7%</td>
<td>7.4%</td>
</tr>
<tr>
<td>3-5 days</td>
<td>2.7%</td>
<td>2.8%</td>
</tr>
<tr>
<td>6-9 days</td>
<td>2.0%</td>
<td>2.3%</td>
</tr>
<tr>
<td>10-19 days</td>
<td>2.1%</td>
<td>2.0%</td>
</tr>
<tr>
<td>20-29 days</td>
<td>1.6%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Used daily</td>
<td>2.8%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

What this means is that over 60% of students never used marijuana! 80% of students have not used in the past 30 days.
Possession and use of marijuana (in any form) is still illegal on college campuses.

The University can make accommodations for students on a case by case basis.
Marijuana

- Potency of has increased since the 1970’s from 3-4% THC up to 16% THC in 2016.
- A person can develop a tolerance and become addicted to marijuana.
- Even moderate marijuana use has shown to cause changes in the brain related to motivation, memory and academic performance.
Marijuana on Campus: The Bottom Line

Marijuana use and possession is prohibited by federal law and therefore banned on institutions of higher education.

- Even if NJ legalizes marijuana, until federal legislation changes, it still is considered a banned substance on college campuses.
- Failure to do so jeopardizes the institutions access to federal funds (Financial Aid).
- Since it is an illegal substance, students found in possession or under the influence of (either on or off campus) can face arrest and/or university conduct charges.
Prescription Does Not Mean Safe

Prescription Drugs:

- Opioid use (Vicodin, oxycodone) is linked to heroin use
  - 1 in 15 people who use prescription drugs recreationally will try heroin in 10 years.
  - The increase of heroin use is directly related to recreational prescription.
  - 24% of teens combine RX opioids with marijuana.
  - 15% of teens combine RX opioids with alcohol.

- Stimulants (adderal)
  - 6% teens use stimulants for non medical reasons (unprescribed).

National Institute on Drug Abuse, April 2013
Medical Amnesty Policy (MAP)

Students who seek emergency medical attention for themselves or for whom medical assistance was sought related to consumption of alcohol and other drugs will not be charged with violations of the Montclair State University Code of Conduct.**

www.montclair.edu/medical-amnesty
An Opportunity for Families to Discuss Alcohol, Marijuana, and other Drug Use

IT IS IMPORTANT THEY GET THESE MESSAGES FROM US AND YOU!

• Ask directly about your student’s experiences.
• Set clear and realistic expectations regarding your student’s behavior.
• Discuss the consequences of their choices and risks of alcohol and other drug use.
• Remind them it is illegal to drink under the age of 21.
• Familiarize yourself with the culture and policies of Montclair State University.
Alcohol and Other Drug Prevention Project

- Advisory Committee on Alcohol and Other Drugs
- Environmental Management
- Resources for students who choose to abstain/recovery
- Prevention/education for targeted high risk groups
- ECHO
- Educational and assessment tools shown to reduce high risk drinking rates
- Family orientation
- Enforcement of policies
- Alcohol and Marijuana Screening
All first year students and transfer students are **required** to complete an online alcohol education prevention program.

An email invitation will be sent to your student to their University email address around mid to late August.

Students **must** complete before the beginning of the semester (unless noted otherwise in email invitation).
Campus Resources

• **CAPS** - Provides assessment, motivational interviewing, short term counseling (when appropriate), psychoeducation groups, and referrals off-campus.
  
• **Let’s Talk** - Is a brief non-clinical service staffed by CAPS that allows students to talk to someone on a drop in basis. This service is geared towards students who might not otherwise seek counseling services.

• **University Health Center** - Assess for medical emergencies, and other high risk behaviors that are associated with substance use/abuse.

• **Health Promotion** - Promotes healthy and responsible decision making. Provides information and education about the substance use trends at the University as well as outreach to students in need.

• **Drop In Center**: Peer Advocates

• **Recovery Room**: Confidential and safe networking group. Tuesdays at 3:00 pm at the Drop In Center.
Questions???

Counseling and Psychological Services
973-655-5211

Health Promotion
montclair.edu/hp
973-655-7397