

## Toward Responsible Use of Substance Today (TRUST) Coalition Minutes

August 3, 2010

**Present:** Lin Brummels, Jessica Bolles, Sarah Claussen, Kipp Colvin (WSC Student Activities Director), Ann Koopman (Region 4 Prevention Coordinator), Kathy Mohlfeld, Julia Shear, Pete Rizzo (Northeast Community College Res. Life Director)

**Region 4 Behavioral Health Services:** Ann Koopman introduced herself as the new Region 5 Prevention Coordinator replacing Dani Lahman. Ann announced the upcoming Mini-grant competition for amounts around \$3,000. The funds are intended for one time events. The organization comes up with the money first and then the region will reimburse the organization.

### Education and Information:



**Medicine Collection and Disposal Committee:** **\$22.99 plus tax @ SH**

<http://www.lockmed.com/ProductDetails.asp?ProductCode=Lockbox+Kev+Large>

**446** Medicine Lockboxes were distributed at the Wayne County Fair last Thursday/Friday. Funding for this program was provided by Region 4 Behavioral Health System-Prevention. This was a joint effort of the WSC Counseling Center and Student Health offices, Providence Medical Center Pharmacy Department, Pamida Pharmacy, and the Northeast Nebraska Public Health Department. Many thanks to WSC Facility Services and Residence Life staff for helping to deliver the lock boxes to the fairgrounds and set-up. Special thanks to Jennifer Laursen for helping with all of the empty boxes too! The lockboxes created much interest and many people were educated on safekeeping and disposal of medications, as well as **programming the Poison Help Line number into cell phones (800-222-1222)**. The event was covered by KTCH, The Wayne Herald and the Omaha World Herald. Kathy also did an interview with Norfolk Daily News for a story at a later date. A number of people expressed their appreciation for the lockboxes and shared stories in which medication had already been stolen from them. The Pamida Pharmacy Director noted that they are looking into the possibility of having a regular medicine take-back drop-off service.

Here is an alternative for keeping medications locked up, but in a smaller form:



<http://rxlocker.com/> ; estimate of \$18.94

Also, I found a log to help one keep track of medications:

[http://www.claad.org/downloads/Nat\\_Prescript\\_Drug\\_Abuse\\_Prev\\_Strat\\_2009.pdf](http://www.claad.org/downloads/Nat_Prescript_Drug_Abuse_Prev_Strat_2009.pdf) page 35

**Save the Date:**

Department of Education, Higher Education AODV Prevention Conference **Oct. 18-20** in Maryland (1/2 hour cab trip from Washington, DC), (theme: “Promoting Student Success: Effective Alcohol & Other Drug Violence Prevention in Tough Times.”); <http://www.higheredcenter.org/natl>, funding has been identified to send the new WSC Assistant Dean Matt Weekly and new Student Activities Director, Kipp Colvin, to this conference, if they are willing and available to attend.

**WSC 2010 Core Alcohol and Drug Survey results:** Duane Shell, Nebraska Collegiate Consortium evaluator examined the longitudinal results of WSC Core data since 1990. Significant change is deemed when a rate changes by 10%. A written report will follow once Duane is back from vacation:

1. Binge drinking (5 or more drinks-men/4 or more-women in a sitting) [Q# 14] has stayed in the 42-46% range since 2003.
2. Frequent bingers (3 or more times in 2 weeks) have dropped about 6% from 2009-too soon to tell if this is a meaningful trend
3. Frequent binging males have decreased from 25% in 2009 to 17% in 2010.
4. Ten or more average drinks per week have been trending down since 2006.
  - a. For males, this number has dropped from 42% in 2006 to 29.9% in 2010.
  - b. This is a significant change in the last 3 years relative to the time period of 1998-2006.
5. Regarding Average drinks/week (Q#15), for males and females, they are both drinking less alcohol; the number is significant for males. In females, it is not quite significant, but the rate has gone down 8% in three years.
6. This means that the higher levels of consumption have decreased. Abstainers (No drinks per week), has leveled out around 30%, but it is moving in the right direction (up 6% from the 1990-2004 trend).
7. Driving under the influence (Q#21g) has a statistically significant decrease since 2006. It went from 57.5% in 2006 to 38.3% in 2010 (19.2%)!
8. Q#19, How often do you think the average student on our campus uses alcohol? Students perceived that only 7% drank once a week or less, when actually 39% of WSC students surveyed drank once a week or less. Students also perceived that 56.4% of students drank alcohol 3x, 5x or daily, when in fact only 9.4% of students reported drinking that frequently. These perceptions are moving in the right direction in a statistically significant manner.
9. Age of first use (Q#16): Those reporting “Did not use” is trending up (from 5-6% to 12.5%); for those under 14, 14-15 the change is statistically significant.

**Social Norms campaign:** Lin Brummels reported that she has completed posters for a campaign aimed at reducing alcohol-related sexual assault. The Nebraska Collegiate Consortium to reduce underage drinking awarded her \$500 to complete 166 posters (18 x 24). They will be placed across campus by 8/31/2010.

**Student Health 101:** The Freshmen Orientation issue has a survey that students are being asked to complete voluntarily to provide us with health information.

**Policy and Enforcement:****On-campus:**

**Wildcat Wheels Safe Ride Program:** As it has been five years since the program started, the taxi service had to go out to bid. The Barb Meyer's office is in charge of that process.

**Off-Campus:**

**Wayne Police Department:** - Jessica Bolles

Northwest Alcohol Conference- Lance Webster was absent today. He will report at the next meeting on this conference.

**"Give Neighborhood Crime and Drugs A Going Away Party"** tonight at Bressler Park; sponsored by the Mayors' Youth Council (30 kids attend on average). There will be games and food.

**Wayne County Diversion Program** –no report

**Wayne County Sheriff's Office:** no report

Discussion was held regarding the Wayne County Fair and the obvious presence of county officers and enforcement of alcohol laws. Several minors were in the demolition derby drinking area and were ticketed. It was identified that the fences were not high enough. Sarah will contact the fair board about these concerns. It was noted that it was a positive move this year to move the port-a-potties into the fenced in area. It was suggested that it would be effective to use a black light stamp, rather than use bracelets to identify of age drinkers.

**NECC prevention coalition:** Pete Rizzo introduced himself to the group. Pete is the Residence Life Director and on their AOD prevention coalition. Pete shared their Off-Campus Living Guide that the NCC funded for their campus. It includes information regarding alcohol poisoning prevention, community standards regarding alcohol and house parties and law enforcement.

**Plan a night-time tour of Wayne?** Kathy will discuss this with the Dean of Students.

**City Ordinance and Bars open till 2:00 a.m. discussion:**

Kathy will contact Linda Major at UNL for more information on how this process is occurring in Lincoln.

Concerns were expressed regarding how this could

1. extend the time that security, law enforcement, residence life and desk staff would have to work each night.
2. Increase residence hall violations, and/or property destruction
3. Extend the time those turning 21 could drink on the day of their birthday (this could be good or bad)

**Social Committee:** Julia Shear reported that the Welcome House will have their media room completed at the start of September. It's is next to the coffee room and will have Wii, x-box, wireless access and many comfortable seating areas. Julia also mentioned the programs that Campus Crusade offered, like the barn dances and bowling nights.

**Next Meeting: To be determined.**

\*\*Thank you for all of your work in addressing alcohol and drug issues in our community.

Check the TRUST Coalition website for minutes of the meetings at  
[http://www.wsc.edu/counseling\\_center/related\\_services/trust\\_coalition](http://www.wsc.edu/counseling_center/related_services/trust_coalition)