An HBCU Perspective on AOD Prevention Programming, Behavioral Workforce Development, and Recovery

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Research on HBCU Substance Abuse Trends

• Studies show that African American students drink alcohol far less than their peers (Kapner, 2003).

• 22.3% of Caucasian students at HBCU’s reported having drinking compared to 39.6% of Caucasian students at non-HBCU’s (Meilman, Presley & Cashin 1995).

• Marijuana use varied among college students at HBCU’s, 52% reported smoking at least once in their lifetimes, 35.4% of females never used marijuana compared to 13.3% of males (Bowen-Reid & Rhodes, 2003)

• A study of students at HBCU in Southeast found that alcohol was the drug of choice, 41% of students used marijuana at some point in the life with less than 10% of students reporting use of stimulants, prescription drugs etc (Wagner, Liles, Broadnax, Nuriddin-Little, 2006).

• There was more binge drinking at HBCU’s where male students were not aware of a written alcohol drug policy (Rhodes, Singleton, McMillan, Perrino, 2005).
Attitudes About Substance Abuse

• Student alcohol consumption at HBCU’s related to drugs being accepted as part of college lifestyle due to social pressures of inclusion and celebration (Wagner, Robin, Broadnax, Nuriddin-Little, 2006).
HBCU Substance Abuse Trends

- Marijuana
- Alcohol
- Prescription Drug Abuse (Xanax, Adderall, Ritalin)
- Underclassmen (Early Intervention)
- Trends associated with parties, social functions, stress, beer pong
- Many students are not engaging in substance abuse.
Protective Factors

• Character Development
• Students with Strong Religious Values
• Less money to spend on alcohol or drugs
• Decrease in level of opportunities to party
• More first generation students

Citation: (Kapner, 2003)
Demographics

**XULA**
- 69.7% Black/African American
- 13.1% Asian
- 6.7% Caucasian
- 72.8% Female
- 55.6% of students are from Out-of-State

**HBCU’s in Louisiana**
- Dillard University 73% Female
- Southern University Baton Rouge 65.5% Female
- Grambling State University 62.3%
- Southern University New Orleans 75.6% Female

Reference:
Xavier University of Louisiana Profile 2015-2016”The Registrar’s Office and Office of Institutional Advancement”
http://as400.regents.state.la.us/pdfs/Retention/hesfb/SUNO.pdf
http://www.gram.edu/aboutus/facts/
http://www.tulane.edu/~registra/enrollment_profiles/201530/2015%20University%20Profile.pdf

Reference: Quick Facts Dillard University
http://www.dillard.edu/index.php?option=com_content&view=article&id=57&Itemid=71
HBU-CFE Mini Grant

- Xavier University of Louisiana Behavioral Workforce Intern Project Supervisor: Ms. Shirley Labbe (Counseling & Wellness Center)
- Internships Sites
- Peer Campus Workshops
Prevention Programming (Fall & Spring Semesters)

- AUDIT Screenings
- Utilize Underage Drinking Brochures at Freshman Seminar Talks
- Student Presentations: Signs of Addiction, Stimulant Use, and Prescription Drug Abuse
- Surveys on Prevention Programming
- Informational Tables on Substance Abuse
Planning

• Multidisciplinary Committee
• Campus Outreach
• Residential Halls
• PR Campaign & Social Media
“I Matter, You Matter, We All Matter in Recovery”

2015 Theme at Xavier University of Louisiana
Promotions
Presentations
Recovery Informational Fair
World Suicide Prevention Day

Rewriting "The Letter"!
Write an encouraging note that could save a life!
Get a semicolon to show support!

Suicide Prevention Day
Recovery Month Healing and Celebration
XULA Recovery Programming

- Mock Crash
- Hosted CEU event for “Certification for Substance Use Disorders.”
- Forum on Substance Abuse with Community Leaders and State Representative
- Community Members, Campus Staff Members and College of Pharmacy Students present to Freshman Seminar Classes on Alcohol, Prescription Drug Abuse, Designer Drugs, Addiction
- Campus Library Displays on Books & Films with Recovery Theme
- Videos on Recovery on Campus & Movie Marathon
- Substance Abuse Assessments conducted by Graduate Students
- Substance Abuse Education Residential Hall Displays
- Resource Manuals on Substance Abuse and Recovery for Campus Administrators
Effective Prevention Programming

• Students rated drug education and drug counseling to be effective when related to their personal wellbeing (Wagner, Robin, Broadnax, Nuriddin-Little, 2006).
Student TOP Prevention Programming
Alcohol Education

- Know Your Limits
- Responsible Drinking
- Binge Drinking
- Drunk Driving & Simulation
- Underage Drinking
- Public Intoxication
- Alcohol and Social Life: Pre-Gaming
- Alcohol Resource Program
- How to have Fun without Alcohol
- Mixing Alcohol with Medications
- Effects of Alcohol on the Liver & General Health
- Chemistry of Alcohol
- Alcohol Poisoning
- Long Term Consequences
Student Prevention Programming Suggestions

- General Substance Abuse Education
- General Prevention
- Marijuana Education Programs
- Opiate Abuse Education
- Overdose Prevention
- Counseling
- Supporting those who are in Recovery

- Peer Programs (1 on 1 Talk)
- Sexual Assault Awareness (Date Rape Drugs)
- Mardi Gras Safety
- Anxiety Awareness
- Suicide Prevention
- Educational Materials
- Workshops
RECOVERY, it's WORTH IT!

IN THE UNITED STATES, 23 MILLION PEOPLE ARE LIVING IN RECOVERY

NEARLY 20,000 VETERANS ARE TREATED FOR SUBSTANCE USE DISORDERS EACH YEAR

SUBSTANCE ABUSE is a leading cause of VIOLENT CRIME in our area

PRESCRIPTION PAINKILLERS are the leading cause of ACCIDENTAL DEATHS

19% OF SERVICE MEMBERS REPORT HEAVY ALCOHOL USE IN THE PAST 30 DAYS

MARIJUANA IS ADDICTIVE AND WILL DROP YOUR IQ BY 8 POINTS

For every $1 spent on prevention, $10 is spent in TREATMENT.

EACH DAY, 22 VETERANS COMMIT SUICIDE

ADDITION crosses all socio-economic boundaries.

www.WALK4RECOVERY.org


