

*The High School to College
Transition...A risky time that's not
easy as we make it seem!
The What, So What, Now What?*

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Introductions-who's here today?



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Learning Outcomes

Name three important developmental considerations for 18 –25-year-olds around substance use disorder prevention;

Describe three effective prevention strategies for the 18 – 25-year-old population; and

Describe two or more models/tools for substance use disorder screening, brief intervention, referral to treatment, and/or recovery support which specifically meet the need of 18-25 year olds.

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Developmental Factors

- Brain not fully developed until mid-20's (but best for learning from 13-20)
 - Sensation-seeking/Risk-takers
 - Critical thinking and problem solving skills
- Immunity & immortality
- Lack of clear identity and goals
- Desire to assert independence
- Disconnect with resources and supports

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How high school is different from college

- Senior Privilege
- 2-3 hours for every hour in class
- Sage on the stage not guide on the side
- Asking for help...your responsibility
- Manage own time
- Orientation....

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168 hours in a week

- Sleep
- Classes/Studying
- Eating/Getting ready

How many hours left of free time?

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What do you wish you had known?



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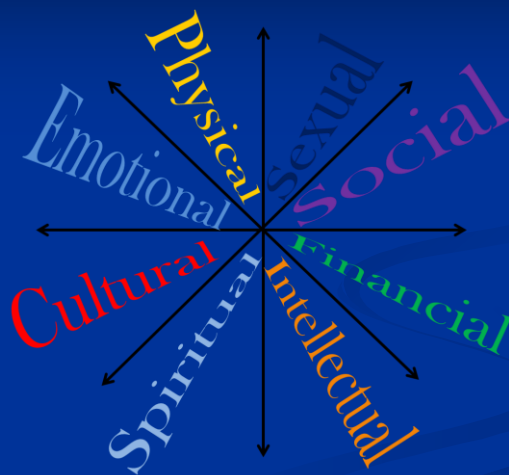
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Other issues connected to substance use

- Academic performance
- Missed classes
- Accidents/injuries
- Relationship problems
- Sexual assault
- Mental Health/suicide
- Legal problems
- Career implications
- Alcoholism/Addiction
- Death

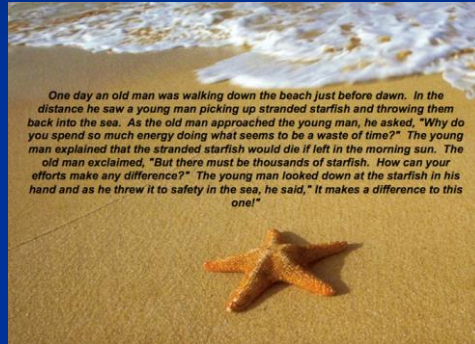
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Wellness wheel and weed



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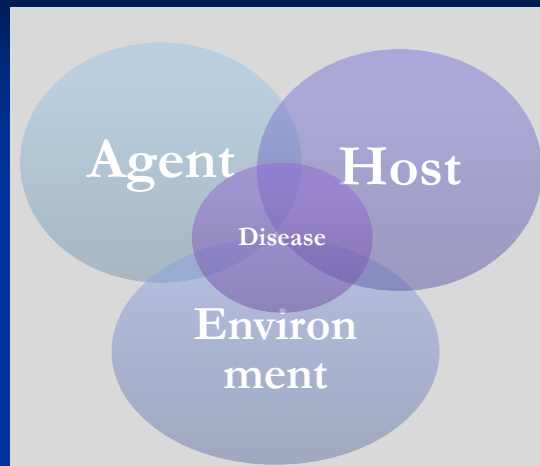
“If I can save just one life....”



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Public Health Model

Disease results from interaction between agent, host and environment



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Environmental Prevention



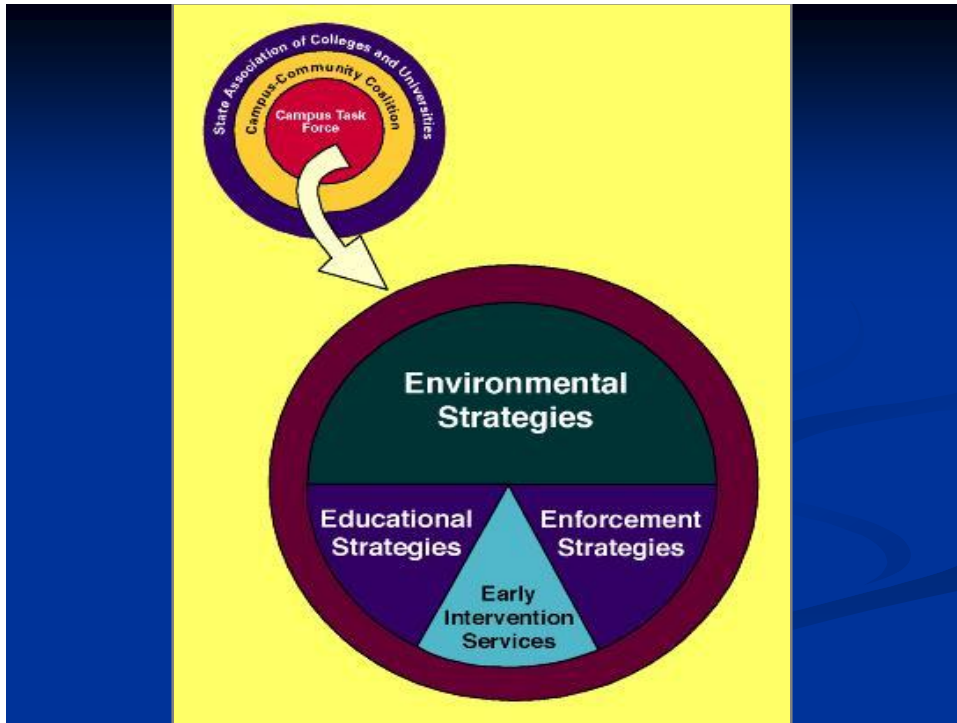
"Holding young people solely responsible for underage drinking is like holding fish responsible for dying in a polluted stream."

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Factors in the Environment Contributing to AOD Use

- Unstructured free time
- Widespread belief that alcohol and other drug abuse is normal
- Aggressive alcohol promotions targeting young adults
- Abundantly available, inexpensive alcohol
- Inconsistently enforced laws and policies

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Aspects of Environmental Management

- ❑ Availability of substances, related items, and places to use
- ❑ Relevant policies/laws & their enforcement (actual & perceived)
- ❑ Norms and attitudes around substance use (actual & perceived)
- ❑ Pricing and promotion of substances
- ❑ Alternatives to use

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Social Influences



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Actual norms

- 20% don't use
- 60% use but not in high risk ways
- 20% use in high risk ways

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Education

■ Promising approaches

Harm-reduction/Cognitive behavioral skills

- Standard drink / Counting drinks
- Low-risk drinking guidelines
- Challenging alcohol expectancies

Awareness & information → Promotion

- Infusion into existing education
- Public campaigns
- Printed materials
- On-line- AlcoholEdu, MyStudentBody

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Impact of substance use on learning

- Abstract and critical thinking skills
- REM Sleep
- Short term memory
- Lower verbal IQ and theta waves
- Focus?
- State dependent restriction

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Standard Drink Demo

WHAT IS A DRINK?

12 OUNCE BEER = 5 OUNCES WINE=
1.5 OUNCES DISTILLED SPIRITS=.6 ounce



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Edibles



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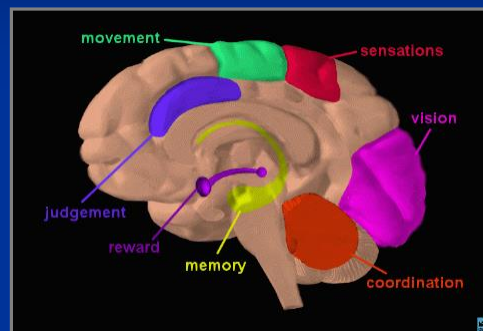
Vaping



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The Brain....Don't Be A Zebra!

1st-reason/caution/judgment
2nd-self-control, memory
3rd-senses
4th-coordination
5th-balance
6th-vital centers



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Early Intervention Services

- Brief Alcohol Screening and Inventory for College Students (BASICS)
- E-CHUG (<http://www.e-chug.com>)
- Prime For Life/ 420
- PARTY PROGRAM/Bystander Intervention
- Nicotine Intervention

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Who Knew?
How substance use can interfere with career opportunities...



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Recovery on campus

- The ROCC- Recovery Oriented Campus Center
- Recovery Residence Halls/ “Chem Free”

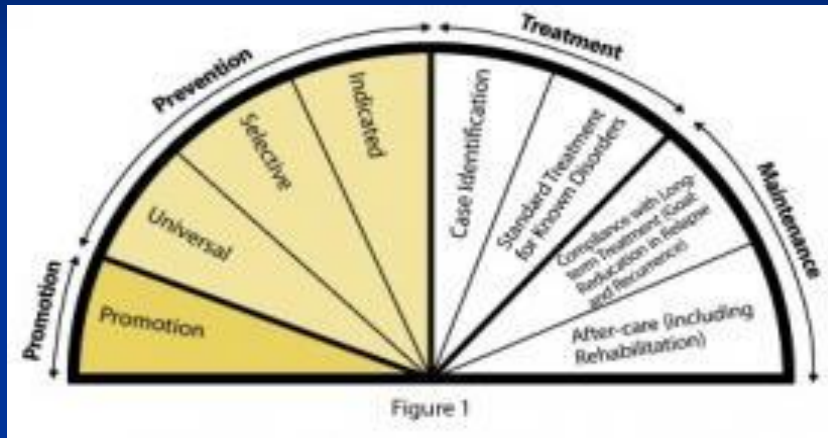
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Considerations for the future

- Health Class-not just in 10th grade
- Life skills workshops
- Senior year transition projects
- Orientation throughout the first semester
- Transition sessions for parents/Snow Plow
- Continuum of Care

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Continuum of Care



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Questions?

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