UK 101 & UK 201 SUBSTANCE EDUCATION LESSON PLAN

Mission and Learning Objectives

The purpose of this lesson plan is to assist with the institutional goal of promoting student health, wellness and safety. After this session, students should be able to express the following:

- An understanding of the relationship between alcohol use and student success/retention.
- An understanding of the relationship between marijuana use and student success/retention.
- Knowledge of the institution’s substance policies.
- Knowledge on the physiological impact of recreational use of non-prescribed medications (e.g., ADHD medication).

Before Your Class

- Stop by room 518 of the Patterson Office Tower to pick up Alcohol Poisoning cards and Predatory Drug cards.
- Separate the group topics on page three with scissors.
- If you are unsure about your ability to successfully facilitate this session, please contact the Office of Substance Education and Responsibility by emailing us at Drew.Smith02@uky.edu. We can assist you with:
  - Further 1:1 training, and
  - Provide you with a Student Wellness Ambassador to assist you with your presentation (given at least one week notice).

Course Lesson Outline

Topic importance and relevance:

- NIAAA (National Institute on Alcohol Abuse and Alcoholism) alcohol-related statistics for college students between 18-24 years of age:
  - 1,865 accidental deaths;
  - 696,000 unintentional injuries;
  - 599,000 students assaulted by someone who had been drinking;
  - 97,000 reported cases of sexual assault or rape.

- UK statistics of freshmen gathered from AlcoholEdu:
  - UK is consistently above the national average for drug use and alcohol-related consequences.
  - Within the past two weeks of taking AlcoholEdu Part 2:
    - 32% missed class, performed poorly on an assignment, and/or got behind in school due to alcohol. National average (NA) – 30%
39% blacked out. NA – 34%
10% drove after 5 or more (4 or more for women) drinks. NA – 7%
13% rode with a driver who had been drinking. NA – 10%
14% were taken advantage of sexually while intoxicated. NA – 12%
10% took advantage of an intoxicated person sexually. NA – 8%

- Nearly 1/3 of respondents has a family history of substance abuse.

*Remind students that this is an important subject that is not to be mocked or joked about. Statistically, someone in the class could have experienced a severely negative or traumatic experience due to substance abuse. Be considerate of their peers.*

**Activity**

- Randomly split the class into five groups.
- Assign each group one of the following subjects and give them the corresponding slip of paper (with topic and discussion questions) from page 9. Ask each group to designate a scribe and a spokesperson and then allow 5 minutes for students to answer the designated questions.
  - Marijuana and student success
  - Alcohol and student success
  - ADHD medications
  - University Policies and Resources
  - Addiction and Substance Abuse Disorders
- Require that all students actively participate in discussions and be available to answer any questions.
- After 5 minutes, wrap up the individual group conversations and reposition the class in a circle.
- This section of the course is meant to be an open discussion, it is your job to encourage them to talk and share their answers and opinions openly.
  - Establish that all information is confidential and demand a respectful environment.
- Call on each group’s spokesperson and allow him or her to share group’s responses.
- It is important to allow the students to do most of the work for you.
  - Do not argue with student’s points, simply provide the facts or share a relevant story that relates to the point you wish to get across.
  - Thank students for sharing their thoughts even if you disagree with them.
- These students are adults; it is up to them to make the right choices when it comes to their health. Empower them to make the right choices, and step back from the conversation when needed.
RECOMMENDED ANSWERS/POINTS FOR TOPIC QUESTIONS

Marijuana and Student Success

1. What is your definition of “college student success?”
   a. *The answer to this is subjective. Just make sure that the group emphasizes the importance of both academic and social success/development.*

2. How can using marijuana be detrimental to a college student’s success (doing well academically and socially)?
   a. *Even when not using at the time, habitual use of marijuana can lead to:*¹
      i. Slower response/reaction time;
      ii. Taking longer to read and comprehend words;
      iii. Basic oculomotor (eye movement) deficit; and
      iv. Impairment of verbal memory and executive functioning.
   b. *All of these can negatively impact a college student’s academic performance and success.*
   c. Some who smoke marijuana may do well in the classroom, but they are the exception and not the norm.

3. How can using marijuana benefit—if at all—a college student’s success?
   a. *The answers to this will also be subjective. Typical answers will likely revolve around stress relief, socialization or “deep thinking”.*
   b. Make sure that you emphasize that marijuana is illegal in Kentucky and that if a student is found in possession of it, the outcome will likely increase the stressors put upon that student. It may also be important to mention that thinking and doing are not the same. How many marijuana users do you see doing great things in the field you’re interested in?

4. How do these “pros” and “cons” compare? Are there any similarities or drastic contrasts?
   a. *The “pros” typically are short-term (i.e. stress relief), while the “cons” tend to be longer-term (i.e. mental impairment for habitual smokers, legal issues, less money, failing out of school, etc.).*

5. Why do you think some students at UK smoke marijuana?
   a. *Likely subjective answers, but will focus on stress relief and possibly socialization.*
   b. *DO NOT get into an argument about the legality of marijuana. This could potentially use up an entire class period and is not the focus of this lesson.*

Alcohol and student success

1. What is your definition of “college student success?”
   a. The answer to this is subjective. Just make sure that the group emphasizes the importance of both academic and social success/development.

2. What are some ways that drinking alcohol can be detrimental to a college student’s success?
   a. College students who drink at high-risk levels (5 or more servings within 2 hours for men; 4 or more servings for women) are more likely to experience:2
      i. Missing class;
      ii. Falling behind in schoolwork;
      iii. Lower GPA;
      iv. Fewer hours spent studying;
      v. Get into fights;
      vi. Get in legal trouble;
      vii. Experience unplanned sexual activity; and
      viii. Ride with someone who has been drinking.
   b. Additionally, for college students between 18 and 24 alcohol attributes to:3
      i. 1,825 unintentional deaths;
      ii. 599,000 injuries;
      iii. 696,000 students assaulted by another student who had been drinking; and
      iv. 97,000 reported cases of sexual assault or rape.
         1. It is estimated that roughly 5-10% of actual instances of sexual assault or rape are reported.

3. What are some ways that drinking alcohol can be beneficial—if at all—for a college student’s success?
   a. Most responses will likely focus upon:
      i. Being more sociable;
      ii. Relieving stress;
      iii. Meeting people; and
      iv. Having fun.

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4. How do these “pros” and “cons” compare? Any similarities or drastic contrasts?
   a. The “pros” tend to be short-term while the “cons” tend to have longer-term effects.
   b. Additionally, a person can experience the “pros” by either not drinking or drinking very little. The “cons” are typically experienced when a person drinks to intoxication.

5. What do you do if someone has alcohol poisoning?
   a. Remember the ABC’s:
      i. A – Alertness. If a person is passed out and does not respond to stimuli, then call 911!
      ii. B – Breathing. If a person has shallow (rapid and short) breaths or takes more than 8 seconds between breaths, then call 911!
      iii. C – Color. If a person’s hands, fingernails, or lips start to turn blue (or ashen, if darker complexion), then call 911!
   b. The most common way for someone to die from alcohol poisoning is not by choking on their vomit. They tend to either lapse into a coma due to traumatic effects of alcohol or their esophagus relaxes and closes on itself.
      i. Laying someone on their side does not work in these cases.
   c. In 2013, the Kentucky General Assembly passed a “Medical Amnesty Law” (SB-13). This law grants legal immunity for certain alcohol-related offenses when a person requests medical assistance for him/herself or someone else due to alcohol overdose.

6. What are signs that someone has been drugged? What do you do if you suspect it?
   a. Signs of drugging:
      i. The person is more intoxicated than they should be considering how many drinks s/he consumed;
      ii. Drink is foggy and/or there is a slight change in color;
      iii. Feeling dizzy or light-headed;
      iv. Sudden sleepiness;
      v. Experience significant loss of coordination; and
      vi. Experience hallucinations.
   b. What do you do?
      i. Call 911 immediately.
      ii. Do not take the person home to “sleep it off.” You do not know what that person was drugged with.
ADHD medications

1. What are the benefits for using ADHD medications (e.g., Adderall, Vyvanse, etc.) when they are prescribed for you?
   a. As a stimulant, a person can experience higher levels of concentration and focus when prescribed the proper dosage by a doctor.

2. What are the benefits—if any—for using ADHD medications when they are not prescribed to you?
   a. It will act as a stimulant.

3. What are potential dangers of using ADHD medications when they are not prescribed to you?
   a. Due to it being unprescribed, other side effects are more likely to occur, such as:
      i. Nausea;
      ii. Stomach/abdominal pain;
      iii. Allergic reaction;
      iv. Cardiovascular issues, especially if family history exists.
      v. Sleeplessness;
      vi. Headache;
      vii. Nervousness
      viii. Sweating; and
      ix. Irritability
   b. It is very dangerous to take a prescription drug when it has not been prescribed for you.
   c. It is also important to note that using ADHD medications can lead to state-dependent learning. It will be much harder to learn future materials or to recall information without using medication again.
   d. ADHD medications are also controlled substances. Police officers will treat un-prescribed pills as such. Legal consequences are very severe and are federal offenses. This information will be on any background check on you for graduate school or a job.
University Policies and Resources

1. What happens if you are found in violation of a UK substance policy (alcohol, tobacco, or drug)?
   a. Alcohol
      i. First offense - $100 fine and Coach workshop.
      ii. Second offense - $200 fine and Prime online education program. Parents will be called if you are under 21 years old.
      iii. Third or more – $200 fine and potential for suspension.
   b. Drug
      i. First offense - $100 fine and Drug Education workshop. Parents will likely be called.
      ii. Second offense - $200 fine and Drug Education workshop. Likely referral to the UK Counseling Center. Suspension is possible.
      iii. Students found in violation of drug trafficking will result in suspension. Trafficking within 1000 feet of an educational campus is a special felony. Anyone found guilty can lose their ability to receive federal financial aid (e.g., grants, student loans, etc.).
   c. Tobacco
      i. First offense – Warning
      ii. Second - $100 fine and Tobacco Education Workshop.
      iii. Third or more - $200 fine and Tobacco Education Workshop.

2. What if you get caught in violation of a substance policy while off campus?
   a. The Code of Student Conduct extends to off-campus policy violations. If the Office of Student Conduct is aware of a policy violation, you will likely be contacted by them via your institutional email account.

3. Where can you go on campus if you think you have substance abuse issues?
   a. University Health Services – Individual cessation counseling and group classes are available to help students be successful at quitting tobacco. They can explore options, including medications and behavior changes, and select the strategies that work for them. To obtain Nicotine Replacement Therapy patches and/or gum at no cost, email joanne.brown@uky.edu or Fadyia.lowe@uky.edu.
   b. UK Counseling Center – Various formats are offered to help with tobacco cessation, reducing tobacco use, and managed stress and cravings. Call (859)257-8701. Additionally, you can meet with a counselor regarding any other type of substance use issue. Please be aware that the UK Counseling Center is not an outpatient or treatment clinic and you may be referred to an off-campus site if necessary.
   c. Office of Substance Education and Responsibility – Students can come to talk about their issues, but this office does not provide counseling services. You may be referred to the UK Counseling Center if necessary.

4. Where can you go off campus if you think you have substance abuse issues?
   a. The Ridge Behavioral Health System or any on-campus location
      i. Provides psychiatric and chemical dependency services for all ages
Addiction and Substance Abuse Disorders

1. Why is it important to know if you have a family history of substance abuse?
   a. Family history of dependency plays a major role in the development of substance abuse. If a person has one parent who is dependent on alcohol or drugs, he or she is 4 times more likely to develop substance abuse issues. The more family members who have substance abuse issues, the more likely it is for a person to develop them.
   b. **Family history is not an indictment.** It is simply a way to be aware of your own potential for addiction. If you do not drink or use drugs, there is no way to become addicted.

2. Which is a stronger indicator of potential for developing an addiction:
   - Your environment (e.g., where you live, who you hang out with, etc.)?
   - Your family history of abuse?
   - **Your quantity and frequency of drinking alcohol?**
     - If you drink large amounts on a regular basis, you are increasing your chances for dependency regardless of your family history or your environment.

3. What are indicators of addiction or dependency?
   a. Changing work or class schedules to fit around drinking (e.g., afternoon classes only so you can drink the night before);
   b. Missing obligations or responsibilities due to drinking (e.g. not showing up for work or meetings);
   c. Failed attempts at stopping – even if for an evening; and
   d. The inability to stop once you start drinking.
GROUP TOPICS

Marijuana and Student Success
1. What is your definition of “college student success?”
2. How can using marijuana be detrimental to a college student’s success (doing well academically and socially)?
3. How can using marijuana benefit—if at all—a college student’s success?
4. How do these “pros” and “cons” compare? Are there any similarities or drastic contrasts?
5. Why do you think some students at UK smoke marijuana?

Alcohol and Student Success
1. What is your definition of “college student success?”
2. What are some ways that drinking alcohol can be detrimental to a college student’s success?
3. What are some ways that drinking alcohol can be beneficial—if at all—for a college student’s success?
4. How do these “pros” and “cons” compare? Any similarities or drastic contrasts?
5. Why do you think students at UK drink?
6. What do you do if someone has alcohol poisoning?
7. What do you do if you think someone’s drink has been drugged?

ADHD Medications
1. What are the benefits for using ADHD medications (e.g., Adderall, Vyvanse, etc.) when they are prescribed to you?
2. What are the benefits—if any—for using ADHD medications when they are not prescribed to you?
3. What are potential dangers of using ADHD medications when they are not prescribed to you?

University Policies and Resources
1. What happens if you are found in violation of a UK substance policy (alcohol, tobacco, or drug)?
2. What if you get caught in violation of a substance policy while off campus?
3. Where can you go on campus if you think you have substance abuse issues?
4. Where can you go off campus if you think you have substance abuse issues?

Addiction and Substance Abuse Disorders
1. Why is it important to know if you have a family history of substance abuse?
2. Which is a stronger indicator of potential for developing an addiction:
   • Your environment (e.g., where you live, who you hang out with, etc.)?
   • Your family history of abuse?
   • Your quantity and frequency of drinking alcohol?
3. What are indicators of addiction?