

Combating Alcohol and Other Drug Abuse

UW-Milwaukee

Make Good Decisions Campaign

- DOT Grant
- Students designed the nature and the content of the intervention
- Goal: Reduce problems related to AODA for UWM students
- Students desired training related to alcohol, safe drinking practices and general safety

Make Good Decisions (cont.)

- Over 90 students received training and materials
 - Personal and Peer Safety
 - Safe Drinking Practices
 - Computing personal BACs and safe limits
 - Dangers of OD when mixing Rx and alcohol
 - Symptoms of alcohol poisoning and response
- Distribution of free promotional items with various safety messages
- Creation of MGD website

MAKE GOOD DECISIONS

4 MGD Principles

BAC Info

Intervention

Alcohol Awareness & Safe Drinking

Training

Personal Stories



[Make Good Decisions Facilitators](#)

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NEIGHBORHOOD HOUSING



Welcome to the Make Good Decisions website.

The Make Good Decisions (MGD) project is a program by UW-Milwaukee students for UW-Milwaukee students. This project is the outgrowth of a Wisconsin Department of Transportation grant for a program that would help prevent problems associated with the misuse of alcohol. UWM students involved in the planning phase of this project believed that the most effective way to prevent alcohol problems is for students to reach out to and educate their peers.

The Make Good Decisions campaign involves UWM student leaders and groups becoming experts in the areas of alcohol use and student safety issues. Armed with this expertise, these students will reach out to their peers, especially those living in the neighborhoods surrounding UWM. Their goal is to educate students regarding safe drinking practices for those of age who choose to drink. Ways to avoid problems and risks that can be associated with misuse of alcohol as well as general personal safety skills will be taught in the MGD campaign.

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[Make Good
Decisions
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[Blood Alcohol Concentration
\(BAC\) Information](#)

[Calculate Your BAC](#)

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HOUSING*



Blood/Breath Alcohol Concentration (BAC) is the amount of alcohol in the bloodstream or on one's breath. BAC is expressed as the weight of ethanol, measured in grams, in 100 milliliters of blood, or 210 liters of breath. BAC can be measured by breath, blood, or urine tests.

- Wisconsin defines legal intoxication for purposes of driving as having a **BAC of 0.08** or greater, in most cases. But alcohol may affect driving skills at BACs of 0.05 or even lower.
- Driving skills, especially judgment, are impaired in most people long before they show signs of drunkenness. The public usually associates BAC with "drunk driving." But it's more accurate to refer to "**alcohol-impaired**" driving because you do not have to be "drunk" to be impaired in your ability to safely drive a car.

Click here to calculate YOUR BAC

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NEIGHBORHOOD HOUSING



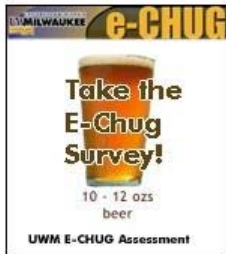
The educating and training of students is at the heart of the Make Good Decisions (MGD) campaign. All UWM students who desire it receive training in the areas of safe drinking practices, harm reduction practices, personal safety strategies and community living. Those in various positions of student leadership and peer education take the training principles to hundreds of other students desiring this information. (Below are links to various training components and materials that can be used in student training sessions.) We are indebted to G. Alan Marlatt, Ph.D. and his colleagues at the University of Washington for decades of research on college drinking that led to various parts of the content of the harm reduction strategies.

Upcoming Training Sessions

If you are interested in schedule a training session, please contact Sarah Belstock at (414)229-4675 or belstock@uwm.edu.

What is Covered in a Training Session?

- Safe drinking practices
- How to compute one's BAC
- How to identify one's "optimum BAC"
- Ways to set and stick with one's limit
- Way to drink safely and have a great time
- How to get the most positives and least negatives from alcohol
- How and why the sexes react differently to alcohol and what this means for a Friday night
- Avoiding alcohol poisoning
- How to avoid becoming a victim and other safety information



Those attending the program will learn how one becomes a safe and "skillful drinker." Students who choose to will be able to pass on important and personally relevant drinking information to friends and other student. Students attending one of these training sessions will receive giveaways and helpful information to assist them in active or passive programming for making good decisions about alcohol.

WELCOME TO THE ALCOHOL *eCHECKUP TO GO* AT UNIVERSITY OF WISCONSIN, MILWAUKEE

The Alcohol *eCHECKUP TO GO* (e-CHUG) is a brief self-assessment that will provide you with accurate and detailed information about:

- ✓ Your personal risk patterns
- ✓ Your individual level of alcohol tolerance
- ✓ Your unique family risk factors
- ✓ Harm reduction strategies
- ✓ Helpful resources at **University of Wisconsin, Milwaukee** and in our community

This unique program was purchased for the exclusive use of, and tailored to, the University of Wisconsin, Milwaukee community. If you are not a member of the University of Wisconsin, Milwaukee community, please do not proceed on this site. *More Info...*

Disclaimer:

This is not an official University of Wisconsin, Milwaukee web site. Although descriptive and statistical information about University of Wisconsin, Milwaukee has been provided by University of Wisconsin, Milwaukee officials, the Alcohol *eCHECKUP TO GO* (e-CHUG) program is owned, operated, and maintained by San Diego State University. If you have questions about the program's use at University of Wisconsin, Milwaukee, please contact Paul Dupont (pdupont@uwm.edu).

>>> START

Please choose:

I HAVE NOT completed the
Alcohol eCHECKUP TO GO
previously

I HAVE completed the
Alcohol eCHECKUP TO GO
previously

Campus-Wide Immediate Response

- Student and other media contacts
- Messages of dangers of OD and how to avoid
- Taking care of others
- Emails containing resources

Campus-Wide Response (Cont.)

- Student Affairs AODA Workgroup
- AODA Task Force
- Development of a “next steps” document for expanded, comprehensive AODA prevention

Campus-Wide Response (Cont.)

- AlcoholWise online alcohol education for on incoming first year students
- Expand the “other drug” aspects of AODA prevention activities
- Center for Addiction and Behavioral Health Research (CABHR) agenda for young adult drinking research
- Close examination of 2009 UWS AODA survey data

Immediate Counseling Response

- Outreach to affected students/staff
- Promote our availability to students/
faculty/staff
- Immediate triaging and follow-up
clinical services

Longer-Term Counseling Response

- Recent counseling staff hires have AODA expertise
- New counseling position for 2009-10 year will also have AODA expertise
- Close work with AODA Task Force

Treatment Issues

- More students seeking treatment for opiate abuse
- Opiate addiction treatment challenging without medical/prescription treatment as an adjunct
- Fewer students have insurance to cover the costs of this treatment



Use of Rx Pain Meds in Previous Year

(National rates in percent of high school seniors)

Monitoring the Future Study-Univ. of Michigan

	OxyContin	Vicodin	Other Narcotics
2007	5.2	9.6	9.2
2008	4.7	9.7	9.1

Non-Prescribed Use of Rx Pain Meds in Past Year

(National/Wisconsin rates in percent of population)

SAMHSA National Survey on Drug Use and Health

	National 12-17 yo	WI 12-17 yo	National 18-25 yo	WI 18-25 yo
2004- 2005	7.1	6.5	12.2	12.4
2005- 2006	7.0	7.1	12.4	12.0

Non-Prescribed Use of Drugs in Past 30 days

(UWS AODA Survey, 2007)

	UWS 2007	UWM 2007	National 18-25 y/o 2007
Narcotics	1	<1	
Rx Pain Meds	3	4	4.6

Non-Prescribed Drug Use Initiated Since Beginning College for UWS/UWM

(UWS AODA Survey, 2007)

	UWS 2007	UWM 2007
Narcotics	1	2
Rx Pain Meds	4	5