Alcohol and Drugs: Responsibility, Well-Being, and Recovery

Tulane University Family Webinar
Thursday, July 1, 2024, 6 p.m. Central
Panelists:
Jacob Goldberg, LCSW, LAC, CCS, Director, Tulane Recovery Community
Zachary Hunt, Health Promotion Specialist, Student Health Center
Margaret Martin, JD, Director, Office of Student Conduct
Catherine Tyner, Assistant Dean of Students

Host:
Penny Wyatt, MA, Director of Parent Programs and External Relations, Division of Student Affairs
Well-being

**MARDI GRAS SURVIVAL KIT**

February 10, 1 PM
Tabling on McAllister

**STUDY BREAK**

Take a break and experience something for your five senses.

Giveaways and snacks provided!

Thursday, November 30th | 6 - 8 PM

**The Anatomy of HANGOVER HELPER**

- **WATER**
  1 full bottle
  For hydration

- **SALT**
  1/2 teaspoon
  Electrolyte replacement

- **SUGAR**
  0.5-2 tablespoons
  Help body absorb water and contain sugar

- **FLAVOR**
  2 packets
  Helps with taste

**INSTRUCTIONS:**

1. Add all ingredients to your water bottle.
2. Shake well until all ingredients are dissolved.
3. Sip on the drink. (Don’t chug!)
4. Discard any drink left after 24 hours.

**Peachy Keen Iced Tea**

**Ingredients & Directions:**

- 7 ounces tea (Optional: Sweet Tea)
- 1 ounce Peach Tequila
- 1 ounce Lemonade
- Optional: One teaspoon simple syrup

Mix and pour over ice.
Garnish with lemon wedge or a peach slice.
Responsibility

We cultivate personal growth & social responsibility by guiding students to understand the impact of their behaviors and choices.
Recovery

Add photos of Recovery Community programs – alternative break trip, images of the new Recovery Community house, etc.
Students will learn more through:

Summer Pre-Arrival preparation
- Required online education modules on Module on Alcohol and Other Drugs they’ll receive in July

Hullabaloo Hello orientation activities – Move-In – September 1
- First Floor Meeting review of the Code of Student Conduct
- Live Well, a peer educator-led workshop on the basics of alcohol and other drugs, how students can make healthier decisions around alcohol and other drug use, and how they can help a friend who might have had too much to drink.

University Departments
- Case Management and Victim Support Services
- Health Center for Student Care, Campus Health
- Office of Student Conduct
- TheWell for Health Promotion, Campus Health
- Tulane Recovery Community, Campus Health

Services, Outreach, and Signature Programs
- e-check up to go – online alcohol or marijuana assessment
- Alcohol and other drugs e-health course
- B.A.S.I.C.S. - Brief Alcohol Screening & Intervention for College Students
- Peer educator-led workshops on the basics of alcohol, marijuana, nicotine and tobacco, other drugs, and bystander intervention
- Professional staff-led workshops focused on high-risk times of the year such as Mardi Gras, Halloween, and when people turn 21
- Outreach at the Live Well Hut throughout the year but especially during high-risk times including right after orientation, Halloween, Mardi Gras, and before Spring Break.
- Social media, posters, Stall Street Journal marketing outreach
- Recovery Community sponsored Alternative Spring Break, Mardi Gras Trip, and a Fall Southeastern Collegiate Recovery Retreat with other schools with CRCs (Collegiate Recovery Communities)
- Fraternity & Sorority Potential New Member required education modules
- Tulane After Dark (TAD) - weekly series of programs on campus Thursday, Friday & Saturday nights
- Jaunt series – off-campus outings – require advance registration, but any entrance fees & transportation are provided

Student Paraprofessional, Peer Mentor, and Volunteer Roles
- First-year Seminar Peer Mentors – First-Year Experience Program
- Resident Advisors (RAs) – Housing and Residence Life
- TUPHEs – Tulane University Peer Health Educators - TheWell
Type your questions into the Q & A window now. We’ll answer as many questions as possible.
To guide your follow-up student-family conversations, use this comprehensive resource from The Well for Health Promotion:

[Direct link to resource]

We’ll post the webinar video and resources in the archive at [Direct link to archive].
Register for the remaining Tulane Talks for New Students and Families webinar at families.tulane.edu/webinars-tutorials.

**Academics:**

Monday, July 15, 2024, 6 p.m. Central

**Opportunities, Integrity, and Support**

Other upcoming parent webinars:

**Support for First-Generation Students** –
Monday, July 8, 2024, 6 – 7 p.m. Central Time
Thank you!

See you at our next webinar!
Tulane Talks for New Students & Families