

Tulane Talks
for

**New Students
& Families**

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

Tulane University Family Webinar

Thursday, July 1, 2024, 6 p.m. Central

Family Programs

TULANE UNIVERSITY

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 McAlister



The Anatomy of HANGOVER HELPER

WATER
1 full bottle
for rehydration

SALT
1/2 teaspoon
electrolyte replacement

SUGAR
.5-2 tablespoons
helps body absorb salt and water, adjust to desired sweetness

FLAVOR
2 packets
helps with taste

***optional CITRUS JUICE**
1/2 cup
extra electrolyte replacement and flavor

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.

The Well for Health Promotion
CAMPUS HEALTH

STUDY BREAK

Take a break and experience something for your five senses.

Giveaways and snacks provided!
Thursday, November 30th | 6-8 PM |

Tulane University Wellness Map

UPTOWN/CARROLLTON

FOURTEENTH WARD

Uptown and Downtown campuses!

SCAN ME

bit.ly/TUwellnessmap

Good places for:

- Taking a nap
- Grabbing a quick bite to eat
- Hanging out with a friend
- Moving your body
- Taking a moment to relax

Resources available:

- Free safer sex supplies
- Free pregnancy tests
- Emergency contraception
- Free menstrual supplies

The Well for Health Promotion
CAMPUS HEALTH

Spring Mocktail

Peachy Keen Iced Tea

Ingredients & Directions:

- 8 ounces tea (Optional: Sweet Tea)
- 1 ounce Peach Nectar
- 1 ounce lemon juice
- Optional: One teaspoon simple syrup

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

The Well for Health Promotion
CAMPUS HEALTH

Responsibility

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

Recovery



ZERO TROOP | House NEW ORLEANS - LOUISIANA
JAZZ FEST | Imagine
KICKOFF PARTY

Come celebrate your recovery
food, music, community

Thursday, April 27th
3-6pm
1545 Octavia Street
@St. Charles, NOLA

THE PHOENIX
1 MILLION STRONG

INVITATION ONLY
MUST RSVP TO ATTEND

62nd International Conference
of Young People in Alcoholics Anonymous

ICYPAA

NEW ORLEANS

September 1st-4th, 2022 | Hyatt Regency New Orleans

Music to my Ears

Pre-registration \$30

Scan here to register!
Or go to
www.ICYPAA.ORG/Registration



SOUTHEASTERN LOUISIANA UNIVERSITY
SOUTHEAST COLLEGIATE RECOVERY

SUMMIT

2023

LEVELING UP YOUR RECOVERY KREWE

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

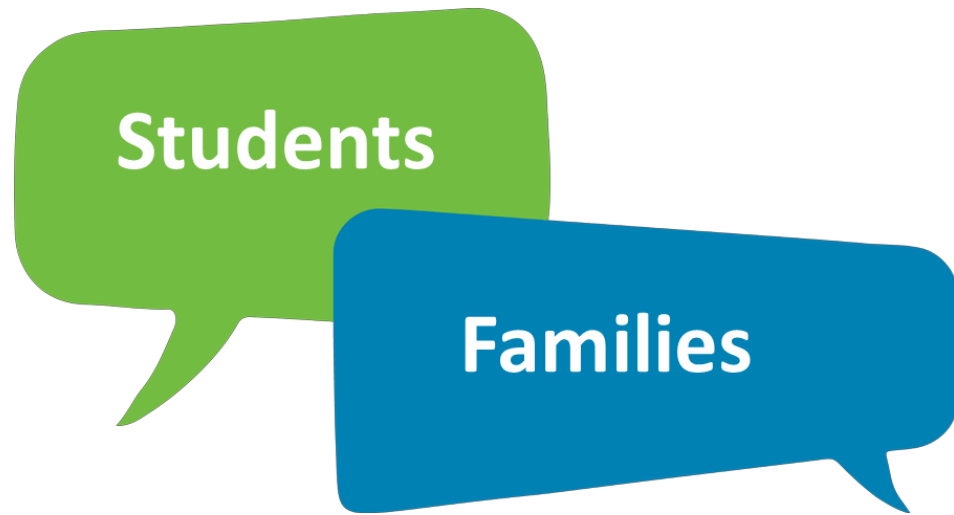


Questions?



Answers!

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:

[Tulane Parent Guide for Talking with Your Student About Alcohol](#) - By reading this handbook and by talking with your student, you have the opportunity to reduce the likelihood that they will experience the negative consequences associated with binge drinking.



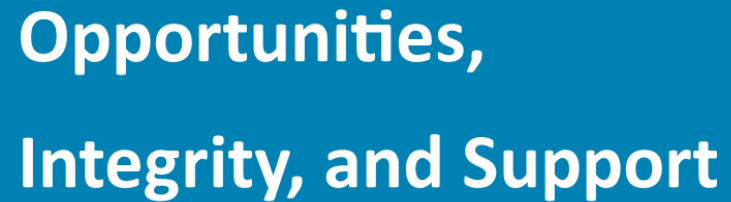
We'll post the webinar video and resources in the archive at <https://parents.tulane.edu/webinars-tutorials>.

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!

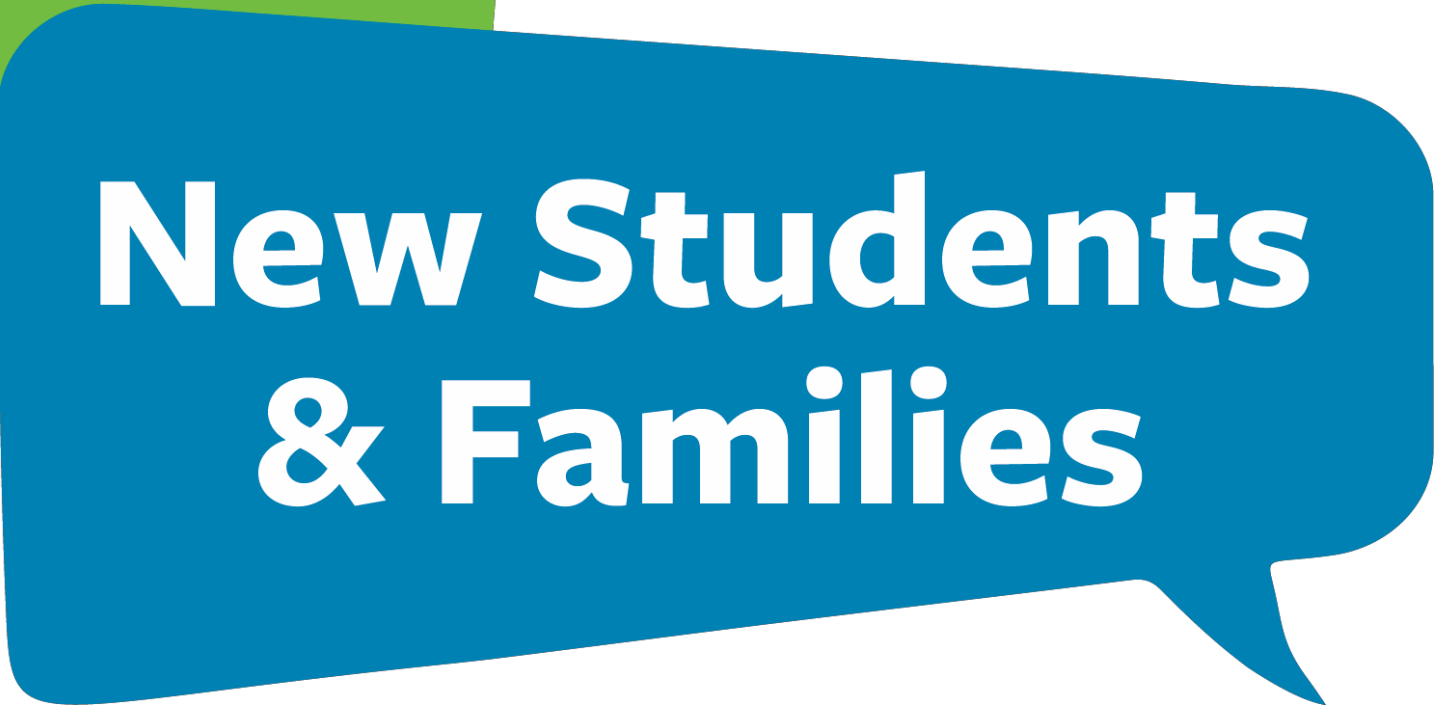


**See you at our
next webinar!**



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