Alcohol and Other Substances:
Prevention, Education, Intervention, & Recovery

Tulane Family Programs Webinar - November 17, 2022
PANELISTS:

Jacob Goldberg, LCSW, LAC, CCS, Tulane Recovery Community, Campus Health
Chelsey Reid, MPH, Associate Director, The Well for Health Promotion, Campus Health
Christopher Zacharda, PhD, Director of Student Conduct, Student Resources and Support Services

MODERATOR:

Penny Wyatt, Director, Family Programs and External Relations
Tulane Recovery Community (TRC)

- Jacob Goldberg
- MSW, LCSW, LAC, CCS
- Licensed Mental Health & Addiction Professional
- Recovery Community Manager

Contact

jgoldberg6@tulane.edu
Call/Text 225-202-6342
Tulane Recovery Community (TRC)

- Recovery Support Program
  - Weekly Peer support meetings
  - Monthly Social activities on and off campus
- Recovery education
- Early Interventions
  - BASICS
  - E-checkup ToGo
- Resource connection
- Future Recovery Housing
- Future Community Center
Providing health and well-being programming, workshops, outreach, and communication on relevant health topics.
Alcohol & Other Drugs

Key Initiatives

- Destigmatizing Substance Use
  - ReWrite Stigma Art Installation

- Harm Reduction
  - Mocktail Programming
  - Smoking Cessation Kits

- Resource Awareness & Connection

- Basic AOD Health Information
  - Live Well @ TU Orientation
AOD Focus Area – FA22 Highlights

Alcohol & Other Drugs

- **Highlights**
  - Resumed in-person educational workshops
    
    *(Continued offering virtual programs where desired)*
  - Introduced residence hall-based tabling adaptation of The Buzz, an educational program about potential impact of alcohol
  - Began AOD Education series with Athletics – all student athletes to complete program by SP23
  - TUPHES (Tulane University Peer Health Educators)
    - Taught 1,800 students Live Well (AOD program) during FA22 Orientation
    - Added 20 new peer health educators (53 total certified peer health educators)
    - Reached 271 students during fall workshops
    - Reached 624 educational interactions with Live Well Hut campaign (general health + wellness, including AOD education)
We offer programs led by the TUPHEs (Tulane University Peer Health Educators) & professional staff!

Reach out to let us know how we can support you!
The Office of Student Conduct manages all non-academic misconduct allegations that involve Tulane students.

The goal of the Student Conduct system is to educate students about appropriate behavior and decision-making, and to foster a safe and healthy community in which academic success can occur.

The Office of Student Conduct recognizes that college students (like all of us) make mistakes. Through the conduct process, we hope to help students learn where they could have made different decisions and offer strategies for making better choices in the future.
Student Conduct Resources

Tulane University Code of Student Conduct
https://conduct.tulane.edu/resources/code-student-conduct

Overview of Student Conduct Process & Definition of Roles
https://conduct.tulane.edu/conduct-process/overview-student-conduct-process-definition-roles

Amnesty Provisions
https://conduct.tulane.edu/content/amnesty-provisions
Questions?

Resources related to answers to live webinar participants’ questions:

Fraternity & Sorority Programs resources:
- Potential New Member Education Series includes modules on Alcohol Education: My Choices, Our Legacy and Hazing Prevention Module: [https://greek.tulane.edu/prospective-members](https://greek.tulane.edu/prospective-members) and [Hazing Prevention](https://greek.tulane.edu/hazing-prevention)
- Information for Parents - [https://greek.tulane.edu/prospective-members/information-for-parents](https://greek.tulane.edu/prospective-members/information-for-parents) - note that the tutorials linked on that website are from last year. Updated versions will be posted in December 2022.

Campus Health social media: Follow @tucampushealth on Facebook or Instagram to see health promotion messages and programming advertisements for students

Student Conduct - FERPA and Parental Notification Policy - [https://conduct.tulane.edu/parents/ferpa-parental-notification-policy](https://conduct.tulane.edu/parents/ferpa-parental-notification-policy)

Tulane After Dark program schedule: [https://tulane.campuslabs.com/engage/events?query=Tulane%20After%20Dark](https://tulane.campuslabs.com/engage/events?query=Tulane%20After%20Dark)

Tulane Concerns report link: [Tulane.edu/concerns](https://tulane.edu/concerns)

June 2022 webinar in the Tulane Talks series: Alcohol and Drugs: Responsibility, Well-being, and Recovery – [video](https://www.youtube.com/watch?v=examplevideo) and [slides](https://example.slides)

Tulane Parent Guide for Talking with Your Student About Alcohol from Campus Health

Chelsey Reid also wanted to share recommendations and a resource regarding talking with a loved one who may be negatively impacted by substances and/or substance use disorder.

“As for my recommendation on soft skills, each person is different but I think it’s important to let folks know you love them no matter what they do or do not do, and that you’re a safe space for questions/support (even if it’s uncomfortable), practice active listening (what are they asking for support with vs. what kind of support you think they might need), and to be judgment free. All of that is easier written/said than done (it’s a practice), but most of the time if folks are moving with this intention, it’s a recipe for positive connection.

Here’s a great tool kit from SAMHSA (Substance Abuse and Mental Health Services Administration): [https://www.samhsa.gov/families](https://www.samhsa.gov/families).”
Panelists’ Contact information:

**Jacob Goldberg**, LCSW, LAC, CCS, Tulane Recovery Community, Tulane University – jgoldberg6@tulane.edu

**Chelsey Reid**, MPH, Associate Director, The Well for Health Promotion, Tulane University - creid8@tulane.edu

**Christopher Zacharda**, PhD, Director of Student Conduct, Tulane University - czacharda@tulane.edu