

**Alcohol and
Drugs:**

**Responsibility,
Well-being and Recovery**

Thursday, June 22, 2023, 6 p.m. Central

Parent Programs

TULANE UNIVERSITY

Panelists:

Jacob Goldberg, LCSW, LAC, CCS, Manager, Tulane Recovery
Community

Leah Patton, Health Promotion Specialist, Student Health
Center

Catherine Tyner, Assistant Dean of Students

Christopher Zacharda, EdD, Director, Office of Student
Conduct

Host:

Penny Wyatt, MA, Director of Family Programs

Responsibility

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

Well-being



Tips-y Tuesday

THIS WEEK'S TOPIC:

MIXING PAIN RELIEVERS

Over the Counter Pain Meds:

1. Acetaminophen
2. Ibuprofen
3. Aspirin

Risks for Mixing with Alcohol:

- Damaging the liver
- Increased chances of ulcers
- Stomach irritation
- Gastrointestinal bleeding
- Metabolizing alcohol slower

What about Prescription Medication for Pain?

There are dangerous side-effects from mixing prescribed pain medications and alcohol, but guidance depends on your prescription. Discuss your questions and concerns with your doctor or pharmacist.

Know the risks before mixing pain relievers and alcohol!

Salted Sage Lemonade Mocktail Recipe

by @EatnikFood

Ingredients

- 3 sage leaves
- 15 ml simple syrup
- 45 ml lemon juice
- 1/8 tsp salt
- Soda water to top
- Lemon slices to serve

Instructions

1. In the base of a mason jar (or any container with a lid), add sage leaves and muddle.
2. Pour in sugar syrup, lemon juice, and salt. Add ice and shake to chill.
3. Pour all the contents into a tall glass, and top with extra ice.
4. Fill with a few lemon slices, and then top with soda water. Stir gently to mix before serving.



The Well for Health Promotion
CAMPUS HEALTH

WATCH FOR SIGNS OF INCAPACITATION

Incapacitation is a state beyond intoxication. Signs of incapacitation could include but are not limited to:

- Disorientation
- Incoherent speech
- Vomiting
- Loss of consciousness

It's important to know that a person who is incapacitated may need extra care and support and that a person who is incapacitated cannot consent to any sexual activity.

If a friend is showing signs of incapacitation and you are concerned about their health or safety, do not hesitate to call for help. For an on-campus emergency, call TUPD/Tulane EMS at 504-865-5911. For an off-campus emergency, call 911.

The Well for Health Promotion
CAMPUS HEALTH



Recovery



ZERO-PROOF JAZZ FEST KICKOFF PARTY



Come celebrate your recovery
food, music, community

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



THE PHOENIX



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



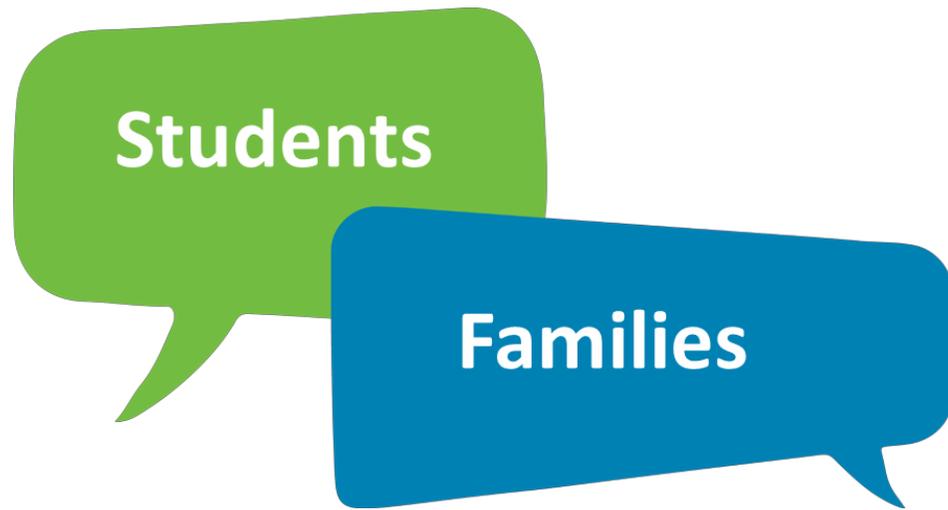
SOUTHEASTERN LOUISIANA UNIVERSITY
SOUTHEAST COLLEGIATE RECOVERY



SUMMIT

2023

LEVELING UP YOUR RECOVERY KREWE



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>.

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 Halloween and Mardi Gras
- 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

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.

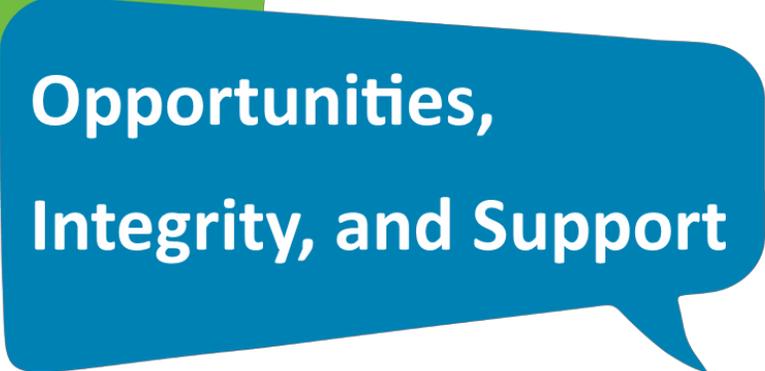


Register for the remaining Tulane Talks for New Students and Families webinar at families.tulane.edu/webinars-tutorials.



Academics:

Wednesday, June 23, 2023, 6 p.m. Central



**Opportunities,
Integrity, and Support**

Other upcoming parent webinars:

- [Hurricane Preparedness and Response](#) - 6 p.m. CST, Wednesday, July 19, 2023
- [Clery Act/Crime Reporting Information](#) - 6 p.m. CST, Wednesday, July 26, 2023



Thank you!

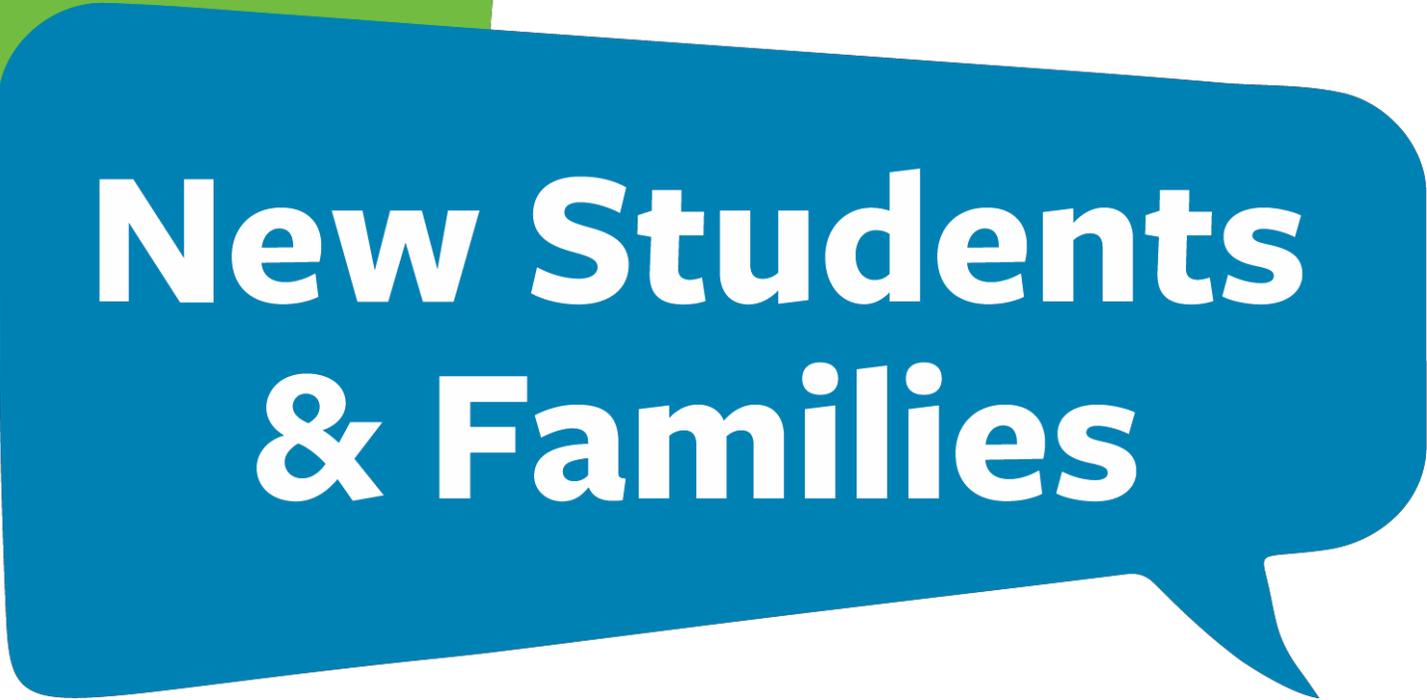


**See you at our
next webinar!**



Tulane Talks

for



**New Students
& Families**