

Alcohol & College Students: A GUIDE FOR FAMILIES

Produced by the Higher Education Committee of
the Underage Drinking Task Force, a coalition of



The Laws on Alcohol and Underage Drinking

Springfield/Greene County, Missouri
Condensed Criminal Statutes and Ordinances
Pertaining to Underage Drinking

It is Illegal...

- For any person under the age of 21 years, who purchases or attempts to purchase, or has in his or her possession, any intoxicating liquor
- For any person under the age of 21 to be visibly intoxicated or to have a blood alcohol level of .02% or higher
- To possess a reproduced, modified or altered driver's license, or identification card; or to display or possess any license knowing the same to be fictitious or to have been canceled, suspended, revoked, disqualified or altered
- To use the license of another as your own, or to knowingly permit someone else to use your license
- To allow a person under the age of 21 to consume or possess alcohol on property which you own, occupy, or have the exclusive use or enjoyment of; or failing to stop them from doing so, unless you are the parent of the minor
- To procure for, sell, give away or otherwise supply intoxicating liquor to any person under the age of 21 or to any intoxicated person or any person appearing to be in a state of intoxication
- For any person under the age of 21 to operate a motor vehicle with a blood alcohol level of .02% or higher (Legal limit for those over the age of 21 is .08%)
- For any person to sell liquor without a license (felony offense)

- For any establishment with alcohol sales of 60 percent or more to permit any minor to enter, remain, loiter in or frequent such establishment, with a few exceptions
- For any establishment holding a retail beer or liquor license to offer drink specials, including the sale of beer or liquor for less than cost to the license holder, unlimited drinks during a set time period for a fixed price; or encouraging or permitting games or contests that involve drinking or awarding drinks

What is the penalty for an underage drinking offense?

Depending on the jurisdiction in which your case is filed, the punishments can range from participating in an alcohol awareness class to a fine of up to \$1,000 and up to one year in jail. Prior alcohol convictions can increase the severity of the punishment.

Contact local jurisdictions for more information:

Greene County Prosecutor's Office

417-868-4160 or

www.greenecountymo.org/pa/mip.php

Springfield Municipal Prosecutor's Office

417-864-1890 or

www.springfieldmo.gov/egov/municourt

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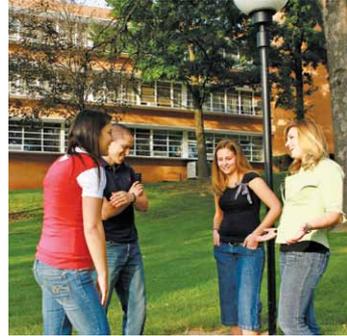
According to the 2008 Missouri College Health Behavior Survey (MCHBS), 72.8% of freshman respondents from 3 local colleges reported drinking during the past 30 days.

Among the same freshmen who reported drinking alcohol during the past 30 days, 47.5% engaged in binge drinking (defined as 5 or more drinks within a 2 hour time period) during the past 14 days. Nearly 3 times as many freshmen (10.1%) reported binge drinking 3 days during the past 30 days compared to sophomores (3.6%).

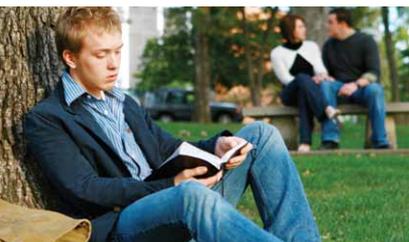
Our community coalition designed this booklet to provide you with up-to-date information and useful resources that will assist your family in talking about one of the most common pressures new students face, underage drinking. We invite you to take a few minutes to read this guide with your student and to keep it for future reference. Together, we wish to partner with you to assure that some of the most exciting years of your student's life are as healthy and safe as possible.

Although about half of all college binge drinkers engage in binge drinking before their arrival on campus, an equal number pick up binge drinking behavior in college.

—*Journal of Studies on Alcohol and Drugs*, July 2008, "What We Have Learned from the Harvard School of Public Health College Alcohol Study: Focusing Attention on College Student Alcohol Consumption and the Environmental Conditions that Promote It"



College & University Policies and Consequences



As part of the Underage Drinking Task Force Higher Education Committee, every member institution is committed to following Springfield guidelines and has policies prohibiting the illegal use, possession, and distribution of alcohol on college/university property. Beyond that general provision, each institution may vary in its policies.

You are encouraged to become familiar with the alcohol policy, disciplinary procedures, and sanctions of the institution that your son or daughter is attending. Specifically, you may want to examine the institution's policy on disclosure of student records, parental notification policy, and graduated sanctions for alcohol violations. When you are notified of an alcohol violation, it is done in the hope that you will support university efforts to be responsible community members and to encourage responsible decision-making by your son or daughter.

If you have questions regarding an institution's policies, we also encourage you to contact the institution's Judicial Programs, Student Life, or Dean of Students office.

The Often Hidden Consequences of Underage Drinking

Health

- The U.S. Surgeon General reported that life expectancy improved in the United States over the past 75 years for every group except one: The death rate for 15 to 24 year olds is higher today than it was 20 years ago. The leading cause of death for this age group is drunk and drugged driving.
- Alcohol kills 6 times more teenagers than all other drugs **COMBINED**.
- Alcohol addiction for minors occurs at a much more rapid rate than for adults. A young person may become addicted to alcohol within 6-18 months.
- The rapid rate at which young people become addicted increases the likelihood that they will develop any number of serious health problems. Heavy drinking, even over short spans of time, can increase one's risk for brain damage, disrupt normal growth, and affect bone and endocrine development. Further, according to the Core Institute, 300,000 of today's college students will eventually die of alcohol-related causes such as drunk-driving accidents, cirrhosis of the liver, various cancers, and heart disease.
- Women may develop alcohol-related health problems sooner than men, and from drinking less alcohol than men.
- When it comes to alcohol and its effects on the brain, it is a **MYTH** that youth are more resilient than adults. Brains of 14 to 21-year-olds who abused alcohol were 10 percent smaller than non-drinking youth in the areas responsible for memory, learning and decision making, according to one study. AMA researchers call this brain damage and size reduction "significant and irreversible."
- Engaging in unprotected sex is much more common when alcohol is involved. At least one out of five college students abandons safe sex practices when they are drunk, even if they do protect themselves when they are sober. Unprotected sex often leads to dire and sometimes fatal health consequences, including HIV, other STD's, and pregnancy.
- Nationally, about 100,000 students are victims of alcohol-related sexual assault or date rape, with ninety percent of all campus rapes occur when alcohol has been used by either the assailant and/or the victim.
- Locally, one in ten MCHBS respondents reported being sexually taken advantage of as a consequence of alcohol use.

FACTS ABOUT ALCOHOL POISONING

Alcohol Poisoning occurs more often than most parents and young adults believe, and can be fatal. Remember, at the best of times, the body can only metabolize, or get rid of, 1 drink per hour. More than that, and the alcohol level builds up.

WHAT IS 1 DRINK?

- 12 oz. of beer
- 5-6 oz. wine
- 1 - 1 1/2 oz. of spirits (i.e. rum, vodka)

Signs of Alcohol Poisoning

Does Not Respond
to being shouted at or poked

Can't Stand Alone

Can't Wake
the person up

Slow Breathing
(less than 6 breaths per minute)

Cool, Puffy or Flushed Skin

Irregular or Slow Pulse
(less than 40 beats per minute)

Vomits while Passed Out
and won't wake up after vomiting

Call for Help.

This is a Medical Emergency!
Coma, Cardiac Arrest, Brain Damage
and Death are Possible.

Follow these Steps to Help
the Poisoned Victim

Don't Leave Person Alone

Call 911

Place Person on Their Side

IF NOT BREATHING,
Perform Mouth-to-Mouth
Resuscitation

Career

Will your child's desired career area require certification, licensure, and/or membership in a professional association? There are many professions that disallow individuals with an arrest record - even if the conviction was expunged. There are also numerous professions that disallow individuals who have a record of multiple misdemeanors or morals crimes, or who have habitual drinking offenses. Some of the careers affected may include:

- Accountant
- Architect
- Attorney
- Counselor
- Dental Hygienist
- Dentist
- Engineer
- Funeral Director
- Land Surveyor
- Occupational Therapist
- Optometrist
- Physical Therapist
- Pilot
- Psychologist
- Real Estate Broker
- Social Worker
- Veterinarian
- Careers in medicine, nursing, law enforcement, securities (including stock broker) and education

Academic

College drinkers often cannot realize their full academic potential due to excessive absences from class and lowered academic performance. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) Task Force on College Drinking reports that "about 25% of college students report academic problems caused by alcohol use, such as earning lower grades, doing poorly on exams or papers, missing class and falling behind." In addition, 159,000 of today's first-year college students will drop out of school next year for alcohol or other drug-related reasons.

Almost 33% of college students admit to having missed at least one class because of their alcohol or drug use, and nearly 25% report failing a test or project because of the after effects of drinking or doing drugs.*

One night of heavy drinking can impair a student's ability to think abstractly for up to 30 days, limiting his or her ability to relate textbook reading to what a professor says.*

* www.factsontap.org

Average Number of Drinks Per Week By GPA

| | |
|---------------------|--------------------|
| A | 4.0 drinks |
| B | 6.0 drinks |
| C | 8.0 drinks |
| D or F | 10.0 drinks |

College Alcohol Study - Harvard School of Public Health, 2002

Springfield is Known for Its Tough Stance on Underage Drinking

A recent study, funded by the Substance Abuse Policy Research Program of the Robert Wood Johnson Foundation, shows that:

- state laws making it illegal to possess or purchase alcohol under the age of 21 have led to an 11.2% drop in alcohol-related traffic accident deaths among youth
- states with robust fake ID laws have experienced a 7.3% drop in alcohol-related car fatalities among under-21 drivers

As part of Springfield's tough stance on underage drinking, statutes and ordinances are in place at the state and local levels to support and foster a healthy environment for our youth. From banning drink specials, requiring keg registrations, and limiting the presence of minors on premises, Greene County and the City of Springfield actively enforce laws designed to protect local youth from the hazards of underage drinking.

Some statistics that may surprise you:

64% of first year students expressed at least some concern about alcohol use on campus.

68% of first year students believe that people risk harming themselves if they engage in high-risk drinking (5+ drinks in one sitting).

2002 Virginia Core Alcohol and Drug Survey

Surprised? Your student might be too!

Surveys show that students believe their fellow students are drinking far more than they actually are. Because they think there is more drinking going on than there really is, students may make drinking decisions based on their perceptions rather than reality.

MCHBS, Springfield, MO 2008

Minor in Possession Citations (Received by GCPA Office)

Citations for Minor in Possession of Alcohol



Citations for Minor in Possession by Consumption



Greene County Prosecuting Attorney's (GCPA) Office



You Have Options

Myth: "I want to relax and have fun, but there's nothing to do but go to keg parties, bars, and clubs."

Truth: There are a tremendous number of fun activities in Springfield and surrounding areas that don't involve alcohol. You can:

Take in a film at one of many unique venues, including drive-in and independent theaters, as well as Founders Park

Meet friends at one of the many coffee houses

Watch a baseball, basketball, football, or hockey game

Try ice skating

Walk, bicycle, or boat on local nature trails and waterways

Rock climb

Visit art, wildlife, or history museums

Check out the many fitness centers

Go shopping

Paint your own pottery

Sample local theatre, symphony, and ballet productions

Stroll downtown galleries during monthly Art Walk

Play a game of ultimate frisbee on the lawn

Get involved as a volunteer, or check out the many activities available to you on campus or with local church communities. Whatever the interest, **there's no shortage of things to do.**



For More Information

To learn more about student organizations, student services, & campus activities offered on local campuses, please visit the following websites:

Central Bible College

www.cbcag.edu

Drury University

www.drury.edu/studentlife

Evangel University

www.evangel.edu/students/activities

Missouri State University

www.missouristate.edu/judicial

Ozarks Technical Community College

www.otc.edu/students/orgs



Also visit

Springfield Area Chamber of Commerce

www.springfieldchamber.com

Springfield/Greene County Parks and Recreation

www.parkboard.org

Springfield News-Leader

www.news-leader.com/section/ENTERTAINMENT01

Community Partnership of the Ozarks

www.commpartnership.org

Too Smart to Start

www.toosmarttostart.samhsa.gov

StopAlcoholAbuse.Gov

www.stopalcoholabuse.gov



The Do's and Don'ts of Communication

Show you care when you talk with your son or daughter. Be direct when discussing drinking and its consequences, as well as issues of safety, money, responsibility, life skills, and academics.

Arm students with knowledge, and encourage them to use common sense. Remind your son or daughter of the alternatives to drinking, and that the purpose of school is getting a sound education.

- Be a good role model
- Be factual and straightforward
- Listen and ask questions rather than lecturing
- Expect the best and make your expectations known (i.e. class attendance, study time, grades, etc.)
- Avoid scare tactics - information and positive reinforcement are the best motivators
- Correct misperceptions
- Be honest about your own history and experiences, but avoid glamorizing your experiences with alcohol
- Reinforce your family values and expectations
- Talk about what to do if a bad situation should occur

Most of all, recognize that your son or daughter still values your opinions, and know that you can help student make healthy decisions.



Local Outcomes

While underage drinking remains a significant threat to the health and well-being of our young people, results from a recent survey of local college students are encouraging. In a 2008 Missouri College Health Behavior Survey of 2,152 Drury, Evangel, Missouri State University, and Ozarks Technical Community College students, the following outcomes were reported:

- The percentage of college students who reported consuming alcohol in the past year decreased **from 74.5% in 2004 to 67.4% in 2008.**
- Over the past four years, binge drinking among survey respondents defined as “drinkers” has declined **from 57.8% in 2004 to 35.7% in 2008.**
- A large number of drinkers report engaging in protective barriers when they do drink, including **alternating drinks** (51.4%), **limiting money spent** (73.4%) and use of a **designated driver** (79.4%).
- When asked about prevention, 77.9% of students reported being **aware of campus programs** compared to only 14.6% of students in 2004.

Local Assistance and Treatment Options

Carol Jones Recovery Center for Women

In-patient and Out-patient
Accepts insurance, Medicaid, self pay
State funding available (sliding scale)
Springfield, MO • (417) 862-3455

Cox Health Center For Addictions

Out-patient only
Accepts insurance, Medicare, self pay
Springfield, MO • (417) 269-2273

Sigma House of Springfield

In-patient and Out-patient
Accepts insurance, self pay
State funding available (sliding scale)
Springfield, MO • (417) 862-3339

Burrell Behavioral Health Youth Substance Abuse Services

Provides prevention services, residential and out-patient services
Accepts insurance, Medicaid, state funding
Springfield, MO • (417) 269-0300

Alcoholics Anonymous 823-7125

Narcotics Anonymous 866-7392

Al-Anon 836-1065

Celebrate Recovery
www.celebraterecovery-sw.org

Alcoholics Victorious
www.alcoholicsvictorious.org

Overcomers in Christ
www.overcomersinchrist.org

Reformers Unanimous
www.reformu.com

This guidebook, a collaborative effort compiled for you by Community Partnership's Underage Drinking Task Force Higher Education Committee, offers valuable information for students and parents and can serve as a starting point for discussions related to alcohol and college life.

This is an exciting time for everyone concerned. By talking together about information in this booklet, you can help your student make responsible choices; but, in the end, the choice is theirs. Let them know you are there for them, no matter how far away they may be. Talk with them frequently, but listen even more; avoid lecturing, but don't be afraid to share your beliefs; expect your student to make responsible choices, but be alert for signs that all is not well.

Enjoy the college years.

How did you like this booklet? Did you find it helpful?

Please send comments and/or suggestions to:
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Community Partnership is the Community Impact Affiliate
of United Way of the Ozarks