

IFC New Member Education



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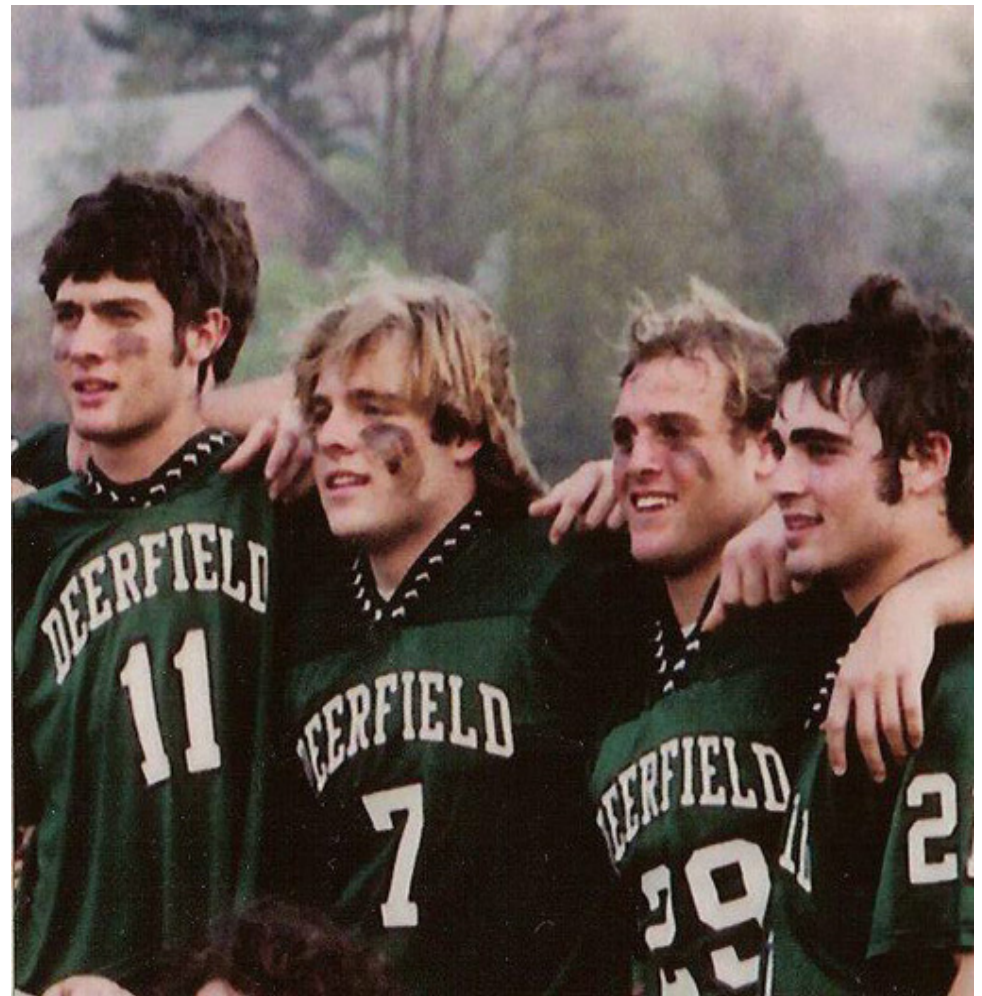
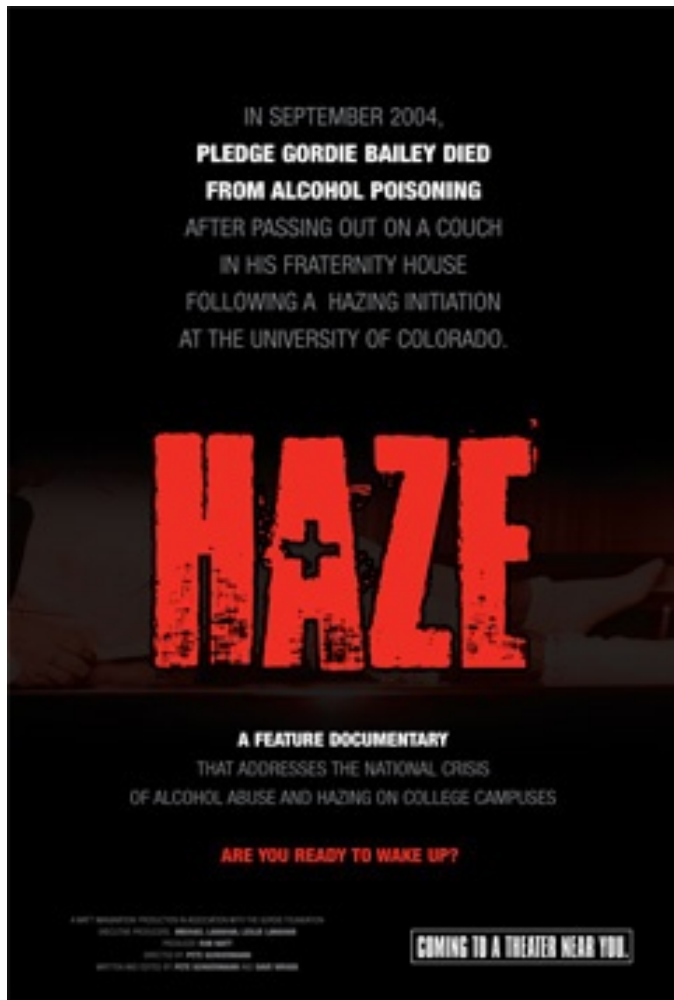
What will this presentation NOT be about?

- Telling you not to drink
- What is a standard drink of alcohol?
- Alcohol facts and figures
- Condemning the Greek community

So, what will we talk about today?

- Dangers of alcohol in the Greek community
 - Short Term: Incidents at a social function
 - Long Term: Impact of continued alcohol abuse
- Alcohol Addiction
- Bystander Intervention for both short term and long term
 - Taking action when someone is in a potentially harmful situation

Haze: Gordie Bailey, Jr.



Takeaways

- Gordie's story
- What are some things that stood out in the clip?
- How does an incident like this make the Greek scene look?
- Numerous incidents across the country (recently: Cornell, Michigan, UMD)
- Joining a fraternity at an interesting time – social stigma may be getting worse

Social Perception of College and Fraternities



Alcohol in the Greek Community

- ~ 1,700 college students die from alcohol related incidents each year
- Fraternities are social institutions with members ranging in age from 18-22
- “If you put together fraternity life and pledge and rush, and kids who don’t understand the dangers of alcohol, whether that’s Gordie or whether that’s the people who are pledging him or rushing him, that’s a pretty dangerous equation.”

Long Term Impact: Alcohol Addiction

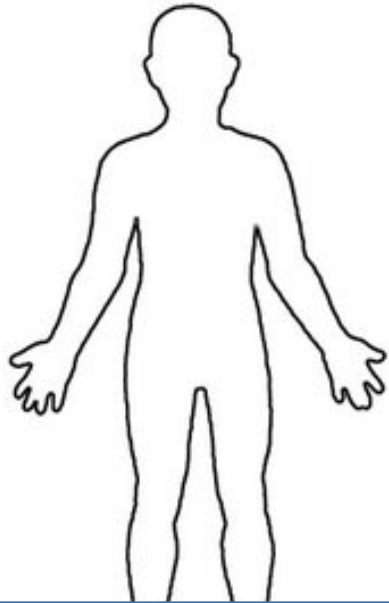
- “Its not called alcoholism until you graduate”



4 Phases of Addiction

- Low Risk Choices
- High Risk Choices
- **Psychological Dependence**
- Physical Addiction

Addiction



**Psychological
Influences**

Social Influences

**Body, Brain,
Biology**

**family history and
tolerance**

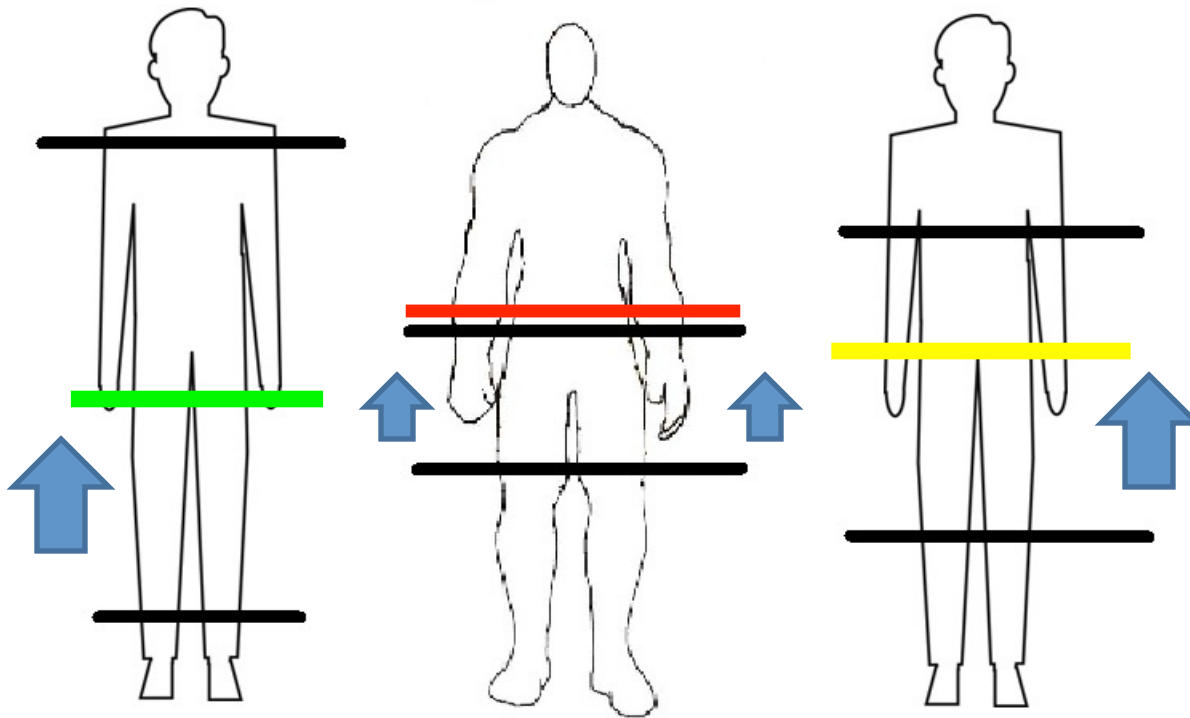


High-Risk Choices



Outcome

Tolerance and Trigger Levels



Indicators of Addiction

- 1) Periodic Loss of Control
- 2) Varying Degrees of Withdrawal
- 3) Multiple Negative Outcomes
- 4) Changes in Psychological Dependence
- 5) Intensified Blackouts
- 6) Changing Tolerance

Bystander Intervention

- Taking action in a potentially harmful situation
- One in Four Sexual Assault Training
- “Get Grounded Campaign”
- Theory of Bystander Behavior
 - People are less likely to intervene when they are in a large group or in public
 - People generally follow after the first person intervenes
 - Reasons to not intervene:
 - “Not my place”
 - Ill-equipped to take action
 - Don’t recognize severity or consequences of the situation



The 5 Point Formula

- Alcoholism Intervention
 - I Care
 - I See
 - I Feel
 - I Want
 - I Will

Signs of Alcohol Poisoning

- PUBS Acronym:
 - **Pulse:** irregular heartbeat; outside of 50-140 beats per minute
 - **Unresponsive:** no reaction to firm pinch
 - **Breathing:** slow and shallow
 - **Skin:** cold and clammy
- If you see any one of these symptoms, call 911 immediately!

Caring For Intoxicated Friends

The Bacchus Maneuver*

University of Virginia, Office of Health Promotion

Designed by Yossi Pourkazemi, Class of 2008

1. Raise the person's left arm above his/her head.
Pull his/her right shoulder to roll the person towards you.



2. Gently roll the person as a unit.
Guard the head as you roll him/her.



3. Tuck right hand under cheek to help maintain head tilt.
Drop right knee forward to stabilize.



4. Check him/her every 20-30 minutes.

If the person does not respond to a firm pinch, has trouble breathing, or has cold/clammy/bluish skin, call 911 immediately.

For use when a person who has been drinking passes out

The Student Life Education Company, BACCHUS Canada

Calling 911

- All Charlottesville ambulance rides are free
- University Police are typically the first to respond, but their goal is safety

Resources

- Hoos In Recovery
- Office of Health Promotion
- CAPS
- CASE
- ADAPT – adapt-uva@virginia.edu

Thoughts to leave you with...

- Clip from Haze
- Intervening as a pledge class
- Carry with you an understanding of the dangers and impacts of alcohol on a Fraternity as you become brothers and the future leaders of the Fraternity