SOCIAL HOST TRAINING
FOR SOCIAL CLUB LEADERS

2018

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HEALTH PROMOTION SPECIALIST, CSW
AGENDA

• EVENTS & ALCOHOL
• CUMC DATA
• CUMC POLICIES
• ALCOHOL 101 REFRESH
• SOCIAL HOSTING GUIDE
• RESOURCES
• QUESTIONS & COMMENTS
What is the mission of your group/organization?

What is the purpose of your event?

What makes a successful event?
CUMC NATIONAL COLLEGE HEALTH ASSESSMENT (NCHA) DATA ON ALCOHOL USE
National College Health Assessment (NCHA) 2015 Columbia University Medical Center

The percentage of overall students reporting using alcohol in the last 30 days:

<table>
<thead>
<tr>
<th>Category</th>
<th>Perceived</th>
<th>Actual</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never used</td>
<td>2.6%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Used, but not in last 30 days</td>
<td>1.4%</td>
<td>7.0%</td>
</tr>
<tr>
<td>Used 1-9 days</td>
<td>50.3%</td>
<td>62.6%</td>
</tr>
<tr>
<td>Any use within last 30 days</td>
<td>96%</td>
<td>85.3%</td>
</tr>
</tbody>
</table>
National College Health Assessment (NCHA) 2015 Columbia University Medical Center

CUMC students reported doing the following when they "partied" or socialized during the last school year:* Most of the time or Always endorsed

When at a party or when going out...

<table>
<thead>
<tr>
<th>Activity</th>
<th>All Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>alternate non-alcoholic beverages with alcoholic beverage:</td>
<td>33%</td>
</tr>
<tr>
<td>determine in advance not to exceed a set number of drinks:</td>
<td>25%</td>
</tr>
<tr>
<td>choose not to drink alcohol:</td>
<td>11%</td>
</tr>
<tr>
<td>eat before and/or during drinking:</td>
<td>77%</td>
</tr>
<tr>
<td>keep track of how many drinks you have consumed:</td>
<td>64%</td>
</tr>
<tr>
<td>pace drinks to one or fewer an hour:</td>
<td>32%</td>
</tr>
<tr>
<td>avoid drinking games:</td>
<td>43%</td>
</tr>
<tr>
<td>stick with only one kind of alcohol</td>
<td>46%</td>
</tr>
</tbody>
</table>

*students responding "N/A, don't drink" were excluded from this analysis.
National College Health Assessment (NCHA) 2015 Columbia University Medical Center

CUMC students who drank alcohol reported the following consequences occurring in the last school year as a result of their own drinking:

<table>
<thead>
<tr>
<th>Consequence</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being physically injured</td>
<td>7%</td>
</tr>
<tr>
<td>Having unprotected sex</td>
<td>18%</td>
</tr>
<tr>
<td>Forgetting where they were or what they did</td>
<td>21%</td>
</tr>
<tr>
<td>Doing something they later regretted</td>
<td>32%</td>
</tr>
</tbody>
</table>
CUMC POLICIES ON ALCOHOL-INCLUSIVE EVENTS
CUMC Policies are relevant for any event that is:
- University sanctioned
- Student led
- Alcohol inclusive

Four Presiding Structures
- New York State Law
- Columbia University
- Columbia University Medical Center
- Your individual school
In order to comply with federal, state, and city laws, and to promote the health and well-being of its community, Columbia has enacted the following policies on alcohol, drugs, and smoking. All students, faculty, and staff are expected to comply with these policies both on and off campus whenever applicable.

- **Essential Policies for the Columbia Community**
  

- **CUMC Policies:**
  
The theme of all events where alcohol is served must be primarily social, cultural, or educational.

No other mention or depiction of alcohol is permitted.

Ample quantities of food and appealing nonalcoholic beverages must be continuously provided and visibly displayed during the event.
There may be no games of chance, drinking games, contests, "happy hours," or other activities that induce, encourage, or result in the consumption of alcohol.

Alcohol may not be consumed outdoors on University property except at a registered and approved event.
Only one drink at a time may be dispensed to each person.

Kegs or other bulk containers of alcoholic beverages are permitted only in connection with registered and approved events and must be untapped and removed immediately after the event.
Those who serve alcohol and those who check proof of age for any event may NOT consume alcohol during that event.

In compliance with University policy, no alcohol is to be served to a person who is disorderly or who is or appears intoxicated.
- Guests and hosts must be 21 to drink (Double proof of ID required), to serve and to host.
- Any damage to property resulting from disorderly or intoxicated conduct will be the financial responsibility of the students involved in such conduct. If the responsible student(s) does not come forward, that financial responsibility will absorbed by the student group that led the event.
Students whose intoxicated behavior becomes a public matter (e.g., call from Security for health reasons, damage to property) will be required to meet confidentially with the Director of the AIMS office to discuss the incident.

Repeated occurrences may warrant involvement of the appropriate Student Affairs Dean.
ALCOHOL 101 REFRESH
ALCOHOL 101 REFRESH

SUBSTANCE USE-ABUSE CONTINUUM

- **Experimental**: Motivated by curiosity or desire to experience new feelings or moods
- **Social**: Use on specific social occasions
- **Situational**: Pattern associated with specific situation
- **Intense**: High doses and increased frequency
- **Compulsive**: Persistent and frequent high doses producing psychological or physiological dependence
BIPHASIC EFFECT
## EFFECTS OF ALCOHOL

<table>
<thead>
<tr>
<th>BAC</th>
<th>Possible Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>.02</td>
<td>Mild relaxation, loss of shyness, slight euphoria, exaggerated mood.</td>
</tr>
<tr>
<td>.05</td>
<td>Feelings of warmth and relaxation, intensified emotions, lowered caution and inhibitions. Coordination, judgment, and reaction time can also be affected.</td>
</tr>
<tr>
<td>.08</td>
<td>Impairment of speech, balance, vision, hearing, reaction time. Perception of ability is often higher than actual ability. It is illegal to drive at this level.</td>
</tr>
<tr>
<td>.10</td>
<td>Markedly impaired motor skills, highly exaggerated emotions, increased aggression, and diminished erection in men.</td>
</tr>
<tr>
<td>.20</td>
<td>Feelings of confusion and disorientation, difficulty standing or walking, serious health concerns possible.</td>
</tr>
<tr>
<td>.30</td>
<td>Stupor, disorientation, little comprehension of surroundings, serious &amp; life threatening health concerns at and above this level.</td>
</tr>
</tbody>
</table>
IMPACT & EFFECT OF ALCOHOL

Determining Characteristics:

- Biological sex
- Body Weight
- Type of Alcohol
- Full/Empty Stomach
- Rate of Consumption
- Use of Medication or Other Drugs
- Mood (does not impact BAC)
STANDARD DRINKS

12 fl oz of regular beer = 8-9 fl oz of malt liquor (shown in a 12-oz glass) = 5 fl oz of table wine = 3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown) = 2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown) = 1.5 oz of brandy (a single jigger or shot) = 1.5 fl oz shot of 80-proof spirits ("hard liquor")

about 5% alcohol
about 7% alcohol
about 12% alcohol
about 17% alcohol
about 24% alcohol
about 40% alcohol
about 40% alcohol
Male and female bodies process alcohol differently because:

- The enzyme that processes alcohol (Gastric alcohol dehydrogenase) is significantly more present in males than females.
- Alcohol is processed in the muscle, and males are generally more muscular than female bodies.
- Male bodies typically have a greater total water volume than female bodies.
ALCOHOL 101 REFRESH

SYMPTOMS OF ALCOHOL POISONING

- If you see someone experiencing the following symptoms, call for help immediately
  - Passing in and out of consciousness
  - Passed out, unconscious, or can’t be awakened
  - Reduced heart rate
  - Used other drugs with alcohol
  - Vomiting uncontrollably, or vomited while sleeping or passed out
  - Cold, clammy skin
  - Breathing slowly or with irregularity, or has stopped breathing entirely.
  - Presence of a head injury
  - NOT RESPONSIVE

Public Safety Emergency: 5-7979
From non-campus phone: 212-305-7979 or 911 if off campus
WAYS TO DETERMINE BAC

DrinkTracker

AlcoDroid
Track Your Drinking.

Drinking Buddy

INTELLI DRINK

iDrinkSmarter
SOCIAL HOST GUIDE
Prior to reserving space, the student or student organization sponsoring such an event must file a plan with the appropriate office.

School Contacts:
- **P&S**: Rosemarie Scilipoti
- **Mailman**: Christina Ferrari and Carlos Correa
- **Dental**: Jajaira Patrocinio
- **Nursing**: Naveed Ahmad
- **OT**: Dr. Janet Falk-Kessler
- **PT**: Dr. Debrah Krasinski
- **GSAS**: Yinghui Mao

See appendix for school-specific policies.
CREATING A RESPONSIBLE ENVIRONMENT

- Check everyone’s ID to avoid singling out guests
- Collect empty’s throughout the event
- Focus on the mission of your event and student group
- Be prepared for factors that are beyond your scope of control
  - Pre-gaming
  - Other drug use
  - Medication interactions
  - Personal conflicts
TIPS FOR CHECKING ID’S

- Check:
  - Two ID’s (student ID, DL, Passport)
  - ID’s expiration date
  - Glue lines or bumpy surfaces (typically indicate tampering)
  - State logo
  - Pin holes on the surface (typically due to bleach)
  - Size, color, lettering, thickness, and corners (compare against a known valid ID)

- If you spot any problems…
  - Quiz the cardholder (birth date, middle initial, zip code, etc)

Source: Drivers License Guide, 2009
How to know when a person is intoxicated?

The more alcohol in the bloodstream, the more obvious the cues:
- Judgment
- Inhibitions
- Reactions
- Coordination

When should you approach an intoxicated person?
- If someone is behaving inappropriately
- If someone’s behavior is impacting other guests
- If violence erupts
How should you approach an intoxicated person?

- Find a friend or another sober peer to help you
  *one-on-one interactions often turn argumentative
- Stop serving them alcohol. Try to offer water
- Approach the person without being threatening
- Encourage the person to move away from the main party area
- Address the person's behavior, rather than his/her character
- Stay calm and be respectful
- Be assertive, not threatening
- Be creative! If the situation does not seem dangerous, find a subtle way to handle it

CUMC Department of Public Safety:
Emergency number: 212-305-7979
Morningside Campus: 212-854-5555
INTERVENTION GUIDELINES

- Guideline 1: Gauge the level of your response to the person’s behavior. Look for the cues
  - Example: “I notice other people can hear what you’re talking about, could you please keep it down a little.”

- Guideline 2: Make clear statements. Speak directly and to the point in the first person.
  - Example: “I can’t let you in unless you have your ID.”

- Guideline 3: Be nonjudgmental and nonthreatening
  - Example: “I’m sorry, I can’t give you another drink”

- Guideline 4: Give a reason for your actions
  - Example: “I’m sorry, but it’s campus policy”

AIMS (Addiction Information and Management Strategies)
102 Bard Hall @ 50 Haven Avenue
http://bit.ly/cumcAIMS | Phone: 212-305-3989 | Email: aims@columbia.edu

Center for Student Wellness
107 and 101 Bard Hall @ 50 Haven Avenue

Go Ask Alice! - CU's Health Q&A Internet Resource
http://www.goaskalice.columbia.edu

Online Resources
- For a free online drug screening, please visit http://www.drugscreening.org/
- For a free online alcohol screening, please visit http://www.alcoholscreening.org/
QUESTIONS & COMMENTS

STEPHANIE ROZEN
DIRECTOR, ADDICTION INFORMATION & MANAGEMENT STRATEGIES
aims@columbia.edu
212-305-3989
MAILMAN SCHOOL OF PUBLIC HEALTH

Contacts:
- Christina Ferrari, Assistant Director of Student Life: c.ferrari@columbia.edu
- Carlos Correa, Assistant Director, Office of Student Affairs: cc3665@cumc.columbia.edu

Guidelines
- Alcohol at Events
  - Group leaders are encouraged to evaluate if spending money on alcohol is essential to the overall success and purpose of the event and mission of the group. If a group decides it is indeed necessary to provide alcohol at their event, you must submit your alcohol request at least four weeks in advance of the event. Due to the training requirements, no exceptions can be made to this policy. There must be one ‘dry’ and SOHO trained student leader for every estimated 50 attendees.
  - MSPH regulations require that all e-board members go through the Social Host Alcohol Training (SoHo) before OSA approves the distribution of alcohol at any event. OSA provides a SOHO Training session each semester. If an additional training is needed, please contact Stephanie Rozen, sg3052@cumc.columbia.edu, regarding training availability.
  - Alcohol is distributed on a “one drink per hour” per guest, with OSA providing alcohol based on anticipated number of attendees (RSVP list on OrgSync). Groups are charged $10 for each bottle of wine, which serves 6 people. Groups cannot independently purchase alcohol for events outside of OSA. If student organizations or GSA would prefer to use Faculty Club to supply alcohol on consumption, requests must be made to the Assistant Director of Student Life at least three weeks in advance to process the request.
Guidelines (con't):

Each group must adhere to the following regulations to have an alcohol sponsored event:

- Fill out “Alcohol” section of the Event Request form on OrgSync.
- Confirm final approval with the group’s advisor via email [includes confirming that SoHo group member(s) will be present at the event].
- You cannot mention alcohol in the advertising or marketing of the event. Terms such as “21 + event”, “social hour”, etc. are acceptable.
- Click here for a complete list of all University alcohol policies and requirements.
- Click here and here to visit the Addiction Information & Management Strategies (AIMS) website for further information on alcohol safety.

When alcohol is approved and served at student group sponsored events, the group must designate a SoHo trained student leader for every estimated 50 attendees at the event. The designated SoHo leader must:

- Not consume any alcohol during the event
- Ensure that moderation is exercised in the amount of alcohol purchased and served.
- Provide non-alcoholic beverage that should be available throughout the event.
- Ensure food is served and/or made available throughout the event.
Guidelines (con't):

Bartenders

- For all on campus events where alcohol will be served, a licensed bartender must be hired through Faculty Club. Bartenders are $200 each for the entire duration of the event. Alcohol is distributed on a “one drink maximum per hour of social event time or reception” per guest.

- Please be aware that bartending requests must be submitted to your group advisor 2 weeks prior to your event; OSA will provide alcohol based on the RSVP list for the event via OrgSync which must be submitted to your group advisor and the Assistant Director of Student Life the day before the event, if ordering alcohol through OSA. Otherwise, Faculty Club can charge on consumption.
Contacts:
- Rosemarie Scilipoti: Director of Student Activities, P&S Club: rs2914@cumc.columbia.edu

Guidelines
- Alcohol at Events

Group leaders are encouraged to evaluate if spending money on alcohol is essential to the overall success and purpose of the event and mission of the group. If a group decides it is indeed necessary to provide alcohol at their event, you must submit your alcohol request at least two weeks in advance of the event to thepsclub@columbia.edu to schedule an appointment. The email should include the name of the “dry” student coordinator(s) for the event and a description of the event and the reason why alcohol needs to be served. There must be one “dry” student leader for every estimated 50 attendees.

In order to serve any alcohol at your club’s events, you MUST first meet with and then be approved by the P&S Club Director. Once approval is granted, the office will inform AIMS that you are authorized to attend SoHo training. Once completed you must then hire a bartender through Faculty Club (facultyclub@columbia.edu) to serve any alcohol authorized to be at the event- the cost is $200 for a 5 hour minimum (includes set up/clean up). Please copy thepsclub@columbia.edu on the bartender request. Please note that, no club is guaranteed authorization to have alcohol at their student group sponsored university event.

Please review the alcohol policy in the Club Leader Manual prior to inquiring about serving alcohol at your event, including the university’s alcohol policy and the supplemental guidelines for CUMC.
Guidelines (con’t):

When alcohol is approved and served at student group sponsored events, the group must designate a SoHo trained student leader for every estimated 50 attendees at the event. The SoHo leader must ensure that:

- Alcohol is not mentioned in the advertising or marketing of the event. Terms such as “21 + event”, “social hour”, etc. are acceptable.
- Photo IDs with birthdate must be checked for all students consuming alcohol. All authorized students over 21 must have their hand stamped with the P&S Club alcohol handstamp in order to either receive or purchase alcohol from the bartender or an alcohol ticket from authorized student leader at the event.
- Coordinate with the Faculty Club bartender in advance how IDs will be checked, limits of alcohol being served per person/tickets being distributed, etc. This should be discussed and determined with the P&S Club Director in advance of the event.
- “Dry” student leaders must not consume any alcohol during the event.
- Must ensure that moderation is exercised in the amount of alcohol purchased and served.
- Non-alcoholic beverages are made available throughout the event.
- An appropriate amount of food is served and/or made available throughout the event. This will be discussed with the P&S Club in advance in planning for the event.
Guidelines (con’t):

NOTE: No group is allowed to distribute alcoholic beverages at student group sponsored university events without P&S Club approval. This includes not allowing students to bring their own external alcohol to university sponsored events, improperly advertise alcohol, and/or encourage alcohol consumption. Violation of this policy will result in the immediate suspension of group funds and programming on campus. Reinstatement as an active student group will be determined by the P&S Club Director, and may require follow up with the Senior Associate Dean for Student Affairs at the College of Physicians and Surgeons and/or AlMS Director, as well as the associate Dean or Program Director if the student is not a medical student.
OCCUPATIONAL THERAPY

- **Contacts:**
  - Dr. Janet Falk-Kessler, Director of Programs in Occupational Therapy: if6@cumc.columbia.edu

- **Guidelines:**
  - There are currently no additional guidelines for the Occupational Therapy program.
APPENDIX

PHYSICAL THERAPY

- **Contacts:**
  - Dr. Debra Krasinski, Director of Programs in Physical Therapy: dck6@cumc.columbia.edu

- **Guidelines:**
  - There are currently no additional guidelines for the Physical Therapy program.
Guidelines:

- If you are thinking about having alcohol at your event, please speak to the Director of Student Activities immediately. Your first step is to gain authorization from the Director of Student Activities to serve alcohol at your event prior to advertising the event. Please see the Alcohol Policy section of CDM Student Policies at: [http://dental.columbia.edu/page/policy-alcohol](http://dental.columbia.edu/page/policy-alcohol)

- In addition to following the policies, you MUST have one person at each event that is trained in Social Host Alcohol Training (SoHo) with AIMS in Student Wellness. CDM, as part of the larger CUMC community will not promote or encourage excessive alcohol or drinking events.
SCHOOL OF NURSING

- **Contacts:**
  - Naveed Ahmad, Assistant Director of Admissions and Enrollment: na2308@cumc.columbia.edu

- **Guidelines:**
  - There are currently no additional guidelines for the School of Nursing.
GRADUATE SCHOOL OF ARTS AND SCIENCES

- **Contacts:**
  - Yinghui Mao, Assistant Dean for Graduate Affairs: ym2183@cumc.columbia.edu

- **Guidelines:**
  - There are currently no additional guidelines for the Graduate School of Arts and Sciences.