

# IT'S A KĀKOU THING!

**IMPLEMENTING COMPREHENSIVE STRATEGIES TO ADDRESS SUBSTANCE USE  
AMONG STUDENTS THROUGH COLLECTIVE ACTION**

**Presented by: Ku'uleialohaonālanī Salzer, MSW, MPA  
Alcohol and Other Drug Counselor  
USHM Health Promotion**



# HO'OLAUNA

**Name: Ku'u lei Salzer**

**From: Kula, Maui**

**Provide: Brief Alcohol and Other Drug Intervention**

**Community Services:**

- **Co-Chair, Hawaii Advisory Commission on Substance Abuse and Controlled Substances**
- **President-Elect, Pacific Coast College Health Association**





# WHAT TO EXPECT

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**Increased Knowledge of Alcohol and Other Drug Use with College Students**



**Learn About the Alcohol and other Drug Education Program (ADEP)**



**What Collective Action to Reduce High Risk Substance Use Can Look Like on Our Campus**



# QUICK FACTS: ALCOHOL AND COLLEGE STUDENTS



- According to the 2023 NSDUH, around 14 % of full-time college students ages 18 to 22 meet the criteria for an alcohol use disorder.
- The most recent statistics from NIAAA estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.
- About one in four college students report experiencing academic difficulties from drinking, such as missing class or getting behind in schoolwork.



# RISK FACTORS & PROTECTIVE FACTORS

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## Risk Factors

- Commuter Campus
- Peer Pressure
- Availability and Accessibility

## Protective Factors

- Small Greek Life
- Robust AOD Education Program
- Social Norm Campaign



# HOW MANY UHM STUDENTS DRINK EVERYDAY?





# HOW MANY UHM STUDENTS DRINK EVERYDAY?

Less than 1%





# BASICS

## BRIEF ALCOHOL SCREENING & INTERVENTION FOR COLLEGE STUDENTS

Evidence-based program specifically structured for college students

- Confidential & Non-Judgmental Environment
- Personalized Assessment
- Feedback & Self-Reflection
- Exploration of Motivations & Goals
- Harm Reduction Strategies
- Resources & Referrals





# HOW STUDENTS ATTEND BASICS

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## Mandated Referrals

- Student Code of Conduct Violation

## Non- Mandated Referrals

- Faculty or Staff are concerned for their student

## Walk-in

- Student have a motivation to make a change



# STUDENTS EXPECTATIONS OF ALCOHOL & MARIJUANA

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75% of students agree that alcohol will help them to have fun with friends

55% of students agree that alcohol will help them to feel more comfortable talking to people

53% of students agree that alcohol will help them to feel more confident

89% of students agree that marijuana use helps them relax

48% of students agree that marijuana helps them sleep

63% of students agree that marijuana helps them reduce stress



# What Students Are Saying About BASICS

Evaluation Question	Response	n=68
Overall how would you rate BASICS	Excellent	77 %
	Good	23 %
My Counselor was effective in motivating you to make low-risk drinking/using choices for yourself	Very Effective	80 %
	Effective	18 %
	Somewhat Effective	2 %
The Personalize Feedback was effective in motivating you to make low-risk drinking/using choices for yourself	Very Effective	57 %
	Effective	35 %
	Somewhat Effective	8 %





# What Students Are Saying About BASICS

*“BASICS gave me information that is important for me to understand the limits of substance use that is very helpful for me right now and for my future self.”*

*“The tone my counselor used, it didn’t feel like I was being judged or degraded. She walked me through the steps very thoroughly but also in a manner and language that made it easy to understand.”*

*“How comfortable I was thoroughly the whole experience and never felt like I was being judged or shamed, only that my best interests and safety/wellbeing were in mind.”*





# QUIT DA VAPE

## Free vaping cessation for UHM Students

- Structure sessions that will provide one-on-one coaching to help students develop a quit plan tailored to their needs.
- Provide students with information on the health risks of vaping, nicotine addiction, and strategies for quitting.
- Guidance on managing stress, anxiety, and triggers without relying on vaping.
- Tools and strategies to monitor cravings, triggers, and successes.





# **ALCOHOL.EDU**

**An online, evidence-based alcohol education program that provides interactive modules on alcohol use, decision-making, and harm reduction.**

**UH Mānoa students have access to the full library**

## **Campus Prevention Network**

- **AlcoholEdu for College**
- **AlcoholEdu for Continue Education**
- **Prescription Drug Misuse**

## **Alcohol and Drug Abuse Prevention**

- **Alcohol and Other Drugs, Refresher**
- **CannabisEdu, PI & PII**
- **Prescription Misuse (Opioids, Stimulants & Depressants)**



# LŌKAHI HEALTH EDUCATION

## Health Topics

**Sexual Health** Emphasizes responsible and healthy sexuality. Provides strategies for avoiding risky behaviors and basic knowledge about preventing HIV, other STD's, and pregnancy.

**Health & Wellness** Emphasizes the importance of a healthy lifestyle for college success. Discusses stress management techniques and creating and maintaining balance in one's life.

**P.A.R.T.Y.** Presents important information about alcohol and other drug use to college students in a dynamic and interactive way. Includes information about healthy decision-making and the consequences of high-risk behaviors.

**The Truth About Vaping** Focuses on the health consequences of tobacco use with a focus on vape product use. Explains nicotine dependence and provides tobacco product cessation support.

**Healthy Body Image** Helps students focus on personal health and well-being rather than unrealistic goals for physical appearance. Provides an overview on eating disorders, the media's influence on body image, and tips to remain healthy.



# RESULTS

<b>P.A.R.T.Y. Evaluation Question</b>	<b>Response</b>	<b>n=229</b>
<b>Did the presentation increase your knowledge and awareness of alcohol and other drugs?</b>	<b>Yes</b>	<b>96.3 %</b>
	<b>No</b>	<b>3.5 %</b>
<b>Did the presentation provide strategies and tips on how to avoid misusing alcohol?</b>	<b>VeryMuch</b>	<b>86.2</b>
	<b>Some</b>	<b>11.3 %</b>
	<b>A Little</b>	<b>2.15 %</b>
<b>Do you understand the effects of alcohol poisoning and overdose?</b>	<b>Very Much</b>	<b>88.25 %</b>
	<b>Some</b>	<b>9.85</b>
	<b>Not Sure</b>	<b>1.9 %</b>



# 1989 DRUG FREE SCHOOLS AND COMMUNITY ACT

## Annual Notice

To comply with the Part 86 regulations, IHE must notify all students and employees annually of certain information. The notification must include the following:

1. standards of conduct
2. possible legal sanctions and penalties
3. statements of the health risks associated with AOD abuse
4. The IHE's AOD programs available to students, staff, and faculty
5. Disciplinary sanctions for violations of the standards of conduct

IHEs must make the notification in writing and in a manner that ensures all students and employees receive it.

## AOD Biennial Review

The required review has two objectives:

1. To determine the effectiveness of, and to implement any needed changes to, the AOD prevention program
  2. To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently
- Contents must include:
    - Descriptions of the AOD program elements
    - Statement of AOD program goals and a discussion of goal achievement
    - Summaries of AOD program strengths and weaknesses.
    - Procedures for distributing annual AOD notification to students and employees



# It's a Kākou Thing!

- **Refer** your students to BASICS & Quit Da Vape
- **Encourage** students to complete Alcohol.EDU
- **Invite** Lōkahi in your classrooms
- **Join** the AOD Biennium Review Panning Committee



# BASICS & Quit Da Vape

Refer your students to BASICS & Quit Da Vape



BASICS Assessment



Quit Da Vape Assessment





# AlcoholEDU

## Encourage students to complete AlcoholEDU

- **How to Navigate to the AlcoholEdu Training:**

- **Access:** Scan the QR Code or go to <https://hawaiistudents-hi.vectorlmsedu.com/training/home> where you will be prompted to log in.
- **Login:** Use your UH username and password to log in.
- **View Library:** Click "View Library" on your dashboard once logged in.
- **Training Tab:** Navigate to the "Alcohol and Drug Abuse Prevention" Training tab.
  - **Start the Course:** Click on the AlcoholEdu for College or other course options to begin training.





# Lōkahi Presentations

- **Invite** us to present in your classrooms
  - email: [healthed@hawaii.edu](mailto:healthed@hawaii.edu)
  - call: 808-956-3574
    - Let us know what topic
    - Please give us two weeks notice





# AOD Biennial Review

Join the AOD Biennial Review Planning Committee

Email (Ku'u lei Salzer) [salzer@hawaii.edu](mailto:salzer@hawaii.edu)

## Expectations

- Program Assessment
- Policy Review
- Data Collection & Reporting
- Stakeholder Collaboration
- Recommendations & Action Plan



## Timeline

June – July 2025

- Form the AOD Biennial Review Planning Committee.
- Assign roles and responsibilities to members.
- Review previous biennial reports and current AOD policies.

August – September 2025

- Collect data on AOD incidents, disciplinary actions, and prevention efforts.
- Begin drafting sections of the report, focusing on data analysis and program evaluation.

October 2025

- Finalize data analysis and identify key findings.
- Develop recommendations for policy and program improvements.
- Draft the full biennial review report.

November 2025

- Share the draft report with key stakeholders for feedback.
- Revise and finalize the report based on input.
- Submit the final Biennial Review report to university leadership.

December 2025

- Disseminate findings and recommendations to relevant departments.
- Develop an implementation plan for proposed improvements.
- Begin tracking changes and outcomes for the next biennial review cycle.



The background features a light beige color with decorative elements. At the top, there are wavy, layered lines in shades of tan and brown. In the upper right corner, a dark brown line-art branch with several leaves extends across the frame. In the lower left corner, there are three dark brown starburst or spark-like symbols. The central focus is the word "MAHALO!" in a large, bold, black, rounded font.

**MAHALO!**

**salzer@hawaii.edu**

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