

STUDENT SUBSTANCE USE – A GUIDE FOR PARENTS.

FACTS FROM THE 2018 COLLEGE STUDENT HEALTH SURVEY AND 2017 UMD MARIJUANA SURVEY:

83% of UMD students have consumed alcohol within the last year

37% have used cannabis within the last year. 20% in the last 30 days.

Students report driving under the influence of cannabis at rates 11 times higher than driving under the influence of alcohol.

7.7% report using another person's ADHD medication.

WHAT YOU CAN DO:

Communicate

Talk often about your values and expectations about substance use. Our data consistently indicates you are one of their primary sources of health related information.

Connect

Encourage involvement in the campus community – Students who are involved in student organizations, clubs, or volunteer report feeling more connected to UMD and are less likely to abuse substances.

Caution

Help students to understand their responsibility and liability with posting on social media. Images or reference to substance use or paraphernalia can be viewed by potential employers.

Pause

Avoid tales of substance use from your college years – This implies parental approval and normalizes potentially dangerous behavior.

Educate

Encourage intervention in alcohol related emergencies. Teach your students the signs of alcohol poisoning so they can assist in an alcohol related medical emergency

SIGNS OF ALCOHOL POISONING

- Appears unconscious
- Won't wake up
- Cold, clammy, pale or bluish skin
- Slow/irregular breathing
- Vomiting while sleeping or passed out

WHAT TO DO

- Turn the person on their side
- Dial 911/get medical help
- Stay with the person

WE ARE HERE TO SUPPORT PARENTS

Office of the Vice Chancellor of Student Life and Dean of Students

<http://d.umn.edu/student-care-team/>

Questions related to substances and UMD Housing policies

<http://d.umn.edu/housing-residence-life/resident-resources/guidebook>

Duluth community assessment and treatment services

https://champ.d.umn.edu/sites/champ.d.umn.edu/files/recovery_resources_web-page.pdf

2018 College Student Health Survey

<http://d.umn.edu/health-services/health-education/student-health-survey>