

## Dartmouth Student Well-Being: High-Risk Drinking Prevention

In his *Moving Dartmouth Forward (MDF)* address on Jan. 29, 2015, President Philip J. Hanlon '77 said: “to truly create a safe environment—and one that is advantageous to learning—we will also have to tackle the challenge of excessive drinking.” Our campus continues to address the reduction of high-risk drinking and related harms by implementing effective strategies and best practices in the field of prevention.

To combat public health problems, members of the community must be informed and involved in making positive change. In support of this goal, a [series of reports](#) was released over the course of several months sharing current Dartmouth data, information, and recommendations with the community.

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### Questions?

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## STRENGTHENING THE COMMUNITY (5/5)

A combination of individual and environmental strategies for reducing high-risk drinking works to create a network of care and a healthy culture that places the well-being of students at its heart. By increasing positive, proactive actions by every member of the community—particularly student-to-student—Dartmouth can foster an environment in which all students thrive.

### **Strengthening Community and Preventing Risk in Residence Halls**

The undergraduate advisor (UGA) role in residential education has been evolving since 2011 to capitalize on the ability of UGAs to positively contribute to creating healthy living and learning environments. In addition to their role as mentors and community builders, when high-risk alcohol behaviors—such as pre-gaming—occur in residence halls, UGAs are expected to interrupt and document the incident. This process allows residents to enter into the network of care before more serious consequences occur. In 2015, UGAs began conducting community walk-throughs on Wednesdays, Fridays, and Saturdays. Community walk-throughs generated 109 (36 percent) of the 305 undergraduate student-level alcohol-related incidents in 2018-2019. Overall, residential education staff (UGAs and assistant directors) were responsible for initiating student entry into the network of care in 50 percent of all undergraduate student alcohol-related incidents in 2018-2019. Fifty-eight percent of first-year student survey respondents saw a UGA intervening in a case of alcohol use at least once in the past term.<sup>1</sup>

### **Medical Amnesty: The Good Samaritan Policy**

Because students' health and safety are a primary concern, Dartmouth's Good Samaritan (Good Sam) policy protects individuals, organizations, and students in need of help from facing disciplinary action if they seek assistance to provide medical care through the policy. The student of concern must complete educational and/or medical recommendations in a timely manner in order for the Good Sam policy to apply. We saw an upward trend in incidents that resulted from a student calling for help for another student starting in 2015-2016, with a peak of 131 Good Sam incidents in the 2016-2017 academic year. In the past two years, these incidents have been trending downwards with the most recent academic year having 104 Good Sam incidents recorded. Of note, the total number of individual undergraduate student level alcohol-related instances was at an all-time low for the same year ([since recording began in 2011](#)). When looking at Good Sam incidents in the context of related data, we find that Dartmouth is still experiencing solid rates of bystander behavior and that students are looking out for the health and safety of one another.<sup>2</sup>

### **Steps to making a "Good Sam"**

When a student is intoxicated to a concerning level ...

1. Call Safety & Security (603-646-4000).
2. Request assistance for "a Good Sam."
3. Provide a specific, unambiguous location.
4. Provide a description of the student of concern and the environment.
5. Report the level of consciousness, difficulty breathing, skin discoloration, or any other important detail.
6. Stay with the student of concern if it's possible and safe to do so.

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**Ninety-three percent of Dartmouth student respondents would want a peer to intervene if they were in a situation in which they were drinking too much.<sup>3</sup>**

**Dartmouth Bystander Initiative (DBI)** DBI is a prevention strategy that focuses on leadership and bystander intervention to mobilize our community to check in and step in. DBI was originally focused on reducing sexual violence; however, the DBI model encourages students, faculty, and staff to notice all potential harm and take steps to build a safer, more caring community.

Do something yourself  
Bring others in  
Use Ingenious alternatives

**Fifty-seven percent of Dartmouth students reported intervening when they saw someone drinking too much.<sup>3</sup>**

**Going Forward** Continuing the conversations about alcohol and its abuse is imperative to ensuring a healthy Dartmouth community. We must not neglect the significant impact high-risk substance use has on student success, well-being, and safety. We must use a data-driven approach to guide and improve our prevention efforts.

To that end, a group of campus partners has committed to review alcohol-related initiatives and data to refine our prevention policies and programs to ensure that we are implementing the most effective, comprehensive prevention plan possible so that we can continue to move Dartmouth forward.

## CULTIVATING AN ENVIRONMENT OF CARE



<sup>1</sup> Dartmouth College, Office of Institutional Research (2018). *2018 First-Year Student Survey Summary Report*. Response Rate 46%, N=543. (Unpublished report). Hanover, New Hampshire: Dartmouth College.

<sup>2</sup> "Dartmouth Undergraduate Student Alcohol Intoxication Incident Data" Retrieved September 6, 2019 from: [Student Wellness Center Reports & Publications](#).

<sup>3</sup> Dartmouth College, Office of Institutional Research (2018). 2018 Dartmouth Health Survey Results. Response Rate 26%, N=603. Retrieved from: [2018 Dartmouth Health Survey PDF](#).