

*Sam Houston State University*

*ALCOHOL & DRUG ABUSE INITIATIVE*



*6<sup>th</sup> Annual Alcohol & Drug Summit*

**Welcome to the...**

## **2011 ALCOHOL AND DRUG SUMMIT**

Welcome to the 6<sup>th</sup> annual Alcohol and Drug Summit! The goal of the SHSU Alcohol and Drug Abuse Initiative (ADAI) 2011 Alcohol and Drug Summit is to proactively educate the SHSU community about the multi-faceted problems associated with substance use and abuse. The overarching goal of the event is to increase alcohol and drug awareness while strengthening healthy attitudes and ultimately achieving positive behaviors among participants. “Barkats Know How to Save a Life...Be a Lifesaver” is the theme of the 2011 Summit and will be continuously emphasized in the programs and activities throughout the day.

Join SHSU administrators, faculty, esteemed guests, local officials, and campus leaders on Friday, September 16, 2011, as they discuss the consequences associated with alcohol and drug use through a series of educational sessions. Program highlights include: medical use of marijuana, a DWI reenactment, Adderall usage, first aid for alcohol poisoning, tobacco use/hooklah/K-2/spice, alcohol and sexuality, brain development, distracted driving, a parent panel, alcohol and athletic performance, victim rehabilitation, saving relationships, drunkorexia, risk management and chemical effects of alcohol.

This year, the Summit is honored to have Ms. Nicole Martingano, victim of a near fatal drunk driving incident, as the keynote speaker.

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Students who attend the Summit are eligible to earn co-curricular transcript credit, Six Weeks of Alcohol Awareness Training (SWAAT) points, and course activity credit. The student organization with the highest percentage of Summit attendees will have the opportunity to win a cash award for their organization. Students who attend four Summit sessions will receive an official 2011

ADAI t-shirt showcasing the “Barkats Know How to Save a Life...Be a Lifesaver” theme. These students will also be eligible to win a flat screen television donated by Best Buy; gift cards donated by SHSU alumni Jacel Angel, Rhonda Ellisor, Valerie Matthys, Dennis Reed and Becky Spelce; and backpacks with sports products donated by Recreational Sports.

Thank you for supporting the ADAI and attending the Summit. If you would like more information about the ADAI, or would like to be involved with our programs, please contact me at (936) 294-1171. I look forward to working with you during this academic year!

Rosanne Keathley, Ph.D.  
Associate Professor of Health  
SHSU Alcohol & Drug Abuse Initiative Coordinator  
hpe\_rsk@shsu.edu



# About the Keynote Speaker

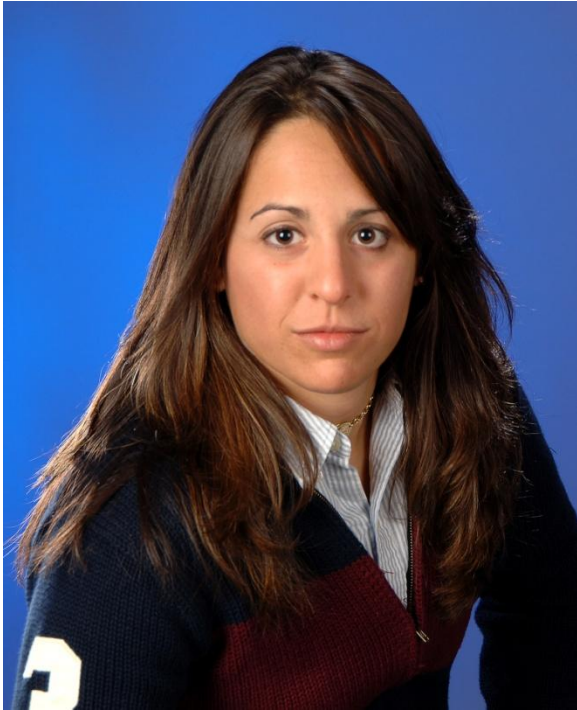


photo by Kristen Bartlett Grace - UF Photography

## Nicole Martingano

### How to Save a Life

Friday, September 16, 2011

Noon to 1:50p.m., LSC Ballroom

“How to Save a Life” is not your typical drunk driving lecture. In fact it is not a lecture at all.

Nicole shares with her peers the deep physical and emotional pain she has endured as a victim in a near fatal drunk driving accident, where Nicole’s car was hit head-on by another university student who was driving while severely intoxicated.

Although the impact was so severe and emergency personnel and homicide detectives feared she had died on impact, Nicole survived.

In her presentation, Nicole tells her chilling story of survival, rehabilitation, and determination, while using high-energy, wit, and compassion to make sure everybody “gets it.”

Everyone is told at some point early in their lives “Don’t drink and drive.” And so I thought, “*Okay, got it. Don’t drink and drive.*” But on February 25, 2006, at age 19, and a sophomore in college, I learned the hard way that “*Okay, I guess not everybody ‘got it’.*”

Martingano, a second-year student at Stetson University College of Law and a graduate of the University of Florida, has shared her personal experience with diverse audiences that include over 10,000 university and college students, with a special focus on freshmen, criminology majors, and the Greek community. Additionally Nicole has spoken to high school students and has been a spokesperson for physicians at Shands Trauma Center, community leaders in the Gainesville area, and police and fire departments across the state of Florida.

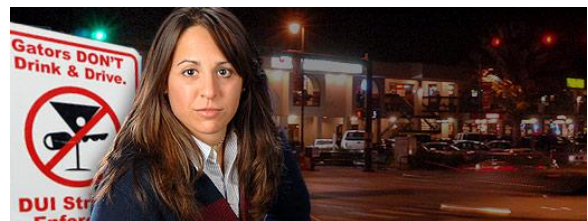


photo by Kristen Bartlett Grace - UF Photography

# Program Schedule

Friday, September 16, 2011

<u>Time</u>	<u>Session</u>	<u>Location</u>	
8:00 - 9:00 a.m.	Free Registration and Check-In	LSC Ballroom Hall & 3 <sup>rd</sup> floor near elevator	
9:00 - 9:50 a.m.	Straight Talk About Alcohol, Sex & Drugs at SHSU	LSC 304	
	Alcohol, Drugs, Athletes & the NCAA	LSC 320	
	Bad Blood: K-2, Spice, Hookah, and Tobacco	LSC 307	
10:00 - 10:50 a.m.	Reaching Others Through Teaching, Tragedy & a Personal Touch	LSC 302	
	DWI Through UPD	LSC 320	
	A History of Cannabis Prohibition in the United States	LSC 306	
	Education Before Castigation - T.A.D.D.	LSC 307	
11:00-11:50 a.m.	Intramurals and Alcohol: Do They Mix?	LSC 304	
	Risk Management and Officer Liability	LSC 302	
	Your Brain and Alcohol	LSC 307	
	The Many Faces of Adderall	LSC 320	
12:00 - 1:50 p.m.	Lunch and Keynote Speaker	LSC Ballroom	
	<ul style="list-style-type: none"> <li>• President, Dr. Dana Gibson</li> <li>• Vice President, Mr. Frank Parker</li> <li>• Keynote Speaker, Ms. Nicole Martingano</li> </ul>		
	2:00 – 2:50 p.m.	Reaching Others Through Teaching, Tragedy & a Personal Touch	LSC 302
	How to Save a Life – Rehabilitation and Recovery	LSC 320	
3:00 – 3:50 p.m.	Addiction and Family Systems: The Stages of Change	LSC 307	
	What Exactly are You Risking? What is the Law & How Does it Impact You?	LSC 306	
	What Could We Expect from Cannabis Legalization?	LSC 306	
	It's Time to Put It Down: Stop Distracted Driving	LSC 320	
4:00 – 4:50 p.m.	Drinkopedia: The Chemistry of Alcohol	LSC 304	
	Drunkorexia: Dangerous Diets for Drinkers	LSC 307	
	Steroids and Supplements	LSC 307	
	Alcohol Poisoning & Drug Overdose: How You Can Save a Life	LSC 304	
5:00 – 5:15 p.m.	Students of Concern – Live	LSC 306	
	Do You Know What We Know?	LSC 320	
	Door Prize Drawing	LSC 320 Hallway area	

# Educational Session Descriptions

## **Straight Talk about Alcohol, Sex & Drugs at SHSU!**

Lisa Clarkson, MS., R.D., Health Programming and Ana Maiorano, LVN - SHSU Student Health Center

9:00 – 9:50 a.m. *LSC Room 304*

Sexual responsibility is difficult enough to achieve without the addition of alcohol and drugs. When these are combined, the results can lead to unplanned pregnancies, sexually transmitted infections, sexual assault, and acquaintance rape. This “telling it like it is” session will give you the true sexual landscape as seen through the eyes of the SHSU Student Health Center and provide the knowledge and skills you need to protect yourself!

## **Alcohol, Drugs, Athletes and the NCAA**

SHSU Athletic Coaches

9:00 – 9:50 a.m. *LSC Room 320*

The collegiate athlete, whether in intramural, NCAA, or club sport competition, has a personal and professional responsibility to abstain from alcohol use. Learn from the experts about the harmful effect alcohol can have on your athletic performance, team camaraderie, and professional reputation both on and off the playing field. NCAA, Recreational Sports, and the Division of Student Services policies regarding alcohol use will also be discussed during the presentation.

## **Bad Blood: K-2, Spice, Hookah & Tobacco**

Deputy Chief James Fitch, Assistant Director - UPD

9:00 – 9:50 a.m. *LSC Room 307*

Smoking and ingesting tobacco products are dangerous to your health! New contraptions and gimmicks are available to make you think you are participating in a safer alternative to tobacco and drug use, but you are not! In fact, the environmental tobacco smoke produced from these activities can endanger the lives of others more than yours! Learn the facts from our resident expert – Deputy Fitch.

## **Reaching Others Through Teaching, Tragedy & a Personal Touch**

Susan Wagener, M.Ed., LCDC, Certified Grief Facilitator, Certified AEPM instructor

10:00 – 10:50 a.m. *LSC Room 302*

As a young adult, an educator, or community leader you are a powerful influence. Awareness of this information will assist in opening the lines of communication with regards to alcohol consumption and keep you and others safe. Learn how to dispel myths and understand effects of BAC levels while hearing about personal experiences. The public focuses on not drinking and driving - but not as much on avoiding alcohol poisoning. We need to focus on both; the necessity for a designated driver and the lethal limit of alcohol.

*Education alone cannot make the same impact as real people, real stories.*

## **DWI Through UPD**

University Police Department

10:00 – 10:50 a.m. *LSC Room 320*

University Police Department officers will discuss and demonstrate an investigation to determine if an individual has possibly committed the offense of “Driving While Intoxicated”. Officers will also discuss other alcohol related violations and the consequence of such violations.

## **A History of Cannabis Prohibition in the United States. \***

Dr. Kenneth E. Hendrickson, Professor of History, SHSU

10:00 – 10:50 a.m. *LSC Room 306*

This talk will cover the politics and policy of cannabis prohibition in America. It is important to see that public health initiatives are often driven not by science or medical decisions alone, but by culture and politics. Once that is understood, students of policy can re-evaluate the bases for policy decisions for the sake of better outcomes.

*\*Denotes scholarly session*

## **Education Before Castigation – T.A.D.D**

Judith Tomlinson, Those Against Drunk Driving

10:00 – 10:50 a.m. *LSC Room 307*

**Those Against Drunk Driving (T. A. D. D.)** is an organization whose purpose is to prevent drunk driving - through education. TADD works with perpetrators of DWI/DUI on a voluntary basis in the community. Learn how alcohol affects your powers of reasoning and how to organize a ride home before drinking and partying – it is better to ask for a lift home than to lose your life or the lives of others!

## **Intramurals and Alcohol: Do They Mix? \***

Dr. Matthew Wagner, Assistant Professor,  
Department of Health and Kinesiology, SHSU

11:00 – 11:50 a.m. *LSC Room 304*

Alcohol has an effect on every individual who consumes it in any quantity; however, the informal/weekend athlete can be affected in other ways not as apparent. This session will explore the effects that alcohol has on the body from an athletic viewpoint, and subsequent changes that can occur with prolonged use.

## **Risk Management and Officer Liability**

Jeanine Bias, Assistant Dean of Students, SHSU

11:00 – 11:50 a.m. *LSC Room 302*

Are you familiar with the Universities Risk Management guidelines? Do you know that whether or not you know the guidelines, you are still responsible for following the rules stated in them? A common misconception is that these guidelines only apply to Greek organizations. WRONG! They apply to all sports, social, honor, educational, and religious student affiliations. Be the responsible party for your student organization. It would be a shame for your student group to lose University recognition for violating a policy you didn't know existed. All student affiliations should send at least one representative to this important session.

*\*Denotes scholarly session*

## **Your Brain and Alcohol \***

Dr. Fred C. Lunenburg, Professor, Educational Leadership and Counseling Department, SHSU

11:00 – 11:50 a.m. *LSC Room 307*

If the brain continues to grow until age 25, then why is the legal drinking age 21? This interactive presentation will inform participants of the short and long-term physiological effects that alcohol has on the prefrontal cortex of the brain, as well as how the addictive characteristics of alcohol can cause problems with judgment and risk-taking behaviors in young adults.

## **The Many Faces of Adderall**

David Ficklen, M.D., Chief Medical Officer,  
Huntsville Memorial Hospital

11:00 – 11:50 a.m. *LSC Room 320*

Adderall (amphetamine and dextroamphetamine) is a prescription medication used for ADHD and narcolepsy. As an amphetamine, Adderall can be habit-forming when used in doses higher than recommended or for extended periods of time. Medications can be effective when they are used properly, but some can be addictive and dangerous when misused. Fortunately, most Americans take their medications responsibly and addiction to prescription drugs is rare. However, in 2003, approximately 15 million Americans reported using a prescription drug for non-medical reasons at least once during the year.

## **Reaching Others Through Teaching, Tragedy & a Personal Touch**

Susan Wagener, M.Ed., LCDC, Certified Grief Facilitator, Certified AEPM instructor

2:00 – 2:50 p.m. *LSC Room 302*

As a young adult, an educator, or community leader you are a powerful influence. Awareness of this information will assist in opening the lines of communication with regards to alcohol consumption and keep you and others safe. Learn how to dispel myths and understand effects of BAC levels while hearing about personal experiences. The public focuses on not drinking and driving, but not as much on avoiding alcohol poisoning. We need to focus on both; the necessity for a designated driver and the lethal limit of alcohol.

*Education alone cannot make the same impact as real people, real stories.*

## **How to Save a Life - Rehabilitation and Recovery**

Nicole Martingano, University of Florida graduate and law student at Stetson Law School

2:00 – 2:50 p.m. *LSC Room 320*

Nicole Martingano continues to tell her story of the physical rehabilitation and mental recovery she endures as a victim of a drunk driver on February 25, 2006, when a fellow university student who was intoxicated and speeding suddenly swerved into her lane and hit Nicole's car head-on. Although her case was assigned to a homicide detective because doctors and emergency personnel believed she died on impact, Nicole survived. In her presentation, she tells the harrowing story of recovery with high-energy, humor, and compassion.

## **Addictions and Family Systems: The Stages of Change \***

Crystal Morrison, M.A., LPC - S, Doctoral Candidate at SHSU and Judy Nelson, Ph.D., LPC - S, LMFT, Associate Professor, SHSU

2:00 – 2:50 p.m. *LSC Room 307*

Addiction is often described as a family disease impacting all members of the family system. Family members take on specific roles regarding addiction, and each one must be responsible for his or her recovery and well-being. Learn the specific roles in this family disease and the stages of change that each person may experience as the family system works toward sobriety, satisfying family relationships, and a more functional family system.

## **What Exactly are You Risking? What is the Law & How Does it Impact You?**

Rhonda Vickers Beassie, J.D., Student Legal Services, SHSU

2:00 – 2:50 p.m. *LSC Room 306*

Sam Houston Student Legal Services Director, Rhonda Beassie and Attorney, Genesis Draper (former public defender), discuss the ramifications of DUI/DWI/MIP charges, defenses, and potential penalties. Gain an overview of the legal system and procedures for those suspected of violating alcohol or drug laws - from the initial stop through the possibility of record expungement.

## **What Could We Expect from Cannabis Legalization? \***

Dr. Kenneth E. Hendrickson, Professor of History, SHSU

3:00 – 3:50 p.m. *LSC Room 306*

Contrary to the opinions of some critics (and some supporters) simplistic issues of freedom of intoxication should not dominate our consideration of cannabis legalization. Instead, observers and policy people will do better to consider the issue from the public health perspective. Looking at current conditions in the US, and also at minor test cases where decriminalization has been tried in Europe (as well as remembering the end of alcohol prohibition in the US), we can extrapolate likely benefits from a revision of current cannabis law. The principal focus of this debate should remain on concrete public health objectives: reduction of crime and drug related violence, reduction of drug abuse, reduction of the exposure of children to cannabis, improved overall health outcomes with people who do use cannabis and reasonable exploration of medical applications of cannabis.

## **It's Time to Put it Down: Stop Distracted Driving!**

Angie Taylor, Director of Leadership Initiatives, Department of Student Activities, SHSU

3:00 – 3:50 p.m. *LSC Room 320*

Distraction is defined by the National Highway Traffic Safety Administration as a specific type of inattention that occurs when drivers divert their attention away from the task of driving to focus on another activity instead. These distractions can be electronic distractions, such as navigation systems and cell phones, or more conventional distractions, such as interacting with passengers and eating. Simply put...drivers can't do two things at once. During this session, students will discuss how everyone has a personal responsibility and that everyone is part of the solution. Opportunities will also be available for students to make a pledge...knowing that IT'S TIME TO **"PUT IT DOWN."**

*\*Denotes scholarly session*

## **Drinkopedia: The Chemistry of Alcohol**

Dr. Rick C. White, Chemistry Professor, SHSU

3:00 – 3:50 p.m. *LSC Room 304*

Have you ever wondered what “proof” distilled spirits, wine, beer and other alcoholic beverages are made of? This encyclopedic session will cover the basics of alcoholic drinks and club drugs. A discussion of the chemical effects of these substances on the body and mind will follow. As with any Wiki-type search session, bring your questions, and we’ll find answers.

## **Drunkorexia: Dangerous Diets for Drinkers \***

Dr. Judy Sandlin, USDA educational consultant and clinical professor of human resource and development, Texas A&M University

3:00 – 3:50 p.m. *LSC Room 307*

A potentially deadly diet is surfacing in the young adult female population—that of restricting healthy calories found in food for the empty calories found in alcohol. *Drunkorexia* is the slang term for the practice of restricting food intake to consume alcohol often followed by purging food or alcohol to consume more alcohol. College females are at risk for this behavior resulting from self-confidence issues—the pressure to be thin and to consume alcohol around their peers. Females obsessed with their weight tend to consume greater amounts of alcohol more frequently than females in the general population.

## **Steroids and Supplements \***

Dr. Judy Sandlin, USDA educational consultant and clinical professor of human resource and development, Texas A&M University

4:00 – 4:50 p.m. *LSC Room 307*

Ergogenic aides such as steroids, creatine, human growth hormone, and supplements are NOT the healthy method to “gain muscle and strength” as they are advertised. In fact, the short and long term health consequences associated with their use can result in cancer, liver damage, heart problems, and kidney failure. In this session, participants will learn the facts about these types of “aides” from the U.S. Anti-Doping Agency and the true healthy method to achieve muscular strength and endurance.

## **Alcohol Poisoning & Drug Overdose: How You Can Save a Life**

Walker County Emergency Personnel

4:00 – 4:50 p.m. *LSC Room 304*

Do you know the signs and symptoms of alcohol poisoning and drug overdose? Do you know what to do in these emergency situations? Be a Bearkat Lifesaver by attending this informative demonstration. Participants will learn how to recognize an alcohol and drug emergency, initiate the chain of emergency survival, and perform life saving techniques to help a fellow Bearkat!

## **Students of Concern - Live**

Dr. Drew Miller, Executive Director Student Counseling Center & Health Services, SHSU

4:00 – 4:50 p.m. *LSC Room 306*

Join members of the *SHSU Students of Concern Committee* as they answer your questions about personal and campus safety issues; alcohol and drug policies; dating and social relationship problems; availability of campus resources; and other topics of concern. Learn positive communication and posturing techniques that will enable you to be assertive and potentially prevent problems from occurring while you are in the Bearkat community.

## **Do You Know What We Know?**

Alpha Tau Omega Fraternity

4:00 – 4:50 p.m. *LSC Room 320*

Join members of the Alpha Tau Omega Fraternity as they lead you through a maze of temptations that could either cause a tragedy or help you save a life. Learn about alcohol serving sizes, blood alcohol concentration, alcohol laws and policies, developing safety action plans, and the many myths and misconceptions that surround alcohol use and the college student.

*\*Denotes scholarly session*





## *Alcohol & Drug Abuse Initiative*

The mission of the SHSU Alcohol & Drug Abuse Initiative (ADAI) is to reduce alcohol consumption and drug abuse among Sam Houston State University students through coordinated efforts to inform, educate and change perceptions about substance abuse.

The ADAI is a coalition of members formed under the direction of SHSU's 12<sup>th</sup> President, James F. Gaertner, in September 2004. Originally, the coalition focused solely on alcohol abuse but has since broadened its scope to include all substance abuse issues. The ADAI is made up of faculty, staff and students dedicated to ensuring the safety and health of SHSU students.

The ADAI utilizes a research-based approach and is guided by "best practices" identified by the National Institute of Alcohol and Alcoholism (NIAAA). The ADAI strives to include the cultural and economic diversity issues of the entire SHSU student population while working to achieve proven strategies identified by the NIAAA.

Members of the ADAI serve as chairs/co-chairs of action committees comprised of additional faculty, students, staff and community members interested in reducing alcohol and drug use among college students. The committees include: Proactive Prevention, Reactive Prevention, Curriculum Infusion, Policy Development, Community/State Relationships, Media/Marketing and Funding Sources.

Alcohol & Drug Abuse Initiative  
Coordinator, Rosanne Keathley, Ph.D.  
936.294.1171

For more information about the ADAI,  
visit: [www.shsu.edu/adai](http://www.shsu.edu/adai)

# Notes



Bearkats know  
how to save a life...

SH Alcohol and  
Drug Abuse Initiative

[www.shsu.edu/aai](http://www.shsu.edu/aai)