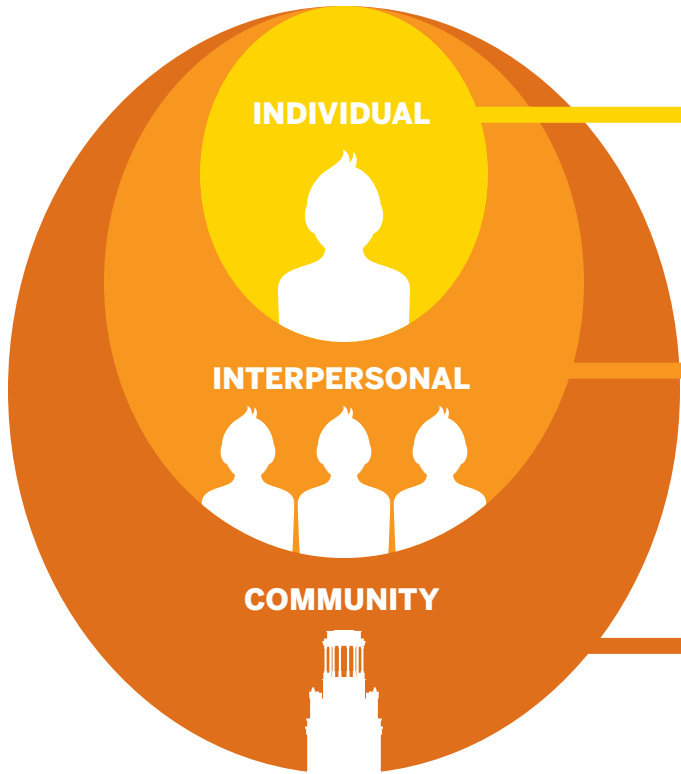


WELLNESS NETWORK ISSUE BRIEF

Alcohol



High-risk alcohol use adversely impacts academic performance, mental health, and physical well-being.

53% of UT students reported experiencing a negative consequence in the last 12 months when they used alcohol.

Perceived social norms shape drinking behavior. Contrary to popular belief,

32% of UT students engaged in binge drinking in the past 2 weeks and **75%** of UT students report drinking moderately or not at all.

The impact of high-risk alcohol use extends into the community and is associated with significant financial costs. There were

150 disciplinary referrals for alcohol related violations in the past year.

WHAT'S UT DOING TO ADDRESS THE ISSUE?

AlcoholEdu: An online educational program all incoming UT students are required to complete. Through interactive and personalized course content, AlcoholEdu teaches college students risk reduction in the areas of alcohol and drugs.

BASICS: A program designed to help students examine their drinking behavior in a non-judgmental environment and develop personalized strategies that reduce alcohol-related consequences.

Center for Students in Recovery: A supportive community where students in recovery and hope of recovery can achieve academic success while enjoying a college experience free from alcohol and other drugs.

Bruce the Bat: A social norms campaign designed to help students reduce negative consequences associated with drinking.

Student Amnesty: A UT policy designed to encourage students to seek emergency medical care while avoiding formal disciplinary action and a record.

UT Night Rides: A free UT safe ride program available 7 days a week from 11pm to 4am in partnership with Lyft.

Healthyhorns Peer Educators: A student volunteer group dedicated to providing interactive and educational outreach activities that positively impact student health, including workshops on alcohol.

Alcohol and Other Drugs (AOD) Counseling Program: The Counseling and Mental Health Center (CMHC) AOD counseling program offers clinical assessments and harm reduction services for substance misuse.

GET INVOLVED WITH THE WELLNESS NETWORK

High-Risk Drinking Prevention Committee

Committee on Substance Safety and Overdose Prevention (COSSOP)

Data in this document were obtained from the 2017 UT Austin National College Health Assessment (NCHA) and UT's Clery Crime Statistics