Know the Signs of Alcohol Poisoning:

- Mental confusion, stupor, coma
- The person cannot be roused
- Vomiting
- Seizure
- Slow breathing (fewer than 8 breaths per minute)
- Irregular breathing (more than 10 seconds between breaths)
- Hypothermia (low body temperature)
- Bluish skin color, paleness

If any of these signs are present, call 911 and Campus Security (570) 961-7899 or (570) 241-2022 (Cell) immediately.

DO NOT LEAVE THE PERSON ALONE.

Resources

Lackawanna College AOD (Alcohol & Other Drugs) Prevention Program:
https://portal.lackawanna.edu/ICS/Student_Services/Student_Wellness_Program/Alcohol_Other_Drugs_Prevention.jnz?portlet=Drug_and_Alcohol_Prevention

National Institute on Alcohol and Alcoholism:

Centers for Disease Control and Prevention:
https://www.cdc.gov/alcohol/faqs.htm

PA Department of Drugs and Alcohol Programs:
http://www.ddap.pa.gov/pages/default.aspx

College Drinking: Changing the Culture:
www.collegedrinkingprevention.gov

8-2018 Lackawanna College Student Wellness Program
AOD Abuse Prevention Series ©

Source: Facts About Alcohol Poisoning,
www.collegedrinkingprevention.gov
What can I do if I am concerned about binge drinking?

Talk to someone you trust:
A coach, parent, doctor, nurse, teacher or friend.

Reach out to Student Wellness Program resources:

Marsha Pigga, Student Wellness Program (SWP) Executive Director/Title IX Coordinator, Angeli Hall, 501 Vine Street, Scranton Room 102
(570) 955-1466
piggam@lackawanna.edu

Tina Bruno, Student Wellness Program (SWP) Coordinator
Angeli Hall, 501 Vine Street, Scranton Suite 105A
(570) 955-1478
brunot@lackawanna.edu

Reach out to Scranton Primary Health Care Center (SPHCC)
959 Wyoming Ave Scranton, PA
(570)344-9684 / (570)969-9662

National Helplines
Alcoholics Anonymous Help Line
570-654-0488

SAMHSA’s National Helpline
1-800-662-HELP (4357)
Visit the Student Wellness Portal Page for more AOD Prevention Resources

On average, 38% of college students binge drink.

Why should I care about it?
Whether you binge drink or not here is why......

- 1,825 college students die from alcohol-related unintentional injuries, including motor vehicle crashes.
- 696,000 students are assaulted by another student who has been drinking.
- 97,000 students are victims of alcohol-related sexual assault or date rape.
- 100,000 students report having been too intoxicated to know if they consented to having sex.
- About 25 percent of college students report academic consequences of their drinking (including missing class, falling behind, doing poorly on exams or papers).
- More than 150,000 students develop an alcohol-related health problem due to drinking or drug use.
- 3,360,000 students drive under the influence of alcohol.

Source: A Snapshot of Annual High-Risk College Drinking Consequences, www.colleagedrinknazonprevention.org

Why do students binge drink?

- Social and peer influences
  “I don’t want to be the only one who isn’t drinking.”
  “If I don’t finish this shot, they’ll think I’m a loser.”
  “I don’t know how to get out of this, so I’ll just do it.”

- Easy availability of alcohol

- To reduce anxiety and connect with others
  “If I’m buzzed I’ll feel more comfortable here.”
  “I don’t want to be rejected.”


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