Late Night Calls: Helping you Help your Student

Michelle Espinosa, Associate Dean of Students

Regina Curran, Assistant Director, Student Conduct and Conflict Resolution Services

University Counseling Center
Our Goals

• Environment
• Expectations
• Resources
• TALK
Student’s Goals.....

- Independence
- Personal values
- Sense of belonging
AU offers 240 Student Organizations
54% of first year AU Students report not drinking alcohol.

63

12-13

# of Drinks Typically Reported

Hospital Transports
What “Playing Hard” can mean...
When having “fun” isn’t fun....

Performed poorly on a test or missed class: 23%

Blacked out 30%

Alcohol Edu for College, American University, 2014-2015, EverFi
Zero Tolerance Policy

No Hazing
Unrecognized: EPSILON IOTA

I WILL NOT BE SILENT
Drug use
Marijuana in DC

Legalized if...
- 21 and over
- In private residence
- 1 oz. or less

Illegal...
- On federal land (more than 20% of DC)
- In a parked car
- Must show ID
Marijuana is **NOT** allowed at American University

- Regardless of age
- Medical marijuana is also banned
- Paraphernalia related to marijuana is not allowed

*Disciplinary Probation*
You are investing in your student when you send them to AU.

GROWTH
Students were more likely to transition to a more healthy drinking pattern—including nondrinking—than they were to stay heavy drinkers 15 months later if parents spoke with students before school started.

TALK MAY BE CHEAP BUT IT CAN ALSO BE PRETTY POWERFUL.

Read more: http://healthland.time.com/2013/03/29/when-it-comes-to-curbing-drinking-college-students-do-listen/#ixzz2WCfv90YA
Parents Matter
• Student Conduct Code
• “Think About It”
• Wellness Center Outreach Programs
• Residence Hall Activities
EVERYONE'S ISSUE!

SEXUAL ASSAULT IS
1. Notice the Event

2. Interpret the event as a problem

3. Assume Personal Responsibility

4. Know how to help

5. **Step Up!**
   - Stand With AU
Education about consent is critical!

The definition of consent from American University’s Student Code of Conduct:

“Consent”—words or conduct indicating a freely given agreement to have sexual intercourse or to participate in sexual activities. Sexual contact will be considered “without consent” if no clear consent, verbal or nonverbal, is given; if inflicted through force, threat of force, or coercion; or if inflicted upon a person who is unconscious or who otherwise reasonably appears to be without the mental or physical capacity to consent.
Talking About Consent
CONVERSATION IS CRUCIAL
#1 Reason Students Come to the Counseling Center..
Some Reasons Students Come to the Counseling Center

- Academic Concerns
- Adjustment to College
- Anger, Frustration
- Anxiety
- Assault/Abuse
- Breakup
- Depression, Sadness
- Difficulties Focusing
- Eating Concerns
- Family Problems
- Feeling Overwhelmed
- Grief/Loss
- Health Concerns
- Homesickness
- Identity Exploration
- Roommate Issues
- Sleeping Problems
- Social Struggles
- Stress
- Substance Abuse
- Suicidal Thoughts
- Thoughts of self-harm
- Transition to college
  …and so on
Step Up to support your student

- Share your expectations
- Encourage healthy decisions and self-care
- Help your student advocate for him/herself
- Help your student find his or her voice
- Support help-seeking behaviors
QUESTIONS FOR US?

Michelle Espinosa
202-885-3319
espinosa@american.edu

Regina Curran
202-885-3314
regina.curran@american.edu

Counseling Center
202-885-3500

Thank you