



Safe & Informed Student-Athlete Training

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Harm Reduction



WHAT'S HARM REDUCTION?

Bike Helmets	Designated Driver
Face Masks	Methadone
Naloxone	Nicotine Patch
Syringe Exchange	Safety Belts
Speed Limits	Sunscreen

ALL OF THE ABOVE!

How and when do student athletes drink?

Traditions & Celebrations

- Initiation
- Home team wins
- Home team losses
- Breaks with the organization
- Recruitment
- Birthdays
- Graduation



Why do I need to know this?



- Student-athletes have a greater risk for abusing alcohol and experience more frequent negative consequences
- Student-athletes with the heaviest drinking patterns are over 6 times more likely to experience alcohol-related injuries, which may be season- or career-ending.
- Heavy drinking can reduce athletic performance by over 11%



Arrive as a group, leave as a group



Stick to the plan



How much you can handle



How much you have had



Make sure to drink water

Harm Reduction Strategies

Drinking Before the Game

- Compromised motor skills
- Decreased coordination
- Delayed reactions
- Diminished judgment
- Impaired balance
- Increased risk of injury ~72 hours
- Best to refrain for at least 3 days

prior to the game



Drinking After The Game

- Dehydration
- Less-than optimal nutrition
- Inhibited muscle growth and repair
- Prolonged recovery period
- Inadequate recovery period
- Lack of desired muscular adaptations



Things to know about alcohol....

Standard Drink Size



**Light
beer**
14 oz.
4.2% AbV



**Regular
beer**
12 oz.
5.0% AbV



**Craft
beer**
9 oz.
6.7% AbV



**White
wine**
5 oz.
12.0% AbV



**Red
wine**
4 oz.
15.0% AbV



**Liquor
(80 proof)**
1.5 oz.
40.0% AbV

What feeling are people trying to achieve when drinking?

Blood Alcohol Level (BAL)

Sometimes referred to
as Blood Alcohol
Concentration (BAC)

Body Mass

How much of 'you' there is



Amount

How much you drink



Time

How quickly you drink



Biology

Sex assigned at birth, Hormones, etc.



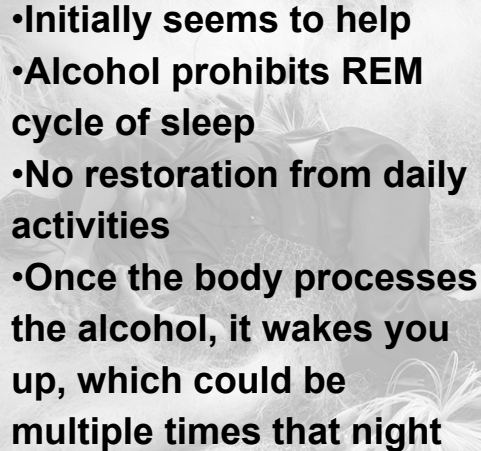
Medication

Prescription or non-prescription
drugs



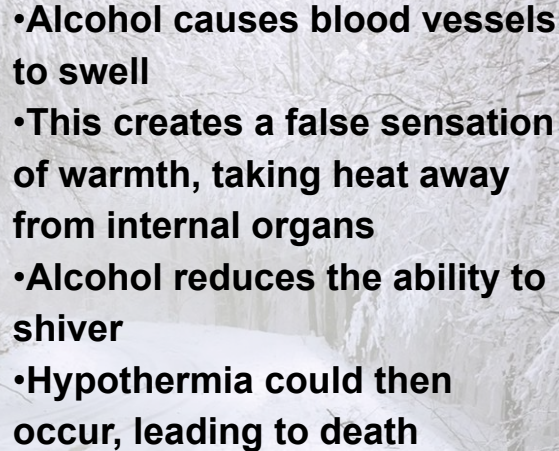
Alcohol's Other Effects

Sleep

- 
- Initially seems to help
 - Alcohol prohibits REM cycle of sleep
 - No restoration from daily activities
 - Once the body processes the alcohol, it wakes you up, which could be multiple times that night

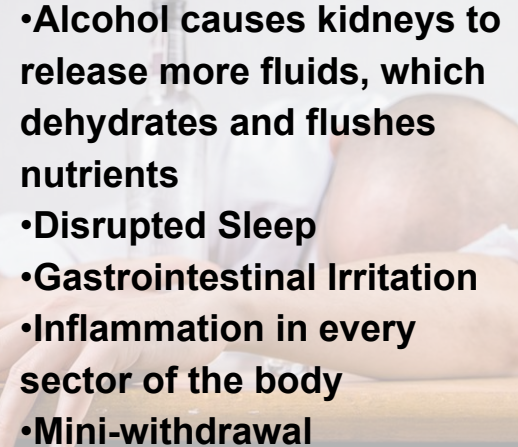
Roehrs, T., & Roth, T. "Sleep, Sleepiness, and Alcohol Use." *National Institute on Alcohol Abuse and Alcoholism*. Retrieved from <https://pubs.niaaa.nih.gov/publications/arh25-2/101-109.htm>.

Weather

- 
- Alcohol causes blood vessels to swell
 - This creates a false sensation of warmth, taking heat away from internal organs
 - Alcohol reduces the ability to shiver
 - Hypothermia could then occur, leading to death

Granberg PO. "Alcohol and cold." *Arctic Med Res*. 1991;50 Suppl 6:43-7. PMID: 1811578.

Hangover

- 
- Alcohol causes kidneys to release more fluids, which dehydrates and flushes nutrients
 - Disrupted Sleep
 - Gastrointestinal Irritation
 - Inflammation in every sector of the body
 - Mini-withdrawal

"What is a Hangover?" *National Institute on Alcohol Abuse and Alcoholism*. Retrieved from <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/hangovers>.

Alcohol Overdose (Blackouts)



What does it look like?

- Mental Confusion
- Unresponsive
- Gaps in Memory
(Black Out)
- Irregular Breathing
- Clammy, Pale/Blue skin
- Uncontrolled Vomiting
- Seizures

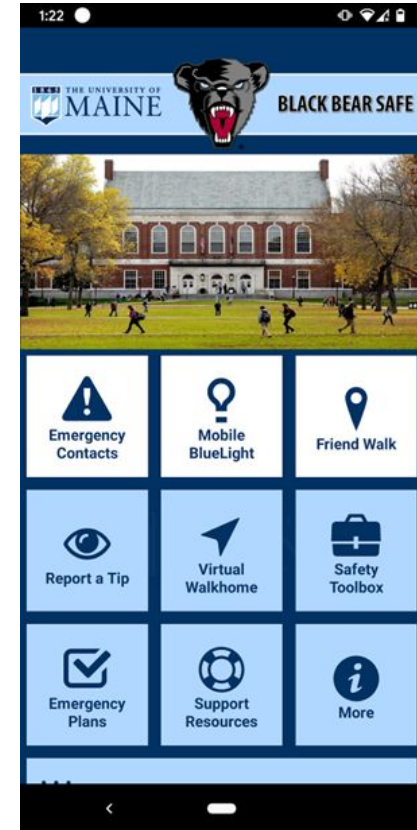
Medical Amnesty/Good Samaritan

Emergency Response (911)

UMPD (207)581-4040

umaine.edu/police/campus-eyes

Black Bear Safe App



What To Do: Wake, Turn, Call, Stay



Give Authorities Accurate Information

- What Type of Alcohol
- Other Drugs
- Medications
- Allergies



Don't Leave The Person Alone

- Prevent further injury
- Keep them upright as much as possible



Monitor Vomiting

- Lean them forward to prevent choking
- If on the ground, turn them on their side
- Keep their airway open



Cannabis Overview



>NOT legal on a federally-funded campus, even if you have a medical card<

- If you choose to partake, it must be stored off-campus
- RAs check your room for cannabis & paraphernalia
- If found, UMPD will be called and a police report created
- Mandatory disciplinary action by the conduct office

High Percentage THC has been clinically tied to:

Cannabis Addiction

- Exhibition of similar symptoms to ADHD
- Sleep Abnormalities
- Heightened levels of stress and anxiety
- Directly correlates to depression and suicide
- Lower GPA and test scores

Withdrawal

- Irritability
- Increased nervousness/anxiety
- Sleep Difficulty/Restlessness
- Decreased Appetite
- Depressed mood
- Physical Discomfort (headache, nausea)

Overdose

- Heightened Anxiety
- Panic
- Paranoia
- High Blood Pressure
- Increased Heart Rate
- Nausea/Vomiting
- Psychotic Symptoms
(Delusion, Hallucination)

Be careful with substance use. Research before making decisions.

All look the same.
All are lethal doses.



Carfentanil
.02-.03mg

Fentanyl
2-3mg

Heroin
30mg



Justice.gov/USAO #OverdoseAwareness



Bystander Intervention

1. Notice the Incident
2. Interpret Incident
3. Assume Responsibility
4. Know How to Help
5. Take Action



Title IX

Sensitive subject matter....

Title IX

“No person in the United States shall, on the basis of sex be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal aid.”

Title IX - Student Services

What we cover....

- Stalking
- Sexual Assault
- Sexual Harassment
- Dating Violence
- Domestic Violence

What we provide....

- Reporting Options
 - Accommodations
 - Support (for both parties)
 - Resources
 - Prevention Education
- We also support pregnant and parenting students

Definitions

- **Sexual Harassment**

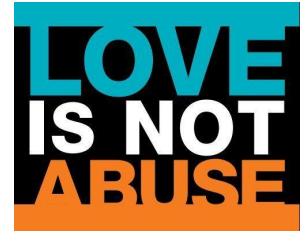
- unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature, including sexual assault and sexual violence. Sexual harassment, including sexual assault, can involve persons of the same or opposite sex. Consistent with the law, this policy prohibits two types of sexual harassment:
 - Quid Pro Quo
 - Hostile Environment

- **Sexual Assault**

- an offense that meets the definition of rape, fondling, incest, or statutory rape

Definitions

- **Dating Violence**
 - violence committed against a person by an individual who is or has been in a social relationship of a romantic or intimate nature with that person
- **Domestic Violence**
 - a felony or misdemeanor crime of violence committed by:
 - a current or former spouse or intimate partner; or
 - a person with whom the victim shares a child in common; or
 - a person who is cohabitating with, or has cohabitated with, the victim as a spouse or intimate partner; or
 - a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred, or;
 - any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction in which the crime of violence occurred.



Definitions

- **Stalking**
 - engaging in a course of conduct directed at a specific person that would cause a reasonable person to:
 - fear for the person's safety or the safety of others; or
 - suffer substantial emotional distress



Incidents of Sexual Assault

University of Maine

- Many occur within initial weeks of school
- Res Life most common referral source
- 9/10 involve alcohol use
- Most complainants are female
- Most respondents are male
- **1 in 5**

**See something,
say something.**

SPEAK UP TO PREVENT SEXUAL ASSAULT



Consent

- Clear, unambiguous voluntary agreement to participate in sexual activity
- It is an active – not passive – expression
- Power between parties must be equal
- Can't consent when asleep, unconscious, mentally incapacitated due to drugs, alcohol, or other conditions
- Must be present in a long standing relationship



Consent

- Must be able to say “no”
- Consent to some activities does not imply “yes” to other activities
- Consent can be taken away at any time during the sexual encounter



Title IX - Reporting

- “Responsible Employees” must take immediate and appropriate steps to
 - Stop the harassment
 - Remedy the effects
 - Prevent a recurrence

Who are the responsible employees?



Title IX - Reporting

How can you report a concern you have about a student?

- umaine.edu/titleix/
- Call (207) 581-1485
- Stop into Memorial Union 235
- Email heather.hogan@maine.edu

....but then what happens next?

Want to Report

MANDATED REPORTING

Title IX Reporting

Hi, my name is Heather....

- Resources
- Options
- Support



Resources available for students who have experienced sexual violence. This includes information regarding sexual harassment, sexual assault, stalking, dating violence, domestic violence.

For more information, please contact:
Heather Hogan
 Deputy Title IX Coordinator
 Memorial Union, Room 308
 207.581.1485
heather.hogan@maine.edu
umaine.edu/titleix

YOUR OPTIONS & RIGHTS

The University of Maine is committed to preventing and intervening in all forms of gender discrimination which includes sexual assault and sexual harassment, and can also include relationship abuse and stalking. We strongly urge students who have been impacted by gender discrimination to take action, including using the support services identified and/or pursuing criminal and student conduct action.

The University strongly encourages students to seek out the assistance of the support services listed in this brochure. These resources can work to assist with accommodations such as the following:

- No Contact Order - To eliminate contact with the accused
- Academic Accommodations
- Change in Living Arrangements
- Access to Health & Counseling Services
- Safety Escorts & Safety Planning

Privacy will be respected to the fullest extent possible and the complaint will only be shared with members of the University community with a need to know. Students will be kept informed of action taken in response to the concerns raised. Requests for confidentiality may limit the University's ability to respond to a report.

Many University employees (other than those identified as Confidential Support Services to the right) are required by law to report all complaints of gender discrimination to the Deputy Title IX Coordinator even when the complainant requests no action be taken. When an incident is reported, the University will investigate the complaint and take necessary action to protect the individual and the community.

SUPPORT SERVICES

For Emergencies: University of Maine Police Department

- Dial 911 from campus telephones or 207.581.4040
- 24 hours a day, 7 days a week

On-Call-Dean: Call 207.299.7237

Student Life: Call 207.581.1406

RELEVANT UNIVERSITY POLICIES

- University of Maine Student Conduct Code
<https://www.maine.edu/board-of-trustees/policy-manual/section-503/>
- Sexual Assault Policy
<https://umaine.edu/eo/policies-procedures/sex-discrimination-sexual-harassment-sexual-assault-relationship-violence-stalking-and-retaliation/#polst>

CONFIDENTIAL RESOURCES

There are also a number of services, both on and off campus, available for students who are seeking confidential support.

University of Maine Counseling Center: Call 207.581.1392

- Monday thru Friday
- 8:00 AM - 5:00 PM

If you need to speak with a counselor after regular work hours, you can arrange this through the University of Maine Police Department by dialing:

- 911 from campus telephones; or
- 207.581.4040 from other Maine telephones

Cutter Health Center: Call 207.581.4000

- Monday thru Friday
- 8:00 AM - 5:00 PM

Emergency Care: Dial 911

- Ambulance service is available on campus 24 hours a day, 7 days a week

After Hours and Weekend Care: Call 207.581.4000

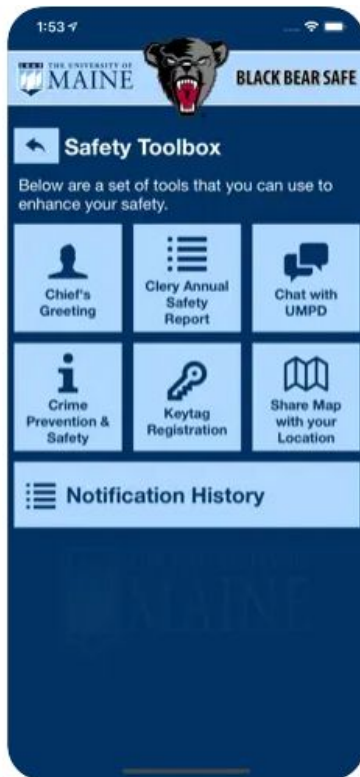
- Clinicians are also available after hours and on weekends
- These services may be provided at Walk-In Care, located on Union Street in Bangor
- Call 207.581.4000 to reach the on-call service

Transportation to off-campus appointments and the emergency room are offered by the University through a local taxi service at no cost to the student. To initiate a taxi for medical purposes, please call 207.581.4000.

Black Bear Safe



Black Bear Safe



Black Bear Safe

Apple App Store



Google Play Store



Resources

Private

On Campus

- Title IX Student Services
207-581-1406

- UMaine Police Dept.
911/ 207-581-4040

Confidential

On Campus

- Cutler Health Center, *207-581-4000*
- Counseling Center, *207-581-1392*
- Confidential Resource Advisor,
jennifer.i.england@maine.edu

Off Campus

- Rape Response, *1-800-310-0000*
- Partners for Peace, *1-800-863-9909*

Title IX Student Services

Questions?

Hazing

Any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them regardless of a person's willingness to participate

Let's breakdown the definition...

1. Expected activity of joining or maintaining membership in a group
2. Humiliating, degrading, or abusive in nature
3. Regardless of a person's willingness to participate

EXAMPLES OF HAZING:

- Expecting certain items to always be in one's possession
- Requirement to wear embarrassing/humiliating attire
 - Expecting illegal activity by new member
 - Beating, Paddling or other forms of assault
 - Abduction or kidnaps
- Requiring to drinking large amount of alcohol

Reporting Hazing and Issues of Bias

- UMaine Police Department 207-581-4040 (Emergency 911)

Hazing Prevention Team:

- Lauri Sidelko, Assistant Dean of Student Life sidelko@maine.edu
- Heather Hogan, Deputy Title IX Coordinator heather.hogan@maine.edu
- Kevin Hudson, Student Life Educator kevin.hudson1@maine.edu
- Tim Campbell, Student Health Educator timothy.r.campbell@maine.edu
- Colleen Frazier, Coordinator for Student Organizations colleen.frazier@maine.edu
- Anonymous Reporting: <http://umaine.edu/police/campus-eyes/>

Resources:

- Clery Center Video: “We don’t haze” <https://clerycenter.org/initiatives/hazing-project/>
- Stophazing: <https://www.stophazing.org>
- Hazing Prevention Consortium: <https://www.stophazing.org/hazing-prevention-consortium/>

Questions?

Heather Hogan

207-581-1485

heather.hogan@maine.edu

Kevin Hudson

207-581-3633

kevin.hudson1@maine.edu



Attendance

- Today's date
- Your name
- Your email address
- Team

