Higher Education Center
for Alcohol and Drug Misuse Prevention and Recovery

ScreenU
What is SBIRT?

- Screening
  - No: Healthcare professional reinforces positive behavior
  - Yes: Healthcare professional asks further questions to assess level of use

- High-risk use
- Brief intervention

- Severe use
- Referral to treatment
SBIRT has been shown to reduce:

- Typical BAC
- Peak BAC
- Peak number of drinks per setting
- Average number of drinks per week
- Number of drunk episodes per week
Benefits of ScreenU

✓ Web-based
✓ Brief
✓ Doesn’t require training to implement
✓ Connects students with vital resources
✓ Real-time reporting
✓ Customizable elements
Where are campuses using ScreenU?

- Student Health Services
- Student Wellness
- Academic Advisors
- Outreach events
- Fraternity and Sorority Life
- Residence Life
- Student Conduct
- Athletics
- Counseling Centers
How does it work?

- Screening
- Risk Level Feedback
- Evoking Change
- Readiness for Change
- Resources/Strategies
Why ScreenU?

A student’s perspective on the benefits of having ScreenU as a resource.
Vision

Short term
• Weave ScreenU into all presentations
• Increase awareness of ScreenU
• Increase number of students who know resources
• Provide resource cards across campus

Long term
• Increase percentage of students who practice responsible drinking practices
• Decrease negative alcohol-related outcomes
• Having 100% of OSU undergraduate students take ScreenU
• Implement ScreenU program in local high schools
Strategies to Spread Campus Awareness

• ScreenU resource cards available at campus bars and to RAs (more on these to come
• Campus advertising
• Weave into Wellness Coaching, Success Series, Dorm activities
• Pair with student organizations
• Alcohol education made available to parents
• Utilization of social media
SCREEN U

For a healthier campus life.

screenu.org
How much is too much? Know your risk.

missed classes clumsy FATIGUE
impaired decisions sexual assault
blackouts lower grades INJURY
increased debt weak immune system

Visit swc.osu.edu for helpful resources!
ScreenU cards

- Bars
- Residence Halls
- Academic Advisors
- Student Health Center Providers
- Others?
ScreenU Reporting

What are some reasons you’ve thought about changing your drinking?

If you did decide to change or stop drinking alcohol, what positive impacts might that have?
• More money
• It would be boring as shit
• Improved grades, less anxiety, more money
• Flat stomach
• Lose weight
• Make better decisions
• I lost weight, I had more motivation to go to class, I went to the gym again, and I have had a better relationship with others

• I have changed and I have more money and more time to sleep.
• Less money spent
• Less money spent
• I would have more money
• Lose weight and be more productive
SCREENU at
THE UNIVERSITY OF CALIFORNIA SAN DIEGO
BY, LUPE SAMANIEGO-KRAUS, MPH
ALCOHOL AND OTHER DRUG PREVENTION, PROGRAM DIRECTOR
WHY SCREEN U?

- SBIRT – evidence based research
- Tool for Providers (SUDs Committee)
- Tool for Students
- Prevention messaging for workshops
- Leadership and Teaching opportunities for SHAs (Student Health Advocates)
<table>
<thead>
<tr>
<th></th>
<th>Clinic</th>
<th>SHA Class</th>
<th>Fraternity</th>
</tr>
</thead>
<tbody>
<tr>
<td>No use</td>
<td>13%</td>
<td>10%</td>
<td>14%</td>
</tr>
<tr>
<td>Low Risk</td>
<td>61%</td>
<td>83%</td>
<td>38%</td>
</tr>
<tr>
<td>Risky Hazardous</td>
<td>13%</td>
<td>7%</td>
<td>41%</td>
</tr>
<tr>
<td>High Risk Harmful</td>
<td>3%</td>
<td>0</td>
<td>5%</td>
</tr>
<tr>
<td>High Risk Likely Dependent</td>
<td>6%</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>In Recovery</td>
<td>3%</td>
<td>0</td>
<td>3%</td>
</tr>
</tbody>
</table>
Screen U at OU

Special Populations
Alcohol and Rx Drug Screening
Residence Halls
Sorority and Fraternity Life
Learning Community Leaders
Community Assistants
Residence Assistants
Screen U at OU

• Why do we like the screening?
• It’s easy and student like it once you get their attention to take the screening
• Non threatening
• Can be used in a variety of ways
Screen U at OU

• Ways to use……
• Before “Fest” season or “High-Risk” events
• To get student leaders to think about their own use and how they model the Healthy Campus Majority
Screen U at OU

• Ways to use.....
• As a reflection tool for existing programs
• Waiting rooms
• Classes
• Data report to faculty
Screen U at OU

• Challenges……
• Mass email delivery is not the best way to deliver
• High-risk groups may not want to participate
• Having face to face follow-up
JOHN CARROLL UNIVERSITY SCREEN WITH GAMMA PHI BETA

Megan Dzurec
Coordinator, Health Promotion & Wellness
mdzurec@jcu.edu
TYPICAL AMOUNT OF ALCOHOL (# OF DRINKS)

- n=30

- 0: 6
- 1 to 4: 74
- 5 or more: 20

Higher Education Center
for Alcohol and Drug Misuse Prevention and Recovery
WAYS TO REDUCE RISK

- Set a limit before you start
- Drink one less
- EAT before you go out
- Drink slowly
- Drink water
- Keep track
- Stay together
GAMMA PHI BETA MAJORITY

- think it’s unacceptable for a sister to miss chapter commitments due to alcohol use
- think it’s ok to stop a sister from drinking more if she has had too much
- think it’s unacceptable for a sister to miss class due to alcohol use
Connect with HECAOD!

Follow us for the latest research and news, information on upcoming events and training resources to support your campus.

WEB: hecaod.osu.edu | EMAIL: hecaod@osu.edu | PHONE: 614-292-5572