

COLLEGE OF CHARLESTON POLICY REMINDERS

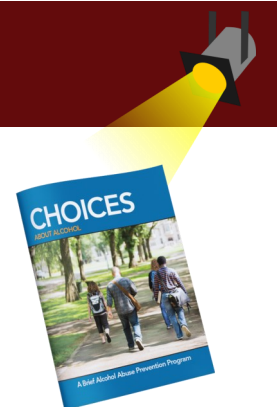
Be aware of the college's policies on alcohol and drug use and other related information, which can be found via this [Drug Free Schools and Community Act](#) link.

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees
- A description of the applicable legal sanctions under federal, state, or local law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A list of drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to employees and students
- A clear statement of the disciplinary sanctions students and employees may face for violations of standards of conduct relating to drugs and alcohol.

WE ALL HAVE CHOICES...

In August 2019, the Counseling Center implemented CHOICES, an evidence-based intervention for college students with alcohol violations. George Parks designed CHOICES as part of the evidence-based harm reduction modality of the Alcohol Skills Training Program (ASTP). CHOICES can be used as an indicated prevention program serving the needs of college students who have already developed alcohol-related problems. CHOICES can also be directed at all college students on a campus (universal prevention) because its content applies equally to all levels of alcohol use from students who abstain from drinking to those who are frequent heavy drinkers. In addition, CHOICES can be a targeted intervention for subgroups of students at higher risk for alcohol abuse (selective prevention), such as freshmen, athletes, or members of Greek organizations.

The program is delivered in a group format and students attend two hour-long sessions a week apart at the Counseling Center. The group is led by a licensed counselor who guides students through the CHOICES workbook which uses motivational interviewing as a way to engage students in discussion about the role of alcohol in their lives. Discussion questions might be about benefits/risks of alcohol use, goals that might conflict with alcohol misuse, or ways to maintain a social life around peers who routinely use alcohol. Student feedback has been overwhelmingly positive— with the BAC calculation chart and impact of BAC on health noted as the most important things they learned in the program.



Students and Alcohol & Drug Issues

The Counseling Center & the Office of the Dean of Students

THE WHITE CLAW CRAZE HAS TRULY GONE FOUR LOKO

As a counselor on a college campus, I spend a lot of time assessing the role that alcohol and other drugs play in my clients college experience. I try to look for trends so I can tailor programming. Last year we saw more students replacing Natty Light with locally brewed craft beer. When I was an undergrad here in 2006, Four Loko was enjoying its 15 minutes of fame before being banned for combining large amounts of caffeine along with alcohol. Turns out drunk and wired college students wasn't a good look for the brand. In 2019, enter the White Claw craze. For those who don't know, White Claw, a gluten-free, seltzer-based alcoholic beverage with a hint of fruit flavors, was introduced in 2016 by the makers of Mike's Hard Lemonade. The seltzer craze had a slow start, but by 2019 brands like White Claw, Truly and Bon & Viv were seemingly everywhere. Memes popped up praising seltzer drinks, and 2019 was dubbed "White Claw Summer." So what is it about seltzer drinks, particularly White Claw, that is so attractive to college students?

According to an article by CNBC, the seltzer craze seems to be driven by the turn toward health-conscious lifestyles. Most seltzer drinks have less than 100 calories— fewer than Bud Light (110 calories). Even more significant are the carb and sugar counts— White Claw contains just 2g carbs and 2g of sugar, while other beer alternatives come in around 32g of sugar (Mikes Hard Lemonade). Combine these stats with the fact that seltzers are gluten-free, and it seems like the perfect combination for a generation of health-conscious college students. Flavored beer alternatives of the past also had a stigma for being drinks that women prefer, whereas marketing for hard seltzers has been able to largely avoid any gender stereotyping— White Claw even reports that their customers are split fairly evenly— 53% women and 47% men.

Are CofC students turning to White Claw to be more health-conscious? Or are there other reasons behind the craze? We didn't do an official survey, but I will share some of the anecdotal evidence my co-counselors and I gathered from students who identify as part of the "White Claw Craze."

- Since it's so light, you can drink it all day long and not ever feel too full
- It tastes better than beer and is healthier
- I feel more energetic when I drink White Claw— beer makes me tired

As a college community, we all have a role in ensuring our students are staying safe and being responsible— and one way to do that is to remind students that, in fact, there ARE still applicable laws when you're drinking Claws, despite the catchy saying.

-Rachel Goulet, MA, LPC-A

The Counseling Center

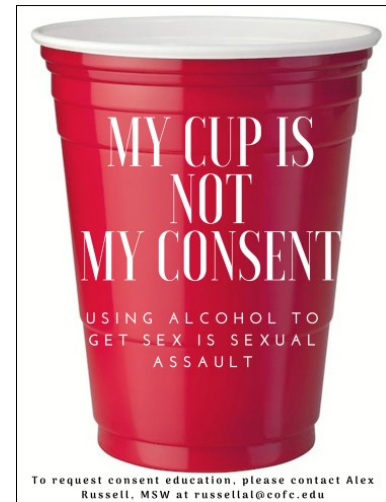


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SPOTTED AROUND CAMPUS

Be on the lookout for an addition to the TD Arena this year– a banner for College of Charleston’s Collegiate Recovery Program (CRP)! With more students entering college in various stages of recovery, increasing awareness about the CRP among our students is a great way to continue working toward building a more inclusive CofC community!



Keep an eye out for new flyers and graphics on the topic of alcohol use and consent coming from our Dean of Students Office this year! If you'd like to request any graphics or materials to promote consent or responsible alcohol use, please reach out to the Dean of Students Office or the Counseling Center!

RESOURCES

On Campus

The Counseling Center

Robert Scott Small Bldg, Rm 300
843.953.5640

Narcotics Anonymous

Robert Scott Small Bldg, Rm 319
Saturdays, 9 p.m.

Collegiate Recovery Program

Wood Marchant
843.953.6630

Off Campus

Charleston Center

843.958.3300

MUSC Institute for Psychiatry, Center for Drug and Alcohol Programs

843.792.9162

Palmetto Lowcountry Behavioral Health

843.747.5830

Deer Oaks (Employee Assistance Program)

1.866.327.2400

