

Components of the Seminar: ALCOHOL

COMPONENT 1: ORIENTATION & BUILDING RAPPORT

1. Introductions
2. Description of the program philosophy and approach
3. Discussion of confidentiality
4. Define Abstinence
5. Assessing Personal Risk Factors
6. *Genetic*
7. *Psychological*
8. *Environmental*
9. *Intention*

COMPONENT 2: ASSESSMENT OF USE

1. Explanation of a “standard drink”
2. Discussion of high school student drinking norms

COMPONENT 3: ALCOHOL & BODY

1. What is alcohol?
2. How does alcohol get into your system?
3. What influences the rate of absorption?
4. How does alcohol leave the system?
5. The rate of metabolism

COMPONENT 4: BLOOD ALCOHOL CONCENTRATION

1. Definition of blood alcohol concentration (BAC)
2. Identification of factors that influence (BAC)
3. Explanation of alcohol effects at various levels of (BAC)

COMPONENT 5: BIPHASIC EFFECTS OF ALCOHOL AND TOLERANCE

1. Changing effects of alcohol over time
2. The biphasic curve
3. Two types of tolerance
4. Advantages and disadvantages of tolerance
5. Drug interaction effects
6. Alcohol Myopia

COMPONENT 6: MONITORING DRINKING BEHAVIOR

1. Rationale for monitoring drinking behavior
2. Advantages of monitoring drinking behavior
3. Disadvantages of monitoring drinking behavior
4. How to self-monitor “Talk About Model and Role Play”

COMPONENT 7: FEEDBACK – EXPECTANCIES

1. Expectations from alcohol?
2. Discussion of alcohol’s effects on men vs. women
3. Influences of set and setting

COMPONENT 8: RISK REDUCTION TIPS

1. Moderate drinking guidelines *Risk=Use*
2. Moderate drinking strategies *Risk=Use*
3. Tips for reducing the risk of negative consequences associated with alcohol use

COMPONENT 9: GOALS AND WRAPPING UP

1. Summary
2. Questions and answers
3. Discussion of future thoughts
4. Solicit feedback about the program
5. Referral options

