

WELLNESS CONNECTION

Your health, your well-being, our priority!



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LETTER FROM MAK

Dear Reader,

We hope your classes (and Exam 1's) are going as well as you could have hoped. Stress levels have certainly been high on campus recently, and we are so proud of you all for working through the weather and becoming better students and community members. There are breaks in sight!

With the St. Pat's celebration right around the corner, we have included some tips and alternatives to alcohol consumption, as well as some precautions if you do choose to partake. We've also added some recovery resources for anyone struggling with substance misuse, as well as some helpful programs that will help you to prevent risk and help yourself stay safe during the celebrations. If you choose not to drink alcohol, you aren't alone. We've added in two mocktail recipes to try out, along with a fun craft for those with pets.

We're very excited for a great St. Pat's, and we hope you all can enjoy the festivities responsibly. Remember to prioritize your mental and physical health and take preventative measures to prevent stressful situations. Your spring break plans will thank you.

With warm regards,

Mak the Mole (and *The Student Well-Being Office*)

DATA BRIEF

Missouri S&T Drinking Habits & Misconceptions

From *Stanford, One Love* & Student Well-Being Staff

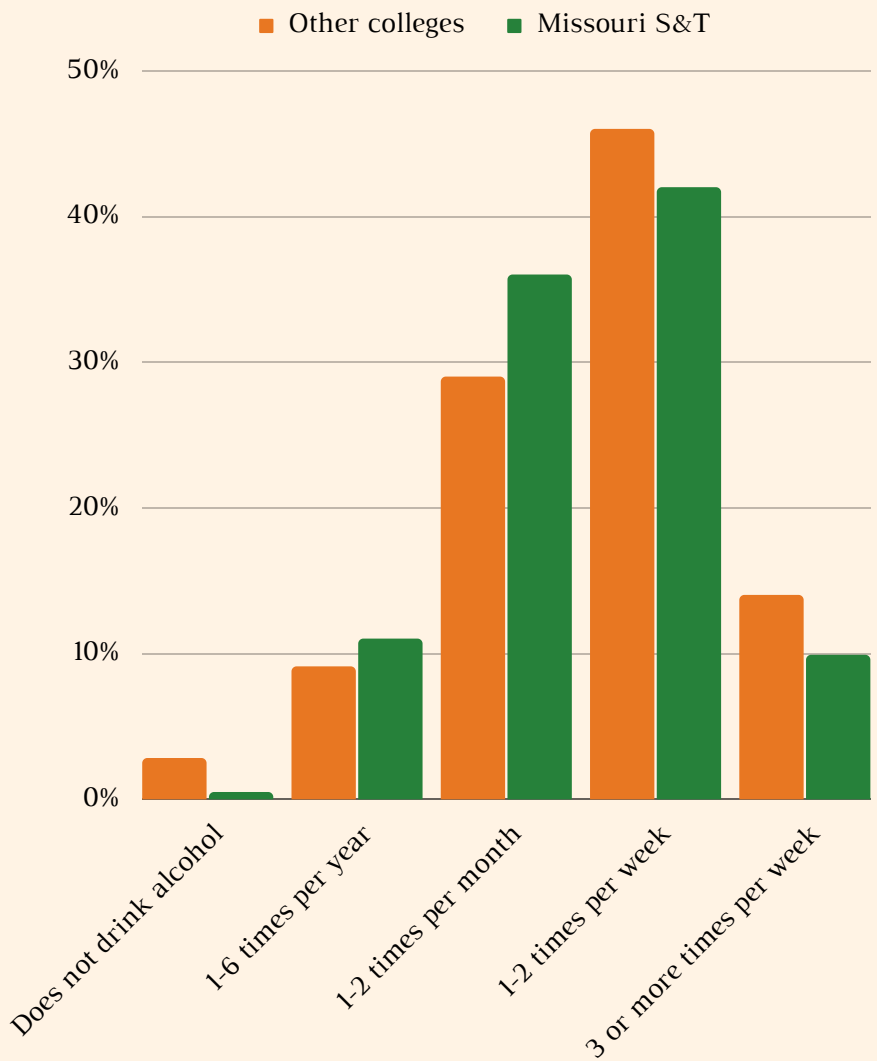
It's a common misconception that Missouri S&T is a heavy drinking school. While some Miners certainly drink, the data from the 2021 Missouri Assessment of College Health Behaviors (which is completely anonymous) show that Miners, on average, drink less frequently than other colleges and universities surveyed. So what does this mean?

It means that while the St. Pat's celebrations (and social media) can make it seem like everyone is out drinking, in reality, less than half of the student body drinks every week. Among your peers, many of them choose to remain sober even on the average weekend, and many drink only on rare occasions.

There isn't anything wrong with enjoying alcohol responsibly for those 21 and older. If you choose to drink, be sure to take proper precautions, like those listed on pages 3 and 4 in this newsletter. If you find you are only drinking because your peers are, there are a number of St. Pat's activities that do not involve alcohol, and we're sure that you'll find many of your peers and friends at those events.

If you find that you or a friend are using alcohol or other substances in a way that feels uncomfortable or out of control, check out Missouri S&T's recovery and substance misuse services on page 7.

Alcohol Consumption at Surveyed Colleges and Universities versus Missouri S&T*



*From 2021 Missouri Assessment of College Health Behaviors; n=415

BOOST YOUR WELL-BEING

The Signs of Overconsumption and Alcohol Poisoning

From [Mayo Clinic](#), [Missouri Health](#), & *Student Well-Being*



The St. Pat's celebration is a time for rest and relaxation from the strenuous course work of the semester. With this celebration comes a lot of temptations, mainly in the form of alcohol consumption.

While we understand that some students will choose to drink, we are here to ensure that students can recognize the dangers and warning signs of alcohol intoxication, and know what to do in order to prevent tragedy.

Listed below are some causes of alcohol poisoning, as well as drinking habits that increase your risk.

- Binge drinking (more than 4 or 5 drinks per 2 hours)
- Drinking games (especially competitive drinking games)
- Dehydration/lack of food consumption
- Consumption of hard alcohol (usually over 20% alcohol by volume)

The Basics

Alcohol is a drug that acts as a depressant, meaning that it lowers neurotransmission. In low doses, alcohol can produce feelings of euphoria, decreased anxiety, and increased socialization. Because of this, alcohol is the most widely abused drug and has a significant impact on public health.

The Risks

While relatively safe in small quantities, alcohol can quickly become dangerous if handled irresponsibly. College culture often allows it to become so, with the popularity of binge drinking and games based on consumption. Over consumption of alcohol can lead to wide range of health issues.

Protecting yourself and your peers

Missouri maintains the Good Samaritan Law, which protects yourself and your peers from legal prosecution in the event of a medical emergency. This means that calling an ambulance for a friend (whether it be from drug or alcohol abuse) will not lead to legal trouble. So err on the side of caution, and if you sense there is an issue, speak up and protect yourself and others.

On the next page, learn about what to do if you believe someone has alcohol poisoning or has lost consciousness due to overconsumption, as well as additional resources to learn about alcohol poisoning.

BOOST YOUR WELL-BEING (CONTINUED)

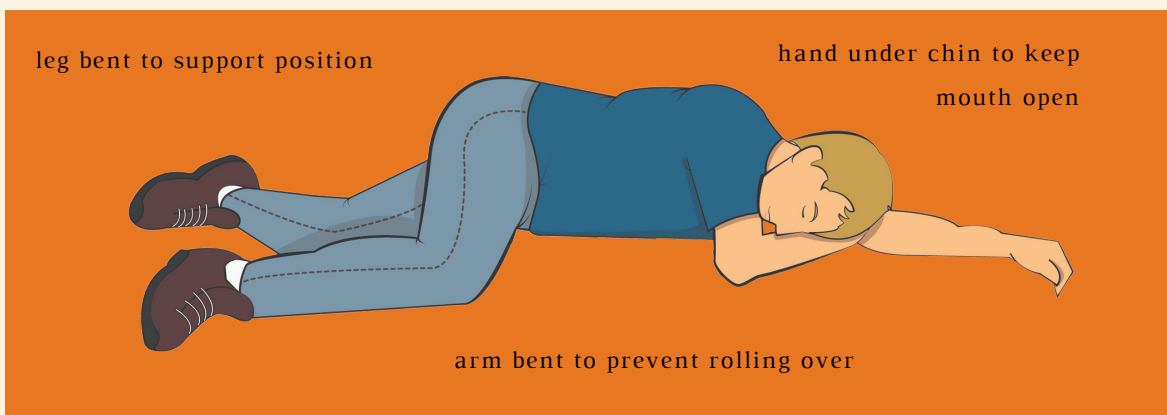
The Recovery Position

Symptoms of Alcohol Poisoning or Overconsumption

- Loss of consciousness
- Vomiting
- Seizures
- Irregular breathing
- Blue-tinged or pale skin
- Low body temperature

What to do if someone is experiencing any symptoms

- Call 911
- Remain with the person
- Monitor heart rate by checking the pulse
- If conscious, encourage them to drink water
- Keep them warm using a blanket
- Place them in the recovery position (pictured below)



The recovery position is a simple strategy that can possibly protect someone’s life while you wait for help to arrive. This position is for someone who you suspect may be at risk of alcohol poisoning. It’s not difficult: place the person on their stomach, with their hand bent under their chin to keep their mouth open, and their leg bent to prevent them from rolling over.

It is important that you do not leave the person unattended- particularly if they are unresponsive. Alcohol poisoning can lead to seizures, irregular breathing, and hypothermia, which are all things that need to be monitored closely until help arrives.

Most importantly, try not to panic. The best way to help your friend is to stay calm. If you’ve called for help and you are watching over them, you have done everything correctly.

Additional Resources

If you would like to learn more about preventative measures and strategies to combat alcohol poisoning, follow these links:

[Recovery Position](#)

[Alcohol Poisoning Causes and Symptoms](#)

[Tips for consumption: Do’s and Don’ts](#)

[Good Samaritan Law](#)

FEATURED RESOURCES

The 21st Birthday Project

Turning 21 is a huge milestone in life, and it can definitely seem like the final jump before adulthood. While many college students will spend their 21st birthday drinking with their friends (often heavily), the night doesn't have to end with a headache and stomach pain. For many students, their 21st birthday may also be their first time purchasing or consuming alcohol.

We are here to help! By scheduling a meeting with one of our wellness coordinators, you will be provided with all the information you need to help you celebrate the occasion safely and responsibly. If you schedule the meeting on or before your 21st, you will also receive a small gift and a personalized birthday card. The meeting only takes about 10 to 15 minutes and can help you stay educated on the effects of alcohol, as well as how to celebrate guiltlessly. To sign up, contact us at wellbeing@mst.edu.



CHEERS

Everybody knows the importance of having a designated driver, in order to protect both yourselves and others on the road. The hardest part is often deciding who will be that designated driver (unless you're willing to shell out a little money for an Uber). Poor communication and temptations can easily leave you stranded without a designated driver, and a situation that can become both illegal and incredibly dangerous if someone chooses to get behind the wheel.

Through a cooperation with restaurants, CHEERS aims to incentivize designated driving. Many restaurants in Rolla, including student favorites such as Hopper's Pub and El Maguey, offer the CHEERS program. It's simple: let your waiter or bartender know that you are the sober driver of your group, and you will receive non-alcoholic drinks of your choice, completely free of charge! You can find participating CHEERS locations [here](#).

While a free soda may not entice your driver to remain sober, it is important to remember the severe consequences of driving impaired. If your designated driver chooses to drink, do not allow yourself or anyone else to accept a ride home. Remember: a designated driver is not the "least drunk" member of the group, it is the person who has not consumed any alcohol. Even one drink can cause impairment and make driving home unsafe.

FEATURED RESOURCES



Care Management

Being a college student comes with a number of challenges, as many S&T students can attest. Care Management works to support students by identifying their needs, connecting them with resources, and working to develop a personalized plan of action. This plan of action helps students to face and overcome their challenges and continue to succeed at the university.

Care Management communicates with different campus departments and helps to facilitate communications on behalf of the student. One resource includes the Student Emergency Fund, where students can receive financial assistance for expenses that would prevent them from attending college. There are a number of concerning behaviors that should lead to a UCARE referral, including changes in hygiene, increased absences, and emotional or physical outbursts. If you are concerned about a friend, you can refer them to Care Management [here](#) or by emailing them at cm@mst.edu. You can also call 573.341.4209 or visit 107 Norwood Hall, Monday - Friday 8:00am - 5:00pm.

Mindwise Screenings

It can be very difficult to tell the difference between a bad week and a serious mental health issue. Everyone deals with depression and anxiety; but the frequency and severity of these symptoms can be a sign of underlying mental health concerns. Often, the most difficult part of getting treatment is determining whether it is needed in the first place.

Mindwise is a simple self assessment tool that can be used to determine if you or a close friend needs to be connected to a mental health professional. Users can take a generalized test and answer questions, either from their perspective or from the perspective of a close friend or loved one. This test will help to narrow down the issues that person is dealing with, and direct them to more specific test that can accurately assess their concerns.

While not a substitute for therapy or a clinical examination, Mindwise can certainly help to alleviate or focus your mental health concerns, and is a useful tool if you are worried about the behavior of a friend or peer. Always remember to trust your gut instinct above any online assessment, and seek help if you feel it is needed. You can access Mindwise screenings [here](#), and a list of our Student-Well Being resources [here](#).

FEATURED RESOURCES

Substance Use and Recovery Services

CASICS

CASICS (Cannabis Screening and Intervention for College Students) is a program with the intent of motivating students to reduce risky behaviors associated with cannabis consumption. While the majority of S&T students (74%!) have not consumed cannabis within the past year, *CASICS* works to continue this trend as well as provide information and resources for those students who do choose to partake. The program helps you to identify your own risks, create potential changes, and prevent future issues from usage. *CASICS* consists of 2 60-minute sessions over a two week span and is centered around education and personal concerns. This harm-reduction approach aims to keep students safe while understanding the reality of marijuana use in society (and on college campuses in particular). To sign up or refer a peer, contact us at wellbeing@mst.edu.

BASICS

BASICS (Brief Alcohol Screening and Intervention for College Students) is a program that provides harm-reduction strategies centered around the consumption of alcohol. Similar to *CASICS*, the program consists of 2 60-minute sessions over a two week span and includes education and personal risk assessment about drinking, along with protective tips and discussions on the social norms and misconceptions around drinking. *BASICS* can assist any student who wishes to learn preventative strategies surrounding alcohol and is encouraged for any student worried about their drinking habits. To sign up or refer a peer, contact us at wellbeing@mst.edu.

SUIP

SUIP (Substance Use Intervention Program) is designed to help students that are having issues with substance abuse or wish to learn more about the risks and dangers of illegal substances. Like *BASICS* and *CASICS*, it consists of 2 60-minute sessions over a two week span, covering the wide range of substance use disorders and preventative measures to protect yourself and your peers. To sign up or refer a peer, contact us at wellbeing@mst.edu.

Miners 4 Recovery

Miners 4 Recovery is a student-led support group that focuses on self-exploration: students analyze their own behaviors, reflect on ideas for change, and discuss how to avoid and counter the negative consequences of alcohol and drug use. As a judgement-free zone, the group does not teach strictly drug and alcohol abstinence, but takes a realistic approach that features harm reduction and awareness. They hold meetings from 3-4pm on Wednesdays. To join, contact us at wellbeing@mst.edu.

MINDFUL MOMENT

Mocktail Recipes

From *Taste*, *Sober Julie*, and Student Well-Being Staff



Watermelon "Nojitos"

Ingredients

- 1/2 cup granulated sugar
- About 3 pounds of watermelon, peeled and chopped
- 2 sliced limes
- 2 cups chilled soda water
- 1/3 cup lime juice
- 1 small bunch of fresh mint, sprigs picked
- 1 tsp granulated sugar (extra)
- 2 tsp finely grated lime rind
- Ice cubes

Instructions

1. Place the sugar and 1 cup of water in a pan over medium heat
2. Cook, continuously stirring, for 5 minutes until the sugar dissolves.
3. Bring it to a boil, without stirring, and let it boil for 5 minutes. Take off heat and cool.
4. Place watermelon in a blender and blend until smooth.
5. Place limes in a large jug, and use the end of a rolling pin (or a juicer) to release juice.
6. Add watermelon, mint, soda water, lime juice, and the sugar syrup into your jug and mix thoroughly.
7. Combine extra sugar and lime rinds onto a plate. Dip your cup rim into water, then onto the sugar and lime mixture.
8. Enjoy!



St. Pat's Themed Mocktail

Ingredients

- Grapefruit juice
- Sparking Water (or Sprite / 7up)
- 1/4 of a lime
- Green food coloring
- Crushed ice
- Ice cubes

Instructions

1. Fill a shaker with ice and add grapefruit juice and sparkling water
2. Squeeze lime juice into shaker and add green food coloring
3. Shake vigorously until well-combined
4. Pour into glasses filled with crushed ice
5. Garnish (if desired) with mint
6. Enjoy!

MINDFUL MOMENT DIY T-Shirt Pet Toy

From *Muslin and Merlot*

This simple toy for dogs or cats is super easy to make and can entertain your furry friend for hours. Even better, it can usually be made from materials around your home!

Supplies


- 2 or 3 old T-shirts (Green for St. Pat's!)
- Scissors
- Ruler
- Cutting Mat and Rotary Cutter (optional)
- A pet :)





Instructions


- 1) Cut the shirts up each side by its seams into roughly 3 x 10 inch rectangle strips
- 2) Make a pile of 6 strips
- 3) Slightly stretch each slip so that it rolls up onto itself
- 4) Tie all strips into a knot and pull the ends tightly so that it holds (optional: put treat(s) inside knot)
- 5) Trim the ends of the strips so they don't fray


GET IN TOUCH

 wellbeing@mst.edu

 [\(573\).341.4211](tel:(573)341.4211)

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UPCOMING EVENTS

Have an event you want featured? Submit to wellbeing@mst.edu

March 9th: Snake Pits in front of Toomey Hall (9:00-4:00)

March 10th: Step Up! For a Safer St. Pat's at Havener (10:00-2:00)

March 14th: St. Pat's Shamrock Shakes at the Oasis (2:00-4:00)

March 19th: Concert featuring Bea Miller and BabyJake at Havener

March 28th: Start of Spring Break

Want to be featured in the newsletter? Submit original content, such as a personal piece, poem, short story, photographs, recipe, or other form of content to wellbeing@mst.edu. Content may be edited for clarity and length. Pictures must be submitted as a JPEG or PNG. All submissions must follow University policy. All submitted content will be used at the discretion of Student Well-Being. Content can be published credited to you or anonymously, whichever you prefer.