

THE INSTITUTE OF AMERICAN INDIAN ARTS (IAIA)
 TRIBAL COLLEGE
 STUDENT LIFE DEPARTMENT
 SANTA FE, NM



Campus Prevention Program

Institute of American Indian Arts

Student Life Department

November 2019 Autumn Edition

Prevention Program Newsletter

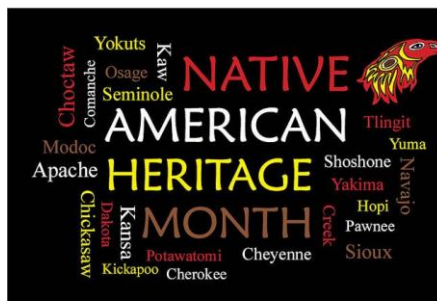


Native American Heritage Month. November is a month to celebrate, appreciate, and educate about Indigenous people's histories and present impact in our communities! Here is a comprehensive timeline of [History Through a Native Lens](#), spanning from the Tribal Independence Era (pre 1491) to Self Determination (1968-Present). Indigenous or not, here's a list of great [ways you can support and celebrate](#) this month, including supporting Native businesses and decolonizing your Thanksgiving!

This month's focus is on binge drinking a.k.a. "high risk" drinking. Binge drinking is a common issue across college campuses nationwide and alcohol is the most used substance by America's youth! 3 categories that influence a persons' drinking habits include their **Environment, Genetics, & The Individual**, and social norms and coping with stress tend to be common reasons that young people drink at high rates. It's important to remember that there are many intersecting factors that impact drinking habits. While some are learned from friends and family, new studies show that [binge drinking may be more problematic](#) for some due to complicated patterns in our genes and the function of our Dopamine receptors. College drinking is also linked to [campus sexual assaults](#). Here's some infographics on [10 Good Mental Health Reasons Not To Drink](#), the relationship between [Binge Drinking & Depression](#), and other [Binge Drinking consequences](#).

Way to prevent binge drinking. Although rates of binge drinking have dropped in recent years, studies show that [this is not the case among minority groups](#). Part of our job in prevention is to make sure that our educational materials are culturally relevant, appropriate and accessible for our Indigenous community. Our primary focus is on harm reduction, and we want our students to be prepared with safety tips if they end up around alcohol! Check out our bulletin board outside of the Café for more tips on ["drinking smart"](#)! Check out this link if you are [worried about a friends drinking](#). Let's continue to make our community safe for all.

November Events



5 Weeks left in Fall Semester!
Veteran's Day 11/11-College closed
Thanksgiving Break 11/28-11/29
College Closed
 Student Life Department Community Day: *Venice Biennale. Wednesday, November 20, CLE Commons 12p-1p.*
Associated Student Government (ASG)
 ALL EARS event: HIP HOP MUSIC EVENT- **11/15/19 7p-10p, Science/Tech Building.**
 Welcome our new Student Life Committee: **Indigenous Queer 2-Spirited+ (IQ2S+)**! Open to ALL; Monthly meetings, projects/activities soon to come!

Historical Trauma: Steps in Healing. Many communities still carry historical trauma with them today. How many of us know other young people who drink or use drugs? How many of us know someone who is abusive because someone in their life abuses them?...[READ MORE HERE!](#)
Think about how your ancestors' trauma experiences have affected your own life. Consider how the experiences of your ancestors and your tribe's history have impacted your family members' and your own life. Be a leader! Be a voice for your community and peers.

New Student Life Staff
 Welcome our new team member
 • **Mental Health Counselor**
 Madge Duus, M.A., LMHC
mduus@iaia.edu; M-F 930a-530p
Prevention Program Updates
 Thanks to all our students who participated in our annual Student Lifestyles Survey (SLS)! We appreciate your feedback.



Student Life Newsletter

Celebrate November!

Native American Heritage Month

Veteran's Day
College closed

• 11/11

U.S. Turkey Day
College closed

• 11/28-11/29

National Diabetes Awareness
National AIDS Awareness
National Peanut Butter Lovers

Join Prevention Program Efforts

Campus Coalition

AIPA (aipa@iaia.edu)

American Indian Prevention Association
Open to all IAIA Students, Staff, Faculty, & Alumni.

- **Contact:**
toney.johnosn@iaia.edu or
mstempien@iaia.edu
- **Office Hours/Day: 10-6p; M-F**
 1st Floor CLE near cafeteria

Need Support?
Campus Counseling

Eliza Combs, MA, LPCC, ATR
eliza.combs@iaia.edu
 505-424-5758
 1st Floor CLE

Mila Anguluan, PhD.
mila.anguluan@iaia.edu
 505-424-2385
 1st floor CLE

Madge Duus, M.A., LMHC
mduus@iaia.edu
 1st floor CLE

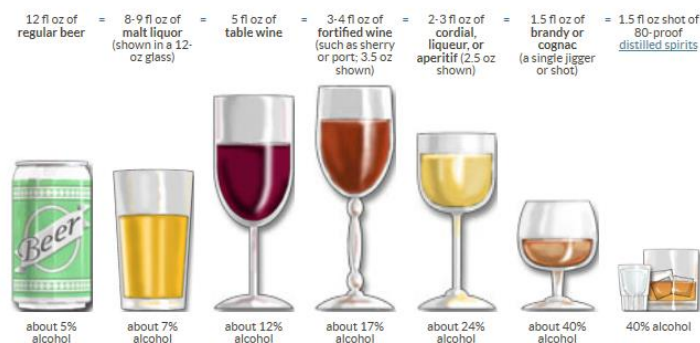


Please visit **Rethinking Drinking at National Institute of Health (NIH)** [CLICK HERE!](#) Each beverage portrayed below represents one U.S. standard drink (also known as an alcoholic drink-equivalent). The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. **Examine "What's your pattern?"** [CLICK HERE!](#)

IAIA Policy: Please read our [IAIA Student Code of Conduct](#) & remember our campus is a **drug and alcohol free campus.**

What's a "standard" drink?

Many people are surprised to learn what counts as a "standard" drink. In the United States, a standard drink is any drink that contains about 0.6 fluid ounces or 14 grams of pure alcohol (also known as an alcoholic drink-equivalent). Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink-equivalent.



Each beverage portrayed above represents one U.S. standard drink (also known as an alcoholic drink-equivalent). The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types.

What are the risks? [CLICK HERE!](#)

Injuries. Drinking too much increases your chances of being injured or even killed. *Alcohol is a factor, for example, in about 60 percent of fatal burn injuries, drownings, and homicides; 50 percent of severe trauma injuries and sexual assaults; and 40 percent of fatal motor vehicle crashes, suicides, and fatal falls.*

Health problems. Drinking can cause several health problems. Studies have shown that one drink a day increases the risk of breast cancer in women. Research has also shown that people who drink excessively have a *greater risk of liver disease, heart disease, depression, stroke, and stomach bleeding, as well as cancers of the oral cavity, esophagus, larynx, pharynx, liver, colon, and rectum.*

Prevention News

RX & other Drugs

- **'I was non-stop Juuling up a storm'.** The CDC, FDA, White House and a who's who of officials in suits want young people to stop using e-cigarettes amid a mysterious outbreak of hundreds of vaping-related lung illnesses...But what do actual vapers think? [READ MORE HERE!](#)
- **DEA and partners collect thousands of pounds of unwanted medications and vaping products during the 18th National Prescription Drug Take Back Day.** DEA, along with its law enforcement partners, has now collected nearly 12.7 million pounds of expired, unused, and unwanted prescription medications...[READ MORE HERE!](#)

Alcohol

- **Celebrating recovery efforts in higher education.** America's struggles with addiction and depression are well known, and these challenges aren't isolated to one particular age group...[READ MORE HERE!](#)

Marijuana

- **The surgeon general is right about marijuana and its risk.** Paul Armentano's opinion in The Hill, "What the Surgeon General gets wrong about marijuana," disputes several facts that Surgeon General VADM Jerome Adams discusses in Surgeon General's Advisory: Marijuana Use and the Developing Brain. [READ MORE HERE!](#)

Thanks for keeping our IAIA community safe for ALL!

