

SUBSTANCE ABUSE
PREVENTION & EDUCATION
UNIVERSITY OF SOUTH CAROLINA
STUDENT LIFE

Party Planning Guide:

A Guide to Helping USC Students Provide Safe & Responsible Parties

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Hosting Hints

A little positive planning ahead of time can make the difference between a memorable party, or one that people will want to forget. You want your members and guests to have a good time. If you choose to serve alcoholic beverages, create a party that everyone will enjoy by following these guidelines:

- If your party is on campus, be sure to follow USC campus policies, properly register the event and acquire needed approval. If off campus, these guidelines can help maximize fun and minimize risk that still applies.
- Review with your members planning information and what is expected of them. Encourage members to stress to guests that they are “guests” and that your group is (legally) responsible for any problems which may occur. Make sure members know procedures, such as contacting the party monitor or security guard, should a high-risk situation occur.
- Make sure there is plenty to do at your function without relying on alcohol to make the event work. Consider a party theme or special activity. When advertising the function, promote the theme or purpose of the event or organization, not a pitch for high-risk use of alcohol.
- Choose a responsible party monitor who will not be drinking alcohol. He/she can make sure guidelines are followed, intervene with someone who is drinking too much or deal with any problems that might arise.
- Always serve food with alcohol, such as cheese, meats, dips, crackers, finger sandwiches, vegetable trays and other snacks. High protein foods are digested slowly and help slow alcohol absorption. High moisture content foods are also good choices. Avoid salty foods like chips and popcorn which make guests want to drink more.
- Select a method to determine who is of legal age to consume alcohol (21 or older). Requiring two proofs of age is preferable, and required on this campus. Examples might include: wristbands, carding at the door, hand stamps or a guest list with birth dates.
- Consider the time of the year and the emotional state of your members and guests. People are more likely to exceed their limits at times of stress or celebration, such as during exams, the holiday season or Carolina’s next bowl game victory.
- Assign responsible people to monitor the door. These people should have an understanding of who is expected to attend and should be equipped to turn away uninvited guests. These persons should also monitor the conditions of guests and members as they leave and be aware of procedures if it appears unsafe for someone to drive. Door monitors should work in one hour shifts. Consider using security if 50 or more guests are expected.
- Respect your guests who choose not to drink. Offer attractive alternative beverages. Remember that some guests may want to drink both alcoholic and non-alcoholic beverages. **(See guidelines for amounts).**
- Stock only a limited amount of alcohol. **(See guidelines).** When it runs out, it runs out. Your party will continue without alcohol if the theme is good and there is plenty of food and good friends.
- Stop serving alcoholic drinks one hour before the end of the party. Allow no serving of “one for the road” drinks. Continue to serve non-alcoholic drinks and food.
- Post emergency numbers for medical assistance and campus or local law enforcement should an emergency arise. Make sure members are familiar with the “Do’s and Don’ts” for dealing with intoxicated persons.
- Do not be insistent about refreshing your guests’ drinks. No one likes a pusher.
- Make sure alcohol is used carefully, preferably not at all, in conjunction with any other drugs, including prescription and over the counter medications.

- Create a climate that discourages the high-risk use of alcohol, but assume responsibility for guests who choose to drink too much. Show displeasure to guests who have had too much to drink. Let people know that the high risk use of alcohol and the use of illicit drugs are not acceptable at your function.
- In the event that a guest may become intoxicated (despite your best efforts), have a plan for alternative methods of transportation available to take that person home. If you have any doubt at all about a guest's ability to drive, find them a ride home.
- If you have any question about the physical safety of a guest who has become intoxicated, call for medical assistance.
- If there are problems, don't panic. Your guests are looking to you for leadership. By remaining calm, you will find that the situation is easier to keep in control.

Having Fun!

As a party planner, and as a social function host, you can make it easier for your guests to have **FUN - without depending upon alcoholic beverages.**

Many people feel self-conscious in social situations. They may choose to drink alcohol to provide more than something to hold on to. They may be looking for an excuse to be friendly, easygoing, comfortable, and in a party spirit. Although it may be difficult for some people to be that social, friendly person they would like to be, there are things that can be done to make it easier for guests to meet people, flirt, make friends, dance and just have FUN. These things also help make a party or social event “**low-risk**” for alcohol-related problems --- protecting the host as well as the safety and well-being of the guests. Planning may take a little more effort and creativity than just sticking a keg of beer in a bathtub, but it can be done! The following list of alcohol-free program ideas was recently generated by creative Carolina students at a leadership retreat.

Your best source of ideas however, is your own organization members and other students!

- | | |
|---|-------------------------------------|
| • Around the World Food Party | • Pajama Party |
| • Athletic Competition | • Pool Party |
| • Bake Off | • Putt-Putt Golf Tournament |
| • Build Your Own Ice Cream Sundae | • Roller Skating Night |
| • Casino Night | • Scavenger Hunt |
| • Cultural Events (Plays, Seminars, etc.) | • Senior Citizens Dance |
| • Faculty Drop-Ins | • Sock Hop |
| • Finger Painting Party | • T-Shirt Graffiti |
| • Laundry Party | • Theme Party (60's, Holiday, etc.) |
| • Mocktail Party | • Twister Tournament |
| • Monday Night Wrestling | • Video Game Challenge |
| • Movie Night | • Zoo Party |

Top 10 Party Ideas

- 1. BEACH PARTY** - Consider using wading pools. You can fill one with ice and fruit and use the others for sunbathers. Use lounge chairs and blankets. Food: Fresh fruit, hamburgers and hot dogs, potato salad, baked beans, chips and dip, and brownies. Attire: Bring your bathing suit and beach towel. Consider beach music or summer favorites. Have a dance area.
- 2. COME AS YOU AREN'T PARTY** - Invite guests to “come as you aren’t” to this get together. You can offer a prize to the best idea.
- 3. HAT PARTY** - All guests must wear a hat to gain admission to this party.
- 4. TIME CAPSULE** - If your group plans to be on campus for several years, plan a time capsule to be opened in five or so years. Ask each guest to bring an article to contribute to the collection.
- 5. M&M’s PARTY** - Try to have all refreshments having M&M’s in them. This idea could be a real challenge to the food service folks!
- 6. GO FOR THE GARNET PARTY** - Ask all guests to come in their garnet and black finest to celebrate the Gamecocks! Maybe this will be the year for a SEC Championship!
- 7. TOYS PARTY** - Consider a LEGO or TINKER TOYS party. Have a supply available and ask each guest to contribute additional pieces. You might want to consider dividing into teams to create competing masterpieces. Or the entire group may wish to join together to create a new wonder! After the party, keep the toys for a series of parties to build up your supply, or donate them to a local children’s hospital.
- 8. GAMES** - There are many popular games that are fun to play at a party. Consider Pictionary, Poker, Taboo, Charades, Trivial Pursuit, Monopoly or “Remote Control.” You may want to find local merchants willing to donate coupons or prizes.
- 9. PROGRESSIVE PARTY** - This idea works well in fraternity/sorority houses or among different floors in a residence hall – but make sure all locations are within walking distance. Ask different Greek housing areas or residence hall floors to sponsor different courses: 1. appetizer, 2. salad, 3. main course.
- 10. KEY WEST PARTY** - Dress in your favorite Key West apparel and decorate with palms, parrots, fishing nets, old straw hats, shells, etc. Consider shrimp, oyster and crab dishes along with pineapple and other fresh fruits. This party could be a welcome vacation on a cold winter’s day.

REMEMBER to focus on **food, activities and decorations**. Have plenty of **non-alcoholic beverages** for your guests. On the USC campus, about half of the undergraduate students are not of legal drinking age, and many drinkers like to drink both alcoholic and non-alcoholic beverages. Allow for a **wind-down time** for the last hour or so. Change the mood of the music and food offered, and stop serving alcoholic beverages, but continue to serve food and non-alcoholic beverages. Consider the **time of the year** and the **emotional** state of your guests. People are more likely to drink more than usual at exam time, holidays and at celebrations.

You might want to ask yourself these questions: Are we to judge how much fun we had and the success of an event by how lousy everyone feels the next day? Are we coming together to drink or to have a good time? How can our organization host a low-risk party where **everyone has FUN**?

Updated, July 21, 2009

Recipes: GameCocktails

Tailgate Twist

1/2 cup ginger ale, splash of grenadine, orange slice and a lemon twist.

Pour ginger ale over ice in glass. Add grenadine and stir. Add garnish. Makes one serving.

Horseshoe Sunset

1 cup orange juice and a splash of grenadine.

Pour orange juice over ice in a tall glass. Add grenadine and allow it to settle on the bottom. Makes one serving.

Cranberry Kiss

3 cups cranberry juice, 16 ounces ginger ale and 2 T lemon juice.

Mix all ingredients in a large pitcher. Pour over ice. Makes six servings.

Columbia Cooler

1/3 cup apple juice, 1/4 cup orange juice and 1/3 cup ginger ale.

Shake juices with ice cubes. Pour into a tall glass. Fill with ginger ale. Makes one serving.

Pina Coliseum

3 T cream of coconut, 1/3 cup pineapple juice and 1/4 cup club soda.

Pour all ingredients over ice in a glass. Stir. Makes one serving.

Madras Tie

16 ounces cranberry juice, 2 ounces pineapple juice and lemon slices.

Mix juices in a large pitcher. Pour over ice. Add garnish. Makes three servings.

Gamecock Sting

1/4 cup orange juice, 1/4 cup cranberry juice and 1/2 cup club soda.

Pour all ingredients over ice in a glass. Stir. Makes one serving.

Aerobic Class Nog

1 1/2 cups pineapple juice, 6 ice cubes, 1/2 cup plain yogurt and 1 T honey.

Pour all ingredients into a blender. Blend until smooth. Makes one serving.

Bleeding Tiger

36 ounces tomato juice, 1/4 cup lemon juice, 3/4 t Worcestershire sauce and 1 drop hot pepper sauce.

Mix all ingredients in a pitcher. Pour over ice. Makes six servings.

Hot Apple Cider

1 quart apple cider, 4 cloves (whole), 1 stick cinnamon, 1 orange (sliced) and 1 t whole allspice.

Place all ingredients in a large pan. Bring to a boiling point, but do not boil. Pour into cups. Serve piping hot. Makes 4 servings.

Taco Appetizer

1 can refried beans, 1 can chopped black olives, 1 ripe avocado (mashed), 8 oz. sour cream or yogurt, 2 T taco sauce, 1 diced onion and 4 oz. cheddar cheese (grated).

Mound first three ingredients on serving plate. Mix sour cream (or yogurt) and taco sauce together. Spread over mound. Sprinkle onion and cheese on top. Serve with nacho chips or raw vegetables such as carrot sticks, celery sticks, zucchini slices, cauliflower or broccoli.

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Hot Artichoke Dip

2 cans artichoke hearts (drained and chopped), 1 cup mayonnaise, 1 cup Parmesean cheese and a Dash of worcestershire sauce.

Mix artichokes, mayonnaise, 3/4 cup of the cheese and worcestershire sauce. Place in baking dish and top with remaining cheese. Bake at 350 degrees until cheese is golden and bubbly. Serve with crackers.

Spinach Dip

10 ounces frozen spinach (thawed), 8 oz. sour cream, 1 cup mayonnaise, 1 small can water chestnuts (finely chopped) and 1 package Knorr vegetable soup mix.

Drain thawed spinach. Mix spinach with all other ingredients in a bowl and chill. Serve with crackers or raw vegetables such as carrot sticks, celery sticks, zucchini slices, cauliflower or broccoli.

Mushroom Cheese Ball

8 oz. cheddar cheese (shredded), 8 oz. cream cheese (softened), 1 t prepared horseradish, 2 1/2 oz. sliced mushrooms (drained, reserving 1 T of liquid) and 1/2 cup chopped pecans.

Coarsely chop mushrooms. In small bowl, combine cheeses, horseradish and reserved mushroom liquid; beat until smooth. Stir in chopped mushrooms. Chill about 2 hours. On plastic wrap, shape into a ball and roll in chopped pecans. Wrap; chill until serving. Serve with crackers.

Recipes: Punches

Apple-Grape Punch

1 1/2 quarts apple juice, 1 quart grape juice, 6 oz. can frozen lemonade concentrate, 2 quarts ginger ale (chilled), apple wedges and grapes.

In punch bowl, combine juices and lemonade concentrate; chill. At serving time, slowly pour ginger ale into juice mixture. Float fruit in punch bowl. Makes 28 (4 ounce) servings.

Cardinal Punch

1 quart cranberry juice, 1 pint orange juice, 2 ounces lemon juice and 4 quarts ginger ale.

Combine juices with ice and chill. Pour juices into punch bowl and add ginger ale. Makes 44 (4 ounce) servings.

Mock Pink Champagne

1/2 cup sugar, 1 cup water, 6 oz. can frozen orange juice concentrate, 6 oz. can frozen grapefruit juice concentrate, 28 oz. ginger ale (chilled) and 1/3 cup grenadine.

Mix sugar with water in saucepan and boil five minutes; cool. Add frozen juice concentrates. Refrigerate. At serving time, combine juice mixture with ginger ale and grenadine in a punch bowl. Stir lightly. Makes 10 (5 ounce) servings.

Mock Sangria Slush

12 ounce can grape juice concentrate (slightly thawed), 12 ounce can lemonade concentrate (slightly thawed), 1/2 cup grenadine, 2 cans orange soda, 28 oz. bottle club soda (chilled) and orange slices.

In four-quart, non-metal container, combine grape juice concentrate, lemonade concentrate, grenadine and orange soda. Stir until well blended. Cover; freeze at least 4 hours, stirring occasionally. Remove container from freezer 30 minutes before serving. Pour into punch bowl. Just before serving, stir in club soda. Float orange slices. Makes 20 (4 ounce) servings.

Managing Your Risks

Basic Definitions:

- **Risk:** The possibility of suffering harm or loss (mental, physical, social).
- **Liability:** The state of being legally obligated or responsible.
- **Risk Management:** The act, manner or practice of reducing risk.

The mere presence of alcohol greatly increases the possibility for some type of harm occurring. The following national statistics from the National Institute of Alcohol Abuse & Alcoholism are staggering:

- **Death:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol
- **Assault:** More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use
- **Drunk Driving:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year
- **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol
- **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage
- **Police Involvement:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence
- **Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking

In order to minimize liability, a student organization needs to manage their exposure to risk. How do you manage risk?

- **Risk Avoidance:** Eliminate the problem or risk.
- **Risk Transference:** Transfer the risk through contractual arrangements, disclaimers, waivers or insurance.
- **Reduction Control:** Control the frequency and/or severity of the problem or incident which is in question. Although you cannot entirely avoid risk, proper planning can greatly reduce or transfer to someone else the risk you and your organization assumes when sponsoring social functions. For student organizations, there are two types of risks to consider, and both are important. One obvious issue is that of the legal liability of your organization and of its individual members. Either or both can be named in a lawsuit. The second, and most important, issue is the consideration of providing a safe environment for members and guests attending your social function. You have a legal, as well as an ethical, duty to care.

Your organization may have liability insurance. It is important to note that many policies have a disclaimer that if the insured organization is participating in anything illegal, including serving alcohol to underage individuals, the insurance will not cover the claim. It is very important to set parameters around underage use. Make certain that your organization does not promote or condone underage use, and that this stance is a visible one.

Issues difficult to defend in court include:

- Serving alcoholic beverages to underage individuals, even if allowing underage individuals to consume their own alcohol in your presence
- Promoting the event in a way that emphasizes the high risk use of alcohol (such as “Drink Till You Drop”)
- Unlimited access to alcohol and car keys
 - Alcohol use is documented in at least 50% of motor vehicle accidents, and in reality, this figure is probably much higher. Law suits are giving the message, “If you give alcohol to someone, you are responsible for them until they sober up.”

Steps to reduce your risk include:

- Consider having an alcohol-free function
- If you choose to have alcohol present at your event, read and follow the Hosting Guidelines
- If the event is off-campus, consider transferring some of the risk by hiring someone else to sell the alcoholic beverages (such as a hotel).
- If the function is in a private residence, consider BYOB, and follow the suggested guidelines
 - Document training, party plans, party promotion, education of planning committee and membership and how you carried out the plans in a file or notebook

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- Hopefully, this document will only collect dust until the next party. But if you need it, it will be there.

The University's Philosophy

Introduction:

The University of South Carolina is concerned with both the welfare of the University community and with the academic and personal development of each student. The University strives to create a healthy environment, one in which the high risk use of alcohol does not interfere with learning, performance or development. Substance abuse disrupts this environment and places at risk the lives and well-being of the members of the University community as well as the potential of students for contribution to society. It is important for all members of the University community to take responsibility for preventing the illegal or high risk use of alcohol or other drugs from negatively affecting the community's learning environment and the academic, physical and emotional well-being of its students. The University of South Carolina recognizes that the use of alcoholic beverages poses potential risks to the health and safety of members of the University community and to the community itself. Campus policies and procedures regarding alcohol availability and consumption should be designed to minimize these risks. The following principles, adapted from the South Carolina Commission on Alcohol and Drug Abuse's "Alcohol Policy Bill of Rights," are offered to serve as a guide.

1. Abstinence is always an acceptable choice.

2. Alcohol consumption considered to be high risk is actively discouraged.

Specific information on individual risk factors allows individuals to help reduce their risks of developing alcohol-related problems. Individual risk is determined by knowledge of:

- (1) Membership in high risk groups;
- (2) Involvement in high risk situations; and
- (3) Low-risk guidelines concerning quantity and frequency of use of alcoholic beverages.

The following guidelines can help identify persons in high risk categories, either by membership in high risk groups or involvement in high risk activities. It is recommended that individuals possessing any of the following characteristics (List A) or involved in any of the following activities (List B) abstain from the use of alcoholic beverages:

LIST A:

- Having a personal history of addiction to chemicals
- Being younger than the legal purchase age of 21, except in the presence of a parent or legal guardian, as provided by state law, or in religious ceremonies
- Having a family history of depression, alcoholism, addiction
- During pregnancy or when considering pregnancy
- Being under a great deal of stress
- Having any physical or psychological condition which makes alcohol consumption unsafe or unhealthy

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LIST B:

- Driving or operating machinery
- Participation in work or recreational activities requiring alertness and coordination, such as boating, hunting, swimming, cooking, child care, hiking, etc.
- Current use of other central nervous system depressants or any other psychoactive drugs

3. Alcohol consumption considered to be low risk is acceptable.

The following guidelines are offered for the low-risk consumption of alcoholic beverages. In accordance with these guidelines, individuals who are not considered to be in a high risk category or situation, as described above, may choose to:

Abstain, or consume no more than two drinks per day at a rate no faster than one drink per hour, for 0 to 4 days per week (guideline from the National Institute on Alcohol Abuse and Alcoholism)

- Note #1: The relationship between the number of drinks per day and number of days per week is important. "Saving up" drinks for use on one occasion, exceeding the guidelines listed above, are considered high risk.
- Note #2: While the guidelines listed above are accurate for the average 160 pound male drinker, based on recent research findings, women drinkers should consider using 45% of the amounts stated above as a maximum low-risk level of use.
- Note #3: Body weight is a significant factor in the effects of alcohol on the body. Those who weigh less than 160 pounds will be more affected by a given amount of alcohol and those weighing more will be affected less. Other biological factors that can increase your risk for impairment include: Age, Altitude, Illness, Tiredness, Stomach Content and Other Drugs.
- Note #4: One drink is considered to be approximately one 12 ounce beer or light beer, 1.25 ounces of 80 proof distilled spirits, 4 ounces of 12% wine, or 12 ounces of wine cooler. Be aware that there is wide variation in the percentages of alcohol contained in different alcoholic beverages. For instance regular beer ranges from 3.5 to 5% alcohol by volume. Light beer, which sounds like it has a great deal less alcohol, ranges from 2.5 to 4%. There are some light beers that contain more alcohol than some "regular" beers. Distilled spirits in the United States range from 40 to 50% alcohol in general, and some, as high as 75%. The range of alcohol content for wine is between 12 and 17% with some "fortified" wines rating much higher.

4. Heavy consumption of alcoholic beverages, defined as that which exceeds the guidelines listed above, is discouraged in all situations. "Binge drinking" is the consumption of 3 or more drinks for women and four or more drinks for men in two hours or less. Binge drinking more than triples your risk of negative consequences of happening to you! Sources: (www.collegedrinkingprevention.gov)

Beverage Amounts

The chart below is based on the number of people consuming alcoholic beverages, **not** the total number of guests. It will give you an idea of how much alcohol is appropriate. It is based on a four hour party (alcohol service and consumption must cease at least one hour prior to the end of the event) with approximately one drink per person (aged 21 or over) per hour consuming alcoholic beverages.

Based on individual factors, some persons should not use alcoholic beverages. Individuals who are not considered to be in a high risk category or situation may choose to abstain or follow National Institute on Alcohol Abuse and Alcoholism guidelines listed in “the University's Philosophy on the Use of Alcoholic Beverages.” Alcohol consumption considered to be *low risk* is acceptable. It is the responsibility of each student and student organization to enforce low-risk use. The amounts below are for all beer or wine. If using combinations, please consult the Alcohol & Drug Programs, Director at (803) 777-5781. The following chart represents the maximum amounts of alcohol that will be approved for a student function:

OF PEOPLE DRINKING ALCOHOL

	TIME	BEER (CANS)	or	WINE
10	4 hours	1.25 cases (30 cans)		3.75qts. (3.5 liters)
15	4 hours	1.87 cases (45 cans)		5.62 qts. (5.3 liters)
20	4 hours	2.50 cases (60 cans)		7.50 qts. (7.1 liters)
30	4 hours	3.75 cases (90 cans)		11.25 qts. (10.6 liters)
40	4 hours	5.00 cases (120 cans)		15.00 qts. (14.2 liters)
50	4 hours	6.25 cases (150 cans)		18.75 qts. (17.7 liters)
60	4 hours	7.50 cases (180 cans)		22.50 qts. (21.3 liters)
70	4 hours	8.75 cases (210 cans)		26.25 qts. (24.8 liters)
80	4 hours	10.00 cases (240 cans)		30.00 qts. (28.4 liters)
90	4 hours	11.25 cases (270 cans)		33.75 qts. (31.2 liters)
100	4 hours	12.50 cases (300 cans)		37.50 qts. (35.5 liters)

A great party organizer always has enough non-alcoholic beverages in supply for their party. Here are suggested amounts to have on-hand at your next event based on the total number of guest expected.

TOTAL # OF GUESTS	TIME	NON-ALCOHOLIC BEVERAGES
15	4 hours	6 liters
25	4 hours	10 liters
30	4 hours	12 liters
50	4 hours	20 liters
75	4 hours	30 liters
100	4 hours	40 liters

In Case of an Emergency

General Advice:

1. Keep calm and take a deep breath. Don't let your concern transfer to the individual in distress.
2. Assess the situation. Look at the problem clearly. Decide how serious it is before taking action. Prepare for the unexpected.
3. Be aware of the main dangers:
 - a. Introducing anything into the system might induce vomiting and result in choking. **DO NOT ADMINISTER ANY FOOD, DRINK, OR MEDICATION TO AN INTOXICATED PERSON -- NOT EVEN ASPIRIN.**
 - b. Any abrupt or unnecessary movement might cause the person to fall or faint, with injury resulting. **KEEP THE PERSON STILL.**
 - c. If you detect unconsciousness or respiratory problems, **CALL 911 FOR IMMEDIATE MEDICAL ASSISTANCE (7-9111 ON CAMPUS)!**
 - d. If you and the person in need of help, but you are underage, you and the person in need of help will not face university consequences if you call campus police for help!

Immediate Care for an Intoxicated Person: Call Police & Medical Help!

1. The person is unconscious or stuporous.
2. The person has difficulty breathing. If breathing or heartbeat stops, it may be necessary for person certified in CPR to administer cardiopulmonary resuscitation until help arrives.
3. You are in doubt about what to do.
4. The person is rowdy or too unruly to handle.
5. You need transportation to health facilities.
6. The person refuses assistance and may cause self or others harm, particularly if the person gets behind the wheel of a car.

Keep Emergency Numbers Posted, When You Call for Help:

1. Identify yourself.
2. State that you have a problem with someone who has been drinking excessively.
3. Give your specific location.

DO's:

1. Keep your distance. Before approaching or touching, explain what you intend to do.
2. Keep the person still and comfortable.
3. Speak in a clear, firm and reassuring manner.
4. Stay with a person who is vomiting. If the person lies down, make sure he/she is laying on his/her side — not on his/her back or stomach. Keep the person from swallowing or aspirating vomit.
5. Use the B.L.A.H. – **Back** against a wall or hard flat surface, **Legs** in a figure four position, with bottom leg on floor and top leg with foot behind the knee to make a bike kickstand, **Arm** on the bottom, extend straight over head and laying on the floor to support the head, **Hand** against the floor supporting the chin to keep the neck and chin area raised from the floor.
6. Monitor the person's breathing and heartbeat.

DON'Ts:

1. Don't try to walk, run or exercise the intoxicated person. Do not keep the person awake if he/she is tired.
2. Don't permit the person to drive, or participate in any other activity that might place anyone at risk.
3. Don't try home remedies. Drugs (even aspirin), coffee, tea or other liquid stimulants should NEVER be given to "sober up" someone. TIME and rest are the only "cures."
4. Don't give the person a cold shower. The shock may cause him/her to pass out and become injured.
5. Don't attempt to constrain the person without (sober) assistance.
6. Don't laugh, ridicule, provoke, anger, argue with, threaten or abuse the intoxicated person. Don't allow this behavior from onlookers.
7. Don't try to counsel the person about his/her drinking. Confront the person's behavior later, when he/she is sober and aware.

Breaking the Law Can Cost You Your Future!

See "Hope that Beer was Tasty" resource

Campus Alcohol and Other Drug Resources

Academic Courses

Courses related specifically to alcohol and other drugs are offered by some academic departments. "Alcohol and Drug Studies," an interdisciplinary program leading to a certificate of graduate study, is available. (777-4243 or 777-4862)

ACOA Group and Recovery Group

Free campus support groups available to help individuals identify and explore issues or problems related to substance abuse. For more information contact the USC Counseling and Human Development Center. (777-5223)

Athletic Compliance Office

This appointed body oversees education, drug testing, and directed assessment and counseling for student athletes. (777- 7662)

Campus Law Enforcement and Safety

Is your resource for assistance with campus emergencies and safety information. (777-8400)

Carolina Campus Ministries

Carolina Campus Ministries is a network of USC-affiliated chaplain or counselor members. Consult the USC directory for a specific chaplain or counselor. (777-5782)

Counseling and Human Development Center

The Center offers free individual and group counseling, marital and relationship counseling, crisis intervention, psychological assessment, biofeedback training, outreach programming, and consultation for the USC community. Psychiatric services are also available. (777-5223)

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Employee Assistance Program

EAP is a resource for faculty and staff. Contact the System Personnel Division at 900 Assembly Street for further information. (777-3824)

GAMMA - Gamecocks Advocating Mature Management of Alcohol & Other Drugs

GAMMA is a student organization advised by the Office of Alcohol & Drug Programs that actively promote low-risk, healthy choices about the use of alcohol and other drugs, and the associated behaviors by providing preventive and educational services as well as substance-free events for USC students. (777-7716)

Office of Substance Abuse Prevention and Education

The purpose of the Office of Substance Abuse Prevention and Education is to actively promote low-risk, healthy choices about the use of alcohol, other drugs, and the associated behaviors by providing preventive and educational services as well as substance-free events for USC students.

Psychological Service Center

Staffed by graduate students pursuing their doctoral degrees in Clinical Community Psychology, the campus resource offers a wide variety of services including psychological testing and group therapy. (734-0378)

Residence Hall Staff

Your RM or RHD (Residence Mentor or Residence Hall Director) can provide a source of support, guidance or information.

Thomson Student Health Center

A resource providing treatment of illness or injury in the student community, preventive medicine and health education. (777-3174) Health and Wellness Programs offer many services, including "Stop Smoking Clinics." (777-8248)

Community Alcohol and Other Drug Resources

AA - Alcoholics Anonymous

AA is a 12-step program for those who have a desire to stop drinking. Regular meetings are held in the campus vicinity and at other locations in the community. (24 Hour Service - 254-5301)

Al - Anon

Al – Anon is a 12-step program to help family members and friends of addicted individuals. Regular meetings are held near campus and at other locations in the community. (735-9944)

Gamblers Anonymous International Service Office

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. Local meetings are held in conjunction with LRADAC.

L/RADAC - Lexington/Richland Alcohol and Drug Council

LRADAC, The Behavioral Health Center of the Midlands is the county authority for the prevention, intervention and treatment of substance abuse for Richland and Lexington Counties. LRADAC offers a wide variety of programs to combat substance abuse in our community. If you or someone you know needs help, please call 256-3100 or visit www.LRADAC.org. The Alcohol Diversionary Program (ADP) is designed to discourage future underage drinking through a series of sessions that help achieve attitude and behavior changes in young people. For more information, call 576-1850.

NA - Narcotics Anonymous

NA is a 12-step program for recovery from drug addiction. Regular meetings are held in the campus area and in the community. (254-6262)

The University of South Carolina system provides equal opportunity and affirmative action in education and employment for all qualified persons regardless of race, color, religion, sex, national origin, age, disability or veteran status. The University of South Carolina System has designated as the ADA and Section 504 coordinator the Executive Assistant to the President for Equal Opportunity Programs.

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