

Welcome Class of 2013



**NEW STUDENT ORIENTATION
DON'T BE SORRY THE MORNING AFTER!
TUESDAY, SEPTEMBER 8, 2009
GAMBLE AUDITORIUM**



**WOMEN LEADING LEADING WOMEN
ORIENTATION 2009**

The Three Most Important Things!



Liz Braun, Dean of Students

- 1. Your safety is our priority. Always put your safety and the safety of your friends first. If you need help, ask for it and use your resources.**
- 2. Use good decision making and remember that your actions do have consequences.**
- 3. Familiarize yourself with the alcohol and drug policies and the student handbook. If something is confusing or unclear, ask questions.**

Program Overview



- **3 Things we will focus on during this session—**
 - Alcohol & other drugs
 - Sexual assault
 - Personal safety

- **3 Things to take away from this session—**
 - Reduce your risks
 - Get all the information you need to make good choices
 - We are all here to help you!

Dean of Students Resources



Dean of Students Web Site

- <http://www.mtholyoke.edu/offices/dos/index.shtml>

Sexual Assault Policy

- <http://www.mtholyoke.edu/offices/dos/22413.shtml>

Alcohol and Other Drugs



Karen Jacobus, Coordinator of Health Education

The following data is from the National College Health Assessment (NCHA) Survey 2009

Random sample of 850 MHC students (all classes & FPs) on campus to assess a wide variety of health behaviors

36% response rate

Alcohol and Other Drugs



- Alcohol

**29% never used alcohol in past 30 days (perceived 3%)
(220 MHC students requested substance-free housing this year)**

56% drank in past 30 days

Most had 3 or less drinks when they did

16 % engaged in binge drinking (4+ drinks for women and 5+ drinks for men in one sitting in the past two weeks)

20% forgot where they were or what they did (blackout)

Alcohol and Other Drugs



- Marijuana

66 % never smoked marijuana (perceived 12%)

10 % used 1-9 days (perceived 57%)

- Prescription Drug Use

11 % reported use of a pain killer, sedative, or stimulant within the past 12 months not prescribed to them

Why is this a high-risk time?



- **Three important risk factors**
 - Away from home for first time
 - New friends who don't really know you that well
 - New surroundings

- **What can you do to reduce your risk?**
 - Get accurate information
 - Make choices that are best for you
 - Get help for yourself and others if needed

Risky Drinking Profiles



- **Lucy**

- Drinks in her room with friends
- “Pre-parties”
- Vomits
- Sometimes can’t remember what she did

- **Rosa**

- Smokes pot with friends
- Doesn’t feel it is affecting her grades
- Feeling overwhelmed by work and responsibilities
- Considering buying some Adderall

- **May**

- Is in recovery
- Roommate drinks and parties in their room
- Hasn’t told anyone why she doesn’t drink

- **Sarina**

- Family history of substance abuse
- Can “out-drink” everyone
- Always ends up drunk

- **Melanie**

- Only drank a few times
- Mother has a drinking problem
- Feels alone and isolated

Alcohol and Drug Awareness Project



Susan McCarthy, Director and Therapist
Heather Smith, Counselor

- 1. ADAP is confidential**
- 2. ADAP is free**
- 3. We care about you and are here
for you**

Alcohol and Drug Awareness Project



- **Services are available for students who**
 - Have concerns about their own use of alcohol or other drugs
 - Are in recovery or have someone in their life in recovery
 - Are concerned about someone else's use
- **We provide**
 - Counseling, referral, and support
 - Mandatory assessment and educational sessions for those referred by the Dean of Students and Residence Life

Alcohol and Drug Awareness Project



- **Get Support and meet others!**
 - Free pizza and beverages
 - Lunches held every other Wednesday
 - Come anytime 12noon-1:00pm
 - Room 135 Health Center
- ***Support Group***
 - For those in recovery or those questioning their own use
 - Begins Sept 16th
- ***Concerned Others Group***
 - For those affected by or concerned about a friend, partner, or family member's use
 - Begins Sept 23rd

Medical Emergency Response Team



Lily Herman, Director
Dana Jutras, Co-Director

- 1. We are students professionally trained in emergency healthcare**
- 2. All patient care is kept confidential**
- 3. We are not Public Safety**

Sexual Assault / Sexual Misconduct



Karen Jacobus, Coordinator of Health Education

- **3 Things to keep in mind**
 - If you are sexually assaulted, it is not your fault
 - Clearly communicate what you want
 - Help keep yourself and others safe
- **NCHA Survey Data 2009
(occurrences within the past 12 months)**
 - 6 % reported sexual touching without consent
 - 9.5 % reported being in an emotionally abusive relationship
 - 13% reported experiencing verbal threats

What is Consent?



- Consent is a “YES” in response to requests for sexual activity (i.e. kissing, touching, penetration).
- “No” is not consent.
- Silence is not consent.
- Non-sexual touching (hugging, holding hands, sleeping in the same bed) is not consent for sexual activity.
- Everyone has the right to change their mind and withdraw consent at any time.

What is Consent?



- In Massachusetts, consent cannot be given by someone who is not of sound mind and body.
- Someone who is drunk, high, unconscious, or mentally incompetent may not be able to give consent.
- Submission is not necessarily consent. There is a fine line between persuasion and coercion.
- Having sex with someone who reasonable believes that there is a threat of force meets the legal definition of rape in Massachusetts.

What Would You Do?



- Scenario

At a party, you see a man trying to get an obviously drunk friend of yours to go into a bedroom with him. Your friend has had so much alcohol that she can barely walk and seems reluctant.

What Would You Do?



You might be thinking . . .

They are both adults. Maybe she got drunk so she could have sex....But she can't be fully consenting if she drunk, can she?....Most sexual assaults involve alcohol....Could this be one in the making?....I've seen her drunk before. Maybe she has a drinking problem....What is my responsibility to her?....Will she even listen to me?....What should I do?

Small Group Discussion



- **What Would You Do?**
- **Possible Responses--**

About Public Safety



Barbara Arrighi, Associate Director of Public Safety
Elizabeth Cahn, Outreach Coordinator

- **Mount Holyoke College has a very dedicated, well trained, and fully equipped Department of Public Safety.**
- **Officers patrol 24 hours a day year round at Mount Holyoke College, Hampshire College, and as of this year, Smith College.**
- **Officers are trained at the Massachusetts State Police Academy and are licensed as Special State Police Officers under Chapter 22c, 63s.**

About Public Safety



1. We are here to help keep you safe!
2. Check out our web site for information (find daily logs, emergency notification, safety and parking information) at www.mtholyoke.edu/offices/dps
3. If you need help, ask for help!

About Public Safety



- **Public Safety provides a wide variety of safety, police, and security services.**
- **In year 2008, the Department responded to over 46,000 calls for service.**
- **We are a resource should you face any danger, threats, or become a victim of a crime.**
- **Public Safety services include cruiser, bicycle, Segway and foot patrols, crime prevention, foot escorts, medical services, criminal investigations, security at events, and parking enforcement.**

About Public Safety



- **Officers are certified First Responders and CPR trained. In addition, there are student EMTs that respond with the officers in the evening and on weekends.**
- **We provide security for concerts, parties, and special events including Commencement.**
- **The Department has several certified Criminal Investigators to investigate sexual assaults, domestic violence, hate crimes, and other serious crimes.**

Safety Issues on Campus



- **Suspicious Persons reports**
 - Before calling Public Safety Central Dispatch, please take note of the person's appearance and the behaviors that are suspicious.
- **Theft from unlocked rooms and spaces**
 - This is the most commonly reported campus crime—and is preventable!
- **Sexual assault and domestic violence**
 - These are the most serious campus crimes—be smart and watch out for yourself and the well-being of your friends and other students.

Domestic Violence



- Chapter 209a is the Commonwealth of Massachusetts abuse prevention law.
- In 1994 Congress enacted the VAWA full faith and credit clause which allows out-of-state Protective Orders to be filed with Public Safety with full force as if the order was in your home state.
- The Department will issue a Trespass Notice as needed upon request.

Sexual Assault



- **If you are a victim of a sexual assault**
 - Get to a safe place
 - Tell someone
 - Get medical attention for any injuries, sexually transmitted infections, pregnancy, and psychological counseling
 - Take care of yourself

Sexual Assault



- **To report a sexual assault or other crime dial**
 - Department of Public Safety at 1-911 or 2304 or from your cell phone dial 413-538-2304
 - Health Center at 2242 or urgent care line after hours at 6280 (10p-8am)
 - From off campus dial 911
- **If needed Public Safety will provide a ride to Cooley Dickinson Hospital where there is a sexual assault nurse examiner (SANE)**
- **Sexual assault resource guide can be found online at www.mtholyoke.edu/offices/dps/publications/index.shtml**

Safety Planning



- **If you need help with a safety issue Public Safety will provide the following on your request**
 - Professional criminal investigation and assistance in accessing all safety services
 - Issue trespass notices as needed
 - Assist with obtaining abuse prevention orders
 - Counseling with appropriate college administrators or faculty
 - Assistance with Five College safety issues and reports
 - Meeting with Victim Witness advocates from the DA's Office and area Police Departments
 - Assist you with any court process if you choose to prosecute

Team Approach



- **Confidentiality at all stages of investigations**
- **We work with all departments on campus, including**
 - Dean of Students
 - Residential Life
 - Health Services
 - Counseling Service
 - Class Deans
 - Faculty

Additional Services



- **Fleet Office**
 - Rental car services, bus and van services
- **Parking Office**
 - Vehicle and Bicycle Registrations
- **Crime Prevention Programs**
 - Contact Officer Kellie Cournoyer-Cronk at x2304
- **Community Outreach**
 - Contact Elizabeth Cahn at x3358

Rape Aggression Defense (RAD)



- **Rape Aggression Defense (RAD) Self-Defense Programs**
 - Physical Education Department
 - Residence Halls

- **DVD and Demonstration**
 - Kellie Cournoyer-Kronk, Senior Officer
 - Jeff Baeder, Senior Officer

People and Resources

Dean of Students

Liz Braun (413) 538-2550
300 Mary Lyon Hall
lbraun@mtholyoke.edu

Health Center

(413) 538-2242 or
Urgent Care Line after hours at (413) 538-6280

Alcohol and Drug Awareness Project

Susan McCarthy (413) 538-2616
Heather Smith
Room 110 Health Center
smccarth@mtholyoke.edu

Health Services/Health Education

Karen Jacobus (413) 538-2466
309 Blanchard/131 Health Center
kjacobus@mtholyoke.edu

Public Safety

Barbara Arrighi (413) 538-2304
Central Services Complex
barrighi@mtholyoke.edu

Kellie Cournoyer-Kronk
Jeff Baeder

Public Safety Outreach

Elizabeth Cahn (413) 538-3358
9 Ciruti Center
ecahn@mtholyoke.edu

Medical Emergency Response Team (MERT)

(413) 538-2304
Lily Herman, Director
herma20l@mtholyoke.edu
Dana Jutras, Co-Director
jutra20d@mtholyoke.edu