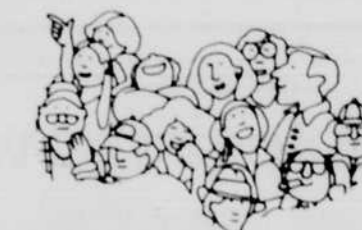


Dare to Care



Campus-wide efforts raise issue of abuse

The University of Oregon and COSAFE (The Campus Organization for a Substance Abuse Free Environment) will join with 3,000 other campuses across the country to participate in the 1989 National Collegiate Alcohol Awareness Week. The week, scheduled October 15 - 22, will highlight existing alcohol-related programs and resources on campus.

COSAFE, which is coordinated through the University's Dean of Students' Office, has worked to create a week-long series of events around the issue of substance abuse. Numerous campus groups have responded to COSAFE's message of Dare to Care. The organizations, including the ASUO, University Housing, IFC/Panhellenic and Men Against Rape, have joined with COSAFE by sponsoring activities that promote healthy lifestyles and responsible decision making by their members.

The week's kick-off event features Dr. Eliana Gil, a well-known lecturer, author and

clinician. She will conduct a workshop on Saturday, October 14, from 9 a.m. to 1 p.m. to discuss issues related to self esteem, adult children of alcoholics and dysfunctional families. Gil's workshop will show the connection substance abuse plays in dysfunctional families and teach strategies for helping individuals who come from these backgrounds.

Gil's talk in the afternoon, from 3-5 p.m. in the EMU Ballroom, is open to the entire community. She will discuss strategies for improving self-esteem, self-concept and body image and tactics for empowering individuals and the community to become more involved.

Gil is currently the director of Gil and Associates, a clinical practice that specializes in therapy for child and adult victims of abuse. Gil, a frequent guest on TV and radio shows, has written numerous pamphlets and journal articles, as well as a book entitled *Outgrowing the Pain: A Book For and About Adults Abused as Children*. Gil is originally from Guayaquil, Ecuador and is bilingual and bicultural.

According to Gerry Moseley, Vice-Provost for Academic Support and Student Services, the week's events are designed to give students, faculty and staff members a platform for discussion and open exchange of ideas and concerns related to alcohol and other drug abuse.

"Our primary objective is to provide the campus community with an opportunity to raise the issues of what causes alcohol and other drug use and why individuals abuse these substances. National Collegiate Alcohol Awareness Week will highlight existing alcohol-related programs and resources at the University," says Moseley.

Throughout the week, COSAFE members will be available to answer questions at an information table in the EMU, from 11 a.m. to 1:00 p.m. daily. Please refer to the Calendar of Events on the adjoining page for a list and times of scheduled activities.

Joanie Robertson, University training and prevention coordinator, and Karlin Conklin,

media relations assistant, have worked with different campus groups since May to establish sponsorships and campus-wide support of the University's efforts for the week. "We're encouraging students and staff to join in any of the activities happening throughout the campus or to sponsor their own event," says Robertson. "Our message is: Dare to care. Get involved!"



Dr. Eliana Gil

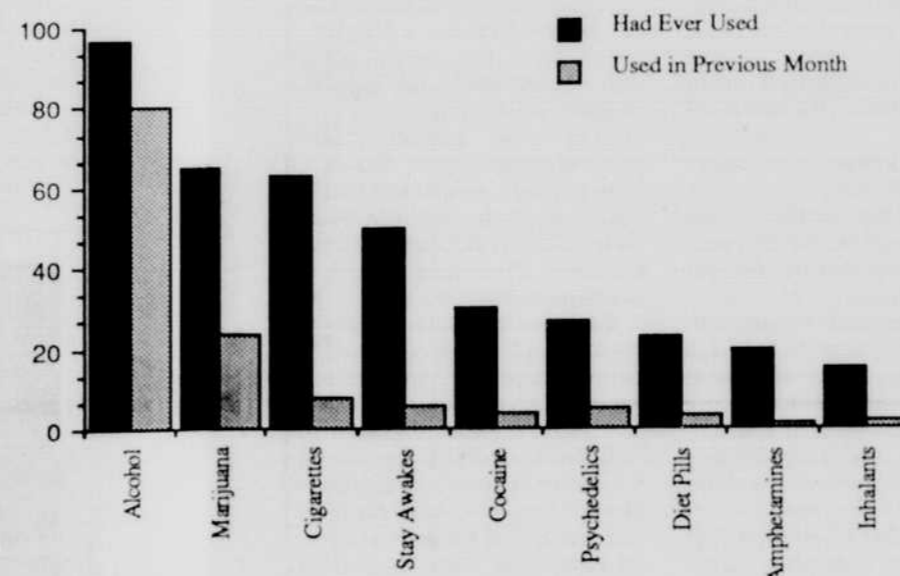
JOIN in the activities happening throughout the campus during National Collegiate Alcohol Awareness Week.

Or... sponsor your own event--whether it's a forum in your health class or an impromptu discussion in the EMU--to focus attention on the use and misuse of alcohol and other drugs.

GET INVOLVED! For more information call Joanie Robertson, Training and Prevention Coordinator, or Karlin Conklin, Media Relations Assistant, at COSAFE.

COSAFE is coordinated through the University's Dean of Students' Office -- 364 Oregon Hall -- 686-3105.

Substance use by UO students* in percentages



• The majority of students (78%) reported that they tried alcohol for the first time before the age of 18, and nearly half tried alcohol between the ages of 15 and 17.

• 97% of the students reported that they have consumed alcohol; 93% have had a drink in the last year, and 80% have had a drink in the last month.

• Students reported that the most important reason for using alcohol was "to have a good time with friends."

• 20% of the students reported that they felt they have had a problem with alcohol at some time in their lives. In addition, 28% said that a member of their immediate family had a problem with alcohol.

• Students cited the most common problems stemming from the use of alcohol and drugs were "interference with the ability to think clearly" and "regrettable behavior."

• 65% of the respondents have tried marijuana, and 24% used it in the last month. Nearly half tried marijuana before the age of 18.

• 30% of the students have used cocaine, with 4% reporting that they used it during the past month. Regular use of cocaine is felt to have "great" risk by 88% of the respondents.

*Statistics taken from the 1988 University of Oregon Drug Use Survey

A checklist for identifying drug or alcohol problems

Do you or does someone you know...

Yes No

1. Drink or use drugs to forget about problems?
2. Drink or use drugs to feel relaxed or comfortable around other people?
3. Have any family members with drug or alcohol problems?
4. Have conflicts with friends or acquaintances after drinking or using drugs?
5. Ever feel guilty about drinking or drug use?
6. Ever have trouble remembering what was done or said the night before when drinking or using drugs?
7. Get drunk/high after making a conscious decision to stay sober?
8. Drink until there is nothing left to drink, or use drugs until the supply is exhausted?
9. Ever miss class because of a hangover from drinking or using drugs?

An answer of yes to as few as two of these questions may indicate that you, or someone you know, could be at risk for a drug or alcohol problem. Both the University and the local community offer programs and assistance for helping individuals change drinking or drug-use patterns.

These events were made possible by: Office of the Dean of Students, ASUO, Counseling Center, Student Health Center, University Housing, Recreation & Intramurals, Alpha Lambda Delta/Phi Eta Sigma, Men Against Rape, Multicultural Affairs, IFC/Panhellenic, Greek Advisors, Athletic Dept., Edie Roberts, Pepsi, EMU Food Services, Cultural Forum, Office of Student Development.



CALENDAR OF EVENTS

all events are free and open to the campus community

Saturday, October 14

- **Workshop with Dr. Eliana Gil** - "Helping Others Help Themselves: Understanding the Impact of the Dysfunctional Family"
 - 9:00 a.m.-1:00 p.m., Gerlinger Lounge
 - Reservations required: 686-3105

Keynote Address with Dr. Eliana Gil

- "Building Pathways: Journeys to Improve Ourselves and Our Communities"
 - 3:00-5:00 p.m., EMU Ballroom
 - Open to the entire community

Monday, October 16

- **Films and Discussion:** "Bright Lights, Big City" and "Clean and Sober"
 - 7:00 p.m., EMU Gumwood Room

Tuesday, October 17

- **Luncheon for ACOA and Recovering Students:** "Bridging the Gap: From Surviving to Thriving"
 - Noon, EMU Cedar A & B

Film and Discussion: "Clean and Sober"

- 7:00 p.m., Carson Gold Room
- sponsored by the University Residence Halls

Wednesday, October 18

- **ASUO Issues Forum**
 - 12:30 p.m., EMU Forum Room
 - sponsored by the ASUO

Open Forum: "Relationships and Dating - How Do We Have Fun?"

- 5:00 p.m., EMU Cedar C
- sponsored by Men Against Rape

'Over the Hump' Night!

- Film and Discussion: "Less Than Zero"
 - 7:00 p.m., Bean West Conference Room
 - sponsored by the University Residence Halls

Designated Driver Night... starts at 8:00 p.m.!

- IFC/Panhellenic are sponsoring 2-for-1 soft drinks at several campus-area businesses. Call 686-3888 or 686-3701 for more details.

Thursday, October 19

Club Walton presents... HAPPY HOUR!

- **Mocktail Party featuring songs of recovery by LEA JONES**
 - 9-11 p.m., Hawthorne Lounge in Walton Complex
 - sponsored by the University Residence Halls

Friday, October 20

- **FREE PEPSI** and drug and alcohol literature at the Beer Garden
 - 4:30 p.m., EMU



Campus Organization for a Substance Abuse Free Environment