Ferris State University
Substance Abuse Committee Meeting
Student Recreation Center Room 113A
October 22, 11AM-12 PM

Attendance: Jennifer Parks, Arlene Morton, Kelly Seiter, Mary Roehrig, Alison Stone, Geeta Menon, Rex Billings, Steve Poland.

Discussion:

1. Social Norming
   a. Jennifer distributed posters to faculty to be placed in their buildings.
   b. Strategies were discussed and included:
      i. Discussion with students regarding significant reductions in alcohol use after social norming.
      ii. Students think people drink more than they do and they need to drink to fit in.
      iii. Advise students to find groups that have lower alcohol intakes.
      iv. When talking about social norming with students talk about safety issues, physical and psychological effects, use of alcohol in high stress jobs.
      v. Have a young speaker from AA address FSUS 100 classes.
      vi. Discuss Safe Ride with students. Put the number were they can be reached on the posters.

2. Jeffrey Wigand’s presentation
   a. Jennifer passed out flyers to give to students. She is giving extra credit in her class if students attend. Encourage faculty to have students attend.

3. National Smoke-Out Day, November 21
   a. Committee members will encourage a friend, students, etc. to not smoke.
   b. Tom Liszewski has non-smoking kits and posters. He is will to distribute in Rankin. Jennifer will ask him if he is willing to distribute them on Nov. 20.
   c. Other means of advertising could be writing on sidewalks with chalk or making posters for their buildings.

Next Meeting: Nov. 26

Submitted by Arlene Morton