

Wayne State College (WSC) Red Watch Band (RWB) program



TOXIC DRINKING: EVERY SECOND COUNTS.

Fall 2012

The aim of this project is to develop a “Red Watch Band” (RWB) program based on the model provided by Stony Brook University (<http://www.stonybrook.edu/sb/redwatchband/>) in New York. This program will help to prevent alcohol poisoning deaths among WSC students by training students to recognize the signs and symptoms of the medical condition. In addition, we want to debunk a central myth that after someone passes out from alcohol use, it is appropriate to let him or her sleep it off.

Fifteen people completed the Red Watch Band program (some people represented multiple organizations): 3 Greeks, 1 athlete, 4 Campus Security student-staff, 4 Resident Assistants, 1 full-time staff member, 1 library student staff (AED in the library), and three students not affiliated with a group/organization. Shirley Enquist of the American Red Cross was the CPR/AED trainer and Kathy Mohlfeld, LCSW, of Wayne State College was the alcohol emergency trainer. Mrs. Enquist was given a red watchband as well, as she listened to the alcohol emergency training and she is an EMT nearby. It is the hope of the TRUST Coalition that she uses this experience to tell people in the community about this program.

The participants will be sent an evaluation from Stony Brook University to get an assessment of the program. Three of the four Resident Assistants had already dealt with an alcohol emergency while employed with WSC and reported that this training would have been helpful prior to starting the job.

The program ran into roadblocks in the process of finding a CPR trainer. The initial goal was to have one the WSC faculty do the CPR/AED training. However, due to the limits of the union contract, the faculty was not allowed to teach this class. If the faculty had been able to teach the class, it would have been \$19 per student. It ended up costing \$70 per participant to receive the training.

Due to the lateness of getting a CPR/AED trainer agreement, advertising was limited to specific recruiting via contacts from Kathy Mohlfeld to the Greek organizations, Residence Life, Athletics, Safe Ride program Dispatchers, SADD and library staff and flyers around the Student Center.

The CPR trainer cost \$70 per student. The watches cost \$5.45 each.

Report Submitted by Kathy Mohlfeld, LCSW.