Mini-Grant Summary

We are thankful to have been awarded a mini-grant from the Nebraska Office of Highway Safety. As stated in the application, the grant was to be used to help fund an alcohol speaker for our campus. We specifically chose Dr. Lori Hart as our speaker because she has a wonderful ability to connect with today’s college student. Her style and energy was instrumental in getting her message across to students relating to binge drinking.

Dr. Lori Hart was here at Creighton University and presented “A Few Too Many” to a full house of 574 students on Monday, February 2, 2015. Her message to students was not “just say no” she instead focused on educating students on proper drinking habits and how to make positive decisions regarding alcohol. She spent time discussing results of a 1993 Harvard survey which polled over 50,000 students nationally about their use of alcohol. This research showed “The less you drink…the less alcohol-related problems you’re likely to experience”. She also challenged the students to ‘hang out with people that motivate push, and challenge you.’ Pick your friends and environment wisely and do not be afraid to walk away’. The simplicity of her messages resonated with students during comments noted after the event and in the survey.

To measure the success of the event, we devised a simple 6 question follow-up survey which was emailed the students who attended. We had a discouraging return (8%) however those who did answer the survey showed good understanding of Dr. Hart’s message. Students around campus have continued to talk about the event and I am hopeful that students will keep her points in mind with the upcoming St. Patrick’s Day and Spring break celebrations.

This supports Tiers 1, 2 and partially Tier 3 in the National Institute on alcohol Abuse and Alcoholism’s “Tiers of Effectiveness”.

[l](http://www.creightonian.com/news/article_b57fccf0-aff4-11e4-8037-4f8132fa9a41.html)