

Spotlight on TIPS Training at St. Lawrence University

Each year, 1,825 college students between the ages of 18 and 24 die from alcohol-related injuries.* A further 690,000 are assaulted by a student who had been drinking, and more than 97,000 students are victims of sexual assault by someone who had been drinking.* These are some of the problems that the Student Life staff at St. Lawrence University try to prevent every day.

The TIPS for the University training program is an important way to help put our students in the best position to make a change and keep their peers safe. Our students are much more likely to be influenced by their peers, and this training helps them recognize the behavioral cues of intoxication and gives them effective tools to intervene in alcohol-

related situations. Student Activities & Leadership at St. Lawrence University requires the presence of TIPS-trained students at any registered event happening Thursday-Saturday that may have more than 100+ attendees, as well as any event where there will be alcohol. Many of our student-run theme cottages have taken advantage of the TIPS for the University program in order to hold these types of events. For example, our student-run music venue, The Java Barn, hosts weekly shows, all of which have TIPS-trained students present to help maintain a safe environment.

Lauren Elizabeth Stemler Hill, a 2012 alumna, is a Residential Coordinator here at St. Lawrence University. She has been a TIPS trainer since



August of 2013, and every year she has trained numerous student leaders in TIPS. Lauren's favorite part of the TIPS for the University training program is the opportunity to talk to students about their perceptions of alcohol abuse. She enjoys seeing the knowledge enlighten our students and provide them with the confidence they need to succeed in peer interventions. Lauren's interest in TIPS stems from her larger interest in wellness and well-being. During her time at St. Lawrence University as an undergraduate student she was part of an organization focused on promoting wellness among students, so being a TIPS trainer is a natural extension of her interests.

This past fall, Lauren was one of the only active TIPS trainers available to offer training sessions. Lauren was able to step up and provide the TIPS training sessions our campus needed. Thanks to Lauren's dedication to training our student leaders, we have seen continued success from our students who have obtained the skills to confidently intervene in situations as needed. As a result, a handful of Student Life professionals within the Residence Life and Student Activities departments elected to get TIPS trained so that we can continue educating students on how best to handle alcohol-related situations after

Lauren's departure from St. Lawrence University. Laura Lavoie, Assistant Director of Student Activities & Leadership, and Chris Marquart, Assistant Dean of Student Life and Director of Residence Life, were also trained with Lauren in 2013 as TIPS for the University trainers. New trainers from our 2016 training class include John Robert O'Connor, Director of Student Activities & Leadership, Ashlee Downing, Coordinator of Volunteer Services, Arleya Loss, Residential Coordinator, Charnele Luster, Residential Coordinator, Victoria Lederer, Residential Coordinator, and Josh Drake, Associate Director of Residence Life.

The Student Life division at St. Lawrence University works tirelessly, with the help of so many others, to ensure the safety of the students on our campus. Adding TIPS for the University training to our arsenal of defense against binge drinking doesn't just prepare our students for the interactions they will face; it helps us save lives.

From St. Lawrence University, we thank you.

** All statistics are from the [National Institute on Alcohol Abuse and Alcoholism](#).*

Originally published in TIPS Newsletter 155 – April 2016

