

# REACT

Responding to Excessive Alcohol Consumption in Third-Level

Knowledge Exchange Forum

Devere Hall, Student Centre, UCC

April 16<sup>th</sup>

Name:



Féidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



Union of Students in Ireland  
Aontas na Mac Léinn in Éirinn





Dear Representative,

We are delighted that you have decided to attend the Knowledge Exchange Forum in UCC as part of the REACT Project. This event may well be one of the largest gatherings of interested parties convened to look at the issue of alcohol in Ireland's 3<sup>rd</sup> level sector. We greatly appreciate your interest and commitment in attending and look forward to you contributing to the development of this important project.

There are a number of things that I would ask you to bear in mind on the day of the forum:

- The schedule for the day is quite full and time is quite tight. We apologise in advance if we appear to be moving discussion along at a fast pace. To ensure that we capture as many viewpoints as possible, recording equipment will be in place at each of the round-table discussions. Volunteer facilitators will be on hand to ensure smooth running of discussions at each table.
- It is important that the views of both students and staff are discussed and considered. Therefore we need to ensure that there is contribution from both staff and students at the forum. We ask that all participants are respectful of the viewpoint of others.
- We want the REACT Project to be a success and the point of the Forum is to ensure that interested parties have an opportunity to hear about the project, as well as contributing to its development. Please consider the issues that may apply in implementing any Action Plan in your own college, and be prepared to share that on the day.

We hope that you enjoy the day and feel that you have been able to contribute to the process. The REACT Project Team will prepare a summary of discussions and outcomes from the day and forward to each participating institution within 3 weeks of the Forum.

The final REACT Project Report should be available at the end of May in time for the official launch of REACT on June 30<sup>th</sup> in UCC.

Thank you for your participation in this important project.

Dr. Michael Byrne, MB BCh BAO BSc DCH MICGP MRCPGP

Head of UCC Student Health Department,

Co-coordinator of UCC Health Matters





## Knowledge Exchange Forum

UCC, April 16th

**9.00-9.30: Registration & Coffee**

**9.30-9.35:**

### **Welcome**

Dr. Ian Pickup

Head of UCC Student Experience/

Chair of Confederation of Student Services Ireland

**9.35-9.45:**

### **REACT in a Student Context**

Laura Harmon

President of the Union of Students in Ireland

**9.45-10.45:**

### **REACT: Why Bother?**

Dr. Michael Byrne

REACT Project Leader

**10.45-11.00: Coffee**

**11.00-11.15:**

### **REACT in an Evidence-Based Way**

Dr. Ann Hope

Research Fellow, Trinity College Dublin

**11.15-12.50:**

### **Group Consensus Session:**

Possible Mandatory Action Points

**12.50-1.35: Lunch**



## Knowledge Exchange Forum

UCC, April 16th

**1.35-2:00:**

### **Alcohol Use in Ireland- An Overview**

Prof. Ivan Perry

Head of Public Health & Epidemiology UCC

Chair of UCC Health Matters Steering Committee

### **Alcohol Use in Ireland- The Student Situation**

Martin Davoren

REACT Project Researcher/PhD Student

**2.00-2.30:**

### **REACT: Panel Discussion**

**2.30-2.45:**

### **REACT Building Alliances & Setting Targets**

Greg O'Donoghue

Welfare Officer of the Union of Students in Ireland

**2.45-3.00: Coffee**

**3.00-4.00:**

### **Group Consensus Session:**

### **Possible Optional Action Points**

**4.00-4.10:**

### **Commitment Going Forward**

**4.10-4.30:**

### **Next Steps**

David Carey

REACT Project Manager

## BACKGROUND TO THE REACT PROJECT

Currently, Ireland has one of the highest levels of alcohol consumption in the European Union. **Hazardous drinking has been identified as the number one substance abuse problem during university life.** Recently, a cross-sectional survey of University College Cork students found that 66% of students reported hazardous alcohol consumption. This research also signposted a narrowing of the gender gap as females now drink as much as their male counterparts.

Throughout the past twenty years, national policies have noted the importance of students when tackling alcohol consumption. Efforts to support a sector-wide approach to alcohol have continued with collaboration between UCC Health Matters, the Irish Student Health Association (ISHA), the Confederation of Student Services in Ireland (CSSI), and most importantly, the Union of Students in Ireland (USI). Two important milestones have given this process some impetus;

1. The success of the implementation of UCC's Alcohol Action Plan between 2010-2014
2. The decision made by the USI to disassociate itself from **Drinkaware.ie**.

To support these two milestones, **the Health Service Executive funded the REACT (Responding to Excessive Alcohol Consumption at Third-level) project.** This project aims to develop a National Accreditation and Award System for 3<sup>rd</sup> level institutions, recognising and rewarding an institution's efforts to reduce alcohol-related harm amongst its students. A similar pilot-project is underway in the UK. REACT is an exciting, and potentially transformational programme involving collaboration between the Department of Health, HSE Health Promotion, USI and ISHA and each of you.

The project aims to establish a scheme that would require an institution to achieve/deliver (a) an agreed minimum number of **mandatory** and (b) an agreed minimum number of **optional** action points. The optional action points are to be selected by each individual institution from a larger number of agreed action points, thus allowing each institution to tailor its action plan.

We believe this project is complementary to both the national Healthy Ireland and Health Promoting University initiatives. It ensures there is an on-going, sustainable means of incentivising 3<sup>rd</sup> Level institutions and students to implement evidence-based interventions that reduce alcohol related harm. This translates policy into action while building on policies developed over the past 20 years.

### **REACT aims to produce:**

1. An evidence-based suite of mandatory and optional action points from which 3<sup>rd</sup> level institutions develop institution specific Action Plans (An Accreditation/Awards scheme for 3<sup>rd</sup> level Institutions)
2. An on-line recording/reporting tool available to all participating institutions to track and report on progress, which will be used in a proposed accreditation process
3. Collaborative partnership working between students, student leadership (USI), umbrella professional support organisations (ISHA), the HSE and each institution to facilitate real and sustained action
4. A template for an Action-Plan based approach to facilitate change in the 3<sup>rd</sup> level setting, supporting the aims of Healthy Ireland and informing the on-going development of the settings approach in the emerging HSE Health Promoting University initiative.
5. Final report describing the project.

***Today, we need your insight and guidance to ensure REACT is translatable across each third-level institution in Ireland.***

# REACT

Responding to Excessive Alcohol Consumption in Third-Level

**Late Nov. 2014**

Proposal of  
concept, funding  
granted & project  
team assembled

**Dec. 2014**

Presentation &  
endorsement of the  
USI

**Jan. Week 1**

Formation of the  
Steering Committee &  
Working

**Jan-Feb Week 4**

Search strategy  
implemented &  
overall Action Point  
list completed

**April 16th**

Plan & host the  
Knowledge Exchange  
Forum

**April-May**

Analyse Forum data  
to finalise Action  
Point Suite

**May Week 3**

Draft of the Final  
Project Report for  
Steering & Working  
Group

**June 30th**

Launch of AP Suite,  
Final Report &  
Webapp  
(Conference)

## HOW CONSENSUS METHOD OPERATES

***Many thanks for agreeing to participate in the Knowledge Exchange Forum being held on April 16th in Devere Hall, the Student Centre, University College Cork. This forum aims to establish consensus on the most useful set of action points for tackling excessive alcohol consumption in third-level institutions across Ireland. To do this we will work with the consensus method.***

***Consensus is a group process where the input of everyone is carefully considered and an outcome is crafted that best represents the views of the group.*** The material you are being asked to evaluate is based on a systematic review of evidence-based action plans to tackle alcohol consumption in college, community and school settings. The results of this are attached below and will form the basis for discussion at the **Knowledge Exchange Forum**.

Prior to the meeting in Cork we are asking all members of the Knowledge Exchange Forum to rank the following **mandatory action points** in order of preference from 1-18. **Please indicate your preference in 'Exercise I'**. Take this opportunity to discuss the action points and garner opinion from colleagues in your own institution. At the Knowledge Exchange Forum you will have a chance to discuss your views on each of the indicators and also the opportunity to update your preference in 'Exercise II'.

Should you have any queries that you would like answered while completing this ranking exercise please contact Mr. Martin Davoren at [m.davoren@ucc.ie](mailto:m.davoren@ucc.ie) or 021-4903867.

## THE ACTION POINTS

The following pages outline the list of mandatory and optional action points. These action points are derived from a literature review of evidence-based action plans both nationally and internationally. **You will first see the mandatory action point list which you are asked to rank from 1-18 in 'Exercise I'** as outlined above. Following this is a list optional action points are displayed. These are grouped into four of the five pillars from the National Alcohol and Substance Misuse Strategy. **We ask you to browse through these optional action points prior to the Knowledge Exchange Forum.**

**PLEASE NOTE: THE ACTION POINTS IN THESE TABLES HAVE BEEN RANDOMISED TO AVOID ANY BIAS IN YOUR RANKING EXERCISE**

	Action Point	Description	EXRC. I	EXRC. II
1.	Develop reporting mechanism for tracking local licensees inappropriate drink deals	Develop reporting mechanism for tracking local licensees inappropriate drink deals		
2.	All incoming students are given an alcohol information session	All incoming students are given an alcohol information session and informed that the college is pursuing the REACT Award.		
3.	All incoming students are required to take an online brief intervention tool	All incoming students are required to take ePUB (or other brief intervention tool if already in place) with the stats being presented to a relevant college committee on an annual basis		
4.	Develop a college alcohol policy	Develop a college alcohol policy encompassing: sponsorship, advertising, promotions & distribution		
5.	Policy submitted/approved at a senior level within the college	Secure high level commitment to alcohol awareness in the college		
6.	Secure leadership of Steering Committee from a significant college official	Secure leadership of Steering Committee from a significant college official		
7.	Training and information offered to class reps	Training materials and information offered annually to all class reps around excessive alcohol consumption, student injury/death and anti-social behaviour		
8.	Form a Steering Committee of staff and students that meet twice a year (minimum) and review the Action Plan annually	Form a Steering Committee of interested parties with student and staff representation, which holds a minimum of two meetings annually and reviews the action plan at least once annually		
9.	Develop the capacity of support services to meet the needs of excessive alcohol users	Develop the capacity of existing support services to deliver consistent alcohol specific advice, information and brief interventions to individuals		
10.	Create a college alcohol support directory	Information about support services and resources for people with a range of alcohol related issues is readily available to the services and public via a college alcohol support directory		
11.	Hold an annual meeting with local residents and local stakeholders	Hold at least one meeting annually with local residents and stakeholders (e.g local Garda, neighbourhood watch, etc.) as a forum to discuss grievances and suggestions related to student alcohol consumption		
12.	Create referral pathway with a consistent approach for all front line staff	Ensure that robust referral lines are developed between through a referral pathway, providing training and information to all front line support staff on the appropriate pathway for students they are concerned about in relation to alcohol consumption		
13.	Increase provisions for alcohol-free social spaces	Increase provisions for alcohol-free social spaces and alcohol-free activities/social events		
14.	Include alcohol related issues in the planning of all large scale student events	Require compulsory agenda item of alcohol/safety/anti-social behaviour present on the agenda for all planning meetings related to a large scale student entertainment event that serves alcohol. E.g. Ball, gig, R&G, etc.		
15.	Report and track alcohol related anti-social behaviour complaints	Establish a reporting and tracking mechanism for anti-social behaviour complaints associated with alcohol		
16.	Annual Report submitted to REACT	Produce annual report on progress of implementation to be submitted to REACT		
17.	The college has completed its own evaluation of the effectiveness of the alcohol action plan	The college devises and completes an evaluation strategy to monitor the effectiveness of the alcohol action plan		
18.	Train relevant staff in Brief Intervention Training	Ensure key individuals in student health and the student experience are able to deliver Brief Intervention Therapy around alcohol misuse		

## PREVENTION 1: Policy, Information & Training

	Action Point	Description	EXRC. I	EXRC. II
1.	Provide a workshop annually highlighting the link between alcohol and another risk-taking behaviour	Provide a workshop annually highlighting the link with other risk-taking behaviour. E.g. Alcohol and sexual consent, alcohol and safety, etc.		
2.	Publicise the problem of alcohol related harm with public and partner organisations	Publicise the problem of alcohol related harm with public and partner organisations		
3.	Provide support service staff with evidence based information	Disseminate up to date evidence based information on tackling alcohol use to support service staff		
4.	Use local media to highlight the positive steps the college is taking in the area of alcohol	Four articles are run annually in local media that highlight the positive steps being taken by the college in relation to excessive alcohol consumption		
5.	Provide all first year students with a college specific alcohol handbook	Develop a college specific alcohol handbook for distribution to all first year students with an annually update section on the college Action Plan progress		
6.	Hold a campaign once a semester in conjunction with local and national initiatives aimed at reducing alcohol misuse	Collaborate with local and national evidence based campaigns and initiatives to reduce alcohol misuse, holding a campaign at least once a semester		
7.	Provide funding for an employee to work as Health Promotion Officer with a responsibility for the REACT project	Provide funding for an employee to work as Health Promotion Officer with a responsibility for the REACT project		
8.	The membership of your Steering Committee should include community, HSE and local Garda representation	Steering committee should include one representative from local Gardaí, one local community representative, one HSE representative and a relevant partner organisation if available		
9.	Ensure the use of approved HSE messages and methods in the delivery of the Action Plan	Ensure that as part of delivering the Alcohol Action Plan all partnerships and organisations are adopting approved HSE alcohol prevention messages and methods		
10.	Develop a calendar of events in conjunction with local Students Union	Develop a calendar of events in conjunction with local Students Union which require proactive planning of alcohol free events and events which serve alcohol		

## PREVENTION 2: Screening, Referral & Environment

	Action Point	Description	EXRC. I	EXRC. II
1.	Links to local healthy city committees are made	Links to local healthy city committees are made		
2.	Create a late night bus service to student accommodation	Create a college run late night bus service to student accommodation from college events/nights out		
3.	Create alcohol-free housing in student accommodation	Create alcohol-free housing in student accommodation		
4.	Develop and implement a Student Community Support system	Develop and implement a Student Community Support system for key student weeks		
5.	Lobby local council to reduce antisocial behaviour by considering environmental design principles	Crime prevention through environmental design principles are used for major council projects in future planning		
6.	Embed an online brief intervention tool into the college curriculum	Embed ePUB (or other online brief intervention tool if already in place) into the college curriculum for programme on a voluntary basis		
7.	Train student leaders to encourage peer led alcohol education	Train student leaders to encourage peer led alcohol education		
8.	Ensure self-referral routes are accessible to all students	Ensure the marketing and accessibility of alcohol services is conducive to self-referral for individuals of all ages and backgrounds		
9.	Develop increased links with local/voluntary and statutory services	Develop increased links with local/voluntary and statutory services such as AA and the local area Drugs & Alcohol Taskforce		
10.	Allocate space for and make contact with Alcoholic Anonymous	Allocate space for and make contact with Alcoholic Anonymous regarding the provision of group meetings		

## SUPPLY & DEMAND

	Action Point	Description	EXRC. I	EXRC. II
1.	Review of the current Alcohol Policy	The existing Alcohol Policy is reviewed by the Steering Committee and updated update if necessary. It is then sent for external Peer Review		
2.	Existing Alcohol Policy is updated to include staff members	Existing Alcohol Policy is updated to include staff members		
3.	Map surrounding licensed premises	Map and annually update off-licence premises, public houses and nightclubs surrounding the campus		
4.	Hold an annual meeting with local licensed premises	Hold an annual liquor liaison meeting with licensed premises to disseminate information on regulation, enforcement, and community issues surrounding alcohol use		
5.	Conduct training for all on campus bar staff	Conduct Responsible Serving of Alcohol training for all on campus bar staff aimed at excessive consumption, limiting serving and anti-social behaviour		

## RESEARCH & EVALUATION

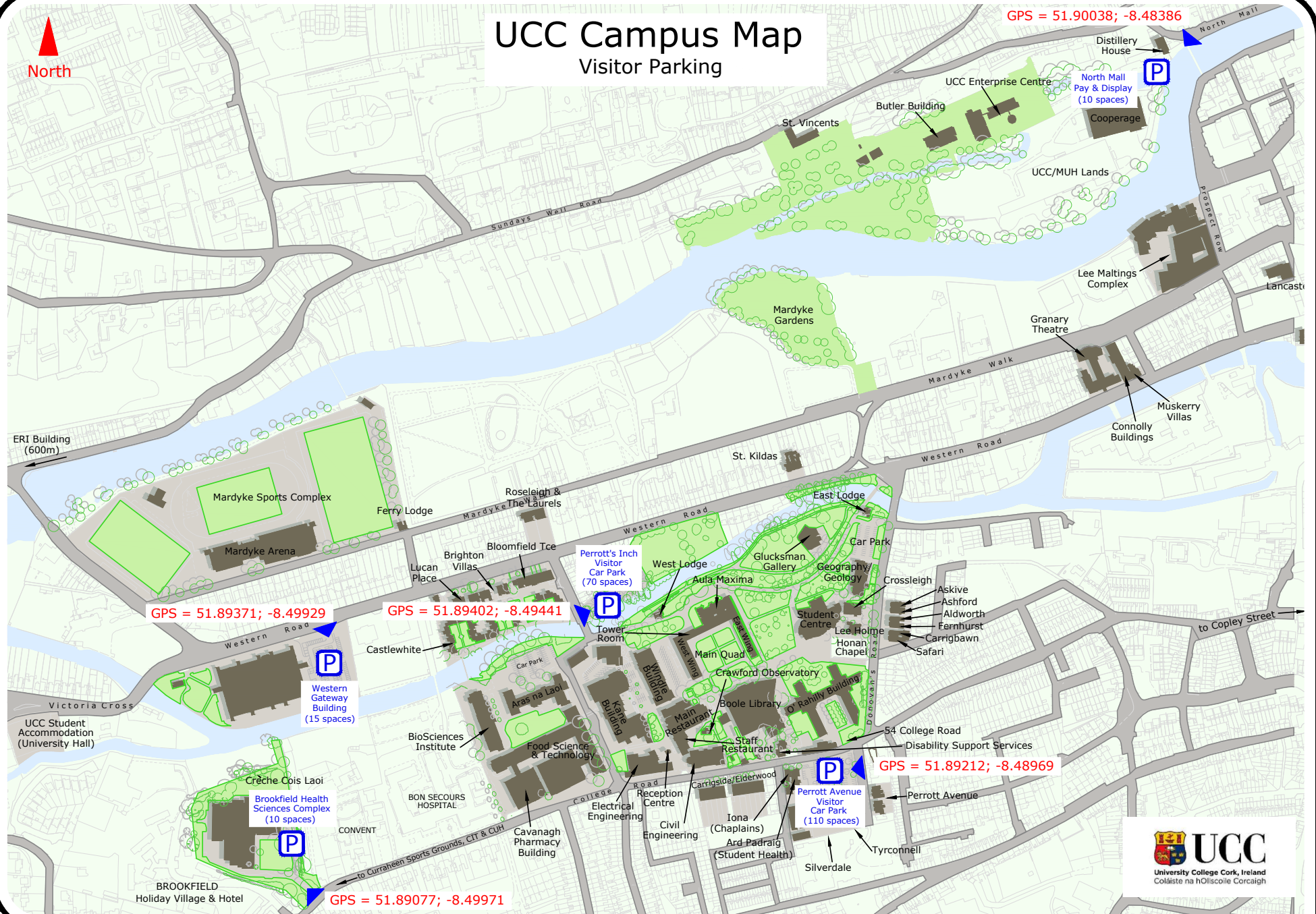
	Action Point	Description	EXRC. I	EXRC. II
1.	Target information and support at specific student groups	Invest information and support resources into specific student groups, particularly where there is heavy and problematic alcohol use, based on an effective information system		
2.	Review existing interventions which effectively reduce alcohol-related harm among students	Conduct a systematic review of the existing interventions which effectively reduce alcohol-related harm among students		
3.	Use the Alcohol Use Disorders Identification Test (AUDIT) for measuring alcohol-related harm	Generate an effective information system (cross sectional study) to understand the epidemiology of alcohol-related harm measuring alcohol consumption using the AUDIT scale		
4.	Make use of appropriate research means to monitor the pattern of alcohol consumption	Source relevant students/researchers/academics to advise on the appropriate methods to monitor the pattern of alcohol consumption		
5.	Explore the possibility of providing alcohol/substance free housing	Produce report on the provision of providing alcohol/substance free housing		
6.	Conduct qualitative research with students to identify the reasons for drinking alcohol	Conduct qualitative research with students to identify the reasons for drinking alcohol		
7.	Conduct research on consumption prior to implementing the Action Plan	Conduct baseline research in conjunction with REACT of student alcohol consumption prior to initial implementation of the Action Plan so as to create a comparative measure		
8.	Complete process evaluation of alcohol action plan	Complete process evaluation of alcohol action plan and produce report to REACT		
9.	Establish a group to monitor the impact of the Action Plan	Establish a cross institution reference group consisting of staff and students to monitor the impact of the action plan and aid process evaluation		



# UCC Campus Map

## Visitor Parking

GPS = 51.90038; -8.48386





## ACCOMMODATION OPTIONS

### HOTELS

#### **The Kingsley**

Victoria Cross,  
Cork

Tel: +353 (0)21 480 0500

Email: [info@thekingsley.ie](mailto:info@thekingsley.ie)

#### **The River Lee Hotel**

Western Road,  
Cork

Tel: +353 (0)21 425 2700

### BED & BREAKFAST

#### **Lancaster Lodge**

Lancaster Quay,  
Western Road,  
Cork

Tel: +353 (0)21 425 1125

Email: [info@lancasterlodge.com](mailto:info@lancasterlodge.com)

#### **Garnish Guesthouse**

Western Road,  
Cork

Tel: +353 (0)21 427 5111

Email: [info@garnish.ie](mailto:info@garnish.ie)

#### **Audley House**

Western Road,  
Cork

Tel: +353 (0)21 427 4292

Email: [info@audleyhousecork.com](mailto:info@audleyhousecork.com)

#### **Rose Lodge Guesthouse**

Mardyke Walk,  
Cork

Tel: +353 (0)21 427 2958

### POINT OF CONTACT

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REACT Project Manager

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086-0695811

# REACT

Responding to Excessive Alcohol Consumption in Third-Level

## COLLEGES & ORGANISATIONS SUPPORTING THE REACT FORUM



Institiúid Teicneolaíochta  
Bhaile Átha Luain  
Athlone Institute  
of Technology

AlcoholAction  
Ireland



Institute of Technology  
Blanchardstown  
Institiúid Teicneolaíochta  
Baile Bhlainséir





The REACT Project is being delivered under the guidance of a Steering Committee comprising of national and international experts in the field of alcohol related harm. Its membership is as follows:

### REACT STEERING COMMITTEE

Prof. Joe Barry	Trinity College Dublin
Dr. Michael Byrne	University College Cork/UCC Health Matters
Ms. Suzanne Costello	Alcohol Action Ireland
Ms. Cindy Dring	National University of Ireland, Galway
Ms. Hannah Glackin	Letterkenny Institute of Technology/ISHA
Ms. Laura Harmon	Union of Students in Ireland
Dr. Cate Hartigan	Health Service Executive
Dr. Ann Hope	Trinity College Dublin
Prof. Frank Murray	Royal College of Physicians Ireland
Dr. Ian Pickup	University College Cork
Mr. Mark Stanton	University College Cork Students' Union
Ms. Ann Timony Meehan	National Alcohol Forum

The REACT Working Group is comprised of interested professionals and students from a variety of Third-level colleges. Its membership is as follows:

### REACT WORKING GROUP

Dr. Michael Byrne	University College Cork/UCC Health Matters
Ms. Siona Cahill	Maynooth Students' Union
Mr. David Carey	REACT Project
Ms. Anne Cooney	Athlone Institute of Technology
Mr. Martin Davoren	REACT Project
Dr. Eoin MacDonnacha	National University of Ireland, Galway/ISHA
Ms. Ciara O'Connor	Cork Institute of Technology Students' Union
Mr. Greg O'Donoghue	Union of Students in Ireland
Mr. Cian Power	University College Cork Students' Union
Ms. Meadhbh Roche	Waterford Institute of Technology Students' Union
Ms. Jackie Rutledge	Institute of Technology Tralee