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Administrators urge students to ask for help with alcohol

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When Rosalie Cebreros went out with friends Thursday evening, she found herself in a place she least expected: the Addiction Recovery Center.

It wasn't even the freshman's first visit to the ARC this fall semester.

Cebreros, an open-option major, spoke from the audience about her experience with excessive alcohol consumption during a panel discussion on Wednesday about binge drinking among University of Colorado at Boulder students.

"It's not something you plan on," Cebreros said about her first visit on Aug. 28.

Even with the help of her friends, Cebreros could not function properly.

"My friends tried to wake me up a few times; they sprinkled water on me," Cebreros said. "But they couldn't wake me up. I think I just wanted to sleep. I don't remember any of it."

Cebreros's story can be scary and as well as too real for many CU students.

The panel was held on the 4-year anniversary of CU freshman Lynn Gordon "Gordie" Bailey's death from alcohol poisoning.

While many students are against heavy drinking, multiple students still do.

"We are seeing an increase in the number of students choosing to abstain from alcohol," said Deb Coffin, assistant vice chancellor of Student Affairs. "At the same time, there has been an increase in the number of students that binge."

Excessive alcohol consumption is not a new concern at CU, and with 247 liquor licenses in Boulder, access to alcohol is not hard.

"I'm a firm believer that outside behavior affects the classroom," said Jane Curtis, the director of alcohol and other drugs program at CU. "Alcohol abuse affects all of us."

That is why the CU administration is encouraging safe drinking habits for all students by working with the Guidelines and Objectives of Responsible Drinking.

“Responsible drinking means it’s important for students to be watching out for each other,” said Victoria Garcia, a junior communication major and USCU tri-executive. “Be aware.”

The CU administration hopes to ease such decision making with the university Good Samaritan Provision.

The policy allows any student to help an intoxicated student without the involved parties being subject to formal university disciplinary action. In turn, these students are required to undergo alcohol education.

The policy applies to students living both on and off campus.

The thin line between responsible drinking and bingeing is one not limited to CU students; it’s not even limited to students at all.

“We’re dealing with a huge societal issue in our country,” Coffin said. “I don’t believe it’s just a student issue-we are seeing as a society that over-consumption is being tolerated.”

Cebreros is one student who is ready to change her habits.

“No, I don’t see this happening again,” Cebreros said. “This stuff really hits home, and I don’t want to be the next ‘Gordie’.”

source: Campus Press