

Alcohol and the Brain

With Red Watch Band Training

How alcohol works

- Enhances the effects of GABA, weakens effects of glutamate
- With increasing blood alcohol content, affects the following areas:
 - Cerebral cortex
 - Limbic system
 - Cerebellum
 - Hypothalamus & pituitary
 - Medulla

Excessive Alcohol Use

Reduction of brain mass due to neuronal death

Emotional and social problems due to changes in limbic system

Deficiency in thiamine (vitamin B-1) can lead to Korsakoff's Syndrome

- Confusion
- staggering/stumbling
- Memory loss and confabulation



Red Watch Band Training

Become a Red Watch Band CARE Team Member

- Conduct outreach to increase RWB training participation
- Enhance alcohol overdose prevention efforts
- Promote healthy behaviors, and reduce high-risk drinking
- For more information, visit:
 - <http://www.stonybrook.edu/commcms/rwb/>
- Or contact:
 - redwatchband@stonybrook.edu
 - Student Activity Center, Room 310



Green Dot Training

- “preventing forms of power-based personal violence, such as rape and sexual assault, relationship violence, harassment, and stalking.”
- Available trainings:
 - Tuesday 11/21 12pm-4pm SAC Ballroom B
 - Friday 12/8 9am-1pm SAC Ballroom B
- Get involved: Become a Green dot ambassador
 - Assist in Green Dot training
 - Promote social responsibility and bystander engagement through outreach
 - Build professional network and enhance public speaking skills
 - Empower students against power-based violence



QPR Training

Question, Persuade, Refer- Suicide Prevention Training

Learn about

- the causes of suicidal behavior
- how to recognize warning signs that someone needs help
- how to connect people with appropriate mental health care

QPR
For Suicide
Prevention

Register for a training at:

<http://studentaffairs.stonybrook.edu/caps/training/Opportunitiesforstudents.html>

Muslim Student Association: Mental Health First Aid

8-hour certification course and public education program

Learn the risk factors and warning signs of mental health problems such as anxiety, depression, schizophrenia, bipolar disorder, eating disorders, substance abuse, and addictions.

