

Do You! Week - Spring (April 11-14)

Join PartySafe@Cal in shifting UC Berkeley's alcohol and other drugs (AOD) culture toward being one that supports all who study, live, work & play in the campus area:

The semesterly Do You! Week (Apr 11-14), taking place during National Alcohol Awareness Month, is an effort to both continue and celebrate the challenging and collaborative hard work to:

- Put safety, well-being, inclusion and equity at the center of student & community success
- Recognize and respect that many students chose not to use alcohol and other drugs
- Ask all who use and/or provide alcohol and other drugs do so in mindful and low-risk ways and situations
- Notice problematic behaviors and situations and address them in timely, effective, and compassionate ways.

Why are [Do You! Week activities](#) important? Take a minute to recall (or learn about) our campus AOD-related challenge and heartbreak in Fall 2014 when we revitalized our campus collaboration efforts. We had:

- 47 student households receive [Public Nuisance \(2nd Response\)](#) violations,
- 83 alcohol-related student transports to hospital, and
- four Berkeley-related student deaths. We remember and honor Zachary Bradley, Vaibhev Loomba, Apoorve Agarwal, Eloi Vasquez, and their family, friends, and loved ones.

This year, in comparison, we're on track for less than half these numbers of nuisance violations and transports and no loss of life. This is significant given we have two cohorts of students who arrived at campus for their first year of in-person learning and student enrollment numbers have increased since 2014.

[Do You! Week activities](#) span the core competencies for our campus' approach since 2014:

- [Harm Reduction & Risk Management](#)
- [Emergency and Non-Emergency Intervention](#)
- [Counseling & Support](#)
- [Living Substance-Free](#)
- [Campus & Community Leadership](#)

Do You! Week is organized and led by UHS-Health Promotion staff Karen Hughes MPH and the PartySafe@Cal Peer Advocates, all of whom are personally motivated to further reduce AOD-related risk and harm at UC Berkeley. Many also serve in other AOD harm reduction

campus and community organizations.

- Erin Sibel Sezgin, Senior - Studies Dance and Performance Studies.
- Heather Shin, Junior - Public Health
- Rivka Steinberg, Senior - Neurobiology

Peer Advocates' top student risk concerns this semester include: drinking too much and too fast, mixing alcohol and other drugs, perceived and actual peer pressure to use, ingesting unknown and unintended drugs (e.g. fentanyl), accessibility and use of high-quality resources, and stigma that prevents students from naming and addressing AOD-related harms they see or experience. No individual or organization wants to be labeled as having or being "a problem".

Do You! Week Partners include Students for Sensible Drug Policy; Young People in Recovery; UHS Social Services, Behavioral Health and Health Worker Program; PATH to Care; Bears That Care; Risk Services; Local Community & Gov't Relations; Collegiate Recovery Program; and Residential Life.

For more information, contact Karen Hughes at khughes@berkeley.edu or 510-643-9073.