



# Athletics Compliance Training

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Coordinator

- Alcohol and Drug Education
- Bystander Intervention
- Title IX
- Hazing Prevention
- Clery Act

# Harm Reduction



## WHAT'S HARM REDUCTION?

<b>Bike Helmets</b>	<b>Designated Driver</b>
<b>Face Masks</b>	<b>Methadone</b>
<b>Naloxone</b>	<b>Nicotine Patch</b>
<b>Syringe Exchange</b>	<b>Safety Belts</b>
<b>Speed Limits</b>	<b>Sunscreen</b>

**ALL OF THE ABOVE!**

# How, When & Why Do Student-Athletes Drink?

## Traditions & Celebrations

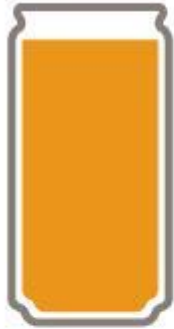
- Initiation
- Wins / Losses
- Breaks with the organization
- Recruitment
- Birthdays
- Graduation
- Holidays (Halloween, St. Patrick's Day, etc.)



# Alcohol: Standard Drink



**Light  
beer**  
14 oz.  
4.2% AbV



**Regular  
beer**  
12 oz.  
5.0% AbV



**Craft  
beer**  
9 oz.  
6.7% AbV



**White  
wine**  
5 oz.  
12.0% AbV



**Red  
wine**  
4 oz.  
15.0% AbV



**Liquor  
(80 proof)**  
1.5 oz.  
40.0% AbV

## What expectations are people trying to achieve when drinking?

- Relive Past Experiences
- Stress Relief
- Socialization
- To Become More Outgoing/Flirtatious
- Accessibility
- Rebellion
- Relieve Peer Pressure
- Fun

Abbey A, Smith MJ, Scott RO. The relationship between reasons for drinking alcohol and alcohol consumption: an interactional approach. *Addict Behavior*. 1993 Nov-Dec;18(6):659-70. doi: 10.1016/0306-4603(93)90019-6. PMID: 8178704; PMCID: PMC4493891.

# Blood Alcohol Level (BAL)

.01 - .03: No apparent effects other than minor mood elevation

.04 - .06: Feelings of relaxation, warmth – Minor impairment of reasoning and memory

.07 - .09: Mild impairment of balance, speech, vision, and control. Illegal to drive at

1 - .15: Significant impairment of motor control, loss of judgement, and blurred vision and slurred speech

.16 and up: Severe nausea, Dysphoria, loss of consciousness, death



# 5 Factors for BAL

## 1. Body Mass

How much of 'you' there is

## 2. Amount

How much you drink

## 3. Time

How quickly you drink

## 4. Biology

Sex assigned at birth, Hormones, etc.

## 5. Medication

Prescription or non-prescription drugs



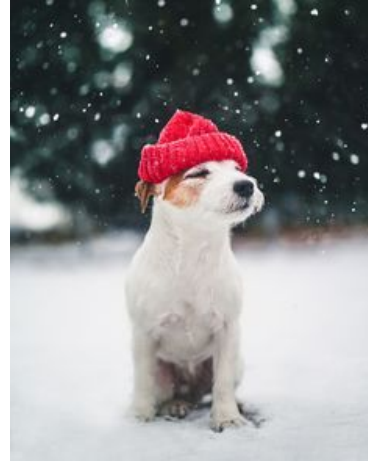
# Sleep

- Initially alcohol seems to help
- Alcohol prohibits REM cycle of sleep
- No restoration from daily activities
- Once the body processes the alcohol, it wakes you up, which could be multiple times that night



# The Cold

- Alcohol causes blood vessels to swell
- This creates a false sensation of warmth, taking heat away from internal organs
- Alcohol reduces the ability to shiver
- Hypothermia could then occur, leading to death



## Alcohol Overdose (Blackouts)



## What does it look like?

- Mental Confusion
- Unresponsive
- Gaps in Memory
- Irregular Breathing
- Clammy, Pale/Blue skin
- Uncontrolled Vomiting
- Seizures

# What To Do: Wake, Turn, Call, Stay

## Don't Leave The Person Alone

- Prevent further injury
- Keep them upright as much as possible

## Give Authorities Accurate Information

- What Type of Alcohol
- Other Drugs
- Medications
- Allergies

## Monitor Vomiting

- Lean them forward to prevent choking
- If on the ground, turn them on their side
- Keep their airway open

## CPR

- Get them on the floor or ground



# Emergency Contact Info

Emergency Response (911)

UMPD (207) 581-4040

[umaine.edu/police/campus-eyes](http://umaine.edu/police/campus-eyes)

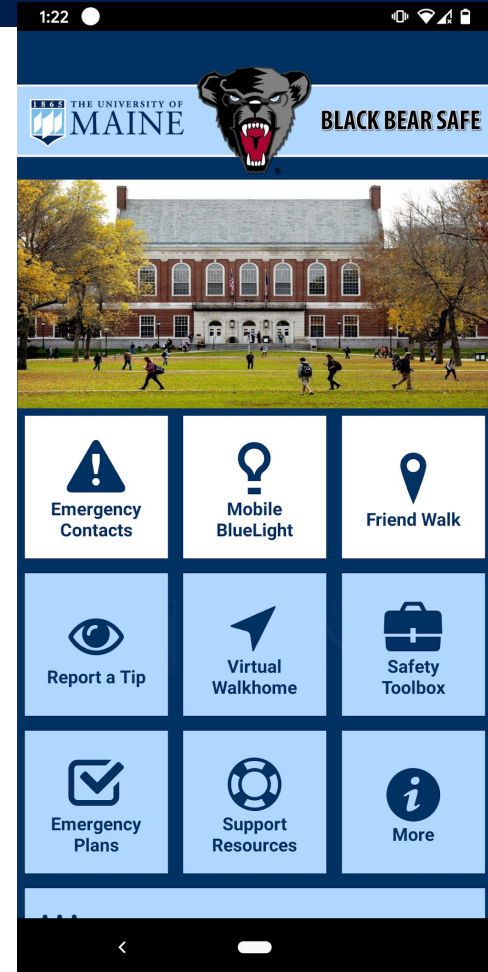
Black Bear Safe App



Apple App Store



Google Play Store



# Medical Amnesty & Good Samaritan

- Avoid sanctions via Student Conduct Code
- May attend BASICS

# Sobering Up

Are the following effective ways to sober up?

**Boot & Rally, Tactical Vomit,  
Pulling Trig**

**Drinking Coffee (caffeine)/Water**

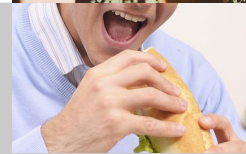
**Eating Food**

**Exercise**

**Cold Shower**

**True**

**False**



# Harm Reduction Strategies



Arrive as a group,  
leave as a group



Stick to the plan



How much you can handle?

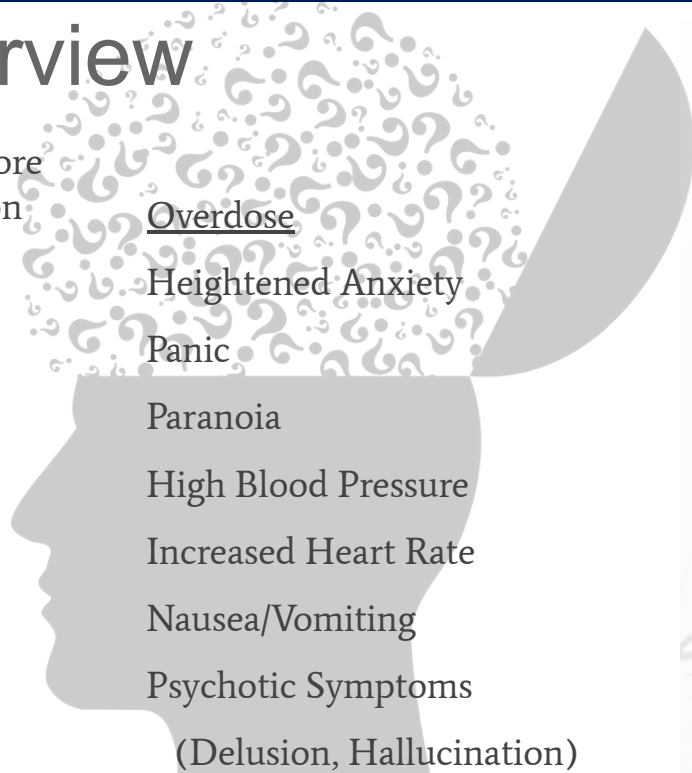
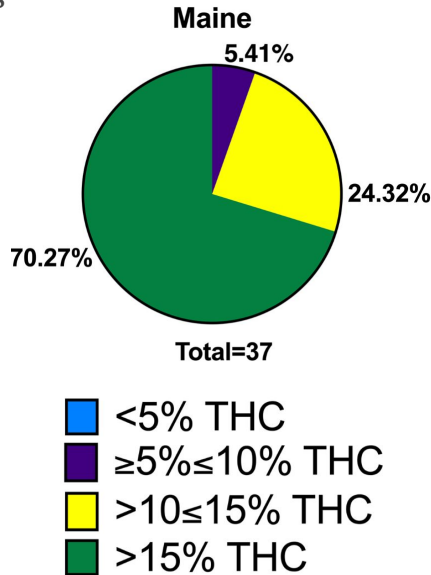


How much you have had?



# Cannabis Overview

The industry is unregulated and therefore there has been heightened manipulation of the plant, causing unnatural THC levels



## Overdose

Heightened Anxiety

Panic

Paranoia

High Blood Pressure

Increased Heart Rate

Nausea/Vomiting

Psychotic Symptoms

(Delusion, Hallucination)

## Addiction

Exhibits similar symptoms to ADHD

Sleep abnormalities

Heightened levels of stress and anxiety

Correlates with depression and suicide

Lower GPA and testing scores

## Withdrawal

Irritability

Increased Nervousness\Anxiety

Sleep Difficulty\Restlessness

Decreased Appetite

Depressed mood

Physical Discomfort (headache, nausea)

# Bystander Intervention



1. Notice the Event  
See a situation that could be harmful
2. Interpret the Situation  
Is there imminent harm?  
What's going on?
3. Assume Responsibility  
Make the decision to take action
4. Know How to Help  
What are your options?  
UMPD, 911, Take Action

# Strategies for Intervening

- Create a Distraction
  - “I’m starving, lets get some pizza.”
  - “This party sucks, let’s go somewhere else.”
- Ask Directly
  - “Do you need help?”
  - “Do you want me to stay with you?”
  - “Why don’t you come over here with me?”
- Rally Others
  - Ask a friend to come with you
  - Ask someone else to intervene:
    - “Take your friend to the bathroom.”
    - “Your friend looks like they’ve had a lot to drink; Can you check on them?”

# Title IX

Sensitive subject matter....

# Title IX

“No person in the United States shall, on the basis of sex be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal aid.”

# Title IX Student Services

## *What we cover....*

- Stalking
- Sexual Assault
- Sexual Harassment
- Dating Violence
- Domestic Violence

## *What we provide....*

- Reporting Options
  - Accommodations
  - Support (for both parties)
  - Resources
  - Prevention Education
- 
- We also support pregnant and parenting students

# Incidents of Sexual Assault

## University of Maine

- Many occur within initial weeks of school
- Res Life most common referral source
- Student-athletes are more likely to be assaulted by another student-athlete than a non-athlete
- Most complainants are female, most respondents are male
- **1 in 5**

**See something,  
say something.**

**SPEAK UP TO PREVENT SEXUAL ASSAULT**

# Title IX - Reporting

- “Responsible Employees” must take immediate and appropriate steps to
  - Stop the harassment
  - Remedy the effects
  - Prevent a recurrence



*Who are the responsible employees?*



# Title IX - Reporting

Phrases to listen for may include, but are not limited to:

“There is someone bothering me who won’t leave me alone”

“My partner makes me nervous”

“I was abused as a child”

“I think I’m being stalked / harassed”

“I’m feeling uncomfortable about a sexual interaction”

“I was really drunk and someone had sex with me”

# Title IX - Reporting

How can you report a concern you have about a student?

- [umaine.edu/titleix/](https://umaine.edu/titleix/)
- Call (207) 581-1485
- Stop into Memorial Union 235
- Email [heather.hogan@maine.edu](mailto:heather.hogan@maine.edu)
- Call UMPD at (207) 581-4040 or 911 in emergency

*....but then what happens next?*

Want to Report

MANDATED REPORTING

# Title IX Reporting

Hi, my name is Heather....

- Resources
- Options
- Support



Resources available for students who have experienced sexual violence. This includes information regarding sexual harassment, sexual assault, stalking, dating violence, domestic violence.

For more information, please contact:

Heather Hogan  
Deputy Title IX Coordinator  
Memorial Union, Room 308  
207.581.1485  
heather.hogan@maine.edu  
umaine.edu/titleix

## YOUR OPTIONS & RIGHTS

The University of Maine is committed to preventing and intervening in all forms of gender discrimination which includes sexual assault and sexual harassment, and can also include relationship abuse and stalking. We strongly urge students who have been impacted by gender discrimination to take action, including using the support services identified and/or pursuing criminal and student conduct action.

The University strongly encourages students to seek out the assistance of the support services listed in this brochure. These resources can work to assist with accommodations such as the following:

- No Contact Order - To eliminate contact with the accused
- Academic Accommodations
- Change in Living Arrangements
- Access to Health & Counseling Services
- Safety Escorts & Safety Planning

Privacy will be respected to the fullest extent possible and the complaint will only be shared with members of the University community with a need to know. Students will be kept informed of action taken in response to the concerns raised. Requests for confidentiality may limit the University's ability to respond to a report.

Many University employees (other than those identified as Confidential Support Services to the right) are required by law to report all complaints of gender discrimination to the Deputy Title IX Coordinator even when the complainant requests no action be taken. When an incident is reported, the University will investigate the complaint and take necessary action to protect the individual and the community.

## SUPPORT SERVICES

**For Emergencies:** University of Maine Police Department

- Dial 911 from campus telephones or 207.581.4040
- 24 hours a day, 7 days a week

**On-Call-Dean:** Call 207.299.7237

Student Life: Call 207.581.1406

## RELEVANT UNIVERSITY POLICIES

- University of Maine Student Conduct Code  
<https://www.maine.edu/board-of-trustees/policy-manual/section-503/>
- Sexual Assault Policy  
<https://umaine.edu/eo/policies-procedures/sex-discrimination-sexual-harassment-sexual-assault-relationship-violence-stalking-and-retaliation/#polst>

## CONFIDENTIAL RESOURCES

There are also a number of services, both on and off campus, available for students who are seeking confidential support.

**University of Maine Counseling Center:** Call 207.581.1392

- Monday thru Friday
- 8:00 AM - 5:00 PM

If you need to speak with a counselor after regular work hours, you can arrange this through the University of Maine Police Department by dialing:

- 911 from campus telephones; or
- 207.581.4040 from other Maine telephones

**Cutter Health Center:** Call 207.581.4000

- Monday thru Friday
- 8:00 AM - 5:00 PM

**Emergency Care:** Dial 911

- Ambulance service is available on campus 24 hours a day, 7 days a week

**After Hours and Weekend Care:** Call 207.581.4000

- Clinicians are also available after hours and on weekends
- These services may be provided at Walk-In Care, located on Union Street in Bangor
- Call 207.581.4000 to reach the on-call service

Transportation to off-campus appointments and the emergency room are offered by the University through a local taxi service at no cost to the student. To initiate a taxi for medical purposes, please call 207.581.4000.

# Resources

## Private

### On Campus

- Title IX Student Services  
*207-581-1406*
- UMaine Police Dept.  
*911/ 207-581-4040*

## Confidential

### On Campus

- Cutler Health Center, 207-581-4000
- Counseling Center, 207-581-1392
- Confidential Resource Advisor,  
[jennifer.l.England@maine.edu](mailto:jennifer.l.England@maine.edu)

### Off Campus

- Rape Response, 1-800-310-0000
- Partners for Peace, 1-800-863-9909

# Hazing

Any activity expected of someone joining or participating in a group that humiliates, degrades, abuses, or endangers them regardless of a person's willingness to participate

*Let's breakdown the definition...*

1. Expected activity of joining or maintaining membership in a group
2. Humiliating, degrading, or abusive in nature
3. Regardless of a person's willingness to participate

## EXAMPLES OF HAZING:

- Expecting certain items to always be in one's possession
- Requirement to wear embarrassing/humiliating attire
  - Expecting illegal activity by new member
  - Beating, Paddling or other forms of assault
    - Abduction or kidnaps
- Requiring to drinking large amount of alcohol

# Reporting Issues of Hazing and Bias

- UMaine Police Department 207-581-4040 (Emergency 911)

## Hazing Prevention Team:

- Lauri Sidelko, Assistant Dean of Student Life [sidelko@maine.edu](mailto:sidelko@maine.edu)
- Heather Hogan, Deputy Title IX Coordinator [heather.hogan@maine.edu](mailto:heather.hogan@maine.edu)
- Kevin Hudson, Student Life Educator [kevin.hudson1@maine.edu](mailto:kevin.hudson1@maine.edu)
- Tim Campbell, Student Health Educator [timothy.r.campbell@maine.edu](mailto:timothy.r.campbell@maine.edu)
- Colleen Frazier, Coordinator for Student Organizations [colleen.frazier@maine.edu](mailto:colleen.frazier@maine.edu)
- Anonymous Reporting: <http://umaine.edu/police/campus-eyes/>

## Resources:

- Clery Center Video: “We don’t haze” <https://clerycenter.org/initiatives/hazing-project/>
- Stophazing: <https://www.stophazing.org>
- Hazing Prevention Consortium: <https://www.stophazing.org/hazing-prevention-consortium/>

# The Jeanne Clery Act

- Requires colleges and universities to report campus crime data, support victims of violence, and publicly outline the policies and procedures they have put into place to improve campus safety
- Includes:
  - Criminal offenses
  - Hate crimes
  - VAWA offenses
  - Arrests and referrals for disciplinary action
- Timely warnings
- Emergency notifications



# Questions?

**Kenda Scheele**

207-581-1406

[kenda.scheele@maine.edu](mailto:kenda.scheele@maine.edu)

**Heather Hogan**

207-581-1485

[heather.hogan@maine.edu](mailto:heather.hogan@maine.edu)

Please scan for attendance

