



Atlantic Regional Symposium

March 3, 2017

Hosted by St. Thomas University

Participants: Acadia, Mount Alison, Saint Mary's, St. Thomas, Mount Saint Vincent, University of New Brunswick, Dalhousie, St. Francis Xavier (total number of participants: 18)

Symposium Goal

The symposium provides the space for students across Atlantic Canada to participate in a regional discussion regarding alcohol harm reduction initiatives including: drinking culture, characteristics and drivers of the drinking culture and identifying successful student-led initiatives happening on our campuses.

Discussion Topics

1. Setting the Stage – Shifting Culture Starting in 1st Year (Traditions & Education)
2. Reshaping Social Norms – Improving the Language Around Drinking
3. Students Turn to Drinking whether to Celebrate, or Cope – Finding Other Outlets
4. University and College Administration – Supporting Students Through Cooperative Policy Development
5. Empowering Students to Act When Someone Has Had Too Much – Making Intervening Culturally Acceptable

Outcomes

Shared the PEP-AH framework with participants

Developed common understanding of issues affecting all campuses which allows for focused work

Connected student in the region focused on alcohol harms; group will connect moving forward

Participants presented on the initiatives on their respective campuses

Next Steps

Initiate Student-driven collaborative/ Community of Practice (Facebook group like Postsecondary Student Services group)

Ask PEP-AH to work on National Alcohol Policy Framework/Template members could use as a starting point in developing their own

I think along with this, the students are interested to having PEP-AH as a “How to Resource”. I remember someone mentioning how the framework had great ideas and initiatives, however the students did not know how, or where to start for the implantation. I think it



would be awesome to reach out to some students to provide detail on how they implemented some of the programs on their campus. This would allow students/PEP-AH Campus Teams to learn from schools across Canada beyond the symposium? Along with this, if PEP-AH gets a website it can include a chat room for members to connect, share and steal. There is already action on the Facebook page, which leads me to believe the possibility PEP-AH provide for networking and connecting is something the students are interested in. – May be something we communicate separately?

Explore cultural change literature in the light of the Symposium's discussion. Some felt the education has less positive effect in an environment where the culture of drinking is so strong.

Identify second student to attend the national meeting in Ottawa in the spring and replacement for the PEP-AH Regional Student Rep

Summarize Symposium discussion to share with PEP-AH Steering Committee. PEP-AH might want to consider writing a white paper that reflects the common themes from the regional symposiums across Canada.

