

Dinner and Dialogue

Engaging Community in Conversations about Drinking Culture



This is a guide on how one might host a dinner and dialogue on the culture of alcohol with members of the community. The first part of the guide outlines the reasons one might host a dinner and dialogue, as well as a potential planning and facilitation approach to a dinner and dialogue. The appendices include a sample guide for facilitators to inspire how they might structure a dialogue using the 4-phase model and sample articles that could be used to help stimulate conversation on this topic. We hope you enjoy the guide and that it inspires you to explore ‘meeting and eating’ with others in your community. Bon appétit!

DINNER & DIALOGUE INGREDIENTS

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What is a Dinner and Dialogue?

Pairing a meal with a discussion may seem to some like nothing more than a time saving measure in our hectic modern lives, but in fact the value of eating and talking—and, more importantly, listening to what others have to say—goes beyond mere function. It is fundamental to human nature, growth and health and therefore important for positive family development, whether it is biological family in the basic sense of parents and children or chosen family as in a social circle, neighbourhood, faith group or community.

“To eat is to meet.”

—Claudie Danziger, 1992

From an anthropological point of view, eating is a social activity meant to promote togetherness, peace and enjoyment. More than a means of acquiring nutrition, meals bring individuals or groups together in the spirit of sharing and exchange, both of food and conversation. Agreeing to eat together is agreeing to meet for a shared purpose—e.g. to confirm a bond between college buddies, to unite two families

Did you know...?

Families who eat dinner together on a regular basis tend to be healthier. Through food and conversation, parents and children share information about what they believe and value. Children develop a sense of connectedness and build resilience, both of which are protective factors against behaviours that may result in harms.

at a wedding, to establish, cement or repair ties between leaders of nations.

In short, throughout history humans have been sharing their meals, stories and struggles, aiming for acceptance and understanding from others while working on their own or in a group to improve their situations, have their needs met, and find peace and happiness.

A Note About Community

Healthy Minds | Healthy Campuses is a community of practice that engages members of the campus community in an effort to promote mental health and healthier relationships with substances. This dinner and dialogue guide is framed broadly around community engagement in general. However, campuses in British Columbia (BC) have been using the concept to inspire approaches to engaging their stakeholders (students, staff, faculty, administrators, etc.) in conversations about substance use culture on campus and how to shift it. For an example of how this approach has been applied at Selkirk College in Castlegar, BC, please refer to the Hosting a Dinner Basket Conversation on Substance Use.





77%

of Canadians aged 15 and older have had alcohol at least once

The amount of alcohol Canadians drink is up **14%** since 1996

More than **50%** aged 19–24 drink moderate to high-risk levels at least once a month

Why Talk About Alcohol?

Alcohol is a commonly used drug that can make and break trust in a community. It can help people get to know each other on a first date, or help to create the right ambience for sealing a business deal. But it can also threaten key relationships. It can lead people to forget their promises or neglect important responsibilities to themselves and others. Without trust, individuals, families and communities have little chance of feeling safe or strong.

Do We Drink A Lot?

- 77% of Canadians aged 15 and older drank alcohol at least once in 2010.
- The amount of alcohol Canadians drink is up 14% since 1996.
- Hospitalizations related to harms from alcohol use in BC are increasing, to the point where they soon may surpass hospitalizations related to smoking.
- More than 50% of Canadians aged 19–24 drink moderate to high-risk levels of alcohol at least once a month.
- High-risk drinking affects some areas of BC more than others—northern, rural regions consume twice the amount of alcohol as southern, urban regions.

While most of us drink sometimes, public health discussions tend to acknowledge only the negative aspects of alcohol (instead of its reality as a drug that can be both beneficial and harmful, just like

other substances). On the other hand, the alcohol industry and popular media tend to present only a positive image of people drinking and having fun (ignoring the negative potential of the product they promote). Researchers and health professionals tend to focus on the individuals who use alcohol in problematic ways. Advertising often promotes a “drinking culture” that flirts with excess as normal and desirable. It seems like few of us reflect on and talk about what a “healthy drinking culture” might look like, and yet it’s vital to a true understanding of alcohol.

Alcohol Beliefs Versus Possibilities

In Canadian society, drinking is sometimes associated with intoxication and violent, anti-social behaviours. We sometimes even blame alcohol for our behaviour. But in some European cultures, drinking is generally considered a peaceful pastime. People in those cultures believe they are in control of how alcohol affects them. How can we explain this difference? One theory suggests it’s actually our expectations of drinking that shape our behaviour. That is, if we believe that alcohol excuses our actions, we may be more likely to do things we would not normally do, such as acting aggressively, being noisy or damaging property. But if we believe that we are in control of how alcohol affects us, we are less likely to excuse this type of behaviour and less likely to do things we would not normally do. In short, it may be possible to start improving our drinking culture by thinking about it in a healthier way.



Why Talk About Our Drinking Culture?

A dinner and dialogue can create a new understanding. It involves the act of bringing together people who are willing to take the time to sincerely and openly examine our culture of drinking—what is it, why is it like that, how did it get that way, and how can we make it better for everyone.

Culture is a complex phenomenon that impacts virtually everything we do. It allows us to function in daily life without consciously thinking about every decision we have to make. It has been likened to the “software” for social interaction. Culture, then, is crucial in how we think about alcohol, how we use it, and how it affects our minds, bodies and lives.

A dinner and dialogue on the culture of alcohol can provide a group of people or a whole community with an opportunity to critically reflect on what is often unconscious, or “rewrite some of the software.”

Is There a ‘Recipe’ for Holding a Dinner and Dialogue?

While there is no ‘one way’ to have a dinner and dialogue on alcohol in a community, there are some things a person or team can do to maintain the “to eat is to meet” spirit needed to make the event meaningful.

Borrowing from a popular one-on-one counselling style called Motivational Interviewing, **the spirit of motivation** can be used to soften power dynamics and promote empathy and understanding in a group. It offers a way for individuals to better listen to and learn from others (rather than do all the talking and sharing themselves). It also urges people to try to understand others’ point of view (rather than assume the role of judge or problem-solver). When all people in a room focus on listening to and understanding others in the room—when they truly “meet”—they create a base or foundation from which to move forward as a shared identity seeking a shared goal. Evidence suggests that this approach may be an important ingredient to creating and managing an effective dialogue.

Using the spirit of motivation requires little more than taking to heart the basic principles of good conversation skills: be a respectful listener and be sincere in wanting to know how others are thinking and feeling.

For some people this approach may be intuitive. But others may need guidance to stay on track. For this reason, it can be helpful in large group dinner and dialogue to have a **facilitator who can inspire and maintain a motivational conversational tone** as a guide. A facilitator who practices good conversation skills—who sincerely seeks to hear what people are feeling and suggesting—will naturally encourage others to do the same. But it can be challenging,

depending on the number and nature of the participant community. After all, discussing alcohol with a handful of like-minded neighbours, or among people who share the same interests or faith, will be different than discussing alcohol with a large group of people from different parts of the community, with diverse backgrounds, experiences and points of view.

Another way to ensure participants keep a broad picture of alcohol in mind is to provide them with examples of alcohol cultures around the world. Articles featuring some of these examples are available at the end of this resource. Reminding people about how other cultures think and drink may make it easier for people to question whether our drinking culture is “okay” or “just how it is” or is in fact something we can and should change.

Using the 4-Phase Model of Dialogue

There are ways to ensure the dialogue process moves in a “let’s listen” direction. For example, a dialogue model that has proven successful involves participants asking themselves four basic but poignant questions (also known as the 4-phase model of dialogue):

- Who are we (as a community)?
- Where are we (in terms of the health and happiness of our community)?
- Where do we want to be in regards to the health and happiness of our community)?
- What will we do as individuals and with others to make a difference?

Planning a Dinner and Dialogue

Consider the Nature and Scope of Your Event

Below are some basic questions and possible answers to help you think about organizing a dialogue on the culture of alcohol in your community. They are meant to be a starting place. Answering these questions will help you better understand the purpose and potential of your effort.

Think about your community.

What's going on in our community that makes a dialogue on alcohol and culture seem valuable or appealing?

For instance:

- Is there an alcohol-related problem in the community that people need to talk about?
- Would the community benefit from hearing about different people's experiences with alcohol?
- Are people looking for a change?

Think about your goals.

If we held a dialogue on the culture of drinking in our community, what would we want to achieve?

For instance:

- Help people clarify their thinking about alcohol
- Identify if and what issues about alcohol there are in the community

Think about who could be included.

Who might be included in your dinner and dialogue may depend on what you want to achieve. If you are simply looking to share experiences around alcohol in your community, you may think about simply inviting your friends or neighbours. On the other hand, if you are interested in moving your community toward action around an issue, you may want to consider inviting a more diverse group that includes representatives from various sectors or organizations in your community.

Who could be invited in the dialogue?

- People in my neighbourhood, my faith group, my interest group
- People in other faith groups, interest organizations, or sporting groups
- The school community (parents, teachers, administrators, and students)
- Representatives from public or private sectors including the police, local businesses, elected officials, recreation officials and community leaders



Prepare Participants for Dialogue

To set the scene for dialogue and give participants some ‘food for thought,’ consider providing them with some reading material before they come to the event. (For example, if you plan to explore drinking and culture, you could use the articles provided at the end of this resource). You could send the information to invitees before the event or display them on tables at the event. Any kind of reading material that broadens people’s thinking and shows a diversity of perspectives will set the tone for dialogue.

Set the stage for positive interaction.

There are many ways to create a positive, welcoming and inviting environment for dialogue. By sending out formal invitations, creating a warm and welcoming dining environment, and attending to the small details, participants will feel as though you care about them and are sincerely interested in their involvement in the event. Think about the experiences you’ve had where you felt welcomed by others. What helped to create this feeling? Try to integrate this into your plan for the evening.

Note:

If literacy is a concern, you may want to find other ways of relaying information to the group, such as asking individuals at the event to provide an oral summary of an article they read.

Tips to Enhance Your Event

Record the event. To ensure the important information that emerges from your dinner and dialogue is not forgotten, find a way to record and summarize the information for follow-up purposes or future use in action planning. For example, you can have an observer at each table serving as a note taker. Later these notes can be gathered and turned into a summary. Or you could formally record the event using audio equipment and use it to write a summary. If you are having a multi-evening event, your summary of each dinner and dialogue session may serve as a refresher of the previous session.

Think about the facilitator. The right facilitator can determine the success or failure of your event. Here are some of the qualities to consider in a good dialogue facilitator:

- Diplomatic (can manage multiple perspectives and handle group dynamics in a fair manner)
- Empathetic (listens deeply, is able to put themselves in the shoes of others, and encourages others to do the same)
- Assertive (can manage aggressive personalities and strong emotions without becoming intimidated or allowing another individual to take control over the group)
- Comfortable with public speaking (enjoys the challenges of speaking in front of crowds)

- Unbiased (has no vested interest in a certain outcome except what is best for community)
- Experienced (has led group work previously with success)

Remember the barriers to participation. Take some time to imagine the issues that might affect your participants' attendance, whether it is related to childcare needs during the event or a lack of transportation to and from the event. Use your creativity and resourcefulness to find ways of overcoming these barriers, such as coordinating a group babysitter to be shared between a few families and holding the dinner and dialogue in a place within walking distance for most people.

Quick Tip:

When telling people about your dinner and dialogue, it can be helpful to consider that people in your community may have different expectations of the event. For instance, some community members may expect that a single event will be a magic bullet to solving the community's problems.

You can manage different expectations by clearly communicating this idea: Talking about the culture of alcohol will not lead to overnight changes, but it might help the community identify its key issues and some of the steps involved in creating positive change.

The 4-Phase Model of Dialogue

The 4-phase model of dialogue can be used as a suggested frame for your dialogue, whether you are planning a one-time event or a series of dinner and dialogue sessions over a span of weeks.

The 4-phase process reflects a natural pattern of understanding and working toward resolving a situation, if needed. It begins with sharing individual and community alcohol-related experiences and ends with committing to collective action to address a shared concern about alcohol. However, this frame may not be appropriate for your community dialogue, so it is important to remember that there are many other options. A quick Internet search will offer a wide variety of suggested formats.

A summary of the four phases:

- **Phase I:** Who are we? This phase sets the tone and explores alcohol culture through the telling of the personal and shared history in the community.
- **Phase II:** Where are we? This phase helps participants better understand alcohol culture and how this connects with the health and happiness of the community.
- **Phase III:** Where do we want to be? During this phase, participants develop a vision for the community, including the kind of alcohol culture that better fits the community.
- **Phase IV:** What will we do as individuals and with others to make a difference? In the final phase, participants articulate shared interests and start the process of working together on specific projects aimed at realizing their shared vision for the community.

A more detailed version of the 4-Phase Model is offered in Appendix A as a Sample Facilitation Guide on Drinking Culture.

Facilitating a Dinner and Dialogue

Facilitating a dinner and dialogue on the culture of alcohol may require some preparation. The Art of Dialogue and the Spirit of Motivation, both featured below, offer some guidelines to promoting a well-rounded dialogue.

Art of Dialogue

Unlike debate, dialogue is largely about listening for the purpose of deepening our understanding. Dialogue invites discovery. It develops common values and allows participants to express their own interests. It expects that participants will

grow in understanding and may decide to act together with common goals. In dialogue, participants can question and reevaluate their assumptions.

Helpful Tip:

Print out the Debate vs. Dialogue table (see Appendix B) and place it on display at your Dinner & Dialogue. This can help participants understand the differences between the two approaches to conversation.

| Debate | Dialogue |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• is oppositional: two sides oppose each other and attempt to prove each other wrong | <ul style="list-style-type: none">• is collaborative: two or more sides work together toward common understanding |
| <ul style="list-style-type: none">• has winning as the goal | <ul style="list-style-type: none">• has finding common ground as the goal |
| <ul style="list-style-type: none">• lets one side listen to the other side in order to find flaws and counter its arguments | <ul style="list-style-type: none">• lets one side listen to the other side to understand |
| <ul style="list-style-type: none">• defends assumptions as the truth | <ul style="list-style-type: none">• reveals assumptions for reevaluation |
| <ul style="list-style-type: none">• causes critique of the other position | <ul style="list-style-type: none">• causes introspection of one's own position |
| <ul style="list-style-type: none">• defends one's own positions as the best solution and excludes other solutions | <ul style="list-style-type: none">• opens the possibility of reaching a better solution than any of the original solutions |
| <ul style="list-style-type: none">• creates a closed-minded attitude, a determination to be right | <ul style="list-style-type: none">• creates an open-minded attitude, an openness to being wrong and to change |
| <ul style="list-style-type: none">• prompts a search for glaring differences | <ul style="list-style-type: none">• prompts a search for basic agreements |
| <ul style="list-style-type: none">• involves a countering of the other position without focusing on feelings or relationship, and often belittles the other person | <ul style="list-style-type: none">• involves a real concern for the other person and does not seek to alienate or offend |

Spirit of Motivation

It is not always easy to facilitate a dialogue on alcohol, especially between people who have diverse experiences and points of view. But a facilitator with the right mix of curiosity, empathy, sincerity and skill can be successful in motivating a group of people, however diverse, to move together in a positive direction.

The following are some suggested communication techniques that can help with facilitating dialogue effectively.

- **Use open-ended questions:** Open-ended questions cannot be answered using a “yes” or “no,” which is what allows them to open up the conversation and generate dialogue.
- **Use reflective listening:** This means paraphrasing what participants have said while moving the conversation forward. For instance, a participant may say, “I think bars should be open later. I don’t see how closing them early makes any difference to people getting drunk.” To this one might respond, “Closing bars early doesn’t appear to make a lot of sense to you as a strategy to curb drunkenness in the community. What do you think might be a more effective strategy?”
- **Use affirmation:** Affirmation is simply being positive about what has been said and acknowledging participation. It makes participants feel as though their contributions are valued and therefore encourages them to participate actively in the conversation.
- **Summarize the conversation:** This is a way to help the group solidify what has been said and establish if there is consensus on a topic. Summarizing can also be used to guide the conversation forward if the group becomes too stuck on a topic or the dialogue is becoming tangential.
- **Elicit self-motivating statements:** This is a way to help group members find their own motivation for change. Instead of giving them reasons to be motivated, it allows them to define and generate their own ideas about what would be motivating for them.
- **Show optimism:** Optimism can be used carefully to keep the group from being entrenched in the negativity of a problem. Although many problems are complex and difficult to solve, optimism helps us remember that we have solved many problems in the past and are capable of tackling today’s problems too.

Remember “DEARS” if you encounter negativity or resistance

Develop discrepancy

- Compare positives and negatives of the current situation and a new situation

Express empathy

- Recognize ambivalence as reflective of an individual’s experience

Avoid arguments

- Do not push for change, and avoid using labels

Roll with resistance

- Acknowledge reluctance as understandable and reframe statements to create new momentum

Support self-efficacy

- Bolster responsibility and ability to succeed

Reflecting on the Dialogue

Reflecting is integral to the dinner and dialogue process because it's something that naturally happens when people truly seek to understand one another and work together for a shared purpose. Listening and thinking about what other people are saying is fundamental to respectful communication, whether it involves two people, twenty people, or more. One way to demonstrate reflection is by summarizing a conversation around a particular issue before moving on, or by summarizing the contributions made during each phase of dialogue.

You may also want to ask participants to fill out an event evaluation form sometime after the dinner and dialogue, giving each individual an opportunity to reflect privately on the entire event.

Criteria for Evaluation

Whether making or choosing a formal assessment tool, make sure it matches what you actually aim to measure. It may help to keep these three truths of effective dialogue in mind.

Effective dialogues...

- **move us towards solutions (rather than continuing to express or analyze the problems).** An emphasis on personal responsibility can help to move the discussion toward constructive common action.
- **reach beyond the usual boundaries.** When fully developed, dialogues can involve an entire community, offering opportunities for new, unexpected partnerships. New partnerships can develop when participants listen carefully and respectfully to each other. A search for solutions focuses on the common good as participants are encouraged to broaden their horizons and build relationships outside their comfort zones.
- **aim for a change of heart, not just a change of mind.** Dialogues can go beyond sharing and understanding to transforming participants. While the process begins with the individual, it may eventually involve groups and institutions. Ultimately, dialogues can affect how policies are made.

Conclusion

Opportunities to openly discuss alcohol issues (among other human issues) are important for any society. When people are free to express themselves—and are open to listening to others express themselves—there is hope for positive change. But when diverse groups of people can talk

and eat together—like an extended family—there emerges a sense of “community” in the truest sense of the word. That is, individuals feel safe, valued and committed to working with other individuals for the health and wellness of all.

A 4-Phase Dialogue on Drinking Culture

Phase I: Who Are We?

This phase sets the tone and context for the dialogue, which begins with the sharing of personal and community stories and experiences. In addition to serving an ice-breaking function, this kind of personal and community sharing helps to level the playing field among participants and improve their understanding by hearing each others' experiences.

Welcome, Introduction and Overview

(Suggested time: 15 minutes)

Facilitator: *It's not always easy to talk about emotion-laden subjects like alcohol use. A commitment to the dialogue process—open, thoughtful, focused—will help us make progress. Your presence here shows you want to help improve the culture of alcohol in this community, and just being here is an important step.*

- Explain the purpose of the dialogue and the several phases involved.
- Discuss, clarify, and set ground rules (see Suggested Guidelines for Dialogues).
- Ask people to briefly share what brings them to this event.
- Give an overview of the session.
- Describe your role as dialogue leader.

Starting the Dialogue

Often the most difficult part of talking about drinking and alcohol is getting started. People may feel uncomfortable at first and hesitant about expressing their personal beliefs. To get people talking, it may help to relate personal stories or anecdotes, or to bring up an alcohol-related incident that has occurred within the community and discuss it.

Facilitator: *Let's begin by looking at the first question: **Who are we?** By listening to one another's personal stories, we can gain insights into our own beliefs and those of others, and come to new understandings of the issues we face. By sharing our personal experiences, we can learn more about each other as individuals and about how we have been influenced by our cultural origins. We can also shed light on our different perceptions and understandings of drinking.*

1) Begin with questions that allow people to talk about their own lives and what is important to them. Don't focus on alcohol at first. Give people a chance just to get to know each other as individuals and to find out what they have in common.

Example questions:

- How long have you lived in this community?
- Where did you live before moving here?
- What are some of your personal interests?
- What things in life are most important to you?

Suggested Guidelines for Dialogues

- We will respect confidentiality.
- We will share time equitably to ensure the participation of all.
- We will listen carefully and not interrupt.
- We will keep an open mind and be open to learning.
- We will not be disrespectful of the speaker even when we do not share the views.

2) Explore how drinking affects us on a day-to-day basis.

Example questions:

- What is your racial, ethnic and/or cultural background? How do you drink in your family/culture?
- Did you grow up drinking alcohol with your family?
- What are some of your earliest memories of drinking?

3) Summarize and evaluate each phase of the event.

Example questions:

- How did you feel about this phase?
- Is there anything you would like to change?

If your event is carried out over several evenings, this is a natural break point in the dialogue.

Tip:

Make sure to think about different formats for the group discussion based on the number of people attending and where you plan to hold the evening. For instance, for groups of 15 people or fewer, you could keep everyone together around one large table. On the other hand, for groups of more than 15 people, you could separate them into smaller groups (3 to 5 people) at small tables, have them discuss each question for a few minutes, and then bring them back together to share what they discussed.

Transition to Phase II

Let the group know: *In preparation for the next phase, think about the following question: When it comes to alcohol, what problems are we facing? What are the most serious challenges facing our community, and what are the community's greatest strengths for dealing with those challenges?*

Phase II: Where Are We?

This phase explores questions that highlight our different experiences and different perceptions about the kinds of problems our society is facing with regard to alcohol. This phase is about people expressing their different understandings about alcohol, and then exploring the underlying conditions producing them. It centres on the idea that it makes sense to talk about what we are facing before we talk about solutions. By the end of this phase, participants should have identified the themes, issues and problems in the community.

Facilitator: *Let's turn now to our second question: **Where are we?** The purpose of this section is to look at our current experiences of alcohol in our community, and to discuss the state of alcohol culture in our community. Since this is the part where we really get down to business as far as identifying the underlying causes of any alcohol issues in our community, the discussion may get a little heated at times. It is okay to feel uncomfortable, as that is part of the difficult process of making change.*

1) Begin with questions that get people to talk about their current experiences with alcohol in the community.

Example questions:

- What role does alcohol play in the community?
- How does alcohol contribute to community life?

2) Focus the dialogue on the state of alcohol consumption in the community.

Example questions:

- How would you describe the overall state of alcohol use in our community?
- What are some of the underlying conditions affecting how we consume alcohol in our community?
- In what ways do we agree and/or disagree about the nature of our alcohol-related problems, what causes them, and how serious they are?

3) Summarize the phase, evaluate it. This is another natural break point, if you are carrying out the event over several evenings.

Transition to Phase III

Let the group know: *In preparation for the next phase, think about the following questions: What can we do to make progress in our community?*

When it comes to strategies to improve the culture of alcohol and to eliminate problematic drinking, what sorts of ideas do you know about? Try to identify a broad range of possibilities. What are the pros and cons of the various approaches? When it comes to alcohol in the community, what direction should our public policies take? What goals and values should shape our policies?

Phase III: Where Do We Want to Go?

The goal of this phase is to move away from talking about problems and get people to think and talk about possible directions for change. In this segment, participants begin to build their collective vision. They first identify what would be a part of that vision and then brainstorm about how they could all help to build it. (Suggest “we” statements be used.) By the end of this session, participants should have identified accomplishments, barriers to overcome, and opportunities for further action.

Facilitator: *Let’s turn our attention to the question, **Where do we want to be?** We share a common desire to improve our community’s culture around alcohol, so let’s talk about what we mean by that and explore specific things we might do to achieve that goal.*

1) Have participants talk about their vision of what they would like to see in the community.

Example questions:

- How would you answer the question of where we want to be in creating a new culture of alcohol?
- If we have a positive culture around alcohol, what kind of things would we see in the community? Hear in the community? Feel?

Note:

The heart of the phase is generating a range of viewpoints on how our society and community might start to address our problems and make progress. As you shift through the views, remember to give a fair hearing to the ideas that come up.

2) Help participants to build their future vision.

Example questions:

- What are the main changes that need to happen to increase understanding and cooperative action around alcohol?
- What are some of the helping/hindering forces in our community?

3) Turn the dialogue to the question of what individuals can do towards changing drinking culture.

Example questions:

- What things have you seen that give you hope for a changed drinking culture?
- What are some steps we could take to change how we drink alcohol in our neighborhood? In our organizations? In our schools? In our community?
- Explore the roles that the community's institutions and government play in creating drinking culture. How can they contribute to the community's goals?

4) Summarize the phase, evaluate it. This is the natural break point in the dialogue.

Transition to Phase IV

Let the group know: *I hope that you all have begun to have a vision of what this community could look like if the positive changes we've discussed were to actually take place. During the next phase, we will be talking about what we can do as individuals and with others to really make a difference. For the next session, think about these questions: What kinds of concrete steps can you take in your everyday life-by yourself and with others to improve how we drink in the community? What do you think is most needed in this community?*

Phase IV: What Will We Do, As Individuals and With Others, to Make a Difference?

The purpose of this phase is to begin a productive conversation on specific actions that individuals will take, by themselves or with others, to make a difference in their communities. This phase presents a range of concrete actions for change.

Facilitator: *While the alcohol issues we are facing in our communities sometimes seem overwhelming, it is possible to make a difference. By participating in this dialogue, you have already helped to progress a positive culture of alcohol in the community. The purpose of this phase is to draw out ideas for steps we can take—as individuals, in groups, and as a whole community—to face the challenge of alcohol-related issues.*

1) Try to get participants to move from words to actions.

Example questions:

- What is each of us personally willing to do to make a difference?
- How can you connect with others who share your concerns?
- Should we continue and expand this dialogue, get more people involved? How could we do that?
- Are there other issues and concerns that we should address using dialogues?
- What will we do to ensure follow-up?
- Brainstorm action ideas with participants, recording their responses on a flip chart. Share any follow-up plans.

2) Summarize the phase, evaluate it. This is the end of the 4 phases. This is a good time to bring the meeting to an end and find a way to tie together all that you have learned from each other in these 4 phases.

Appendix B: Dinner vs. Dialogue Guide

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| <ul style="list-style-type: none"> • defends assumptions as the truth | <ul style="list-style-type: none"> • reveals assumptions for reevaluation |
| <ul style="list-style-type: none"> • causes critique of the other position | <ul style="list-style-type: none"> • causes introspection of one's own position |
| <ul style="list-style-type: none"> • defends one's own positions as the best solution and excludes other solutions | <ul style="list-style-type: none"> • opens the possibility of reaching a better solution than any of the original solutions |
| <ul style="list-style-type: none"> • creates a closed-minded attitude, a determination to be right | <ul style="list-style-type: none"> • creates an open-minded attitude, an openness to being wrong and an openness to change |
| <ul style="list-style-type: none"> • prompts a search for glaring differences | <ul style="list-style-type: none"> • prompts a search for basic agreements |
| <ul style="list-style-type: none"> • involves a countering of the other position without focusing on feelings or relationship, and often belittles or deprecates the other person | <ul style="list-style-type: none"> • involves a real concern for the other person and does not seek to alienate or offend |

Appendix C: Community Conversation Starters on Alcohol Culture

Below is a collection of sample articles that discuss alcohol that can be used as conversation starters in a dialogue.

Greaves' Rules

- Difford's Guide for Discerning Drinkers. (2013). The next round's on me: The Greaves' Rules. Retrieved from www.diffordsguide.com/magazine/2013-06-11/7/the-greaves-rules

Should You Drink With Your Kids?

- Cloud, J. (2008, June 19). Should you drink with your kids? *Time Magazine*, U.S. Retrieved from <http://content.time.com/time/magazine/article/0,9171,1816475,00.html>

Rise of "Le Binge Drinking"

- Doust, J. (2007, December 28). Rise of "le binge drinking?" *The Telegraph*. Retrieved from www.telegraph.co.uk/expat/4205118/Rise-of-Le-Binge-Drinking.html

Session Beers, Defined.

- Bros, A. (2005, December 10). Session beers, defined. *Beer Advocate*. Retrieved from www.beeradvocate.com/articles/653

Drinking Games

- Gladwell, M. (2010, February 15). Drinking games. *The New Yorker*. Retrieved from www.newyorker.com/magazine/2010/02/15/drinking-games

The Rise of Binge Drinking in China

- Branigan, T. (2011, August 22). The rise of binge drinking in China. *The Guardian*. Retrieved from www.theguardian.com/commentisfree/2011/aug/22/rise-of-binge-drinking-china

Italian Children's Binge Drinking Blamed on Britain

- Squires, N. (2009, August 17). Italian children's binge drinking blamed on Britain. *The Telegraph*. Retrieved from www.telegraph.co.uk/news/worldnews/europe/italy/6038686/Italian-childrens-binge-drinking-blamed-on-Britain.html

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Canadian Mental
Health Association
British Columbia
Mental health for all



University
of Victoria

Centre for Addictions
Research of BC