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WHERE TO TURN

There are a number of resources both on and off campus to assist you if you want information, support, or training on how to intervene with a student.

IUP CAMPUS RESOURCES

Alcohol ,Tobacco, and Other Drugs Program

G57 Suites on Maple East
724-357-1265

...available to train faculty members on alcohol and drug issues. Provides individual and group sessions to educate students about alcohol and drugs, and serves as a referral source to direct students needing assessment and treatment services. Also sponsors campus prevention and awareness education.

The Counseling Center

G31 Suites on Maple East
724-357-2621

...offers individual and group counseling for many types of problems. Available to all IUP students.

Office of Student Conduct

307 Pratt Hall
724-357-1264

...assists in adjudicating alcohol and drug policy violations for all students. If you have questions regarding student conduct, you are invited to contact this office.

Center for Student Life

Student Leadership & Greek Life

303 Pratt Hall
724-357-2598

...serves as a liaison for more than two hundred recognized campus organizations. If you are concerned about the alcohol or drug usage of a student member of an organization, you are invited to contact this office to seek assistance as to how your concern might be addressed.

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University Police

850 Maple Street
University Towers
724-357-2141
724-357-2142

...available to provide information regarding the legal aspects of alcohol/drug use.

COMMUNITY RESOURCES

The Open Door

The Atrium-2nd Floor
665 Philadelphia Street
724-465-2605

24/7 Crisis Intervention:
1-877-333-2470.

..offers confidential individual and group counseling for all alcohol and drug-related problems. Fee based on a person's income level.

Alcoholics Anonymous

724-349-4061 (answering service)

...self-help support groups in which men and women share their experiences. Call for specific meeting times



**For more information about training,
resource materials, or implementation of
the above, please contact:**

**Center for Health and Well-Being /
Alcohol, Tobacco, and Other Drugs
at (724) 357-4799.**

**G57 Suites on Maple East
ATOD-OASIS@iup.edu**

Identifying and Helping Students with Alcohol and Other Drug Problems:



**Alcohol, Tobacco, and Other Drugs
Center for Health and Well-Being
G57 Maple East (901 Maple St)
(724) 357-1265
Email: ATOD-OASIS@iup.edu
Website: www.iup.edu/atod**

You are central figures in students' lives. Students may confide in you about problems they experience or, because of your frequent interaction with students, you may recognize that they are having problems. You have the ability and opportunity to offer assistance. This simple gesture may be all it takes for a student to seek help.

Most students are experiencing freedom and independence for the first time. With this freedom may come experimentation with alcohol or other drugs. Students may make high-risk drinking choices which put them at risk for alcohol-related impairment and health problems. The use of illicit substances is always high risk and dangerous. Students may not be able to recognize the potential dangers and consequences of their decisions.

This brochure is designed to help you become familiar with the signs of an alcohol or drug problem and provide you with information about ways to intervene. If you teach, it also addresses ways that you can implement prevention strategies within your own classroom and department.

SIGNS OF ABUSE

In order to offer assistance, it is necessary to be familiar with the signs and symptoms of an alcohol or other drug problem. It is important for you to remember that you are not expected to be an expert in this area, nor are you expected to be able to diagnose a student's problem. The first step in helping a student is to simply recognize that a problem may exist. Some of the signs include:

- ◆ Appearing under the influence during class
- ◆ Smelling of alcohol during the day
- ◆ Missed coursework or classes due to alcohol or other drug use
- ◆ Preoccupation with alcohol or other drug use which may be evident in conversation or course papers
- ◆ Changes in academic performance
- ◆ Changes in mood or behavior
- ◆ Getting into fights or becoming aggressive while under the influence

- ◆ Inability to control drinking; drinking more than intended; inability to have just one or two drinks
- ◆ Increase in tolerance
- ◆ Trouble with police or university officials because of alcohol or drug use
- ◆ Expressed concern from others because of the usage
- ◆ Blackouts (loss of memory) from alcohol or drug use
- ◆ Drinking or drug usage as a main priority

STEPS FOR INTERVENTION

Intervention is a proactive method used to increase awareness of problem behaviors, prevent problems from becoming worse, and promote referral for further assessment and possible treatment. Intervention simply means meeting with a student and discussing your concern. The following are some tips for conducting an informal intervention:

- ◆ Select a private place.
- ◆ Let the student know that you are genuinely concerned.
- ◆ Describe to the student the specific behaviors that have caused you to be concerned.
- ◆ Speak to the student in an objective, nonjudgmental manner.
- ◆ Have resource information ready to provide to the student (see resource section).
- ◆ Be prepared for the student to provide excuses, promise change in behavior, attempt to redirect the conversation, or pass the problem off as no big deal.
- ◆ If possible, offer to assist the student in making the contact with the appropriate office or program that deals with alcohol and/or drug abuse (see resource section).
- ◆ Remember, even if the student refuses your help, you are an important part of the process in helping him/her recognize that there is a problem. If you are uncomfortable intervening with the student yourself but would still like to help, you can contact any of the offices or services identified in the resource section.

PREVENTION EFFORTS

Reaching students with prevention messages is very challenging. Often students come to campus with preconceived expectations of what their drinking and drug habits should be. Also, the college environment may foster, tolerate, or even reinforce these beliefs. The following are ideas on how you can support prevention efforts and assist students in evaluating their beliefs:

- ◆ Challenge the perception that "everyone drinks heavily." Statistics show that the majority of students make lower-risk drinking choices. (See box below)
- ◆ Avoid making comments that encourage or condone underage drinking, high-risk drinking behavior or illicit drug use.
- ◆ Make departmental functions alcohol free, especially if they include students.
- ◆ Provide alcohol or other drug-related courses.
- ◆ Incorporate alcohol and drug education information into course curriculum. For more information, visit www.iup.edu/healthawareness/infusion
- ◆ Do not alter class or test schedules to avoid times that typically follow heavy consumption occasions, such as Fridays, homecoming or semester breaks.
- ◆ Make written assignments or initiate discussions that encourage honest self-reflection concerning student substance use.
- ◆ Support the prevention efforts of programs on campus.
- ◆ Increase your knowledge about this subject by inviting drug-prevention professionals to speak to your classes or at department meetings or in-services.
- ◆ Be aware of the resources that exist on campus and in the community.

Did you know?

- ◆ According to an IUP annual residence hall survey, 42 percent of students reported they do not drink, and of those who do, 31 percent have four or fewer vs. 27 percent who have five or more. Proving excessive drinking is not the norm.
- ◆ A recent survey shows that 90.7 percent of IUP students would be concerned if their friend used cocaine, even once.
- ◆ An overwhelming majority (97.4 percent) of IUP students have never used heroin.
- ◆ A recent survey shows that 86.7 percent of IUP students would be concerned if their friend used marijuana on a regular basis.