GETTING HELP
There are a number of offices and resources for students who are seeking assistance with alcohol and drug issues.

ON-CAMPUS RESOURCES
COMMUNITY HEALTH SERVICES: 937-229-1233
gs.uydston.edu/wellness
ALCOHOL AND OTHER DRUGS PREVENTION EDUCATION: 937-229-2007
gs.uydston.edu/REAL
COUNSELING CENTER: 937-229-3141
gs.uydston.edu/counselingcenter
DEAN OF STUDENTS: 937-229-1212
gs.uydston.edu/deanofstudents
HEALTH CENTER: 937-229-3131
gs.uydston.edu/healthcenter
OFF-CAMPUS RESOURCES
ALCOHOL'S ANONYMOUS (DAYTON AREA): 937-222-2211

ALCOHOL AND OTHER DRUGS PREVENTION EDUCATION
RESOURCES AND EDUCATION FOR ALCOHOL IN YOUR LIFE
Resources and Education for Alcohol in Your Life (REAL) programming provides an assortment of different educational topics regarding alcohol and other drugs that allows students to create the most appropriate program for their audience. The programs are interactive in nature and help facilitate real discussions with students in fraternities and sororities, student organizations, athletic teams, residence halls and in the classroom.
There are 14 predesigned programs that students can choose from. Students have the flexibility to mix and match some of the topics in order to create the most beneficial program. A program can also be designed specifically for a group if they see a need for a topic that is not already offered. Some of the most requested programs are listed below.

- Alcohol as an anticonvulsant
- Alcohol's impact on your health
- Accents
- Alcohol and women
- Alcohol and men
- Alcohol and athletics
- Alcohol and pregnancy
- Drugs and policy
- "If it's prescribed it must be safe ... right?" The misuse and abuse of prescription drugs
- They go together ... hot dogs and cranberries? Why alcohol and other drugs don't mix.
- Marijuana
- It's all fun and games ... or is it? The risk of participating in drinking games
- Preparing: Don't you actually want to make it out for the night?

Through participation in these programs, students learn to discriminate between responsible drinking behavior and high-risk behaviors regarding alcohol. Students will be able to describe practical strategies for keeping themselves and others safe in situations where alcohol is present. Students will be able to describe how alcohol can impact vital body systems and discuss how to make the best possible choices regarding alcohol use and their health.

COMMUNITY WELLNESS SERVICES
The community wellness services office is responsible for providing students with a menu of options and opportunities to explore issues related to drugs and alcohol. On-campus services provided by community wellness services include:

ALCOHOL AND DRUG PROGRAMS
If you would like to get feedback on your use, our office offers several interventions designed to provide you with one-on-one professional service in a non-judgmental setting. If you are sure what service is best for you, a licensed alcohol and drug counselor on staff will meet with you to discuss your concerns. Following is a list of services that our office offers:

ALCOHOL/DRUG CHECKUP
Alcohol/drug checkups are designed to provide students with the opportunity to discuss one-on-one with a professional to discuss their substance use. Typically, students meet with the prevention professional over two or three weeks.

ALCOHOL SKILLS TRAINING PROGRAM (ASTP)
ASTP helps students who choose to drink make informed decisions about how they drink. Practical, realistic strategies for drinking in a way that reduces risk and potential harm are provided.

SUBSTANCE EDUCATION PROGRAM (SEP)
The substance education program is an intensive drug and alcohol intervention series. The eight-hour program includes individual and group sessions and satisfies UD sanctions as well as many court-mandated sanctions.

PROFESSIONAL ASSESSMENTS
This is an individual 90-minute session that includes a comprehensive drug and alcohol history, alcohol and other drug (AUD) testing, diagnosis and recommendation. After the session, letters of recommendation are sent and referrals made. This assessment meets the requirements ofcourt settings as well as the office of community standards and civility at the University of Dayton.

OFF-CAMPUS REFERRAL
If a student requires a higher level of AOD core services, a licensed alcohol and other drug counselor may provide the student with a referral to a community-based or off-campus facility that meets their needs.

CONFIDENTIAL CONSULTATIONS
Any student, staff, faculty or parent may call with questions or concerns that they have about a student. In addition, consults are available about more general questions regarding drugs and alcohol.

VOLUNTARY POST HOSPITALIZATION TALKS
This is an opportunity for the student to sit down and debate the particular circumstances which led to alcohol transport to the hospital. First, this will support the student and identify what triggers led to overdrinking. Second, a "mini-assessment" of the student's overall drinking, making sure any immediate feedback on these issues is provided. Recommendations or developing a plan to assist in avoiding relapse is a final focus of the talk.

WELLNESS WEDNESDAYS
Wellness Wednesdays provide an opportunity for students to take a few minutes out of their busy lives to think about their personal well-being. Wellness Wednesdays include programs such as Thankful Thoughts (sending postcards to say “thank you”), cooking on campus, pet-assisted, alcohol screening day, smoking messages, clean: well, low fat, and more.

TOBACCO CESSATION
This program is offered for full-time undergraduate students at the University of Dayton who meet one-on-one with a certified tobacco treatment specialist. It focuses on building positive coping skills for cravings, stress, negative mood states and lapses.

CLUB 6 STUDENT ORGANIZATION
Club 6 offers substance-free parties and activities in the student neighborhood. Campus South 6th floor for 6 Club 6 members who have volunteered to live as a community choosing a substance-free lifestyle.

SOBER FLYERS
There is an Alcoholics Anonymous (AA) meeting every Wednesdays from 8:30 p.m. in the McDonough Center and Fridays from 6:30 to 7:30 p.m. in Alumni Hall Room 208 B. AA meetings are open to the public; however, Sober Flyers is designed for UD students who want to obtain from alcohol/drugs and who wish to engage in a 12-step recovery process.

E-CHECKUP TO GO
E-CHECKUP TO GO is a web-based survey and alcohol education tool that allows UD students to enter information about their drinking and receive feedback about their use of alcohol. Interested students can take this online assessment in about 10 minutes. The assessment is self-guided and requires no face-to-face contact with a counselor or administrator. To access e-CHECKUP TO GO, use your internet browser to go to: inconnection.edu/schools/ue/campus/UD. To discuss your e-CHECKUP TO GO results, contact 937-229-1233 to schedule an appointment.

HOW DO I KNOW IF I HAVE A PROBLEM WITH DRUGS OR ALCOHOL?
• Have you ever decided to stop drinking/using for a week or so, but only lasted for a couple of days?
• Do you wish people would mind their own business about your drinking/using?
• Have you ever switched from one kind of drug/drink to another in the hope that this would keep you from getting drunk/high?
• Have you had to use an eye opener (morning drinking/drug) upon waking during the past year?
• Do you envy people who rain/drink/wake without getting in trouble?
• Have you had problems (e.g., with relationships, school work, the law) or campus policies) connected with drinking/using during the past year?
• Have you been faced with substance abuse problems at home (with family or roommates)?
• Do you ever try to get “access” to drugs/alcohol at a party because you do not get enough?
• Do you tell yourself you can stop drinking/using anytime you want to, even though you keep getting drunk/high when you don’t mean to?
• Have you missed days of work or school because of drugs/alcohol?
• Do you have blackouts/loss of time?
• Have you ever felt that your life would be better if you did not use?

Did you answer ‘YES’ to four or more of these questions? If so, there is a likelihood you are struggling with your alcohol or drug use. Please reach out to someone you feel safe speaking with and seek assistance from the on-campus resources noted above in this guide.