

Alcohol & Drugs

Alcohol & Drug Policy & Resource Guide

- Mitigating circumstances
- Definitions of key terms used in the policy
- How to get help if you believe you or someone you care about could have a problem
- Questions to assist in determining if you or someone you care about has a problem with alcohol

Mitigating Circumstances

In order to encourage students to seek assistance for their fellow students who may be in medical danger, students who notify Public Safety or other urgent assistance or care agencies (e.g., a hospital, another police agency, etc.), will not be held responsible for the alcohol policy violation should they have been in violation when assisting. Additionally, the student in need of care will not be issued any monetary fines normally associated with the violation.

Drug Free Schools & Campuses Act of 1989

The Drug Free Schools and Communities Act Amendments of 1989 require that all institutions of higher education receiving any form of financial assistance provide each student with information regarding drug and alcohol use. The websites below provide a list of policies, programs and information distributed to all students, including:

1. Written information regarding applicable federal, state and local laws regarding alcohol possession and use;
2. Campus policies and standards of conduct regarding alcohol and drug use and the related sanctions;
3. A description of health risks associated with the use of alcohol and drugs;
4. Description of treatment and counseling programs available on campus.

codes.ohio.gov/orc/4301

community.udayton.edu/studev/communitystandards/standards_of_behavior

campus.udayton.edu/~adapt/faq

higheredcenter.org/high-risk/drugs/info

go.udayton.edu/counselingcenter

Note: The University no longer provides students with the opportunity to take a drug test when accused of drug use. However, any person can request a drug test prescription from a medical doctor for submission as evidence. One should consider the time lapse between the incident and the test when submitting medical records.

Getting Help

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

Community Wellness Services Mission

Community Wellness Services supports and enhances the mission of the University of Dayton by promoting learning and personal development in the seven dimensions of wellness, providing alcohol and other drug interventions for students, and consultations to faculty and staff in other areas. Through prevention and intervention, the student is guided to create a balanced lifestyle to contribute to their optimal personal development. Community Wellness Services utilizes science-based wellness promotion strategies to support the Marianist principles of community living and contribute to the educational mission of the University.

On Campus Resources

Community Wellness Services: 937-229-1233

See programs and groups listed below

Counseling Center: 937-229-3141

Student Health Center: 937-229-3131

Alcohol and Other Drugs Prevention: 937-229-2037

Off Campus Resources

Alcoholics Anonymous (Dayton area) 937-222-2211

aa.org (national)

aaarea56.org (local)

Al-Anon (Friends and Families of Problem Drinkers): 1-888-425-2666

al-anon.alateen.org

wso@al-anon.org

Community Wellness Services at the University of Dayton

Community Wellness is responsible for providing students with a menu of options and opportunities to explore issues related to drugs and alcohol.

The Office of Alcohol and Other Drugs Prevention Education

This office offers interactive programs, trainings and presentations that address the high-risk use of alcohol utilizing a health and safety perspective. Each program is specifically designed for the student population requesting it.

On Campus Services Provided by Community Wellness

- **Alcohol and Drug Programs:** If you would like to get feedback on your use, this office offers several interventions designed to provide one-on-one professional service in a non-judgmental setting. If you are not 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 Check-Up:** Alcohol/Drug Check-Ups are designed to provide students with the opportunity to meet 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. This program provides practical, realistic strategies for drinking in a way that reduces risk and potential harm.
- **Substance Education Program (SEP):** The Substance Education Program (SEP) is an intensive drug and alcohol intervention series. The eight-hour program blends individual and group sessions and satisfies UD consequences as well as many court mandated sanctions.
- **Professional Assessments:** This is an individual 90-minute session that includes a comprehensive drug and alcohol history, AOD testing, diagnosis and recommendation. After the session, letters of recommendation are sent and referrals are made. This assessment meets the requirements of court settings as well as Community Standards and Civility at the University of Dayton.
- **Off Campus Referral:** If a UD student requires a higher level of AOD care services, a licensed alcohol and other drug counselor can provide the student/family with outside counseling referral source information close to campus.

- **Consultations:** Any student, staff, faculty or parent may call with questions or concerns they have about a student. In addition, consultation is available about more general questions regarding drugs and alcohol.
- **Voluntary Post-Hospitalization Talks:** An opportunity for the student to sit down and “de-brief” the particular circumstances, which led to their alcohol transport to the hospital. First, this talk supports the student and identifies what “triggers” led to their overdrinking. Second, a “mini assessment” of their overall drinking patterns and immediate feedback is provided. The final focus of the talk are recommendations for developing an assistance plan to avoid re-hospitalization.
- **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, Art De-Stress, Alcohol Screening Day, Chair Massages, Choose Well, Live Well Day and more.
- **Sober Flyers:** An Alcoholics Anonymous (AA) meeting that meets every Wednesday evening (year-round) from 8:30 a.m. to 9:30 p.m. in the McGinnis Center. Like all AA meetings, it is open to the public; however, Sober Flyers was especially created and designed for UD students who want to be abstinent from alcohol/drugs and wish to engage in a 12 Step Recovery Process.
- **e-CHUG (electronic Check-Up to Go):** An interactive web-based survey and alcohol education tool that allows University of Dayton students to enter information about their drinking and receive feedback about their use of alcohol. Interested students can take this online assessment in about ten minutes. The assessment is self-guided and requires no face-to-face contact with a counselor or administrator. Access e-CHUG at interwork.sdsu.edu/echeckup/usa/alc/coll/UD. If you would like to further discuss your e-CHUG results or information about alcohol or drug related disorders, you may speak confidentially with a licensed alcohol and other drug counselor or schedule a counseling appointment in the Office of Community Wellness Services located at 112 McGinnis Center, 937-229-1233. Office hours are Monday through Friday, 8:30 a.m. to 4:30 p.m. Professional alcohol and other drug counselors and intervention specialists are available to assist UD students free of charge.

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 drink/drug to another in the hope that this would keep you from getting drunk/high?
- Have you had to have an eye-opener (morning drink/drug) upon waking during the past year?
- Do you envy people who can drink/use without getting in trouble?
- Have you had problems connected with drinking/using during the past year (relationships, school work, the law, campus policies)?
- Has your drinking/using caused trouble at home (family or roommates)?
- Do you ever try to get “extra” drinks/drugs at a party because you do not get enough?
- Do you tell yourself you can stop drinking/using any time 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 drinking/using?
- Do you have blackouts/loss of time?

- Have you ever felt that your life would be better if you did not drink/use?

Did you answer YES to four or more of these questions? If so, you are probably in trouble with alcohol or drugs. Please reach out to someone you feel safe talking to and seek assistance.