ALCOHOL AND OTHER DRUG PROGRAMS

CALIFORNIA UNIVERSITY OF PENNSYLVANIA

ALCOHOL AND OTHER DRUG (AOD) PROGRAMS
Cal U’s AOD programs are based within in the Wellness Center (also known as the Health Center), located on the Ground Floor of Carter Hall. Intervention and Prevention comprise the operational components of Cal U’s AOD Programs in the interest of students’ wellness.

BASICS (Brief Alcohol Screening and Intervention of College Students) is a preventive intervention program to reduce drinking and enhance awareness about alcohol-related issues. BASICS targets students who are considered at risk because of heavy drinking behaviors. The brief intervention relies primarily on a motivational interview to provide students with the skills, knowledge, and insight into the consequences of drinking. Participation in BASICS is open to any Cal U student, while those who have been cited by the University Judicial Officer for violations of the Student Code of Conduct involving the use of alcohol and other drugs are required to participate. Students who express and/or demonstrate greater difficulty in coping with alcohol or other drug use/abuse are referred to the Cal U Counseling Center to consult with an alcohol and other drug certified counselor. Students may also schedule a voluntary appointment to speak with the alcohol and other drug certified counselor. Please note that alcohol and other drug certified counselor may refer a student to an outside alcohol and other drug treatment agency as Cal U does not maintain a treatment facility. For more information on BASICS, call 724-938-5507. To schedule an appointment to speak with an alcohol and other drug certified counselor, call 724-938.4056.

Note: If you seek voluntary treatment for possible chemical dependency, you will not be penalized in the University judicial system and will be welcomed back to the university community after completing treatment.

Note: If you assist a peer in obtaining treatment in the event he/she demonstrates a threat or potential harm to their well being as a result of overuse of alcohol or other drugs, you will not be penalized in the University judicial system. Do not forsake a peer’s well being in any such instance. Contact University Police immediately at 724.938.HELP (4357) or the Wellness Center at 724.938.4056.

AOD PREVENTION is provided jointly by the Health and Wellness Education Center and the AOD Prevention Specialist, who works with the entire campus and local communities in the creation and execution of a comprehensive strategy to reduce underage and dangerous drinking as well as other drug use. Options@Cal U is a peer educators program where students become nationally certified through BACCHUS in order to assist in prevention efforts. Options@Cal U provides interactive programming and education to Greek organizations, academic classes, residence life groups and more. Cal AOD Coalition is comprised of members of both the University and the community. They strategize ways to reduce underage and dangerous drinking, as well as drug use, on campus and in the community. Please contact the AOD Prevention Specialist at 724.938.4775 for further information, to schedule a presentation, or to become involved in prevention efforts.

HEALTH AND WELLNESS EDUCATION CENTER The Health and Wellness Education Center provides health education and services to promote a healthy campus community. Some of the major services offered include but are not limited to; Nutritionist visits, STD programming & monthly testing, Stress management programs, and Anti-smoking programs. We also offer Alcohol and other drug (AOD) awareness programs. Under the direction of an Education Specialist, the office employs graduate assistants and work study students who provide wellness informational programs. The Health and Wellness Education Center is located on the ground floor of Carter Hall, G-82 and can be reached at x5442 or x5440.