

## **Alcohol and Drug Counseling Services**

At the Counseling Center, we understand that college students are making important decisions about their use of alcohol, and students see an Alcohol and Drug Counselor for a variety of reasons:

- o Desire for assistance in moderating their use of alcohol
- o Concern about friends' or family members' use of alcohol or other drugs
- o Referral from the Student Health Center or other medical or mental health providers
- o Assistance in finding recovery resources and maintaining abstinence in the campus atmosphere
- o Referral from Student Conduct or other Florida Atlantic University staff when there is concern about a student's alcohol or drug use or when there has been a violation of the policy.
- o Family request
- o Court mandates for assessment, counseling, or other services
- o Voluntary/ Mandated Counseling
- o Individual/ Couples/ Family/ Crisis Counseling
- o Mandated Counseling
- o Comprehensive assessment
- o Consultation
- o Recommendation and referral to other agencies as indicated
- o Prevention and university collaboration
- o Education about specific issues emerging from the assessment
- o Structure and support for those trying to reduce their alcohol consumption
- o Addressing impact of alcohol and drug use on other physical or mental health diagnoses
- o Short-term individual or group therapy

## **Online Screenings**

- o FAU Owls Wellness Program <http://www.fauowlswellness.com/index.html>
- o BAC Blood Alcohol Calculator <http://www.fauowlswellness.com/interactive/bac/>
- o Get Fit SAMHSA ♦ <http://getfit.samhsa.gov/Drugs/tests/default.aspx>

## **Resources**

### **On campus:**

- ♦ Wellness Task Force ( [http://www.fau.edu/today/task\\_force.php](http://www.fau.edu/today/task_force.php))
- ♦ Today & Beyond Wellness
- ♦ Health Center
- ♦ Victim's Advocate
- ♦ Night Owls
- ♦ AA
- ♦ NA

### **Off Campus and Online:**

- ♦ Alcoholics Anonymous, <http://www.aa.org>
- ♦ Club Drugs, <http://www.clubdrugs.org>
- ♦ Mothers Against Drunk Driving, <http://www.madd.org>
- ♦ Narcotics Anonymous, <http://www.na.org>
- ♦ National Clearinghouse for Alcohol and Drug Information, <http://ncadi.samhsa.gov>

- ❖ National Council on Alcoholism and Drug Dependence, <http://www.ncadd.org/links/index.html>
- ❖ National Institute on Drug Abuse, <http://www.nida.nih.gov>
- ❖ Partnership for a Drug Free America, <http://www.drugfree.org>
- ❖ StopHazing.org, <http://www.stophazing.org>
- ❖ The Higher Education Center for Alcohol and Other Drug Prevention  
<http://www.higheredcenter.org>
- ❖ Al-Anon - <http://www.southfloridaal-anon.org/index.html>
- ❖ College Recovery, a supportive network for students in recovery, [www.CollegeRecovery.org](http://www.CollegeRecovery.org)
- ❖ Center for Substance Abuse Prevention (CAPT) - The latest research-based knowledge of substance abuse prevention programs, practices, and policies.
- ❖ Center on Alcohol Marketing and Youth - Research on underage drinking.
- ❖ Century Council - A not-for-profit organization dedicated to fight drunk driving and underage drinking.
- ❖ Community Anti-Drug Coalitions of America (CADCA) - Providing community coalitions with all of the tools they need to build safe, healthy and drug-free communities.
- ❖ Core Institute - A not-for-profit organization whose main purpose is to assist institutions of higher education in drug and alcohol prevention efforts.
- ❖ CSAP's Prevention Pathways - Prevention programs, program implementation, evaluation technical assistance, online courses, and a wealth of other prevention resources.
- ❖ Do It Now!Foundation - Realistic information on drugs, alcohol, sexuality, and other behavioral health topics.

◆ Florida Alcohol and Drug Abuse Association (FADAA) - A non-profit, membership organization advancing addiction treatment, prevention and research through public policy leadership, communications, professional development and quality member services.

◆ Florida Department of Business and Professional Regulation - Information regarding laws in your community, contact information, The Department of Alcoholic Beverages and Tobacco, and links to numerous resources.

◆ Florida Prevention System - Developing a system for utilizing and evaluating a science-based approach to prevention throughout the state of Florida.

◆ Harvard School of Public Health College Alcohol Study - Up-to-date research on alcohol and drug use from Harvard University.

### **[The Office for Student Conduct](#)**

#### **Contact Us**

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