

Substance Abuse Prevention Program



A Guide For Parents

Websites and Resources

- What Parents Need to Know About College Drinking
www.collegedrinkingprevention.gov
- WCSU Substance Abuse Prevention Program: CHOICES
www.wcsu.edu/CHOICES
- National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov
- Substance Abuse and Mental Health Services Administration
www.samhsa.gov

For further information please contact

Sharon Guck, MPH, Coordinator

Stanley Watkins, LCSW

Midtown Student Center rm.211

837-8899 or 837-8898

Take Advantage of College Resources

It is our mission at the choices office to provide students with support with alcohol/drug use and abuse issues. Many students come to college already having tried alcohol and/or other substances. Some students have used extensively throughout high school, some minimally and some have never tried alcohol or other drugs.

Teens and young adults ages 18-25 can present enormous challenges on college campuses. At Western the Substance Abuse Prevention Staff works collaboratively with Health Services, Counseling Center, Housing, Judicial affairs, Police and administrators to address substance abuse related problems. If a student does develop substance related problems or violates the underage drinking policies on campus, our office is here to assess him/her and get them back on track.

Some of our services include...

- Provide individual screenings, assessments and counseling for students..
- Referrals to on and off campus counseling and support services.
- Three 12-step meetings per week.
- Educational workshops in residence halls, classrooms, and for clubs, Greek life and athletic teams.
- Run support groups for students who are trying to make positive changes in their lives.

CHOICES

Peer Educators

Peer Educators provide educational and fun programs for other groups of students in an informal environment conducive to exchange and open communications. Peer Educators play a role in encouraging their peers to consider, talk honestly about, and develop responsible habits and attitudes towards the use or non-use of alcohol and other student health and safety issues, including sexual assault, impaired driving, sexual responsibility, and tobacco prevention.

Peer educators are also eligible to earn a certificate of recognition from our new Leadership,

WCSU Social Norms

According to our Core survey most students here at Western are not out drinking and doing drugs. In fact, the Norm, 72% of our students have five or fewer drinks each week and 30% didn't drink at all. (Core 2012)

90% of Western Students report feeling safe on campus (Core 2010-)

In the equation of experience and college, alcohol does not need to play a part.

- Find out if there is a program during orientation that educates students about campus policies related to alcohol use. Make sure your son or daughter is at least familiar with the name of the person who is responsible for substance abuse prevention.
- Make sure that your son or daughter understands the penalties for underage drinking, public drunkenness, using a fake ID, driving under the influence, assault, and other alcohol-related offenses.
- Pay special attention to your son's or daughter's experiences and activities during the crucial first 6 weeks on campus.
- Find out about the CHOICES program during orientation and be familiar with the office staff.
- Inquire about and make certain you understand the college's "parental notification" policy.
- Call your son or daughter frequently during the first 6 weeks of college.
- Inquire about their roommates, the roommates' behavior, and how disagreements are settled or disruptive behavior dealt with.
- Make certain that they understand how alcohol use can lead to acquaintance rape, violence, and academic failure.



For more information on our Core survey go to www.wcsu.edu/CHOICES

