

Substance Abuse Services Program Referral Information



You are being referred for _____. My decision was based upon the outcome of the student conduct hearing, your previous disciplinary record and a review of the incident documentation. A description of this program/service is provided below. Failure to comply with this referral will result in further disciplinary action, which could include removal from University housing and/or placing a “hold” on future course registration. Registration and contact information may be found at the bottom of this form.

1. Alcohol Edu

Alcohol Edu is a 2 to 3 hour online alcohol education course. You will be provided with a web address and a password that allows you to conveniently access the course from your home computer or a computer lab. Taking the course in more than one sitting will facilitate retention of the material, helping you perform optimally on the final exam. The course is divided into six chapters that include information on alcohol metabolism, blood alcohol concentration, alcohol’s effect upon learning, memory and behavior, alcohol poisoning, impaired driving, alcohol abuse and addiction. There is a \$30 registration fee for this program.

2. Brief Alcohol Screening and Intervention for College Students (BASICS)

BASICS is a harm reduction approach regarding drinking. It was specifically developed for use with college students. After completing and turning in a confidential questionnaire about your drinking, program staff will develop a personalized feedback profile and contact you to set-up your appointment. The profile includes myths about alcohol’s effects, facts on alcohol norms, ways to reduce future risks associated with alcohol use, and a menu of options to assist in making any desired changes. There is a \$35 registration fee for this program.

3. Marijuana eCheckup To Go and Consultation

The Marijuana *eCHECKUP TO GO* program was specifically developed for use with college students. After completing a confidential questionnaire about your marijuana use, you will receive accurate and personalized feedback about your individual pattern of marijuana use, your risk patterns, your aspirations and goals, and helpful resources at University of Northern Iowa and in the community. Complete this program by going to <http://www.uni.edu/subabuse>: roll your mouse over Other Substances from the top menu and select Marijuana; then click on Marijuana *eCHECKUP TO GO* to begin. At the end of the program, you will be given the option to print your results, which you should do. Contact Mark Rowe-Barth to set-up your appointment to review your results. There is a \$35 registration fee for this program.

4. Prime for Life: Driving Unimpaired*

Prime for Life is an extensive, 12-hour program that focuses on individual drinking choices. You will learn about the amount and frequency of drinking that is considered low-risk, and learn how a family history of addiction increases your risk for alcoholism. The course also introduces signs of a drinking problem and highlights substance abuse resources that are available on and off campus. You will also complete a self-assessment of your drinking and learn where you can access a more in-depth substance abuse evaluation. The course also thoroughly addresses driving under the influence. *This course is provided by Hawkeye Community College (296-4290;

\$115 fee), Pathways Behavioral Services (235-6571; \$115 fee) and Cedar Valley Recovery Services (277-5808; \$115 fee). Phone these programs directly to obtain a class schedule and/or to register for the class.

5. Substance Abuse Evaluation

An evaluation is a testing process used to determine whether a person is addicted to alcohol and/or other drugs. The evaluation process requires approximately an hour and a half. You will complete questionnaires concerning your alcohol and other drug use and difficulties your use has caused. After the initial meeting, an additional session will be scheduled to review the results of the testing and to discuss subsequent recommendations. Follow-up recommendations may include educational and/or treatment referrals. There is a \$125 fee for this service.

Registration Information

To register for Alcohol Edu or BASICS, phone Phyllis Beauchamp at (319) 273-7166. Ms. Beauchamp provides administrative support for Substance Abuse Services.

To schedule a substance abuse evaluation, or Marijuana eCheckup To Go consultation, please contact Mark Rowe-Barth, Associate Director/Student Wellness, at (319) 273-3423 or mark.rowe-barth@uni.edu.