

# WELLNESS & HEALTH PROMOTION

## ALCOHOL AND OTHER DRUGS PREVENTION PROGRAMS

### ALCOHOLEDU FOR COLLEGE

Online evidence supported alcohol abuse prevention program required for all undergraduate first year and transfer students.

### B.A.S.I.C.S.

Brief Alcohol or Cannabis Screening Intervention for college students is a free confidential program for students to assess their choices around alcohol or marijuana. Using a harm reduction framework, BASICS helps students identify risks and provides individualized feedback, strategies and recommendations to increase self protective measures and reduce harmful outcomes from risk use.

### ELECTRONIC CHECK UP TO GO (ECHUG)

The E-CHUG for alcohol is a free, confidential, online tool that allows you to answer questions about your alcohol or marijuana use and receive immediate, personalized feedback.

### MARIJUANA 101

Marijuana 101 is an online course that integrates personal feedback and interactive modules to help students get a broader understanding of their choices, attitudes and beliefs around marijuana and any impact on student success, social engagement, career, personal health and financial well-being.

### BE A SPOTTER, SPOT ON & CUSP OF DANGER

These programs & campaigns are designed to increase help seeking behaviors and pro-social bystander behaviors on campus for alcohol or drug related emergencies and complement our medical assistance policy on campus. Be a Spotter is a social marketing poster campaign. CUSP of Danger educates students on the warning signs of alcohol or drug toxicity, and Spot On is our Bystander Leadership training curriculum.

### CHOOSE ONELESS

Harm reduction marketing and reflection campaign for moderate drinkers with classroom integration components.

### POLICY REVIEW

Every year, campus stakeholders review current alcohol and other drug policies to ensure they are appropriately addressing campus needs and reflecting current local, state, and federal laws.

**CONTACT US TO LEARN MORE**

**781.891.2600**