

# How to refer for Alcohol and Other Substance Abuse Issues

A judgement-free environment where students feel their well-being is centered, is an important piece in a conversation about potential substance use issues. Leading with empathy and concern will help the students relax and decrease resistance or fears of stigma.

## **Warning Signs** that may warrant a private conversation



Alcohol and Drug Education

- Noted decline in grades, attendance, or class participation
- Decline in hygiene (not showering, wearing pajamas to class)
- Frequent illnesses or complaints of sleep deprivation
- Smells of Alcohol or seems intoxicated
- Brags about High-Risk Behavior (passing out, vomiting, disciplinary issues)
- Lack of ability to follow through on responsibilities
- Concerns from other members of staff or faculty

### How to have the conversation:

**“I have noticed a change/I am concerned and wanted to check in with you. How are things going?”**

**1. If Student discloses a concern that may warrant further referral say the following:**

a. **“Have you talked to anyone, such as \_\_\_\_\_ about this?”**

- i. Academic Success Center
- ii. Your academic advisor
- iii. Your RA or R LC
- iv. The DSS office
- v. Counseling Services (Counseling Center, OADE, SAAFE)

b. **If they have not, and the referral is for Substance Abuse:**

- i. **“I can help you get in contact with the Office of Alcohol and Drug Education. They provide free, confidential services for all full-time students”**
- ii. **If Student refuses, encourage them to visit our website to take our anonymous self-assessment.**

**2. If a Student does not disclose a concern, offer follow-up examples, like:**

a. **I am concerned and want to help because:**

- i. You have stopped attending regularly
- ii. Your recent grades have shown a decline
- iii. Your presentation in class has changed
- iv. You are not meeting your responsibilities
- v. I have heard you talk about getting in trouble

**Follow up this expression of concern by encouraging them to look into specific resources.**