Alcohol and Other Drug Focused Programs

Prevention Education
• AlcoholEdu is an online education program that helps reduce high-risk drinking and alcohol-related harm among college students. The program motivates behavior change by resetting unrealistic expectations about the effects of alcohol, educating about the link between drinking and academic and personal success, and helping students practice safer decision-making.

• “What’s In Your Cup?” is an alcohol education workshop presented to first year undergraduate students by Wellness Education Services in their UB101 classes.

Educational Programming for Groups and Organizations (available by request)
• “Drink, Flip, Think” is a fun interactive educational workshop about the risks of competitive drinking games and other popular drinking trends.

• “Women and Alcohol Workshop” highlights the way women are affected by alcohol biologically, socially and culturally in comparison to men. Strategies are shared to assist women to reduce their risks related to drinking alcohol.

Intervention
UB-SAFER: The UB-SAFER program is an intervention workshop available to students to reduce potential consequences associated with drug and alcohol usage. Referrals to this program are often made through the Student Wide Judiciary and the Resident Halls and Apartments, for violation of an alcohol or other drug policy or law, on or off campus.

Alcohol Education Tools
The following alcohol education tools are available to student leaders and UB staff for checkout from our office.
• Alcohol Workshop Kit: We provide everything you need to present an alcohol program yourself.

• BAC Card Boxes: Based on biological sex and weight, BAC cards help students to estimate the number of drinks that they can consume to stay more in control when they drink.

The materials in the alcohol workshop kit were very helpful in creating a program for the students.
-Goodyear Hall Resident Advisor

About Alcohol, Tobacco and Other Drugs Team
The overall message of our program is that students can reduce the negative consequences of substance use by utilizing harm-reduction strategies through education and skill building; as well as correcting misperceptions that many students hold about college alcohol, tobacco and other drug use.

Wellness Education Services
114 Student Union (North Campus)
310 Michael Hall (South Campus)

Contacts:
Sharlynn Daun-Barnett: 716-645-6939
sd62@buffalo.edu
Marla McBride: 716-645-6937
majurek@buffalo.edu

Facebook: UB Wellness Education Services
UB Women and Alcohol Task Force
Website: http://wellnessed.buffalo.edu/tobacco
http://wellnessed.buffalo.edu/alcdrugs

Did You Know?
AlcoholEdu Survey (2014)
63% of first-year students have had 0 drinks in the past two weeks
79% of first-year students are either light/moderate drinkers or don’t drink at all

NCHA Survey (2013)
71% of UB students drink 0-4 when they socialize
68% of UB students have never used marijuana
Outreach and Media Campaigns
During the first six weeks of classes and prior to Spring Break we increase our alcohol risk-reduction messages through media such as outreach tables, video screen ads and bus ads. We also create educational tools to educate students about how to “party smart.”

The Real Life of the Party time lapse video, found at http://wellness.buffalo.edu/acldrug, illustrates how long it takes a person to sober up after a night of drinking.

The University at Buffalo established the Women and Alcohol Task Force (WATF) to identify practices to reduce high-risk drinking among female students. The Women and Alcohol Task Force is made up of representatives from many campus departments and its innovative outreach strategies have included the Secrets of a Party Girl Postcard Campaign, Pink Post-it Note Campaign, and Occupy UB Party Scene Campaign. Follow us on Twitter @UB_WaTF.

Additional On-Campus Resources
Counseling Services: Direct therapy
120 Richmond Quad (North Campus)
2nd Floor Michael Hall (South Campus)
Contact for an appointment: 716-645-2720
http://wellness.buffalo.edu

Psychological Services: Direct therapy
168 Park Hall (North Campus)
Contact for an appointment: 716-645-3697
716-645-6186
http://psychservices.buffalo.edu

Did You Know?
It is vital someone call for medical assistance when an individual is experiencing severe intoxication or serious injury after consuming alcohol or drugs.

UB has a Good Samaritan Policy which states that the University will be more lenient when someone is helping a friend in these situations, even if they have broken a policy.

For more information, www.ub-judiciary.buffalo.edu/samaritan.php

Local Resources & Web Links

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716-645-6186
http://psychservices.buffalo.edu

Off-Campus Resources
Horizon Health Services:
Direct individual and group addictions therapy
831-1800
www.horizon-health.org

Brylin Hospital:
Direct individual and group addictions therapy
886-8200
www.brylin.com

Alcoholics Anonymous:
Self-help and support
853-0388
www.buffaloaany.org

Student Wellness Team
The Student Wellness Team, comprised of Health Services, Wellness Education Services and Counseling Services, fosters optimal academic functioning and social development through services and strategies that enhance multiple dimensions of individual health and cultivates an environment supportive of lifelong healthy behaviors.

http://wellness.buffalo.edu

Wellness Education Services
114 Student Union, North Campus
716-645-2837

Counseling Services
120 Richmond Quad, North Campus
716-645-2720

Health Services
Michael Hall, South Campus
716-829-3316