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.

**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

**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)

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

**The materials in the alcohol workshop kit were very helpful in creating a program for the students.**

- Goodyear Hall Resident Advisor
At the **Wellness Suite, 114 Student Union**, you will find books, videos and other resources that you can borrow. Also check out our free tea and chair massage (by appointment).

### 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://wellnessed.buffalo.edu/alcdrug](http://wellnessed.buffalo.edu/alcdrug), 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](http://twitter.com/UB_WaTF).

### Additional On-Campus Resources

- **Counseling Services**: Direct therapy  
  120 Richmond Quad (North Campus)  
  2nd Floor Michael Hall (South Campus)  
  **Contact for an appt.**: 716-645-2720  
  [http://wellness.buffalo.edu](http://wellness.buffalo.edu)

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

### Off-Campus Resources

- **Horizon Health Services**:  
  Direct individual and group addictions therapy  
  831-1800  
  [www.horizon-health.org](http://www.horizon-health.org)

- **Brylin Hospital**:  
  Direct individual and group addictions therapy  
  886-8200  
  [www.brylin.com](http://www.brylin.com)

- **Alcoholics Anonymous**:  
  Self-help and support  
  853-0388  
  [www.buffaloaany.org](http://www.buffaloaany.org)

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](http://www.ub-judiciary.buffalo.edu/samaritan.php)

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**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](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