

## University Health Services Alcohol & Drug Education Programs (UHS-ADEP)

UHS-ADEP provides UT students a range of educational, assessment, counseling, and recovery support services related to the use and abuse of alcohol, tobacco, and other drugs. ADEP services are easily accessed, and most are free of charge.

### Programs & Services

#### Individual Consultations

Students speak privately and confidentially with a licensed chemical dependency counselor about their own or someone else's use of alcohol, tobacco, and/or other drugs. Sessions are free and conducted in a caring, non-judgmental atmosphere.

*Students call 475-8252 to schedule an appointment. No referral necessary.*

#### Choices

Students learn healthy decision making and risk management skills around the use of alcohol and/or other drugs. This free 2-hour class is conducted in a confidential small group setting. It is offered weekly at various times and days throughout the year.

*Students register in person at SSB 1.106. No referral necessary. Pre-registration required. Class schedules are available on our Web site.*

#### Alcohol Awareness Program for Minors

Students satisfy the educational requirement associated with MIP, MIC, PI, and DUI citations in the State of Texas. This 6-hour program is available only to currently-enrolled UT students.

*Students register in person at SSB 1.106. Charges involved. Pre-registration required. Class schedules are available on our Web site.*

#### Quitters Smoking Cessation Program

Students, staff and faculty can become non-smokers with the help of Quitters, a 4-session (4-week) class facilitated by a qualified professional. Quitters is free to students; staff & faculty pay a small fee.

*Participants register in person at SSB 1.106. No referral necessary. Pre-registration required. Class schedules are available on our Web site.*

#### Center for Students in Recovery

Students obtain support, counseling, and volunteer opportunities to strengthen and enrich their recovery from addiction to alcohol or other drugs. Students who are in recovery and those who are adult children of alcoholics/addicts (ACOA) are welcome. Membership in the program is free.

*Students may visit our Web site or call 475-8252 for more information.*

#### e-CHUG (Electronic Check-Up to Go)

Anyone may conduct their own *anonymous* alcohol assessment online and get clear, objective, personalized feedback about attitudes, behaviors, and risk levels surrounding the use of alcohol. No identifying information is required.

*Interested individuals may visit our Web site to take the e-CHUG.*

### **Designated Driver Pledge (DDP) Program**

Students sign the pledge to be a designated sober driver, *the Real Life of the Party*, and earn a reward for their promise to serve.

*Students may sign the pledge at SSB 1.106.*

### **ADEP Peer Educator Program**

Students help their peers learn to make responsible decisions around the use of alcohol and/or other drugs, and obtain up to five hours of upper-division elective credit in the process. The program is open to all students who plan to remain at UT Austin for at least three semesters following program enrollment.

*Students may come by SSB 1.106 or visit our Web site for more information and to obtain an application.*

*Interviews for acceptance into the program are conducted in April.*

### **Student Workshops**

Residence halls, First-year Interest Groups, academic classes, Greek organizations, or any other UT student group or organization can get free peer educator-led workshops on various topics related to the use of alcohol and other drugs.

*A list of peer educator workshops is available on our Web site. Interested individuals may call or come by SSB 1.106 to schedule a presentation.*

### **21<sup>st</sup> Birthday Card**

Students receive a special birthday greeting in the mail from University Health Services during the week of their 21<sup>st</sup> birthday. It contains congratulations and our best wishes plus a little bonus: tips on how to stay alive and well so that they will be around to celebrate their 22<sup>nd</sup>...and many more.

### **ADEP Professional Training Series**

Professional health educators provide free lectures, workshops, and training seminars related to the use of alcohol and other drugs to academic classes and UT professional and student staff groups. ADEP staff custom designs presentation content to meet the needs of the group.

*Interested individuals may call 475-8456 for more information and/or to schedule a training.*

## **Contact Information**

ADEP is located in the UHS Health Promotion Resource Center, just to the left, inside the front door of the Student Services Building, 100 West Dean Keeton Street.

Office hours are Monday – Friday, 8:00 am – 5:30 pm. Phone number is 475-8252.

UHS Web address: [www.healthyhorns.utexas.edu](http://www.healthyhorns.utexas.edu)