Alcohol, Tobacco and Other Drug Use/ Abuse Treatment

California State University considers it extremely important to help students overcome alcohol, tobacco and other drug abuse. The Northridge campus has aggressively accepted the challenge from the CSU Chancellor to reduce Alcohol, Tobacco, and other Drug (ATOD) use among students. University Counseling Services provides brief individual counseling to students who think their ATOD use may be of concern. When desired by the student, counselors at UCS provide referrals to more specialized treatment facilities for more in-depth ATOD counseling. For more information, call UCS at 677-2366, or come by Room 520 in the Student Services Building to make an appointment.

University Counseling Services collaborates with the Klotz Student Health Center to provide students with education and counseling in an effort to help students gain awareness of patterns of abuse and to take the steps that will lead to the adoption of a healthier lifestyle. The Klotz Student Health Center provides educational resources and medical evaluations that assist the student to uncover unhealthy substance use. University Counseling Services provides counseling and support to assist the student in choosing to seek to acquire new insight and to determine whether there are behavioral changes the student can adopt to find improved mental and physical health.

A fundamental aspect of the Alcohol, Tobacco and Other Drug (ATOD) counseling University Counseling Services provides CSUN students is that the aim is simply to support the student in the student’s stated counseling goals. Students are often referred to University Counseling Services because their ATOD use was deemed by someone to be related to problematic behavior. Counseling provides the student with the opportunity to speak with a professional who has no investment in telling the student what to do, what the student should have done, or in judging the healthiness or appropriateness of the students’ past or present behavior. Instead, the role of the counselor working with a student on ATOD use is very limited. The counselor simply helps the student examine the role these substances are playing in the student’s life. Often such a student chooses also to examine whether present ATOD usage patterns will facilitate the achievement of the goals the student has set for him or herself.

Resources:

[The following materials were developed by The University of Massachusetts at Lowell. We thank U Mass Lowell for creating and sharing such an extensive list of resources]

- For your own information, you may want to take the online alcohol screening test from the BU School of Public Health at [www.alcoholscreening.org](http://www.alcoholscreening.org)
- [Is alcohol a problem for you?](http://www.alcoholscreening.org)
• Information about AA and other support groups is available at the Counseling Center.
• Narcotics Anonymous
• Information about college students and alcohol from About.com
• College Drinking: Changing the Culture from the National Institute on Alcohol Abuse and Alcoholism
• Sexual Assault, Alcohol, and Other Drugs
• Academic Performance and Alcohol and Other Drugs
• College Athletes and Alcohol and Other Drug Use
• Interpersonal Violence and Alcohol and Other Drugs
• Fraternity and Sorority Members and Alcohol and Other Drugs
• Racial and Ethnic Differences in Alcohol and Other Drug Use
• Alcohol FAQs

• Student Counseling Centers Virtual Pamphlet Collection
• National Clearinghouse for Alcohol and Drug Information
• National Institute on Alcohol Abuse and Alcoholism
• Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration