

INTERVENTION TIPS FOR ALCOHOL AND OTHER DRUGS

When someone you know is struggling with their alcohol or other drug (AOD) use, it can be a challenge to know what to do. Fortunately you're not alone. Here are a few ideas to help.

1. State your concern.

- A) Talk privately, when they're available and not under the influence.
- B) Explain how their drinking or drug use concerns and affects you. Be prepared to describe particular examples of why you're concerned - limit yourself to facts about the use and the negative impacts on you or others.
- C) Avoid being judgmental or using stigmatizing language (e.g. problem, addict, alcoholic)
- D) People will have a range of responses,
- E) Don't argue or try to convince them.
- F) If someone does not make changes, or is not receptive to your concerns, it is still worth it to have "planted seeds for change."

2. Be mindful of your actions in relation to their use.

- A) Set boundaries; take care of yourself; get the support that you need to maintain your own well-being; you don't have to be the "fixer".
- B) Refuse to use with someone whose use concerns you; think of other activities to do with them.
- C) If someone can't remember what they did the night before, it is important no to joke about it; let them know that this is scary or concerning.

3. Allow them to suffer consequences related to their use.

- A) Don't protect them from negative consequence of their drinking or drug use (e.g. covering up or making excuses for them, bringing them notes from missed classes)
- B) Let them clean up their own mess the next day; however, if you are concerned about their health or safety, get medical attention immediately by calling 911 (landline), UCPD at (510) 642-3333 (cell phone), or BPD at (510) 981-5911 (cell phone).

Resources

Social Services (University Health Services) offers confidential and non-judgmental counseling, support groups and consultation about your own use or that of a friend or family member. (510) 642-6074.

Moderation Management is a lay-led non-profit dedicated to reducing harm caused by the abuse of alcohol. Self-management. Balance. Moderation. Personal Responsibility. www.moderation.org

Remember: Intervention is a true act of love and care. Don't let small problems become big.

RESPONSIBLE BYSTANDER POLICY: A student or registered student group (RSO) promptly seeking necessary medical assistance on behalf of a student experiencing an alcohol or controlled substance emergency will be exempt from the formal Student Conduct processes concerning alcohol and controlled substances (102.17 and 102.18). This policy promotes a safety-oriented campus culture that encourages students to seek help for others.

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