

# INTERVENTION TIPS FOR ALCOHOL AND OTHER DRUGS

When someone you know is struggling with 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.

- Talk privately, when they're available and not under the influence.
- 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.
- 3) Avoid being judgmental or using stigmatizing language (e.g. problem, addict, alcoholic)
- 4) People will have a range of responses,
- 5) Don't argue or try to convince them.
- 6) 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.

- 1) 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".
- 2) Refuse to use with someone whose use concerns you; think of other activities to do with them.
- 3) If someone can't remember what they did the night before, it is important not to joke about it; let them know that this is scary or concerning.

## 3. Don't try and fix their situation for them.

- 1) Don't protect them from negative consequences of their drinking or drug use (e.g. covering up or making excuses for them, bringing them notes from missed classes)
- 2) 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. Call (510) 642-6074 or visit [uhs.berkeley.edu/socialservices](http://uhs.berkeley.edu/socialservices).

**Collegiate Recovery Program (CRP)** at Cal provides on-campus recovery meetings and non-clinical support. The program welcomes all students who are: 1) in recovery or seeking recovery, 2) sober curious, 3) struggling with substance use, or 4) anywhere in between. Call (510) 561-8075 or visit [csi.berkeley.edu/crp](http://csi.berkeley.edu/crp).

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

### Learn more at:

[uhs.berkeley.edu/aodemergencyinterventions](http://uhs.berkeley.edu/aodemergencyinterventions)  
[uhs.berkeley.edu/livingsubstancefree](http://uhs.berkeley.edu/livingsubstancefree)



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