

# Fairfield University Substance Abuse Program

*To promote healthier choices and reduce the risk of substance use.*

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## **Substance Abuse Assessment** – Lisa Arnold

**Description:** A bio-psycho-social evaluation of a student's level of use of alcohol and other drugs to determine potential level of substance abuse intervention. This is a 45 minute confidential session

**Meets:** Appointments available Tuesday and Thursday evenings

**Appointment:** Required – contact 203.254.4000 ext. 4166

**Required date of completion:** \_\_\_\_\_  
Completed by Office of DOS

**Failure to complete this sanction:** Failure to keep scheduled appointment will result in \$50 fine payable to the Office of the Dean of Students

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## **CHOICES** – Pam Paulmann

**Curriculum overview:** Students will explore their drinking patterns, related attitudes about alcohol, and their motivation to change their drinking. The biology of alcohol (blood alcohol effects and tolerance) and the significant differences between men and women in regards to consumption will be discussed. Personal risk factors and identifying high-risk drinking situations will be examined in the context of developing strategies to minimize risk and attain lifestyle balance. *This class is for 90 minutes*

### **Learning outcomes:**

- Build motivation to change
- Develop skills to deal with high-risk situations
- Form behavioral goals around alcohol and other drugs

**Meets:** Wednesdays 11-12:30 – Barone Campus Center Room 202.  
*If you have class at this time, contact [ppaulmann@fairfield.edu](mailto:ppaulmann@fairfield.edu)*

**Reservations:** Required – register at [http://www.fairfield.edu/student/cps\\_choices.html](http://www.fairfield.edu/student/cps_choices.html) (10 person limit)

\*\* Pre-test completed prior to class. Completion of a survey following the class will constitute fulfillment of your sanction.

**Required Date of Completion:** \_\_\_\_\_  
Completed by the Office of DOS

**Failure to complete this sanction:** Once officially registered for the class, there is a \$20 fine to reschedule the class. This re-registration fine applies both for rescheduling an upcoming class or rescheduling a class missed.

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## **BASICS** – Lisa Arnold

**Curriculum overview:** Students will continue to explore the role of social support, personal responsibility, assertiveness, decision making and self esteem as prevention strategies. With the use of journaling, the students will identify their strengths, weaknesses, problems and needs. Students will conduct a self examination of attitudes and the consideration of alternative solutions through solid decision making.

### **Learning outcomes:**

- Continue to build motivation to change
- Connect the interrelationship of alcohol and/or drugs on academics, health and personal relationships

**Meets:** Tuesday and Thursday evenings

**Appointment:** Required - call 203.254.4166 to schedule an appointment.  
**e-Chug/e-Toke** [http://www.fairfield.edu/student/cps\\_substanceabuse.html](http://www.fairfield.edu/student/cps_substanceabuse.html)

\*\* Completion of a survey 30 days following the class will constitute fulfillment of your sanction.

**Required Date of Completion:** \_\_\_\_\_  
Completed by the Office of DOS

**Failure to complete this sanction:** Failure to keep scheduled appointment will result in \$50 fine payable to the Office of the Dean of Students. Rescheduling an appointment will result in a \$20 fine.

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### **The Grand Group – Lisa Arnold**

**Curriculum overview:** A group dynamic utilizing a harm reduction approach and Brief Motivational Interviewing techniques which engage students in open discussions and non-judgmental activities of their use of alcohol and other drugs in a casual group setting.

**Learning outcomes:**

- Facilitate internal motivational skills
- Develop new strategies to deal with triggers
- Reduce current levels of substance use

**Meets:** Group meets Tuesdays and Thursdays 5:30 – 7:00pm \* Pre-screening meeting required

**Contact info:** 203.254.4000, ext.4166

**Failure to attend a group meeting** will result in \$50.fine payable to the Office of the Dean of Students

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### **The Recovery Group – Lisa Arnold**

**Curriculum overview:** For those whose alcohol and drug use has interfered with their health and well-being. The group is based on an abstinence, 12 step model.

**Learning outcomes:**

- Attain greater understanding of progression of use
- Develop strategies to manage high-risk situations
- Support systems for maintaining ongoing recovery

**Meets:** Group meets weekly \* Pre-screening meeting required

**Contact info:** 203.254.4166

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PLEASE NOTE: If you are required to complete any part of the Substance Abuse Program as a condition of your judicial sanction, you must register within 24 hours for an available class by the date and time provided to you by the Office Dean of Students. Failure to do so will be considered a violation of disciplinary procedures and will result in additional judicial review.