

ALTERNATIVE TO DISCIPLINARY ACTION

Students seeking help voluntarily is both pro-active and healthy; it is the preferred alternative to getting caught and facing expulsion from school.

We encourage all students with alcohol or any substance abuse problems to contact any of the following resource individuals who are strictly bound by confidentiality

Dr. Christine Saunders-Fields, x1408

Dr. Marcia Gerber, x2661

Lorraine Brooks, MPH, CEAP x1489

THERE IS NO PENALTY FOR SEEKING HELP—ONLY ADVANTAGES

All information shared with an on-campus resource person, who can meet with you and make appropriate referrals, is strictly confidential, and will not be shared with *anyone* without the student's express written permission.

If you would prefer not to make even an initial, confidential, contact with anyone on campus, the following confidential off-campus services are also available:

For medical students and PA students (licensed or unlicensed), **The Committee for Physicians' Health at 1-800-338-1833**

For nursing students and CHRP students **who already are licensed by the State of New York, The Professional Assistance Program at 1-518-473-6809**

For all other Nursing and CHRP students (**who are unlicensed**), please use our on-campus resources

**REMEMBER THAT SEEKING HELP IS THE
RESPONSIBLE THING TO DO!**

**CALL OUR RECORDED
INFORMATION LINE AT
718-270-4545**

How Do You Know If You're Hooked?

Do you sometimes binge on alcohol or other drugs? (an alcohol "binge" is defined as having 5 or more drinks in less than 3 hours, or 4 drinks for women)

Do you avoid family or friends while you are using alcohol or other drugs?

Are you secretly irritated when family or friends discuss your use of alcohol or other drugs with you?

Do you sometimes feel guilty about your use of alcohol or other drugs?

Do you sometimes regret things you did or said while under the influence of alcohol or other drugs?

Have you ever tried to cut down on your use of alcohol or other drugs?

Have you ever failed to keep promises made to yourself or others about controlling or cutting down on your use of alcohol or other drugs?

Do you feel low after indulging, and sometimes miss classes, clinical work, or appointments?

Do you need to use more and more alcohol or other drugs to get high or drunk?

Do you sometimes forget what you did or what happened while you were drinking?

If you answered "yes" to one or more of these questions, you may have a problem with alcohol or other drugs, and you should seek help.

For more information:
Alcoholics Anonymous:
<http://www.nyintergroup.org>
Narcotics Anonymous:
<http://www.newyorkna.org>



SUNY
DOWNSTATE
Medical Center



**Compassionate, Confidential help is
available for Students
of the Health Professions.**

**Any student who has a question or
concern regarding alcohol or any
substance abuse, should not hesitate
to use the services at Downstate.**

It is the right thing to do!

INTRODUCTION

Alcoholism and other drug dependencies are facts of life. It is estimated that well over 10% of the adult population in the US abuses alcohol and/or other drugs. Health care professionals are not immune to these disorders. In fact a recent study indicates that senior medical students as a group have only slightly lower rates of use of illicit substances than their peers in the general population, with rates among female students rising to that of males.

The stresses of training, coupled with access to controlled substances, increase the risk of abuse among students in the health care professions.

Alcohol & other drug dependencies are facts of life!

Impaired students can cause serious harm to themselves and their patients.

Although alcoholism and other drug dependencies are treatable diseases, health care professionals are often resistant to seeking help. This is sometimes due to the **mistaken** belief that seeking help is a sign of weakness. The truth is, however, that once involved in a treatment, many health care professionals do very well, and do recover. It is a treatable disorder.

Downstate's Commitment and the Goals of the Substance Abuse Outreach for Students

- To provide confidential assistance to students with substance abuse problems before they or others are seriously or irreversibly harmed;
- To assist recovering students to continue their education without stigma or penalty;
- To protect the rights of students to receive information, referral, and treatment **in confidence**;
- To protect patients and others from the harm that impaired students may cause;
- To increase student, faculty, and staff awareness of, and sensitivity to, the dimensions of alcohol and other drug abuse problems;
- To educate students, faculty, and staff about the options available for dealing with alcohol and other drug abuse problems.

SEEKING HELP IS THE RIGHT THING TO DO!



You do not have to do struggle alone ; Let us help you help yourself.

TWO PATHS TO HELP

Assistance to students with alcohol or other drug problems is provided in two ways. First, any student can consult with a designated individual bound by confidentiality at Downstate who you can talk about your concerns. That person is knowledgeable regarding resources to address your concerns.

The following designated individuals are a resource for students (also identified as Voluntary Consultant) Dr. C. Saunders-Fields, Dir. Of Stud. Couns. x1408 Dr. Marcia Gerber, Dir. Of Student Health, x2661 Lorraine Brooks, MPH, CEAP x1489

A Voluntary Consultant is a professional *with specific training in the diagnosis and treatment of substance abuse disorders*. **All information that is provided by any student is kept strictly confidential.**

This is how it works:

PATH 1

Students may contact a Voluntary Consultant. The student will be interviewed to assess the nature of the problem and suggest an appropriate course of action, which may include preventive education, self-help, and/or referral for out- or in-patient treatment.

The Voluntary Consultant may follow-up with the student to assess whether the referral was satisfactory. If the student was not satisfied with the referral, the Voluntary Consultant will try to locate alternatives. The student may accept or reject any referral. **There is no penalty to the student for not accepting any referral.**

PATH 2

The second way the Program works is through contact by a peer, or another person who knows a student may have a substance abuse problem. For someone who seeks assistance for a student, the Voluntary Consultant will provide information and give advice on how to encourage the student to receive help.

NOTE: The **Student Counseling Service** at **718-270-1408** is another on-campus resource.