

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q What are the methods to help people quit drinking with less pain?

A. The UA provides a range of options for modifying or eliminating alcohol associated behaviors. Just how physically “painful” quitting alcohol might be varies on the level of dependence and presence of withdrawal symptoms. The good news is that relatively few college students (6.3%) are diagnosed as being physically dependent upon alcohol. Unfortunately, over 31% of college students are identified as abusing alcohol.*

For anyone thinking about cutting back on their alcohol intake, challenging emotional and social pain might occur. For instance, you might have to give up harder drinking friends or make different decisions around them to reduce temptation to keep up.

Recognizing that client-treatment matching is crucial for successful outcomes, the UA Campus Health Service offers the following:

- **Individual therapy sessions** with licensed alcohol and other drug specialists, Debra Cox-Howard, MC, LPS, ICADC, LISAC, 621-3334 and Lynn Reyes, LCSW, LISAC, 621-5700, along with other certified practitioners at CHS.
- **BASICS (Brief Alcohol Screening and Intervention for College Students)** BASICS offers UA students a two session, non-confrontational assessment and personalized feedback. BASICS targets heavy-drinking students who have experienced problems due to heavy consumption or are at risk for doing so. 621-5700

Other UA CHS support programming includes:

- **e-CHUG** – an online program that gives students feedback about their drinking patterns and alcohol use.
- **The Buzz** – A fun, interactive game-orientated alcohol education program for large or small groups.
- **SHADE (Student Health Alcohol and Other Drug Education)** – A program for students in violation of UA alcohol policies.

Near Campus support:

- **AA (Alcoholics Anonymous)** – 12-Step program. Campus meetings are held at noon M-F at the First United Methodist Church. 915 E. 4th St. www.aatucson.org.
- **SMART Recovery** – A non 12-Step, facilitated and self-managing program. 471-7576

Sometimes changes in alcohol related behaviors may initially cause emotional and social challenges. In rarer cases of dependence, physical pains may occur. However, the life-long benefits that come from choosing to live a healthier lifestyle will make your courageous decision worthwhile. We at Campus Health are committed to supporting you.

* Alcohol abuse and dependence among U.S. college students. *Journal of Studies on Alcohol.*



wildfact SexTalk Week on the UA Mall February 7-11



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, and Spencer Gorin, RN, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.