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-oriented 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.aaatucson.org.
- SMART Recovery – A non 12-Step, facilitated and self-managing program. 471-7576

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