

# **ALCOHOL AND OTHER DRUGS SERVICES**

## **Are You Wondering If You Or Someone You Love Has A Problem With Alcohol Or Another Drug?**

Visit us at the Pace Counseling Center for a confidential meeting.

### **Pace University New York City AOD Services Provided and Referrals:**

- Assessment and support for problematic alcohol and other drug use
- Assistance in dealing with family members or other loved ones who may be suffering from an addiction
- Help in dealing with pressure to drink or use more than you want to
- Strategies and support for changing drinking or drug use patterns, including training for ways of cleaning up your act before graduation
- Individual and Group Counseling offered for students

### **AOD Assessment**

**AOD Limited Assessments:** Pace University Counseling Center also provides individual clinical assessment and feedback on an as-needed basis for students found in violation of university AOD policy, to identify alcohol and other drug problems and make appropriate treatment referrals. This allows students to access support and services they may need to prevent AOD misuse from interfering with their success (and that of others) at the university.

**Online Assessment:** Any Pace student may use the online AOD assessments referred to as “eChug” and “eToke”. These are programs designed to give students feedback on the extent of their alcohol and drug use and its impact on various aspects of their lives. As the names imply, “eChug” assesses alcohol use and “eToke” provides feedback on use of marijuana. Use of these assessments can help students reduce risk of harm to themselves and others from AOD misuse.

### **Recovery Support**

Through a grant from the Stacie Mathewson Foundation’s Transforming Youth Recovery, Pace Counseling Center offers support to students in recovery from alcohol and other drug problems. This includes an on-going Recovery Support Group that meets weekly on Tuesdays from 3:30-4 in the Counseling Center.

For any students looking for assistance with addictions recovery and sobriety, Pace University has an initiative to help students known as the Collegiate Recovery Community. The goal of the Collegiate Recovery Community is to create a student community that supports one another through a process of change through which students achieve abstinence, improve their health and wellness, and strive to live the best life they can.

### **Collegiate Recovery Community Facebook Page**

For more information please contact: Pace University Counseling Center, 156 William Street, 8<sup>th</sup> Floor, New York, NY 10038. Phone: (212) 346-1526 [www.pace.edu/counseling](http://www.pace.edu/counseling)

Through Transforming Youth Recovery and the Stacie Mathewson Foundation, Pace University has attained a grant in order to create a student based recovery community in which Pace students in recovery are able to thrive and succeed in the fullness of their college experience.

### **The Stacie Mathewson Foundation**

Transforming Youth Recovery is a nationwide organization that works with communities and scholastic institutions to create innovative and sustainable scholastic recovery communities. Transforming Youth Recovery works with these communities to increase recovery success for students struggling with addiction. Transforming Youth Recovery uses the real world experiences of students in recovery to educate the public about addiction and recovery and to erase the social stigma that blocks students and their families from seeking help.

### **AOD Workshops and Outreach**

Throughout the academic year, Pace Counseling Center holds workshops and outreach events to provide current information to students on alcohol and drug use and abuse, such as “Oktoberfest” in the Fall semester to help promote informed decision-making about AOD use.

### **Pace Prevention Package and Prize**

The Pace Prevention Package is a selection of AOD information to give students accurate information on AOD issues. Students are invited to read through the materials and take a brief quiz testing their knowledge.

### **Treatment Referrals**

Pace University Counseling Center offers referrals to treatment programs, clinicians and off-campus services for students who are experiencing problems with alcohol and other drug misuse. The following are resources for students seeking treatment and recovery support:

Pace Counseling Center  
Phone: (212) 346-1526

[Alcoholics Anonymous](#)  
Phone: (212) 647-1680

[OASAS- NY State Office of Alcoholism and Substance Abuse](#)  
Helpline: 1 (800) 522-5353

[Narcotics Anonymous](#)  
Phone: (212) 929-6262

[NYC Network of Care](#)

[NY City Dept. of Health and Mental Hygiene](#)  
Office of Alcohol and Drug Use:

## **Treatment Centers**

[Realization Center](#)  
Phone: (212) 627-9600

[COPE Program](#)  
(College Outreach Prevention Education), Mount Sinai St. Luke's  
Phone: (212) 523-4000

[Center for Optimal Living](#)  
Phone: (212) 213-8905

[Center for Motivation and Change](#)  
Phone: (212) 683-3339

## **Contact information**

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New York, New York 10038  
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