



NEW JERSEY INSTITUTE OF TECHNOLOGY

SUPPORT SERVICES

ALCOHOL & OTHER DRUGS

2021 // DIVISION OF STUDENT AFFAIRS



SERVICES AVAILABLE TO STUDENTS

ADDICTION COUNSELING SERVICES AND REFERRAL

For every person coping with, experiencing or dealing with an addiction- whether it is dependency on drugs, alcohol, food, compulsive spending, gambling, sex or an Internet addiction- at least 6 other people in their lives can be directly affected. Without treatment intervention, substance, and behavioral addictions can persist even with the knowledge of negative health, academic, and social consequences. The addiction specialist can assist you in sorting out any questions or concerns that you may have about your own addictive behaviors or someone else's. Confidential services include assessment, individual counseling, education, and referral to off-campus services when needed.

On-campus counseling services are free to eligible enrolled NJIT students. The NJIT [Center for Counseling and Psychological Services](#) (C-CAPS) is staffed by psychologists and professional counselors who are here to help students with the transitions and stresses of college life as well as with more serious psychological problems or crises.

To schedule an appointment, please call C-CAPS at (973) 596-3414.

ADDICTION COUNSELING SERVICES AND REFERRAL

Support Groups are confidential, unique experiences that allow members to obtain support for a variety of concerns, practice communication skills, experiment with new behaviors, and strengthen social peer connections.

Led by a C-CAPS professional mental health professional, group members listen, identify, and provide effective and supportive feedback on a variety of topics.

Drop-In groups do not require registration or an initial appointment.

You can just drop-in!

BREAKING BAD HABITS: AN ADDICTIONS SUPPORT GROUP

Do you have a habit that is breaking you bad? Do you have a friend or family member struggling with an addiction?

This non-punitive group will provide support and feedback to students with their own challenges as well as a place to learn how to help friends and family in need. Any form of addiction – alcohol, recreational drugs, prescription pills, gaming, sex, food, shopping, online, etc.

Insert date/time/location for group once known.

Please call (973) 596-3414 for additional information.





RESOURCES

ADDICTION COUNSELING SERVICES AND REFERRAL

The following links are provided as a source of information only. They are not intended to substitute for the process of personal counseling. You may find each of the following sites thought provoking, interesting, and hopefully helpful.

Please be advised however, that the NJIT Center for Counseling and Psychological Services (C-CAPS) is not responsible for the content of these sites and can not guarantee the accuracy or quality of the information that they contain.

- **Alcohol e-CHECKUP TO GO**--A web-based interactive survey that allows university and college-age students to enter information about their drinking patterns and receive feedback about their use of alcohol.
- **Marijuana e-CHECKUP TO GO**-- A web-based interactive survey that allows university and college-age students to enter information about their drinking patterns and receive feedback about their use of marijuana.
- **Student Health 101**- Learn skills and information through interactive activities that give your health, relationships, and academics a boost! You can search for topics such as alcohol, drugs, recovery, sober support, etc.

Alcohol Anonymous: Alcoholics Anonymous is an international fellowship of individuals who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about their drinking problem.

To find local Alcoholics Anonymous (AA) meetings, visit **Northern New Jersey's Alcoholics Anonymous.**

Al-Anon Family Groups: How does Al-Anon work? There is no magic formula that enables you to help someone stop—or cut back—on one's drinking. Alcoholism is a complex problem, with many related issues. But Al-Anon can help you learn how to cope with the challenges of someone else's drinking.

LGBTQ+ and Substance Abuse: Causes, Challenges, and Resources: Substance use disorders have a greater effect on LGBTQ+ people than on the heterosexual population. The LGBTQ+ community must overcome several obstacles, including being denied substance abuse treatment because of their sexual identity. However, through the proper understanding and accommodation of LGBTQ+ care principles, substance abuse treatment can be successful.

Narcotics Anonymous: Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. Today, NA members hold nearly 67,000 meetings weekly in 139 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

To find local Narcotics Anonymous (NA) meetings, visit **NA in New Jersey.**

To find local Marijuana Anonymous (MA) meetings, visit the **New Jersey section of Marijuana Anonymous.**

Substance Abuse and Mental Health Services Administration National Helpline: SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

THE FOLLOWING LINKS PROVIDE ADDITIONAL INFORMATION ABOUT ALCOHOL AND OTHER DRUGS...

- [Alcohol Rehab Information Guide: Alcohol Abuse Information and Support](#)
- [College Drinking: Changing the Culture](#)
- [DrugRehab.com: Comprehensive Guide to Drugs on Campus](#)
- [DrugRehab.com: Sobriety E-Book](#)
- [National Institute of Drug Abuse](#)
- [Substance Abuse and Mental Health Services Administration](#)
- [Opioid Prescriptions: What to Ask](#)
- [Preventing Alcohol Abuse](#)
- [Alcoholism and College Students](#)
- [Understanding Binge Drinking](#)

HOW CAN YOU INFLUENCE POLICIES RELATED TO ALCOHOL AND OTHER DRUGS?

Connect with NJIT Student Senate. This undergraduate student organization provides students with direct information of activities, policies, and decisions affecting them while in attendance at New Jersey Institute of Technology.

Connect with the NJIT Graduate Student Association: GSA's mission is to provide a structure through which graduate students work together to improve the quality of graduate student life.

Connect with NJIT Residence Hall Association: RHA's mission serves in part to promote community involvement by encouraging an active student voice, in support of a positive residential experience.

Student Code of Conduct: REVISIONS TO THE CODE OF CONDUCT.

Individuals affiliated with the university conduct system may submit in writing any concerns or suggested modifications to the Dean of Students and Campus Life for consideration. Upon review and consultation with the university legal counsel or any other pertinent individual, the Dean of Students and Campus Life will consider the proposal and the recommendation.

ARE YOU CONCERNED ABOUT HOW TO HELP SOMEONE?

According to University Health Services at the University of Michigan (2021), the following tips can help you if you are concerned about someone.

You may have noticed a friend or loved one's behavior that makes you concerned for their well-being and related alcohol or other drug use. It can be difficult to know when and how to help in these situations.

This page offers tips for starting a conversation with your friend about their concerning behavior. It is important to recognize that helping a friend doesn't mean:

- Diagnosing them
- Giving them medical advice
- Making decisions for them

WHAT TO LOOK FOR

There are some signs that may indicate one could use your help. They may be:

- Reluctant to hang out as much
- Acting weird or getting angry for no reason
- Taking risks that could be harmful
- Talking about feeling hopeless
- Taking more drugs or drinking more alcohol than before
- Unconcerned with their schoolwork
- Harming themselves

- Have a plan in place for what you want to say.
- Approach the person when they are alone.
- Let them know you are worried—Explain your reasons for being concerned and tell them you are talking to them because you are worried about their well-being.
- Use “I” statements about how their behavior has impacted you
- Listen to what they have to say—Part of being supportive is listening in a non-judgmental way, asking questions for clarification and accepting all that your friend has to say as true from their perspective.
- Offer to help them find resources.
- Ask if they need help with anything, like studying or grocery shopping.



CONVERSATION STARTERS

Here are a few ideas on how you can start a conversation with your friend.

- “How have you been? I’ve noticed you missed class a few times.”
- “You haven’t seemed like yourself lately. Is everything okay?”
- “When you’re ready to talk, I’m here to listen.”
- “Life can be overwhelming sometimes. I’m here to talk if you need me.”

WHAT NOT TO DO

- Don’t make it about you—instead, share how the person’s behavior makes you feel but don’t focus only on how it has affected you. Keep the focus on your friend.
- Avoid using judgmental language or labels such as “alcoholic” or “addicted”.
- Avoid pushing your own values and ideals on the person.
- Avoid directing anger at the person. Be sure your anger is directed at the behavior.
- Don’t worry about the conversation being awkward!

University of Michigan (2021).
Helping a friend. Retrieved March 24, 2021,
from <https://uhs.umich.edu/helping>.

WHAT TO DO IF ONE IS NOT READY TO FIND HELP...

After talking to your friend or loved one, they may decide not to seek help or change their behavior. It is important to remember that unless one is in danger of hurting themselves or others, seeking help is their decision. Continuing to be supportive by listening and offering to help is the best thing you can do. If your friend decides to seek help in the future, they will know you are there for them.

TAKING CARE OF YOURSELF

Worrying about someone else can take a toll on your own well-being. You may find yourself having difficulty concentrating at your work-study job or getting distracted when you’re trying to study for your big exam. Here are some things you can do to protect your own well-being:

- Make sure you make time for yourself to do something you enjoy.
- Remember that it is ultimately your friend’s decision to change a behavior or seek help. Don’t beat yourself up if you reach out and nothing changes.
- Reach out for help if you’re feeling overwhelmed. C-CAPS and other campus resources are here to support you.