Peer Facilitator College Alcohol Use and Academics Module

**Office Name**

Counseling and Substance Abuse Services, CASAS

**Office Location**

175 Calhoun St, Robert Scott Small, 3rd floor  
Monday – Friday  
8:30 a.m. – 5:00 p.m.

**Contact Information**

Website: [http://counseling.cofc.edu/index.php](http://counseling.cofc.edu/index.php)  
Email: buddf@cofc.edu  
Phone: 843-953-5640

**Ideal Time for Delivery**

First two weeks of September through first two weeks of October.  
The first two weeks before Spring break.

**How to Schedule an Appointment**

Students, not parents, friends or others, can call 843-953-5640 for an “Initial Assessment.” You will be scheduled to meet a counselor at a day and time that works with your schedule. This visit will be for 30 minutes and will help determine your needs. You will be scheduled for a follow-up appointment with the same counselor whenever possible, or you may be referred to an off-campus specialist depending on your needs.

**Mission**

The Mission of Counseling and Substance Abuse Services is to increase student psychological resilience and personal growth to support persistence and success in school. CASAS has 11 professional staff, 4 Ph.D.’s, 5 M.A.’s, 1 Psychiatrist and 1 Health Educator. In addition, they are the largest placement site (avg of 3 each semester) in the lowcountry for Master’s level internships for future counselors. CASAS also created a psychiatry residency training program with MUSC and now has 3 residents each semester. Staff provide evidence-based psychotherapeutic treatments, usually through individual therapy, though group therapy and psycho-educational groups are also offered each semester. Staff offer a variety of skills besides traditional counseling, including art therapy, yoga instruction, a state-of-the-art testing center for attention and learning difficulties, and substance abuse intervention.
**Student Learning Outcomes**

Students will be able to:
- Locate the CASAS office and make an appointment

- Construct a weekly planner with key information:
  - Professor’s office hours
  - Tests, quizzes, paper/project due dates
  - Times to prepare for tests, quizzes, papers and projects

- Demonstrate knowledge of the “Facts” of student drinking at the college:
  - 27% never drink (vs. perception that only 4% don’t drink)
  - 86% drink less than 10 drinks per week
  - Only 23% of men and 14% of women drink 4 or more drinks twice a week (vs. perception that 70% actually drink this way)

- Report at least three dangers of alcohol misuse/intoxication:
  - Accidents and injuries
  - Sexual assault
  - Alcohol poisoning
  - Academic impairment or failure

- Report at least three ways to avoid alcohol misuse/intoxication:
  - Drink no more than one alcohol drink per hour and no more than 3 for women and 4 for men
  - Drink a non-alcohol drink in-between the alcohol drinks
  - Accept a drink only when you really want one – don’t let someone keep filling up your glass just because it is not full – you are not at a restaurant and we are not talking about water.
  - Avoid unfamiliar drinks – know the actual alcohol content. Ex., “Apricot” vodka is still vodka, not a juice drink

**How to Achieve These Outcomes:**

1. Show students the CASAS website, [http://counseling.cofc.edu/](http://counseling.cofc.edu/) Point out the “To make an appointment…” information under the video, and the “Our Location” information at the bottom of the main page.
2. Give the, “Student Success Tips” handout to all students and walk through each section with them.
3. Go through the powerpoint, “Alcohol Use and Academics.” Any negative feedback or questions not addressed in the slides can be directed to CASAS, 953-5640.