

How do I know if I have a problem with alcohol and other drugs?

Is it interfering with school?

(Late to class, hung-over during class, too tired to study, poor grades)

Is it interfering with work?

(Late to work, calling in all the time, making errors)

Is it affecting your relationships?

(Fighting while intoxicated, others upset with you because of the drinking/using)

Are you engaging in risky behaviors?

(Drinking and driving, sex under the influence)

Are you engaging in illegal activity?

(Selling drugs, using marijuana, abusing prescription medication)

Do you feel guilty, embarrassed?

(Feeling badly about your behavior)

Have you ever had a black out?

(Not remembering chunks of time)

Do you drink to get drunk?

(Gulping drinks, drinking games)

Is drinking or using affecting your reputation?

(Party reputation, others don't take you seriously)

Is it affecting your health?

(Smoker's cough, low energy, weight loss/gain)

If you answered yes to one or more of the above questions, stop and consider if your drinking or using drugs is having detrimental effects on your life or your relationships.

Come by the counseling center for more information. Remember services are free and confidential.

COMMUNITY RESOURCES

Alcoholics Anonymous
361-992-8911

Narcotics Anonymous
361-992-2113

Charlie's Place
361-882-9302

The Council on
Alcohol & Drug Abuse
361-854-9199

Coastal Bend
Wellness Foundation
361-814-2001

STSARS
361-882-9979

Northwest Behavioral
Health Center
361-767-4400

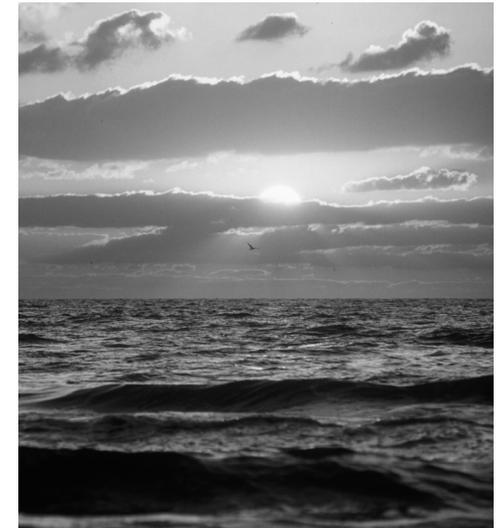
Bay View Hospital
361-986-9444

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& AOD Coordinator
Claudia Amy Ayala LPC-S, LCDC**

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**Texas A&M University -
Corpus Christi**

ALCOHOL AND OTHER DRUG
EDUCATION AND INTERVENTION
PROGRAM



361-825-2703

Driftwood Building, Room 107
Texas A&M University-Corpus Christi
<http://counseling.tamucc.edu>

AOD Education

- The UCC collaborates with the Islanders Alcohol & Drug Abuse Prevention Team (I-ADAPT) to provide AOD education.
- I-ADAPT is committed to promoting healthy choices and reducing the harmful effects caused by abusing alcohol, tobacco, and other drugs.
- I-ADAPT sponsors online programs like Alcohol-Wise, an alcohol prevention course required for all incoming students under the age of 21.
- For more information visit iadapt.tamucc.edu.



AOD Intervention

The University Counseling Center is dedicated to helping students make healthy choices about the use of alcohol and other drugs.

The UCC offers students

- Screenings and assessments to evaluate current AOD use
- Treatment options and supportive interventions
- Individual Counseling
- Group Counseling
- Strategies for coping with someone else's alcohol or other drug use
- Referrals to campus or community resources when appropriate.

AOD Treatment

The UCC provides short-term therapy to address AOD use and works with students to stay motivated, set goals, plan for recovery, prevent relapse, develop coping skills, and improve overall wellness.

For more health and wellness information, check out <http://readsh101.com/tamucc.html>.



Office Hours

Monday—Friday
8:00 a.m. - 5:00 p.m.

Emergency Services

If you are in crisis and need to speak to a counselor, you can reach a counselor anytime at (361) 825-2703.

In an emergency, call 911 or University Police at (361) 825-4444.