Alcohol and Other Drugs

Looking for Resources? We’ve got you covered.
Services for Behavior Changes

**BASICS**

Brief Alcohol Screening and Intervention for College Students (BASICS) will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. BASICS is not an abstinence-only program. BASICS is non-judgemental and confidential. The program consists of two 60-minute sessions held within two weeks of each other; the first session includes alcohol education and screening. The second session provides personalized feedback about alcohol use, risk, protective factors, and consequences experienced, as well as norms clarification, ways to reduce future risks, and options to assist in making changes. Contact Miner Wellness at minerwellness@mst.edu or 573.341.4225 to register.

**CASICS**

Cannabis Screening and Intervention for College Students (CASICS) will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. The CASICS program consists of two 60-minute sessions spaced out over a two-week span. The first session includes screening, marijuana education, and goal setting. The second session provides personalized feedback about marijuana use, risk, protective factors, and consequences experienced, as well as norms clarification, ways to reduce future risks, and options to assist in making changes. Contact Miner Wellness at minerwellness@mst.edu or 573.341.4225 to register.

**Nicotine Cessation**

Miner Wellness offers a one-on-one nicotine-cessation program for students, faculty and staff who are thinking about or are ready to quit. These sessions may include:
- Free nicotine replacement therapy (patches, gum, or lozenges)
- One-on-one coaching and goal assessment
- A participant workbook
- A personalized quit plan
- Peer support

During the initial 60-minute consultation will review your current use, any quit attempts in the past, and what will work best for you as you work towards quitting nicotine use.

To meet with a quit coach e-mail us at minerwellness@mst.edu or call 573.341.4225.

**Miners for Recovery**

A support group for Missouri S&T students who want to explore their own behaviors and ideas for change to avoid future consequences related to drugs and alcohol in a safe setting. For more information please email counsel@mst.edu or visit facebook.com/mstm4r

4Miners Recovery

services for behavior evaluation + harm reduction
Trainings and Resources

STEP UP! For Safer Drinking
This 50 minute training helps individuals recognize risky behaviors associated with alcohol consumption, identify protective strategies for self and others, correct misperceptions regarding student alcohol consumption, respond to situations confidently, early, and effectively, and promote the use of campus and community resources in this STEP UP! program.

Alcohol Jeopardy
The presentation includes general information about alcohol in a “game show” environment.

Alcohol Risk Management for Greek Life
This training discusses strategies to minimize alcohol related risks for members of the Greek Life community.

Healthy Coping Skills
Learn the difference between healthy and unhealthy coping skills and what types of healthy coping skills are best for each individual. The presentation goes over how to develop healthy coping skills and make them stick, as well as the resources, on and off-campus, that can help.

Cheers
A program that provides designated drivers of groups of two or more, free non-alcoholic beverages at participating establishments. Check for participating establishments at http://pip.missouri.edu/CHEERS/

Late Night Funds
Apply to receive funding for your alcohol-free event through the Miner Wellness Late Night funds program! More information on funding applications can be found at https://minerwellness.mst.edu/resources/late-night-funding/

Deterra Bags
Deterra bags are a free drug deactivation system available for free at Miner Wellness

Personal Use Assessments
A list of personal use assessments available on minerwellness.mst.edu/resources. Included are assessments for alcohol, cannabis, and prescription drug use to help the user assess their behavior.

miner wellness trainings to schedule visit minerwellness.mst.edu/wellness-training

additional resources and services
Trainings and Community Resources

**ASTP**
Alcohol Skills Training Program (ASTP) is a risk reduction program for students. This is an overview for College health and student affairs professionals and students interested in learning more.

**Collegiate Recovery Ally Training**
The Collegiate Recovery Ally Training Program was designed to help faculty, staff, and students support individuals in recovery from substance use disorders.

**MO Safe Rx**
This training can help you to recognize the signs of prescription drug misuse and learn how to provide resources to someone who needs them.

**SMART**
The State of Missouri Alcohol Responsibility Training (SMART) program is an interactive, web-based course available free of charge to those who own or work for any Missouri establishment licensed to sell alcohol.

**Party Safe Training**
Party Safe will increase your skills and knowledge in planning and hosting a successful, fun, and safe event of any kind.

**Local NA, AA, CA Meetings**
alcoholicsanonymous.com/aa-meetings/missouri/missouri.org/index.php/meetings/

**Local Al Anon Meetings**
al-anon.org/al-anon-meetings/find-an-al-anon-meeting/

**Campus Prescription Drug Take Back Site**
University Police, 1201 N State St., Rolla, MO 65409

**Needle Exchange (STL)**
MoNetwork, monetwork.org

**Crisis Text Line**
Text HOME to 741-741

**24/7 Behavioral Health Crisis Line**
1-800-833-3915

**Naloxone (Narcan)**
Naloxone (Narcan) available without prescription to eligible persons under Missouri standing order. To learn more visit: nomodeaths.org/where-to-get-naloxone

**Celebrate Recovery**
Ridgeview Christian Church, ridgecc.com/celebrate-recovery.html

other trainings available at: mopiptraining.org

additional resources and services
S&T Offices and Programs

Miner Wellness
203 Norwood Hall, 320 W. 12th St.,
Rolla, MO, 65409
Phone: (573) 341-4225
Email: minerwellness@mst.edu

Student Health
910 W. 10th St. Rolla MO, 65409
Phone: (573) 341-4284
Fax: (573) 341-6967
Email: mstshs@mst.edu

Counseling Services
204 Norwood Hall, 320 W. 12th St.,
Rolla, MO 65409
Phone: (573) 341-4211
Email: counsel@mst.edu

Care Management
107 Norwood Hall, 320 W. 12th St.,
Rolla, MO 65409
Phone: (573) 341-4209
Email: cm@mst.edu

UCARE Reporting
Missouri S&T’s University Committee for Assistance, Response, and Evaluation (UCARE) was formed to address the need for greater communication and preparedness regarding students facing difficulty through prevention and intervention strategies. Members of the campus community are encouraged to make a UCARE referral when they are concerned about a student, regardless of how insignificant the concern may seem. You can submit a concern online by visiting https://go.mst.edu/ucare-report