

Hello Faculty,

My name is Stephanie Lake and I am the Alcohol & Drug Abuse Prevention and Treatment (ADAPT) Coordinator, at UC Davis. I am located in the Cowell Annex behind the Cowell Student Health Center (CSHC). I want to let you know of services and support available to students who may have alcohol and/or other drug issues.

The following are signs to look for in students that may relate to an alcohol or other drug problem:

- Unexplained drop in grades
- Wearing sunglasses in class
- Disheveled appearance
- Conversations and activities revolve around alcohol
- Continuing to drink or use other drugs heavily after negative consequences
- Money problems
- Changing to friends with similar drinking or drug use patterns
- Change in health (i.e more colds or flu than normal)
- Mood changes to irritable and hostile
- Circles under eyes or reddened eyes
- Smell of alcohol or marijuana on breath and/or clothes
- If your gut is telling you something is just "off" with the student

If a student comes to see me, one of my roles is to conduct an alcohol, tobacco, and other drug (ATOD) assessment to determine what services a student needs. Options may include: inpatient or outpatient treatment, counseling provided at Counseling & Psychological Services (CAPS), or educational treatment information. I utilize an evidence-based program called BASICS, which stands for Brief Alcohol Screening and Intervention for College Students. I work closely with CSHC Medical staff as well as CAPS staff. The best way to reach me is to call me at 752-6334 so we can discuss your concerns and I can give you suggestions on how best to proceed. If the student is in the office with you, I can talk with you first and then I can talk directly to the student and set up the appointment with him/her. Alternatively, you can give the student my name and number and have him/her call me directly. If I'm not available, you can also e-mail me at sjlake@ucdavis.edu and let me know when it is a good time to call you.

I also offer educational presentations. I am happy to come to your classes and discuss the current trends on the Davis campus around alcohol, tobacco, and other drugs: what to look for in a friend who may have a problem; and/or how alcohol and other drugs affect a person's body. I can tailor the presentation to your needs. I also have some great videos and DVD's around addiction that I can lend to you.

Here are some good web resources on alcohol or other drug issues:

- www.factsontap.org
- <http://www.higheredcenter.org/>
- <http://www.niaaa.nih.gov/>

My job is to be a resource to the campus to make sure that our students graduate happy and healthy. You can call me if you have questions about certain drugs and what their effects are. Please contact me if I can be of assistance.