

An Integrated Approach to Substance Use

The University of Colorado Boulder provides an integrated approach for individuals and the community to navigate and address substance use.

5 Recovery

Provides support for students in recovery

- Recovery meetings
- Student leadership opportunities
- Coaching and peer mentoring
- Community support
- Sober campus housing

4 Treatment

Provides evaluation and limited treatment

- Outpatient substance use evaluations
- Medication-assisted treatment
- Substance use counseling, behavioral health or psychiatry sessions
- Case management

3 Early Intervention

Encourages small group or one-on-one conversations to reduce risk or harm

- Early intervention outreach
- Screening, Brief Intervention and Referral to Treatment (SBIRT)
- Brief Alcohol Screening and Intervention for College Students 1 and 2 (BASICS)
- Alcohol impact circles
- Nicotine cessation
- Community living class
- Restorative justice

2 Targeted

Provides resources to subgroups that may be at higher risk

- On-Campus Living: WellCheck, ReX floor meetings, ResX resources
- Off-Campus Living: Party registration, PartySmart guide for off-campus parties, landlord summit, messaging with landlords
- Trainings: PartySmart, Responding to Student Substance Use, Recovery Ally, Overdose Awareness Prevention (presentation and video)
- Preventive screening and Naloxone available through Medical Services

1 Universal

Focuses on the CU community

- **Policies:** Smoke-free campus, Amnesty policy, Student Code of Conduct, Residence Halls Handbook, Alcohol Service on Campus, Planning Events with Alcohol, Purchase of Alcoholic Beverages
- **Enforcement:** Conduct violations, minor in possession and fake ID tickets
- **Education:** CU Boulder Today articles, educational outreach, annual notifications to students, faculty and staff
- **Programs:** Fri-Yay Night series, Halloween programs, St. Patrick's Day programs, finals programs, nicotine pod disposal
- **Social marketing:** Drink sizes, recovery position, where to get help, effects of alcohol on the brain
- **Awareness events:** Prescription Drug Takeback, Overdose Awareness, College Alcohol Awareness Week