

STUDENT HEALTH & WELLNESS

EVALUATIONS (\$80)

(Christina only)

We don't do treatment here, only educational programming. Groups are no longer offered at Student Health & Wellness. If someone needed treatment then they would be referred to the Chemical Dependency Services at the UIHC (if they have insurance) or MECCA (have sliding fee scale for people with or without insurance).

Biopsychosocial substance use evaluations are completed when required by court, other legal entities, a medical professional, or if a student is referred throughout the typical judicial hearing process due to concerns of the judicial officer.

- *If you have a self-referred individual please feel free to send them to me if it takes more than a day or two to get them in. We can be flexible because we want to serve them as quickly as possible.*
- *Evals typically take about 30-40 minutes and also include a mental health screen*

PIECES (\$100)

(Graduate Assistants)

Christina Sowers

*Substance Abuse Counselor
319-335-8531*

Beth Ripperger

*Behavioral Health Consultant
319-384-1115*

Pieces consists of two individual meetings with a Student Wellness Graduate Assistant. *Pieces* focuses on an individual's high risk behaviors and offers methods to reduce negative consequences.

- *The GAs typically consult with these students for one 15 minute orientation and then a one hour follow up session two weeks later.*

BASICS (\$96x2)

(Beth or Christina)

MDP

Brief Alcohol Screening and Intervention for College Students is for students who have already completed *Pieces*, or who had a violation involving any drugs other than alcohol, or if the incident involved very high-risk behavior with alcohol (above a .20 BAC). BASICS involves 2 individual sessions with the Behavioral Health Consultant or the Substance Abuse counselor.

- *These are 2 one hour sessions, which typically look at their behaviors surrounding alcohol or marijuana use and who have usually been referred by the Dean of Students, University Housing or courts.*

Urine screen: \$35

2 tries to obtain a clean UA

