



**Drug and Alcohol Policies and Information**  
**Drug-Free Schools and Communities Act**  
**October 2023**

The federal Drug-Free Schools and Communities Act Amendments of 1989 require that Denison University assume responsibility for the enforcement of state and local drug and alcohol laws, or risk losing federal funding for financial aid, faculty research, and other educational programs. As a requirement of these regulations, Denison University is to disseminate and ensure receipt of the below policy/information to all students, staff, and faculty on an annual basis.

- Section I .....Student Alcohol and Drug Policy
- Section II .....Employee Alcohol and Drug Policies and sanctions
- Section III .....Conduct Education and Sanctions for Students
- Section IV .....Alcohol and Health
- Section V .....Alcohol, Drugs and the Law
- Section VI .....Assessing for Substance Abuse and Dependence
- Section VII .....Low Risk Drinking Guidelines
- Section VIII .....Campus & Community Resources

We believe providing accurate information, maintaining a supportive community, and enforcing policies and laws to be the most effective method of addressing alcohol and drug use and abuse. Denison is committed to the health and safety of all students and employees and to an environment that promotes the academic mission of the University.

## **SECTION I**

### **STUDENT ALCOHOL AND DRUG POLICY**

As an academic community, Denison University is committed to providing an environment in which learning, and scholarship can flourish. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the University environment, as well as the individual potential of our students and staff. The University enforces state laws and related University policies. As expressed in Denison's Campus Compact, the University is a community where individuals respect one another and the environment. Students are expected to know and abide by all University policies and rules, which are in place to support the community's shared values. It is the responsibility of individual students to review and understand the University's expectations for participation in the community. Denison values the contribution of student groups to campus life and involvement and holds groups to high standards through formal recognition. Recognized groups' leaders and members are expected to know and abide by the policies and rules of the University. When a group may be responsible for a violation of the Code of Student Conduct, the officers of the group may also be held individually accountable. Denison expects that students who seek membership and participation in groups will do so only with those recognized by the University. Four themes serve as the foundation for Denison's expectations and policies. Students are expected to:

- Protect the health, safety, and well-being of the community
- Treat one another with respect
- Care for our campus environment
- Act with integrity, academically and socially

The policies and regulations that follow describe behaviors expected of all students and those things prohibited by the University. Protect the health, safety, and well-being of the community

The following expectations are printed in the Denison University Code of Student Conduct (which can be downloaded [here](#)) and refers to the use of alcohol by all students, including those of legal drinking age. The policy is as follows:

### **Expectations for Students**

The University considers the behaviors described in the following subsections as inappropriate for members of the Denison University community. These expectations apply to all Denison University students, campus organizations, and athletic teams for behaviors that occur on and off campus.

#### **A. Alcohol Violations**

1. Use or possession of alcoholic beverages in violation of law. This includes, but is not limited to, underage possession or use of alcohol.
2. Selling, distributing, manufacturing, and/or coercing consumption of alcohol-related beverages, except as permitted by law and in line with the [Denison University Social Event Management Policy](#). This includes providing alcohol to underage individuals, individuals in a noticeable state of

intoxication, and individuals attempting to gain membership into an organization or group.

3. Misconduct under the influence of alcohol, including but not limited to impaired safety because of alcohol, damage to property under the influence, or operating a vehicle under the influence of alcohol. Behaviors, such as vomiting, loss of balance, and unresponsiveness due to the overconsumption of alcohol, which requires medical intervention, would constitute misconduct.
4. Possession or consumption of alcohol in unapproved spaces on campus, including all first year residence halls (regardless of student's age) and in any residential space where at least one individual is under the age of 21. Spaces including common areas (e.g., patios, roofs, lounges, stairways, walkways, parking lots, etc.), athletic facilities, dining spaces, academic buildings, and inside fraternity lodges or sorority houses are also alcohol-free, unless expressed and documented permission has been obtained.
5. Use of bulk-source and common-source containers on university premises, with the exception of the use of kegs in registered social spaces as per the Social Event Management Policy, is prohibited at events involving students and athletic teams on or off campus.
6. Use of alcohol-related paraphernalia or organization of or participation in activities that enable the mass and/or rapid consumption of alcohol. This includes, but is not limited to, the use of beer funnels, beer pong, and participation in other alcohol-related games.
7. Failure by a campus organization or student group to take all necessary steps to ensure alcohol is not distributed or made available to individuals, both underage or noticeably intoxicated, at events sponsored by, hosted by, or associated with that organization or group.

## **B. Cannabis, Marijuana and/or Other Drug (Including Prescription Drug) Violations**

“Cannabis” means the parts, products, and derivatives of the plant *Cannabis sativa*, *indica*, *ruderalis* and hybrid strains, regardless of the delta-9-tetrahydrocannabinol (THC) level. In compliance with federal law, Denison University prohibits the possession, use, manufacture, cultivation, distribution, and storage of cannabis for any purpose by students, faculty, staff, and visitors on and in all Denison properties and premises and at university-sponsored, including student organization- or athletic team sponsored, events, whether on or off campus. Misconduct relating to marijuana, cannabis, and other drugs includes the following:

1. Use and/or possession of marijuana or substances derived from cannabis. This includes products for medicinal use.
2. Use, possession, and or receipt through the mail of controlled substances, besides marijuana.
3. Use and/or possession of drug-related paraphernalia, including but not limited to pipes, bongs, vaporizers, and grinders.
4. Manufacture, distribution, sale and/or offer for sale of any controlled substance or drug. Quantities of drugs or the presence of materials that suggest distribution, such as scales and packaging materials, may be interpreted as intent to manufacture, distribute, and/or offer to sell.
5. Misconduct under the influence of marijuana or other drugs, including but not limited to

impaired safety because of these substances, damage to property under the influence, or operating a vehicle under the influence of a substance. Disruptive behaviors, such as vomiting, loss of balance, and unresponsiveness due to the overconsumption of marijuana and/or other drugs, which require medical intervention, would constitute misconduct.

6. Misuse and/or distribution of prescription or over the counter medication. Students may not consume prescribed or over-the-counter medication to achieve effects outside of the medical purpose of the prescription, distribute their own prescribed medication to others, or possess or use prescription medication without a prescription

As a public health measure, smoking, including e-cigarettes, is prohibited in all University buildings, including classrooms, labs, private offices, restrooms, hallways, residence hall rooms, and dining rooms. Students who smoke must smoke outside all campus buildings and at least 30 feet from building entrances and windows. Following Ohio state law, it is illegal to provide tobacco products and alternative nicotine products such as e cigarettes and vaping products to individuals under 21 years of age.

Additional information related to alcohol and other drug use can be found on the Denison website (see [Drug and Alcohol Policies and Information](#)).

## **SECTION II**

### **EMPLOYEE ALCOHOL AND DRUG POLICIES AND SANCTIONS**

#### **Drug Free Workplace Act**

#### **Policy**

Denison University supports and maintains a drug-free work and living environment to provide for the health and safety of students, employees, and visitors. This policy complies with the requirements of the Drug-Free Workplace Act of 1988 and it is a condition of employment that each employee abides by the terms of this policy. Employees violating the policy may be subject to formal corrective action, as outlined in the Employee Discipline Policy up to and including termination. This policy prohibits the unlawful manufacture, distribution, dispensation, possession or use of alcohol, illegal drugs, intoxicants, or controlled substances; inappropriate use of prescription drugs at work; unauthorized use of alcohol by university employees on university premises or in university vehicles on or off campus and working under the influence of alcohol, illegal drugs or while unlawfully using controlled substances. The consumption of alcohol at events when the university has authorized such use is permitted. Use must be sanctioned by the university, permitted by the appropriate state agency when applicable and only individuals of legal drinking age may consume alcohol at such events. This policy provides minimum standards; university departments may impose stricter standards. The complete policy can be found at this link: [Employee Alcohol and Drug Policy](#) can be found

#### **Drug-Free Workplace Act**

It is the policy of Denison University that the unlawful manufacture, distribution, dispensation, possession or use of controlled substances by University employees (faculty, staff, and student employees) in the University workplace facilities is prohibited. Additionally, students and employees of

Denison are prohibited from the unlawful possession, use, or distribution of drugs and alcohol while on Denison property or as any part of its activities. A complete policy statement is given to all new employees.

### **SECTION III**

#### **CONDUCT EDUCATION, OUTCOMES AND SANCTIONS**

#### **Outcomes – Status Sanctions and Educational Sanctioning**

Any student or campus organization determined to be responsible for violation of the Code of Student Conduct may expect to receive both a status sanction and educational sanctions. Denison's student conduct program is committed to restorative practices and strives, whenever possible, to design outcomes that address the needs of community members, educate the responsible student about their behavior, and create opportunities to redress harms and rebuild community. Educational sanctions may be applied singularly or in combination with one another, influenced by mitigating and aggravating circumstances, as well as the frequency, severity, and community impact of violations. A student or campus organization that fails to fulfill an outcome may be subject to additional action which can include suspension, delay of housing selection, participation in senior week activities, or graduation because of the failure to complete educational sanctions.

For students or campus organizations determined to be responsible for violating the Code of Conduct's prohibition on dating violence, domestic violence, sexual assault, or stalking, the range of potential outcomes include all disciplinary statuses outlined below, revocation or deferral of admission and/or degree, coupled with any educational sanctions that may be deemed appropriate.

The following **disciplinary status sanctions** may be imposed as a sanction when a student is found responsible through the formal resolution process:

**Warning:** Official written notice to a student discussing the incident and policy violation. In the event of further violations, increased consequences may be administered.

**Disciplinary Probation (DP):** Disciplinary Probation status designates a period during which a student or organization is not in good standing with the University. When imposed, the University has the authority to declare the student or organization ineligible to represent Denison in any official capacity during the period of probation and may designate other loss of privileges (e.g., Party Registration Hosting, loss of housing selection status). While the student/organization may continue to participate in team practices, group meetings, etc., the student/organization is prohibited from holding office in a campus organization, joining a fraternity or sorority, and representing the University, including through varsity athletic, club sport, or other competition. Students on DP may not participate in Off-Campus Studies programs. While on DP, students' risk being suspended or organizations dissolved, if further violations occur.

**Disciplinary Suspension:** Disciplinary Suspension separates a student from the University community for a designated period, normally with educational requirements to complete during the period of

separation, after which the student becomes eligible to return. Suspended students may not earn credits at Denison University, are prohibited from entering university premises, and may not participate in any University-sponsored activity without advance written authorization from the OCVSC or from the Dean of Student Life.

Upon suspension, students must depart the premises by the timeline established within their outcome letter, typically within 24 hours of being emailed their decision letter. Disciplinary suspension may include periods when the University is not in session (e.g., winter or summer break). A student may not graduate from Denison while serving a suspension. To be reinstated to the University, a student must meet all stipulated conditions to be completed during the suspension period.

**Disciplinary Expulsion:** This sanction permanently separates a student from the University, such that a student may not earn any academic credit at Denison and may not graduate with a degree from the University. Students who have been expelled are strictly prohibited from university premises and from participation or presence at any University-sponsored activity without advance written authorization from the OCVSC or the Dean of Student Life.

**Educational Sanctions** may be imposed as a sanction when a student is found responsible through the formal resolution process, these include but are not limited to:

**Alcohol and Other Drug Education and Assessment:** The University assigns several educational tools to address alcohol and other drug use, including but not limited to the CHOICES program, eCheckUpToGo and other education and training, and substance use assessments. These tools may include time with a wellness educator, questionnaires to identify health-related patterns, prevention education, and/or clinical intervention if needed. All education programs reflect the concepts of Motivational Interviewing, highlighting student values and encouraging student empowerment.

**Educational Programs:** Educational workshops, including but not limited to the Community Values Education Class, Marijuana Education classes, Fire Safety Class, Substance Use Assessment/Education, Emotional Regulation Sessions, or other educational programs to address and assess decision making, the connections between values, choices, and attainment of goals and a healthy future, and skill building toward success. Participation may include advance preparation assignments, program engagement, and written assignments or assessments after the programs. Some tools may have a user fee.

**Reflective & Research Exercises:** Research and reflective exercises address various violations, decision making, consequences, community influence, and repair. These exercises could include written reflections, multi-media projects, action plan, guided interview reflections, etc.

**Restorative Practices:** Restorative practices are powerful in restoring trust and rebuilding community by addressing harm that has been caused. Some examples of restorative practices include written and verbal apologies, community service, and restitution. Service is helpful to others, demonstrates social

responsibility, and rebuilds trust through investment in the community. Students may be assigned to an on-campus (e.g., the Denison Community Association) or off-campus/community entity, and the service supervisor must provide documentation of the service to the OCVSC via a signed document. When students or campus organizations/student groups are responsible for damages to property, financial restitution may be assigned to be paid back via Student Accounts, including the appropriate costs for materials and labor.

**Loss of Privileges:** Students responsible for violations of the Code of Student Conduct may be denied specified privileges, such as loss of access to specific residential, academic, or other facilities, restriction from designated campus events, participation in campus organizations or eligibility for leadership roles therein, University driving or parking privileges, party registration hosting, housing selection priority, and participation in Senior Week, Commencement, and other activities.

**Housing Reassignment:** The University reserves the right to reassign a student to another residence hall and/or living space, especially when a student has caused significant community disruption or compromised the health and safety of others in a community.

**Revocation or Deferral of Admission and/or Degree:** Admission to or a degree awarded from Denison University may be revoked for fraud, misrepresentation, or other violation of Denison University standards in obtaining the degree, or for other serious violations committed by a student prior to graduation. Similarly, Denison reserves the right to delay conferral a student's degree as an outcome.

**Student Life Meeting:** A student may meet with a member of the Student Life professional staff team (e.g., a dean, director, or coordinator) to discuss the behavior that is of concern. Educators may suggest helpful resources, answer questions or concerns, or develop further plans of action with the student.

Students are responsible for checking their Denison University email following the adjudication of their resolved student conduct matter regularly to ensure educational sanctions are completed by the assigned deadline. In instances where students have not completed assigned educational sanctions by the deadline established, students will initially receive a reminder email indicating that an outstanding sanction is due. Once the education sanction is two weeks overdue, the student will be charged with violation of the Student Code of Conduct, in which if found responsible the student will be placed on disciplinary probation until the successful completion of the overdue sanction. If a student reaches their senior year without completing their assigned sanctions, they may automatically lose privileges to participate in senior week activities, participate in graduation, or receive their diploma until the completion of their sanctions. Students will be notified via email if their outstanding sanctions will prohibit their involvement in senior week or graduation activities.

## SECTION IV

## ALCOHOL, OTHER DRUGS AND HEALTH

When identifying the health risks associated with the use and abuse of alcohol and other drugs, one must consider both the short- and long-term effects. Risk factors also depend on many variables, including quantity and frequency, the health status of the person, and family history of abuse and dependency. Nearly all drugs have at least the potential for dependence.

To determine your personal risk for health-related problems or the potential of dependence, please contact a medical professional (on campus: Medical Services X6200). The links below provide more detail on some of the short- and long-term health effects of commonly abused substances:

### Health Risks of Commonly Abused Substances

For the most updated information, please visit the resources below.

**National Institute on Alcohol Abuse and Alcoholism:** <https://www.niaaa.nih.gov/>

**National Institute on Drug Abuse:** <https://nida.nih.gov/research-topics/commonly-used-drugs-charts>

## SECTION V

### ALCOHOL, OTHER DRUGS AND THE LAW

In addition to health risks, legal risks must also be considered. The use of alcohol by an underage person, the abuse of alcohol, or the use of any illegal drug raises the possibility of arrest, and although penalties may not be severe in some cases, a drug conviction can create major problems in the future.

Some offenses, such as the selling or manufacturing of drugs, do carry significant penalties, and a person found guilty of such crimes faces felony charges and the possibility of incarceration. The following is a brief synopsis of select laws. For detailed information on the laws of the State of Ohio, please consult the Ohio Revised Code: <http://codes.ohio.gov/orc/>

**Operating a Vehicle Under the Influence (OVI):** No person shall operate any vehicle if the person is under the influence of alcohol, a drug of abuse, or alcohol and a drug of abuse.

**Open Container:** Except where allowed by permit, no person shall have in their possession an opened container of beer or intoxicating liquor in any public place.

**Underage Consumption:** No person under the age of 21 years shall order, pay for, share the cost of, or attempt to purchase any beer or intoxicating liquor, or consume any beer or intoxicating liquor, either from a sealed or unsealed container or by the glass or by the drink, or possess any beer or intoxicating liquor in any public or private place.

**Misrepresentation (False ID):** No person shall knowingly furnish any false information as to the name,



age, or other identification of any person under 21 years of age for the purpose of obtaining or with intent to obtain, beer or intoxicating liquor.

**Illegal Drugs:** Federal, state and local laws strictly prohibit the use, possession, and distribution of illicit drugs. Penalties vary depending on the specific drug and quantity involved.

## **SECTION VI**

### **ASSESSING FOR SUBSTANCE ABUSE AND DEPENDENCE**

Below is the criteria used to determine the severity of substance use disorders. If you are concerned about your alcohol or drug use, please contact a professional. Resources are listed at the end of this document.

#### **Criteria for Substance Use Disorder (DSM-V)**

A **problematic pattern of substance use**, leading to clinically significant impairment or distress, as manifested by two (or more) of the following, occurring at any time in the same 12-month period:

- Tolerance, as defined by either of the following:
  - A need for markedly increased amounts of the substance to achieve intoxication or desired effect **or** markedly diminished effect with continued use of the same amount of the substance
- Withdrawal symptoms
- The substance is often taken in larger amounts or over a longer period than was intended
- There is a persistent desire or unsuccessful efforts to cut down or control substance use
- A great deal of time is spent on activities necessary to obtain the substance, use the substance, or recover from its effects
- Important social, occupational, or recreational activities are given up or reduced because of substance use
- The substance use is continued despite knowledge of having a persistent physical or psychological problem that is likely to have been caused or exacerbated by the substance
- Strong cravings or urges for the substance
- Recurrent substance use resulting in a failure to fulfill major role obligations at work, school, or home
- Recurrent substance use in situations in which it is physically hazardous
- Continued substance use despite having persistent or recurrent social or interpersonal problems caused or exacerbated by the substance

***Severity is rated by the number of above criteria met for the individual:***

**Mild** Use Disorder: Presence of 2-3 symptoms

**Moderate** Use Disorder: Presence of 4-5 symptoms

**Severe** Use Disorder: Presence of 6 or more symptoms

**If you believe you meet criteria for a substance use disorder, you are encouraged to speak with a professional. Resources are listed on page 11.**

## **SECTION VII**

### **GUIDELINES FOR LOW-RISK DRINKING**

Every person of legal age who chooses to drink should be aware of three factors: (1) what s/he drinks, (2) how much s/he drinks, and (3) how alcohol affects him/her. Guidelines differ for men and women. According to the National Institutes of Health, men should have no more than 4 drinks on any one occasion, and women should have no more than 3 drinks on any one occasion ([niaaa.nih.gov](http://niaaa.nih.gov)). Although these are low risk guidelines, “low-risk” does not mean no risk. Even within these limits, drinkers can still experience problems. For more guidance on your personal level of risk associated with alcohol use, you should speak with a medical professional. Additional resources are listed in the next section, entitled *Campus and Community Resources*.

## **SECTION VIII**

### **CAMPUS AND COMMUNITY RESOURCES**

Anyone experiencing problems with their own or someone else’s use of alcohol/drugs should consult available resources, both on campus and in the local area. An Employee Assistance Program is available for all Denison employees. Students have several options through which they may seek assistance. Phone numbers are listed below, and printed information is available in the Hoaglin Wellness Center.

#### **ON CAMPUS**

For employees:

- Human Resources – 740-587-6299
- Drug-Free Workplace Act of 1988, USCODE-2009-title41
- Administrative Staff Handbook
- Supportive Operating Staff Handbook
- Faculty Handbook
- Student Employee Handbook
- Employee Discipline Policy
- Cigna Employee Assistance Program: [1-800-538-3543](tel:1-800-538-3543)

For students:

- Denison’s 24/7 Mental Health Crisis Line 740-587-6647
- The Hoaglin Wellness Center 740-587-6200
- Wellness Coordinator –740-587- 6385
- Campus Safety – 740-587-0810
- Residential Communities and Housing–740-587- 6271

#### **GRANVILLE AND NEWARK**

- Licking County Mental Health Mobile Crisis Unit 2-1-1 OR 800-544-1601
  - Text your zip code (43023) to 898211 for onsite Mental Health Crisis Services

- Call 988 for mental health crisis support
- AA and Al-Anon – 740-587-4602
- Psychiatric or Substance Misuse Hospital Services:
  - Columbus Springs (2085 Citygate Drive Columbus, OH) 614-300-9100 or WALK IN
  - Dublin Springs (7625 Hospital Drive Dublin, OH) 614-717-1800 or WALK IN
- Behavioral Healthcare Partners of Central Ohio – 740-522-8477
- 24/7 Crisis Help: If you or someone you know is in a mental health or alcohol/drug crisis, please call Crisis Intervention Services:
  - Monday-Friday 8:00 a.m. – 5:00 p.m.  
**740.522.8477** or **1.877.593.6330** toll free.
  - All other times, including holidays, **dial 211 or 345-HELP (4357) or 1.800.544.1601** toll free
- Licking Alcoholism Prevention Program (LAPP) – 740-366-7303
- Licking Memorial Hospital – 740-348-4000
- Granville Police– 740-587-1234
- Licking County Sheriff – 740-349-6400
- State Highway Patrol – 740-587-0786

### **Alcohol and Other Drug Prevention and Education**

Alcohol abuse among college students is a public health concern across the country. While this issue is not unique to Denison, the University remains concerned about the ways in which high risk drinking impacts the campus and surrounding Granville community. Denison recognizes that addressing the important issue of alcohol misuse should be a university-wide effort.

To address alcohol abuse on campus, Denison University observes the prevention framework recommended by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the U.S. Department of Education, they have developed the CollegeAIM guide and website to help college personnel choose wisely among the many potential interventions to address harmful and underage college student drinking. This is your one-stop resource for comprehensive research-based information on issues related to alcohol abuse and binge drinking among college students. The centerpiece of the guide is a user-friendly, matrix-based tool developed with input from leading college alcohol researchers, along with college student life and alcohol and other drug (AOD) program staff. With this “college alcohol intervention matrix”—or CollegeAIM tool— school officials can easily use research-based information to inform decisions about alcohol intervention strategies.

These recommendations adhered to by Denison emphasize the importance of a broad, integrated approach to addressing alcohol use on campus, and are supported by a wide body of research. The main components of these recommendations include the following:

- **Individual level strategies** are designed to change the students’ knowledge, attitudes, and behaviors related to alcohol so that students drink less, take fewer risks, and experience fewer harmful consequences. Categories of individual-level interventions include education and awareness programs, cognitive-behavioral skills-based approaches, motivation and feedback-related

approaches, and behavioral interventions by health professionals.

- **Environmental level strategies** are designed to change the campus and community environments in which student drinking occurs. Often, a major goal is to reduce the availability of alcohol, because research shows that reducing alcohol availability cuts consumption and harmful consequences on campuses as well as in the general population.

A mix of strategies and the greatest chance for creating a safer campus will likely come from a combination of individual- and environmental-level interventions that work together to maximize positive effects. Individual-level strategies aim to assist students identified as problem, at-risk, or alcohol dependent drinkers. It is important to engage these students as early as possible. Environmental strategies seek to affect the behavior of the overall student population by addressing the factors that accommodate or promote underage and high-risk drinking. Reducing the availability of alcohol in the broader campus and community environment, for example, can have wide-ranging positive effects for all students and the campus community. By adhering to research-based recommendations, Denison can ensure that alcohol abuse prevention efforts are comprehensive, effective, and utilizing multiple channels of intervention. More information about these recommendations can be accessed at [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov).

Education efforts related to substance use prevention are primarily housed in Hoaglin Wellness Center with the Wellness Coordinator, whose mission is to empower Denison University students to develop healthy and responsible habits, attitudes, and lifestyles. The Wellness Coordinator offers alcohol and other health education programs for individual students and student groups, designs awareness campaigns during high-risk times of the year, and convenes an AOD campus that includes students, staff, faculty, and Granville Community representatives. Programs include, but are not limited to:

- Social Event Management Policy and Training
- Upstander Intervention Training
- CHOICES about Alcohol / Marijuana -harm reduction and limit setting
- Vector Solutions (Get Inclusive) Alcohol and Consent online education module-all first years complete this module
- First Year Education programs, Drunk Goggles and Mock Tails events, Safe Halloween and Safe Spring Break Campaigns and promotion
- Customized health education program requests

For more information, please contact the Hoaglin Wellness Center 740-587-6200 or email [Wellness@denison.edu](mailto:Wellness@denison.edu).

### **How to Help a Friend or Family Member**

If you are concerned about a friend or family member because of their drinking, learning about alcohol abuse and alcoholism is important. Many printed resources are available in the library and at the Hoaglin Wellness Center.

One of the most important resources is Al-Anon, a confidential support group for friends and relatives

whose lives are affected by someone's drinking. For the days and times of the Al-Anon meeting held each week in Granville and the surrounding area, please contact the Coordinator of Health and Wellness.

If you want to talk to a person about his/her drinking, three simple steps can be followed:

- Express care and concern
- Describe the specific behaviors which led to your concern
- Make suggestions or recommendations

For example, you might say to the person, "I am concerned about you because I have noticed that sometimes when you drink you become loud and argumentative." Or "I am concerned about you because I notice that sometimes when you drink you miss work (or class)." Please realize that not always are such discussions fruitful, in fact, the person may become angry or deny a problem. It is important to keep in mind that the success of the discussion is that you shared your concerns, not that the person took action.