

KNOWING THE RIGHT TIME FOR AN AOD REFERRAL

STAFF & FACULTY GUIDE



KNOW THE WARNING SIGNS



1 CHANGE OF MOOD

Personality changes, increased irritability



2 FOCUS SEEMS OFF

Poor concentration, forgetfulness, careless, or errors in judgment



3 PHYSICAL SIGNS

Decline in physical appearance, hygiene, skunk-like odor, or excessive tiredness



4 CLOTHING DISCREPANCY

Increased sweating or use of clothing that is inconsistent with weather, such as wearing sunglasses inside or heavy clothing in the summer



5 APPEARANCE OF EYES

Redness, or pupil dilation or constriction



6 ATTENDANCE CHANGE

Frequent restroom use, unexplained absences, tardiness, & leaving early without explanation



7 DECLINE IN PERFORMANCE

Withdrawal from responsibility, increased risk taking, or disregard for safety



8 FINANCIAL REQUESTS

Unusual requests to borrow money or theft of small items



9 BEHAVIOR SHIFT

Disruptive, negligent, or abusive statements and/or behaviors to others

COUNSELING, HEALTH & WELLNESS CENTER

973.720.2257

OVERLOOK SOUTH

Use Navigate to raise a **"Wellness Alert: AOD"**, or in situations that feel more emergent, call our office and ask to speak with a counselor

WHAT ARE AOD SERVICES?



At the Counseling, Health & Wellness Center, we provide comprehensive screening, assessment, treatment, referral, and education in alcohol and substance use to the student body at William Paterson University.

These services are confidential and provided free of charge for students. We strive to provide care for students struggling with use of substances, questioning decision-making about alcohol and/or drug use, or supporting students with family members or friends with substance use concerns.

Students are assisted with identifying and working through personal barriers, normative developmental issues and stressors, and clinical problems that could impede academic success, specifically where in the use of drugs, alcohol, or other addictive behaviors are identified as barrier to a student's success.

WHAT YOU CAN DO?



ENGAGE

THE FIRST STEP IS TO LET THE STUDENT KNOW THAT YOU HAVE NOTICED A CHANGE, AND THAT YOU'RE CONCERNED.

Remember, you only need to listen, you don't need to be or have the solution for them. We know it is common for someone to intentionally show warning signs as an outreach for help, especially when they are struggling to ask for help themselves.

EDUCATE

MAKE SURE TO LET THE STUDENT KNOW ABOUT THE SERVICES AVAILABLE TO THEM.

The CHWC can provide clinical alcohol and drug assessments, (called SAFE Assessments), counseling, as well as referrals for outside care. Students can be reminded that they are able to seek help without fear of legal, conduct, or privacy issues, and are welcome to ask questions about services before feeling the need to disclose personal information.

Sometimes your intervention stops at the "educate" stage if the student does not admit to use of substances, and you have no evidence to escalate the issue further.

Know that you can still contact us or raise a Navigate "Wellness Alert" to prompt an outreach to that student.



ELEVATE

SOMETIMES THE ISSUE HAS BECOME SO OBVIOUS IT FEELS WRONG TO DO NOTHING

Ask your supervisor if your department has a "clinical clearance" or "alcohol and drug" policy. This student may need to be assessed for safety to ensure they are not of harm to themselves or others.

You don't need to keep this information to yourself. You are not in this alone. We are trained to manage these exact needs, and we are here to support you.