

Smart Sip

TOOLKIT

Welcome to the WPU Smart Sip Toolkit!

Just like in your academics, we at the Counseling, Health & Wellness Center believe that **information is power**. When it comes to using alcohol or other substances, having the tools and know-how on staying safe is crucial to finding the right balance between your personal choices and medical safety.

Think of this toolkit as a way to:

1. practice predictive prevention
2. put well-being and safety at the center of your personal choices
3. increase your comfort in reaching out for help (if needed!)



Numbers To Add to Your Phone Before You Go Out

Campus Police, for any 24/7 emergency, especially for an overdose or assault: **973-720-2230**

Safe Walk Escort on Campus, for when it doesn't feel safe to walk alone: **973-720-7400**

CHWC Psychological Emergency On Call, for any 24/7 emotional crisis: **973-720-2257**

Always Use **911** If You're Off Campus

Questioning your relationship with alcohol, cannabis, or other drugs? That's what we're here for!

We offer completely confidential & free consultations, screenings, therapy, or just a chat.

Reach us at **973-720-2257** or email Liz Battiston at **BattstionE@wpunj.edu**

The Three-Step Party Plan

BEFORE	DURING	AFTER
<ul style="list-style-type: none"> <input type="checkbox"/> Eat, Eat, Eat! <input type="checkbox"/> Charge Your Phone <input type="checkbox"/> Avoid Pre-Gaming or Over-Hyping Expectations for the Night <input type="checkbox"/> Have a Plan: Who Will You Be With? <input type="checkbox"/> Set A Safe Ride, Uber/Lyft <p style="text-align: center;">*Party TIP*</p> <p><i>Pre-set your ride back in Uber/Lyft for a specific time so you stick to your plan, avoid last minute changes, or price surging</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Know & Set Your Limit for Use Before You Party <input type="checkbox"/> Do You Take Medications? Be Honest with Your Doctor & Ask About Drug Interactions with Alcohol or Other Drugs <input type="checkbox"/> Set Push Alerts or Phone Alarms with Reminders to Avoid Unsafe Habits <p style="text-align: center;">*Party TIP*</p> <p><i>Unsafe habits might be staying for that extra drink, texting your ex, using dating apps when you're not fully sober, or overspending</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Be Clear on Your Reasons for Going Out Or Using Substances <p style="text-align: center;">*Party TIP*</p> <p><i>If you're trying to change an uncomfortable feeling, you're more at risk for accidental overuse</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Stop Small Problems In Their Tracks, Don't Allow Small Problems to Become Big Issues 	<ul style="list-style-type: none"> <input type="checkbox"/> Stick With the Plan You Made <input type="checkbox"/> Experience the Space Sober before deciding to use <input type="checkbox"/> Stay Hydrated! <p style="text-align: center;">*Party TIP*</p> <p style="text-align: center;"><i>1 Water Per Drink</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoid Mixing Types of Alcohol or Crossfading, You want to have fun, not get sick! <input type="checkbox"/> Avoid Homemade Alcoholic Juices or Edibles <p style="text-align: center;">*Party TIP*</p> <p><i>Your friends have great traits, but they are not culinary experts or licensed chemists; leave it to the professionals!</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Eat, Eat, Eat! <input type="checkbox"/> Be A Good Guest, Respect the Party Space <input type="checkbox"/> Share Your Phone Location, With Friends <input type="checkbox"/> Hold On To Your Drink, Don't leave your drink unattended <input type="checkbox"/> Don't Leave Your Pal Behind, Watch Out For Your Friends <input type="checkbox"/> Probably Don't Post That! It might seem like a good pic or video in the moment, but let your sober self decide on that <input type="checkbox"/> Trust Your Gut, If it doesn't feel safe or fun, give yourself permission to leave 	<ul style="list-style-type: none"> <input type="checkbox"/> Stay Hydrated! <input type="checkbox"/> Have a Snack <input type="checkbox"/> Coffee Will NOT Sober You Up, You will just be a very alert, intoxicated person <input type="checkbox"/> Avoid Outside Open Containers, Leave All Drinks At the Party/Bar to Avoid Fines and Overuse <input type="checkbox"/> Leave with Your Set Ride & follow your plan <input type="checkbox"/> Check on Your Friends <input type="checkbox"/> Avoid Taking Any Medications or Over-the-Counter Supplements <input type="checkbox"/> Sleep on Your Side <input type="checkbox"/> Avoid Hot Showers or Baths <p style="text-align: center;">*Party TIP*:</p> <p><i>It can feel good, but can also lower your already low blood pressure and become medically dangerous</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> You Really Don't Need That Last Drink <input type="checkbox"/> Keep Your Essentials In The Same Place, Phone, Keycard, Wallet <input type="checkbox"/> Rest Up & Have A Recovery Plan (crackers, bananas, electrolyte water, time to relax) <input type="checkbox"/> Recap & Vibe Check! The next morning check in with your friends: was it actually fun, did anything unplanned happen, what could have been different to be safer?