



AOD SERVICES



ALCOHOL & OTHER DRUG SERVICES

Alcohol and other substance abuse is a significant problem on college campuses. Many students may experiment with their newfound freedom by using alcohol and other chemicals, but some may find it difficult to control their use. Just at the time when many students are endeavoring to improve their lives by pursuing a higher education, some may be beginning or exacerbating a severe substance abuse problem. Substance abuse may ruin one's chances of completing an education and/or entering the career of their choice. It is never too soon to make more positive, healthy choices!

Gwynedd Mercy University's AOD services incorporate the R.A.I.S.E. Program which looks to foster a healthy social and residential environment through education and programs. Additionally, R.A.I.S.E. seeks to correct the misperceptions of alcohol and other drug use on college campuses with specific attention to our University community.

SAFETY TIPS

Not everyone drinks, but if you do, here are some tips to minimize the risks:

- Eating before & while drinking delays the absorption of the alcohol into your blood stream
- Stay hydrated by drinking plenty of water by alternating between alcoholic & non-alcoholic beverages
- Keep track of the number of drinks you're consuming (know the alcohol content of your drink)
- Drink slowly- 1 drink per hour or less
- Avoid pre-gaming & drinking games which lead to binge/excessive alcohol consumption
- Never leave a drink unattended
- Never drink & drive
- Talk to your friends about staying together (buddy system)

R.A.I.S.E. (Reducing Alcohol Incidents Through Student Education)

Gwynedd Mercy University is foremost concerned with the health and wellness of our students. Thus, we have adopted Medical Amnesty and Good Samaritan policies (found in the Student Code of Conduct) that aim to encourage students to seek medical treatment when they or a friend are dangerously under the influence from the effects of drug/alcohol use. A student implementing the policy will not be sanctioned for violating the Alcohol and Other Drug policy. However, a student using either policy will receive education from the AOD Counselor to evaluate/explore choices made relating to alcohol or other substances.

For free, confidential counseling for Gwynedd Mercy University students, contact:

AOD@GMercyU.edu | 215-646-7300, ext. 21395