

San Diego City, Mesa & Miramar College Drug & Alcohol Abuse Prevention Programs

San Diego City College:

Activities

- EChug and Etoke: (a part of eCHECKUP TO GO programs)
 - These programs are personalized, evidence-based, online prevention interventions for [Alcohol](#) & [Marijuana](#) that are provided to students.
- Annual Wellness Fair, in which the crashed car is part of this awareness effort.
 - The Wellness Fair includes participation by the community with community agencies that provide services to students.

Counseling Services

- Peer Mental Health mentors who serve as a resource to refer students who need wellness support to the Mental Health and Health Services office if they are approached by a fellow student in regards to their addictions and do regular tabling in key areas on campus
- Suicide Prevention Fair: Includes tabling and information about substance use and increased suicide risk.
- Student Health Services assess usage for all students who see the doctor or NP (including caffeine use)

Resources

- Students seeking support are referred to the community referral pamphlet that the office provides with resources for NA, MA, and AA addictions

Referrals

- Referrals for inpatient and outpatient treatment

The San Diego City College prohibits the use of tobacco products and electronic delivery devices on campus and at college/district sponsored events.

San Diego Mesa College:

Activities

- Death Experience (annual event) - an interactive experience focusing on the cognitive dissonance that occurs when faced with choices inside the realm of impaired driving, including driving under the influence and texting while driving. Through participation in this interactive event students have the opportunity to experience the cause and effect of impaired driving and are exposed to realistic alternatives that can change their thinking and choices when faced with the dilemma in the future. This is a tried and true method of drunken driving prevention.
- Smoke Free Campus Celebration/Tabling (Welcome Week and throughout the year)
- Comfort Tent and Be Calm activities are also presented as alternatives/prevention opportunities.

Counseling Services

- Mental Health counseling
 - one-on-one
 - Recovery Support Group
- Patient visits, follow-up and support.

Resources

- Educational handouts purchased from ETR. Handouts address multiple types of drug addictions including alcohol as tools to support teaching
- Cards that contain a test pad which can be used to test drinks for hidden drugs available at: *Drinksafe.com*
- Information is available in the office, at classroom presentations and tabling throughout the year

Referrals

- Referrals are also available for students who wish to receive care and/or continue in the community.
- Students/Faculty/Administrators can make referrals through the [SHS Referral Form for Student of Concern](#)

The San Diego Mesa College prohibits the use of tobacco products and electronic delivery devices on campus and at college/district sponsored events.

San Diego Miramar College:

Education

- Dealing with Alcohol and Drug (A&D) Addictions Educational Workshops (Once a month during the fall semester).
- Information on Digital Screens
- Miramar Wellness Website (In progress of being developed for Health Services & Mental Health).
- Poster Awareness Campaign
- Code of Conduct posters addressing alcohol and drug use on campus in all classrooms

Resources

- Informational handouts (AA, NAA, ALONON etc.)
- List of community resources
- Information on Digital Screens
- Resources have an emphasis on dual diagnosis since A&D is often a component
- of a larger mental health issue

Counseling

- Individual counseling services
- Expert small group therapy dealing with addiction

Health Fairs

- Two Health Fairs per year where representation from local A&D resources are present
- Drinking and Driving Distracted Driver awareness event
- Turn Over a New Leaf (Addiction) Campaign

The San Diego Miramar College prohibits the use of tobacco products and electronic delivery devices on campus and at college/district sponsored events.