

# Alcohol and Other Drugs Policy

A Policy and Resource Guide for Students and Employees at the University of Illinois at Chicago

Dear UIC Students and Employees,

The health and well-being of UIC students, faculty, and staff are critical components of the overall health of our campus community. Consequently, the University of Illinois at Chicago seeks to maintain a campus environment that is free of the illegal use of alcohol and other drugs (AOD).

To meet this goal, we promote and practice the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989 by annually producing and distributing this Alcohol and Other Drugs policy. It summarizes some of the state and federal laws used to regulate alcohol and other drugs and the potential health risks associated with their use. The university's standards of conduct, related policies, and established disciplinary actions for student conduct violations are outlined in this document as well as UIC campus and community resources for substance abuse issues.

## **University Policies Regarding Drug Use by Students and Employees**

The University of Illinois at Chicago is committed to maintaining a drug and alcohol-free environment for its students and employees in compliance with applicable federal, state, and local laws. Students or employees who violate federal, state, or local laws concerning drugs or alcohol are subject to criminal prosecution; those who violate university policies may also be subject to institutional sanctions or dismissal.

No one under the age of 21 may possess, sell, or consume alcoholic beverages on any property under the control of the University of Illinois at Chicago, including certified housing. Persons of legal drinking age—age 21 years or older—may possess or consume alcoholic beverages only in areas or at functions specifically designated or approved for such use.

The unlawful or unauthorized possession, use, distribution, dispensation, sale, or manufacture of controlled substances or alcohol is prohibited on university property or as part of any university activity. Students or employees who violate this policy may be disciplined in accordance with university policies, statutes, rules, and regulations up to and including dismissal and referral for prosecution. The university may contact the parents of students under the age of 21 for violations of the student disciplinary policy.

*I'm a university employee. For what actions may I be disciplined?*

Under existing policies and in compliance with federal and state laws, employees are subject to disciplinary action, including discharge, for unauthorized consumption of intoxicating liquors on institutional time or property; inability to satisfactorily perform their assigned duties as a result of drinking alcoholic beverages; illegal use of drugs, narcotics, or intoxicants; unauthorized sale or distribution of drugs, narcotics, or intoxicants; or otherwise unfit to perform job duties due to use of alcohol or illegal drugs. If you have a problem with controlled substances or alcohol, please seek professional advice and treatment. You may seek help for a problem or obtain a list of counseling, rehabilitation, and assistance programs confidentially by calling the campus Employee Assistance Service staff at (312) 996-3588. In some cases, your supervisor may direct you to request this information.

*What if I'm convicted of a drug or alcohol offense that took place at work?*

You must notify your supervisor within five days. If you are an employee working on a federal contract or grant and you are convicted of a drug or alcohol offense occurring in the workplace, the university will notify the granting or contracting federal agency within ten days of receiving notice of your conviction. Employees convicted of a drug or alcohol offense involving the workplace may be disciplined or discharged under existing laws, policies and rules, or may be required to complete a drug rehabilitation program in order to continue employment at the university.

*I'm a student. What happens if I violate the university's drug policy?*

Students who illegally possess, use, distribute, sell, or manufacture drugs are subject to university disciplinary action and may be dismissed from the university. To view the UIC Student Code of Conduct visit the Office of the Dean of Students website at [deanofstudents.uic.edu](http://deanofstudents.uic.edu)

The university provides educational programs and counseling to students who are substance users or who are affected by the substance abuse of others. For confidential help with these problems, contact the Counseling Center at (312) 996-3490 or review the list of additional resources provided below.

### **Illinois Laws That Apply To Alcohol and Drug Use**

Recognizing that the abuse of alcohol and other dangerous substances can be harmful to the "peace, health, and welfare" of Illinois citizens [720 ILCS 570/100], the General Assembly implemented a series of laws that regulate the distribution and use of controlled substances. Below is a brief description of some of the state and federal laws used to regulate alcohol and other drugs. For a more detailed discussion, please visit the Illinois General Assembly at [www.ilga.gov/](http://www.ilga.gov/) or the U.S. Department of Justice-Office of Diversion Control at [www.deadiversion.usdoj.gov/index.html](http://www.deadiversion.usdoj.gov/index.html).

#### ***Controlled Substances***

The possession, sale, and delivery of controlled substances is prohibited in Illinois through the Cannabis Control Act [720 ILCS 550/] and the Illinois Controlled Substances Act [720 ILCS 570/100]. Under the Cannabis Control Act, courts can set penalties that increase in accordance with the amount of substances containing cannabis in each case [720 ILCS 550/1]. In regard to both acts, penalties vary with: the amount of the drug confiscated, the type of drug found, the number of previous offenses held by the individual, and whether the individual intended to manufacture, deliver or possess with intent to deliver (720 ILCS 570/401) (720 ILCS 570/402) [720 ILCS 550/4] [720 ILCS 550/5].

#### ***Underage Drinking***

The consumption of alcoholic liquor by any person under 21 years of age is illegal. [235 ILCS 5/6-20]. It is also against Illinois law for anyone to permit a gathering at their residence at which one or more persons under 21 possess or consume alcoholic beverages, to rent a hotel or motel room for such purpose, and to sell or deliver alcohol to anyone under 21, or to any intoxicated person [235 ILCS 5/6-16]. It is also illegal for a person under 21 to present false identification in an attempt to purchase alcohol [235 ILCS 5/6-16].

#### ***Driving Under the Influence***

Driving while under the influence of alcohol, drugs, intoxicating compounds, or any combination thereof is against Illinois law. The Secretary of State is authorized to cancel any driver's license or permit upon determining that the holder has been convicted of violating the Cannabis Control Act, the Illinois Controlled Substances Act, the Methamphetamine Control and Community Protection Act, or the Use of Intoxicating Compounds Act while that individual was in actual physical control of a motor vehicle [625 ILCS 5/6-201]. Substantial penalties exist for individuals driving or physically controlling a motor vehicle with a blood or breath alcohol concentration of .08 or greater

[625 ILCS 5/11-501.1]. Arrests are also possible at lower alcohol levels if driving is impaired. These acts, depending on the circumstances, may incur penalties, such as a jail sentence, fines, or suspension / revocation of a driver's license. Transporting open alcohol containers in a motor vehicle is also punishable under Illinois law [625 ILCS 5/11-502].

### **Federal Laws That Apply To Alcohol and Drug Use**

Possession and delivery of controlled substances is prohibited by the United States Code, Uniform Controlled Substance Acts [21 U.S.C. 801 and following]. Similar to Illinois law, individuals can be penalized on the quantity of confiscated drugs, the type of drug(s) found, the number of previous offenses by the individual, and whether the individual intended to manufacture, sell, or use the drug. Any individual who knowingly possesses a controlled substance that is in an amount that, as specified by regulation of the Attorney General, is a personal use amount shall be liable to the United States for criminal and civil penalties.

### **Effects of Alcohol and Other Drugs on Health**

Adverse health effects can range from nausea and anxiety to coma and death. There are risks associated with the chronic use of all psychoactive drugs, including alcohol. A pregnant woman who uses alcohol, cigarettes, or other drugs exposes herself and her fetus to serious risks, such as the risk of miscarriage, low birth weight, or brain damage.

Substance abuse may involve not only controlled substances and illegal drugs, but also alcohol and other substances that pose a health risk. When drugs are combined, their negative effects on the mind and body are often multiplied beyond the effects of the same drugs taken singly, which can be deadly. A chart describing some of the health effects associated with the use of alcohol and other drugs is provided below.

For more information or questions concerning this document, students should contact the Office of the Dean of Student at (312) 996-4857. Employees should contact the Office of Human Resources-Administration at (312) 413-4848.

**Alcohol and Other Drugs Effects on Health**

<b>Name of Substance</b>	<b>Effects on Health</b>
Alcohol	Alcohol is the drug most frequently abused on college campuses and in our society. Even small amounts of alcohol can impair the judgment and coordination required to drive a car, increasing your chances of having an accident. Alcohol may be an interacting factor in the incidence of aggressive acts, including vandalism and assault and serious health problems, such as liver damage. Consuming moderate to large amounts of alcohol impairs your ability to learn and remember information. Because alcohol is a depressant, very large amounts can cause respiratory and cardiac failure, resulting in death.
Cannabis	Marijuana and hashish impair the user's short-term memory and comprehension. They can cause confusion, anxiety, lung damage, and abnormalities of the hormonal and reproductive systems. Hours after the feeling of getting high fades, the effects of cannabis on coordination and judgment may remain, heightening the risks involved in driving or performing other complex tasks. Cannabis, a fat soluble substance, may remain in the body system for weeks. An overdose or long-term use may bring about paranoia, panic attacks, or psychiatric problems.
Club/Designer Drugs	The terms "club drugs" and "designer drugs" refer to a wide variety of drugs including MDMA (Ecstasy), GHB, rohypnol (roofies), ketamine (special K), methamphetamine (meth), and LSD (acid). Research indicates that these drugs can cause serious health problems or even death. They can have even more serious consequences when mixed with alcohol. Club/designer drugs are also occasionally used or administered in connection with sexual assault.
Depressants	Barbiturates, benzodiazepines (e.g., valium), quaaludes, and other depressants cause disorientation, slurred speech, and other behaviors associated with drunkenness. The effects of an overdose of depressants range from shallow breathing, clammy skin, dilated pupils, and weak and rapid pulse to coma and death.
Hallucinogens	Hallucinogens such as LSD, MDA, PCP (angel dust), mescaline, peyote, and psilocybin (shrooms) can cause powerful distortions in perception and thinking. Intense and often unpredictable emotional reactions can trigger panic attacks or psychotic reaction. An overdose of hallucinogens can cause heart failure, lung failure, coma, and death.
Narcotics/Opiates	Heroin, codeine, morphine, methadone, and opium are narcotics/opiates. There is a high likelihood of developing a physical and psychological dependence on these drugs. Health effects include anxiety, mood swings, nausea, confusion, constipation, and respiratory depression. Overdose may lead to convulsions, coma, and death. The risk of being infected with HIV, the virus that causes AIDS, or other diseases significantly increases if you inject drugs and share needles.
Stimulants	Cocaine/crack, amphetamines, and other stimulants can cause agitation, loss of appetite, irregular heartbeat, chronic sleeplessness, and hallucinations. All non-prescribed stimulants are extremely dangerous and psychologically and physically addictive. An overdose can result in seizures and death.
Tobacco	Nicotine, the active ingredient in tobacco, increases your heart rate and raises your blood pressure. The tar in cigarette smoke is a major cause of cancer and other respiratory problems. The carbon monoxide in cigarette smoke can promote arteriosclerosis. Long-term effects of smoking cigarettes may include emphysema, chronic bronchitis, heart disease, and lung cancer.

# University and Community Resources for Alcohol and Other Drug Services

Below is a list of UIC units and Chicago area agencies that provide services to help students and employees cope with problems related to substance abuse.

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## Campus Resources for Students

(312) 996-3490

### **Counseling Center**

Suite 2010, Student Services Building, 1200 West Harrison, Chicago, IL 60607

[www.counseling.uic.edu/](http://www.counseling.uic.edu/)

Provides services to help students deal with a diverse set of issues, including stress, a crisis or trauma, transition to college, substance use and mental illness, in a safe, supportive, confidential setting. Services are free to students and their spouses.

The Counseling Center is also able to provide additional support for students seeking to connect to clinical services for problem drinking. Schedule an appointment with a counselor or for more information. But the Counseling Center does not provide the formalized alcohol assessment used in court. For court cases, refer to the section on *Resources of DUI/DWI Offenders*

(312) 996-2901

### **Family Medicine**

722 W Maxwell Street, 2nd Floor (Suite 235), Chicago, IL 60607

[http://chicago.medicine.uic.edu/departments\\_programs/departments/fammed/](http://chicago.medicine.uic.edu/departments_programs/departments/fammed/)

Family Medicine can provide referrals to substance abuse programs that are on and off campus. Some of these services may be covered by student insurance. To get a referral, you have to first make an appointment with a Family Medicine Physician.

(312) 413-2120

### **The Wellness Center**

Student Center East, 750 S. Halsted, Room 238, Chicago, IL 60607

[www.wellctr.uic.edu](http://www.wellctr.uic.edu)

The Wellness Center houses several alcohol and substance abuse resources, including brochures, and can provide information on other resources on and off campus.

The **Wellness Center** does not provide formal alcohol assessments that generate reports acceptable for use in court cases.

**e-CHUG:** an alcohol self-assessment tool, available at the Wellness Center website, can provide feedback and information about an individual's alcohol use. Program available online at <http://www.uic.edu/depts/wellctr/alcohol.shtml>. This assessment and results are not a formal assessment or a therapeutic tool.

## Campus Resources for Employees

- (312) 996-3588      **Employee Assistance Service**  
Provide free and confidential counseling and referral assistance to UIC employees.
- (866) 659-3848      **Magellan Health Services Employee Assistance Program**  
Provides mental health, substance use and behavioral health services to active State of Illinois employees not covered by AFSCME. This is useful for people that are not sure what they need or just need to talk to someone about a substance abuse problem. EAP provides 3 outpatient visit sessions to a UIC employee or anyone in the household that needs help, even a friend that may be staying within the household. They do not provide treatment (rehab or detox). For treatment options, call the number related to chemical dependency on the back of your insurance card

## Emergency Services Hotlines

- (312) 996-5535      **UIC In-Touch Crisis Hotline**  
(Sun.–Thurs. 6:00–10:30 p.m.; Fri.-Sat. 6:00 p.m.–3:00 a.m.)
- (800) 821-HELP      **Alcohol & Drug Helpline**
- (773) 296-5380      **Advocate Illinois Masonic Behavioral Health Services Outpatient Care**  
24-Hour Crisis Line
- 311      **Chicago Department of Human Services Information Line**
- (800) 222-1222      **Illinois Poison Control Center**  
<http://illinoispoisoncenter.org/>  
Provides around the clock information and treatment advice via a FREE and confidential hotline. Call if you have a question, if you think, or even suspect that you or someone else is experiencing adverse effects from excessive alcohol or drug use.

## Campus Self Help Groups

There are currently no groups meeting on campus. If you are interested in starting one or want to join one, contact the Wellness Center at (312) 413-2120 or [wellness@uic.edu](mailto:wellness@uic.edu)

### Self-Help Groups

(312) 346-1475

**Alcoholics Anonymous**

<http://www.chicagoaa.org/>

(773) 471-0225

**Al-Anon/Alateen**

<http://www.niafg.org/>

Recovery group for family members of alcoholics and teen alcoholics  
Access the website above to take a self-test to determine if Al-Anon/Alateen is right for you or find meetings in several cities in North Illinois

(800) 234-0420

**Focus on Recovery**

Information and referral helpline for treatment for all types of substance abuse.  
Twenty-four hours a day, seven days a week.

(708) 848-4884

**Narcotics Anonymous**

<http://www.chicagona.org/>

A non-profit fellowship or society of men and women of recovering addicts who meet regularly to help each other stay clean.

## Chicagoland Resources

- (312) 655-7453      **Addiction Counseling Education Services (ACES)**  
651 W. Lake Street, Chicago, IL 60661 **(WEST OF LOOP/DOWNTOWN)**  
Counseling on an individual or family/group basis for adults 18 or older affected with alcohol/drug related problems; information and referral to appropriate resources; outpatient counseling for recovering addicts and alcoholics and/or their families; educational/informational community presentations.  
(312) 655-7459 (Spanish)
- (708) 201-7593      **Addiction Counseling Services**  
1515 E. 154<sup>th</sup> Street, Dolton, Illinois 60419 **(SOUTH SUBURBS)**  
Provide substance abuse treatment services in an outpatient format. Only self-pay is accepted.
- (773) 296-3220      **Advocate Illinois Masonic Behavioral Health Services Outpatient Care**  
938 West Nelson Street, Chicago, Illinois 60657 **(LAKEVIEW/NORTH)**  
<http://www.advocatehealth.com/immc/behavioralhealth>  
Provides a comprehensive array of high quality, confidential outpatient psychological services, including substance abuse/addiction, for adolescents and adults, as well as inpatient services for adults.
- (312) 738-3200      **Chicago Treatment and Counseling Centers Inc I (CTCCI)**  
555 West Roosevelt Road, Suite C, Chicago IL Illinois, 60607 **(WEST & NORTH)**  
[www.chicagotreatment.com](http://www.chicagotreatment.com)  
Certified Alcohol and Drug Counselors (CADC) provide services that focus upon satisfying treatment requirements in a respectful and confidential manner.
- (312) 663-1130      **Gateway Foundation**  
55 East Jackson Boulevard, Chicago, Illinois 60604 (Administrative Offices) **(LOOP)**  
<http://recoverygateway.org/>  
The largest provider of substance abuse treatment in the state of Illinois, Gateway provides drug and alcohol treatment in both a residential and outpatient programs. Gateway Alcohol and Drug Rehab has nine rehabilitation centers located throughout the state, with facilities in Aurora, Belleville, Carbondale, Caseyville, Chicago Kedzie, Chicago Westside, Chicago Northwest, Lake Villa, and Springfield.  
Call (877) 321-7326 to schedule a free confidential alcohol & drug abuse screening or take on at the above web site.

- (312) 226-7984      **Haymarket Center**  
932 W. Washington Chicago, IL 60607 (CLOSE TO UIC)  
<http://www.hcenter.org/>  
Provides comprehensive alcohol and other drug treatment programs. For a free confidential consultation call 1-866-WILL-STOP (1-866-945-5786)
- (312) 943-3534      **Hazelden Chicago**  
867 N. Dearborn St., Chicago, IL 60610-3371 (GOLD COAST)  
800-257-7810 (24 hours)  
<http://www.hazelden.org/>  
Hazelden's Chicago facility provides drug and alcohol treatment including outpatient programs, continuing care and family programs.
- (708) 915-6411      **Ingalls Memorial Hospital Behavioral Health Services**  
Wyman Gordon Pavilion, 1 Ingalls Drive, Harvey IL 60426 (SOUTH)  
<http://ingalls.org/Behavioral-Health.aspx>  
Provide substance abuse treatment and detoxification in hospital inpatient and outpatient basis, accepts various forms of payment, and offers services in many languages.
- (847) 390-1458      **Lutheran Social Service of Illinois**  
Various locations available (CHICAGO, ELGIN, SCHAUMBURG, DIXON)  
<http://www.lssi.org/>  
Provides out-patient treatment programs and services to help individuals with substance abuse problems as well as inpatient/residential rehabilitation services.
- (773) 883-3916      **New Hope Recovery Center**  
2451 North Lincoln Ave, Chicago, IL 60614 (Intake and assessment Office) (NORTH)  
[www.new-hope-recovery.com](http://www.new-hope-recovery.com)  
A residential drug and alcohol treatment center, located in Chicago, Illinois. Certified addiction counselors, doctors specializing in addiction counseling, family therapist, psychiatrist, licensed clinical social workers and other treatment professionals provide drug addiction treatment to adults 18 and over and counseling to parents, spouses, siblings and other family members involved in the lives of our patients.
- (708) 209-4181      **Riveredge Hospital**  
8311 W. Roosevelt, Forest Park, IL 60130 (WEST SUBURB)  
<http://www.riveredgehospital.com/>  
Provide individual, group or family therapy for substance abuse problems.

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- (866) 845-8975      **Drug Abuse Treatment**  
Call toll free to speak with a representative who can help you locate a facility to meet your needs. Their resources cover North, East, South, West, and the Central areas of Chicago.
- (800) 843-6154      **Illinois Department of Human Services**  
<http://www.dhs.state.il.us/page.aspx?item=29725>  
DHS supports and offers treatment services for alcoholism & addiction through an extensive treatment provider network throughout the State of Illinois  
Use the above website to locate a Substance Abuse Treatment Facility
- (800) 315-2056      **Drug Alcohol Treatment Centers and Addiction Rehab Programs Directory**  
<http://www.treatmentcentersdirectory.com/>  
Search this directory by to find a program near you.
- (866) 531-4569      **Illinois Drug and Alcohol Rehabs**  
<http://www.illinois-drug-rehabs.com/>  
A comprehensive guide to drug and alcohol addiction rehab facilities in Illinois.

## Resources for Women and Children

- (773) 374-8165      **The Forever Free Program**  
6212 S. Sangamon, Chicago, IL 60201 (**WEST ENGLEWOOD**)  
Provides a healthy, drug-free, residential environment for women and women with children who are recovering from alcohol and substance abuse.
- (773) 626-0525      **Sisterhouse**  
851 N. Leamington Avenue, Chicago, IL 60651 (**FAR WEST/OAK PARK**)  
<http://www.sisterhousechicago.org/>  
A program that offers a temporary home to women seeking recovery from substance abuse; and are enrolled in a residential treatment program.
- (312-850-0050)      **The Women's Treatment Center**  
140 North Ashland Avenue, Chicago, Illinois 60607 (**WEST**)  
<http://www.womentreatmentcenter.org/home.htm>  
The Women's Treatment Center is designed to provide a variety of treatment services to women, providing women with a continuum of care, recovery tools and parenting skills to maintain a sober lifestyle, and is one of the few substance abuse programs in the nation that can accommodate children in residential treatment.
- (312) 226-7984      **Haymarket Center**  
932 W. Washington Chicago, IL 60607 (**CLOSE TO UIC**)  
<http://www.hcenter.org/Programs/wmprog.html>  
Haymarket Center provides a variety of programs designed for women and their dependent children. Visit the above website for more information.
- (708) 422-0110      **Little Company of Mary Hospital Behavioral Health (SOUTHWEST)**  
2800 West 95th Street, Evergreen Park, IL 60805-2701  
<http://lcmwomensservices.org/behavioral-health/>  
Offers an understanding environment for women seeking treatment for psychiatric, alcohol and/or substance abuse issues. Appointments are available almost immediately, 24/7, to help address any crisis in life.

## Resources for Veterans

(708) 343-2873

### **Cooke's Manor / Hines**

Edward Hines, Jr. VA Hospital

5000 South 5<sup>th</sup> Avenue, Bldg 14, Hines, IL 60141 (WEST/MAYWOOD)

<http://www.hines.va.gov/index.asp>

Provides a transitional housing program in an alcohol/drug free environment for men, giving priority to veterans. The facility provides 40 private rooms and includes structured days, balanced meals, rehabilitative work training, individual counseling, recovery groups, holistic education, pre-employment training, employment assistance, and assistance with permanent housing placement. Minimal rent is charged. Veterans are required to have completed an inpatient treatment program or had a successful period of sobriety.

(630) 966-9000

### **VetCare**

469 North Lake Street, Aurora, Illinois 60506 (Admin Offices) (WEST SUBURB)

<http://www.hopefortomorrow.net/>

A residential program of Hope for Tomorrow providing safe, structured, supportive, and substance-free homes for 22 United States Veterans suffering from alcoholism, drug addiction, mental health disorders, post-traumatic stress disorder, and/or pathological gambling.

(708) 209-4181

### **Riveredge Hospital**

8311 W. Roosevelt, Forest Park, IL 60130 (WEST SUBURB)

<http://www.riveredgehospital.com/>

Provide specialty treatment tracts for military personnel.

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800-827-1000

### **Department of Veteran Affairs – Chicago Regional Office**

2122 West Taylor Street, Chicago, IL 60612

<http://www.va.gov/health/default.asp>

Medical Centers and clinic in Illinois:

<http://www2.va.gov/directory/guide/state.asp?STATE=IL&dnum=1>

(877) 483-8779

### **Illinois Department of Veteran Affairs**

<http://www2.illinois.gov/veterans/Pages/default.aspx>

1-877-4VETSRX

**Illinois Veteran Care**

<http://www.illinoisveteranscare.com/>

Veterans Care Program is a program designed to provide comprehensive, affordable healthcare to Illinois' uninsured veterans, including services of alcohol and substance abuse problems.

(866) 320-3826

**Student Veterans of America**

<http://www.studentveterans.org/>

Student Veterans of America is a coalition of student veterans groups on college campuses across the United States.

**Summary of VA Treatment Programs for Substance Use Problems**

<http://www.mentalhealth.va.gov/res-vatreatmentprograms.asp>

**Army Substance Abuse Program**

<http://acsap.army.mil/sso/pages/index.jsp>

A website full of information and resources on alcohol and other drug abuse prevention and education.

**Elgin Community College's Resources for Veterans**

<http://www.elgin.edu/uploadedFiles/Students/Veteran-Community-Resources.pdf>

**Substance Abuse Treatment Facility Locator (SAMHSA)**

<http://findtreatment.samhsa.gov/ufds/locchoices>

This SAMHSA site lists all treatment facilities in Illinois alphabetically by city.

## Resources to Help A Friend/A Child/A Colleague with a Substance Abuse Problem

### **Alcoholism and Alcohol Abuse: Signs, Symptoms, and Help for Drinking Problems**

[http://helpguide.org/mental/alcohol\\_abuse\\_alcoholism\\_signs\\_effects\\_treatment.htm](http://helpguide.org/mental/alcohol_abuse_alcoholism_signs_effects_treatment.htm)

### **How to Help a Loved One with Addiction**

[http://www.ehow.com/video\\_7155422\\_loved-one-drug-addiction.html](http://www.ehow.com/video_7155422_loved-one-drug-addiction.html)

In these series of videos, Dr. Northrup, a Psychiatrist, gives information about helping loved ones with addiction problems.

### **A Loved One's Substance Abuse Problem: What You Can Do**

<http://newsinhealth.nih.gov/2009/March/feature1.htm>

This National Institute of Health newsletter provides some useful information on helping a loved one with a substance abuse problem.

### **Intervention: Help a loved one overcome addiction**

<http://www.mayoclinic.com/health/intervention/MH00127>

An intervention can motivate someone to seek help for alcoholism, drug abuse, eating disorders or other addictive behaviors. Discover when to hold one and how to make it successful.

## Resources of DUI/DWI Offenders

Some district courts (like Cook County) require that formal assessments come from a specific source. Central States Institute of Addiction (CSIA) is the only agency approved by the Circuit Court of Cook County to conduct alcohol and drug evaluations. CSIA has offices in Chicago and the suburbs.

(312) 948-6001

**Central States Institute of Addiction – Chicago Office**

721 N. LaSalle, Chicago, IL 60604 (OR) 130 North LaSalle, Chicago, IL

If an individual has flexibility as to who does the evaluation and is also interested in connecting to ongoing treatment, please refer to the other substance abuse treatment agencies listed earlier.

## Online Resources

Learn more about addiction and substance abuse at the following sites:

**Illinois Institute for Addiction Recovery** <http://www.addictionrecov.org/>

**Substance Abuse and Mental Health Services Administration** <http://www.samhsa.gov/>

**National Institute on Drug Abuse** <http://www.nida.nih.gov/nidahome.html>

**Addiction Intervention Resources** <http://addictionintervention.com/>

## Glossary

Below is a description of selected terms as used in this document.

### **Alcohol Assessment**

This is an evaluation to determine if an individual to determine if he/she has a problem with alcohol. Often in cases of DUI/DWI, courts mandate an individual to undergo an assessment as well as an education program as part of the sentencing.

An alcohol and drug assessment or evaluation may be a simple phone interview with a clinician, perhaps a face-to-face meeting with a counselor or even a more comprehensive process where an individual participates in a series of tests. Whatever the form, an assessment is the place to start in the treatment/rehab plan.

### **Confidential**

Information is kept private and will not be disclosed without the consent of the individual. For example, details disclosed during a counseling sessions are kept private by the counselor, including name.

### **Residential program**

These are programs in which individuals with substance abuse problems live on site in program housing as they undergo a course of individual and group activities and treatment. These are often group living environments, such as a converted apartment building or a single-family home. Although such facilities do not usually have restricted or secure exit and entry ways, residents may be required to follow strict rules to remain in the programs.

Such Programs are usually for drug abusers who have not had success in other programs. It is also for those who want to avoid temptation and the stress of being around work, family and friends. These programs gives intense treatment and supervision opportunities, not to restrict the drug abuser, but to help them to succeed

Such programs can also be referred to as *Inpatient Programs*

<b>Outpatient Program</b>	Outpatient substance abuse treatment is provided in a licensed outpatient facility which provides regularly scheduled individual, group and/or licensed family counseling. Services may be provided to patients discharged from a more intensive level of care, but are not necessarily limited to this.
<b>Inpatient Programs</b>	See “Residential Programs”
<b>Transitional Housing Program</b>	These are programs that provide housing, treatment and appropriate support services to homeless persons with substance abuse problems and facilitates movement to independent living.
<b>Detoxification</b>	This is the treatment for addiction to drugs or alcohol intended to remove the toxic substances from the body as well as the physiological effects of the addictive substances.

Last updated: 01/2012  
Information is subject to change