

MOUNT HOLYOKE

Alcohol and Drug Awareness Project

WELCOME!

We are Here for You!!! Because the use of alcohol and other drugs affects all of our lives- whether or not we choose to use them!

Connection and support is critical, as you begin your transition into the Mount Holyoke College community. We would like you to know the Alcohol and Drug Awareness Project (ADAP) is available to you if you have alcohol or other drug concerns, are in recovery or feel you have been affected by a family member's or friend's drinking or drug use.

ADAP offers counseling, support and information.

All Services are FREE and CONFIDENTIAL!

The Alcohol and Drug Awareness Project (ADAP)

Susan McCarthy, Director/Therapist
Room 110, Groves Health Center
(413)538-2616
smccarth@mtholyoke.edu

Heather Smith, Counselor
Room 167, Groves Health Center
(413)538-2616

Karen Jacobus, Health Educator
Room 309, Blanchard Campus Center
(413)538-2466
kjacobus@mtholyoke.edu

Offices Open August 24, 2009

Please contact Susan when you arrive on campus for information about counseling, local recovery and support group meetings, transportation, and recovery support on campus.

Counseling Services

Concern for Self or Others: Individual and group counseling is available for students in recovery, those questioning their own use of alcohol or other drugs, and students who are concerned or feel they have been affected by a family member's or friend's drinking or other drug use. Please call x2616 to arrange an appointment.

Lunch Meetings: Informal lunches facilitated by Susan McCarthy, Therapist and Heather Smith, Counselor are held every Wednesday in Room 135 Health Center. Come anytime between 12noon and 1:00pm. The Project brings together students to share their experience, strength, and hope.

Free pizza and beverages are provided and Drop-Ins are Welcome!

Support Group Lunch for those in recovery from alcohol and/or other drugs and those questioning their own use.

**September 16th, 30th
October 14th, 28th**

**November 11th
December 2nd**

Concerned Others Group Lunch for those who have been affected by or concerned about a family member's or friend's use of alcohol and/or other drugs.

**September 23rd
October 7th, 21st**

**November 4th, 18th
December 9th**

Educational Programs

The Health Educator offers a wide range of workshops, trainings, and activities on the various aspects of alcohol or other drug use/abuse and provides assistance to anyone interested in planning alcohol-free events or who is working on course related work particular to substance abuse issues. The student organization SAAFE (Substance Abuse Awareness for Everyone) welcomes your participation.

For more information contact Karen x2466.