For ADAP Counseling Services
413-538-2616

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Services of the Alcohol and Drug Awareness Program are free, confidential and available to all current Mount Holyoke College students.
What is the Alcohol and Drug Awareness Program?

The Alcohol and Drug Awareness Program (ADAP) is a component of the Mount Holyoke College Health Services. We provide education, counseling and resources for students regarding alcohol and other drugs. We work to support students in making informed choices about their use and reinforce strategies that reduce harm.

- Had a hard night of drinking and want to talk about it?
- Got questions about your use of other drugs?
- Worried about a family member's substance use?
- Concerned about a friend's use of substances?

How can the Alcohol and Drug Awareness Program help?

The use of alcohol and other drugs, whether or not you choose to use them, has an impact on all of our lives. ADAP can help you process your concerns, gain a wider perspective on the problem and increase your awareness of options. We provide the following services in the three areas:

Promoting Education
- Educational programs and trainings
- Resource materials
- Interactive tabling events
- Collaboration with student organizations

Strengthening Support
- Brief screenings and interventions
- Substance use assessments
- Harm reduction strategies
- Family and friends support
- Consultations with faculty, staff, and students

Celebrating Recovery
- Recovery counseling
- Relapse prevention
- 12-step and/or self-help/peer support meetings and groups
- Connection to off-campus resources
- Substance use assessments
- Harm reductions strategies

How can I schedule an appointment?

Call 413-538-2616

Please leave a message that includes your name, telephone number and days/times that you are available.

We will contact you, as soon as possible, to schedule your first appointment with an ADAP clinician.

OR

Book on-line at MyHealth Connection at

https://mtholyokeportal pointless click.com