

A Policy and Resource Guide for Students and Employees at all campuses affiliated with the University of Illinois at Chicago



Alcohol and Other Drugs Policy



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 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.

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.

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University Policy Regarding Alcohol and Other 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—21 years or older—may possess or consume alcoholic beverages only in areas or at functions specifically designated or approved for such

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. use.

**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 look for 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 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 Alcohol and Other
Drug Policy?**

Students who illegally possess, use, distribute, sell, or manufacture drugs and alcohol 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: <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, visit their website: <http://www.uic.edu/depts/counseling>, or review the list of additional resources provided below.

Laws That Apply To Alcohol and Other 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 or the U.S. Department of Justice-Office of Diversion Control at www.deadiversion.usdoj.gov/index.html

Controlled Substances

The possession, sale, and delivery of controlled substances is prohibited in Illinois under 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].

**Driving Under the Influence
(cont.)**

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 to manufacture, sell, or use the drug. Any individual who knowingly possesses a controlled substance that is in an amount as specified by regulation of the Attorney General that 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 list 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 Students at (312) 996-4857. Employees should contact the Office of Human Resources- Administration at (312) 413-4848.

Alcohol and Other Drugs

Effects on Health

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, Molly), 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, or a weak and rapid pulse that can result in coma or death.

Hallucinogens

Hallucinogens such as LSD, MDMA, 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, chronic obstructive pulmonary disease (COPD) and lung cancer.

University and Community Resources for Alcohol and Other Drug Services

Below is a list of resources that provide services to help students and employees cope with problems related to substance abuse.

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CAMPUS RESOURCES FOR STUDENTS

Counseling Center **(312) 996-3490**

www.counseling.uic.edu

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

The center provides services to help students deal with a diverse set of issues, including stress, crisis or trauma, transition to college, or substance use and mental illness in a safe, supportive and 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 drinking problems. Schedule an appointment with a counselor for more information.

The Counseling Center does not provide the formalized alcohol assessment used in court. For court cases, refer to the section on DUI/DWI Resources for Offenders.

Family Medicine **(312) 996-2901**

http://chicago.medicine.uic.edu/departments___programs/departments/fammed

722 West Maxwell Street, 2nd Floor, Suite 235,
Chicago, IL 60607

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

The Wellness Center **(312) 413-2120**

www.wellctr.uic.edu

Student Center East
750 South Halsted, Room 238,
Chicago, IL 60607

The Wellness Center provides health education programs, workshops, events, and knowledge-building activities to UIC students. The center encourages students to make healthy choices that integrate knowledge and understanding with their own personal values and behavior. The Wellness Center houses alcohol and substance abuse brochures and can provide referrals to other resources on and off campus. However it 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. This assessment and its results are not a formal assessment or a therapeutic tool. The program is available online at www.uic.edu/depts/wellctr/alcohol.shtml.

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CAMPUS RESOURCES FOR EMPLOYEES

**Clinical Employee
Assistance Services
(312) 996-3588**

https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm?Item_id=482&rlink=1#Chicago

Clinical Sciences North
820 South Wood Street, Room 365
Chicago, IL 60612

This employee assistance service is a confidential counseling resource that specializes in working with employees and their family members who are experiencing personal problem(s) that may be affecting the employee's job performance. The assistance program is available to help clarify issues, identify resources and offer follow-up assistance as needed.

**Office of Applied
Psychological Services
(312) 996-2540**

<http://psch.uic.edu/psychology/programs/clinical/clinic>

Behavioral Sciences Building
1007 West Harrison, Room 3011A
Chicago, IL 60607

The Office of Applied Psychological Services (OAPS) is a mental health clinic in the Psychology Department at the University of Illinois at Chicago (UIC). Psychotherapy and psychological testing utilizes approaches that are based on scientific theory and supported by scientific evidence, with an emphasis on Cognitive Behavioral Therapy (CBT) techniques that are offered to patients. OAPS serves the UIC community, including faculty, staff, and students, as well as those living or working in the greater Chicago area.

**State Employee
Assistance Program (SEAP)
(866) 659-3848**

https://nessie.uihr.uillinois.edu/cf/benefits/index.cfm?Item_id=482&rlink=1#Chicago

This program is a confidential assessment and referral service that provides problem identification, counseling, and referral services for employees and their families. All EAP care managers are professional, licensed clinicians and experienced in providing support, understanding, and guidance for a broad range of needs. Trained customer service representatives and EAP care managers are available 24 hours a day, seven days a week.

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EMERGENCY SERVICE HOTLINES

**Advocate Illinois Masonic
Behavioral Health Services
Outpatient Care
(773) 296-3220**

<http://www.advocatehealth.com/immc/behavioralhealth>

938 West Nelson Street

Chicago, IL 60657 (LAKEVIEW/NORTH)

This agency 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.

**Alcohol & Drug Helpline
(800) 821-HELP**

This help line provides free support provided by counselors trained in treating patients with addiction and mental health issues. This service is available nationwide.

**Chicago Department of
Human Services
Information Line
311**

Call 311 to get information on any human services department within the Chicago area.

**Illinois Poison Control Center
(800) 222-1222**

<http://illinoispoisoncenter.org>

The center provides around-the-clock information and treatment advice via a FREE and confidential hotline. Call if you have a question or if you think, or suspect that you or someone else is experiencing adverse effects from excessive alcohol or drug use.

**UIC In-Touch Crisis Hotline (312)
996-5535**

<http://counseling.uic.edu/hotline.shtml>

Sunday through Friday from 6:00 p.m. to 10:30 p.m.

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SELF-HELP GROUPS

Al-Anon/Alateen
(312) 409-7245

<http://www.niafg.org>

This is a 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 Northern Illinois.

Alcoholics Anonymous
(312) 346-1475

<http://www.chicagoaa.org>

Alcoholics Anonymous is an international fellowship of individuals who have had drinking problems. It is non-professional, self-supporting, multiracial, apolitical, and available almost everywhere. This group pursues recovery from the effects of addiction through a twelve-step program, including regular attendance at group meetings. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous
(708) 848-4884

<http://www.chicagona.org>

This group pursues recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

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CHICAGOLAND RESOURCES

**Advocate Illinois Masonic
Behavioral Health Services
Outpatient Care
(773) 296-3220**

<http://www.advocatehealth.com/immc/behavioralhealth>
938 West Nelson Street
Chicago, IL 60657 (LAKEVIEW/NORTH)
This agency 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.

**Center for
Addictive Problems (CAP)
(312) 266-0404**

www.capqualitycare.com
609 North Wells Street
Chicago, IL 60654 (CITY CENTRAL)
This agency provides both outpatient and inpatient substance abuse services that include psychological and physical treatment.

**Chicago Treatment and
Counseling Centers Inc.
(CTCCI)
(773) 523-3400**

www.chicagotreatment.com
3520 South Ashland Avenue
Chicago, IL 60609 (WEST SIDE)
The Certified Alcohol and Drug Counselors (CADC) provide services that focus on satisfying treatment requirements in a respectful and confidential manner.

**Drug Abuse Treatment
(866) 845-8975**

<http://www.24houraddictionhelp.org>
Call toll free to speak with a representative who can help you locate a facility to meet your needs. Their resources cover all areas of Chicago.

**Drug Alcohol Treatment
Centers and Addiction
Rehab Programs Directory
(800) 838-1752**

<http://www.treatmentcentersdirectory.com>
Search this directory to find a program near you.

**Family Guidance Center, Inc.
(312) 943-6545**

<http://www.fgcinc.org>
310 West Chicago Avenue
Chicago, IL 60610 (CITY CENTRAL)
A not-for-profit behavioral healthcare organization that treats and prevents substance abuse, as well as an array of other related problems.

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CHICAGOLAND RESOURCES

**Foundations Recovery
Networks
(888) 316-7018**

<http://www.foundationsrecoverynetwork.com>

This is a comprehensive guide to drug and alcohol addiction rehab facilities in Illinois.

**Gateway Foundation
(877) 505-4673**

www.recovergateway.org

55 East Jackson Boulevard
Chicago, IL 60604

(Administrative Offices) (LOOP)

The largest provider of substance abuse treatment in the state of Illinois, Gateway provides drug and alcohol treatment in both 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 and drug abuse screening.

**Haymarket Center
(312) 226-7984**

<http://www.hcenter.org>

932 West Washington
Chicago, IL 60607 (CLOSE TO UIC)

This agency provides comprehensive alcohol and other drug treatment programs. For a free confidential consultation call 1-866-WILL-STOP (1-866-945-5786).

**Hazelden Chicago
(800) 257-7810 (24 hours)**

<http://www.hazelden.org>

867 North Dearborn Street
Chicago, IL 60610 (GOLD COAST)

Hazelden's Chicago facility provides drug and alcohol treatment including outpatient programs, continuing care, and family programs.

**Illinois Department of
Human Services
(800) 843-6154**

<http://www.dhs.state.il.us/page.aspx?item=29725t>

This agency supports and offers treatment services for alcoholism and addiction through an extensive treatment provider network throughout the State of Illinois. Use the website above to locate a Substance Abuse Treatment Facility.

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CHICAGOLAND RESOURCES

**Ingalls Memorial Hospital
Behavioral Health Services
(708) 333-2300**

<http://ingalls.org/Behavioral-Health.aspx>

Wyman Gordon Pavilion
1 Ingalls Drive
Harvey IL 60426 (SOUTH)

This hospital offers substance abuse treatment and detoxification on an inpatient and outpatient basis and offers services in many languages.

**Lutheran Social Service
of Illinois
(847) 635-4600**

<http://www.lssi.org>

Various locations available (CHICAGO, ELGIN, SCHAUMBURG, DIXON)

This agency provides outpatient treatment programs and services to help individuals with substance abuse problems as well as inpatient/residential rehabilitation services.

**New Hope Recovery Center
(888) 707-4673**

www.new-hope-recovery.com

2835 North Sheffield Avenue Suite 304
Chicago, IL 60651 (NORTH)

Certified addiction counselors, doctors specializing in addiction counseling, family therapists, psychiatrists, licensed clinical social workers and other treatment professionals provide drug addiction treatment to adults 18 and over as well as counseling to parents, spouses, siblings and other family members involved in the lives of patients.

**Riveredge Hospital
(708) 209-4181**

<http://www.riveredgehospital.com>

8311 West Roosevelt
Forest Park, IL 60130 (WEST SUBURB)

This hospital provides individual, group or family therapy for substance abuse problems.

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RESOURCES FOR WOMEN AND CHILDREN

Haymarket Center
(312) 226-7984

<http://www.hcenter.org>

932 West Washington
Chicago, IL 60607 (CLOSE TO UIC)

Haymarket Center provides a variety of programs designed for women and their dependent children.

Little Company of Mary Hospital
Behavioral Health
(708) 422-6200

<http://lcmh.org/index.cfm?pageID=245&criteria=behavioral-health>

2800 West 95th Street
Evergreen Park, IL 60805 (SOUTHWEST)

This hospital offers an understanding environment for women seeking treatment for psychiatric, alcohol and/or substance abuse issues.

Sisterhouse
(773) 626-0525

<http://www.sisterhousechicago.org>

851 North Leamington Avenue
Chicago, IL 60651
(FAR WEST/OAK PARK)

This residential treatment program is for women seeking to recover from substance abuse.

The Forever Free Program
(773) 374-8265

8235 South Shore Drive
Chicago, IL 60617 (SOUTHEAST SIDE)

This agency provides a healthy, drug-free residential environment for women and women with children who are recovering from alcohol and substance abuse.

The Women's
Treatment Center
(312) 850-0050

<http://www.womenstreatmentcenter.org>

140 North Ashland Avenue
Chicago, IL 60607 (WEST)

The Women's Treatment Center is designed to provide a variety of treatment services to women, providing 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.

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RESOURCES FOR VETERANS

**Army Substance
Abuse Program**

http://www.militaryonesource.mil/health-and-wellness/prevention-care?-content_id=282344

Information and resources on alcohol and other drug abuse prevention and education.

**Cooke's Manor/Hines
(708) 202-8387**

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

Edward Hines, Jr. VA Hospital
5000 South 5th Avenue, Building 14
Hines, IL 60141 (WEST/MAYWOOD)

This hospital 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 permanent housing placement. Minimal rent is charged. Veterans are required to have completed an inpatient treatment program or had a successful period of sobriety.

**Department of
Veterans Affairs (VA)–
Chicago Regional Office
Crisis line: (800) 273-8255
Benefits: (800) 827-1000**

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

2122 West Taylor Street
Chicago, IL (WEST)

This directory lists the locations for VA medical centers, outpatient clinics, community-based outpatient clinics, veteran centers, and other services.

**Elgin Community College's
Resources for Veterans
(847) 697-1000**

<http://elgin.edu/students.aspx?id=8412>

1700 Spartan Drive
Elgin, IL 60123

This web page hosts a list of community and national resources to assist veterans.

**Hope for Tomorrow, Inc.
(VetCare)
(630) 966-9000**

<http://www.hopefortomorrow.net>

479 North Lake Street
Aurora, IL 60506
(Admin Offices) (WEST SUBURB)

A small residential program that provides a safe, structured, supportive, and substance-free home for veterans suffering from alcoholism, drug addiction, mental health disorders, post-traumatic stress disorder, and/or pathological gambling.

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RESOURCES FOR VETERANS

**Illinois Department of
Veterans Affairs
(312) 814-2460**

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

The Illinois Department of Veterans Affairs is a state agency dedicated to empowering veterans, as well as their dependents and survivors, to thrive. The agency helps veterans navigate the complex veteran support system. It helps to obtain long-term health care for eligible veterans at one of four Veterans' Homes; and by working with other government agencies and non-profits to help veterans address education, mental health, housing, employment, and other life challenges.

**Illinois Veteran Care
(877) 483-8779**

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

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

**Riveredge Hospital
(708) 209-4181**

<http://www.riveredgehospital.com>

8311 West Roosevelt

Forest Park, IL 60130 (WEST SUBURB)

This free-standing psychiatric facility specializes in the treatment of children, adolescents, young adults, adults, and geriatric persons. All services are provided by an interdisciplinary team, which may include therapists, psychiatrists, nurses, psychologists, expressive therapists, mental health associates and certified alcohol and drug counselors. These services are provided by qualified and committed professionals dedicated to providing care with compassion and integrity.

**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.

**Substance Abuse Treatment Facility
Locator (SAMHSA)
(800) 662-4357
(800) 487- 4889 (TDD)**

<http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>

This web page hosts a list of treatment facilities in Illinois by city.

**Summary of VA
Treatment Programs for
Substance Use Problems
Crisis line: (800) 273-8255**

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

This web page describes the types of support with substance use that a veteran can receive and the different avenues that will lead to help.

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

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.

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

http://helpguide.org/mental/alcohol_abuse_alcoholism_signs_effects_treatment.htm

This comprehensive website offers information on a variety of alcohol-related topics.

How to Help a Loved One with Addiction

http://www.ehow.com/video_7155422_loved-one-drug-addiction.html

In this series of videos, Dr. Northrup George, a psychiatrist, gives information about helping loved ones with addiction problems.

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. This website will provide guidance on how to host a successful intervention.

Driving Under the Influence (DUI)/ Driving While Intoxicated (DWI) Resources for Offenders

**Central States Institute of
Addiction – Chicago Office
(312) 655-7700**

<https://www.catholiccharities.net/GetHelp/OurServices/SubstanceAbuse.aspx>

651 West Lake Street
Chicago, IL 60661 (CENTER)

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.

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 in this resource guide.

University of Illinois College of Medicine at Peoria

CAMPUS RESOURCES

Counseling Services **309-495-1640**

www.unitypoint.org/peoria

900 Main St. Suite 720
Peoria, IL 61602

Counseling services for students are provided at no charge at University of Illinois Psychiatry and Psychology. To make an appointment, phone 309-495-1640. Arrangements for individual counseling are absolutely confidential between the student and counselor. Behavioral health, psychiatric care and neuropsychological evaluations are available by referral. CampusCare covers most such services (minus co-pay) when properly referred by the designated counselor or FMC-based primary care provider and authorized by CampusCare.

Student Health Clinic **309-672-4977**

www.unitypoint.org/peoria

FMC, 815 Main St
Peoria, IL 61602

UnityPoint Health Methodist is contracted to provide Student Health Services through the UnityPoint Health Methodist Family Medical Center (FMC). Hours are 8:00 a.m.-5:00 p.m. Monday through Friday. Scheduled appointments are available from: 8:45 a.m.-11:15 a.m. and 1:00 p.m.- 4:15 p.m. Call 309-672- 4977 to make appointments. Office visits are by appointment during normal business hours. Urgent conditions will be seen within 1 to 2 working days of contact with the Clinic. A healthcare provider with no UICOM-P teaching responsibilities sees students and coordinates their care. Students may request a different provider for convenience or preference.

Wellness Programming **309-495-1640**

www.unitypoint.org/peoria

900 Main St. Suite 720
Peoria, IL 61602

Student Counseling Services, in conjunction with the Student Wellness Committee and UICOM-P Student Affairs, coordinates wellness programs for students. Programs and resources address nutrition, stress reduction, suicide intervention, exercise, and healthy relationships. Students are invited to become involved in this active committee.

University of Illinois College of Medicine at Peoria

COMMUNITY RESOURCES

**UnityPoint Health Methodist
Family Medical Center/
Student Health**
309-672-5522
309-672-4977
Emergency: 309-672-5500
Clinic Care: 309-691-9110

<http://www.unitypoint.org/peoria/default.aspx>

221 NE Glen Oak Avenue
Peoria, IL 61636

UnityPoint Clinic offers comprehensive services in: Family Medicine, Internal Medicine, Pediatrics and a wide variety of specialty services in more than 30 convenient clinic locations to meet all your health care needs. UnityPoint Clinic puts you at the center of your care, and will assist you in every way possible to provide the best level of health and well-being.

Alwan Pharmacy Peoria
309-676-6333

<http://alwanrx.com/peoria/home>

311 N Western Ave.
Peoria, IL 61604

Convenient to campus and supplies all of your pharmacy needs.

Store Hours: Monday–Friday: 9:00am–6:00pm, Saturday: 9:00am–1:00pm

**OSF St. Francis
Medical Center**
309-655-2000

<https://www.osfhealthcare.org/saint-francis/>

530 Northeast Glen Oak Ave.
Peoria, IL 61637

A major teaching affiliate of the University of Illinois College of Medicine at Peoria, OSF Saint Francis is the area's only Level 1 Trauma Center and tertiary care medical center. We are also home to the Children's Hospital of Illinois, OSF Saint Francis Heart Hospital and the Illinois Neurological Institute.

Methodist Wellness Center
309-672-5522

<https://www.unitypoint.org/peoria/services-wellness-center.aspx>

221 NE Glen Oak Ave.
Peoria, IL 61636

More than a health club or fitness center, the Wellness Center provides a place to learn and develop a healthy lifestyle. At the Methodist Wellness Center it's easy to make fitness a part of your day! Swim in our lap pool or get a fun workout with our aerobics program! Drop in before work, during lunch or right after work. The Wellness Center is focused on taking you well into the future by offering a variety of wellness programs at one of the most reasonable rates in the area.

**RiverPlex Recreation and
Wellness Center**
309-282-1700

<https://www.peoriaparks.org/riverplex/>

600 NE Water St., downtown
Peoria, IL 61602

This state of the art, medically-based fitness center is fully equipped with a variety of the latest cardio machines. Our weight room gives you access to the latest plate-loaded machines, selectorized machines, and free weights. Our indoor four-lane, 1/8 mile track can accommodate both runners and walkers. The Riverplex offers over 130 group exercise classes a week at no extra cost with membership, including the popular Les Mills classes, Zumba, Yoga, Tai Chi and the newly launched KettleWorX. You can also spice up your workout by trying our 30-foot Rock Climbing Wall or swim laps and water-walk in our AquaPlex.

University of Illinois College of Nursing

Quad Cities Regional Program

SUPPORT RESOURCES

**Robert Young Center
Access Center 309-779-2800
24 Hr Crisis 309-779-3001
Outpatient 309-779-2031**

<https://www.unitypoint.org/quadcities/services-mental-health-and-substance-abuse.aspx>

2701 17th Street
Rock Island, IL 61201

The Robert Young Center (RYC) is an established and financially viable behavioral health care organization that is integrated within UnityPoint Health - Trinity as well as a Comprehensive Community Mental Health Center. This unique corporate model allows us to be at the national forefront of bi-directional integration of primary and behavioral healthcare services which leads to better clinical outcomes at less expense for the patient. We offer a full continuum of behavioral health services including outpatient therapies, inpatient psychiatric services, partial hospitalization, continuing care, and chemical dependency treatment services.

**Vera French Community
Mental Health Center
24 Hr Hotline 563-383-1900**

<http://www.verafrenchmhc.org>

1441 W. Central Park Avenue
Davenport, IA 52804

Vera French Community Mental Health Center serves over 10,000 adults and children in our community each year through a variety of programs at numerous community locations. We also provide additional outreach services in private homes, homeless shelters, nursing homes and through the criminal justice system.

**Christian Care Domestic
Violence Shelter &
Rescue Mission
General: 309-786-5734
24 Hr Crisis: 309-788-2273**

<http://www.christiancareqc.org>

2209 3rd Avenue
Rock Island, IL 61204

By providing safe shelter, support and resources, Christian Care empowers both the homeless and survivors of domestic violence to make positive changes in every aspect of their lives. We primarily provide care to residents of the Quad Cities, but we also have taken in individuals from other states and even other countries. We serve: homeless individuals, victims of domestic violence, victims of sexual assault, children and adolescents, individuals struggling with mental illness, men and women transitioning out of prison and Veterans.

University of Illinois College of Nursing

Quad Cities Regional Program

SUPPORT RESOURCES

SafePath Survivor Resources

General: 563-326-6431

24 Hr Crisis 309-797-1777 OR 563-326-9191

<http://famres.org/services/safepath-domestic-violence>

2800 Eastern Avenue

Davenport, IA 52803

Our mission is to create a community free of violence through education, counseling, prevention, and advocacy.

Quad Cities Rape/Sexual Assault Counseling Program

General: 309-797-6534

24 Hr Crisis 309-797-1777

<http://famres.org/services/safepath-sexual-assault>

1521 47th Avenue

Moline, IL 61265

(serves Rock Island, Mercer, and Henry county)

Rape and domestic violence are crimes of violence motivated by a need to show power or to express anger against another person. Violence thrives on shame, secrecy, and silence. Thousands of people are served by SafePath Survivor Resources each year. If you or a loved one are ever in doubt, call us and we will help you through whatever you are experiencing. If you have been raped or sexually assaulted, we are here for you.

University of Illinois College of Medicine at Rockford

CAMPUS RESOURCES

**Student Health and Wellness
Center & Counseling Services**
815-395-5870

http://rockford.medicine.uic.edu/education/m_d_student_services_and_support/student_health__wellness

1601 Parkview Ave., room N115 first floor, north building
Rockford, IL 61104

Monday: 8 a.m. to 4 p.m. open through lunch

Tuesday: closed

Wednesday: 9 a.m. to 7 p.m. open through lunch

Thursday: 8 a.m. to 4 p.m. open through lunch

Friday: 8 a.m. to 10 a.m. laboratory services

Same day appointments and evening hours available.

University Student Health and Wellness at Parkview serves all registered students at the University of Illinois Rockford campus, including those enrolled in medical biotechnology, medicine, nursing, pharmacy, and public health.

**L.P. Johnson
Family Health Center**
815-972-1000

<http://rockford.medicine.uic.edu/cms/One.aspx?portalId=515172&pageId=32219161>

1221 E State St.

Rockford, IL 61104

The L.P. Johnson Family Health Center (FHC) is a comprehensive family medicine teaching facility associated with the University of Illinois College of Medicine at Rockford Family Medicine Residency Program.

We proudly offer university-level: General wellness, acute and chronic care for all ages, women's health; including OB, endometrial biopsies, colposcopies, preventive and prenatal care. Smoking cessation counseling, joint injections, minor wound care, behavioral health services, on-site lab, EKG and stress testing.

University of Illinois College of Medicine at Rockford

CAMPUS RESOURCES

Family Counseling Services **815-962-5585**

<http://www.familycounselingrockford.org>

210 N Longwood St
Rockford, IL 61107

Family Counseling Services provides professional counseling for a broad spectrum of challenges and concerns that you may face. You may be dealing with family stresses as a result of a job loss. Perhaps your child is trying to cope with cyber bullying issues that are becoming prevalent on social media sites. Or maybe a loved one is fighting with a clinical issue such as depression or anxiety.

Alcoholics Anonymous **815-968-0333**

<http://rockfordaa.org>

4040 Charles St, Suite 210
Rockford, IL 61108

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

OSF Saint Anthony Medical Center **815-226-2000**

<https://www.osfhealthcare.org/saint-anthony/>

5666 E State Street
Rockford, IL 61108

OSF Saint Anthony Medical Center in Rockford, Ill., has been committed to providing the highest quality care for more than 100 years. OSF Saint Anthony is a 254-bed tertiary care facility on a 100-acre campus on the east side of Rockford. Patients from a 10-county area come to us for medical services, including the Level I Trauma Center, Illinois Neurological Institute, Center for Cancer Care, cardiovascular services, surgical services and more. Always check to make sure your insurance is accepted ahead of time.

University of Illinois at Springfield

UNIVERSITY RESOURCES

Where can I seek help?

Several University and local services are available to help students and employees who have problems with alcohol or other drugs.

**Human Resources
(employees)
217-206-7078**

<https://www.uis.edu/humanresources/>
HRB, Rm 64

**Counseling Center
(students)
217-206-7122**

<https://www.uis.edu/counselingcenter/>
SAB, Rm 30

Be sure to check whether your health insurance, including student health insurance or your family's health insurance, covers any charges for private therapists.

University of Illinois at Springfield

COMMUNITY RESOURCES

Triangle Center
217-544-9858

<http://www.thecarecenters.com/show/Family-Guidance-Centers-Triangle-Center-Springfield-IL>

120 N. 11th
Springfield, IL 62703

A behavioral Health leader that offers a full FGC's adult and adolescent programming provides a flexible continuum of care to best address the individual needs of each participant. Through integrated and comprehensive services, including continuous assessment, participants are able to access levels of care and specific services to create an individualized treatment approach. Further, FGC provides special and high-risk populations priority access to specialized programming. FGC employs qualified licensed psychologists, as well as master level licensed counselors and social workers to provide mental health counseling. With training and experience in both mental health and substance abuse, the clinical staff are able to assess the impact of mental health issues on recovery from substance abuse and dependency. The patient is guided in concrete steps toward healing from trauma, development of healthier family and social relationships, ongoing management of any chronic mental health conditions, and prevention of illicit substance use.

Gateway Foundation
877-505-4673

<http://recovergateway.org>

2200 Lake Victoria Drive
Springfield, IL 62703

Gateway Alcohol & Drug Treatment Centers specializes in providing substance abuse treatment to help you, or someone you love get life back on track.

University of Illinois at Springfield

SUPPORT GROUPS

There are no fees or dues for these groups, which meet anonymously to discuss and resolve problems common to members.

Alcoholics Anonymous
217-525-5795 (24 hours)

<https://aaspringfield.org/Meetings.aspx>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Alanon/Alateen
217-241-8491

<http://www.siafg.org/district-19.html>

This is a 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 Northern Illinois.

Narcotics Anonymous
800-539-0475 (24 hours)

<http://www.ltdana.com>

This group pursues recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

University of Illinois at Urbana-Champaign

UNIVERSITY RESOURCES

Counseling Center
217-333-3704

<https://counselingcenter.illinois.edu>
206 Turner Student Services Building
610 East John Street
Champaign, IL 61820

Individual and group counseling for students with substance abuse problems. Consultation with any student, staff, or faculty member concerned about a student's substance abuse problem.

**Counseling Center's
Alcohol and Other Drugs
Office (AODO)**
217-333-7557

<https://counselingcenter.illinois.edu>
Workshops and education programs regarding alcohol and other drugs. Alcohol assessments and referrals for students.

McKinley Mental Health Clinic
217-333-2701

<http://mckinley.illinois.edu>
1109 S Lincoln Ave #313
Urbana, IL 61801

McKinley Health Center serves the students at the University of Illinois at Urbana-Champaign. The Health Service Fee, which is paid as part of your enrollment, provides the funds to prepay many of your health care needs.

**Faculty/Staff Assistance
Program**
217-244-5312

<https://fsap.illinois.edu>
Confidential problem assessment, referral and follow-up. Community resource information.

C-U MTD Safe Rides
217-384-8188

<https://www.cumtd.com/riding/saferides>
Saferides is a limited MTD service that provides safe transportation for individuals who are generally traveling alone when no other means of safe transportation is available.

UIPD Safe Walks
217-333-1216

<https://www.cumtd.com/go-green/walking>
Mobile app available.

University of Illinois at Urbana-Champaign

COMMUNITY RESOURCES

Be sure to check whether your student or family's health insurance covers any charges for private therapists.

The Pavilion
217-373-1700

<https://www.pavilionhospital.com>

809 W. Church St.
Champaign, IL 61820

We provide a safe and nurturing environment where children, adolescents, adults and senior adults can find hope and healing from emotional, psychiatric and addictive diseases.

Prairie Center
217-328-4500
24-hour hotline 217-356-7576

<http://www.prairie-center.org>

718 W Killarney St.
Urbana, IL 61801

Addiction can happen to anyone. It brings devastating consequences and leaves deep impacts on the lives of loved ones. Prairie Center is here for you.

University of Illinois at Urbana-Champaign

SUPPORT GROUPS

There are no fees or dues for these groups, which meet anonymously to discuss and resolve attendees' common problems.

Alcoholics Anonymous
217-373-4200
(24 hours)

<http://aa-eci.org>

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions

Alanon/Alateen
217-373-4141

<http://www.siafg.org>

This is a 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 Illinois.

Narcotics Anonymous
800-539-0475
(24 hours)

<http://www.ppana.org>

The Primary Purpose Area of Narcotics Anonymous serves Champaign, Urbana, Danville, Hoopeston, Rantoul, and Tilton, Illinois. We hold regularly scheduled meetings within these cities. Any questions you might have about Narcotics Anonymous or this website can be directed to request@ppana.org

Online Resources

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

Addiction Intervention Resources

<http://addiction-intervention.com>

**Illinois Institute for
Addiction Recovery**

<http://www.addictionrecov.org>

National Institute on Drug Abuse

<https://www.drugabuse.gov/>

**Substance Abuse and Mental Health
Services Administration**

<http://www.samhsa.gov>

Glossary

Below is a description of selected terms used in this resource guide.

Alcohol Assessment

This is an evaluation for 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 the individual counseling sessions are kept private by the counselor, including name.

Detoxification

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.

Driving While Intoxicated/ Driving Under the Influence

The criminal law offense of operating a vehicle after having consumed an amount of alcohol sufficient to raise one's blood alcohol content above a legal limit, commonly referred to by the acronym DWI. State statutes vary as to what that level is, but it ranges from .08 to .10. Also known as Driving Under the Influence (DUI), which, in some jurisdictions, means that the driver had a lower level of intoxication than DWI, but was still impaired. In some jurisdictions, the term driving while impaired is used.

Outpatient Program

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.

Residential/Inpatient 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 provide intense treatment and supervision opportunities, not to restrict the drug abuser, but to help them to succeed.

Transitional Housing Program

These are programs that provide housing, treatment, and appropriate support services to homeless persons with substance abuse problems and facilitates movement to independent living.

*Report period: 2017-2018
Information is subject to change.*