



Faculty & Staff Alcohol and Other Drugs Handbook

Student Alcohol Usage Quiz

In the first eight weeks of Fall Quarter, 2007, what percentage of students reported missing class more than once due to alcohol use? See page 1

In the first eight weeks of Fall Quarter, 2007, what percentage of students reported falling behind at least once in their schoolwork because of drinking? See page 2

In the first eight weeks of Fall Quarter 2007, how often did students report driving under the influence of alcohol? See page 3

In the first eight weeks of Fall Quarter, 2007, how often did students report drinking until they passed out? See page 4

How can a faculty or staff member raise the topic of alcohol or drug usage with a student? See page 7

What are the 101 ways students can have fun without drinking? See page B4

Table of Contents

A Message from the President.....	iii
Current State of Alcohol Use by Cal Poly Students	1
Alcohol and Academics.....	1
Alcohol and Behavior.....	3
Alcohol and Health.....	3
Substance Use at Cal Poly.....	4
Helping Students	5
What You Can Do.....	5
Attempt To.....	6
Avoid.....	6
Sample Dialog.....	7
Signs and Symptoms of Substance Abuse	8
Issues to Consider	8
Factors Affecting Drinking	8
Effects of Alcohol Intoxication.....	9
Progression of Addiction.....	9
Most Commonly Abused Drugs & What to Look For	10
Blood Alcohol Content (BAC)	12
BAC Chart - Women.....	14
BAC Chart - Men.....	15
Appendix A.....	16
Alcohol and Other Drug Policy.....	A-1
Appendix B	17
Student Aids	B-1
Drinking Do’s and Don’ts	B-1
Self-Assessment	B-2
Twenty Questions to Consider	B-3
101 Ways to Have Fun in SLO.....	B-4
Appendix C.....	18
Referrals & Resources.....	C-1
On Campus	C-1
Community	C-1
Support Groups	C-3
Treatment Facilities	C-4
National	C-4
Appendix D	20
End Notes.....	D1

ACKNOWLEDGEMENTS AND CREDITS

California Polytechnic State University, San Luis Obispo
Health Education Department (805) 756-6181
Building 27, Room 10

California Polytechnic State University, San Luis Obispo
Counseling Services (805) 756-2511
Building 27, Room 136

California Polytechnic State University, San Luis Obispo
Academic Advising Council

California Polytechnic State University, San Luis Obispo
Substance Use and Abuse Prevention Steering Committee

California State University Northridge
Alcohol Education and Abuse Prevention Steering Committee

Higher Education Center
www.edc.org

SAMHSA's National Clearinghouse for Alcohol and Drug Information
www.health.org

Department of Alcohol and Drug Programs
www.adp.state.ca.us

NIAAA Task Force on College Drinking
www.collegedrinkingprevention.gov

Editing and Production by:
Martin E. Bragg, Ph.D.
Rojean York Dominguez, M.P.H., C.H.E.S.
Cindy Perrin-Martinez
Marissa Hubbs

Cover photo courtesy of Cal Poly

A MESSAGE FROM THE PRESIDENT

Alcohol is perhaps the most prominent cause of academic underachievement and failure at Cal Poly. Our own student surveys have found that our “C” students report drinking almost twice the amount reported by our “A” students. Over twenty-five percent of our students report falling behind in their school work or missing class due to alcohol usage. The human toll of outcomes that are the result of alcohol abuse is even more dramatic. Here at Cal Poly, physical and sexual assaults, traffic accidents, and student and staff deaths have all been the result of alcohol use.

Beginning with my welcoming address at the beginning of Week of Welcome, the academic year is filled with efforts by the University to limit the abuse of alcohol and the negative consequences of that misuse on our campus and community. We strive to improve and enlarge the scope of our efforts to address the alcohol problem. I would like to enlist your aid in addressing the problem of alcohol misuse and abuse by our students.

The Cal Poly faculty and staff represent a powerful force in shaping the development of our students. Former students often cite a key faculty or staff member who had a strong formative impact on their development as individuals. You are uniquely positioned to evaluate a student’s performance and to observe the “trajectory” of his/her development. You are able to identify students of great potential who are failing to live up to that potential.

This handbook is designed to give faculty and staff the information necessary to understand the scope of the alcohol problem at Cal Poly, how to identify a student who may be having alcohol problems, and how to address the issue with that student. This book contains listings of campus and community resources. Please review its contents and keep it handy should you need its information in the future.

Warren Baker
President

CURRENT STATE AND IMPACT OF SUBSTANCE USAGE BY CAL POLY STUDENTS

Alcohol usage by students has significant impact on their academic performance. As you will see below, there are clear relationships between alcohol usage and GPA, class attendance, class preparation, test performance. The impact of alcohol is obviously far wider than just academics. Alcohol use among students causes problems in our community and can have serious health consequences as well. The following pages give you the results of a survey taken in the last two weeks of November. That means that the bulk of this data reflects percentages for the FIRST 8 WEEKS of Fall Quarter, 2007,¹

Alcohol and Academics:

GPA

Based on self report of drinking and GPA² from a random sample of 597 Cal Poly Students; C students reported drinking 55% more than A students.

GPA	Mean
A	4.88
B	5.53
C	7.6

Class Attendance

In the FIRST 8 WEEKS of the Fall Quarter, 2007, almost 20% of students reported missing class due to alcohol use, ten percent reported missing more than one class.

Since you arrived on campus this Quarter, how often has your drinking caused you to miss a class ¹	Percent
Once	10.4
Twice	4.0
3-5 Times	3.4
6-9 Times	.90
10 or More Times	.30

You may also have had the experience of having a student under the influence of drugs and alcohol in your class. In the FIRST 8 WEEKS of the Fall Quarter, 2007, over 10% of students reported going to work or class either high or drunk.

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to go to work or school high or drunk ¹	Percent
Once	6.1
Twice	3.4
3-5 Times	1.8
6-9 Times	0.3
10 or More Times	0.6

Class Preparation

In the FIRST 8 WEEKS of the Fall Quarter, 2007, over 25% of students reported falling behind at least once in their school work because of drinking.

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has drinking caused you to get behind in your school work ¹	Percent
Once	11.0
Twice	7.9
3-5 Times	5.5
6-9 Times	0.6
10 or More Times	0.6

Academic Performance

In the FIRST 8 WEEKS of the Fall Quarter, 2007, almost 9% of students reported that they had done poorly on a test or important project due to their alcohol use.

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to perform poorly on a test or important project ¹	Percent
Once	6.7
Twice	2.4
3-5 Times	0.3

Alcohol and Behavior:

High-risk drinking refers to the consequences of behaviors associated with alcohol abuse. It addresses issues such as how drinking can create harmful situations and lead to risky or violent behavior, such as unprotected sex or sexual assault.

Property Damage	In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to damage property ¹	Percent
	Once	4.6
	Twice	1.5
	3-5 Times	0.6

Safety	In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to drive a car under the influence of alcohol ¹	Percent
	Once	9.5
	Twice	1.5
	3-5 Times	1.2

Rude Behavior	In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to become very rude, obnoxious, or insulting ¹	Percent
	Once	12.5
	Twice	4.0
	3-5 Times	2.7
	6-9 Times	0.6
	10 or More Times	0.9

Alcohol and Health:

The first step in addressing the consequences of college drinking is to recognize it as a public health threat for the nation, which particularly impacts young adults. Consider the actual number of students these percentages equate to with a population of 19,000 students.

	In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to have a hangover ¹	Percent
	Once	19.5
	Twice	16.5
	3-5 Times	17.1
	6-9 Times	6.7
	10 or More Times	4.0

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to pass out ¹	Percent
Once	18.9
Twice	5.8
3-5 Times	5.5
6-9 Times	0.9
10 or More Times	0.3

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to engage in unplanned sexual activity ¹	Percent
Once	11.0
Twice	4.0
3-5 Times	4.3
6-9 Times	0.0
10 or More Times	0.6

In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to get hurt or injured ¹	Percent
Once	9.5
Twice	2.7
3-5 Times	0.9

Substance Use at Cal Poly:¹

Substance	Any Use %	More than once per week	Almost Daily %
Alcohol	88.5	46.5	8.7
Amphetamine	1.0	0.2	0.2
Cocaine	2.9	None	None
Ecstasy	1.0	None	None
GHB	None	None	None
Hallucinogens	1.9	None	None
Heroin, Codeine	1.2	None	None
Inhalants	0.2	None	None
Marijuana	25.0	6.7	3.1
PCP	None	None	None
Rohypnol	None	None	None
Tobacco	24.0	5.4	2.1

HELPING STUDENTS

While abusive and addictive use of substances requires professional help, there are several things faculty and staff can do initially to help. Faculty and staff have very powerful influences on students. Many students perceive faculty and staff as the university, which allows you to be the first line of defense and support for students. Helpful intervention is a process, not an event. Be aware when people are confronted about behavior, which is part of their lifestyle; they generally become defensive and angry.

What You Can Do:³

Refer to appendices B and C for useful student aids.

- ✦ Create a non-judgmental environment in your class by encouraging students to speak with you about issues they may have. If they regard you as non-judging, they may very well come to you with their concerns.
- ✦ Hold class and administer quizzes and exams on days (i.e. Thursdays and Fridays) that follow frequent party nights.
- ✦ Become familiar with the signs and symptoms of substance abuse.
- ✦ Talk to students about YOUR concern, not from the perspective of blame.
- ✦ Ignoring self-defeating behavior is not helpful to the person for whom you are concerned.
- ✦ The more you learn about alcohol and its effects the more helpful you can be to those who are having problems with it.
- ✦ Be a positive example of not using alcohol jokes, or condoning alcohol marketing and abuse in your classes and discussion with students.

Attempt to:

- ✦ Let the student know you care about him/her (use “I” statements, i.e. “I am worried about you”).
- ✦ Remain calm and non-judgmental.
- ✦ Stick to observable facts (confrontation is like holding a mirror up to the student).
- ✦ Emphasize the contrast between the student’s sober behavior, which you like, and the drinking behavior that concerns you.
- ✦ Use gentle persistence.
- ✦ Anticipate their possible responses (minimize, change topics, make excuses, promise behavior change, challenge their use).
- ✦ Accept their anger; learn to side step it. Try to remember their anger is not at you, but their situation.
- ✦ In advance, gather educational materials to give to the student.
- ✦ Utilize your own support system.
- ✦ Involve others who are also concerned about the student.

Avoid:

- ✦ Arguing with the student.
- ✦ Getting angry and losing control.
- ✦ Letting him/her change the topic.
- ✦ Getting hooked by their defensiveness (don’t feel guilty and don’t take it personally).
- ✦ Delaying the confrontation.
- ✦ Confrontation when the student is high or drunk.
- ✦ Diagnosing (i.e. “You’re an alcoholic”).
- ✦ Sparing the student the consequences of his/her drinking.

Sample Faculty/Student Scenario:

The Student's attendance and class performance were very good at the beginning of the quarter but after the third week attendance is inconsistent and the student is receiving D's & F's on quizzes and exams. The Student goes to the Faculty member wanting to request a late withdrawal from the class.

Dialog:

Student: "I'm really struggling with this course and would like to withdraw and re-take it next quarter when my course load is not so heavy."

Faculty: "I see that you were doing really well at the beginning of the quarter, and then began missing classes and doing poorly on tests after the third week. Why do you think that happened?"

Student: "I'm carrying a heavy load-14 units. Maybe I didn't start studying early enough. Next quarter my load will be lighter, so I should be able to do fine."

Faculty: "Fourteen units should be manageable. When I see somebody's performance drop like this I wonder what else might be going on. Are you spending enough time studying? You should be spending at least 8 hours a week outside the classroom on this course."

Student: "Well, I probably spend that much time when I can."

Faculty: "Whenever I see this pattern, I always wonder how much partying a student is doing. Many students don't realize the detrimental effects partying can have on their performance. How much do you think factors like partying have affected your grades?"

Student: "I do like to hang out and party with my friends, but I don't drink anymore than anyone else."

Faculty: "Well, I am concerned about the rapid change in your attendance and performance. Your friends may be drinking too much--college students are known to drink more than they should. You are a bright student and were doing well earlier in the quarter, so I think you can successfully complete the course this quarter. I would highly recommend that you cut down on your partying, attend every class, complete every assignment, and spend enough time preparing for the remaining tests. If you need some help with this, we have some resources available specifically for students on campus. Counseling Services and P.U.L.S.E. can help you identify the various factors that have affected your performance this quarter. You can reach Counseling Services at 756-2511 or P.U.L.S.E. at 756-6181. Let me know how that goes."

SIGNS AND SYMPTOMS OF SUBSTANCE ABUSE³

- † Excessive, regular, or periodic usage
- † Inability to control usage
- † Four or more drinks at any one time or 10 or more drinks per week
- † Failure to fulfill majority of work, school, or home responsibilities
- † Poor attendance, low grades, and/or recent disciplinary action
- † Drinking or using to build up self-confidence in social situations
- † Drinking alone
- † Drinking or using to escape from problems, studies, home worries
- † Drinking in situations that are physically dangerous, such as driving a car
- † Memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech
- † Having recurring substance-related legal problems, such as being arrested for drinking under the influence or for physically hurting someone while drunk or high

Issues to Consider:

Established Drinking & Using Patterns

Although some drinking and using problems begin during the college years, many students entering college bring established practices with them. Thirty percent of 12th graders, for example, report binge drinking in high school, slightly more report having “been drunk”, and almost three-quarters report drinking in the past year. Colleges and universities “inherit” a substantial number of drinking problems that developed earlier in adolescence.

Secondhand Consequences of Drinking & Drug Use

Students who do not drink or do not abuse alcohol experience secondhand consequences from others’ excessive use. In addition to physical and sexual assault and damaged property, these consequences include unwanted sexual advances and disrupted sleep and study. The problems produced by high-risk drinking are neither victimless nor cost-free. All students – whether they misuse substances or not – and their parents, faculty, staff and members of the surrounding community, experience the negative consequences of the drinking culture on U.S. campuses.

Factors Affecting Drinking:

- † Biological and genetic predispositions to use
- † Belief system and personality
- † Expectations about the effects of alcohol
- † Availability of alcohol in the area surrounding a campus

Effects of Alcohol Intoxication:

General Effects: Alcohol is a depressant that reduces activity in the central nervous system. The alcohol-intoxicated person exhibits loose muscle tone, loss of fine motor coordination, and often has a staggering “drunken” gait.

Eyes: The eyes may appear somewhat “glossy” and pupils may be slow to respond to stimulus. At high doses pupils may become constricted.

Vital Signs: At intoxicating doses, alcohol decreases heart rate, lowers blood pressure and respiration rate and results in decreased reflex responses and slower reaction time.

Skin: Skin may be cool to the touch, but the user may feel warm. Profuse sweating may accompany alcohol use.

Progression of Addiction:³

Addiction is always progressive and chronic unless treated. Not everyone who experiments with drugs and alcohol or uses drugs and alcohol recreationally will become addicted to a substance. When working with our students it’s important to realize that experimentation does not always lead to addiction. It is also important to keep in mind that many students enter a university setting with addictions of various kinds. Addicted people may or may not be in recovery and may or may not be aware of their addiction.

Several critical factors influence addiction in our society:

Genetics: Research has shown consistently that alcoholism runs in families and from generation to generation. Children and grandchildren of alcoholics have a genetic predisposition to alcoholism themselves.

Environment: The level of exposure to drugs and alcohol in the home and surrounding community, as well as attitudes toward drugs and alcohol, have an impact on addiction.

Age of First Use: The younger a person is when they first experiment with a substance, the greater his/her chances are for continued use and possible addiction.

Definitions of the progression of addiction:

Abstinence	Recreational Use	Habituation/ Dependence	Addiction
No drug or alcohol use.	Person may experiment with drugs or alcohol, but doesn’t make efforts to seek it out.	Use on a regular basis, may have formed a dependence and may put aside responsibilities in order to use.	Marked by continued use despite knowing negative consequences of use. Using becomes primary focus of daily life.

Most Commonly Abused Drugs³

Hallucinogens:

- ♦LSD: Lysergic Acid Dethylamide-25
- ♦PCP: Phencyclidine
- ♦Ecstasy: MDMA 3-methoxy-4,5-methylene dioxyamphetamine
- ♦Mescaline
- ♦Psilocybin

Look for: Loss of appetite, sleeplessness, numbness, weakness, tremors, dilated pupils, sweating, dry mouth, nausea, hallucinations, and are delusional.

Effects: increased body temperature, heart rate and blood pressure

Cannabis Group:

- ♦Marijuana
- ♦THC: Delta-9-tetrahydrocannabinol
- ♦Hashish

Look for: Euphoria, anxiety, rapid loud talking, bursts of laughter, sleepy or forgetfulness in conversation, slow thinking and reaction time, and impaired balance and coordination.

Effects: Increased heart rate and decreased blood pressure

Narcotics:

- ♦Heroin
- ♦Morphine
- ♦Codeine
- ♦OxyContin: Oxycodone hydrochloride

Look for: Euphoria, drowsiness, sedation, staggering gait, flushing of the skin, slowed breathing, watery eyes, runny nose, and constricted pupils

Effects: Decreased blood pressure, dry mouth, nausea, vomiting and severe itching

Depressants

- ♦Alcohol
- ♦Tranquilizers: Barbiturates
- ♦GHB: Gammahydroxybutyrate
- ♦Ruffies: Rohypnol

Look for: Poor concentration, fatigue, hyperirritability, poor judgment, slurred speech, dizziness, memory loss, difficulty focusing and impaired coordination.

Effects: Decreased blood pressure, decreased respiration and delirium

Stimulants

- ♦Speed: Amphetamine
- ♦Cocaine: Benzoylmethylecgonine
- ♦Ecstasy: MDMA 3,4-Methylenedioxymethamphetamine
- ♦Methamphetamine
- ♦Nicotine

Look for: Dilated pupils, rapid speech, mild hallucinations, aggressive behavior, convulsions, exhaustion, weight loss, restlessness and paranoia.

Effects: Increased blood pressure, increased heart rate and dry mouth

BLOOD ALCOHOL CONTENT (BAC)

- ♦ Blood Alcohol Content is measured in milligrams of alcohol per 100 milliliters of blood, or milligrams percent.
- ♦ For Example, a BAC of .10 means that one-tenth of 1% (or 1/1000) of your total blood content is alcohol. This means that a BAC of .05 and below may give you a mellow buzz; a BAC of .40+ and higher can cause death.
- ♦ Blood Alcohol Content depends largely on two things: body size (the bigger you are, the more blood you have to dilute the alcohol) and how much you drink at any one time (the faster you drink, the higher your BAC, since the body has less time to dilute the alcohol).

Blood Alcohol Content: Behavior by the Numbers:⁴

BAC .02%-.03%: Mildly relaxed.

You feel a little lightheaded. Your inhibitions are slightly loosened, and whatever mood you were in before you started drinking may be mildly intensified.

BAC .05%-.06%: Warm and relaxed.

If you're the shy type when you're sober, you lose your feelings of shyness. Your behavior may become exaggerated, making you talk louder or faster or act bolder than usual. Emotions are intensified, so your good moods are better and your bad moods are worse. You may also feel a mild sense of euphoria.

BAC .08%-.09%: Legally drunk.

You believe you're functioning better than you actually are. At this level, you may start to slur your speech. Your sense of balance is probably off, and your motor skills are starting to become impaired. Your ability to see and hear clearly is diminished. Your judgment is being affected, so it's difficult for you to decide whether or not to continue drinking. Your ability to evaluate sexual situations is impaired. Students may jokingly refer to this state of mind as beer goggles, but this BAC can have serious repercussions.

BAC .10%-.12%: Lack coordination and balance.

At this level, you feel euphoric, but your motor skills are markedly impaired, as are your judgment and memory. You probably don't remember how many drinks you've had. Your emotions are exaggerated, and some people become loud, aggressive, or belligerent. If you're male, you may have trouble getting an erection when your BAC is this high.

BAC .14%-.17%: Possible blackout.

Your euphoric feelings may give way to unpleasant feelings. You have difficulty talking, walking, or even standing. Your judgment and perception are severely impaired. You may become more aggressive, and there is an increased risk of accidentally injuring yourself or others. At this point you may experience nausea and/or start vomiting.

BLOOD ALCOHOL CONTENT (BAC) cont'd

BAC .20% - .25%: Vomiting and potential to pass out.

You feel confused, dazed, or otherwise disoriented. You need help to stand up or walk. If you hurt yourself at this point, you probably won't realize it because you won't feel pain. If you are aware you've injured yourself, chances are you won't do anything about it. All mental, physical, and sensory functions are severely impaired. Your gag reflex is impaired. There's an increased risk of asphyxiation from choking on vomit and of seriously injuring yourself by falling or other accidents.

BAC .30% - .35%: Drunken stupor and alcohol poisoning potential.

You have little comprehension of where you are. You may suddenly pass out at this point and be difficult to awaken. This blood alcohol level also happens to be the level of surgical anesthesia. You may stop breathing at this point.

BAC .40%: Coma.

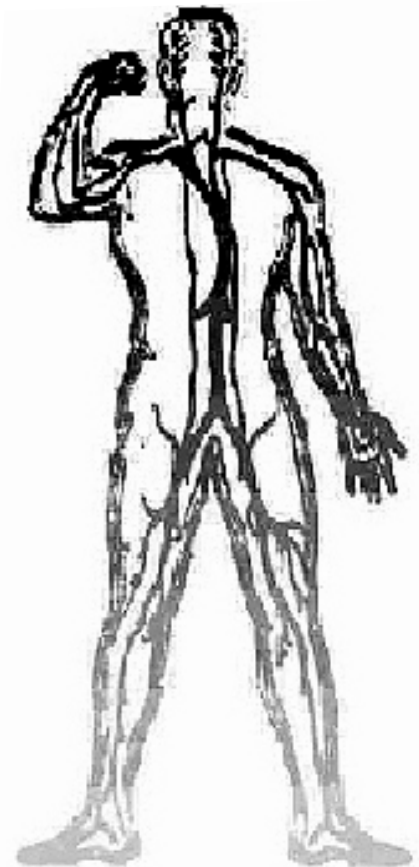
The nerve centers controlling your heartbeat and respiration are slowing down, s-l-o-w-i-n-g d-o-w-n, s-l-o-w-i-n-g d-o-w-n. It's a miracle if you're not dead.

Consequences of Excessive BAC Levels:

BAC .31%: In February 1996, an 18-year-old student died of alcohol poisoning with a BAC of .31% after attending two parties the night before.

BAC .35%: In February 1996, a second student, age 20, died of alcohol poisoning with a BAC of .34% after drinking six beers and twelve shots in two hours.

BAC .40%: In April 1994, a 21-year-old student died of alcohol poisoning with a BAC of .40% after a Hell Night party.



BLOOD ALCOHOL CHARTS

Blood Alcohol Content (BAC) is the amount of alcohol present in your blood as you drink. It is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. But you don't need a Breathalyzer, a calculator, or a measurement conversion chart to figure out what BAC you had last night. Use the Table of Blood Alcohol Content below. This is a generalized chart based on a person who is metabolizing (or breaking down) one drink an hour. For example if you are a 120 lb. female drinking seven drinks in one hour, your BAC is a .30%.

If you're a WOMAN, your Blood Alcohol Content is:⁴

# of drinks in one hour	Weight							
	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.	240 lbs.
1	.05	.04	.04	.03	.03	.03	.02	.02
2	.10	.08	.07	.06	.06	.05	.05	.04
3	.15	.13	.11	.10	.08	.08	.07	.06
4	.20	.17	.15	.13	.11	.10	.09	.09
5	.25	.21	.18	.16	.14	.13	.12	.11
6	.30	.26	.22	.19	.17	.15	.14	.13
7	.36	.30	.26	.22	.20	.18	.16	.15
8	.41	.33	.29	.26	.23	.20	.19	.17
9	.46	.38	.33	.29	.26	.23	.21	.19
10	.51	.42	.36	.32	.28	.25	.23	.21
11	.56	.46	.40	.35	.31	.27	.25	.23
12	.61	.50	.43	.37	.33	.30	.28	.25
13	.66	.55	.47	.40	.36	.32	.30	.27
14	.71	.59	.51	.43	.39	.35	.32	.29
15	.76	.63	.55	.46	.42	.37	.35	.32

BLOOD ALCOHOL CHARTS cont'd

If you're a MAN, your Blood Alcohol Content is:⁴

# of drinks in one hour	Weight							
	100 lbs.	120 lbs.	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.	240 lbs.
1	.04	.04	.03	.03	.02	.02	.02	.02
2	.09	.07	.06	.05	.05	.04	.04	.03
3	.13	.11	.09	.08	.07	.07	.06	.05
4	.17	.15	.13	.11	.10	.09	.08	.07
5	.22	.18	.16	.14	.12	.11	.10	.09
6	.26	.22	.19	.16	.15	.13	.12	.11
7	.30	.25	.22	.19	.17	.15	.14	.13
8	.35	.29	.25	.22	.19	.17	.16	.14
9	.37	.32	.26	.24	.20	.19	.17	.15
10	.39	.35	.28	.25	.22	.20	.18	.16
11	.48	.40	.34	.30	.26	.24	.22	.20
12	.53	.43	.37	.32	.29	.26	.24	.21
13	.57	.47	.40	.35	.31	.29	.26	.23
14	.62	.50	.43	.37	.34	.31	.28	.25
15	.66	.54	.47	.40	.36	.34	.30	.27

REMEMBER: While this chart is a good general guideline, every individual reacts differently to alcohol. The chart doesn't take into account your individual body composition, your use of medication, your mood changes, or your personal metabolism rate. Therefore, your blood alcohol level may in fact be slightly higher or slightly lower than the chart indicates for the number of drinks you consume. Just keep in mind that your body processes alcohol at a constant rate of .5 oz. per hour, regardless of how many ounces you consume. Therefore, the faster you drink, the higher your blood alcohol content will be.

Did You Know?:

- + 0.08 - 0.10 blood alcohol level is considered legally drunk.
- + California and most states practice zero-tolerance laws, meaning if you are under 21 any alcohol in your system is against the law.

APPENDIX A

Campus Alcohol Policy

ALCOHOL AND OTHER DRUG POLICY

The University Alcohol Policy

Possession, use and sale of alcoholic beverages on campus are limited to certain approved events and locations covered by the California Polytechnic State University, San Luis Obispo official policy on alcohol and drugs. Consumption or possession of alcohol by persons under 21 years of age is not permitted on the property of the University, including athletic fields and housing areas.

The University recognizes that alcohol and drug dependency is an illness and a health problem. Information, assessment, and referral services are available through the Cal Poly Student Health Center and University Counseling Services. These programs assist students in finding alternatives to substance abuse while promoting a healthy lifestyle and the ability to cope with problems as they rise.

All state laws dealing with alcohol and state and federal laws regarding the possession, use and sale of illegal drugs are enforced by the University Police Department. Violators may be subject to fine, imprisonment, and/or expulsion from the University.

California Polytechnic State University, San Luis Obispo complies with the requirements of the Higher Education Act. The official Cal Poly Alcohol policy (270-270.2) reads:⁵

270.1 Possession or consumption of alcoholic beverages on the campus is prohibited. Exception to this policy may be granted by the President or his designee to allow the service (Sale or non-sale) of alcoholic beverages under established guidelines. Factors to be considered in granting exceptions include the nature of the event, the adequacy of supervision, and the benefit to the university. Exceptions will not be granted for events open to the public, unless authorized by the President or a designee for bona fide public eating places.

270.2 Service of alcoholic beverages at campus events shall be the exclusive privilege of the Foundation. The Foundation may grant exceptions to this privilege as appropriate.

APPENDIX B

Student Aids

STUDENT AIDS

Drinking Do's and Don'ts:

Whether you want to know how to keep your drinking under control, or feel you might have a problem with alcohol and want to cut back, use these guidelines:

DO formulate a mission statement. Why do you want to cut down or stop your drinking? Whether it's to help you lose the freshmen 15, to feel healthier in general, or to stop getting into fights with your family, write down your reason(s). It sounds corny, but it'll make you take the challenge more seriously.

DON'T go out with people who make you feel uncomfortable if you're not drinking. If you ever feel as though you could be easily persuaded to drink, make alternate plans with friends who are less inclined to include alcohol in their fun.

DO set a liquor limit. Telling yourself you will not drink during the week, or that you'll have no more than one drink a day, or more than 2-3 drinks when you party, will get your mind set not to exceed your limit.

DON'T guzzle. When you are drinking, take hour-long breaks between drinks. Drinking faster than your body can feel the affects can get you into real trouble. Avoid drinking games, you'll end up drinking more alcohol, more quickly than your body can handle.

DO alternate alcoholic beverages with non-alcoholic drinks, like water, juice, or soda.

DON'T keep beer, wine, or hard liquor at home. It'll be easier to resist if it simply isn't there.

DO take a vacation from drinking. Notice how good you feel, physically and emotionally, during that time. If you don't start to feel better, you may have a problem with alcohol.

DO save the cash you don't waste getting wasted. Reward yourself. Whenever you refuse an alcoholic beverage, put the amount of money you saved in a jar. You can put your dollars toward spring break, dinner with friends, or that new jacket you've been eyeing but thought you couldn't afford.

DO eat before you start consuming any alcohol, and continue to munch while you drink. Eating while you drink slows down how quickly you get drunk.

DON'T go to places where you'll be bored if you're not drinking. If you feel socially uneasy if you don't have a drink in your hand, keep your drink $\frac{3}{4}$ to $\frac{1}{2}$ full and slowly sip the drink.

DO keep a drinking diary. Write down how many drinks you consume over a month-long period and how much it costs for you. When you realize how much dough you're sinking on drinking, it might give you incentive to cut down your alcohol intake even further.

Self-Assessment³

Note as many of the following statements that fit you.

- I frequently (once or twice a day) find that my conversation centers on drug or drinking experiences.
- I drink or get high to deal with tension or physical stress.
- Most of my friends or acquaintances are people I drink or get high with.
- I have lost days of school/work because of drinking or other drug use.
- I have had the shakes when going without drinking or using drugs.
- I regularly get high or take a drink upon awakening, before eating, or while at school/work.
- I have been arrested for driving under the influence of a substance.
- I have periods of time that can't be remembered (blackouts).
- Family members think drinking or other drug use is a problem for me.
- I have tried to quit using substances but cannot. (A good test is voluntarily going for six weeks without substances and not experiencing physical or emotional distress).
- I often double up and/or gulp drinks or regularly use more drugs than others at parties.
- I often drink or take drugs to "get ready" for a social occasion.
- I regularly hide alcohol/drugs from those close to me so that they will not know how much I am using.
- I often drink or get high by myself.
- My drinking or use of drugs has led to conflict with my friends or family members.

Scoring: If you noted three or four of the statements, you should be suspicious about the way you use substances. If you noted five, you may have the beginnings of a problem and perhaps should start looking for some kind of help. If you noted more than five, it would probably be a good idea to talk about your use of substances with a professional counselor.

Twenty Questions to Consider:⁶

1. Do you lose time from school due to drinking?
2. Do you drink because you are shy with other people?
3. Do you drink to build up your self-confidence?
4. Do you drink alone?
5. Is drinking affecting your reputation – or do you care?
6. Do you drink to escape from study or home worries?
7. Do you feel guilty or bummed after drinking?
8. Does it bother you if somebody says that maybe you drink too much?
9. Do you have to take a drink when you go out on a date?
10. Do you make-out (in general) better when you have a drink?
11. Do you get into financial troubles over buying liquor?
12. Do you feel a sense of power when you drink?
13. Have you lost friends since you started drinking?
14. Have you started hanging out with a crowd where stuff is easy to get?
15. Do your friends drink LESS than you do?
16. Do you drink until the bottle is gone?
17. Have you ever had a complete loss of memory from drinking?
18. Have you ever been to a hospital or been busted due to drunk driving?
19. Do you turn off to any studies or lectures about drinking?
20. Do you THINK you have a problem with liquor?

Based on a similar test used by John Hopkins University Hospital, Baltimore, you can utilize the following guidelines in determining whether or not you may have an alcohol-related problem: If you answered YES to any one of the questions, there is a definite warning that you may be having a problem. If you answered YES to two or more, you should discuss your use of alcohol with a counselor.

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating⁷

1. Ride the Old SLO Trolley around downtown

SLO Trolley Ride free on the Downtown San Luis Obispo Trolley which makes a complete loop of downtown every 15 minutes.

2. Hike to the "P"

On the Cal Poly Campus, behind the residence hall Trinity

3. Go horseback riding

Pacific Dunes Ranch Riding Stable
1207 Silver Spur Place, Oceano (805)
489-8100

Take 101 South, take the Hinds Ave exit, turn right onto Hinds Ave., turn left onto Price St., turn slight right onto Ocean View Ave, turn left onto CA-1 / Pacific Coast HWY / Dolliver St. Continue to follow CA-1. Turn Right onto 22nd St. Turn right onto Silver Spur Place.

Lambert Stables
2393 Clelland Avenue, Los Osos
(805) 528-3824

From HWY 101, take Los Osos Valley Road toward Los Osos. Turn east on South Bay Blvd, drive 2.3 miles, the turn off is on the right hand side into parking lot. From 1, take South Bay Blvd. west, drive 1.3 miles, trail head will be on the left.

4. Kayak in Avila or Morro Bay

Sub Sea Tours and Kayaks
699 Embarcadero #9, Morro Bay
(805) 772-9463

Central Coast Kayaks
879 Shell Beach Road
Shell Beach (805) 773-3500

5. Go to Farmer's Market

Every Thursday night (6-9pm) on Higuera Street in Downtown San Luis Obispo

6. Relax at the Sycamore Springs Hot Springs

1215 Avila Beach Drive, Avila Beach
(805) 595-7302

7. Think about joining a club...and do it!
<http://www.asi.calpoly.edu/uu/club-programs>

Cal Poly has over 400 clubs; all listed on the above website (which has information about each club)

8. Climb Bishop Peak

From HWY 1, take Highland Dr. until it dead ends.

10. Hike Poly Canyon

Take Poly Canyon Rd. on Cal Poly's campus

11. Connect with a spiritual/religious organization of your choice.

For a list of over 20 organizations contact Interfaith Campus Council Student Life and Leadership, The Epicenter (in the UU), Box 143

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

12. Have a picnic in Mission Plaza or at a local park
Santa Rosa Park, 1150 Oak Street, San Luis Obispo
(805) 781-7287

Old Mission Park
751 Palm Street, San Luis Obispo
(805) 781-8820

Mitchell Park
1050 Buchon Street, San Luis Obispo
(805) 781-7300

Cuesta Park
2400 Loomis, San Luis Obispo
13. Have a bonfire at Avila Beach
HWY 101 South, exit Port San Luis/
Avila...to beach area across from Diablo
Canyon Power Plant entrance
14. Look at art at the SLO Art Center
San Luis Obispo Art Center
1010 Broad St., San Luis Obispo
(805) 543-8562
15. Swing on the swings at Avila Beach
HWY 101, exit Port San Luis/Avila...
follow the signs to the boardwalk
16. Go to Hearst Castle
Hearst Castle
750 Hearst Castle Road, San Simeon
(805) 927-2125
17. Walk along the Pismo Pier
End of Pomeroy Ave, Pismo Beach
18. Go play paintball in Santa Margarita
Central Coast Paintball Park
(805) 481-1476 Call for reservations
19. Listen to the SLO Symphony
San Luis Obispo Symphony
1160 Marsh Street, Suite 204, San Luis
Obispo
(805) 543-3533 Call for performance
locations and dates
20. Listen to music, get coffee, or check out
art at Linea's Café
1110 Garden Street, San Luis Obispo
(805) 541-5888
21. Visit the SLO Botanical Gardens
San Luis Obispo Botanical Garden
El Chorro Regional Park, Highway 1,
San Luis Obispo
(805) 546-3501
22. Visit the Morro Bay Estuary
Located in Morro Bay, Los Osos, and
Baywood Park
Call (805) 772-3834 for directions
23. Go miniature golfing at Boomers in
Santa Maria
2250 North Preskler Lane, Santa Maria
(805) 928-4942
24. Go hiking in Big Sur
Drive north on HWY 1 until you reach
Big Sur

101 Ways to Have FUN in SLO without Alcohol or Sex

P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

25. Go hiking at Montaña de Oro
Take 101 S, exit Los Osos Valley Road
Turn right, Los Osos Valley Road will turn into the park
26. Take a trip to In-N-Out
Going North on 101, take the San Anselmo Road exit
6000 San Anselmo Rd., Atascadero

Going South on 101, take the exit toward Stowell Rd.
1330 S. Bradley Road, Santa Maria
(800)786-1000
27. Collect seashells at Montaña de Oro
Take 101 S, exit Los Osos Valley Road
Turn right. Continue on Los Osos Valley Road until it reaches the park
28. Visit the tide pools at Morro Rock
Located in Morro Bay
Call (805) 772-3834 for directions
29. Share clam chowder at Splash Café
197 Pomeroy Ave, Pismo Beach
(805) 773-4653

1491 Monterey St, San Luis Obispo
(805) 543-6525
30. Indulge in dessert at 1865 Restaurant
1865 Restaurant
1865 Monterey Street, San Luis Obispo
(805) 544-1865
31. Work up a sweat at the Rec Center
Ride a bike, lift weights, use the Stairmaster or treadmill, play racquetball, etc.
32. Go fishing at Lopez Lake
15 miles south of San Luis Obispo (805) 788-2381
Take 227 South to Lake Lopez or take 101 South and exit left on Grande Ave. in Arroyo Grande and follow signs to the lake
33. Go fly a kite at a local beach or park
34. Volunteer at a local organization
Miss your pet? Volunteer at the: Woods Humane Society or County Animal Services
875 Oklahoma Avenue, San Luis Obispo
(805) 543-9316
35. Go waterskiing/ wakeboarding at Nacimiento Lake
45 miles north of San Luis Obispo (805) 238-3256 or (800) 323-3839
10625 Nacimiento Lake Drive, Paso Robles
36. Camp under the stars at the Oceano Dunes Vehicular Recreation Area
Call (805) 473-7230
37. Go shopping at the Pismo Outlet stores
333 Five Cities Drive, Suite 100, Pismo Beach
(15 miles south of San Luis Obispo)
(805) 773-4661
38. Ride ATV's in Grover Beach
BJ's ATV Rental Inc.
197 Grand Avenue, Grover Beach
(805) 481- 5411
(805) 489-5905
39. Find Hidden Images
At the stonewall of the Mission in downtown

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

40. Get frozen yogurt at Bali's or ice cream at Cold Stone
Cold Stone
Bali's Self-Serve Frozen Yogurt
949 Higuera St., San Luis Obispo
890 Foothill Blvd, San Luis Obispo

Coldstone Creamery
860 Higuera St, San Luis Obispo
40. Get frozen yogurt at Bali's or ice cream at Cold Stone
Cold Stone
Bali's Self-Serve Frozen Yogurt
949 Higuera St., San Luis Obispo
890 Foothill Blvd, San Luis Obispo

Coldstone Creamery
860 Higuera St, San Luis Obispo
41. Visit Charles Paddock Zoo
Charles Paddock Zoo
9305 Pismo Ave., Atascadero
(805) 461- 5080
Take 101 North to San Antonio Rd.
42. Go rock climbing at Crux Climbing
Crux Climbing Center
1160 Laurel Lane, San Luis Obispo
(805) 544-2789
43. Visit the Los Padres National Forest
Encompassing the southern end of Monterey County, Big Sur, and San Luis Obispo
Call (805) 968-6640 for directions
44. Join a class at the REC center
Classes include spinning, body sculpting, yoga, Pilates, abs, etc.
Look at <http://www.asi.calpoly.edu/recs-ports/classes> for weekly schedules
45. Play volleyball at the beach
Pismo or Avila
46. Play an intramural sport
Go to the REC center
47. Check out SLO Surf Co.
The surf shop is located on the corner of Higuera and Morro downtown
48. Cheer on the "stangs" at a Cal Poly athletic game
Games are free to Cal Poly Students. Visit <http://www.gopoly.com/> to find out where and when games are.
49. Watch a Cal Poly Performing Arts Show
Visit <http://www.calpolyarts.org/> to find out date and time of the show you'd like to see.
50. Throw pottery at the craft center
Located downstairs in the UU (open during remodel)
Call (805) 756-1266 for questions
51. Go on a Poly Escapes trip
Call (805) 756-1287 or visit www.asi.calpoly.edu for upcoming trips
52. Watch a melodrama in Arroyo Grande
Murder in Mind Productions
1610 Los Berros Road, Arroyo Grande
(805) 489-3875
53. Share cake at the Madonna Inn and look at the rock wall in Men's bathroom
Madonna Inn Coffee Shop
100 Madonna Road, San Luis Obispo
(805) 543-3000
(800) 543-9666

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

54. Share ice cream pies at the Sea Shanty in Cayucos
296 South Ocean Avenue, Cayucos
(805) 995-3272
55. Donate some clothes to the Goodwill Store
880 Industrial Way # 2468, San Luis Obispo
(805) 544-0542
56. Eat at the 24 hour restaurant in Avila
Fat Cats
Port San Luis, Avila Beach
(805) 595-2204
57. Paint ceramics at Red Hot Pottery
940 Chorro, San Luis Obispo
(805) 545-POTS
58. Visit a local festival or art show
Read New Times for locations and times
59. Go to a concert at Downtown Brew
1119 Garden St. San Luis Obispo
(805) 543-1843
60. Pick fruit or vegetables at Cal Poly U-Pick
For citrus and avocado (805) 756-2272
For vegetables (805) 756-2428
61. Watch an independent film at Palm Theater
Palm Theatre
817 Palm Street, San Luis Obispo
(805) 541-5161
62. Participate in Beach Clean Up
Volunteer with the Environmental Council
the first Saturday of every month at 11:00
a.m. Call (805) 756-5834 for meeting loca-
tion.
63. Grab a meal at a fun restaurant
Firestone Grill
1001 Higuera Street, San Luis Obispo
(805) 784-0474
Downtown on Higuera
- Fat Cats
3920 Avila Beach Dr, Avila Beach
(805) 595-2204
- Chili Peppers
2121 Broad St., San Luis Obispo
(805) 541-9154
- Corner View Restaurant
1141 Chorro St., San Luis Obispo
(805) 546-8444
- Mo's Smokehouse BBQ
970 Higuera Street, San Luis Obispo
(805) 544-6193
64. Make popcorn and watch your favorite movie
rental
Hollywood Video
850 Foothill Blvd., San Luis Obispo
(805) 541-4694
- Blockbuster
253 Madonna Rd #110, San Luis Obispo
(805) 544-3137
65. Go salsa dancing with the Salsa Club
www.cpsalsa.com
(805)784-0537
66. Throw a frisbee or play Ultimate Frisbee on
the beach
Avila, Morro Bay, Pismo Beach, and Cayucos

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

67. Grab a beverage or coffee at Uptown Espresso
Uptown Espresso & Bakery
1065 Higuera Street, Suite 101, San Luis Obispo
(805) 783- 1300
68. Enjoy a hardy meal at McLintocks Saloon
F. McLintocks Saloon- San Luis Obispo
686 Higuera Street, San Luis Obispo
(850) 541-0686

F. McLintocks Saloon- Arroyo Grande
133 Bridge, Arroyo Grande
(805) 481-1700

F. McLintocks Saloon- Paso Robles
1234 Park Street, Paso Robles
(805) 238-2233
69. Send an e-mail to an old friend
70. Go bowling at Mustang Lanes
Located downstairs in the UU
71. Search for sand crabs in Cayucos
Drive up HWY 1 until you get to Cayucos.
Take the downtown Cayucos Exit.
72. Watch a movie at the Sunset Drive-In
255 Elks Lane, San Luis Obispo
(805) 544-4475
73. Watch the belly dancers and enjoy dinner at Oasis restaurant downtown
675 Higuera Street, San Luis Obispo
(805) 543-1155
74. Go ballroom dancing at Cal Poly
www.calpolyballroom.org
75. Go thrift store shopping
Old Mission School Thrift Shop
532 Higuera St., San Luis Obispo
(805) 544- 0720

Goodwill Industries
15 Higuera St, San Luis Obispo
(805) 544-4965
880 Industrial Way, San Luis Obispo
(805) 544-0542

Decades
785 Higuera St, San Luis Obispo
(805) 546-0901
76. Watch a sports game at the Shack
763 E Foothill Blvd # A, San Luis Obispo
(805) 546-8623
77. Visit the Sweet Springs Nature Reserve in Los Osos
Call (805) 772-3834
78. Have a water balloon or soaker fight
79. Visit the Community CENTER on campus
Volunteer with other Cal Poly Students in and around San Luis Obispo
Visit <http://www.studentlife.calpoly.edu/csv/index.asp?dept=csv> or stop by University Union (Building 65), Room 217 for more information.
(805) 756-5834
80. Visit the Cal Poly Arboretum
Located at the Environmental Horticultural Science unit (building 48) on Via Carta at the north end of campus

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

81. Attend improv show Smile and Nod on Cal Poly Campus
www.smileandnod.org
Shows in building 45, Room 212
see website for upcoming shows
82. Surprise your mom and/or dad. Call them and don't ask for a favor or money.
83. Go swimming at the Cal Poly Pool
At the REC center, go through the locker rooms to the pool
84. Participate in an interactive murder mystery dinner in Arroyo Grande
at Murder in Mind Productions
The Great American Melodrama
1863 Pacific Blvd., HWY 1, Oceano
(805) 489-2499
85. Visit the Museum of Natural History in Morro Bay
Museum of Natural History
Morro Bay State Park Road, Morro Bay
(805) 772-2694
86. Watch a live play and have a snack at the Pewter Plough Playhouse and Café in Cambria
Pewter Plough Playhouse & Cafe
824 Main St., Cambria (805) 927-3877
87. Watch a performance at the San Luis Obispo Little Theater
San Luis Obispo Little Theatre
888 Morro Street, San Luis Obispo
(805) 786- 2440
88. Take a tour at the Pierdras Blancas Light-house in San Simeon
Highway 1, San Simeon
(888) 804-8608
89. Drive out on the sand dunes in Pismo Beach
Oceano Dunes State Vehicular Recreation Center
576 Camino Mercado, Arroyo Grande
(805) 473- 7230
90. Go whale watching
Sub Sea Tours and Kayaks
699 Embarcadero #9, Morro Bay
(805) 772- 9463
91. Go golfing at a local golf course
Laguna Lake Municipal Golf Course (in San Luis Obispo)
11175 Los Osos Valley Rd. (805) 781- 7309

Dairy Creek Golf Course (in San Luis Obispo)
2990 Dairy Creek Rd. (805) 782-8060
92. Walk along San Luis Obispo creek
Downtown San Luis Obispo
93. Watch a performance at the Clark Center in Arroyo Grande
Clark Center for Performing Arts
487 Fair Oaks Ave., Arroyo Grande
(805) 489-9444
94. Visit the Pismo Beach and Butterfly Trail in Pismo
Monarch Butterfly Grove
Take 101 South to Hinds Ave exit, turn right onto Hinds Ave., turn left onto Price St., turn slight right onto Ocean View Ave, and turn left onto CA-1 /Pacific Coast HWY / Dol-liver St. The Butterfly Grove will be in the eucalyptus trees on the right just past Pismo Beach Campground.
(805) 773-4382

101 Ways to Have FUN in SLO without Alcohol or Sex P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

95. Take a beach walk in Avila Beach, Morro Bay, Pismo Beach, or Cayucos

96. Watch the elephant seals in San Simeon
Friends of the Elephant Seals
250 San Simeon Ave., Suite 3B, San Simeon
(805) 924-1628

97. Go stargazing

98. Watch the sunrise

99. Volunteer at the Cal Poly Cat Program
Call (805) 756-5220

100. Eat at the Loading Chute in Pozo
The Loading Chute
Highway 229 (805) 237-1259

101. Watch the Highland Games in Pozo
Pozo Saloon Whisky Highland Games
90 West Pozo Rd.
15 miles east of Santa Margarita
(805) 438-4225

APPENDIX C

Referrals and Resources

REFERRALS & RESOURCES

Cal Poly Campus:

Cal Poly Counseling Services (805) 756-2511
Free One-to-One Counseling for
Cal Poly students. Bldg. 27 Rm. 136

Cal Poly Health Services (805) 756-1211
Health care assessment and referral services
for Cal Poly students. Bldg. 27

Educational and Awareness Information (805) 756-6181
Peers Understanding Listening Speaking Educating
One-to-One consultations on harm reduction,
prevention, support, and referral services.
Bldg. 27 Rm. 10, lower level

Community:

Alcohol/Drug Free Living Centers

Middlehouse – A Home for Sober Living (805) 544-8328
2939 Augusta Street
San Luis Obispo
A residential facility for recovering male
alcoholics (18 years and over) expressing a
desire to do something about it.
Cost paid weekly by client.

Alcohol Abuse, Co-dependents

Alcoholic's Anonymous (805) 541-3211
C.C.C.O.I., PO Box 12737
San Luis Obispo
A fellowship of men and women who have
a desire to stop drinking and help others
recover from their alcoholism as well.

Cocaine Anonymous (805) 549-8989
Telephone support and information on
local meeting schedule. 1-800-549-8989

Co-Dependents Anonymous (CODA) (805) 549-8989
A support group for people who have
experienced dysfunctional relationships.
CODA uses the 12-step method practiced
by Alcoholics Anonymous. 1-800-549-8989

Narcotics Anonymous (805) 549-7730
Offers support similar to Alcoholics
Anonymous for those having a drug
problem and interested in rehabilitation.

Alcohol Abuse, Court Services

Counseling Concepts (Recovery Resources) (805) 788-3767
11545 Los Osos Valley Road Ste C-3
San Luis Obispo

Alcohol Abuse, Drinking Driving Service

SLO County Drug and Alcohol Services (805) 781-4753
2945 McMillian Ave. Ste 136
San Luis Obispo
Provides first and multiple offender
classes, and individual and group counseling.

Alcohol Abuse, Information

SLO County Drug and Alcohol Services
Information awareness, consultations, community
empowerment and alcohol abuse prevention programs

South County Office (805) 473-7080
1106 Grand Avenue
Arroyo Grande

San Luis Obispo Office (805) 781-4753
2945 McMillan Ave. Suite 136
San Luis Obispo

North County Office (805) 461-6080
3556 El Camino Real
Atascadero

Friday Night Live (805) 781-4289
A safer and sober alternative and youth leadership program for 4th -12th grade students on school campuses.

Adult Children of Alcoholics (805) 489-2179
A 12-step self help organization for people who were raised in alcoholic or dysfunctional homes.

Hotline of SLO County (805) 549-8989
Centralized telephone service providing 24 hour community information and referrals.

Alcohol Abuse, Support Groups

Al-Anon (805) 534-7924
Offers group discussions to aid in understanding problems and support for persons living with alcoholics.

Alateen (805) 549-8989
Provides support and guidance for teenagers growing up in alcohol or other drug involved families.

Alano Club (805) 543-9817
A social membership club for recovering alcoholics/addicts.
1814 Osos St.
San Luis Obispo

New Hope Celebrate Recovery Program (805) 489-3254
New Life Community Church
990 James Way
Pismo Beach
A 12-step adult support group program open to men and women wanting to change alcohol's impact on their lives.

Women for Sobriety (805) 541-7971
Ongoing support exploring the use of affirmation, women's empowerment, and good nutrition for overcoming addictions.

Treatment Facilities:

Inpatient Treatment

Casa Solana

(805) 481-8555

383 South 13th St.

Grover Beach

A 90 day residential recovery program for women that provides alcoholism and drug addiction education; recovery planning, and group and individual sessions.

Private pay fee for service

Outpatient Treatment

Cottage Outpatient Center of San Luis Obispo

(805) 541-9113

Treatment center for alcohol, chemical dependency and mental health. The center provides education, group, individual, and family therapy for adults with mental health and substance abuse problems

SLO Country Drug and Alcohol Services

- Free screening assessment and referral service offered at all clinic sites. Services on a sliding scale fee basis.
- Individual, group, family, and couples counseling available to address alcohol and other drug related problems.
- Outpatient detoxification and referral to inpatient or outpatient treatment services on a limited basis.

San Luis Obispo Office

(805) 781-4753

2945 McMillan Ave. Suite 136

San Luis Obispo

North County Office

(805) 461-6080

3556 El Camino Real

Atascadero

South County Office

(805) 473-7080

1106 Grand Ave

Arroyo Grande

National Agencies:

HIV/AIDS National Hotline

(800) 342-AIDS

www.ashastd.org/nah

(800) 342-2437

American Council for Drug Education

(800) 488-DRUG

www.acde.org

(800) 488-3748

American Lung Association www.lungusa.org	(800) LUNG-USA (800) 586-4872
Center for Substance Abuse Treatment (CSAT) www.treatment.org	(301) 443-5700
Child Abuse Hotline www.childhelpusa.org/child/hotline.htm (800)	(800) 4-A-CHILD (800) 422-4453
Food & Drug Administration www.fda.gov	(888) 463-6332
Nat'l Clearinghouse for Alcohol and Drug Information www.health.org	(800) 729-6686
National Domestic Violence Hotline www.ndvh.org	(800) 799-SAFE (800) 799-7233
National Eating Disorder Hotline www.anad.org	(800) 248-3285
National Inhalant Prevention Coalition www.inhalants.org	(800) 269-4237
National Institute of Drug Abuse www.nida.nih.gov	(888) 644-6432
National STD Hotline www.ashastd.org/NSTD	(800) 227-8922
Partnership for a Drug-Free America www.dadeschools.net/Parents/drugfree	(212) 922-1560
Pharmaceutical Patient Assistance Directory Line www.phrma.org	(800) 762-4636
PRIDE Institute for Lesbian and Gay Mental Health www.pride-institute.com	(800) 54-PRIDE (800) 547-7433
Rape, Abuse, & Incest National Network www.feminist.com/arinn.htm	(800) 656-HOPE (800) 656-4673

APPENDIX D

Endnotes

Endnotes

- ¹ Saltz, Ph.D., Robert F. "Data Collection Methodology Report." Crawford, Scott, ed California Safer Schools Survey. Berkeley: Survey Sciences Group, 2007 276-314
- ² Cal Poly Core Alcohol and Drug Survey Results" 2002
- ³ Alcohol and Other Drugs Resource Handbook California State University Northridge, 2002 9-15
- ⁴ College Drinking-Changing the Culture. 7/11/2007 National Advisory Council on Alcohol Abuse and Alcoholism. 12/06/07 < www.collegedrinkingprevention.gov>.
- ⁵ Office of Student Rights and Responsibilities. 8/23/07 Cal Poly State University. 12/06/07 <www.osrr.calpoly.edu/alcohol_policy.html>.
- ⁶ Alcohol Addiction Info. Alcohol Addiction Info. 12/06/07 <www.alcohol-addiction-info.com/Alcohol_Addiction_Self_Assessment_Tools.html>.
- ⁷ 101 Ways to Have Fun in SLO. 9/13/07 Cal Poly State University/Health and Counseling Services/PULSE. 12/06/07 <www.hcs.calpoly.edu/101Ways.pdf>.