



## OPTIONS

### What is OPTIONS?

Black Hills State University's alcohol/drug prevention program. This program is based on an educational and harm reduction approach. The intention is to engage students in a self-reflective process, in a non-judgmental environment, where they may notice substance-use behaviors, contemplate whether a change is desired and be given new knowledge to help create a personal plan.

### Who is OPTIONS for?

Black Hills State University students who desire more information about making safer choices regarding alcohol/drug consumption. OPTIONS is also available to students who have received an alcohol/drug violation on campus and is designed to be completed in two sessions.

### What is included in the OPTIONS program for alcohol?

**Session 1** – Meet individually with a counselor for 1 hour.

- Exploration of history and usage of alcohol
- Discussion of the events that occurred.
- Completion of assessment tools to gain personalized and confidential feedback about alcohol.
- Time permitting, start the “Choice’s Journal.”

**Session 2** – Meet individually or in a small group with a counselor for 1 hour.

- Open discussion of the “Choice’s Journal.”

### What is included in the OPTIONS program for drugs/marijuana?

**Session 1** – Meet individually with a counselor for 1 hour.

- Exploration of history with drugs/marijuana
- Discussion of the events that occurred.
- Completion of assessment tools to gain personalized and confidential feedback about drug/marijuana use.
- Two videos: “Your Brain on Drugs” Marijuana” and “What Happens When You Quit Marijuana”. Followed by a short quiz on each.

**Session 2** – Meet individually or in a small group with a counselor for 1 hour.

- Open discussion of the five assigned articles: “Is marijuana addictive”, “What are Marijuana’s Long-Term Effects on the Brain”, “Is Marijuana a Gateway Drug”, “How does Marijuana Usage Affect School, Work, and Social life”, and “Is Marijuana safe and Effective as Medicine?”.

### Where is OPTIONS available?

BHSU Counseling Center: Located in Student Health Services in the Student Union

### When is OPTIONS?

Offered during Counseling Center appointment hours: 9:00 am through 11:00 am, 1:00 pm through 3:00 pm. Sessions last one hour.

### How do I sign up?

By calling BHSU Student Health & Counseling Center ~ 605-642-652

**What happens once I am done?**

An email confirmation of completion will be sent by your counselor to the Student Life office.

**What happens if I miss an appointment? \*\*\*\***

If you are needing to miss an appointment, this is ok. Please notify the Counseling Center as soon as possible so we can get you rescheduled. However, if you miss an appointment without notification, this will be considered a “no-show”. One no-show will be accepted, and you may reschedule your appointment. Any future no-shows will be considered a failure to complete the program and residence-life will be notified as such.

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