

December 4, 2020

## Maintaining a Safe and Drug-Free Campus

Dear Panthers,

I know this is an incredibly challenging time for everyone, and I appreciate your patience as we navigate a new normal.

It is human nature to worry and go through periods of anxiety and fear. Given the ongoing threat and uncertainty of COVID-19, it is understandable that those feelings may now be more frequent or intense. Healthy coping strategies are more essential than ever to help us through this uncharted territory. Some people may turn to drinking alcohol or using other drugs more frequently or heavily to cope. However, this could enhance anxiety and other mental health issues or make it more likely for problematic patterns of use to start or continue.

I want you to know that we continue to have resources available to all students, which I have listed below and in the link to [UWM's Drug-Free Campus Notifications document](#), which contains additional off-campus resources. Many of the resources offer telehealth (i.e., phone or online) services and support.

As we approach the Winterim term, I know many of you are looking forward to taking classes and being part of our community. Please remember we are here for you. If you have any questions you can contact me at [jussel@uwm.edu](mailto:jussel@uwm.edu) or [@adamjussel](https://twitter.com/adamjussel).

### Adam Jussel

Dean of Students

University of Wisconsin-Milwaukee

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## Resources

Substance use among college students affects all aspects of University life, including student well-being, academic performance, the educational environment, and the quality of life on campus and in the surrounding communities. In an ongoing effort to mitigate high-risk behaviors, UWM has instituted a variety of alcohol and other drug (AOD) prevention and intervention initiatives.

On-campus confidential brief screening and intervention services are available to students through Norris Health Center. Students who would like to participate can learn more and sign up on [UWM's Brief Alcohol & Other Drug Screening & Intervention Program \(BASICS\) website](#).

[University Counseling Services](#) provides confidential AOD assessment, brief counseling, crisis counseling and referral assistance for students on the **Milwaukee Campus**. Students may call 414-229-4133 or visit the [University Counseling Services website](#) for more information.

Students who attend **UWM at Waukesha** may call 262-521-5480 or visit the [Campus Counseling Center website](#) for more information.

Students who attend **UWM at Washington County** may call 262-335-5233 or visit the [Campus Counseling Center website](#) for more information.

[SilverCloud](#) is an online mental health tool available to all students at no cost. It offers self-guided programs for anxiety, depression, stress, resilience, or insomnia. Based on cognitive behavioral therapy principles, the self-guided program is available any time, on any device. Aimed at helping to address mild to moderate issues, SilverCloud allows individuals to manage day-to-day stressors personally and anonymously.

[You@UWM](#) invites students to create a confidential profile to discover hundreds of personalized tips and resources to tackle their academics, career path, stress and social life. Many tips pertain specifically to healthy coping strategies during the pandemic.

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The [Drug-Free Workplace Act of 1988](#) requires institutions to certify they maintain a drug-free workplace as a condition for receiving federal grants and contracts. [The Safe and Drug-Free Schools and Communities Act](#) also requires institutions to certify they have adopted and implemented programs that help prevent the unlawful possession, use or distribution of drugs and alcohol by students and employees. These Acts include a requirement that institutions notify students and employees of unlawful activities, sanctions, prevention programs and resources concerning alcohol and other drugs.

### Drug-Free Campus Policy

UWM strives to maintain a safe, productive, and drug-free environment and I encourage you to review [UWM's Drug-Free Campus Notifications Document](#). This document includes UWM's Drug-Free Campus Policy; a description of UWM, Wisconsin, and Federal sanctions for alcohol and drug-related offenses; a summary report on the health effects of drug and alcohol use; and a general list of available campus and community resources for assistance with alcohol and other drug issues.

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[Additional information regarding alcohol and other drug use](#), as well as available resources, can be found on the [Norris Health Center website](#). If you have any questions concerning the effects of drug and alcohol use or prevention programs at UWM, please contact [Susan Cushman](#), MPH, CHES, Campus Alcohol & Other Drug Coordinator, Norris Health Promotion and Wellness at [cushman@uwm.edu](mailto:cushman@uwm.edu).