**RESOURCES FOR ALCOHOL & DRUG USE**

**CAMPUS and COMMUNITY SUPPORTS/RESOURCES**

**LARAMIE COUNTY COMMUNITY COLLEGE RESOURCES**

**LCCC Dean of Students:**

 (307) 778- 1223 • Clay Pathfinder Building, Suite 207

Students involved with alcohol conduct violations may meet with the Dean of Students to address the matter. The Dean of Students also serves as a support to students who may be seeking alcohol treatment and are wanting to explore their academic options.

**LCCC Campus Safety:**

 (307) 778-1122 • (307) 630-0645

Provides students with options for maintaining and/or improving their safety on campus. Campus Safety can also provide support for someone who is currently under the influence of substances.

**LCCC Counseling and Campus Wellness**

 (307) 778-4397 • Clay Pathfinder Building, Suite 207

Offers free and confidential counseling services to students who may be concerned about their own substance use or the use of substances by another individual. At the student’s request, assists student in determining the severity of their use, developing methods for reducing or abstaining from use, and educates about the effects of substance use. Counselors can also provide community treatment referral options.

**LCCC Residence Hall Coordinator**

 (307) 432-1798 • Residence Hall, Room 100

Students living in the Eagle Village Residence Hall can seek support from the Residence Hall Coordinator if they are concerned about someone consuming alcohol or drugs. The Residence Hall Coordinator will also assist with substance use conduct violations.

**LCCC Student Rights and Responsibilities:**

 lccc.wy.edu/life/handbook/

This document provides students with their rights and responsibilities as a student, and specifically, addresses when and how substance use results in a conduct violation, as well as, a student’s rights when involved in the conduct process.

**CHEYENNE COMMUNITY RESOURCES**

**Cheyenne Regional Medical Center:**

 (307) 633-7610 • 214 E 23rd St, Cheyenne, WY

Emergency Room

CRMC can medically detox individuals who may need to be monitored by health professionals.

Intensive Outpatient Services, Behavioral Health Services • (307) 633-7382

Provides intensive, outpatient treatment for substance use. Also, addresses any co-occurring mental illnesses.

**Cheyenne Police Department:**

 Non-emergency (307) 637-6524 • Emergency 911 • 415 W 18th St, Cheyenne, WY

**Laramie County Sheriff’s Department:**

 Non-emergency (307) 633-4700 • Emergency 911 • 1910 Pioneer Ave, Cheyenne, WY

**Alcoholics Anonymous:**

 (307) 632-7706 • 300 Derr Ave, Cheyenne, WY

www.aa-wyoming.org • www.aa.org

AA 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. Meeting times and locations can be accessed through the AA website.

**Al-Anon:**

 (888) 401-4446

www.wyomingal-anon.org • www.al-anon.alateen.org

Friends and families of problem drinkers find understanding and support at Al-Anon.

Group meeting times can be accessed at the website above.

**Celebrate Recovery:**

 (307) 778-6431 • 7505 US Highway 30, Cheyenne, WY

www.cheyennehills.org/ministries/across-the-street/celebrate-recovery/

Provided by Cheyenne Hills Church, Celebrate Recovery is a biblical and balanced program that helps individuals overcome hurts, hang-ups, and habits.

**Foundations Counseling and Consulting of Wyoming, LLC:**

 (307) 638-4092 • 515 East Carlson, Ste 104, Cheyenne, WY

www.foundationswyoming.com

Provide substance abuse assessment and programming, including domestic violence and anger management.

**Health Works:**

 Substance Abuse Treatment (307) 635-3618 • 2508 E. Fox Farm Rd. 1-1A, Cheyenne, WY

www.wyhealthworks.org

While Health Works provides a variety of medical care services, dental care, and pharmacy options, they also offer Substance Abuse treatment. Health Works can provide a sliding fee scale for eligible patients.

**Narcotics Anonymous:**

 (307) 632-7706 • 300 Derr Ave, Cheyenne, WY

www.sober.com/meetings/na?city=cheyenne&state=wyoming • www.na.org

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. Meeting regularly helps each other to stay clean. Meeting times and locations can be accessed through the website above.

**Pathfinder:**

 (307) 635-0256 • 1920 Thomes Avenue, Suite 320, Cheyenne, WY

www.pathfinderwy.org

A community drug and alcohol abuse treatment center offering court-ordered assessments and Intensive Outpatient Treatment.

**Peak Wellness Center:**

www.peakwellnesscenter.org

Outpatient & Intensive Outpatient Services (307) 634-9653 • 2526 Seymour Ave, Cheyenne, WY

Provides individual counseling for mental health and substance abuse concerns, as well as, assessment of substance use treatment needs. Fees can be assessed based on a Sliding Fee Scale.

Alcohol Receiving Center, Detoxification (307) 632-6433 • 2310 E 8th St, Cheyenne, WY

In a safe and supportive environment, individuals can withdraw from alcohol or other substances under the observation of trained staff.

Transitions Recovery Program, Residential Treatment (307) 632-6433 • 2310 E 8th St, Cheyenne, WY

Offers long-term, residential treatment for men seeking recovery from alcohol and substance dependence.

**Recovery Wyoming:**

 (307) 421-7261 • 122 W Lincolnway, Cheyenne, WY

www.recoverwyoming.org

Provides support to people seeking a long-term solution from addiction in a safe, welcoming, and sober space. Services include basic information, meetings, phone support, socialization, referral recommendations.

**Specialty Counseling:**

 (307) 426-4797 • 4025 Rawlins St., Cheyenne, WY

www.specialtycounseling.com

Provides outpatient aftercare, DUI education, Intensive Outpatient Programming, and individual and group sessions for substance abuse.

**MILITARY RESOURCES**

 **Air Force- Alcohol and Drug Abuse Prevention Treatment (ADAPT)**

(307) 773-2998 • F.E. Warren Air Force Base • 6900 Alden Drive

The ADAPT program provides services members with substance abuse groups, preventative education, and referrals for inpatient treatment. These services are also available to Wyoming Air National Guard members.

**Cheyenne Veteran Affairs Medical Center**

 (307) 778-7349 • 2360 E Pershing Blvd, Cheyenne, WY 82001

www.cheyenne.va.gov/services/mentalhealth.asp

Student Veterans seeking treatment for substance abuse can access services through the Mental Health department. Services include residential treatment, outpatient, and substance abuse groups. Veterans begin the process with a walk-in appointment at the Mental Health department to be assessed for treatment needs.

**LARAMIE, WY RESOURCES**

**Ivinson Memorial Hospital:**

 Non-emergency (307) 755-4370 • Emergency 911 • 24 Hour Crisis Line: (307) 742-0285

 255 North 30th Street, Laramie, WY

Provides **medical detoxification** for alcohol and opioid use, daily groups and individual counseling for co-occurring mental illness and substance abuse, and referrals for long-term recovery treatment.

**Laramie Police Department:**

 Non-emergency (307) 721-2526 • Emergency 911 • 620 Plaza Court, Laramie, WY

**Al-Anon:**

 (307) 760-4716 • Trinity Lutheran Church, 107 S 7th St., Laramie, WY

www.wyomingal-anon.org

Friends and families of problem drinkers find understanding and support at Al-Anon. Group meeting times can be accessed at the website above.

**Alcohol Wellness Alternatives, Research, & Education (AWARE), University of Wyoming:**

 University Counseling Center • (307) 766-2187 • 1000 E University Ave, 341 Knight Hall, Laramie, WY

www.uwyo.edu/ucc/aware/

The AWARE program through the University of Wyoming is available for students taking at least one class through the University of Wyoming. LCCC students enrolled in at least 1 credit with UW would be eligible for this service.

**Alcoholics Anonymous:**

www.aa-wyoming.org

AA 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. Meeting times and locations can be accessed through the AA website.

**Clinic for Mental Health and Wellness:**

 (307) 755-1000 • 504 South 4th Street, Laramie, WY

Provides individual, couples, and group counseling. Offers outpatient and intensive outpatient State Certified Substance treatment. They also provide substance abuse assessments and MIP and DUI classes.

**Counselor Education Training Clinic, University of Wyoming:**

 (307) 766-6820 • 1000 E University Ave, bottom floor of Education building, Laramie, WY

www.uwyo.edu/clad/counseling/counseling-training-clinic.html

Offers FREE counseling services for the Laramie Community and University of Wyoming Students. Also provides substance abuse evaluations for a fee of $50.

**Peak Wellness Center:**

 (307) 745-8915 • 1263 N 15th Street, Laramie, WY

www.peakwellnesscenter.org

Provides individual and group counseling substance use treatment on an outpatient and intensive outpatient programming level. Assesses for level of treatment needed. Fees can be assessed based on a Sliding Fee Scale.

**OTHER WYOMING RESIDENTIAL TREATMENT OPTIONS**

**Cedar Mountain Center, West Park Hospital:**

 (800) 775-6016 • 707 Sheridan Ave, Cody, WY

www.westparkhopsital.org/service-cedar-mountain.aspx

Located in Cody, WY, Cedar Mountain Center provides inpatient chemical dependency treatment, alcohol education, detox services, and aftercare services.

**Southwest Counseling Service:**

 (307) 352-6677 • 2300 Foothill Blvd, Rock Springs, WY

www.swcounseling.org

Provides residential, inpatient treatment for chemical dependency and co-occurring mental health disorders. Additional services include intensive outpatient programs, alcohol education, DUI classes, relapse prevention, aftercare, domestic violence groups, drug and alcohol assessments, and anger management groups.

**Wyoming Recovery:**

 (888) 453-5220 • 231 South Wilson Street, Casper, WY

http://wyomingrecovery.com

Provides residential, inpatient chemical dependency treatment as well as treatment for co-occurring mental health disorders. Additional services include detoxification, day/evening treatment, intensive outpatient programming, aftercare, and medication management for sobriety enhancing medications.

**NATIONAL HELPLINES and ORGANIZATIONS**

**CSAT, Center for Substance Abuse Treatment:**

24-hour National Treatment Referral Hotline: (800) 662-HELP

Offers information and referral services to people seeking treatment programs and other assistance.

**NIDA, National Institute on Drug Abuse:**

www.drugabuse.gov

This website offers information and the science behind the causes and consequences of drug use and addiction.

**NIAAA, National Institute on Alcohol Abuse and Alcoholism:**

www.niaaa.nih.gov

NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. Their website offers facts, publications and multimedia, as well as, research and grant funding opportunities.

**SAMHSA, Substance Abuse and Mental Health Administration:**

www.samhsa.gov/treatment/substance-use-disorders

Find treatment options in your area: [www.findtreatment.samhsa.gov/](http://www.findtreatment.samhsa.gov/)

SAMHSA leads public health efforts to advance the behavioral health of the nation and reduce the impact of substance abuse and mental illness on America’s communities. Their website has a plethora of articles and research regarding substance abuse and mental illness.

**ULifeline:**

www.ulifeline.org

ULifeline is an online resource for college mental health, including substance use. Visit this website to view signs and symptoms of abuse and dependency, as well as, information about how to get help.

**Recognizing Signs and Symptoms of Substance Abuse**

**Substance use generally begins with experimentation but with prolonged use, individuals may begin to use more frequently and increase the amount of consumption. Some drugs have a higher risk for developing dependency and each substance may elicit different signs of substance use. If you are noticing the following symptoms, you may want to seek professional support:**

* Feeling that you have to use the drug regularly
* Experiencing intense urges for the substance
* Over time, needing more of the substance to achieve the desired effect
* Focusing on keeping a supply of the substance
* Experiencing financial difficulties as a result of your use
* Not meeting social and work obligations and responsibilities
* Engaging in risky behavior when you are under the influence
* Failing in your attempts to decrease or stop use
* Experiencing withdrawal symptoms when you attempts to stop using the substance

**Additional concerns may include,**

* Problems at school or work- frequent absences or sudden disinterest in activities
* Physical health issues
* Neglected appearance and hygiene
* Changes in behavior and mood
* Spending money- may result in stealing to acquire money

**For more information on signs and symptoms of recent use, visit** [**www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970**](http://www.mayoclinic.org/diseases-conditions/drug-addiction/basics/symptoms/con-20020970)