

## Alcohol: On-campus counseling program explains the risks of abuse

Students will only be eligible for peer counseling for their first citation. For a second violation, a student will be directly referred to Busted, he said.

Residence Hall complex directors will also decide whether the new program is appropriate for students caught drinking in their halls.

The one-hour assessment interviews can be held individually or in small groups of eight to 10 students.

University students trained in alcohol and drug treatment will lead each counseling session, but Favreau will supervise the program. Student counselors aren't paid, but will receive practicum credit for their work.

Counselors will use methods of motivational interviewing, a form of therapy that encourages people to think about their options and what they could have done differently, Favreau said.

"It will encourage students to think 'What about me?'" Favreau said.

Ketchum plans to talk to offenders about the history and pattern of their drug use. All information presented during a counseling session will be confidential, she said.

If the counselor determines that

the student suffers from addiction and that further treatment is needed, they will refer him or her to the Counseling and Testing Center, she said.

Counselors will also discuss how to lower the potential risks of alcohol use, Favreau said.

"It's not my role to judge what is right or wrong," Ketchum said. "It's my role to talk about what the consequences are and what to do about it."

If a student is cited off-campus by Eugene police, he or she will most likely be referred to a city program called In Charge, which is very similar to the Busted course, Favreau said.

Freshmen Brennan Pothetes and Gabriel Wahomund said neither program would deter their use of alcohol, but both said they would choose peer counseling over the Busted course.

"(Counseling) seems more personable," said Pothetes. "One-on-one counseling would give you more attention than being in a class."

Contact the crime, health and safety reporter at [kgagnon@dailyemerald.com](mailto:kgagnon@dailyemerald.com)



KATE HORTON | PHOTOGRAPHER

Darcy Ketchum is one of the counselors for the Substance Abuse Prevention Program. The program offers alcohol and drug abuse counseling for students who are caught with illegal substances.

### REC AEROBICS FALL 2005

|                | Monday                          | Tuesday                       | Wednesday                       | Thursday                      | Friday                 |
|----------------|---------------------------------|-------------------------------|---------------------------------|-------------------------------|------------------------|
| 12:00<br>12:50 | Basic Step<br>Jessica           |                               | Basic Step<br>Jessica           |                               | Basic Step<br>Jessica  |
| 1:00<br>1:50   |                                 |                               |                                 |                               | Body Sculpt<br>Jessica |
| 4:00<br>4:50   | Kickbox<br>Aerobics<br>McKenzie |                               | Kickbox<br>Aerobics<br>McKenzie |                               |                        |
| 5:00<br>5:50   | Body Sculpt<br>McKenzie         | Body Sculpt<br>Cindy          | Body Sculpt<br>McKenzie         | Body Sculpt<br>Cindy          |                        |
| 6:00<br>6:50   |                                 | Kickbox<br>Aerobics<br>Michie |                                 | Kickbox<br>Aerobics<br>Michie |                        |

#### REGISTRATION

Starts Monday, September 26<sup>th</sup>, 8:00 am to 5:00 pm. Classes run from October 3<sup>rd</sup> - December 2<sup>nd</sup> (nine weeks). Workout sessions are held in Room 41, Student Recreation Center. Classes subject to change; check with the Rec Sports office. To purchase a Punch Card or to enroll in a Cycling class drop by 102 Esslinger Hall. For more information call 346-4113.

#### Cost:

1 day punch card \$5  
5 punch card \$20  
10 punch card \$30  
20 punch card \$40  
Unlimited punch \$50

Group Cycling Classes (These are not part of the punch card system; you must enroll, 30 students maximum, begins week two, October 3<sup>rd</sup>).

#### Group Cycling

| Day | Time     | Location | Cost | Instructor |
|-----|----------|----------|------|------------|
| MW  | 6-6:50pm | Rec 41   | \$45 | Jessica F. |
| UH  | 4-4:50pm | Rec 41   | \$45 | Cindy      |
| UH  | 7-7:50pm | Rec 41   | \$45 | Jessica M. |

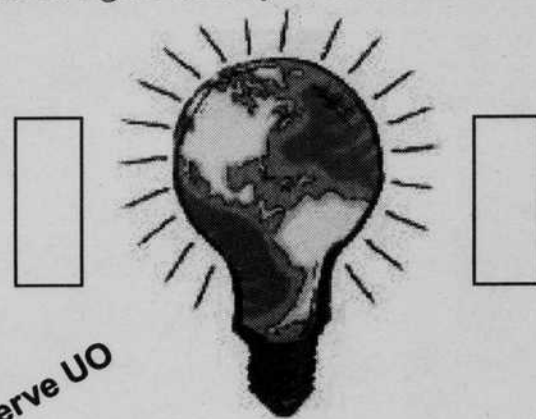
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