

ALCOHOL & OTHER DRUGS

What to Consider

Pennsylvania law states the drinking age is 21 and over. When you choose to drink consider the following:

- Set a limit for yourself before you go out and keep track of how much you drink. Count bottle caps, tabs or coins, anything to help you remember how much you've had. It's important to have fun but know your limit to avoid blackouts and total loss of control. Those things ruin your night anyway.
- Alternate drinking alcohol with a nonalcoholic drink. This helps slow your pace and increases your time of having fun.
- Eat before and during your drinking experience. It helps you keep that slower pace you set for yourself.
- Go out with a group of friends who are in agreement about the safety measures. It helps everyone have a better time.
- Consider other activities for having fun around Pittsburgh as well.

If you violate the University of Pittsburgh Alcohol Policy or receive an underage drinking citation by campus police:

- For a description of the University Alcohol Policy see your Student Code of Conduct and Judicial Procedures.
- If cited you will meet with your Resident Director or Judicial Affairs Official to discuss the incident and review charges and sanctions.
- If you are referred to P.E.A.R. for alcohol and other drug education, call Student Health Education Office at 412-383-1830 to register by the date set at your judicial meeting.
- If you are referred for an alcohol or other drug assessment, call the Counseling Center at 412-648-7930 and state that you need an alcohol assessment. Make sure you call by the date set at your judicial meeting.
- The Resident Director or Judicial Affairs Official will review other sanctions with you and the schedule to complete them.
- If there is an underage citation, dealing with the district justice court is a separate legal matter and is in addition to dealing with the university.

The University of Pittsburgh Counseling Center provides alcohol and other drug assessments.

Please contact the Counseling Center office at 412-648-7930 by the date suggested at referring office. The receptionist will gather registration information confidentially and set the appointment. The certified addictions counselor will see you for a minimum of 1 to 3 sessions to discuss your experience. You may be asked to complete a written inventory during those sessions as well. The sessions are designed to support you in your efforts to understand how to be safe and take care of yourself in relationship to alcohol and other drug use. After you assessment judicial affairs or your referral source will be notified that you completed. The Counseling Center will also provide alcohol and other drug assessments if you are cited by Pittsburgh City Police off campus. No special fee is involved. The Education classes required by some city courts are not provided by the Counseling Center. They are provided at Student Health Education office in the fall and spring terms only. A nominal fee for Student Health Education classes is charged for referrals from city courts.