

Our Services

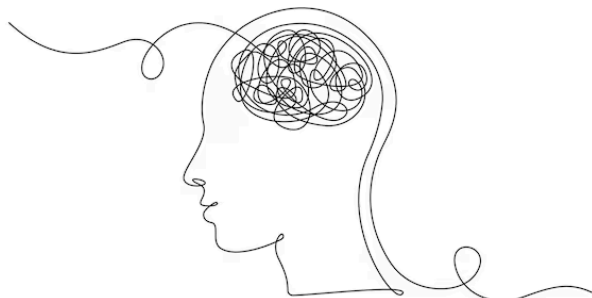
- Confidential Services (HIPPA, 42CFR Compliant)
- Screening and Assessment of all substance use
- Screening and Assessment of co-occurring mental health concerns such as depression, anxiety, mood, gambling, and other behaviors of concern.
- Treatment Planning
- Individual Counseling that includes coping strategies to cut back or abstain specific to individual students goals.
- Group Counseling
- Psychiatric Services
- Coordination of Care
- Crisis and Urgent Appointments
- Consultations: including how to help a peer

Referrals to Community Providers for:

- Detox
- Substance Use Recovery Centers
- Recovery Coaches
- PC Alum Peer to Peer Recovery Support Network

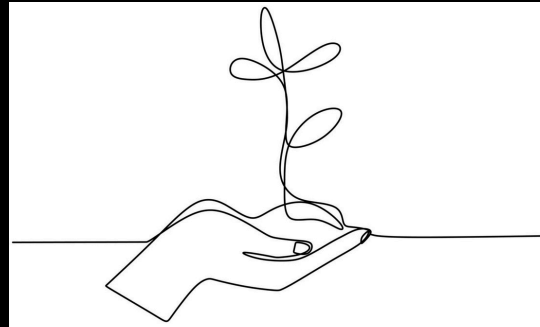
Confidential Online Self Assessment Tools

- E-Chug—assess your alcohol use
- E-Toke—assess your marijuana use



Individual @ PCC

At the Personal Counseling Center, our primary focus is on providing individualized therapy services, tailored to meet the unique needs of each student. Our therapists specialize in a range of therapeutic approaches that help students navigate their goals around mental health and substance use. In addition to individual therapy, we offer educational programs on alcohol and drug use, emphasizing harm reduction techniques and the promotion of healthy choices. We also support the journey of recovery by connecting students with the PC Graduate Peer Recovery Support Network for peer guidance. For those needing more intensive care, we facilitate referrals to specialized treatments such as partial hospital programs, intensive outpatient programs, and detox facilities. Moreover, we connect students with vital community resources, including peer recovery coaches and various support groups like Alcoholics Anonymous and Narcotics Anonymous, ensuring comprehensive support both on and off campus.



Groups @ PCC

Group counseling offers a unique opportunity for individuals to connect, share experiences, and gain support from others facing similar challenges.

Anonymous – A weekly group for students who want support as they rethink the ways they use substances.

When Friends or Loved Ones Struggle With Addiction: a Peer Support Group - a place to discuss the impact of addiction on relationships and how to remain mindful to your own health and happiness.

If interested contact sellingw@providence.edu or pgray4@providence.edu

Community Providers

AA (Alcoholics Anonymous) - rhodeisland-aa.org
NA (Narcotics Anonymous) - nerna.org
SMART Recovery - smartrecovery.org
Moderation Management - moderation.org
AL-ANON - when you have loved ones struggling with substance use - riafg.org
Gambling Assistance, Crisis Line and Treatment: 401-499-2472
Gambling Anonymous - gamblersanonymous.org

Butler Hospital - 1 (844) 401-0111

- Intensive Outpatient Program (IOP)
- Inpatient Care & detox services
- Wrap around Services



Lifespan Recovery Center: lifespan.org/centers-services/lifespan-recovery-center



- Prescribing Suboxone or Vivitrol for opioid use disorder, medications for alcohol use disorder, and combining medications with therapy for co-occurring psychiatric conditions.
- Individual & group therapy, in-person or via telehealth
- Case management/care coordination & Peer support

Anchor Recovery - (401) 889-5770

- Community Centers
- Peer Recovery Specialists
- Telephone Support
- NARGAN & Safe Stations PVD



Prevent Overdose RI - <https://preventoverdoseri.org/>

- NARGAN & Fentanyl Test Strips
- Safe Medication and Needle Disposal
- Substance Use Education and Data



CODAC - <https://codacinc.org/>

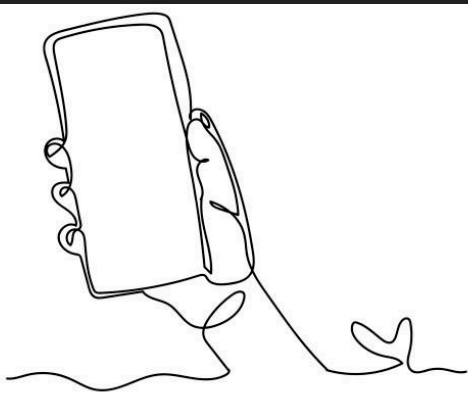
- Substance Use Treatment Center
- Medication Assisted Treatment (MAT) for Opioid Use Disorder
- Intensive Outpatient Program (IOP)
- General Outpatient Services



Adcare: <https://adcare.com/programs/>

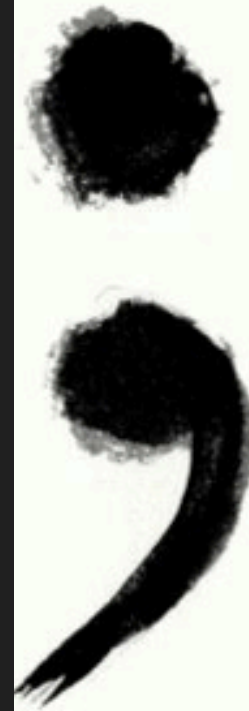
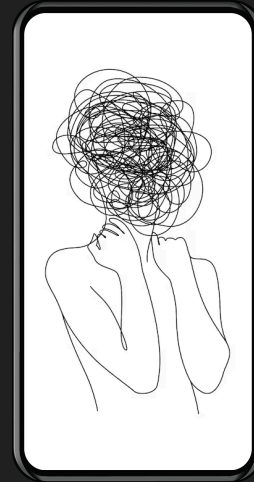
- Medical Detox & Inpatient Residential
- Addiction Focused Healthcare
- Partial hospital (PHP) day treatment & Intensive Outpatient (IOP)
- Outpatient Therapy in person or telehealth





To Schedule an Appointment
Call: 401-865-2343 and request an appointment with the Substance Use Services Branch

Location and Hours:
Lower level of Bedford Hall
Monday through Friday 8:30 to 4:30
Evening hours available by appointment



*Personal Counseling
Center*

**SUBSTANCE
USE SERVICES**

Providence College

Self Assessments



e-CHUG

(Alcohol Check-up to Go): An anonymous online assessment tool that allows students to enter information about their drinking patterns and receive feedback about their use of alcohol.

The survey takes about 15 minutes to complete.
Provides quick, confidential feedback.

Allows for a personal check-up on multiple occasions to track changes in alcohol use and risk (just keep your e-CHUG identification number).



e-TOKE

(Marijuana Check-Up to Go): An anonymous online assessment tool that helps students to evaluate their marijuana use by using personalized information about their behaviors and risk factors.

The survey takes about 15 minutes to complete.
Provides quick, confidential feedback.

Allows for a personal check-up on multiple occasions to track changes in marijuana use and risk (just keep your e-TOKE identification number).

In Case of an Emergency, What Do I Do?

Regular business hours call 401-865-2343

After-hours crisis line call the same number and select option 2.

Public Safety 401-865-2222

Off-campus emergencies should dial 911.

Additional support is available 24/7 through the National Suicide Prevention Lifeline (1.800.273.8255)

Crisis Textline (text HELLO to 741-741) – both services are free and confidential.