

# Alcohol and Substance Abuse Resources

## On-Campus Resources

### Health Center

Open 24/7 | 11 Merriam St | **509-527-5281**

### Counseling

*One-to-one Counseling, Motivational Interviewing, BASICS survey*

M-F, 8 12 1-5 | 520 Boyer Ave. | **509-527-5195**

### Sober@Whitman

A small confidential group of members of the Whitman community-- students, faculty, staff, local alumni are all welcome-- who meet weekly to support each other in recovery from addiction(s) to alcohol and other addictive substances and behaviors.

**email: [sober@whitman.edu](mailto:sober@whitman.edu)**

### BASICS Survey

*(Brief Alcohol Screening and Intervention for College Students)*

BASICS is designed to assist students in examining their drinking and other drug use behavior in a judgment-free environment. BASICS is not an abstinence-only program. Instead, the goals are selected by the student and aimed at reducing risky behaviors and potential harmful consequences. Services provided through the BASICS program are non-judgmental, non-labeling, and confidential. *If interested in completing the survey, please contact the Counseling Center.*

### eCheck

Is an interactive web survey that allows Whitman students to enter information about their drinking patterns and receive immediate feedback about their use of alcohol. eCHECKUP is self-guided, and requires no face-to-face contact time with a counselor.

**website: [whit.mn/echeckup](http://whit.mn/echeckup)**

### SMART PHONE APPLICATIONS

*Alcohol Monitoring APP*

iDrinkSmarter

Baccards.com

*Marijuana Monitoring APP*

WEEN

## Community Resources

### Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.

First Congregational Church

73 Palouse, Walla Walla | **509-522-5059**

### Blue Mountain Heart to Heart

HARM REDUCTION COALITION

Services Offered: Syringe Access. Support/Counseling. Advocacy/Activism. HIV Testing. Case Management, Alternative Treatment Resources, Community Prevention, Overdose Prevention (NARCAN)

Hours: Monday – Thursday 8:30am – 5pm

Closed 12 to 1 for lunch

Fees: No Fees

**509-529-4744** | 2330 Eastgate St. Suite 105, Walla Walla  
**[educator@bluemountainheart.org](mailto:educator@bluemountainheart.org)**

### LifeRing

Is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. Many LifeRing members attend other kinds of meetings or recovery programs, and we honor those decisions. Some have had negative experiences in attempting to find help elsewhere, but most people soon find that LifeRing's emphasis on the positive, practical present-day can turn anger and despair into hope and resolve. LifeRing respectfully embraces what works for each individual.

When: Wednesdays at 7:00 PM

Where: First Congregational Church | Fireplace Room  
3rd Floor | 73 S Palouse Street,  
Walla Walla, WA 99362

**Contact: [liferingww@gmail.com](mailto:liferingww@gmail.com)**

**more resources on back page**

## Community Resources (continued)

### Serenity Point Counseling

A family owned company, dedicated to serving those with addictions. Serenity Point counselors are trained professionals who have met the educational and internship requirements for Certified Chemical Dependency Professionals as required by the Washington State Department of Health.

Many of the Serenity Point counselors are Certified Chemical Dependency Professionals and are also Masters and Bachelor level Social Workers. Serenity Point Counselors utilize and practice evidence-based practices that include Motivational Interviewing, Twelve Step Facilitation Therapy, Relapse Prevention Therapy, and Cognitive Behavioral Therapies depending on the assessment process and identification of patient's individual needs.

**Certified by the Division of Behavioral Health and Recovery To Provide:**

*DUI Evaluation*

*Intensive Outpatient  
Outpatient*

*Alcohol and other Drug Addiction Information School  
(ADIS)*

*Treatment Services for Adults and Adolescents Include:  
Assessment*

*Group Therapy*

*Individual Therapy*

*Family Therapy*

*Mentally Ill Chemical Abuse*

**509-529-6036** | [info@serenitypointcounseling.com](mailto:info@serenitypointcounseling.com)  
**serenitypointcounseling.com**

### Trilogy Recovery Community

Trilogy is a grassroots collaboration of parents, youth, concerned citizens, and community leaders who believe that all children deserve to live in a drug-free community. The name "Trilogy" emphasizes the critical importance of Youth, Families, and Community working together to help young people remain drug free. Support services free of charge to anyone in need.

Services: Group therapy for Whitman students, Recovery Coach, Counseling, Family Support

Hours: 9 am-6 pm, Monday-Friday  
120 E. Birch Suite 14, Walla Walla | **509-876-4525**  
**www.trilogyrecovery.org**

## Helpful Websites

With literally thousands of websites to choose from, where do you go first? Trilogy staff narrowed the choices, selecting what they believe are some of the most informative and trustworthy websites available on addiction and recovery. Each website has its own list of links to other helpful websites. Please do not hesitate to contact Trilogy with any questions or concerns regarding these websites.

### INTERVENTION WEBSITES

**www.interventionhelp.com**

Intervention specialist Joyce Sundin offers information about how interventions work, personal stories, and resources related to helping your loved one into treatment and long-term recovery.

**www.lovefirst.net**

Intervention specialists Debra and Jeff Jay offer solid advice on intervention as well as a list of intervention specialists and an Alcoholism and Addiction quiz to help spot a problem. Clinical Interventionists: Intervention specialists Debra and Jeff Jay offer a list of interventionists from across the country.

### LOCAL TREATMENT

**bmc.homestead.com**

Blue Mountain Counseling in Dayton, WA offers multi-dimensional care, including programs in chemical dependency as well as 24 hour Crisis Response Services.

**www.healinglodge.org**

The Healing Lodge of the Seven Nations offers a 60-90 day 12-step based program for males and females ages 13-17. The family program is 3-7 days. This 30 bed residential treatment center is funded by Indian Health Services and the State of Washington and is located in Spokane, WA.

**www.naatp.org**

The National Association of Addiction Treatment Providers website offers a listing of treatment facilities across the country.

**www.serenitypointcounseling.com**

Serenity Point Counseling Services, located in Walla Walla, Washington, offers outpatient treatment, educational services, and group, individual, and family therapy.

**www.sundown.org**

Nationally recognized for its quality programs and professional caregivers, Sundown M Ranch in Selah, Washington is guided by its motto, "The Patient is the Reason We Are Here."

### 12 STEP SUPPORT GROUPS

**www.al-anon.alateen.org**

Al-Anon Family Groups are for anyone who has been affected by someone's problem drinking or drug use. Here you'll find an updated listing of meetings with dates, times, and places.

**www.alcoholics-anonymous.org**

Everything you need to know about Alcoholics Anonymous, including how to find meetings around you.

**www.na.org**

The Narcotics Anonymous official website offers information including when and where to find meetings in your area.

### ONLINE SUPPORT GROUPS

<http://aa-intergroup.org/directory.php>

### FOR MORE ONLINE RESOURCES:

**www.trilogyrecovery.org/resources-web**

**www.lifering.org**