

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

Check web for hours,
services, providers,
and appointment
information

110 Ho Plaza,
Ithaca, NY
14853-3101

Alcohol & Other Drug (AOD) Resources

Is there a problem?

How do you know if your alcohol or other drug use is a concern? College students often experience harm from using alcohol or other drugs. Acknowledging this harm can be difficult, especially when it seems like other students are experiencing the same thing. But it makes sense to be concerned if you experience unwanted consequences from drinking or using drugs.

In the past year, have you:

- used alcohol or other drugs more than intended?
- vomited or been injured as a result of using alcohol or other drugs?
- not remembered part of an evening when you drank or used drugs?
- regretted “hooking up”?
- engaged in behaviors while under the influence that you wouldn’t when sober?
- felt guilty about, or regretted, your use?
- found that alcohol or other drugs interfered with your academics or other responsibilities?
- considered making changes regarding your alcohol or other drug use?
- been concerned or had someone else express concern about your use?

If you answered “yes” to any of the above, it makes sense to take a deeper look at your use of substances. Consider making an appointment for BASICS or taking a free on-line assessment (available at health.cornell.edu [search “self assessment”]).

Campus services for students with AOD concerns

Cornell Health offers education, consultation, and referral that is sensitive to the challenges university students face regarding alcohol and other drug use.

Staff members provide services for students who want to learn more about their own use, reduce or eliminate their use, or are worried about a friend or family member’s use.

We are dedicated to providing confidential, non-judgmental care that meets client’s individual goals. Cornell Health also collaborates with members of the campus community as well as service providers in the Ithaca area.



Whether you’re looking for information, community, a conversation, or a meeting, services are available.

BASICS

BASICS (Brief Alcohol Screening and Intervention for College Students) is a two-session, in person conversation and feedback process that allows students to evaluate their alcohol and/or other drug use and to explore the extent to which it may be harmful. BASICS appointments can be scheduled via myCornellHealth or by phone at 607-255-5155.

Counseling for individuals

Changing any behavior is hard to do. Talking with a counselor at Cornell Health can help you develop strategies for reducing use or abstaining from alcohol or other drugs. A counselor can help you address any underlying problems (e.g., family issues, depression, or anxiety) that may be contributing to your use of substances. To learn more about individual counseling at Cornell Health, including how to schedule an appointment, call 607-255-5155 or schedule via myCornellHealth.

Consultation services

Friends and loved ones are often the first to notice a substance use problem. Talking to a friend about their drinking or drug use can be difficult. Cornell Health staff are available to consult with students about how to help others. Information is also available on the Cornell Health website: health.cornell.edu [search “concern for other”].

Sober@Cornell

Sober@Cornell is a student organization for those abstaining from alcohol and other drugs (including students in recovery), and others who are interested in exploring and enjoying sobriety at Cornell. Members meet regularly, and organize activities on and off campus. Some members also participate in a sober house at Cornell. Visit SOBERatCornell.org for more information.



AOD Services in Ithaca

The Ithaca community offers an array of services for addressing alcohol and other drug problems.

Self-Help Groups

Self-help groups are available every day of the week, several times a day. (See ithacacommunityrecovery.org/meetings/ for a full listing.)

Alcoholics Anonymous (AA)

AA is appropriate for anyone with questions about their drinking. While many who attend these meetings abstain from alcohol, you do not necessarily need to be ready to stop drinking to benefit from going to AA meetings, listening to the stories of others, and building friendships with others committed to sobriety. Members of the group lead the discussion sessions, and attendance is free. Visit aa.org for more information about AA meetings.

Regular meetings take place on campus or close to the Cornell campus:

- Anabel Taylor Hall, Room 314, Tues. & Thurs., 12:15pm – 1pm
- St Luke’s Church (109 Oak Street, next to Collegetown Bagels), Mon., 8pm
- Young People’s Meeting, 518 W. Seneca St., Thurs., 9pm

Other local meetings: To obtain a more comprehensive list of local AA meetings, visit ithacacommunityrecovery.org.

Marijuana Anonymous (MA)

MA is a free and confidential support group for people who want to stop using marijuana. A local MA group meets at the Ithaca Community Resource Center (518 West Seneca Street) on Wed., 6pm. For more information, visit the Ithaca Community Resource Center website: ithacacommunityrecovery.org

Al-Anon

Al-Anon offers support for those affected by a loved one’s use of alcohol or other drugs. Loved ones may include partners, parents, siblings, and friends. For a list of meetings in the Ithaca area, visit the Ithaca Community Resource Center website: ithacacommunityrecovery.org

Sober Living

Students interested in sober housing (e.g., in recovery from alcohol or other drugs), may consider residence at Sober House, located at 216 Dearborn Place. This student-run, cooperative-style residence, located on North Campus, is for undergraduate and graduate students committed to an alcohol and drug-free lifestyle. Students live with others who can relate, be supportive, and have fun. Visit soberatcornell.org for more information.

Treatment Facilities

There are two state licensed treatment facilities which serve the needs of the Ithaca community, including Cornell.

Alcohol & Drug Council of Tompkins County

Located at 201 Green Street (next to the Tompkins County Public Library, and close to the Ithaca Commons), the Alcohol & Drug Council of Tompkins County offers confidential outpatient treatment. It also offers BASICS, an Impaired Driver Program, and court-ordered assessments. Fees are on a sliding scale and many insurance plans are accepted. For more information, see: alcoholdrugcouncil.org. To make an appointment, call 607-274-6288.

Cayuga Addiction Recovery Services (CARS)

Located at 334 West State Street (on the corner of West State and Plain Street), CARS offers outpatient treatment. CARS accepts most insurance plans, and fees are on a sliding scale. For more information, visit carsny.org. To make an appointment, call 607-273-5500.

Additional support

If you did not see the kind of service, support, or information that you need in this brochure, ask for help. Staff at Cornell Health will be glad to help you find what you’re looking for. Call 607-255-5155 or stop by during business hours. After hours, consider consulting the Cornell Health website (health.cornell.edu), which has an abundance of information regarding alcohol and other drugs [search “AOD”].