

WANT TO BE SEEN AT OUR WELLNESS CENTER?

Appointments may be made online:

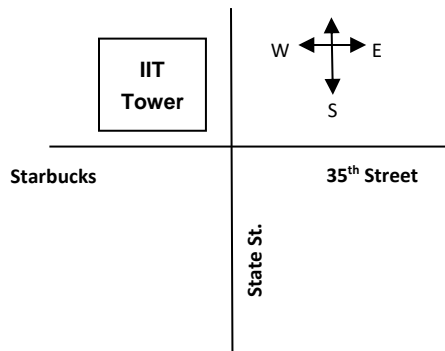
<https://iitpatientportal.pointnclick.com>

MIES CAMPUS

IIT Tower
10 W 35th St
3rd Floor, Suite 3D9-1
Chicago, IL 60616

Monday – Friday 8:30 – 5pm

**Closed from 2 - 3 p.m. every Tuesday*



OUR STAFF

Gary Walley, MS, LCPC.

Director of The Center for Disability Resources
Interim Associate Vice Provost for Student
Health and Wellness

Melody McCray

Associate Director of Operations

Angelica Diaz, MA

Medical Assistant

Abiah Grant, APN

Nurse Practitioner

Kirsten Pelka, APN

Nurse Practitioner

Valerie Voss, MD

Staff Physician

Lisa Horne

Intake Counselor and Outreach Coordinator

Margaret Robling, MD

Consulting Psychiatrist



Alcohol and Drug Resources

Student Health & Wellness Center



Contact Us!

Phone: 312-567-7550

Fax: 312-567-5702

Email: student.health@iit.edu

<http://www.iit.edu/shwc/>

There is a perception that for many students, alcohol and drugs define a part of what it means to be in college. Research, however, indicates that many students choose to not use substances while in college. For some students who choose to use alcohol or other drugs, they may face a myriad of negative consequences including academic, social and legal implications.

If you or someone you know seems to be struggling with issues related to alcohol or substance use, there is support available! Read through this informational brochure to learn about addiction's and local resources available to Illinois Tech students.

MODIFIED CAGE TEST FOR ADDICTIONS

Read through the following four statements. If you answer "Yes" to 2 or more items, you may be experiencing signs of alcohol or drug addiction:

1. Have you ever thought you should cut down your drug or alcohol use?
2. Have you ever felt annoyed when people have commented on your use?
3. Have you ever felt guilty or badly about your use?
4. Have you ever used drugs or alcohol to ease withdrawal symptoms, or to avoid feeling low after using?

If you have questions or concerns about the answers you provided to this questionnaire, consider scheduling a consultation meeting with an SHWC provider to discuss your results and possible referrals.

ON CAMPUS RESOURCE:

Student Health and Wellness Center

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<https://iitpatientportal.pointnclick.com>

LOCAL RESOURCES SPECIALIZING IN ALCOHOL AND SUBSTANCE ADDICTIONS:

*Mercy Hospital**
2525 S Michigan Ave Chicago, IL
Intake line: 312-567-2219
<http://www.mercy-chicago.org/alcohol-drug-dependency>

Mercy Hospital has an Alcohol and Drug Dependency Program (ADDPT) which offers confidential assistance to adults suffering with alcohol and drug addiction. Depending on patient's needs, the hospital can provide inpatient care or outpatient treatment and support groups.

*Gateway Foundation**
Multiple Chicagoland Locations
24 Hour help line: 877-505-4673
<http://recovergateway.org/>

Gateway is a Chicagoland agency with multiple locations that serves individuals and families who have been affected by addiction to alcohol and/or other drugs. They offer a full scope of services—from individual therapy, to family therapy, to detox. Their website also features helpful resources on different substances and how to help a loved one if they are affected by addiction.

*Hazelden-Chicago**
867 N Dearborn St
24 hour line: 312-943-3534
<http://www.hazeldenbettyford.org/treatment/locations/chicago>

Hazelden is a nationally recognized clinic with multiple locations throughout the country, including Chicago. They offer a full range of services for individuals who experience addiction, including: assessment, intensive outpatient program, day treatment and family services. They are committed to customizing treatment to fit your specific needs and circumstances.

*Chicago Lakeshore Hospital**
4840 North Marine Drive
Intake Line: 800-888-0560
<http://www.chicagolakeshorehospital.com/>

Chicago Lakeshore offers dedicated units for adults which focus on the treatment, education and recovery of adults who experience chemical dependency. They offer inpatient programs and outpatient services. They accept all insurance plans.

INSTRUCTIONS to PRINT MY INSURANCE CARD

- 1) Go to www.aetnastudenthealth.com
- 2) Enter "IIT" in the "Find Your School" box.
- 3) Click on "Print ID Card" on lower right side of screen.
- 4) Enter ID# (including the A) & Date of Birth.
- 5) Click "View Card", then "Print Card".

Aetna Student Assistance Program (SAP) *
www.aetnasap.com
877-351-7889

Aetna Student Assistance can help you better manage daily activities and emotional concerns by providing services such as:

Toll-free access to trained clinicians who can confidentially help you with issues such as: stress, depression, eating disorders, substance use, and relationship issues.

Referrals to an affiliate Aetna provider (clinician) who can provide face-to-face counseling, as needed.

*Referrals to personal services such as: fitness centers, laundry services, pet care providers, personal trainers, etc.

*An interactive website that provides information about many topics, including physical and emotional health, including substance use, academic issues, legal issues.