Research shows that most parents will underestimate their child’s alcohol or drug use.

Signs of a problem
- Drop in attendance and performance at work or school
- Unexplained need for money or financial problems. May borrow or steal to get it.
- Engaging in suspicious behaviors
- Sudden change in peer group
- Frequently getting into trouble (fights, accidents, illegal activities)
- Mood swings, unexplained irritability
- Lack of motivation or interest
- Sudden weight loss or weight gain
- Lack of interest in physical appearance

Our mission is to provide students with comprehensive services in a non-judgmental supportive environment which will allow them to achieve their full potential as members of the campus community and beyond. And furthermore, educate the campus community on substance use, increasing awareness of this complex issue thereby reducing or eliminating high risk use and harms associated with it.
Parents Matter!
Talk to your college student about alcohol and drug use and help them make healthy choices.

Parents can have the greatest influence on the decisions their college aged children make about alcohol and drug use. Research has shown that parental modeling and monitoring (asking questions about student’s activities, lifestyle and peers) were related to lowered use of alcohol, less problems associated with alcohol use and helped to curb negative peer influences.

WHAT PARENTS NEED TO KNOW
College is a time for exploration, growth and self awareness. Your student is in a transitional stage of their development and may be exploring new things. Unfortunately sometimes that may include alcohol and drug use. Excessive use of alcohol on college campuses is a cause for concern. High risk drinking (drinking more than 4 drinks in a sitting) is associated with negative consequences, including poor academic performance, physical injury and even death. Every year 1825 college students die from consequences associated with high risk drinking. Other drug use including misuse of prescription drugs and illicit drug use is also cause for grave concern. We encourage you to talk to your student early and often and let them know your expectations and concerns.

TIPS FOR TALKING
We recognize that talking to your college student may not always be the easiest thing to do, especially about touchy subjects. Here are some tips for talking to your student.

- Set time aside to talk to them, don’t rush and be aware that this is an ongoing dialogue.
- Express to your student that you care about them and want to know what’s going on in their lives. Be respectful and try to remain calm.
- Allow your student to express fears and concerns without interruption or preaching.
- Ask them direct questions about their alcohol or drug use and about their peers.
- Express your concerns using “I” statements such as “I feel scared when I hear that you are drinking to get drunk. I worry that you will get hurt or into trouble.”
- Clearly communicate your expectations.
- Don’t get discouraged, they may not talk, but they are listening!

If you are concerned about your child there are resources on campus that can help.
CAPS (Counseling and Psychological Services) provides free and confidential services for students struggling with concerns around alcohol and other drug use. Call us at 631-632-6720

The RED WATCH BAND is national bystander intervention program to prevent death from toxic drinking, and it started here at Stony Brook.

Visit us at www.redwatchband.org