

Assessing and Treating Substance Misuse in College Counseling: A Motivational Enhancement Approach

Jennifer Rikard, Ph.D.

Zoom link: To be provided after
registration!

Date: Thursday, June 25th

Time: 8:30 AM – 12:00 PM (PST)

Location: Virtual

Registration Deadline: June 19th

Fee: Free for all who attend (by invite only)

CE Credits: 3 hours (will only be granted to those who attend the entire program).

Program Description:

While most college students don't use heavily (Substance Abuse and Mental Health Services Administration [SAMHSA], 2024), the misuse of alcohol and other drugs can be devastating for those who do, along with the campus communities around them. University counseling centers are positioned to foster meaningful change, supporting academic persistence, success, and personal flourishing. Drawing from the core principles of Motivational Interviewing (Miller & Rollnick, 2023), this workshop will equip clinicians with strategies to help students reduce risk and move toward their goals. Participants will receive hands-on training in the use of personalized feedback interventions commonly used in brief substance use interventions within college settings. Examples of such tools, including widely used electronic feedback programs, will be discussed for illustrative purposes.

Learning Objectives:

1. Participants will list the tenets of the Motivational Interviewing approach to substance misuse assessment and treatment.
2. Participants will be able to apply the therapeutic intervention to match the stage of change when working with students.
3. Participants will be able to apply personalized feedback strategies within Motivational Enhancement approaches for students, including the use of standardized alcohol feedback tools.



AGENDA	TOPIC
8:30am	Welcome and Overview
8:45am	Theoretical Underpinnings of Effective Approaches: Motivational Interviewing/Motivational Enhancement Treatment, Stages of Change, Social Norms Theory
9:45am	BREAK
10:00am	Core Skills of MI and Practice
10:20am	Using Personalized Feedback in Brief Interventions (including examples of electronic feedback tools)
11:00 am	BREAK
11:15am	Personalized Feedback continued, putting it all together, questions, wrap up
12:00pm	Conclusion

About the Presenter:

Jen Rikard, Ph.D., a licensed psychologist, serves as the Chief Mental Health Officer at San Diego State University, overseeing Counseling & Psychological Services, Well-being & Health Promotion, and the Basic Needs Center. Hired more than 20 years ago to implement an evidence-based alcohol and other drugs program at the counseling center, she has worked with thousands of students to help them align their use of substances with their values and priorities. She has contributed to the development of electronic personalized feedback tools used across college and other settings.

Disclosure: The presenter is a co-author of electronic personalized feedback programs (eCHECKUP TO GO) housed within the not-for-profit SDSU Research Foundation and receives royalties associated with their use.

Click on the following link to register:

<https://uci.questionpro.com/t/AcLWCZ885K>



The UCI Counseling Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The UCI Counseling Center maintains responsibility for this program and its content.