

Winther Counseling Lab

Winther Counseling Lab
University of Wisconsin-Whitewater
Winther Hall, Room 3004

Winther Lab Counselors are graduate students (University of WI - Whitewater) working towards a Master of Science in Counseling. They facilitate the AODA Program under the direct supervision of Counselor Education Department faculty.

To schedule an appointment, call
262-472-2842

Lab Hours of Operation:

Monday - Thursday: 9am-8pm

During academic semesters

The counseling staff is not always available to answer your call. When calling, please make sure to leave a message with your name, phone number, and best time to reach you. We will return your call as soon as possible.

Winther Counseling Lab is not available for Emergency Services.

AODA Program Resources

- ▶ AUDIT (Alcohol Use Disorders Identification Test)
- ▶ Rutgers Collegiate Substance Abuse Screening Test (RCSAST)
- ▶ The Drug Abuse Screening Test (DAST)
- ▶ Search Institute's 40 Developmental Assets, 1997, 2006
- ▶ New Student Seminar AODA Unit, UW - Whitewater, SAP/EAP Coordinator

Contact Information

To schedule an appointment, contact:
(262)-472-2842

For additional information, contact:
Lab Manager, Krista Kim
(262)-472-5822 or kimkr24@uww.edu

Clinical Director, Jeff Cook, PhD, LPC
(262)-472-1960 or cookjd@uww.edu



UNIVERSITY OF WISCONSIN
WHITEWATER



AODA 4
AODA 15

A program serving individuals in surrounding communities

**Winther
Counseling Lab**

Learning and Serving...

Supervised counselors-in-training providing counseling and outreach to the campus and community.

University of Wisconsin-Whitewater
Counselor Education Department

262-472-2842

AODA Program

Winther Counseling Lab offers an AODA Program designed for individuals facing issues related to drug/alcohol use. The AODA-4 and AODA-15 programs both consist of AODA related assessment, education, and individual counseling.

To receive these services...

Bring written documentation of your mandate (indicating AODA 4 or AODA 15) and payment to Winther Counseling Lab during the hours of 9:00am - 5:00pm, Monday through Thursday. Cash, check or money order will be accepted. For individuals enrolled at the university, the student billing process can be utilized.

AODA 4 = \$40.00

Session 1 - 4 (see Program Design)

AODA 15 = \$150.00

Session 5 - 15 (see Program Design)

Fees are non-refundable.

Upon receipt of your complete payment as well as documentation (indicating AODA 4 or 15), your first appointment will be scheduled.

Program Design

Session 1 & 2: Client Intake/AODA Assessment

Goals: Provide the client the opportunity to assess the role of alcohol and other drug use in his/her life. Explore the impact of alcohol and other drugs in the various realms of the client's life such as physical health, social compatibility, emotional well-being, academic/occupational success, and family relationships.

Objectives:

- Reflect on past alcohol/other drug use utilizing formal assessment tools.
- Identify alcohol and other drug use patterns and examine the factors that influence use.
- Identify specific examples of how alcohol and other drug use affect various aspects of the client's life.

Session 3-4: AODA *Education & Awareness

Goals: Provide the client the opportunity to openly discuss and explore alcohol and other drug use in high school. Identify situations that increase risk taking and the consequences of high risk behavior. Develop strategies to avoid negative consequences from high risk alcohol or other drug use.

Objectives:

- Identify individual opinions about the legal drinking age.
- Reinforce the legal drinking age in Wisconsin.
- Recognize consequences for following/not following the law.
- Determine willingness to accept consequences of decisions.
- Understand how Blood Alcohol Concentration is determined and what it means for the individual.

Program Design (cont'd)

Education & Awareness Objectives (cont'd)

- Learn to identify what "a drink" really looks like in terms of measurement/quantity.
- Understand the importance of obtaining assistance for someone who is "passed out and unresponsive"
- Continue to identify risky situations and to recognize how peer pressure and other factors influence decision-making.
- Identify strategies to address peer pressure and other factors that contribute to risky behaviors.

*Adapted from the New Student Seminar AODA Unit, UW-Whitewater, SAP/EAP Coordinator

Session 5-15: Individual Counseling

Goals: Provide the client the opportunity to continue examining personal issues in a therapeutic setting. Facilitate ongoing AODA education and awareness by integrating these elements into client's self-exploration.

Objectives:

- Identify physical, social, emotional, occupational, academic and/or other concerns. Explore thoughts and feelings regarding concerns.
- Identify current strengths and barriers in the client's life, and develop strength-based strategies/goals to address barriers and concerns.

As part of the AODA 15 program, clients may be asked to complete individual assignments designed to help them reflect on behavior choices. Up to 3 hours of "Homework Projects" may be utilized as part of the required 15 program hours.