

## Alcohol and Drug Abuse Education and Prevention/Intervention Programs

Several university departments are involved in the delivery of alcohol and drug abuse information programs and prevention services for the entire university community on an on-going basis. For example:

Throughout the year, the NAU Police Department provides classes to community members on alcohol and DUI awareness as well as classes on drug awareness focusing on the various types of drugs, both legal and illegal, that are abused by society today. Specific information is provided on the look of the drug, behavior and physical characteristics of the person using the drug, addiction levels and long-term effects on the body.

Employee Assistance and Wellness (EAW) offers counseling and referral services to faculty and staff for personal and professional issues including substance abuse. Consultation services are provided for supervisors and customized training programs for departments and groups. A comprehensive list of services and contact information can be accessed at [www4.nau.edu/eaw/](http://www4.nau.edu/eaw/).

The Health Promotion Office provides educational presentations, activities and awareness campaigns to help reduce the risks associated with student behaviors involving alcohol and drugs. Their office also provides free educational materials such as brochures for students and staff. Presentations can be requested through their website at [nau.edu/health-services/health-promotions/](http://nau.edu/health-services/health-promotions/).

Alcohol and drug abuse prevention programs offered by the NAU Police Department can be scheduled by contacting the NAU Police Department at (928) 523-3611 or by emailing the department directly at [askNAUPD@nau.edu](mailto:askNAUPD@nau.edu).

The university encourages any students or employees who may have problems with the use of alcohol or drugs to seek professional advice and treatment. The following prevention/intervention programs are available on campus and in the greater Flagstaff area:

### Northern Arizona University:

- **Campus Health Services - Medical Services** - Provides information on alcoholism, self-tests for alcoholism and blood alcohol content, and other educational information. 523-2131 [nau.edu/campus-health-services/](http://nau.edu/campus-health-services/)
- **Campus Health Services - Counseling Services; Substance Abuse Program** - Provides prevention intervention, education, and substance abuse counseling for NAU students. 523-2261 [nau.edu/counseling-services/](http://nau.edu/counseling-services/)
- **Employee Assistance and Wellness** - Provides prevention intervention, education, counseling and referral services for NAU faculty and staff and their covered family members. 523-1552 [www4.nau.edu/eaw](http://www4.nau.edu/eaw)

### Flagstaff:

- **Employees may access prevention and intervention services through their health care provider:**
  - **Aetna**  
1-866-217-1953  
[www.aetna.com](http://www.aetna.com)

- Aetna Behavioral Health  
1-800-424-4047
  - **Blue Cross Blue Shield of Arizona** (State and NAU plans)  
1-800-423-6484  
[www.azblue.com](http://www.azblue.com)
  - **CIGNA**  
1-800-968-7366  
[www.cigna.com/stateofaz](http://www.cigna.com/stateofaz)  
CIGNA Behavioral Health 1-800-283-6226
  - **United Healthcare**  
1-800-896-1067  
[www.myuhc.com](http://www.myuhc.com)  
UHC Behavioral Health 1-800-562-2532
- **FMC Behavioral Health Services** - Provides psychiatric and substance abuse services including inpatient hospitalization, intensive outpatient and emergency services.  
928-213-6300 (in-patient), 928-213-6400 (out-patient) [www.nahealth.com/behavioral-health](http://www.nahealth.com/behavioral-health)
- **The Guidance Center** - Provides inpatient and outpatient substance abuse services and emergency services.  
2187 N. Vickey Street, Flagstaff, AZ. 527-1899 [www.tgcaz.org/](http://www.tgcaz.org/)
- **Native Americans for Community Action (NACA)** - Provides counseling services for substance abuse. Website has links to statewide resources – click on links.  
1500 E. Cedar Ave., Suite 26, Flagstaff: 928-773-1245 [www.nacaunc.org/](http://www.nacaunc.org/)
- **12 Steps Groups - Alcoholics Anonymous** - 928-779-3569 [www.flagstaffaa.org/](http://www.flagstaffaa.org/)
- **Native American Indian General Service Office of Alcoholics Anonymous (NAIGSO-AA)**
- **Adult Children of Alcoholics World Service Organization (ACAWSO)** - 562-595-7831  
[adultchildren.org/meetings](http://adultchildren.org/meetings)
- **Al-anon** - 928-214-6080 (voicemail) [al-anon-az.org/](http://al-anon-az.org/)
- **Narcotics Anonymous** - World Service Office: 1-818-773-9999 Flagstaff: 928-255-4655 [arizona-na.org/](http://arizona-na.org/)

### Outside Flagstaff:

- **Alcoholics Anonymous** - [www.aa.org/](http://www.aa.org/)
- **Al-anon** - 1-888-425-2666 [al-anon-az.org/](http://al-anon-az.org/)
- **Employees may access prevention and intervention services through their health care provider:**

- **Aetna**  
1-866-217-1953  
[www.aetna.com](http://www.aetna.com)  
Aetna Behavioral Health  
1-800-424-4047
  - **Blue Cross Blue Shield of Arizona (State and NAU plans)**  
Phoenix: 1-800-232-2345  
Tucson: 1-800-752-0193  
[www.azblue.com](http://www.azblue.com)
  - **CIGNA**  
1-800-968-7366  
[www.cigna.com/stateofaz](http://www.cigna.com/stateofaz)  
CIGNA Behavioral Health 1-800-283-6226
  - **United Healthcare**  
1-866-633-2446  
[www.myuhc.com](http://www.myuhc.com)  
UHC Behavioral Health 1-800-562-2532
- **Department of Health and Human Services—Indian Health Services** - Phoenix: 602-364-5179  
Tucson 520-295-2405.  
[www.ihs.gov/findhealthcare](http://www.ihs.gov/findhealthcare)
  - **AZ Department of Health Services - Behavioral Health Services** -  
Links to Tribal Regional Behavioral Health Authorities in Arizona:  
<http://azdhs.gov/documents/director/tribal-liaison/listing-of-az-tribal-pi93-638-facilities.pdf>
  - **SAMHSA - Substance Abuse and Mental Health Services Administration** - United States  
Department of Health and Human Services. Substance Abuse Treatment Facility Locator  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)
  - **Narcotics Anonymous** - World Service Office: 1-818-773-9999  
Bullhead City/Kingman/Lake Havasu City/Parker: 1-888-495-3222  
Casa Grande: 520-426-0121  
Phoenix: 480-897-4636  
Tucson: 520-881-8381  
Yuma: 928-502-2201  
[www.arizona-na.org/](http://www.arizona-na.org/)