Philosophy of Health and Wellness

At Florida State University we care about the health and well-being of each student. Our vision is to assist each student in attaining success in all aspects of life. The components of health and wellness are integrated into the programs and services offered throughout the Division of Student Affairs with a commitment to ensure that students are supported to achieve in all aspects of their lives.

livewell.fsu.edu
Comprehensive University Calendar

Dates and Deadlines

The Registrar’s Office maintains several calendars, each of which provides details for a separate category of information. Links to the current version of each of these specific calendars can be found at:

registrar.fsu.edu/calendar

Extended Calendar
Provides beginning and ending dates for semesters several years ahead.

Religious Holidays Calendar
Shows group, affiliation, and dates for observances.

Academic Calendar
Published once each semester, it contains important dates for registration, fees, graduation, and other academic deadlines.

Enrollment Appointments Calendar
Published once each semester and details the various periods during which you can enroll for classes.

Exam Schedule
Contains the days and times for final exams for Spring and Fall (for Summer term see your department for exam days and times).

University Calendar
Shows beginning and ending dates of semesters, legal holidays, and admission/readmission/non-degree/transient application deadlines for the academic year.
Getting Connected

There are a variety of opportunities on campus and it’s natural to need a little time to figure things out. Consider these resources as you start discovering all FSU has to offer:

**Student Organizations and Involvement**
union.fsu.edu/soi
(850) 644-6673 | soi@fsu.edu

**Campus Recreation**
campusrec.fsu.edu
campusrec.fsu.edu/staff/contact-us

**Upcoming Events**
calendar.fsu.edu/department/division_of_student_affairs

**Union Productions**
union.fsu.edu/up | (850) 644-6673
UPEvents@admin.fsu.edu

**Finances**
There are a lot of different resources on campus dealing with finances—whether you need help paying your bill, applying for funding or scholarships, managing your finances, or finding a campus job, we've got you covered:

**Financial Aid**
financialaid.fsu.edu | (850) 644-0539
financialaid@fsu.edu

**Student Business Services**
studentbusiness.fsu.edu | (850) 644-9452
studentbusiness@fsu.edu

**Career Center**
career.fsu.edu | (850) 644-6431
career.fsu.edu/about-us/staff-directory

**Scholarships**
fsu.academicworks.com

**Center for Health Advocacy & Wellness**
chaw.fsu.edu/topics/wellness/financial-wellness
(850) 644-8871 | chaw@fsu.edu

**Academics**
Academics are important! After all, it’s why you're here. Contact the following for additional support:

**Undergraduate Studies**
undergrad.fsu.edu | (850) 644-2451
undergradstudies@fsu.edu

**Academic Advising**
advisor.undergrad.fsu.edu/advisors/advisor-display.php

**Academic Center for Excellence**
ace.fsu.edu | (850) 645-9151 | tutor@fsu.edu

**FSU Library**
lib.fsu.edu | (850) 644-2706
lib.fsu.edu/help

**Health, Wellness and Safety**
Staying healthy is essential to your college experience. Utilize the following resources to help you excel in all of the 9 dimensions of wellness:

**University Health Services**
uhs.fsu.edu | (850) 644-6230

**Counseling and Psychological Services**
counseling.fsu.edu | (850) 644-8255 (TALK)

**Center for Health Advocacy & Wellness**
chaw.fsu.edu | (850) 644-8871 | chaw@fsu.edu

**Campus Recreation**
campusrec.fsu.edu/
campusrec.fsu.edu/staff/contact-us

**Department of Student Support and Transitions (DSST)**
dsst.fsu.edu | (850) 644-2428 | dsst@fsu.edu
Safety
Keeping our community safe is one of our top priorities and you play an essential role in that. Connect with these resources if you are concerned about your safety or the safety of others:

Victim Advocate Program
dsst.fsu.edu/vap   |   (850) 644-7161
VAP text line   |   (850) 756-4320
victims-advocate@fsu.edu

Student Conduct and Community Standards
sccs.fsu.edu   |   (850) 644-5136   |   sccs@fsu.edu

FSU Police Department
police.fsu.edu   |   (850) 644-1234

Title IX
Report a Concern
knowmore.fsu.edu

Report.fsu.edu is available to all members of the FSU community to alert the Department of Student Support and Transitions to concerns about students and organizations so that appropriate follow-up and support can be provided. The site allows for anyone to share important information regarding incidents or concerning behavior happening in the FSU community. The appropriate staff member follows up on every report to ensure that all students have the support they need for success.

Unsure Who to Contact?
If you don’t know who to contact or what resources are right for your situation, contact the Department of student support and Transitions. We’re here to help get you connected and provide support.

Department of Student Support and Transitions (DSST)
dsst.fsu.edu   |   (850) 644-2428   |   dsst@fsu.edu
Student Rights and Responsibilities

Respect, Responsibility, Reflect

- Reflecting the values of Florida State
- Demonstrating respect for ourselves and others
- Taking responsibility for yourself and those around you

FSU is a diverse community with a longstanding tradition of respect for the dignity and worth of each person. We recognize the importance of disagreement and informed debate for a dynamic learning environment, we also expect each member of our community to embrace the values of civility and ethical conduct and share in the responsibility to promote these values. Uphold the Garnet and Gold by demonstrating respect for ourselves and others, taking responsibility for yourself and those around you, and reflecting the values of Florida State.

Philosophy of Discipline

A humanistic approach to discipline is used whenever possible. The University Student Conduct system and appeals processes are designed to provide and help maintain an atmosphere within the University community that is conducive to academic pursuits. Serious disciplinary action against a student, such as separation, is considered and invoked only when other options fail to meet the needs of the University’s mission.
**Individual’s Rights**
As participants in a student conduct process, individuals have the right to:

- Present information on their behalf.
- Choose not to answer any and all questions posed by a hearing body.
- Be accompanied by an advisor.
- Submit questions for witnesses.
- Have hearing decisions communicated in writing and be provided with an opportunity to appeal those decisions.
- Request reasonable accommodations from the office adjudicating their student conduct case.

Accommodation requests must be made three (3) business days in advance of the scheduled hearing to the appropriate Student Conduct Authority. For details and information regarding the student code of conduct and its procedures, consult:

[sccs.fsu.edu](http://sccs.fsu.edu)

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**Uphold the Garnet and Gold**

*Florida State University is a community dedicated to creating an inclusive and equitable campus. We honor each person’s dignity and worth, while celebrating diversity. We recognize the importance of differing opinions and the free expression of all viewpoints through open-minded and civil dialogue throughout the campus community.*

We ‘Uphold the Garnet and Gold’ by acting with integrity, demonstrating respect for ourselves and our community, holding ourselves and others accountable and representing Florida State University with strength, skill and character.
Academic Appeals

Florida State University offers several pathways for student complaints and appeals in the appropriate areas. Communication and feedback from students are considered key to the improvement of the institution. In addition to the multitude of complaint pathways, students are encouraged to resolve conflicts through less formal pathways such as direct contact with the person(s) involved. Many of the student grievance processes also encourage students to seek resolution at the point closest to the origin of the problem. Students will find this step-by-step guide helpful as they resolve academic problems.

Another resource available to students who may want to file a formal complaint is the Student Ombudspersons. The student ombudspersons are independent parties selected to provide informal assistance handled in a confidential manner. Communication with the student ombudsperson does not constitute notice to the university; the student ombudsperson assists with determining the appropriate course of action but does not file information on behalf of the student.

The student ombudspersons are:

Undergraduate Students
Ms. Jill Flees
(850) 644-2138 | undergraduateombuds@fsu.edu

Graduate Students
Dr. Adrienne Stephenson
Assistant Dean & Director of the Office of Graduate Fellowships and Awards (OGFA)
FSU Graduate School
Graduate Suite 4001E | HSF Tallahassee, FL
(850) 645-0850 | graduateombuds@fsu.edu
The following tables provide information about student complaints that result in a formal grievance process. For each grievance type, the responsible unit will aggregate and submit the complaints and their analysis of them to the Office of the Provost, consistent with university policy.

**Academic Appeals**

<table>
<thead>
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<th>Appeal Type</th>
<th>Responsible Unit</th>
<th>Procedure</th>
<th>Policy/Regulation</th>
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</thead>
<tbody>
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<td>Office of Faculty Development &amp; Advancement</td>
<td>Grade Appeals System</td>
<td>Grade Appeals System</td>
</tr>
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<td>Academic Honor Policy, Academic Honor Policy Flowchart for Students (12/2020)</td>
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</tr>
<tr>
<td>Academic Decisions by Deans such as Dismissals</td>
<td>FSU Faculty Senate, assisted by the Office of Faculty Development and Advancement</td>
<td>Student Academic Relations Committee (SARC)</td>
<td>General Academic Appeals</td>
</tr>
<tr>
<td>for Reasons other than Grades</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Non-Academic Appeals**

<table>
<thead>
<tr>
<th>Type</th>
<th>Responsible Unit</th>
<th>Procedure</th>
<th>Policy/Regulation</th>
</tr>
</thead>
<tbody>
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</tr>
<tr>
<td>Student Conduct</td>
<td>Student Conduct and Community Standards</td>
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</tr>
<tr>
<td>University Housing Community Standards Appeals</td>
<td>University Housing</td>
<td>Conduct Process Information</td>
<td>University Housing Policies</td>
</tr>
<tr>
<td>Alleged FERPA violations</td>
<td>Registrar’s Office</td>
<td>The Family Educational Rights and Privacy Act (FERPA) allows students to file a complaint about the university’s failure to comply with FERPA requirements at the Family Policy Compliance Office</td>
<td>FERPA Regulations</td>
</tr>
<tr>
<td>Alleged Discrimination Violations</td>
<td>Office of Equity, Diversity &amp; Inclusion (EDI), Human Resources</td>
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<td>Equal Opportunity, Non-Discrimination, and Non-Retaliation Policy, Sex Discrimination and Sexual Misconduct Policy</td>
</tr>
<tr>
<td>Alleged ADA violations</td>
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<td>Grievance/Complaint Procedures for Persons with Disabilities</td>
<td>Americans with Disabilities Act</td>
</tr>
<tr>
<td>Alleged Title IX violations</td>
<td>Title IX Office, Student Affairs</td>
<td>Title IX Information and Contacts File a Title IX Report</td>
<td>Equal Opportunity, Non-Discrimination, and Non-Retaliation Policy, Title IX Compliance Policy, and the Student Code of Conduct</td>
</tr>
</tbody>
</table>
Florida State University Statement for Students on the Unlawful Possession, Use, or Distribution of Illicit Drugs and Alcohol

Florida State University Alcohol Policy

Florida State University affirms the guiding ethical principle of responsible freedom. Students, staff, and faculty are expected to show respect for order, ethical conduct, and the rights of others, and to model in daily living a high sense of personal honor and integrity. Florida State University neither encourages nor condemns the legal consumption of alcoholic beverages. The University recognizes, however, that the majority of undergraduate students are below the legal drinking age and that there are serious health risks and behavior problems associated with the use of alcohol in the collegiate environment. Consequently, alcohol will be permitted at Florida State University or programs sponsored by Florida State University or its direct support organizations only in those settings which:

- Comply with federal or state laws, local ordinances, University regulations, foreign country laws (in the case of study abroad programs conducted by Florida State University International Programs, Inc.), Student Conduct Code, Student Organization Conduct Code, and this policy;
- Present minimal health and safety risks; and
- In no way inhibit the full participation of those who choose not to drink alcohol.

Events and activities that encourage excessive drinking and/or lead to the endangerment of individuals will not be permitted. Any person or group in violation of federal or state laws, local ordinances, or of this policy will be reported to the proper federal, state, local or university authorities for appropriate action.
Policy Pertaining to All Members, Groups, Events, and Organizations in the University Community and Non-University Members, Groups, Events, and Organizations

a. No individual under the legal drinking age (minimum of 21 years of age permitted by the State of Florida or the minimum age prescribed by the laws of foreign countries, but in no case below the age of 18 years of age) may serve, sell, consume or possess alcohol on University properties, except to the extent allowed by law within licensed premises or designated areas of the University.

b. Alcohol must be served by a licensed and insured third party vendor. No individual may serve or otherwise provide alcohol to persons under the legal drinking age.

c. The Consumption of Alcohol on University properties will be restricted to the following areas:

1. Florida State University Law School Rotunda;
2. Licensed areas of the university (e.g., Center for Professional Development, Club Downunder, Crenshaw Lanes, Renegade Grill);
3. Academic food service facilities;
4. University Center (UC) areas include:
   • Skyboxes
   • Miller Hall (C3300)
   • President’s Box (Level 7)
   • Booster/Alumni Board Rooms (C5300, C5301)
   • University Club (Building B, Floor 3)
   • Meeting Rooms (Building B, Floors 5 and 6)
5. Lounges in Beth Moor at Longmire Building;
6. WFSU-TV and Radio Broadcast Center;
7. Premises in and around President’s house, Pearl Tyner Alumni Center, and surrounding grounds;
8. University property not located on the main campus, which has been leased by the University to private entities or persons, referred to in this rule as “private premises,” such as Heritage Grove;
9. Private University living quarters where those present are of legal drinking age (see the Guide to Residence Living, Community Expectations, for further restrictions that may apply in residence halls; or in the case of living quarters provided for study abroad programs, see policies promulgated by Florida State University International Programs Association, Inc.);
10. Premises in Doak Campbell Stadium area used or licensed for use on football game days;
11. At the following sites, when provided in conjunction with an artistic or municipal event:
   • Fine Arts Gallery;
   • Opperman Music Hall Reception/hospitality room;
   • University Club (Building B, Floor 3)
   • Meeting Rooms (Building B, Floors 5 and 6)
   • FSU Lab Theater
12. Werkmeister Reading Room (201 Dodd Hall);
13. In common areas for special events approved by the University President or his/her designee. For faculty, the designee is the Vice President for Faculty Development and Advancement, for student groups, the designee is the Vice President for Student Affairs, and for all other groups the designee is the Vice President for University Relations.

d. The sale of alcohol on campus must be approved by the President or designee. Although the President or designee may approve the sale of alcohol on campus, only the Division of Alcoholic Beverages and Tobacco can issue the permit required to sell alcohol in the state of Florida.
e. Promotional Guidelines: The promotion of activities or events shall not advertise alcohol or sponsorship by alcohol marketers without prior written approval of the Vice President for University Relations. Events that seek advertising approval must meet the following requirements:

1. Alcohol shall not be used as an inducement to participate in a University event and may not be offered as a prize or gift in any form of contest, drawing or competition. Social events which encourage drinking, drinking contests, or drunkenness, and the advertisement of such events, are prohibited.

2. Alcohol advertising on campus or in campus media, including that which promotes events as well as product advertising, shall not portray drinking as a solution to personal or academic problems of students or as an enhancement to social, sexual, or academic status.

3. Advertising for any University event where alcoholic beverages are served shall mention the availability of non-alcoholic beverages as prominently as alcoholic beverages.

4. Promotional materials, including advertising for any University event, shall not make reference to the amount of alcoholic beverages available. This includes references to kegs or open bars.

5. Must adhere to University posting policy guidelines.

f. Florida State University Police shall be notified of all on campus events that are not regularly scheduled that plan to serve alcohol.

g. Laws and Regulations: All members of the campus community (students, faculty, staff, alumni, and guests) must adhere to all applicable federal or state laws, local ordinances, and University regulations related to the sale and use of alcohol. They include, but are not limited to the following:

8. It is unlawful for any person to aid or abet an underage person, as defined by Section 1 (a), in the purchase or attempt to obtain alcoholic beverages.

9. It is unlawful for any underage person to falsify a driver’s license or other identification document in order to obtain or attempt to obtain alcoholic beverages.

10. It is unlawful for any person to permit use of his/her driver’s license or any other identification document by an underage person to purchase or attempt to purchase alcoholic beverages.

11. No person may bring any type of alcoholic beverage into a licensed facility or area, nor may any person take alcoholic beverages out of the licensed facility or area, except that a bottle of wine purchased, but not fully consumed, at the University Center Club or similar restaurant establishment on campus may be removed by the person after it has been recorked as allowed by law.

12. Transportation of all alcoholic beverages on campus shall be in unopened and unobservable containers.

13. Damage to or destruction of property, or injury to person(s), which is caused by or can be shown to be related to the consumption of alcohol will be subject to disciplinary action, as will any other violation of this rule.
**Guidelines for University Related Events**

Definition: Any organization or group, consisting primarily of Florida State University students, employees, faculty or alumni, and/or which utilizes the Florida State University name or its premises, in which alcohol is served, must adhere to the following guidelines. These guidelines apply to all student organizations, whether or not they have received formal recognition or not.

All University Related Events, on or off campus, are subject to the guidelines outlined in Section I of the alcohol policy. In addition, the following apply:

- Sponsors are required to provide one or more alternative non-alcoholic beverage available in sufficient quantity throughout the event.
- Non-alcoholic beverages must be available at the same place as the alcoholic beverages and featured as prominently as the alcoholic beverages.
- If the alcoholic beverage is being sold, the alternative beverage should be available at a price equal to or less than the price of the alcohol being provided.
- Wherever alcohol is present, food must also be in sufficient quantity throughout the event.
- The cost of admission to an event may not include or cover the cost of alcoholic beverages.
- No state appropriated, federal funds or A & S fees may be used to purchase or sell alcohol.
- The burden of proof for showing legal age is placed upon the person desiring alcohol service. No service will be provided unless clear evidence of legal age is presented. Those of legal age and consuming alcohol will be identified by wrist bands, hand stamps, etc.
- It is the responsibility of the serving establishment, at the time that an alcoholic beverage is requested, to check the picture ID. If, for any reason, proof of legal drinking age cannot be provided upon request, it is the responsibility of the server to deny the request.
- At social functions where alcoholic beverages are served, direct access should be limited to a person(s) designated as the server(s) by a licensed insured vendor. Servers must not consume alcohol during the event.
- The server shall refuse to serve anyone who seems to be in danger of over consumption will be reserved and used.

Any organization found not to be in compliance with the University alcohol policy at their event may be subject to University disciplinary action and may forfeit its right to any fee support from the University.
Guidelines for University Sponsored Events

Definition: Large public and formal events where the University acts in symbolic ways to honor, celebrate, and reward achievements central to its mission (e.g., graduation, convocation, dedications, awards, ceremonies). These events convey important values about what is central to the University. Florida State University is concerned with the image conveyed when alcohol service is included as part of these events.

All University Sponsored Events are subject to the guidelines outlined in Section I of the alcohol policy. In addition, the following restrictions apply;

Alcohol will not be served at any reception or other function, as defined above, sponsored by the University or taking place on the University campus where attendance is essentially open to the public and is not controlled by such means as individual invitation, registration, reservation and/or a fee payment process.

• At those functions where attendance will be predominately alumni and friends of the University, and controlled by individual invitation, registration, reservation, or a fee payment process, alcoholic beverages may be served with the following restrictions:
  • All persons will be required to show identification, including birth date, to ensure that they are a minimum of 21 years of age in the state of Florida;
  • The right to refuse to serve anyone who seems to be in danger of over consumption will be reserved and used; and
  • An ample supply and variety of food and non-alcoholic beverages will be available.

At University sponsored functions where attendance will be predominately students, no alcoholic beverages will be served, regardless of the degree of control exercised over attendance.

Tailgate Events

Definition: Gatherings occurring in the designated parking areas surrounding the area of Doak Campbell Stadium prior to and after scheduled football games.

Florida State University does not support or condemn the consumption of alcohol by individuals 21 years of age or older at tailgate events.

• Florida State University does not condone any act related to excessive consumption of alcohol that impairs, interferes, or endangers the safety or enjoyment of anyone attending these events, including the individual who chooses to consume alcohol.

• Individuals who choose to consume alcohol are responsible for their behavior and should not operate a motor vehicle after they have consumed alcohol.
Administration and Enforcement of Policy

The Vice President for Faculty Development and Advancement is the responsible University official for administration of the alcohol policy for all events involving primarily faculty. The Vice President for Student Affairs is the responsible administrator for students and student groups. The Vice President for University Relations is the responsible University official for administration of the alcohol policy for events managed by the direct support organizations and for those involving all other groups and individuals. Changes and revisions shall be coordinated by the Vice President for Student Affairs in consultation with other Vice Presidents and the General Counsel, subject to final approval of the President of the University.

- Enforcement of the alcohol policy shall reside in the Student Conduct and Community Standards department for individual student and student organization cases, and the Office of Faculty Development and Advancement for faculty related violations. Enforcement of the alcohol policy for all other groups, including outside groups, organizations, and individuals shall reside in the Vice President for University Relations.

- The University maintains the right to forward possible violations of federal or state laws, local ordinances, and University regulations, to the proper authorities through the Florida State University Police Department.

Health Risks

Alcohol consumption may cause a number of changes in behavior which are related to dose, rate of intake, body size and percentage of body fluid, expectations, social environment, physical conditions (disease or, more commonly, hormonal cycles can be factors), enzyme differences, and concentration of alcohol in a drink. It may increase aggressiveness, lower inhibitions, cloud judgment, reduce resistance, and hamper the ability to make decisions.

Alcohol first affects the area of the brain responsible for higher functions, such as decision-making and social inhibitions, suppressing an individual’s self-control. Alcohol in the blood can slow reaction time, reduce muscle coordination and impair eyesight, contributing to deficits in performance, judgment, memory, and motor skills. Even low doses can significantly impair the judgment and coordination required to drive a car safely. Florida State University reiterates that no one should ever drink alcohol and drive. The designated driver should never drink alcohol.

Moderate to high doses of alcohol may cause marked impairments in higher mental functions, altering a person’s ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol may produce the effects just described above.
**Educational Resources and Support**

In support of responsible management of alcohol, the University provides numerous resources and support services available to students, faculty, and staff of Florida State University, including alcohol education, counseling, treatment, rehabilitation, re-entry, prevention, and intervention, as well as other educational programs and volunteer opportunities. Below are just a few of these resources and services.

**Services**

**Counseling and Psychological Services**  
(850) 644-8255  |  counseling.fsu.edu

The office provides a structured two-session Alcohol and Other Drug (AOD) Evaluation for students who are sanctioned by the University for violations of the University’s alcohol and drug policy. In addition to mandated AOD sessions, AOD Evaluations are available on a voluntary basis to all FSU students. Following the AOD Evaluation sessions, a recommendation is made to the student regarding need for counseling treatment. Counseling treatment is provided to students on a voluntary basis only. Any fee-paying student currently enrolled at FSU is eligible for services provided by Counseling and Psychological Services.

**FSU Police Department**  
(850) 644-1234  |  police.fsu.edu

**Office of Residence Life**  
(850) 644-2860  |  housing.fsu.edu

**The Employee Assistance Program (EAP)**  
(850) 644-2288  |  eap.fsu.edu

Established to assist employees with behavioral, medical and substance abuse problems affecting employment. Employees can enter the program through a self-referral or supervisory referral. The EAP functions as a coordinator of counseling and other appropriate services available both within the University and the community.

**Center for Couple & Family Therapy (CCFT)**  
(850) 644-1588  |  humansciences.fsu.edu

Counseling services are also provided for students, staff, faculty, and the community where fees are based on annual income.

**The Human Services Center**  
(850) 644-3857  |  education.fsu.edu/hsc

A training clinic within the College of Education where counselors are graduate students with counseling majors who offer service for students, staff, faculty, and the community. Services are free.

**The Psychology Clinic**  
(850) 644-3006  |  psy.fsu.edu/php/about/communityservice/psychologyclinic/psychologyclinic.php

A training clinic where counselors are graduate students in clinic psychology programs. They provide one-on-one psychology services (no support groups) to students, staff, faculty, and the community. Fees are based on a sliding scale.

**Helpline 211**  
(877) 211-7005  |  (850) 224-6333, 211  |  211bigbend.org

A telephone counseling and referral service for short term counseling, information and referrals mainly for social services in the Big Bend area.
SMART (Students Making Alcohol and Other Drug Responsibility Theirs (SMART) Choices)
chaw.fsu.edu

Two, two-hour class sessions and an interactive online program at University Health Services that presents the legal and personal consequences of substance abuse. The purpose of the course is to introduce the student to a process of self-examination that may lead to improved decision making and behavior change. Students who are sanctioned by Student Conduct and Community Standards [(850) 644-5136] or University Housing [(850) 644-2860] for on or off-campus violations of the University’s alcohol and drug policy must complete the course. Students may also enroll in the course free of charge if they would simply like to gain more knowledge about alcohol.

AlcoholEdu
healthycampus.fsu.edu/for-students/new-student-requirements

An interactive, two-part on-line program designed to help you make healthy and safe decisions around alcohol use while in college. This program is open to all first year and new transfer students.

Healthy Noles
(850) 644-8871 | healthycampus.fsu.edu/for-students/get-involved

Volunteer opportunities for students seeking to work toward greater alcohol responsibility are available through Healthy Noles, which is an organization directed by the Center for Health Advocacy and Wellness at University Health Services. The Healthy Noles advocate for wellness on campus and alcohol responsibility is a significant component.

LIFT
chaw.fsu.edu/services/lift

LIFT is FSU’s collegiate recovery community dedicated to helping students in recovery thrive during their college experience. LIFT’s goal is to provide a place for accountability within a healthy community and a place to have fun, socialize, and develop friendships with like-minded students.
State and Local Penalties
Common alcohol offenses in Leon County are:

- Possession or attempt to purchase alcohol by a person under 21 years of age.
- Using a false driver’s license ID or allowing someone to use your driver’s license for an ID card.
- Providing alcohol to a person under 21.

The typical penalty for a first offense of any of the above is a diversion program, a $180 fine and 10 hours community work program. The maximum penalty for a first offense is 60 days in jail and a $500 fine.

Note: These are only for information. State sanctions are subject to change by the Florida Legislature.

registrar.fsu.edu/bulletin/undergraduate/information/university_notices

Florida State University Health Risks of Illicit Drugs
Illicit drugs all have some health-threatening qualities—some more than others. Examples include increased heart rate and lung damage from marijuana; central nervous system disorders from cocaine, heroin, and hallucinogens; and liver, lung and kidney damage from inhalants. HIV infection also is spread widely among intravenous drug users. Even infrequent use of illicit drugs can result in physical afflictions, such as hangovers, cardiovascular damage, digestive problems, tremors, impaired sexual response, and injuries due to lost coordination. Other possible effects include reduced alertness and impaired performance at school or work, interpersonal conflicts, and financial difficulties. Dependence and addiction are constant threats to users of illicit substances. Regular abuse of these substances generally exposes users to criminal elements, which may lead to involvement in further criminal activities.
Illicit Drug Penalties
The penalty for possession (second-degree misdemeanor) is sixty days jail and $500 fine. Penalties for trafficking (first-degree felony) range up to thirty years imprisonment and fines of $500,000.

Note: These are only for information. State sanctions are subject to change by the Florida Legislature.

registrar.fsu.edu/bulletin/undergraduate/information/university_notices

FSU Standards of Conduct in relation to Alcohol and other drugs
State of Florida statutes declare that it is unlawful for any person under 21 years of age to consume or possess alcoholic beverages. Consequently, no one under the legal drinking age may consume, distribute, or possess alcohol on University properties or as part of any University activity.

It is unlawful to sell, give, serve, or permit to be served alcoholic beverages to a person under 21 years of age. Furthermore, servers can be held civilly liable for damage caused by underage drinkers to whom they provided alcoholic beverages.

It is unlawful to be under the influence of, to use, possess, distribute, sell, offer, or agree to sell, or represent to sell, narcotics, hallucinogens, dangerous drugs, or controlled substances, except as where permitted by prescription or law.
Florida State University Alcohol Resources

In support of responsible management of alcohol, the University provides numerous resources and support services available to students, faculty, and staff of Florida State University, including alcohol education, counseling, treatment, rehabilitation, re-entry, prevention, and intervention, as well as other educational programs and volunteer opportunities. Below are just a few of these resources and services.

Center for Health Advocacy & Wellness (CHAW)
University Health Services
(850) 644-8871 | chaw.fsu.edu

SMART (Students Making Alcohol and Other Drug Responsibility Theirs) Choices consists of two class sessions and an interactive on-line program at University Health Services that presents the legal and personal consequences of substance abuse. Students who are sanctioned by the Office of Student Rights and Responsibilities (850) 644-2428; Dean of Students Department or University Housing (850) 644-2860 for on or off-campus violations of the University's alcohol and drug policy must complete the course. Students who have not been sanctioned may also enroll in the course FREE of charge if they would simply like to gain more knowledge about alcohol.

Students may contact the Center for Health Advocacy and Wellness at (850) 644-8871 if they would like to sign up for this informative course. The purpose of the course is to introduce the student to a process of self-examination that may lead to improved decision making and behavior change.

AlcoholEdu is offered for all incoming and transfer students at FSU that is administered online and provides personalized and confidential health information related to alcohol: alcoholedu.com.

Counseling & Psychological Services (CAPS)
(850) 644-8255 | counseling.fsu.edu

The UCC provides a structured two-session Alcohol and Other Drug (AOD) Evaluation for students who are sanctioned by the University for Violations of the University's alcohol and drug policy. In addition to mandated AOD sessions, AOD Evaluations are available on a voluntary basis to all FSU students. Following the AOD Evaluation sessions, a recommendation is made to the student regarding need for counseling treatment. Counseling treatment is provided to students on a voluntary basis only. Any fee-paying student currently enrolled at Florida State University is eligible for services at the UCC. Please contact the University Counseling Center for a current fee schedule.

LIFT
chaw.fsu.edu/services/lift | lift@fsu.edu

The mission of LIFT is to support students interested in recovery from addiction and substance misuse thrive during their college experience. LIFT views the process of recovery as “an individualized, intentional, dynamic, and relational process involving sustained efforts to improve wellness” (Recovery Science Research Collective, 2020). Students learn beneficial coping skills in an accountable recovery community where they can develop friendships with like-minded peers.
Center For Couple and Family Therapy
(850) 644-1588 | ccft.fsu.edu
Counseling services are provided for students, staff, faculty, and the community. Fees are based on a sliding scale.

The Psychology Clinic
(850) 644-3006 | psy.fsu.edu/community/clinic
The Psychology Clinic is also a training clinic. Counselors are graduate students in clinic psychology programs. They provide one-on-one psychology services (no support groups) to students, staff, faculty, and the community. Fees are based on a sliding scale.

Helpline 211
(850) 617-6333, 211 | 211bigbend.org
Helpline 211 is a telephone counseling and referral service for short term counseling, information and referrals mainly for social services in the Big Bend area.

Al Anon
1-888-425-2666 | al-anon.info
Friends or family members have the opportunity to learn from the experiences of others who have faced similar problems.

Alcoholics Anonymous
(850) 224-1818 | Intergroup5.org

Narcotics Anonymous
(850) 224-2321 | Intergroup5.org
Florida State University HIV/AIDS Policy

Students, employees, and applicants for admission or employment at Florida State University who have or who may become infected with HIV will not be excluded from enrollment or employment or restricted in their normal responsibilities and access to University services or facilities due to their HIV/AIDS status, unless individual medically based judgments establish that exclusion or restriction is necessary for the welfare of the individual or of other members of the University community. That is, the University will not discriminate against otherwise qualified HIV-infected applicants, students, or employees.

University Health Services is responsible for monitoring developments with regard to HIV/AIDS, acting upon and administering the policies of the Florida Department of Education Division of Colleges and Universities and the University concerning HIV/AIDS and coordinating the University’s efforts in educating the University community on the nature and prevention of the disease.

The University will be guided in its implementation of this policy by current authoritative medical information, applicable federal and state law, Florida Department of Education Division of Colleges and Universities’ HIV/AIDS Policy, and the guidelines suggested by the Centers for Disease Control, the Public Health Service, the American College Health Association, and the Florida Department of Health.

Florida State University has designated HIV counselors through University Health Services who are available to provide confidential HIV testing for FSU students.

To schedule an appointment:
(850) 644-4567 | registrar.fsu.edu/bulletin/undergraduate/information/university_notices

HIV Testing
The Center for Health Advocacy and Wellness provides free and confidential rapid HIV testing through certified counselors. All it takes is a finger prick and about 20 minutes of your time to receive your results.

To schedule an appointment:
(850) 644-4567

STI Testing
To schedule an appointment call University Health Services:
(850) 644-4567
HIV and AIDS Resources

The Florida HIV/AIDS Hotline
The Florida HIV/AIDS Hotline is the statewide resource for HIV, AIDS, and STD-related information, community referrals, and short-term supportive counseling. Callers receive information on HIV and AIDS-related issues including locations of testing sites and program services in Florida.

In English: 1-800-FLA-AIDS or 1-800-352-2437
En Espanol: 1-800-545-SIDA
In Creole: 1-800-AIDS-101

HIV/AIDS Resources in Tallahassee, FL

Big Bend Cares, Inc
2201 S. Monroe Street
Bigbendcares.org

The Minority Alliance for Advocating Community Awareness
1375 Cross Creek Circle
Capitalcityaidsnetwork.com

2-1-1 Big Bend
(850)617-6333 | 211bigbend.org