

## Some Facts

- 31% of CUMC clinical students reported doing something they later regretted and 21% reported forgetting where they were or what they did as a result of their drinking\*.
- About one quarter of the more than 69000 health care professional students in the country suffer from mental illness, 7-18% with substance abuse disorders.
- Medical students often believe their professional lives to be in jeopardy if it is learned by others that they have a substance abuse or other mental health issue.
- Research indicates heavy drinking decreases with age for the general population, but increases with age for health care professionals.
- One study of students enrolled in the health care professions found that 27% of students met criteria for alcohol abuse in their lifetime; by the end of medical school the percentage rose to 32%.

- Impaired Physicians and health care professionals have high rates of recovery from substance abuse or alcohol related issues.



\*in the past academic year ( according to results of the ACHA-NCHA, Spring 2009)

## Resources

### Where to find the AI:MS Office

102 Bard Hall  
(1st floor, down the hallway that is to the right of the Bard elevators; across from the Housing Office)

### Walk in Hours:

Tuesday, Thursday and Friday  
10 a.m.-2 p.m.

Monday and Wednesday  
5p.m. - 7 p.m.


Or contact **Heather Moon**,  
LMHC, Director of AI:MS,  
make an appointment

**Phone:** 212-305-3989

**Email:** [hwm2107@columbia.edu](mailto:hwm2107@columbia.edu)

AIMS is part of the  
**Center for Student Wellness**

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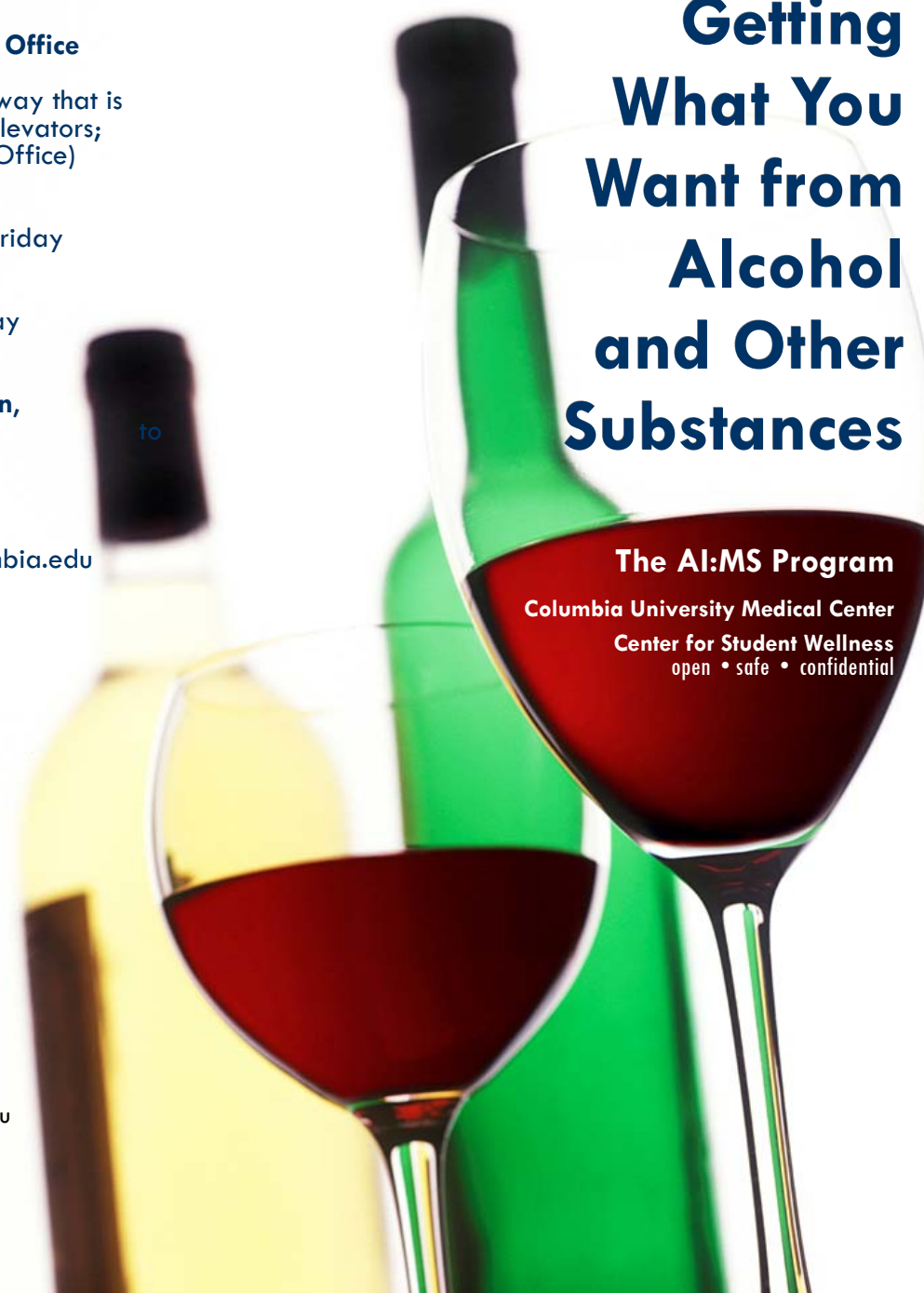
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# Getting What You Want from Alcohol and Other Substances

**The AI:MS Program**

Columbia University Medical Center  
Center for Student Wellness  
open • safe • confidential



## What is AI:MS?

AI:MS began in 1986 when, in light of a tragedy, students asked for a new way to address concerns about alcohol and drug use at CUMC. Today, professional staff and student-elected peer counselors are available to assist students who experience issues related to substance use and addiction.

In 2008, the AI:MS program became part of the Center for Student Wellness.

## Confidentiality

All contact with AIMS is kept confidential, except in cases of imminent risk to individual safety. We strive to be approachable, non-judgmental and compassionate. No paperwork is generated, and AIMS cannot refer students for disciplinary action. AIMS is not affiliated in ANY way with the Dean's offices.

Confidentiality is of crucial importance in the services provided by AIMS, and is extended to all who approach us, including those seeking help for friends. AIMS offers students an opportunity to address addiction issues without contacting administration or faculty.

## Topics You May Want to Discuss at AI:MS

- How do I know if my drinking is out of control?
- What defines a substance abuse problem?
- How do I seek help for a friend or loved one?
- How much is too much?
- What is love addiction? Exercise Addiction? Are Eating Disorders an addiction?
- Am I coping with stress, anxiety or depression with a substance or behavior that has become a negative habit?
- Where can I go to get help?
- I am worried my habits are affecting my school work in an unhealthy way.
- I am worried my academic or professional career will be at risk if I discuss my worries or concerns about drinking.
- I am in recovery, how can I get support?
- What are the differences between social drinking and problem drinking?
- When is drinking or using misuse, abuse, or dependence?
- I think I'm fine, but my friends seem concerned. Should I be worried?

## Referrals

In some instances, when necessary, AIMS can offer referrals for assessment. Students who are referred for assessment will be given a choice of practitioners, of whom at least one will be off-campus. They choose a practitioner, contact that person, and comply with the practitioner's recommendations.

AIMS does not keep any paper trail of the visits, and will not have access to any information exchanged during a visit.

