

# RESOURCES

## Counseling Services

- > 573-341-4211, [counsel@mst.edu](mailto:counsel@mst.edu), or [counsel.mst.edu](http://counsel.mst.edu)

## Student Health Services

- > 573-341-4284, [mstshs@mst.edu](mailto:mstshs@mst.edu), or [studenthealth.mst.edu](http://studenthealth.mst.edu)

## Local AA, NA, CA meetings

- > [macro.missouri.edu/students.html](http://macro.missouri.edu/students.html)

## Local Al Anon meetings

- > [missouri-al-anon.org/meetingsa.html](http://missouri-al-anon.org/meetingsa.html)

# COUNSELING STAFF

## Patti J. Fleck, Ph.D.- Director

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**A support group for  
Missouri S&T students**

who want to explore their own behaviors and ideas for change to avoid future consequences related to drugs and alcohol in a safe setting.

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## Counseling Services

204 Norwood Hall  
310 W. 12th St.  
Rolla, MO 65409  
573-341-4211 | [counsel@mst.edu](mailto:counsel@mst.edu)



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# MISSOURI S&T

Counseling Services



## e-CHUG

Electronic Check-Up to Go (e-CHUG) is a brief self-assessment that will provide you with accurate and detailed information about:

- > Your personal risk patterns
- > Your individual level of alcohol tolerance
- > Your unique family risk factors
- > Harm reduction strategies
- > Helpful resources on campus and in our community

Try it out! If you have questions about your results, set up a consultation with the Health Educator at [minerwellness@mst.edu](mailto:minerwellness@mst.edu)

## WHAT IS BASICS/CASICS?

The goal of BASICS (Brief Alcohol Screening & Intervention for College Students) / CASICS (Cannabis Screening and Brief Intervention for College Students) at Missouri S&T is to motivate students to reduce risky behaviors associated with alcohol/marijuana consumption.

BASICS/CASICS will provide you with a structured opportunity to assess your own risk, identify potential changes that could work for you, and help you to reduce your risk for developing future problems. The program consists of two 60-minute sessions held within two weeks of each other. Learn more at [minerwellness.mst.edu](http://minerwellness.mst.edu)

# 4 MINERS RECOVERY

Providing support, awareness, and healing to help lead a balanced life.

- > Increase self-awareness
- > Increase your understanding of responsibilities
- > Examine your relationship with others
- > Share and receive feedback from others in similar circumstances

**Weekly meetings are held in 204 Norwood Hall, 320 W. 12th St.**

