

## What Students Are Saying About AIM

*"The group was very informative and I am still attending meetings even though the ten weeks are up. The program has helped me change my lifestyle and my drinking problem."*

*"I felt that the group was a great way to cope with my mistakes yet at the same time know others were in my same situation. Facilitator was very kind/helpful easy to talk to honest and non-judgmental. Glad I did it!"*

*"I wasn't looking forward to this class but really enjoyed the experience."*

*"I like the group overall for me it was very productive. I've come a long way since I started with the group but I know I still have a long way to go. It has been a good starting point for one."*

*"Thank you! I appreciate the helpful information and for allowing me the ability to share my thoughts with peers in the same situation."*

*"The facilitators were good at being a trust foundation where I felt comfortable telling my experiences and stories."*

Comments were taken from the evaluations forms of students who participated in the AIM program during the 2006-2007 academic year.

## AIM Program at Boston College

**Office Hours**  
McElroy Commons  
Room 122

Call To Schedule An Appointment  
617-552-0741

### Group Hours

Mondays  
5:00 p.m. - 6:15 p.m.  
OR  
7:00 p.m. - 8:15 p.m.  
Gasson Hall  
Room 215

### Contact Us

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Alcohol  
Intervention  
Meeting

Boston College  
AIM Program



2007 - 2008

### **What is the AIM program?**

AIM is a weekly education/counseling group that helps students identify and implement safer, healthier choices regarding alcohol and drug use.

### **What is the format?**

The AIM format is a 10 session program with a curriculum that focuses on self-awareness, personal responsibility, self-motivation and the identification and restoration of personal values that have been affected by and cause alcohol abuse. Topics include peer pressure, developing goals, use vs. abuse of alcohol, alternatives to alcohol, costs and consequences of substance abuse and education about alcohol and drug problems and their treatment.

### **Is AIM the same as AA?**

AIM is not affiliated with Alcoholics Anonymous, does not follow the structure or content of an AA meeting, and does not assume that everyone who abuses alcohol must join AA. However, the AIM counselor is engaged in an ongoing assessment and referral process that may include recommendations for further treatment beyond AIM. These recommendations may include AA or other treatment programs that utilize a 12-step approach.

### **Is alcohol the only problem AIM deals with?**

AIM considers the abuse of substances and treatment for abuse to be similar, regardless of the substance abused. The AIM counselors are experienced with treating all types of drug abuse and addiction.

### **Is AIM only for students mandated by the BC judicial system or other BC authorities?**

Though many of the AIM participants are mandated to attend the group due to alcohol-related behavior, many students are voluntary. A significant number of mandated students continue on voluntarily with AIM once their mandated obligation has been met.

### **Who is the typical student enrolled in AIM?**

The AIM participant could just as likely be a male or female, undergraduate or graduate student. The majority are freshmen or sophomores, but juniors and seniors are well represented and can be very helpful to the other group members. The AIM student may be a seasoned, frequent drinker who is mandated due to an alcohol-related incident, or a student who had a bad experience when experimenting with alcohol and is seeking guidance and education about abuse of alcohol or drugs.

### **Who is the typical AIM counselor?**

The AIM counselors come from varied backgrounds in the substance abuse treatment field. They are licensed and trained in substance abuse and mental health disciplines, and work in the Boston community. The AIM counselor is a specialist provided by Boston College to focus on the problem of alcohol and other substance abuse on campus.

### **Is my participation in AIM confidential?**

One of the most important ground rules of the AIM group is "what is said in the group stays in the group." Please note that if you are required to participate in the AIM program, your attendance will be reported to your judicial officer. However, details regarding what occurs in the group will not be shared. Furthermore, the AIM counselors work in the local community and are not administrators at BC.

### **How do I get to AIM?**

You can drop by Gasson 215 any Monday at 5pm before the group starts, or call the AIM office at 617-552-0741 and leave your number and we will return your call promptly. You can also get a referral from your Resident Director, Coach, Academic Dean, Faculty, Staff, or Psychologist at the counseling center.