

# Alcohol and Drug Action Plan to Thrive (ADAPT)

When appropriate, students are invited to participate in a voluntary Alcohol and Drug Action Plan to Thrive (ADAPT) program focused on wellness instead of the student conduct process.

## Incident of Concern

WMU learns of the incident. Student is notified of the concern, possible policy violations, and invited to choose to resolve the concern by participating in the Alcohol and Drug Action Plan to Thrive (ADAPT) program instead of the student conduct process.

*(if the student does not choose to participate in the adapt program, the concern is resolved with the student conduct process)*

## Part 1: Alcohol/Cannabis Online Module (45 min)

Complete online educational module. After the module is complete, call the Office of Health Promotion and Education (269-387-3263) to sign up for part 2.

## Part 2: ADAPT Workshop (2 hours)

Attend ADAPT workshop presented by Health Promotion and Education. This workshop focuses on substance and wellbeing education, understanding your own use, and creating a plan for your success. During the workshop you will set three wellness goals for yourself and sign up for part 4.

## Part 3: Wellness Goals

Spend the 2-3 weeks between part 2 and part 4, working on your self-identified wellness goals.

## Part 4: ADAPT Follow Up (30min).

Attend a follow-up meeting with Health Promotion and Education at least 2 weeks after the workshop. During the meeting, discuss your progress with your well-being goals, receive individualized coaching/education/support. At the conclusion of the follow-up, complete the post-program survey.

## Program Complete

After completing all 4 parts of the ADAPT program, your incident of concern is fully resolved. Record will be kept that you completed the program (this is not considered a "student conduct record"). If all steps are not completed the original incident of concern and the failure to complete the agreed upon program will be referred to the student conduct process.

On average the ADAPT program takes 3-4 weeks from the incident to the completion of all program steps.