Where To Go as a Queer Student to Get Support

Recovery & Substance Use Support
- Stanford Outpatient - Addiction Medicine Dual Diagnosis Clinic
  - PHONE: 650-498-9111
- Alcoholics Anonymous - Campus Meetings
  - WHEN & WHERE: Sundays 9am - 11am at the Graduate Community Center, Nairobi Room
  - WHEN & WHERE: Wednesday 12pm - 1pm at 40 Bonair Sliding Conference Room

Trainings & Consultation
- Office of Alcohol Policy and Education (OAPE)
  - Sober Monitor Trainings/Alcohol 101 Trainings
  - Staff - Vy Hoang, AOD Educator at vyhoang@stanford.edu

Social Events
- Cardinal Nights - Provides equally attractive, non-alcoholic special programming on campus
  - More on Cardinal Nights Facebook Page

Services
- 5-Sure (Students United for Risk Elimination) provides free transportation to and from a variety of campus locations
  - PHONE: 650-725-7873
- 5-Sure on Foot - Team table stocked with water, snacks, and student staff able to walk students across campus
  - WHERE: Corner of Campus Drive & Mayfield
  - WHEN: Weekend Nights

Campus Spaces
- QSpot - Making Stanford a place where students of all genders & sexualities can flourish
  - WHERE: Firetruck House, 2nd Floor (Elevator Accessible)
  - WHEN: Monday - Friday from 12pm - 5pm
Queerness & Alcohol

While entering Stanford is itself a stressful transition that can often include students’ first experiences with alcohol and drugs, queer students face unique challenges that predispose them to heightened alcohol and/or drug use and experimentation. Either from outright discrimination or from concealing one’s identity, queer students often experience increased levels of anxiety, stress, and/or depression because of their identity. To cope with these overwhelming feelings, queer individuals may turn to alcohol and other drugs for relief. In combination with a lack of culturally-competent, queer-specific treatment services, this leaves queer students particularly vulnerable to developing alcohol/drug abuse or dependency.

Stanford Data

All Students:

- 3/4 of incoming frosh expect alcohol to play little, if any, role in their social life
- >half of incoming frosh plan to drink during college
- 80% of incoming frosh plan to drink safely and in a healthy manner

Prevalence

Queer young adults report more alcohol use than their cisgender-heterosexual peers (Reed et. al 2010). This makes them at heightened risk for developing patterns of abuse/dependency.

Spectrum of Alcohol Use

1. ALCOHOL DEPENDENCY - physiological need for substance to function socially that could result from chronic abusive drinking
   E.g. A student has to consume alcohol to function throughout the day

2. ALCOHOL ABUSE - pattern or single episode of drinking that leads to negative consequences
   E.g. A student may experience blacking out, vomiting multiple times, harming themselves/others, and/or using alcohol as a primary way to cope with stress

3. SOCIAL ALCOHOL USE - characterized as being experienced in knowing your limits with alcohol consumption
   E.g. A student drinks in moderation and with the goal of socializing with others

4. ALCOHOL EXPERIMENTATION - a stage where an student may be inexperienced with alcohol consumption and exploring alcohol’s effects
   E.g. A student may be learning serving sizes, how much they can drink, for how long, and/or if they enjoy drinking alcohol at all

5. ABSTINENCE - a period of no use. This can be either a short-time or long-term lifestyle choice
   E.g. A student may choose to not drink for health, religious, and/or other personal reasons

The vast majority of Stanford students don't use substances other than alcohol. Here are the facts:

Cannabis

Less than half (44%) of Stanford undergrads report using cannabis in the past 12 months

Tobacco

21% of Stanford undergraduates report using nicotine/tobacco products within the past 12 months

Other Drugs

Only 6% of Stanford undergraduates report using cocaine within the past 12 months

Only 9% of Stanford undergraduates report using hallucinogens (mushrooms, LSD, etc.) within the past 12 months

*Data Source: OAPE annual survey data 2018


