



A New Addition to Campus Health

Attention! Attention! There is a new office addition to Campus Health! Drumroll please... The Office of Assessment, Intervention, and Recovery (AIR) is here and ready to be at your service.

What is it?

The Office of AIR functions as a multi-disciplinary, collaborative, and integrative health care team within Campus Health. It expands support through a nonlinear process of care and provides a comprehensive spectrum of Alcohol and Other Drug Services.

How do I get in touch with AIR?

Call us @ 504-865-6247 or 504-865-OAIR

AIR@tulane.edu

<https://campushealth.tulane.edu/air>

What services does AIR offer?

- Substance use education
- Early interventions, BASICS (Brief Alcohol Screening Intervention for College Students)
- Trainings (Recovery Ally and Substance 101 Training)
- Screening/assessment services
- Referrals for appropriate level of care
- Recovery support services, Tulane Recovery Community (AA Support, All Recovery, Yoga Recovery and SMART Recovery Meetings).



TULANE UNIVERSITY
OFFICE of ASSESSMENT,
INTERVENTION & RECOVERY

In addition, the Tulane Recovery Community (TRC) is embedded with the Office of Assessment, Intervention, and Recovery. TRC welcomes anyone who is interested in what a recovery lifestyle has to offer, including those who are “recovery curious” and are questioning their relationship with alcohol and/or other substances. Additionally, we recognize the need for advocacy and support, and we provide education and space for those identifying as “recovery allies.”

The TRC features:

- Community connection by promoting social and peer support
- Navigating barriers to a successful academic progression
- Normalizing recovery identity on campus
- Education, resources, and training to students, families, faculty, and staff
- Sober social activities on and off campus
- Recovery support meetings
- Connection to campus support services

Stronger Together

BE COVID SAFE

The Fall semester is here, and we are so happy you all are back! Fall 2021 might look a little more normal than Fall 2020, but we still must take the necessary precautions to stay safe. We know that all the changes around COVID-19 guidelines can be confusing, and we know that things are going to continue to change as new guidance

How to stay informed about COVID-19

comes out from the CDC and the Louisiana Department of Health. So here are a few things to keep in mind this semester:

- Check your Tulane email regularly for Campus Health updates about COVID-19 guidelines.
- Make an appointment for a COVID-19 test anytime you receive an email with a QR code telling you it is time.
- For testing questions, email chttestresults@tulane.edu.

• For contact tracing questions, email chcontacttrace@tulane.edu.

• For questions about the vaccines, email covidvaccine@tulane.edu.

• For the most up to date information about COVID-19, visit tulane.edu/covid-19 or scan this QR code.



TUPHE FEATURE

What is the “Red Zone”?

The “Red Zone” is a period of time at the beginning of the academic year when there is a spike of sexual assaults on college campuses. This period spans from the start of the fall semester to Thanksgiving break. Fifty percent of all sexual violence that takes place on U.S. college campuses occurs during this time. The National Sexual Violence Resource Center defines sexual violence as forcing or manipulating someone else into unwanted sexual activity without their consent. Therefore, now and throughout the school year, it is of utmost importance that students practice consent during their sexual encounters to end the Red Zone on Tulane’s campus.

End the Red Zone by prioritizing consent:

- Encourage people to communicate with their partner both before and during sexual encounters to ensure that everyone is enthusiastically enjoying and consenting to what is happening.
- Engage in open communication with your partner and ensure that they are openly communicating their opinions with you.
- Be able to recognize the symptoms of incapacitation, the point at which someone who has been drinking or doing other drugs can no longer consent. Furthermore, know that having sexual contact with an incapacitated partner is sexual assault.
- Be an active bystander and encourage others to be active bystanders as well in any situation in which someone might need help or is being treated poorly by a partner.
- **Keep the stats in mind:** About half (51.1%) of female rape victims reported being raped by an intimate partner and 40.8% by an acquaintance. Over half (52.4%) of male victims reported being raped by an acquaintance. Additionally, the 2017 Tulane Climate survey found that 40.9% of nonbinary folx, 18% of men, and 40.5% of women at Tulane have experienced sexual assault. Sexual violence can happen to people of all genders and sexual identities.

What resources are available on Tulane’s campus for survivors of sexual violence?

- SAPHE – (504) 654-9543
- The LINE – (504) 264-6074
- The Counseling Center- (504) 314-2277
- Case Management and Victim Support Services – (504) 314-2160
- Title IX Coordinator – (504) 314-2160 (Responsible for ensuring that every report receives a response).

live well Highlights



Live Well Kickoff

Sept. 1 | 12 to 2 p.m.
Berger Family Lawn

Grab free food and swag and participate in fun activities. Join us to learn how to start the semester off right!



You@Tulane

This new online tool is designed to help students and employees manage stress, set goals, promote happiness and well-being, and connect to campus resources.

you.tulane.edu