

## RESOURCES FOR STUDENTS SEEKING HELP FOR SELF OR PEERS WITH SUBSTANCE USE AND OTHER ADDICTIONS

- 1) For students who are concerned about substance (alcohol and/or drugs) or behavioral addictions (gambling, internet, sex):
  - a) If you are concerned about personal addiction or a colleague with possible addiction, please contact Dr. Anna Lembke for initial confidential evaluation or informal discussion ([alembke@stanford.edu](mailto:alembke@stanford.edu), office phone: 650-725-9570).
  - b) Be assured that your records will be handled in strict confidence.  
Note that HIPAA is the federal Health Insurance Portability and Accountability Act of 1996, which insures that your personal health information cannot be shared with others without your consent, except in the case of a life-threatening emergency. 42CFR is a U.S. Code of Federal Regulations which adds an additional layer of confidentiality to medical records which include information on addiction issues.
    - i) If you have concerns about confidentiality beyond the protection afforded by HIPAA regulations, the Department of Psychiatry will work with you to make sure that your concerns are addressed, including the possibility of using an alias.
  - c) Be assured that no trainee will be involved with your care.
  - d) This is a useful link for describing addiction and its treatment: <http://www.casacolumbia.org/>
  - e) If you would prefer to receive care outside of Stanford, please contact either Dr. Anna Lembke or Dr. Rebecca Smith-Coggins and they will provide you with a list of highly qualified community providers.
- 2) If you have other specific concerns such as how to handle a DUI or other challenges faced by you or a colleague, please contact Dr. Rebecca Smith-Coggins ([smithcog@stanford.edu](mailto:smithcog@stanford.edu), cell phone: 408-621-4742). Your conversation will be held in strict confidence.
- 3) Other resources include Alcoholics Anonymous, Narcotics Anonymous, and other self-help groups for addiction, which can be located by googling the name of the group and the zip code in your area.