

# THE Options PROGRAM

Need Help?  
You Have Options.



**The Options Program** is Tompkins Cortland Community College's confidential, short-term alcohol and drug education and counseling service. The program is provided by TC3 Health Services in collaboration with the Office of Counseling, Career, and Transfer Services.

The mission of **the Options Program** is to support student learning and promote campus and community wellness by reducing alcohol and other drug abuse and related consequences.

In a safe, non-judgmental, and confidential environment, **Options Program** counselors administer individual risk assessments, conduct brief motivational counseling sessions, and deliver small-group educational sessions. Each student who participates in **Options** receives personalized information and feedback on their substance use.

**The Options Program** follows a "harm-reduction" approach in helping students examine their decisions and risks, identify personal values and goals, and build upon their strengths to make healthy, safe choices involving alcohol and other drugs.

**The Options Program**, is supported in part by the student health fee and is provided at no additional charge. To schedule an appointment with **Options** counselors Matt Kiechle or Becky Clark, visit or call counseling, career, and Transfer Services at 607.844.8222, Ext. 4261 or visit the health center. Appointments are available Monday through Friday between 9 a.m. and 4 p.m.

**If you have questions or would like more information, e-mail Matt Kiechle, health educator, at [kiechl@TC3.edu](mailto:kiechl@TC3.edu).**

