

# e-CHUG

## How many CHEESEBURGERS did you drink?

Santa Ana College Health and Wellness Center offers SAC students free access to e-CHUG (The electronic Check-Up to Go). The e-CHUG is an online option for students to use to gain insight into their relationship with alcohol by taking a brief assessment tool which takes about 6-7 minutes to complete; it is self-guided, requires no face-to-face contact time with a counselor, and is completely anonymous.

When you access the e-CHUG, you are prompted to enter some demographic information and information on your personal alcohol use. After all information has been entered, you submit the form electronically. The information you entered is processed and then compares your responses to national and SCC's local college norms. Then your personalized feedback is displayed for you in a standard format.

## Individualized Feedback

The e-CHUG's individualized feedback provides students with useful information on such items as:

- Calorie intake
- Peak Blood Alcohol Concentration
- Income spent on alcohol Norm comparisons
- Tolerance levels
- Genetic risk score
- Personal results and explanations
- Referral information

## Personal Reflections

Both e-CHUG and Personal Reflections are a convenient way for students to find out if a professional consultation might be useful. If, after completing the e-CHUG and receiving your feedback, you would like to speak with a counselor about your concerns, call SAC's Psychological Services at 714-564-6216, ask to talk with a Psychologist. All services are confidential and are located in The Village 211. Consultations are scheduled on a first come first served basis and each visit is an individual appointment.

## Disclaimer

Personal Reflections is a second optional piece of this online program. Here your responses require specific contact information which is reported to the health center psychologist. We will not contact you unless you ask us to do so OR if your responses indicate that you are in danger or if you are endangering others. Completing Personal Reflections will provide valuable information for both you and the college

health center. Aggregate data on the above bullets will be used to measure success of the program. Your individual responses will not be reproduced or communicated at any time.

The SAC e-CHUG is serviced through a secure website at San Diego State University.

[VISIT e-CHUG](#)