



**THE**  
**Options**  
**PROGRAM**

**Need Help?  
You Have Options.**

**TOMPKINS  
CORTLAND**  
COMMUNITY COLLEGE

**The Options Program** is Tompkins Cortland Community College's confidential, short-term alcohol and drug education service. The program is provided by Health 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** staff administer individual risk assessments, conduct brief motivational interviewing sessions, and deliver small-group educational classes. Each student who participates in **Options** receives personalized information and feedback on his/her 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 life fee and is provided at no additional charge. To schedule an appointment with **Options**, visit or call the Health Center at 607.844.8222, Ext. 4487. Appointments are available Monday through Friday between 10 a.m. and 5 p.m.

**If you have questions or would like more information, email Matt Kiechle, health educator, at [MWK@tompkinscortland.edu](mailto:MWK@tompkinscortland.edu).**

