

OFFICE OF ALCOHOL AND DRUG EDUCATION



Welcome to your OADE website. We hope you find it informative and helpful. You will find alcohol and drug awareness information and assessment for yourself or a friend you may be concerned about. Go to the Resources page for more facts and information on alcohol and drug use risks and consequences.

Please remember that you are always welcome to discuss any concerns you may have about yourself and/or others at the office within the professional parameters of confidentiality. We offer compassionate, unbiased and non-judgmental assessment, counseling, and referrals. Our only concern is your growth and development as a young adult.

Alcohol use is always a personal choice that can have health, safety and legal consequences. For those who choose to drink, your mood, if and when you have eaten, how many and how fast you drink will all influence your ability to maintain control of yourself. Being in control means having the ability to make your own informed choices including if you drink, how much, how often and with whom.

Office hours are: Monday, Wednesday, Thursday 8:00-1:00 or Tuesday 10:00-1:00

You may also leave a message on our voice mail for a return call or use our email at OADE.Office@valpo.edu to communicate with us. For emergencies, please dial 911 or call VUPD at 464-5430.

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