



## eCheckUP TO GO Sanction Instructions

You have been sanctioned to complete an **eCheckUp TO GO** course with the Wellness Center. This Harm Reduction Approach is a preventive intervention for college students. **eCheckUP TO GO** is designed to help students analyze their individual substance use patterns, risk patterns, aspirations and goals, and locate helpful resources. The goal of this sanction is to help students make better alcohol/drug-use decisions based on a clear understanding of the genuine risks associated with alcohol and drugs, enhanced motivation to change, and the development of skills to moderate substance use.

This is a *minimum 3-week process*, so please begin as soon as possible.

There are four requirements for completion of this sanction:

1. Complete the assigned online course. The link to these can be found at
  - a. **eCheckUp TO GO – Alcohol**
    - i. <https://echeckup.sdsu.edu/usa/alc/coll/marshall/#!/>
  - b. **eCheckUp TO GO – Marijuana Education**
    - i. <https://echeckup.sdsu.edu/usa/mj/coll/marshall/#!/>
2. Schedule and attend an Education Session with the Coordinator of Wellness Programs.
3. Monitor your substance use for two weeks.
4. Attend your follow-up session and develop an Individualized Wellness Plan.

You will be contacted one month following the session to assess your progress and evaluate the program, we would appreciate your participation.

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Contact information for the Wellness Center can be found below:



Kaye Godbey  
Coordinator of Wellness Programs  
Memorial Student Center, 2W16A  
E: [godbeyk@marshall.edu](mailto:godbeyk@marshall.edu)