



eCheckUP TO GO Sanction Instructions

You have been sanctioned to complete an eCheckUp TO GO course. 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 Leah Tolliver.
3. Monitor your substance use for two weeks.
4. Attend your follow-up session with Leah Tolliver 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.

Contact information for Leah can be found below:

Leah Tolliver
Assistant Dean for Wellness and Gender Programs
Old Main 115
E: tolliver@marshall.edu
P: 304-696-3112
[Book a Meeting with Leah Tolliver](#)