



Boston University Faculty & Staff Assistance Office

Phone: 617-353-5381 **Email:** fsao@bu.edu **Web:** www.bu.edu/fsao **Twitter:** @BUFSAO

Help for Substance Use Disorders

There is help available for BU faculty, staff and their family members who are concerned about substance use disorders in themselves or a loved one. The BU Faculty & Staff Assistance Office provides free and confidential counseling with licensed behavioral health providers who have experience working with a range of substance use disorders and addictions. Our counselors can help determine the most beneficial treatment approach and assist you or your family member in accessing treatment. Contact our office at 617-353-5381 or www.bu.edu/fsao to schedule a confidential conversation.

We caution people against seeking inpatient or rehab treatment for addictions without professional guidance. There are unscrupulous treatment centers, particularly in Florida, that advertise heavily and use paid brokers to direct people who are struggling with addiction to their programs (see [Avoiding addiction treatment scams](#)). Our counselors can help you get into treatment with high quality providers who accept your health insurance.

If you or a family member need rapid access to Suboxone or other medication-assisted treatment for opioid addiction or alcohol use disorder, the [BMC Faster Paths](#) program is available 8:00 to 4:30 pm, 7 days a week. It is adjacent to the BMC emergency room. Request an appointment [online](#) or by calling 617-414-4580.

Questioning whether you have a problem with substance use or sex addiction? Here are self-assessments to help you explore the question.

Alcohol/Drugs

- Have you ever tried to cut down your use of alcohol/drugs?
- Have you ever been angry with someone who has criticized your use?
- Have you ever felt guilty about your use?
- Have you ever had an “eye-opener” (a morning use of substance to reduce the effects of hangover/shakes, headaches, thirst, or craving)?
- Have you had blackouts?
- Have you missed work, been late, or left early because of your substance use?
- Have you ever been arrested for driving under the influence (DWI or DUI)?

If you answered “yes” to any of these questions, you may want to speak with a professional.

Sex Addiction

- Does your use of pornography occupy large amounts of time and/or jeopardize your significant relationships or employment?
- Do you keep secrets about your sexual behavior or romantic fantasies from those important to you? Do you lead a double life?
- Have your desires driven you to have sex in places or with people you would not normally choose?
- Do you need greater variety, increased frequency, or more extreme sexual activities to achieve the same level of excitement or relief?
- Do your relationships become distorted with sexual preoccupation? Does each new relationship have the same destructive pattern which prompted you to leave the last one?
- Do you frequently want to get away from a partner after having sex? Do you feel remorse, shame, or guilt after a sexual encounter?
- Could or Have your sexual practices caused you legal problems?
- Does your pursuit of sex or sexual fantasy conflict with your moral standards or interfere with your personal spiritual journey?
- Do your sexual activities involve coercion, violence, or the threat of disease?
- Has your sexual behavior or pursuit of sexual relationships ever left you feeling hopeless, alienated from others, or suicidal?
- Does your preoccupation with sexual fantasies cause problems in any area of your life - even when you do not act out your fantasies?
- Do you compulsively avoid sexual activity due to fear of sex or intimacy? Does your sexual avoidance consume you mentally?

If you answered "yes" to more any of these questions, we encourage you to seek help.

Questions courtesy of Sex Addicts Anonymous

Additional Information and Resources

- Rethinking Drinking from the NIH: www.rethinkingdrinking.niaaa.nih.gov
- Alcoholics Anonymous: <https://www.aa.org/>
- Refuge Recovery (Buddhist): <https://www.refugerecovery.org/>
- Smart Recovery: <https://www.smartrecovery.org/>
- Women for Sobriety: <https://womenforsobriety.org/>
- Al-Anon for families of people struggling with substance use: <https://al-anon.org/>
- Learn2Cope for families of opiate abusers: <https://www.learn2cope.org/>
- Massachusetts Substance Use Hotline: 1-800-327-5050 <https://helpline.ma.org/>
- MA Organization for Addiction Recovery: <https://www.moar-recovery.org/>
- Gamblers Anonymous: <http://www.gamblersanonymous.org/ga/content/about-us>
- Sex Addicts Anonymous: <https://saa-recovery.org/>
- Food Addiction Institute: <https://foodaddictioninstitute.org/>
- Overeaters Anonymous: <https://oa.org/>
- Multi-service eating disorders association: <https://www.medainc.org/>
- Workaholics Anonymous: <https://workaholics-anonymous.org/>

If you would like to meet with an experienced behavioral health counselor to talk about your or a loved one's substance use or other concerning behavioral, please schedule a free and confidential appointment with the BU Faculty & Staff Assistance Office at 617-353-5381 or through our website contact form at www.bu.edu/fsao/contact