



Dear SJC Student:

As a result of your judicial hearing you have been referred for a substance use assessment. You are welcome to complete this at the College's Counseling Center or at an off-campus location. The following will help you with this process:

To schedule an appointment **or** to receive a referral to a community provider, call 207-893-6631 or send an email to [counselingcenter@sjcme.edu](mailto:counselingcenter@sjcme.edu). When making contact please mention that the appointment is to complete a judicial sanction. We'll either set you up with an appointment or provide you with community resources depending on what you prefer.

To meet your deadline, you are strongly encouraged to contact the Counseling Center as soon as possible given scheduling constraints.

If you choose to use the services on campus:

- You will meet briefly with a counselor and then complete several questionnaires. This meeting will take about 45 minutes to an hour.
- Typically, a second appointment will be scheduled to discuss in a collaborative manner the results of the questionnaires, including choices, risks and strategies to reduce risks associated with substance use.
- It is important to keep your scheduled appointments. The following will result in returning your referral to the Campus Life office for failure to comply:
  - cancellation for reasons other than illness or an emergency situation
  - cancellation of more than one appointment
  - failure to show for your scheduled appointment

Believe it or not, most students who complete their sanction at the Counseling Center find it helpful. I expect you will, too! If you have questions, don't hesitate to contact me.

Sincerely,  
Liz Wiesen, Psy.D.  
Director, Counseling Center  
[lwiesen@sjcme.edu](mailto:lwiesen@sjcme.edu)

"And a step backward, after making a wrong turn, is a step in the right direction."

- Kurt Vonnegut

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