STEPS 2.0 is a program that CAPS provides to UAlbany students, including those who receive a sanction for an alcohol or other drug-related infraction. The program offers personalized feedback about drinking, drug use, and other health topics, and is designed to engage students in a conversation about alcohol and other drugs. It also includes information about alcohol and other drugs, as well as helpful tips for staying healthy and safe.

To satisfy the requirements of your sanction you will need to complete the following steps:

1. **Fill out an online informed consent form and survey**
   Within 1 week of receiving your sanction, complete a survey at the following link:
   https://www.surveymonkey.com/s/steps2_0
   At the beginning of the survey, you will see an informed consent form giving you an option of participating in a research study. *Note that you will need to complete all requirements for the STEPS 2.0 program, whether or not you agree to participate in the study.*

2. **Look for instructions in an email message from “STEPS Program”**
   Within 1 week of taking the survey, you will receive an email message with instructions about the next step that you need to take to complete your sanction requirements. Please follow the instructions in that email message.

3. **Attend your STEPS 2.0 appointment**
   Attend your STEPS 2.0 appointment at Counseling and Psychological Services. If you are unable to attend your appointment or need to reschedule, please call prior to the appointment time.

4. **Complete the required follow-up survey**
   The STEPS Program will email instructions to complete an online follow-up survey 1 month after your appointment. Complete the survey within 1 week of receiving the email to satisfy the requirements of your sanction.