

Alcohol and Drug Use and Abuse

Presented by the Counseling Center

Topics Covered

- The use, abuse and consequences of:
 - Alcohol
 - Marijuana
 - Opiates/Heroin
 - Prescription Drugs

Why Some College Students Use Alcohol and Drugs

Stress. As students are facing the high demands of coursework, part-time jobs, internships, social obligations and more, many turn to drugs as a way to cope.

Course load. More students than ever are taking stimulants, such as Adderall, to help them stay awake long enough to study or complete assignments by their due dates. All too often, these prescription drugs are obtained without a legitimate prescription.

Curiosity. College students are exploring many new aspects of their lives in personal and professional realms. It's not uncommon for that self-exploration to dip into drug experimentation.

Peer pressure. College students who are surrounded by other people experimenting with recreational and performance-enhancing drugs are more likely to try these substances for themselves.

Impacts of Using Alcohol and Drugs

Decreased Academic Performance

- Substance abuse causes grades to “slip” because you're no longer able to keep up with your studies and perform to the best of your abilities.
- Drug and alcohol abuse might cause you to stay in bed and miss exams because you have a hangover or because you'd rather be partying instead of going to class.

Impacts of Using Alcohol and Drugs

Physical and Psychological Impact

- On average, 1,825 college students between the ages of 18 to 24 die each year due to alcohol-related injuries, according to the National Institute on Alcohol Abuse and Alcoholism.
- However, alcohol and drugs don't have to kill you to have a serious impact on your physical and psychological health:
 - Alcohol and drugs damage your organs, cause brain dysfunction and alter your perceptions, emotions and senses causing you to take dangerous or unnecessary risks and even lead to mental health disorders like depression.
 - People who start using drugs or drinking during their college years are more likely to develop a substance abuse problem later in life.

Impacts of Using Alcohol and Drugs

Financial Impact

- Alcohol and substance abuse can also have a negative financial impact on college students - drugs and alcohol aren't usually free. Many college students are already financially strapped, and making the choice to spend money on drugs or alcohol might mean there's less money available to buy books or even food.

Impacts of Using Alcohol and Drugs

Legal Considerations

- College students who are under 21 and drink -- or those over the age of 21 who supply minors with alcohol -- might be subjected to disciplinary action, such as suspension, expulsion or arrest.
- Illegal use of drugs and alcohol is a federal crime, so students caught using illegal substances might be subjected to serious legal consequences, depending on a number of factors, such as the amount and type of drug or whether they were caught selling or in possession of the drugs.

Alcohol

What You Need to Know

Alcohol is a depressant.

Alcohol depresses the central nervous system beginning with the first drink.

Alcohol has no nutritional value and lots of calories.

In low doses, alcohol creates a feeling of warmth and lowered inhibitions.

In higher doses, alcohol consumption can have serious consequences.

How Alcohol Works

Alcohol enters the mouth



Alcohol travels to the stomach and small intestines



Stomach and small intestines absorb alcohol into the bloodstream



Blood travels to every organ, including the brain



Alcohol's effect on the brain produces the "drunk" feeling

Blood Alcohol Concentration

The ratio of alcohol to blood in the bloodstream

.02%

At this level of intoxication, your central Nervous System slows down.

Your reaction time becomes impaired. You react to things slower than usual.

.04%

At this level, your reaction times continues to slow down

Your feelings of relaxation deepen.

A “buzz” develops.

.05%

At this level of intoxication, the effects of alcohol change.

Good feelings become less good

Negative feelings become worse

Blood Alcohol Concentration

.06%

At this level, the brain's ability to process information and make judgments is greatly impaired. You may not understand information like you normally would, and you are more likely to do things that you normally would not do.

.08%

At this level, motor coordination greatly declines. You will likely bump into things and have difficulty balancing.

You may feel nauseous and throw up

.10%

At this level, judgment and motor coordination are greatly impaired.

Blood Alcohol Concentration

.15%-
.25%

This level presents a high risk of blackouts and injuries.

.25%-
.35%

At this level of intoxication, you are likely to pass out, and you are at risk of death.

.40%-
.45%

This is the lethal dose for most people.

What Alcohol Does to the Brain

Brain Region	Function of Brain Region	Consequence of Alcohol
Pre-frontal cortex	Reasoning and impulse control	Poor decisions and impulsivity
Hippocampus	Memory and learning	Irreversible damage
Myelination Process	Stabilizes/speeds brain processes	Cognitive deficiencies
Dopamine Pathway	Produces pleasure	Reduces natural capacity to produce dopamine resulting in depression, anger, boredom, and anxiety

Alcohol and GPA



There is a relationship between alcohol consumption and college academic performance.

- A's - 4 drinks or less per week
- B's - 6 drinks per week
- C's - 8 drinks per week
- D/F's - 10 drinks per week

Consequences of Alcohol



College & university administrators estimated that alcohol is involved in:

- 29% of college dropouts
- 38% of academic failures
- 64% of violent behaviors
- 66% of unsafe sexual practices
- 75% of acquaintance rapes

New Jersey Laws



The legal age to consume alcohol is 21.



The legal age to pour alcohol is 21.



The limit for driving while intoxicated depends on your age:

- If you are over the age of 21: 0.08%
- If under 21: any detectable amount, as determined by police, is illegal

GCU Alcohol Policy from the Student Handbook

No student under 21 may purchase, possess or consume alcohol.

Students of legal age (21 and over) may NOT consume alcohol in public places, including common rooms, hallways, outdoors, or any common area of residence halls.

Transporting, sale and distribution to persons under 21 is a criminal offence.

GCU Consequences from the Student Handbook

First Offense	Second Offense	Third Offense
\$100 fine	\$200 fine	\$500 fine
Alcohol assessment via the university Counseling Center	Assessment	Community service
	Required counseling	Mandatory counseling
	Community service	Possible removal from residence and revocation of residence life privileges (including, but not limited to, parking and visitation) for a specific period of time

Consumption Levels

Because of *body composition and chemistry*, males and females are affected differently by alcohol.

	Men	Women
Moderate Drinking	Less than 2 drinks per day	Less than 1 drink per day
At-Risk Drinking	More than 14 drinks per week OR more than 5 drinks in one sitting	More than 7 drinks per week OR more than 3 drinks in one sitting

Equivalence of Alcohol Types

1 drink =

**12 fl oz of
regular beer**



about 5%
alcohol

=

**8–9 fl oz of
malt liquor**
(shown in a
12 oz glass)



about 7%
alcohol

=

**5 fl oz of
table wine**



about 12%
alcohol

=

**1.5 fl oz shot of
80-proof spirits**
(whiskey, gin, rum,
vodka, tequila, etc.)



about 40%
alcohol

The percent of "pure" alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

“Binge Drinking”

“Binge drinking” refers to high risk behavior with alcohol in one sitting, and it differs for men and women:

- Women: 4 or more drinks in one sitting
- Men: 5 or more drinks in one sitting

Binge drinking puts students at higher risk for fighting, vandalism, sexual assault, rape, violent behavior, death & injury from alcohol related car crashes.

At 1 out of every 3 colleges, more than half of the students engage in “binge drinking”.

“Binge drinking” has contributed yearly to:

- 1,400 student deaths
- 500,000 student injuries
- 70,000 cases of student sexual assault

Blackouts are NOT Normal

- Alcohol affects the way your brain processes information, including the way it memorizes and stores information.
- Alcohol can cause “gaps” in memory the next day.
- You are put at serious risk of injury, unsafe sex, acquaintance rape, violence, legal problems and death if you are drinking to the point of “blackout”.

Handling an Emergency if you are Worried About a Friend

1. Don't leave the person alone!
2. Try to wake them up.
3. Check their skin color and temperature.
 - Hot temperature or blue or pale skin may mean they are not getting enough oxygen.
4. Check breathing.
 - Slow, irregular or shallow breathing means you **MUST** seek medical attention.

Handling an Emergency

- Turn the person on their side to avoid choking from vomit.
- Get help! Call 911.
- If possible, don't let it get this far. Stop friends from drinking before this happens.

Don't drink if:

You don't want to

You are under 21

You are upset, anxious or
angry

You are driving or operating
machinery

You are taking any kind of
medication

Marijuana

Marijuana

Pot, Dope, Grass, Weed

- Marijuana can be classified as all three of the following due to the wide range of effects marijuana can cause:
 - Depressant
 - Stimulant
 - Hallucinogenic
- The enjoyable effects of marijuana include:
 - Feelings of euphoria
 - Increased sense of well being
 - Talkativeness

Marijuana Risks

The negative risks of marijuana include:

- Dulled reflexes
- Increased heart rate
- Damage to lungs and pulmonary system
(One marijuana cigarette is equal to 25 commercial cigarettes)
- Impaired sexual development and fertility, including abnormal sperm production and menstrual irregularities
- Lowered inhibition
- Impaired tracking and visual distance
- Delayed decision making
- Distortions in time estimation
- Chronic fatigue and lack of motivation
- Impaired coordination, concentration, and memory

Legalization of Marijuana

- Currently (10/2015), marijuana has been legalized for medical use in 20 U.S. states, and it has been legalized for recreational use in four U.S. states.
- In **NEW JERSEY**, marijuana is only legal for medical use. Possession and use of marijuana requires a prescription. Possession and use of marijuana without a prescription is illegal in New Jersey and can result in arrest.

GCU Consequences for Illegal Drugs (from the Student Handbook)

- “Illegal drugs and/or drug paraphernalia are **forbidden** on campus.”
- “All drugs and/or drug paraphernalia may be **confiscated** by campus security officers and/or Georgian Court University officials and **turned over to the Lakewood Police Department.** “
- “Students can be held accountable if a professional staff member determines the **odor** of marijuana is present.”
- “Students who violate this policy will be subject to **strict disciplinary action** and/or **prosecution under applicable federal, state, and local laws.**”
- “Georgian Court University has a zero-tolerance policy for illicit drug use. All violators of this policy are subject to **possible suspension/expulsion from campus housing** and/or **other disciplinary action.**”

Effects of Marijuana on Your Ability to Function

- Marijuana has become much more potent in the last 10 to 15 years (a 500–800% increase in THC potency). Smoking 3 to 5 “joints” or “blunts” a week today is equivalent to 15 to 40 “joints” a week 10 to 15 years ago.
- Many people claim marijuana has no long-term effects on the brain.
 - Someone who smokes 3 or more times per week is NEVER free from the effects of marijuana acting on the brain
 - Changes in mental functioning are so subtle, users often realize that they can no longer work as safely or efficiently
- Combining alcohol or other depressants/stimulants with marijuana can produce a **quadruple effect**, increasing the impairing consequences of both drugs.

Opiates

Opiates

Heroin, Smack, “Pain Pills”
Codeine, Demerol, Vicodin

- Opiates are derived from the resin of a poppy plant.
- Types of Opiates:
 - **Morphine, Demerol, Codeine, and Vicodin:** legally prescribed for pain in the U.S.
 - **Heroin:** no approved medical use in the U.S.
- Codeine and morphine are usually injected or taken orally as pills.
- Methods of abusing heroin:
 - Injection into a vein (“Mainlining”)
 - Snorting through the nose
 - Smoking (“Chasing the Dragon”): heroin is heated on aluminum foil in order to boil and vaporize the heroin. The fumes are then inhaled.

Signs and Symptoms of Opiate Use

Lethargy

Lack of motivation

Drowsiness

Flushed Appearance

Shallow Breathing

Needle marks and/or open sores on
body

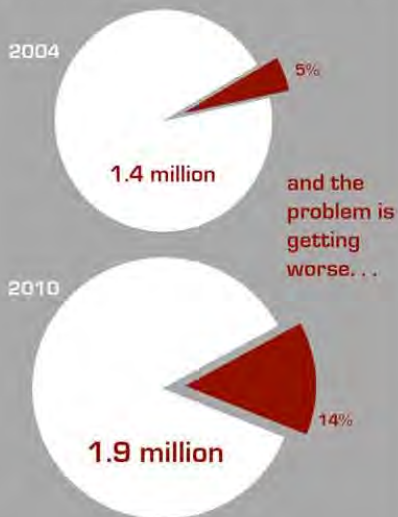
ABUSE OF PRESCRIPTION PAIN MEDICATIONS RISKS HEROIN USE

In 2010 almost 1 in 20 adolescents and adults – 12 million people – used prescription pain medication when it was not prescribed for them or only for the feeling it caused¹. While many believe these drugs are not dangerous because they can be prescribed by a doctor, abuse often leads to dependence. And eventually, for some, pain medication abuse leads to heroin.



PEOPLE WHO TAKE NON MEDICAL
PRESCRIPTION PAIN RELIEVERS WILL TRY
HEROIN WITHIN 10 YEARS²

Number of People Who Abused or were
Dependent on Pain Medications and
Percentage of Them that Use Heroin³



Heroin users are **3X** as likely
to be dependent

14% of non medical prescription
pain reliever users are dependent
54% of heroin users are dependent⁴

Heroin Emergency Room
Admissions Are Increasing⁵



Risks of Opiate Use

Mental Effects of Opiate Use

Effects of an opiate depend on the opiate used, the dose, and the way the drug is taken.

- A short-lived state of euphoria (sometimes called “rush”) is experienced immediately. It is often described as similar to a sexual experience.
- Quickly after the “rush”, the following occurs:
 - Drowsiness
 - Slurred speech
 - Decreased heart rate
 - Slowed breathing
 - Slowed brain activity
 - “Nod”: a stuporous condition, bordering on passing out

Addiction:

- Opiates have an unusually **high** potential for abuse and addiction.
- Because the “rush” is so pleasurable, and because it subsides so quickly, people often search for the “rush” again.
- Subsequent use of the drug is never as pleasurable as the first “rush”, leading individuals to become **stuck** in the search, thus becoming addicted.

Physical Effects of Opiate Use

- Skin Infections
- Inability to stay awake
- Irregular heart rate/blood pressure
- Irregular menstrual cycles in women
- Depressed appetite, thirst, and reflexes
- Increased tolerance for pain
- Decreased sexual pleasure

Prescription Drugs

PRESCRIPTION DRUG ABUSE

Full-time college students **18-24** were **twice as likely** to have abused Adderall than those not in college.

89.5% who used Adderall reported binge drinking in the last month.

1 in 4 college students have used prescription drugs illegally.

12-17 **About 2,500** year-olds per day start experimenting with opiates.



Commonly Abused Prescription Medications

Drug	Prescribed to Treat	How They Work in the Body	Potential Problems if Misused or Abused
Stimulants (Ritalin, Adderall, Concerta)	Narcolepsy, attention deficit/hyperactivity disorder (ADHD) and other conditions	Speeds up brain activity causing increased alertness, attention and energy. This also elevates blood pressure and increases heart rate and breathing.	Can lead to dangerous increases in blood pressure, which places added strain on the heart. Dangerous increases in heart rate and respiration are also possible.
Sedatives/tranquilizers (Valium, Xanax, Ativan, Klonopin, Ambien)	Anxiety, tension, panic attacks, and sleep disorders	Slows down or “depresses” the functions of the brain and central nervous system.	Can cause withdrawal seizures.
Opioid analgesics (Vicodin, OxyContin, Percocet, Methadone)	Moderate to severe pain (may be prescribed after surgery)	Blocks pain messages from reaching the brain.	Can cause respiratory depression with slow and shallow breathing.

Misuse and Abuse of Prescriptions

- **Misusing** of a prescription medication includes:
 - Taking a medication that is prescribed to you in a way that differs from what the doctor prescribed (for example, taking a higher dose than is recommended by your healthcare professional to alleviate symptoms).
 - Trying to self-medicate with someone else's medication.
 - Obtaining and using a prescription drug that was not prescribed to you.
- Abuse of a prescription medication includes:
 - Intentionally using a prescription drug to experiment with it.
 - Intentionally using a prescription drug to feel good.
 - Intentionally using a prescription medication to “get high”.

Consequences of Abusing Prescription Drugs

Increases in blood pressure or heart rate

Organ damage

Addiction

Difficulty breathing

Seizures

Heart Attack

Stroke

Death

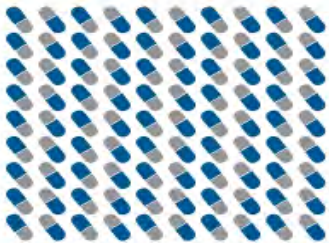
DEADLY DOSE

OVERDOSES INVOLVING PRESCRIPTION DRUGS ARE AT EPIDEMIC LEVELS AND NOW KILL MORE AMERICANS THAN HEROIN AND COCAINE COMBINED.¹

In the U.S.
1 person
DIES every 19 mins

from a drug overdose, a tragedy driven largely by the misuse of prescription painkillers.³

Between 1993 and 2005
the proportion of college students
abusing prescription drugs
went up dramatically:



OPIOID ANALGESICS
Vicodin, OxyContin,
Percocet, Methadone
increased 343%

STIMULANTS
Ritalin, Concerta, Adderall
increased 93%⁵



BETWEEN 1991 AND
2010 CONSUMPTION OF
PRESCRIPTION STIMULANTS
INCREASED FROM 5 MILLION TO
45 MILLION.²

**PILL
SOURCES⁶**
72%
from
friends
and family

17% prescribed
by one doctor
7% other sources
4% drug dealers

6600

people per day begin taking
prescription drugs for
non-medical use⁴

**DRUG OVERDOSE DEATH RATES
IN THE US HAVE MORE THAN
TRIPLED SINCE 1990.⁷**

1990 1992 1994 1996 1998 2000 2002 2004 2006 2008

Consequences of Abusing Prescription Drugs

- In surveys, college students who took an opioid for reasons other than pain relief (for example, getting high or experimenting) had a *much greater risk of experiencing three or more drug-use related problems* than those who did not (McCabe et al., 2007).
- Research shows that students who take prescription drugs for non-medical reasons are at least *five times more likely to develop a drug abuse problem than those who don't* (McCabe, 2008).

Conclusions

Conclusions

There is no safe drug!

Combining Drugs

Using different types of drugs (alcohol, prescription medication, marijuana, illegal drugs) in combination with one another is **especially dangerous**. Many of these substances have similar effects, so the combined effects are **deadly**. For example prescription pain relievers and alcohol both slow breathing. By ingesting them together, someone can literally stop breathing.

Most Importantly

YOU are responsible for your decision to drink or use drugs, and only YOU will suffer the consequences that may result from making poor decisions.

The Counseling Center

- If you would like help in managing your alcohol and/or drug use, the Counseling Center can offer resources and support.
- You can contact us by:
 - Calling **732-987-2680**
 - Dropping in. We're located on the **2nd floor** of the **Casino Building**