

Alcohol and Drug Issues in College Life

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New Experiences

For most young adults, college is their first time to be away from their families. In a new environment they could feel pressured into doing questionable actions that could potentially get them into a bind. Whether it's illegal drinking or misuse of drugs, these actions can affect college students in many negative ways.



Alcohol Abuse in College

- The National Institute on Alcohol Abuse and Alcoholism reports that four out of five college students drink alcohol.
- College students are traditionally between 18 and 22 years old, with 21 being the legal drinking age in US.
- With easy access of alcohol, upperclassmen over age 21 can buy it legally and distribute it to younger students.



http://images.medicaldaily.com/sites/medicaldaily.com/files/styles/full_breakpoints_theme_medicaldaily_desktop_1x/public/2014/07/17/college-binge-drinking.jpg

Alcohol's Impact on College Students

- Miss classes
- Fall behind in school work
- Damage property
- Have serious argument
- Be hurt or injured
- Engage in unplanned or unprotected sexual activity
- Get in trouble with campus police
- Drive a car after drinking
- Commit suicide
- Health problem



http://dailybruin.com/images/25153_web.vp.alcohol.pica.jpg

**Don't Be Like
Click Link**

Illegal Drugs



- The use of illegal drugs amongst college students has largely increased since the 1990s.
- It has been shown that over 60% of college students try illegal drugs at some point during their enrollment.
- Methods to use and types of illegal drugs vary from smoking marijuana to snorting cocaine.

Marijuana



Short Term

Sensory distortion
Panic
Anxiety
Poor coordination of movement
Slowed reaction time
After an initial "up," the user feels sleepy or depressed
Increased heartbeat (and risk of heart attack)

Long Term

- Reduced resistance to common illnesses (cough, bronchitis, etc.)
- Suppression of the immune system
- Growth disorders
- Increase of abnormally structured cells in the lungs
- Reduction of male sex hormones
- Rapid destruction of lung fibers and lesions (if exposure to the brain could be permanent)
- Reduced sexual capacity
- Reduced ability to learn and retain information
- Apathy, drowsiness, lack of motivation
- Personality and mood changes
- Inability to understand things clearly

Ecstasy

Short Term

Impaired judgment
False sense of affection
Sleep problems
Paranoia
Muscle tension
Faintness and chills or swelling
Involuntary teeth clenching
Blurred vision
Nausea



Long Term

- Brain damage affecting thought, memory, learning, sleep and emotion
- Depression, anxiety
- Kidney failure
- Hemorrhaging
- Psychosis
- Cardiovascular collapse
- Convulsions
- Death

Cocaine

Short Term

Increased heart rate, blood pressure, body temperature
Increased rate of breathing
Dilated pupils
Disturbed sleep patterns
Nausea
Hyperstimulation
Intense euphoria



Long Term

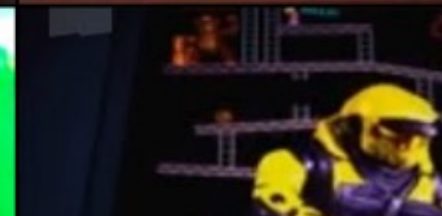
- Permanent damage to blood vessels of heart and brain
- High blood pressure, leading to heart attacks, strokes, and death
- Liver, kidney and lung damage
- Destruction of tissues in nose if sniffed
- Respiratory failure if smoked
- Infectious diseases and abscesses if injected
- Malnutrition, weight loss
- Severe tooth decay
- Auditory and tactile hallucinations
- Sexual problems, reproductive damage and infertility (for both men and women)
- Disorientation, apathy, confused exhaustion
- Irritability and mood disturbances to the point of psychosis
- Severe depression
- Tolerance and addiction (even after just one use)



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Drug PSAs

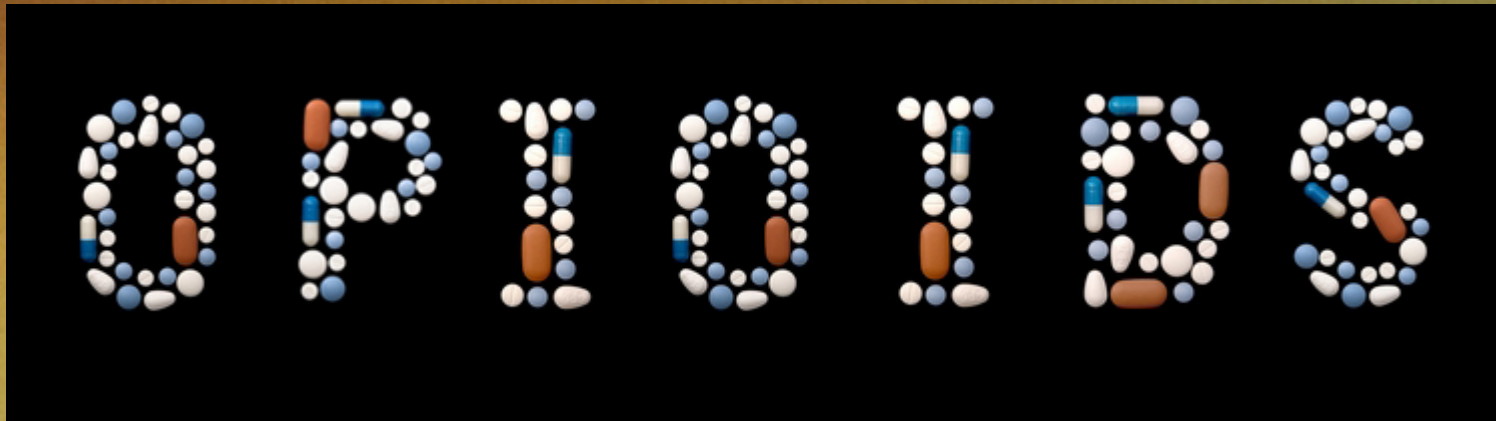




Prescription Drugs

- Prescription drugs are drugs that are prescribed to someone by a doctor in order to help alleviate symptoms of any condition they are going through.
- Misuse of these drugs takes place when someone who is not prescribed them takes them or someone who is prescribed takes more than what is recommended.
- About one-in-four people of the 18-20 age group have reported to misuse these drugs at least once according to the National Survey on Drug Use and Health.





- Opioids are used to stop pain messages from entering the brain. They are used to stop moderate to severe pain, often after having surgery.
- Examples include: OxyContin, Percocet, Methadone
- Side effects:
 - Slows down breathing
 - Depression



- Sedatives are drugs that slow down the brain and central nervous system, often used for anxiety, panic attacks and sleep disorders.
- Examples Include: Valium, Xanax
- Side effects:
 - Muscle weakness
 - Swelling in hands and feet
 - Impaired concentration
 - Insomnia
 - Withdrawal seizures



STIMULANTS

Stimulants are used in order to speed up brain activity and increase alertness and energy. They are often used to treat narcolepsy and ADHD.

Examples includes: Ritalin, Adderall

Side effects:

- Increased blood pressure
- Rapid mood swings
- Insomnia
- Loss of appetite
- Depression

Prescription drug abuse common among college students



Reasons for abuse

- Maintain focus on work.
- Reduce stress.
- Ease nervousness.
- Attempt to fit in.
- To party or have fun.



Signs of Abuse

- There many signs that an individual is abusing alcohol or drugs.
 - Social
 - Less attendance in school/work
 - Isolation from friends and family
 - Dropping old friends for new ones
 - Physical
 - Loss of appetite and/or sudden weight gain/loss
 - Bloodshot eyes/dilated pupils
 - Impaired conditions such as slurred speech
 - Deterioration of personal grooming habits
 - Mental
 - Sudden mood swings
 - Lack of motivation

Prevention & Treatment

- To prevent abuse, the most effective tactic is by educating students about the side effects.
- It is also important to crack down harshly on the offenders to forcefully associate drugs with a negative outcome.
- Alcohol use disorders (AUDs) can be treated with medications and behavioral therapies, as well as combination of treatments.
- The U.S. Department of Health and Human Services (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) toll-free telephone number for alcohol and drug information or treatment referral assistance.
- 1-800-662-HELP (4357)

