

---

---

# Drugs

— By Blake Barber & Moriah Silen —

---

---

# Popularity of Drugs on College Campuses

- College is one of the most common places drugs are found, sold, and abused.
  - World of opportunities
  - Independency
- The Addiction Center states, 49% of full-time college students drink and/or abuse drugs (illegal and prescription).

# 5 Main Categories of Drugs



# Central Nervous System (CNS) Depressants

- These type of drugs slow brain activity which can relax and calm some of the muscles in your body, according to the National Cancer Institute. Central Nervous System Depressants are called sedatives or tranquilizers.
- Examples:
  - Alcohol
  - Some types of sleep medication
- Withdrawal Symptoms:
  - Seizures
  - Increased blood pressure
  - Anxiety
  - Hallucinations

# Alcohol (CNS Depressants)

- Alcohol is most commonly abused by teens mainly because alcohol is widely available. Alcohol affects the brain communication pathways, causing changes in mood, behavior, and coordination.
- Long periods of heavy drinking can cause problems with your heart, liver, and pancreas. According to the National Institute of Alcohol Abuse and Alcoholism, heavy drinking can also cause different types of cancer like Esophageal, Liver, Breast, Head and Neck, and Colorectal.

# Central Nervous System(CNS) Stimulants

- These types of drugs cause people to have an increase of energy, physical activity, and alertness. CNS Stimulants increase the levels of certain chemicals in your brain.
- Examples:
  - Cocaine
  - Caffeine
  - Amphetamines
- Withdrawal Symptoms:
  - Depression
  - Tiredness
  - Sleep Problems

# Cocaine (CNS Stimulant)

- Cocaine comes from a coca plant in South America and usually in the form of a white powdery substance. Cocaine can be snorted, injected, and smoked.
- In the United States last year, there have been more than 13,000 cases involving cocaine overdoses.
- Some of the long term effects of taking this drug are nosebleeds, loss sense of smell, nasal damage, and death of bowel tissue.
- There is no medication that is FDA approved to help fight the addiction of cocaine.

# Opiates and Opioids

- These types of drugs give a sense of well-being and block out pain. Opiates naturally occur, while opioids are man made. The person who takes the drug might feel drowsiness, loss of appetite, and lack of attention.
- Examples:
  - Heroin and morphine (Opiates)
  - Darvon and methadone (Opioids)
- Withdrawal Symptoms
  - Agitation
  - Insomnia
  - Sweating
  - Vomiting



# Heroin (Opiate)

- Heroin is made from morphine, which comes from seed pods of opium poppy plants. Heroin can be injected, smoked, snorted.
- Some of the long term effects of taking this drug is collapsed veins, liver/kidney disease, and pneumonia.
- Medications you take to fight the addiction:
  - Methadone
  - Buprenorphine
  - Naltrexone

# Hallucinogens

- These types of drugs bring out changes in perception, visual illusions, and alteration of the senses. Under the influence, a person may have difficulties concentrating, mood swings, and disconnected ideas.
- Examples:
  - LSD
  - Methamphetamine
  - PSD
- Withdrawal Symptoms:
  - Cravings
  - Sweating
  - Headaches

# Ecstasy/Molly (Hallucinogen)

- These two drugs are MDMA (Methylenedioxy-methamphetamine), a synthetic drug that alters mood and perception.
- In some ways it can be seen as a type of stimulant too. It produces feelings of increased energy, pleasure, emotional warmth, distorted sensory and time perception.
- It is well known as a party drug and can be swallowed, liquified, or snorted.
- Health Effects:
  - Nausea
  - Chills
  - Blurred Vision

# Marijuana

- This type of drug has a category of its own as it comes in different forms. It is considered a “gateway” drug by many scholars and can lead to the use of other types of drugs later on.
- Symptoms:
  - Bloodshot eyes
  - Increased appetite
  - Poor coordination
- Side Effects:
  - Mental health issues
  - Chronic cough
  - Addiction

# Campus Drug and Alcohol Abuse Regulations

- Southern Arkansas University regulations specify that the manufacture, use, possession, or sale of illegal drugs, controlled substances, and alcoholic beverages on or about campus or as part of its activities are in violation of University policy.
- Disciplinary Response to Violations:
  - Enrollment in a drug and alcohol education course
  - Expulsion from the University
- Serious Offenses
  - Manufacture, sale or distribution of drugs or alcohol
  - Reference to state and/or federal law enforcement

# Helpline

- Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline: 1 (800) 662-HELP (4357)

# Works Cited

"The 5 Most Commonly Abused Drugs at College - Addiction Center."

*AddictionCenter*, 29 May 2019,

[www.addictioncenter.com/community/the-5-most-commonly-abused-drugs-on-college-campuses/](http://www.addictioncenter.com/community/the-5-most-commonly-abused-drugs-on-college-campuses/).

*The Dope on Drugs: Five Categories of Drugs*,

[depts.washington.edu/allcwe2/fosterparents/training/drugs/drugs03.htm](http://depts.washington.edu/allcwe2/fosterparents/training/drugs/drugs03.htm).

"SAU Student Handbook." *SAU Handbook 2019*, 2019,

[cd2.saumag.edu/students/files/2019/02/SAU-Handbook-2019.pdf](http://cd2.saumag.edu/students/files/2019/02/SAU-Handbook-2019.pdf).