



**PHOENIX COLLEGE**

A MARICOPA COMMUNITY COLLEGE

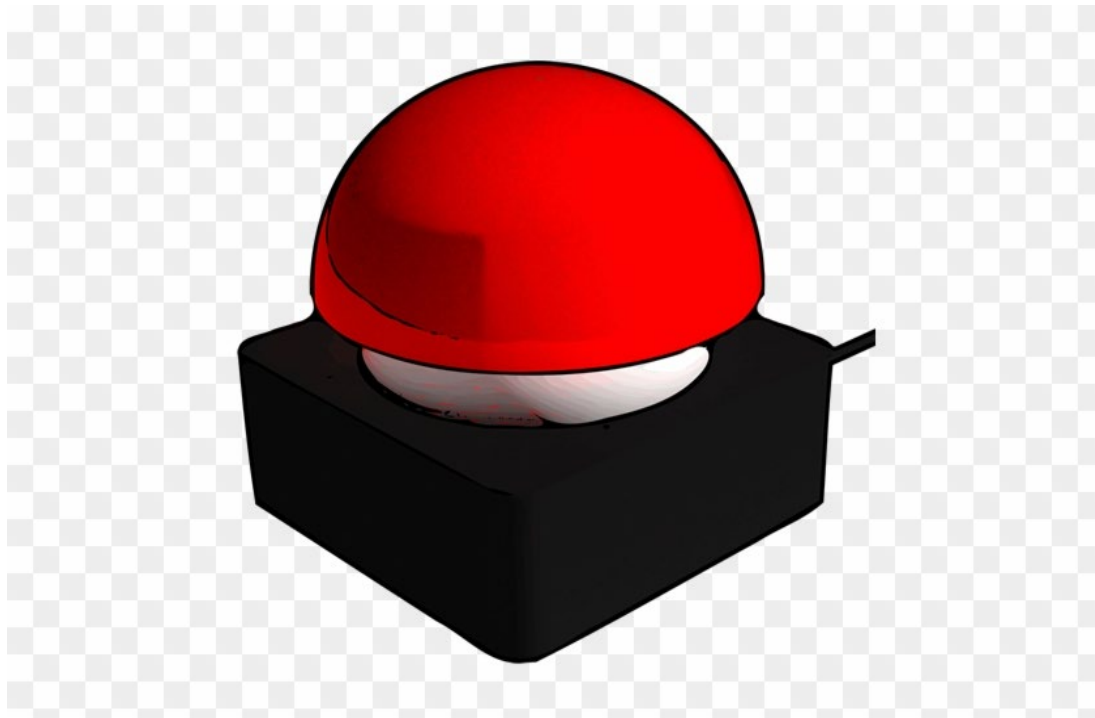


# Adulting 101: Alcohol and Substance Abuse

April 7, 2021

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Interim Dean of Student Development

# Buzzer Game



Join at [www.kahoot.it](http://www.kahoot.it)  
or with the **Kahoot!** app

Game PIN:  
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# Areas of Topic

- Use, Abuse and Consequences of:
  - Alcohol
  - Marijuana
  - Opioids/Heroin
  - Tobacco/Vaping
  - Other prescription drugs

## *Why some college students use?*

- ***Stress***
- ***Course load***
- ***Curiosity***
- ***Peer pressure***





# *Impacts of Using Alcohol and Drugs*

- Dating violence is a pervasive public health problem, particularly on college campuses.
- 1 in 4 women and 1 in 33 men will be sexually assaulted in their college career. Transgender and gender non-conforming people disproportionately experience violence.
- The survivor and perpetrator are known to each other in over 90% of incidents on college campuses.
- Sexual violence is the most underreported violent crime.
- 16-24 year old's are the most vulnerable to sexual and intimate partner violence.

# 5 Most Common Drugs on College Campuses

**1 – Alcohol**

**2 – Marijuana**

**3 – Prescription Pills**

**4 – Ecstasy**

**5 – Cocaine**



<https://www.addictioncenter.com/community/the-5-most-commonly-abused-drugs-on-college-campuses/>

# ALCOHOL

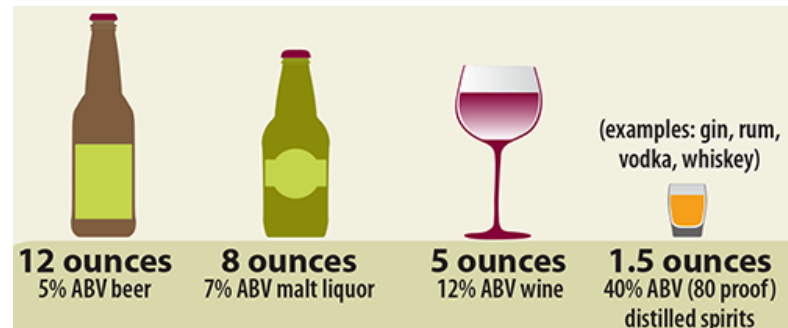
In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).<sup>4</sup>

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

- Binge drinking, the most common form of excessive drinking, is defined as consuming
  - For women, 4 or more drinks during a single occasion.
  - For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
  - For women, 8 or more drinks per week.
  - For men, 15 or more drinks per week.

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

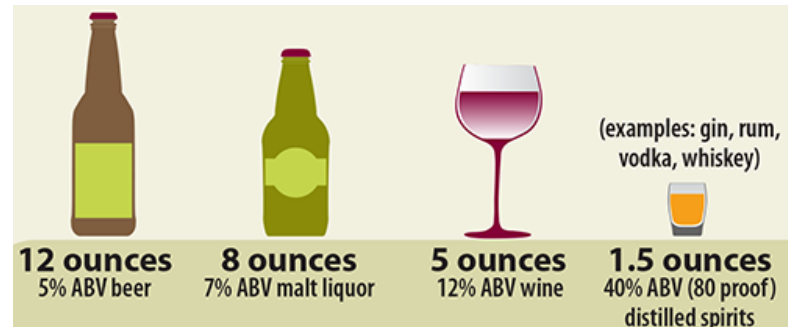


# ALCOHOL

There are some people who should not drink any alcohol, including those who are:

- Younger than age 21.
- Pregnant or may be pregnant.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.
- Taking certain prescription or over-the-counter medications that can interact with alcohol.
- Suffering from certain medical conditions.
- Recovering from alcoholism or are unable to control the amount they drink.

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>





# MARIJUANA

Marijuana is the most widely used illicit drug in the United States. Some of the claims made for or against marijuana are scientifically well-grounded and some are not. How can you tell which is which?

- Cannabis use directly affects the brain—especially the parts responsible for memory, learning, attention, decision-making, coordination, emotions, and reaction time.
- The more a person uses cannabis, the more likely they are to develop problem cannabis use, such as cannabis use disorder, dependence, abuse, or other varying levels of hazardous or potentially harmful behavior.
- Starting cannabis use at a younger age increases the likelihood of developing problem cannabis use.

## Terms

- Cannabis is a broad term. It describes the different products that come from the Cannabis sativa plant, including marijuana and cannabinoids.
- Cannabinoids are a group of active chemical compounds found in cannabis, such as tetrahydrocannabinol (THC), that get users “high.”

<https://www.cdc.gov>



# MARIJUANA

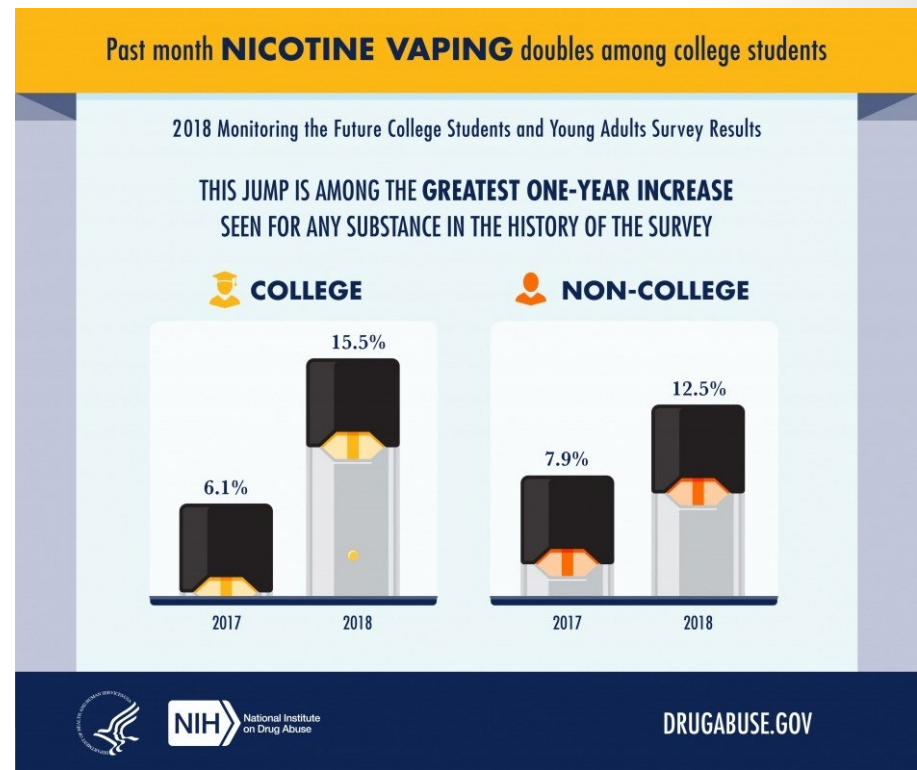


- Marijuana is the most commonly used illegal drug in the United States, with approximately 22.2 million users each month<sup>1</sup>
- Research shows that about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6<sup>2-4</sup>
- Marijuana use directly affects the brain— specifically the parts of the brain responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Developing brains, like those in babies, children, and teens, are especially susceptible to the adverse effects of marijuana<sup>5-6</sup>
- Eating foods or drinking beverages that contain marijuana have some different risks than smoking marijuana, including a greater risk of poisoning<sup>7-8</sup>
- Long-term or frequent marijuana use has been linked to increased risk of psychosis or schizophrenia in some users<sup>10-12</sup>
- Using marijuana during pregnancy may increase the baby's risk for developmental problems<sup>13-19</sup>

<https://www.cdc.gov/marijuana/fact-sheets.htm>

# Tobacco/Vaping

- Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.
- A recent CDC study found that 99% of the e-cigarettes sold in assessed venues in the United States contained nicotine.
- Some e-cigarette labels do not disclose that they contain nicotine, and some e-cigarettes marketed as containing 0% nicotine have been found to contain nicotine.
- HTPs are available in at least 40 countries and several have been authorized for sale in the United States by the FDA. In 2018, few U.S. adults (2.4% of all surveyed, including 6.7% of people who currently smoke surveyed) had ever used HTPs.
- In 2020, 1.4% of U.S. middle and high school students, combined, reported having used heated tobacco products in the past 30 days.<sup>9</sup>
- Scientists are still learning about the short-term and long-term health effects of HTPs, but the available science shows they contain harmful and potentially harmful ingredients. Youth use of any tobacco products, including heated products, is unsafe.

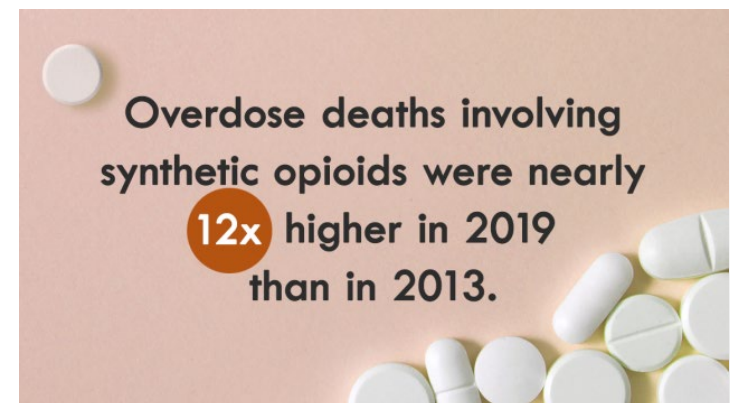


# Opioids/Heroin

- More than 191 million opioid prescriptions were dispensed to American patients in 2017—with wide variation across states<sup>1</sup>
- There is a wide variation of opioid prescription rates across states. Health care providers in the highest prescribing state, Alabama, wrote almost three times as many of these prescriptions per person as those in the lowest prescribing state, Hawaii.
- Studies suggest that regional variation in use of prescription opioids cannot be explained by the underlying health status of the population<sup>2</sup>
- The most common drugs involved in prescription opioid overdose deaths include:
  - Methadone
  - Oxycodone (such as OxyContin®)
  - Hydrocodone (such as Vicodin®)

To reverse this epidemic, we need to improve the way we treat pain. We must prevent abuse, addiction, and overdose before they start.

<https://www.cdc.gov/drugoverdose/opioids/prescribed.html>



# Opioids/Heroin



## Side Effects - Opioids

In addition to the serious risks of addiction, abuse, and overdose, the use of prescription opioids can have a number of side effects, even when taken as directed:

- Tolerance—meaning you might need to take more of the medication for the same pain relief
- Physical dependence—meaning you have symptoms of withdrawal when the medication is stopped
- Increased sensitivity to pain
- Constipation
- Nausea, vomiting, and dry mouth
- Sleepiness and dizziness
- Confusion
- Depression
- Low levels of testosterone that can result in lower sex drive, energy, and strength
- Itching and sweating

<https://www.cdc.gov/drugoverdose/opioids/prescribed.html>

# Opioids/Heroin

Over 28% of all opioid overdose deaths in 2019 involved heroin. Not only are people using heroin, they are also using multiple other substances, including cocaine and prescription opioids. Nearly all people who use heroin also use at least one other drug.

- Heroin is an illegal, highly addictive opioid drug.
- A heroin overdose can cause slow and shallow breathing, coma, and death.
- People often use heroin along with other drugs or alcohol. This practice is especially dangerous because it increases the risk of overdose.
- Heroin is typically injected but is also smoked and snorted. When people inject heroin, they are at risk of serious, long-term viral infections such as HIV, Hepatitis C, and Hepatitis B, as well as bacterial infections of the skin, bloodstream, and heart.



Nearly 130,000 people  
died from overdoses related to  
heroin from 1999–2019.

# Other Prescription Drugs



If you are prescribed opioids for your pain, you have the following responsibilities to help ensure you are getting the safest, most effective pain management possible

- Work with your doctor to create a plan on how to manage your pain.
  - Know your options and consider ways to manage your pain that do not include opioids.
  - Talk to your doctor about any and all side effects and concerns.
  - Make the most informed decision with your doctor.
- Follow up regularly with your doctor.
  
- Never take prescription opioids in greater amounts or more often than prescribed.
- Always let your doctor know about any side effects or concerns you may have about using opioids.
- Avoid taking opioids with alcohol and other substances or medications. It is very dangerous to combine opioids with other drugs, especially those that cause drowsiness:
  - Benzodiazepines (such as Xanax® and Valium®)
  - Muscle relaxants (such as Soma® or Flexeril®)
  - Hypnotics (such as Ambien® or Lunesta®)
  - Other prescription opioids
- Do not share or sell your prescription opioids.

<https://www.cdc.gov/drugoverdose/patients/prevent-misuse.html>

# *What is Bystander Intervention?*

Bystander Intervention: *An approach gives community members specific roles that they can use in preventing Alcohol or Drug poisoning/overdose.*

## **Taking Action as a Bystander:**

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





# *How can I help a friend?*

Show love and support

Point them to resources

Acknowledge feelings

Encourage them to seek treatment



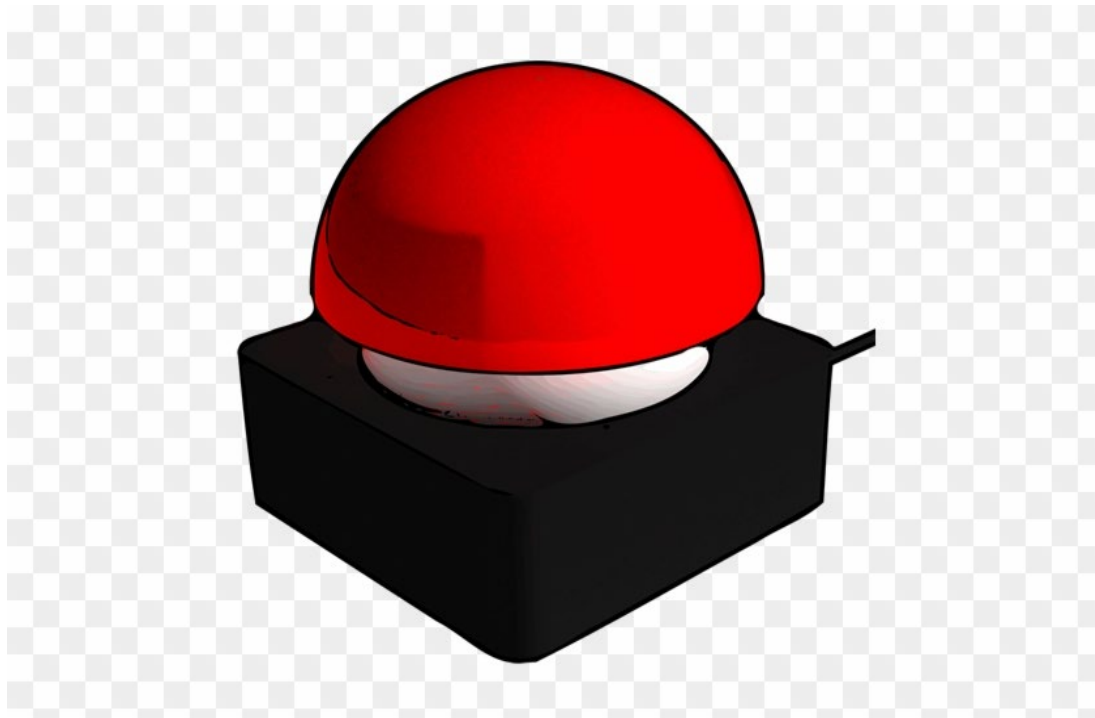
# Where/How to Report



- **Phoenix College Early Alert** - If you observe a pattern of another's behavior that may **endanger a student's success**, we encourage you to speak with someone.
- **Phoenix College Incident/Conduct Reporting** - If someone is exhibiting disruptive behavior in or outside the classroom, **alleged violation of the student conduct code, the Title IX or non-discrimination** policies, you are encouraged to report the behavior or incident.
- **Public Safety Threat** - If you feel someone is either an **immediate threat to him or herself or to others**, call Public Safety at **480-784-0911** (Off-Campus) or **4-0911** (On-Campus) or use an emergency call box located around campus grounds and an officer will be dispatched to assist.

[Speak Up](#)

# Buzzer Game



Join at [www.kahoot.it](http://www.kahoot.it)  
or with the **Kahoot!** app

Game PIN:  
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# Spectrum of CARE Reports



1. [Student Code of Conduct \(A.R. 2.5.2\)](#)
  - Student Conduct Administrator – Cecilia Quiroz
2. [Discrimination \(A.R. 5.1.0\) & Sexual Harassment \(A.R. 2.4.4\)](#)
  - Title IX Coordinator – Heather Kruse
3. [CARE / Early Alert](#)
  - PC Counseling Department – Roberto Villegas-Gold

May require a referral to **BAT (Behavioral Assessment Team)** for risk/threat assessment and intervention.



# Code of Conduct Violations

## 2.5.2 Student Conduct Code includes, but is not limited to:

- Acts of dishonesty
- Obstruction of teaching or college activities
- Physical abuse, verbal abuse, threats, intimidation, harassment or disruptive behavior
- Attempted or actual theft
- Failure to comply with direction of college officials
- Violation of any college or District policy, rule or regulation
- **Use, possession, manufacturing or distribution of illegal or other controlled substances**
- **Illegal use, possession, manufacturing or distribution of alcoholic beverages or public intoxication**
- Illegal or unauthorized possession of firearms, explosives, other weapons, or dangerous chemicals on college premises
- Participation in a demonstration, riot or activity that disrupts the normal operations of the college
- Obstruction of the free flow of pedestrian or vehicular traffic on college premises
- **Conduct that is disorderly, lewd or indecent; breach of the peace**
- **Sexual Misconduct** (not covered by the new Title IX/Sexual Harassment policy)

# National Resources

- **Association of Recovery in Higher Education**
  - The Association of Recovery in Higher Education represents collegiate recovery programs and communities, the faculty and staff who support them, and the students who represent them.
- **Coalition of Higher Education Associations for Substance Abuse Prevention (CoHEASAP)**
  - CoHEASAP is a coalition of higher education associations and organizations that seeks to eradicate the abuse of alcohol, tobacco, legal and illegal drugs and other substances among college students.
- **Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery**
  - The Center provides colleges and universities with tools and resources to launch alcohol and drug misuse prevention and recovery programs on their campuses.

<https://www.campusdrugprevention.gov/resources>

# National Resources

## [Campaign to Stop Youth Opioid Abuse](#)

**Stop Youth Opioid Abuse** is a multi-channel effort from the Office of National Drug Control Policy (ONDCP), the Ad Council, and the Truth Initiative that focuses on preventing and reducing the misuse of opioids among youth and young adults.

- *For Youth and Young Adults:* [Five Answers to Frequently Asked Questions about Opioids](#) (PDF)
- *For Parents and Educators:* [Discussion Guide](#) (accompanies videos found on [www.opioids.thetruth.com](http://www.opioids.thetruth.com)) (PDF)
- *Youth Opioid Abuse Prevention Toolkit:* [Background information and promotion material](#) related to the campaign. (PDF)

## [College-Age and Young Adults \(NIDA\)](#)

This section features the most recent Monitoring the Future national survey results on substance use in this age group, including patterns of marijuana and alcohol use and non-medical use of prescription drugs. It also covers newer trends, such as e-vaporizers and hookah use. This section also has resources for students, parents, educators, dorm supervisors, counselors, clinicians, and researchers who work with this age group.

<https://www.campusdrugprevention.gov/resources>



# Creating a Culture of Care and Compliance



## Questions

