

Student Health Services

NEWSLETTER; ISSUE 6



October 2019

Using alcohol or drugs?

College Students say 'Yes'

In 2015 it was reported that 58% of college students (ages 18-22) drank alcohol at some point in the past month, of that number 37.9% reported that within the past month their drinking was categorized as binge drinking. In 2018 however, for the first time, it was found that only 28% of college students were binge drinking.

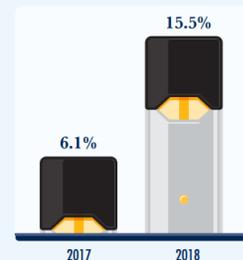
So does that mean there is less students using alcohol? Maybe. Does that mean there are less students using substances? No.

In fact between 2017 and 2018 daily marijuana vaping increased from 5.2% to 10.9%!

Nicotine vaping has also increased from 6.1% in 2017 to 15.5% in 2018!

This newsletter is intended to give students the knowledge & power to navigate the good, the bad & the ugly of substance use, whether or not they intend to use. It's important to know the risks associated & the affects that can happen when using substances. As well as how substance use can impact your college experience. Questions? Stop by & ask!

Nicotine Vaping



Marijuana Vaping



NURSE'S NOTE

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SUBSTANCE USE & CONCUSSIONS

Using drugs & alcohol while still recovering from a brain injury will interfere with your ability to recover as fast as someone who is not using substances.

When using substances you will not only become affected more quickly, you will also find it more difficult to function effectively.

Alcohol causes direct damage to your brain, and because you already have damage to your brain the use of substances could make your injury worse.

It's important to remember; if someone who is already have a hard time functioning with a brain injury, they are at a greater risk of having another injury when adding drugs and alcohol.

If you are a person recovering from a brain injury, think twice about the serious impacts alcohol & drugs can have before you decide to use them.

Nurse Office Hours:

7:00 am – 3:30 pm
Monday — Friday

Physician Hours:

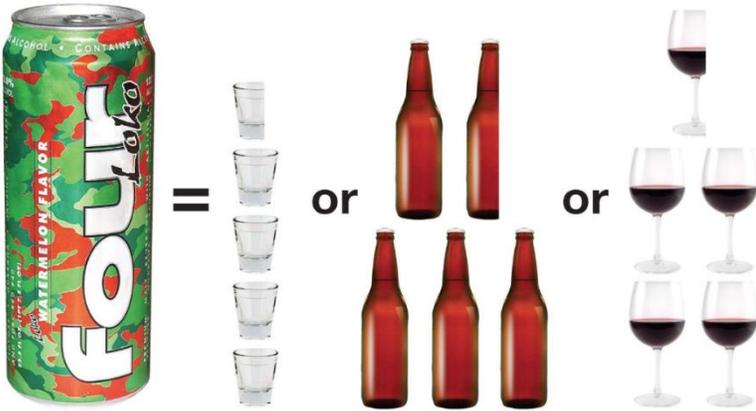
9 am – 11 am
Monday, Wednesday & Friday

WHAT'S A STANDARD DRINK?

IT MAY SURPRISE YOU

It might come as a surprise, but a standard drink to the National Institute on Alcohol Abuse & Alcoholism is a 12 ounce beer, or 5 ounces of wine, or 1.5 ounces of distilled spirits.

So for example, if you were to consume one (1) 23.5 oz. can of Four Loko, which is 12% alcohol by volume, that would be same amount of alcohol as 4.7 shots of 80 proof vodka, 4.7 bottles of beer or 4.7 glasses of red wine. That means you would be consuming almost 5 standard drinks!



If you didn't realize, 4 drinks for women, and 5 drinks for men constitutes binge drinking. And if you do that on 5 or more days in a month, that is considered heavy alcohol use. So if you consume 5 four lokos in one month, you are considered a heavy alcohol user.

WHAT'S A STANDARD THC DOSE?

IT DEPENDS...

The average joint contains about .3 grams of weed, with a total of 32 mg of THC within it. However, THC is lost during the heating of the product, so you are never consuming the full THC amount.

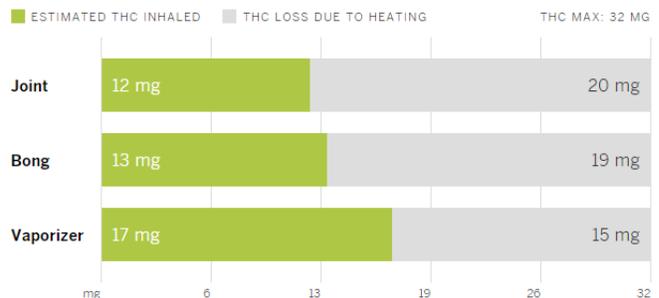
If you are someone who has never used marijuana it's important to know that each device that can be used to consume marijuana can affect how much THC enters your bloodstream, which can influence the effects.

How much weed will you use?

THE AVERAGE AMERICAN JOINT CONTAINS 0.3 GRAMS.



How smoking methods compare



Accounts for a variety of factors. Does not include THC that is exhaled as the time held in lungs can influence consumption.

Alcohol & drugs you may run into

Common 'college' alcohol & drugs



Nicotine & Tobacco



Alcohol

Marijuana



Cocaine



Stimulants (Adderall, Hydrocodone)



Psychoactive ('Magic' mushrooms, LSD, MDMA)



EFFECTS ON THE BODY

ALCOHOL, MARIJUANA, TOBACCO & NICOTINE

COMMUNITY GUIDE VIOLATIONS

WHY THEY MATTER

Whether it's a violation of under-age drinking in a Residence Hall, or an odor of marijuana that deems a car search by Campus Safety, these are considered conduct sanctions under the community guide.

Conduct sanctions are not about punishment.

Conduct sanctions are imposed to:

1. Serve as a clear statement about College standards and expectations

ALCOHOL

- Effects on the Brain
 - Alcohol interferes with the brain's communication pathways and can affect the way the brain looks and works, such as
 - Changes in your mood & behavior
 - Hard to think clearly and move with coordination
 - Temporary impairment can come in the form of short-term memory loss, decreased performance in activities, and difficulty maintaining attention and concentration
- Effects on the Immune System
 - Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis.
 - Drinking a lot on a single occasion will slow your body's ability to fight off infections—even up to 24 hours after getting drunk.

TOBACCO & NICOTINE MARIJUANA

- Nicotine changes the way your brain works
- Effects on the Brain from nicotine can cause anxiousness, irritability & nicotine cravings.
 - Marijuana exposure during development can cause long-term effects
 - Effects on Lungs
 - When you smoke small airways & tissues become inflamed, this can make your chest feel tight or cause you to cough, wheeze, and experience inflammation
 - Frequent use of nicotine & inflammation can cause scar tissue buildup and lead to physical changes of your lungs & airways
 - Psychological functions like body sway, divided attention & sustained attention become impaired
 - Effects on Heart
 - Smoking raises your blood pressure & puts stress on your heart that stress overtime will weaken it and make it harder for your heart to pump blood to other parts of the body
 - If the heart is too hard to pump blood to other parts of the body
 - Smoking also makes your blood thick & sticky which makes it harder for the heart to pump blood through the body, it is also more likely to cause blood clots
 - Hunger & Thirst
 - Stimulates appetite
 - Immune system
 - Eating can reduce the feeling of anxiety
 - Smoking compromises the immune system, it can increase the risk for several diseases: bacterial infections, bacterial meningitis, rheumatoid arthritis, Crohn's disease & c; of weight gain
 - Drowsiness & Sleeplessness
 - Marijuana can make some people feel sleepy
 - Don't drive using marijuana
 - Conversely, using close to bedtime & frequent use can lead to sleeplessness



2. Educate students on the effects of their behavior
3. Attempt to affect a change in the behavior in the future
4. Ensure a safe educational environment for all students

When a student commits a drug or alcohol violation they can be referred through Student Conduct (as a sanction for campus policy violation) to attend a SAFE meeting with a counselor. The Substance Abuse for Education (SAFE) program at Paul Smith's College provides substance abuse assessment and education. Services are free, confidential, and provided on campus through St. Joseph's rehabilitation center in partnership through the Counseling Center.

Other instances in which a SAFE referral can be made would be from an on campus counselor (for specialized care), or self-referral. Appointments can be made in the counseling center office.

DID YOU KNOW?

DRUG & ALCOHOL AMNESTY POLICIES EXIST FOR INDIVIDUALS WHO REPORT SEXUAL MISCONDUCT

The health and safety of every student at the Paul Smith's College is of utmost importance. Paul Smith's College recognizes that students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time that sexual misconduct, including but not limited to domestic violence, dating violence, stalking, or sexual assault occurs may be hesitant to report such incidents due to fear of potential consequences for their own conduct.

Paul Smith's College strongly encourages students to report sexual misconduct, including but not limited to domestic violence, dating violence, stalking, or sexual assault to College officials. A bystander acting in good faith or a reporting individual acting in good faith that discloses any incident of sexual misconduct, including domestic violence, dating violence, stalking, or sexual assault to the College officials or law enforcement will not be subject to Paul Smith's College code of conduct for violations of alcohol and/or drug use policies occurring at or near the time of the commission of the sexual misconduct. This does not limit Paul Smith's College from seeking assistance for a student who is struggling with alcohol or drug addiction or is otherwise in danger, provided the assistance is not disciplinary in nature.

For more information visit any of our article sources!

Paul Smith's College: Community Guide <https://www.paulsmiths.edu/live/community-guide/>; **NIAA:** <https://www.niaaa.nih.gov/alcohol-facts-and-statistics>; **NIH:** [drugabuse.gov](https://www.drugabuse.gov/); **Americans for Safe Access:** https://www.safeaccessnow.org/cannabis_safety/; **LA Times:** <https://www.latimes.com/projects/la-me-weed-101-the-calculator/>; **Minnesota Brain Injury Alliance:** <https://www.braininjurymn.org/library/Alcohol&BrainInjury.pdf>; **smokefree.gov**; **cdc.gov**