Bulletin Board Packet

Other Drugs

Description: This bulletin board packet highlights drug use data at Villanova, relevant campus and community resources, along with information about various illicit drugs including: Ecstasy, heroin, LSD, cocaine, prescription painkillers and stimulants, and marijuana. If you have any questions or would like additional information or materials, please contact the Office of Health Promotion at (610) 519-7407 or e-mail us at healthbytes@villanova.edu.

When to display the board: October (as part of National Collegiate Alcohol Awareness Month), February (pre-spring break)

Ways to alter the board: This bulletin board can be broken up into individual displays focused around particular drugs of interest or concern. For example, you could print the two images related to heroin and pull additional information on the Health Promotion Web site or other credible drug information Web sites (e.g., National Institute on Drug Abuse, Centers for Disease Control and Prevention). You could also display only the pages that indicate Villanova data during one month and follow up with information about those substances (e.g., the companion pages) another month. You could also build on the Throwback Series theme and add in other pop culture references that tie into the images (e.g., Back to the Future references, quotes and images; rap lyrics to coincide with The Chronic Misperception images). It is recommended that you always include the resource pages of this bulletin board packet, regardless of how you choose to alter the rest of the packet’s information.
95% of Villanova students HAVE NEVER used Ecstasy.

Effects can last up to 6 hours but the "hangover" can last up to 5 days.

Molly is a "purger" powder form of Ecstasy. Despite its reputation as "pure," it can still be cut with other substances like cocaine or LSD.

For emotional support
University Counseling Center
610.519.4050

Assistant Dean for Alcohol & Drug Intervention
galeet.farrow@villanova.edu

For more on Ecstasy and the brain
www.drugabuse.gov
The Brat Pack

SOME MIGHT ARGUE THAT MOLLY RINGWALD WAS THE SWEETHEART OF THE 1980S. REGARDLESS, IT LOOKS LIKE THERE MIGHT BE A NEW MOLLY IN TOWN.


EVEN WITH THOSE SPIKES IN USE, RATES OF ECSTASY USE NEVER EXCEEDED 10% OF THE COLLEGE POPULATION.

For more on this data
www.monitoringthefuture.org

For more Villanova Ecstasy data and information
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
99% of Villanova students have NEVER used heroin.

HEROIN IS A MUCH CHEAPER HIGH THAN PRESCRIPTION PAINKILLERS. THIS IS ONE OF THE PRIMARY REASONS WHY PEOPLE TRANSITION FROM PAINKILLERS TO HEROIN OVER TIME.

ALTHOUGH SOMEONE IS NOT LIKELY TO DIE FROM HEROIN WITHDRAWAL, IT IS ABSOLUTELY POSSIBLE AND COMMON FOR SOMEONE TO DIE OF A HEROIN OVERDOSE.

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Many of our ideas about what a heroin addict looks like are not consistent with today's reality. Much of the heroin epidemic today is occurring in mainly white communities around the country.

Many people with heroin addiction have started by abusing prescription painkillers, substances that are in the same drug family as heroin.

Addiction knows no race, religion, or creed. It does not discriminate. Challenge those who think otherwise.

For more information on prescription painkillers and heroin
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
98% of Villanova students have NEVER used LSD.

Effects from LSD can last anywhere from 6 to 12 hours, and its effects can be very unpredictable.

While not considered an addictive drug, tolerance can increase quickly and increases the likelihood that someone might use it in doses that create more significant effects over time like psychosis and flashbacks.

Injury is most often the cause of death for LSD users.

For emotional support
University Counseling Center
610.519.4050

Assistant Dean for Alcohol & Drug Intervention
galeet.farrow@villanova.edu

For Villanova LSD data and more information
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
Back to the Future

LSD HAS NEVER BEEN A WIDELY USED SUBSTANCE AMONG COLLEGE STUDENTS.

EVEN YOUR GRANDPARENTS, PARENTS, AND YOUR FUTURE CHILDREN WILL LIKELY USE IT AT LOWER RATES THAN WE OFTEN BELIEVE.

WITH LSD, YOU MUST MIGHT FEEL AS THOUGH YOU ARE TRAVELING IN TIME:

VIVID HALLUCINATIONS
ALTERED SENSE OF TIME AND SPACE
GREAT RISK FOR PERSONAL INJURY AND FATAL ACCIDENTS
PSYCHOSIS
FLASHBACKS

For more information on LSD
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
66% of Villanova students HAVE NEVER used marijuana.

Effects peak within 30 minutes of ingestion and residual effects can last up to 3 hours.

Chemicals from marijuana remain in the body for much longer, including several weeks, depending on amount and potency of marijuana used.

For emotional support
University Counseling Center
610.519.4050

Assistant Dean for Alcohol & Drug Intervention
galeet.farrow@villanova.edu

Marijuana Anonymous
1.800.766.6779
The Chronic Misperception

Despite recent increases in marijuana use among high school and college students, more than 62% of students have still not smoked marijuana in 2015.

Over 35% of moderate users and 68% of frequent users demonstrate at least one sign of dependence.

Most marijuana users also use other substances.

For more on this data
www.monitoringthefuture.org

For more Villanova marijuana data and information
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
94% of Villanova students DO NOT abuse prescription stimulants.

WANT MORE A’S? GET MORE ZZZ’S.

TAKING A PRESCRIPTION STIMULANT LIKE ADDERALL THAT IS NOT PRESCRIBED TO YOU DOES NOT IMPROVE YOUR RETENTION OR MEMORY OF INFORMATION YOU NEED TO ACE THAT TEST!

IN ORDER TO FOCUS ON THAT PAPER AND GET IT WRITTEN IN TIME FOR CLASS, BREAK IT UP INTO SEGMENTS AND TAKE BREAKS EVERY 90 MINUTES.

For more information on prescription stimulants
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
THE BRAIN DOES NOT CARE WHY, WHERE OR HOW YOU USED A SUBSTANCE - IT ONLY REACTS TO THE SUBSTANCE ITSELF.

USING ANOTHER'S ADDERALL CAN RESULT IN:

- IRREGULAR HEARTBEAT
- INCREASED BODY TEMPERATURE TO DANGEROUS LEVELS
- CARDIOVASCULAR FAILURE OR SEIZURE
- FEELINGS OF HOSTILITY OR PARANOIA
- SEVERE HEART DAMAGE WHEN USED IN COMBINATION WITH ANTI-DEPRESSANTS OR OVER-THE-COUNTER COUGH MEDICINES
- ADDICTION

For more information about prescription stimulants
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
BLUE & WHITE LINES (DON'T DO IT)

The 1980s saw the greatest use of cocaine among 18 - 30 year olds. Since 1986, cocaine use has steadily declined every year to as low as 10%.

Currently, most people report that cocaine is a substance that they would disapprove of their friends using.

For more on this data
www.monitoringthefuture.org

For Villanova data and information about cocaine
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
COCAINIE

97% of Villanova students have never used it.

IT IS A VERY ADDICTIVE STIMULANT DRUG THAT IS OFTEN SOLD WITH OTHER INGREDIENTS SUCH AS CORNSTARCH, TALCUM POWER AND METHAMPHETAMINE.

COCAINE INCREASES LEVELS OF DOPAMINE IN THE BRAIN WHICH RESULTS IN SHORT BUT INTENSE FEELINGS OF PLEASURE.

IT IS POSSIBLE TO EXPERIENCE SEIZURE, STROKE AND/OR OVERDOSE ON COCAINE, EVEN WITH FIRST USE.

OTHER DRUGS IN THE SAME FAMILY: METHAMPHETAMINE, NICOTINE, CAFFEINE, ADHD MEDICATIONS

For more information about cocaine
www.drugabuse.gov

For Villanova data and information about cocaine
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
Check Yo Self

While the abuse of prescription painkillers like Vicodin and OxyContin have steadily increased in the new millennium, they have never spiked higher than 10% for college students.

In fact, since 2014, rates have been as low as 1.5%.

Most college students receive prescriptions for painkillers after wisdom tooth extractions or in the wake of a sports injury.

For more on this data
www.monitoringthefuture.org

For more Villanova painkiller data and information
www.villanova.edu/healthpromotion
610.519.7407
healthbytes@villanova.edu
Prescription Painkillers

97% of Villanova students have never abused prescription painkillers like Vicodin or Percocet.

One of the best ways to prevent painkiller abuse is to dispose of them properly:

- Do not flush them.
- Take a sealable plastic bag and crush them.
- Add kitty litter or coffee grounds.
- Seal the bag and put it in the trash.
- Conceal or remove all identifying information from prescription bottles.

For emotional support
University Counseling Center
610.519.4050

Assistant Dean for Alcohol & Drug Intervention
galeet.farrow@villanova.edu

For medical attention
Student Health Center
610.519.4070
BASICS
Brief Alcohol Screening and Intervention for College Students

What is BASICS?
BASICS is designed to assist students in examining their own drinking behavior in a judgment-free environment. BASICS is not an abstinence-only program. Instead, the goals are selected by the student and aimed at reducing risky behaviors and harmful consequences of drinking. Their BASICS consultation will be non-labeling and confidential.

Why participate in BASICS?
Students often conform to patterns of heavy drinking they see as acceptable while holding false beliefs about alcohol’s effects or actual alcohol-use norms. BASICS is designed to help students make better alcohol-use decisions. The program’s style is not confrontational or judgmental, and –
- Reduces the adverse effects of alcohol consumption
- Promotes responsible drinking
- Promotes healthier choices among young adults
- Provides important information and skills for risk reduction

How does BASICS work?
A student would first complete an online assessment, which gathers information about the student’s recent alcohol consumption patterns, personal beliefs about alcohol, and drinking history. This assessment is used to develop a customized feedback profile for use in their consultation with one of our trained staff. This profile compares personal alcohol use with alcohol use norms, reviews individualized negative consequences and risk factors, clarifies perceived risks and benefits of drinking, and provides options to assist in making change to decrease alcohol use.

How do you participate in BASICS?
Call the Office of Health Promotion at 610-519-7407 or e-mail healthbytes@villanova.edu
On Campus Resources

University Counseling Center
Health Services Building Room 206
(610)519-4050

Student Health Center
Health Services Building 3rd Floor
(610)519-4070

Mission and Ministry
St. Rita Hall
(610)519-4080

Off Campus Resources

Rehab After Work
Outpatient treatment program with flexible schedules to allow patients to maintain other commitments with numerous locations nearby.
www.rehabafterwork.com
1-800-238-HELP

Caron Foundation
The Caron Foundation is a non-profit provider of drug and alcohol treatment.
www.caron.org
1-800-654-6023

LIVENGRI
Residential services, full day outpatient and traditional outpatient options with numerous locations nearby.
www.livengri.org
1-800-254-4746

Meetings

Alcoholics Anonymous
Thursdays 8:30pm
Saturdays 7am and 8:30am
Health Services Building Room 200

Night Owl (LGBT mixed)
Every Monday-Friday 11:30pm
William Way Center
1313 Spruce Street

New Leaf Club
1225 Montrose Ave, Lower Merion
www.newleefclub.org
Casual hangout & meetings including: Adult Children of Alcoholics, Anorexics and Bulimics Anonymous, Young People’s Meeting

Smartphone Applications

Steps Away
Find meeting and fellowship, track progress

iPromise
Track progress with a trigger alert system including daily readings and reflections

Recovery Box
Designed for addiction recovery, a sobriety toolset that facilitates tracking of daily life activities

You are not alone in the recovery community at Villanova University. Reach out to any of the campus resources noted here.