

The Drug Publication



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The effect of drugs and alcohol on your body can be ugly, including rotting teeth, heart damage, brain disease and lung infections. It can also be deadly!

In addition, drugs and alcohol can have a lot of subtle and long-term effects. This publication briefly describes them. It also describes drug and alcohol policies at MU as well as applicable local, state and federal laws.

Finally, it lists programs and phone numbers where you can get help if you need it.

If you haven't been successful in just saying no, you may have a problem that is bigger than you can imagine. We want to help. Read this publication.

Mansfield University Drug and Alcohol Policy

Mansfield University will proactively educate, create an environment that promotes and reinforces a healthy living model, and provide information to students, faculty and staff for the purpose of preventing the abuse of alcohol and drugs. The University will also provide counseling and referrals for students and staff with alcohol or drug problems.

Mansfield University hereby declares as its policy that the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance is prohibited at its workplace and any workplace under the authority of The Pennsylvania State System of Higher Education (PASSHE) Board of Governors. Any employee violating the policy will be referred to the Commonwealth's employee assistance program (SEAP) and/or disciplined, in an appropriate manner, up to and including termination. Discipline, when appropriate, shall be taken under relevant provisions of collective bargaining agreements, or PASSHE's Merit Principles Policy, Terms and Conditions of Employment of Senior

Policy Executives and any other applicable policies. Referral to law enforcement agencies may also occur.

The State Employee Assistance Program (SEAP), sponsored by the Commonwealth of Pennsylvania, is available to state employees by calling 1-800-692-7459; 1-800-824-4306 (TDD).



The Effects of Drugs and Alcohol

These are some of the most commonly used drugs and the effects they have on the body and mind.

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident.

Low to moderate doses of alcohol may also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses may cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants may have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at a greater risk than other children of becoming alcoholics.

Marijuana

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite.

Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, and learning becomes harder. Marijuana can also produce paranoia and psychosis.

Marijuana is damaging to the lungs and pulmonary system. It's smoke contains more cancer-causing agents than tobacco smoke.

Long-term cannabis users may develop psychological dependence and require more of the drug to get the same effect. The drug can be the center of their lives.

Heroin

Regular heroin use changes the functioning of the brain. One result is tolerance, in which more of the drug is needed to achieve the same intensity of effect. Another result is dependence, characterized by the need to continue use of the drug to avoid withdrawal symptoms.

Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis and HIV. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, constipation and gastrointestinal cramping, and liver or kidney disease. Pulmonary complications, including various types of pneumonia, may result from the poor health of the user as well as from heroin's effects on breathing.

In addition to the effects of the drug itself, street heroin often contains toxic contaminants or additives that can clog blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs.

Cocaine

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly.

Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures.

Cocaine can also cause death by cardiac arrest or respiratory failure.

Anabolic Steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930s, steroids are seldom prescribed by physicians today. Current legitimate medical uses are limited to certain kinds of anemia, severe burns, and some types of breast cancer.

Taken in combination with a program of muscle-building exercise and diet, steroids may contribute to increases in body weight and muscular strength.

Steroid users subject themselves to more than 70 physical and psychological side effects that may range from acne to liver cancer. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use. In males, it can cause withered testicles, sterility and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects in both sexes include very aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Steroids come in tablet or capsule form for oral ingestion, or as a liquid for intramuscular injection.

Alcoholism

The Disease Concept²

Alcoholism is a chronic, progressive, and potentially fatal disease. It is characterized by tolerance and physical dependency, pathologic organ changes, or both, all of which are direct or indirect consequences of the alcohol ingested.

This definition was drafted jointly by the American Medical Association and the National Council on Alcoholism.

The concept that alcoholism is a disease and is not a loss of willpower or an immoral condition has led to more effective treatment and better means of evaluation treatment.

A characteristic of alcoholism is loss of control or the inability to predict accurately what will happen if the victim takes one or more drinks. The physical dependency demands a drink. When enough alcohol is ingested to alleviate the withdrawal symptoms, the victim is out of control. The disease is a vicious cycle in which denial is a common reaction.

Further information can be obtained from the U.S. Department of Health and Human Services, Office of Substance Abuse Prevention.

¹ Source: *What Works: Schools Without Drugs*, U.S. Department of Education

² Source: *American Medical Association*, National Council on Alcoholism and Drug Abuse

³ Source: Catalano, Hawkins, 1988, Developmental Research and Programs, Inc.

Risk Factors for Addiction³

Many of us have been told by our family doctor that we are at an increased risk for heart disease. The doctor doesn't know for certain that the patient will suffer a heart attack, but he or she can identify risk factors such as smoking, obesity, stress, diet, etc. These give us an early warning so that we can change our lifestyle *before the problem starts*.

In the same way, we cannot predict with absolute certainty who will become addicted to alcohol and other drugs. But we can identify *proven risk factors including*:

1. Family history of alcoholism or other addiction.
2. Family management problems—inconsistent family rules, lack of communication
3. Antisocial behavior—misbehavior in school, fighting shyness, withdrawal, lack of self-confidence.
4. Parents having a positive attitude toward drug use.
5. School problems—learning disabilities, poor self esteem, lack of interest in school, skipping school, academic failure.
6. Friends who use drugs—also friends who are involved with other negative behavior, such as stealing, vandalism, fighting.
7. Early first use of drugs—especially before age 15
8. Poor coping skills—poor skills in communicating, making decisions, making friends.

The Law

There are laws prohibiting the use of drugs and alcohol. The following are applicable laws on local, state and federal levels.

State Law - Title 18: If you are under the age of 21, it is illegal to purchase, consume, possess, or transport alcohol. It is also illegal to carry a false ID, lie about your age to obtain alcohol or provide alcohol to anyone under 21.

PENALTY: license suspension and a maximum fine of \$500 on the first conviction, and up to \$1,000 for each subsequent conviction.

State Law - Drug and Alcohol Abuse Control Act: It is against the law to use, dispense, deliver or distribute a controlled substance.

PENALTY: minimum of 6 months prison/\$2,500 fine, up to 15 years prison/\$250,000 fine.

Federal Law - Controlled Substance, Drug, Device and Cosmetic Act: It is against the law to use, dispense, deliver, or distribute a controlled substance.

PENALTY: convictions range from one year/\$2,500 fine to 15 years/\$250,000 fine.

Federal Law - Drug-Free Workplace Act: It is illegal to manufacture, distribute, dispense, possess or use a controlled substance in the workplace.

PENALTY: includes referral to State Employee Assistance Program (SEAP) and/or disciplinary actions up to employment termination.

Boro Ordinance: It is against the law in Mansfield Boro to have an open container of alcohol in public.

PENALTY: summary offense with a fine of up to \$300.

Resources and Help

It's OK to talk about or ask for help if you have a drinking problem or if a friend needs assistance. Contact the MU Counseling Center or Drug & Alcohol Office. *They can help.*

If necessary, assessment is done by a professional in the addictions field, who can determine what, if any treatment is needed for the patients. Treatment may include detox, out or inpatient, counseling, support groups, etc. Health insurances may or may not cover the costs.

Help is available. Make the call.

MU Counseling Center	570-662-4695
MU Drug and Alcohol Education Office	570-662-4936
State Employee Assistance Program (SEAP)	1-800-692-7459
State Employee Assistance Program (SEAP—TDD)	1-800-824-4306
MU Police Department	570-662-4900
Cocaine Helpline	1-800-COCAINE
Heroin Helpline	1-800-9HEROIN
Caron Foundation (Drug & Alcohol Treatment Programs)	1-800-854-6023
Harbor Counseling	570-724-5272
Pyramid Healthcare	1-888-694-9996
Tioga County Department of Human Services	570-724-5766
Marworth Alcohol Treatment Center	1-800-442-7722
Seabrook West	1-866-893-4840
White Deer Run (Drug & Alcohol Rehabilitation Center)	1-877-907-6237

