Alcohol and Other Drugs

SINCE ALCOHOL AND OTHER DRUGS affect the parts of the brain that control inhibitions, judgment, reactions, and coordination, it is not surprising that substance abuse is related to all types of safety issues. Here are some things to keep in mind.

About Alcohol and Drugs
Alcohol has been a part of college and university life since the first colleges were founded and is still the drug most abused by college students. The U.S. Department of Health and Human Services (USDHHS) has identified binge drinking (5 or more drinks for males and 4 or more drinks for females in one sitting) among college students as a major public health problem.

Drug use affects people in different ways and it’s impossible to tell how a drug will affect an individual. No substance use is risk free and students who use substances can put themselves at risk for negative consequences such as academic problems, adverse health effects, legal and disciplinary sanctions, driving or biking under the influence, unplanned or unprotected sex, and accidental overdose. Getting accurate information and facts can go a long way towards personal safety when making choices about using substances.

UCSB Alcohol and Drug Program Services (www.alcohol.sa.ucsb.edu)
Support, information, education, and referrals are provided to students in a non-judgmental environment. Services include:

- Free, confidential counseling
  For an appointment call 893-3371
- Information on tobacco, marijuana, gambling, study drugs, and support for students in recovery. Call 893-5013 for information.
- On-call counseling for UCSB students who are experiencing negative consequences as a result of alcohol or other drug use
- A five-week College Alcohol & Substanc Education (CASE) group (required for students who violate residence hall alcohol and drug policies and offered to Court-referred students)
- Web-based education:
  lifeoftheparty.sa.ucsb.edu
- Assessment: www.MyStudentBody.com

If You Choose Not to Drink...
You are not alone. Approximately 20% of UCSB students don’t drink alcohol at all, many more drink only occasionally. If you believe in moderation and responsibility, would like to meet others who feel the same way and want to raise awareness, call the Alcohol & Drug Program at (805) 893-5013.

Emergency

How Do I Know if I Have a Problem?
The following are some warning signs of a problem with alcohol or drugs:
- Blackouts
- A high tolerance for alcohol or drugs
- A family history of alcohol or drug problems
- Interference with school/work performance or attendance due to using
- Turning to alcohol or other drugs in response to emotional ups and downs
- Legal or financial problems as a result of using

If you are concerned about your own or a friend’s use you can make a confidential appointment with a counselor by calling (805) 893-3371.

Alcohol and Drug Emergencies
These are the signs of an alcohol or drug emergency: Call 911 for help.
- Person cannot be awakened
- Cold, clammy, or bluish skin
- Breathing is slow or irregular
- Vomiting while passed out

Never leave someone alone to “sleep it off.” Turn the person on their side to prevent choking while vomiting and get them help by calling 911. If you are concerned- trust your instincts- Just Call 911.

For more information go to the UCSB Alcohol & Drug Program’s website www.alcohol.sa.ucsb.edu.