

Substance Abuse on College Campuses

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WHAT IS SUBSTANCE ABUSE?

Substance abuse is when an individual is excessively consuming a drug. This can be either an illegal drug or prescribed medication. Drugs such as marijuana, cocaine, opioids, etc. Eventually can lead to substance dependency, where the body demands the use of the substance (SAMHSA, 2022).



COCAINE & STIMULANTS

Cocaine is a stimulant that attacks the CNS (central nervous system). It is a recreational and illegal drug. It is used to heighten emotions. This is a highly addictive drug. Cocaine & other stimulants such as Nicotine, Adderall & Meth are frequently found at college parties (fraternity parties).



90% of students misuse Adderall (The Edge Treatment Center, 2021)

PROBLEM

College students struggle with balancing stress and academic performance, causes of substance abuse on college campuses are peer pressure, academic pressure, & social environment. Therefore, they cope by using illicit drugs and alcohol.

College students who meet the medical definition of drug addiction:

22%

(compared to 8.5% of the general public)

Full-time college students who drink and/or abuse illegal or prescription drugs:

49%

Source: National Center on Addiction and Substance Abuse



Side Effects (Timely MD, 2022)

Physical and mental effects can be noticed in the short and long-term and include such as:

- Increased Blood Pressure
 - Vitamin deficiencies
 - Malnutrition
 - Organ Failures
- Physical**
- Paranoia
 - Fatigue
 - Anxiety
 - Depression Academic Failure
 - Social Interaction Deficits
- Mental**



ALCOHOL

Alcohol is commonly used on college campuses. Furthermore, college students engage in binge drinking & has increased due to social pressure. It has been normalized & considered part of the college experience binge drinking can lead to criminal activities, unsafe sex, and driving under the influence (SAMHSA, 2022).



Cannabis & Vaping

Marijuana, a psychoactive drug, is a common drug on college campuses. College students use cannabis to cope with stress. The other contributing factor is social influence. Vaping is an e-cigarette device. The main factor for vaping is recreational purpose.

SOLUTIONS

- Counseling
- Zero-Tolerance Drug & Alcohol Policies
- Rehabilitation Centers
- Support Groups
- Accountability Sponsors
- Drug Education

