

Drug & Alcohol-Free Campus

Using alcohol and other drugs carries risks. Alcohol and drugs produce an intoxication of the human body that alters judgment, perception, attention and physical control, making individuals more likely to hurt themselves and others. Drug and/or alcohol abuse can adversely affect productivity, academic performance, work quality, motivation, judgment, and personality.

JMVU's goal is to provide a safe environment for both students and staff. For this purpose, we are asking that our community respects the campus.

All illegal activities will be reported to the corresponding authorities. In the same way, all cases in which the students or employees seek help, will be treated with confidentiality and referred to the appropriate health care professionals and counsel.



SOME TIPS TOWARDS CHANGING YOUR LIFE

Drinking Analyzer Card

Examine the causes and consequences of your drinking. You can do this exercise for drugs too.

Date	Situation (people, place) or trigger (incident, feelings)	Type of drink(s)	Amount	Consequence (what happened?)

Drinking Tracker Card

Mark down the number of drinks you have been consuming. This card can help you see your drinking pattern and motivate you to cut down.

GOAL: No more than ____ drinks on any day and ____ per week.								
Week starting	Su	M	T	W	Th	F	Sa	Total
___/___								
___/___								
___/___								
___/___								

Create a Change Plan to live an alcohol & drug-free life!

- * Get a piece of paper and enumerate the reasons why you want to make this change, the strategies that you will use, and the people that can help you (family, friends, counselors...). Keep this with you as a reminder.
- * Think about possible obstacles and how you will address them, who will you call for help and how will you avoid them in the future.
- * Remember to give yourself props! Identify what are some signs that your plan is working.



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Drug & Alcohol Abuse Prevention Program



If you suffer from drug or alcohol addiction, please let us know.

WE WANT TO HELP YOU!

Drug and Alcohol Prevention Program

Know the law

It is unlawful to drink alcohol beverages while underage. The legal drinking age is 21 years old.

It is unlawful for any person to sell, manufacture, or deliver, or possess with intent to sell, manufacture or deliver a controlled substance. Penalties for these actions may range from fines starting at \$5,000 up to \$10,000; and may include imprisonment of up to 5-30 years.

For more information on state laws and statutes, visit <http://www.leg.state.fl.us>.

Alcohol Abuse and its effects

Prolonged alcohol abuse is frequently associated with poor nutrition, which often permanently damages vital organs such as the brain and liver. It also produces behavioral changes, impairs judgment and coordination. Alcohol abuse is associated with nearly half of all fatal motor vehicle accidents. Women who drink while pregnant may give birth to infants with irreversible physical abnormalities, including brain damage.

Resources for more information:

- *Rethinking Drinking* (exercises on back of this pamphlet taken from this website)
<http://rethinkingdrinking.niaaa.nih.gov/>
- *Drug Free*
<http://www.drugfree.org>
- *Alcoholic Anonymous, Broward County hotline*
(954)-462-0265
- *Miami Dade Intergroup: Alcoholics Anonymous*
(305) 461-2425

Seeking treatment? You can go to this website to find a rehabilitation or treatment center near you!

Substance Abuse Treatment Facility
Locator: <http://dasis3.samhsa.gov/>

Know the Health Risks

Controlled substances abuse and its effects

Marijuana: Marijuana smoke is carcinogenic and damages the respiratory system. It may impair short-term memory and comprehension, alter sense of time, and reduce coordination and motivation. Long-term users may develop psychological dependence.

Cocaine: Short-term effects include paranoia, constriction of blood vessels leading to heart damage or stroke, irregular heartbeat, and death.

Cocaine use may lead to death through disruption of the brain's control of heart and respiration.

Heroin: Overdose may result in death from decreased breathing. Because heroin is usually injected, often with dirty needles, use of the drug can trigger other health complications including destruction of your heart valves, HIV/AIDS, infections, tetanus, and botulism.

Methamphetamines (also known as meth, crank, ice, speed, crystal): effects include heart attacks, dangerously high blood pressure, and stroke. Other long-term effects include paranoia, hallucinations, weight loss, destruction of teeth, and heart damage.

Anabolic Steroids: Steroid use can cause physical and psychological side effects, including acne, liver cancer, sterility, aggressive behavior, and depression. Other effects include jaundice, discoloration of the skin, swelling of feet or lower legs, trembling, and bad breath.

Ecstasy: Long-term use may cause damage to the brain's ability to regulate sleep, pain, memory, and emotions.

Ketamine (also called Special K, or K): can impair memory and attention. Higher doses can cause amnesia, paranoia and hallucinations, depression, and difficulty breathing.

LSD & hallucinogenic mushrooms: can cause hallucinations, numbness, nausea, and increased heart rate. Users may experience panic, confusion, suspicion, anxiety and loss of control. Long-term effects include unwanted "flashbacks" and psychosis.



All drugs have serious consequences on the human body!

Know how to prevent substance abuse

Beware of prescription drugs!

Many people believe that only illegal drugs are damaging to their bodies, but you must also be aware that prescription drugs are meant to be taken in their prescribed doses or they may also become addicting. Consult your doctor if you suspect of prescription drug dependency. The abuse of prescription drugs is also damaging to your health.

Tips to prevent substance abuse

- **Learn to deal with peer pressure**—watch out the company you keep. Good friends will not give you drugs.
- **Deal with life pressure**—take moments to relax, exercise, read and do things that help you deal with stress. Find a way to relieve your stress and take up activities that encourage a stress-free life.
- **Get help for mental illness**—The same way you would visit a dentist if your teeth ached, you should visit a professional for any mental or emotional problems.
- **Look at the risk factors for substance abuse**—would you want to experience any of those effects?
- **Keep a balanced life**—look at the bigger picture, keep your priorities in order.