

HEALTH RISKS ASSOCIATED WITH ALCOHOL AND DRUGS

There are obvious risks associated with alcohol and drug abuse, but there are a number of less obvious risks as well:

- Physical and mental dependence
- Memory loss
- Violent behavior, aggressive acts, and angry feelings
- Headaches
- Nausea and/or vomiting
- Muscle weakness
- A drug tolerance
- Liver, lung, and kidney problems
- Brain damage
- Hallucinations, tremors, and convulsions
- Hyperactivity or Sluggish behavior
- Poor academic performance
- Unwanted sexual activity (i.e. date rape)
- Sexually transmitted diseases, including HIV/AIDS
- Unwanted pregnancy
- Impact on future career prospects
- Adverse effects from withdrawal

Alcohol and other drug use may also lead to other health problems such as respiratory depression, cancer, Fetal Alcohol Syndrome, elevated blood pressure, and, in some case, death. If combined with other depressants of the central nervous system, even low doses of alcohol can have dangerous effects.

ON-CAMPUS RESOURCES

In case of an emergency, contact Public Safety at 202-885-3636. If you are ever in doubt about your own health and safety or somebody else's, call for help. The Office of the Dean of Students (202-885-3300) provides general information about campus resources. It also offers programming during orientation and through various organized groups of students interested in educating the campus community about alcohol and drug use and related issues.

The Student Health Center can provide treatment and/or referral for health issues related to alcohol and other drug use. For more information, call 202-885-3380. The Counseling Center offers individual counseling for students concerned about alcohol and other drug use. For more information, call 202-885-3500. Visit the Counseling Center home page on the Web at www.american.edu/ocl/counseling/index.cfm.

Residence Hall Assistants and Directors can discuss alcohol and other drug use with students and can advise student about referrals and how to help a friend who may have a problem. The staff also provides hall and floor programming throughout the year.

The Wellness Center provides a variety of resources relating to alcohol and other drugs. They stock a wide range of brochures and workbooks that detail the effects of alcohol and drugs, the importance of making responsible decisions, and the consequences of engaging in certain behaviors related to alcohol and other drugs. Additionally, these materials offer the opportunity to conduct a self-assessment of alcohol and drug use, including referrals to appropriate information and resources based on the outcome. The Wellness Center also has an Alcohol and Other Drug Health Educator who can provide group programs and individualized meetings about alcohol and drugs. Each year, the Wellness Center sponsors National Collegiate alcohol Awareness Week and works with student groups to develop relevant programming about responsible alcohol use. For more information, contact the Wellness Center at 202-885-3276.

The Gay, Lesbian, Bisexual, Transgender, and Ally (GLBTA) Resource Center has some information on alcohol and other drug use/abuse in the gay, lesbian, bisexual, and transgender community. Contact the GLBTA Resource Center at 202-885-3346.

The Faculty/Staff Assistance Program, a component of Human Resources, offers an array of substance abuse prevention and intervention programs for faculty and staff that have a problem with alcohol or other drugs. Please call 202-885-2588 for further information or to request help for a colleague or friend whom you suspect may have a problem. Visit the FSAP home page at www.american.edu/fsapintr.html. Bender Library publishes a *Research Guide Series on Alcohol and Other Drugs*. This bibliography is helpful to students conducting research about substance abuse. Print and electronics resources are included. Stop by the Reference Desk in the library for a copy, or visit www.library.american.edu.

OFF-CAMPUS RESOURCES

While AU strives to help members of the campus community learn about alcohol and other drugs, we realize that sometimes students may wish to seek off-campus help. Following is a list of contacts and resources:

Alcoholics Anonymous in the DC Area
4530 Connecticut Avenue, NW
Suite 111
Washington, DC 20008
(202) 966-9115
<http://www.aa-dc.org/meeting/search>

Narcotics Anonymous
PO Box 9863
Washington, DC 20016
Hotline: 202-399-5316
<http://www.na.org/>

Whitman-Walker Clinic
Alcohol and Substance Abuse Service – Behavioral Health
1407 S. Street, NW
Washington, DC 20009
202-797-3550

National Drug and Alcohol Treatment Routing Service
1-800-662-HELP National Clearinghouse for Alcohol and Drug Information
301-468-2600
<http://www.higheredcenter.org/resources/national-drug-and-treatment-referral-routing-service>

US Department of Justice
Drug Enforcement Administration
www.usdoj.gov/dea

GW Medical Center ASSET - Alcohol & Substance Use Screening, Evaluation
202-741-2888
2150 Pennsylvania Ave, NW 1 block from the Foggy Bottom Metro
8th Floor
Washington, DC 20037
http://www.gwupsychiatry.org/clinical_services.html

Multicultural Clinical Center
703-354-0000
6563 Edsall Road, Springfield, VA 22151
<http://www.mccva.com/SubstanceAbuse.aspx>

Kolmac Clinic
(301) 589-0255
various locations; payment plans available
<http://www.kolmac.com/>