



CLUB DRUGS –RISKY BUSINESS

Information adapted from the National Institute on Drug Abuse

Think Ecstasy, GHB, Rohypnol, and other club drugs are harmless? Think again. Using club drugs is unpredictable, dangerous and often deadly. These drugs affect your brain and the rest of your body, and can cause serious damage to neurons, organs and bodily functions. When used with alcohol, these drugs can be even more harmful. Club drugs are found in party settings often manufactured in makeshift labs, which are uncontrolled and unsanitary, or cut with other substances, making them even more dangerous. You can never know how strong they are or what adverse effects they might have. Overdoses can happen unintentionally, causing severe breathing problems, coma, organ failure or even death.



Ecstasy (X, Adam) is a stimulant and a hallucinogen. People may use Ecstasy to improve their moods, increase energy to keep dancing or enhance sexual experience. Chronic use of Ecstasy can permanently damage the brain's ability to process information or regulate emotion, memory, sleep, and pain.

forget what happened. Other effects include low blood pressure, drowsiness, dizziness and confusion. Higher doses can result in seizures or death.

GHB (G, Liquid Ecstasy, Georgia Home Boy) is a sedative. It has also been used to release hormones for muscle growth. At lower doses, GHB can relax the user, but, as the dose increases, the sedative effects may result in sleep and eventual coma or death.

Ketamine (K, Special K) is a dissociative anesthetic. Using a small amount results in loss of attention span, learning ability, and memory. At higher doses, ketamine can cause delirium, amnesia, high blood pressure, depression, and severe breathing problems.

Rohypnol (Roofie, Roche) is a strong sedative referred to as the date rape drug. Tasteless and odorless, it mixes easily in drinks. It causes individuals under the influence of the drug to

Methamphetamine (Crystal Meth, Speed, Ice, Chalk) is a stimulant. Its use can cause serious health concerns, including memory loss, aggression, violence, psychotic behavior, and heart problems. Prolonged use results in permanent loss of brain tissue and function.

LSD (Acid) is a hallucinogen. It can cause unpredictable and dangerous behavior depending on the amount taken, where the drug is used, and on the user's personality. "Bad Trips" are common, with disturbing flashbacks occurring long after the drug was taken.

Dextromethorphan (DXM, Orange Crush, Robo) is a dissociative anesthetic found in cold and cough medications. Distortion of judgment and visual perception can result in injury. Higher doses can result in heat stroke, irregular heartbeat, high blood pressure, seizure, brain damage or death.

For more information on club drugs visit the National Institute on Drug Abuse's special web site at www.clubdrugs.org.



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Audio Relaxation Exercises Online!

Feeling stressed and tense? Would you like to relax a little so you can get things done more effectively? Go to our website at www.case.edu/stuaff/mind-body and check out the online relaxation exercises link on the right sidebar. You can listen to them directly from the site or download them onto your computer. If you want to take them with you, you can burn a CD or save them as an MP3 file! They are totally free. These exercises come to you courtesy of Hobart & William Smith Colleges. Relax and enjoy!

National Alcohol Screening Day

Statistical Information adapted from Screening for Mental Health, Wellesley Hills, MA



Missing Class? Disappointing friends or family? Can't remember what you did this weekend? Can't stop drinking once you start? Worried about a friend's drinking? Whatever the situation, there is help.

National Alcohol Screening Day is an annual event that provides information about alcohol and health as well as free, anonymous screening for alcohol-use disorders. The program is designed to provide outreach, screening and education about alcohol's effects on health for the general public. Everyone can benefit from learning more about at-risk drinking behaviors, alcohol abuse, and dependence, if not for yourself, then for someone you care about.



Here are a few sobering facts you might not have known about college students and drinking:

- In 2002, 64% of full-time college students (aged 18-22) reported consuming at least one alcoholic drink in the past 30 days.
- Over 44% of full-time college students reported consuming five or more drinks on the same occasion at least once in the past 30 days.
- 1400 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

- More than 600,000 students between the ages of 18 and 24 are assaulted each year by another student who has been drinking.

This year's event will be held on Thursday, April 7 in the Thwing Atrium from 10:00am – 3:00pm. Drop by for a free, anonymous screening, to ask questions or to pick up some information for yourself, a friend or family member. You can also try our anonymous on-line screening. Just check out the University Counseling Services web page at www.case.edu/stuaff/ucs or the Center for Collegiate Behavioral Health website at www.case.edu/stuaff/mind-body and go to the Online Screening section on the right sidebar.

For more information on mental health screening, visit www.mentalhealthscreening.org.

SMART Recovery – An Alternative Road to Sobriety

SMART Recovery® (Self Management And Recovery Training) is an alternative to traditional 12-Step Programs which helps individuals gain independence from addictive behaviors like abusing alcohol or other drugs or other addictive activities like compulsive gambling, eating, sex or spending. The purpose of SMART Recovery is to support individuals who are considering or have decided to abstain from any type of addictive behavior that is causing them harm by teaching how to change self-defeating thinking, emotions, and actions; and to work towards long-term satisfactions and quality of life.

The program offers specific tools and techniques for each of the program points:

- Enhancing and maintaining motivation to abstain from addictive behaviors
- Learning to cope with urges
- Problem- Solving (Managing thoughts, feelings and behaviors)
- Lifestyle Balance (Balancing momentary and enduring satisfactions)

SMART Recovery meetings are Fridays at Noon in the Cleveland Room in Thwing Center. If you would like more information, please contact Dr. Bill Hale at william.hale@case.edu or visit www.smartrecovery.org.



Talk To Us

For more information or if you would like to see a specific topic presented in this newsletter, please email william.hale@case.edu

For any other questions or comments, please e-mail Collegiate Behavioral Health at mind-body@case.edu

Collegiate Behavioral Health Services, 2nd Floor, 2145 Adelbert Road 216-368-2510 Monday - Friday, 8:30 - 4:30

University Counseling Services Sears 201 216-368-5872 Monday - Friday, 8:30 - 5:00

Health Education Fund Application

The Health Education Fund of the Center for Collegiate Behavioral Health is a dedicated fund for the promotion of health education at Case Western Reserve University. Financial support for programs, media, speakers and/or classroom presentations which are designed to educate and inform our students of health and mental health information will be considered for partial or full funding. Proposals which illustrate collaborative efforts between and among university organizations and departments will receive priority. Applications are available upon request by emailing The Center for Collegiate Behavioral Health at mind-body@case.edu



Center for Collegiate Behavioral Health Mission Statement

The Center for Collegiate Behavioral Health promotes a university environment dedicated to the development of healthy life practices.