

# 5 Warning Signs To Look Out for Alcohol or Substance Abuse

- ✓ Mood Changes: temper flare-ups, irritability, defensiveness
- ✓ Poor Academic Performance: dropping grades or attendance
- ✓ Changing Friends or Social Circles
- ✓ Lack of Motivation or Care for Things That Used to Be Important
- ✓ Change in Physical Appearance

Warning signs may be an indication that a problem should be examined. However, many young adults show behaviors that are simply an indication of “growing up” or a reaction to stressors that are common during this life stage. It is important to observe if several signs are happening at the same time.

## What to Do?

- 1 **IF** there is a suspicion that a person is abusing alcohol or drugs, it is important to reach out to the person and speak with them to understand the situation and see the “whole picture.”
- 2 If after speaking to the person, and you are still unsure, the next step would be to seek the help of a professional and have the young adult screened for alcohol or substance use.
- 3 If you think that formal intervention is necessary, seek the guidance of a local substance abuse professional to determine how best to handle an individual who may be reluctant, refuse, or protest the prospect help.

## Take the Self-Assessment Test

✓ If you answered yes to two or more questions, you may be developing unhealthy drinking or substance use habits. It may be helpful for you to talk to a peer or professional counselor.

✓ Use these questions as a guide when speaking to someone who may be struggling with drinking or using. Ask your friend or loved one these questions to help navigate and understand their situation.

✓ Most college campuses offer their students alcohol and drug resources or services. These services are often in the form of private, one-on-one counseling and are typically free of charge. They are usually available through a student health or wellness center. On-campus health and wellness clinics or services provide students a good place to start and get help, especially for those who are away from home.

- Do most of your social activities include drinking, smoking marijuana or using drugs?
- Have you had regrets about your behavior after drinking or using?
- Do you drink or use more than you used to, in order to get the same effect?
- Have you ever forgotten all or part of an evening after drinking?
- Have you ever missed homework, a class or done poorly on a test because of drinking or using?
- Have you ever had personal, legal or financial problems related to drinking or using but didn't prompt you to change your habits or using/drinking patterns?
- Do you have any family members with an alcohol or other drug problem?
- Have you ever tried to stop or cut down but weren't always successful?
- Has anyone confronted or expressed to you concerns about your drinking or using habits?

### ONLINE RESOURCES

**Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

**Marijuana Anonymous**

[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

To find out more about  
Asana Recovery, visit  
[www.asanarecovery.com](http://www.asanarecovery.com)  
24/7 Admissions: 949-438-4504



# ADDICTION ON CAMPUS



## IT'S ALL FUN AND GAMES UNTIL...

College life is an exciting time. A new sense of independence and freedom, along with new friends and experiences; it is also a time when many young adults become active participants in the college party scene. The rising use of drugs and alcohol is a reason why raising awareness of drug and alcohol abuse is even more critical.

Once a young adult gets on a college campus, under-age drinking doesn't seem like such a bad thing anymore. Alcohol is a staple in most social gatherings, and is as much a rite of passage in the social rituals of higher education.

Alcohol use in College Students is higher than in their non-college peers.

College Students  
**60%**  
Age 18 to 22 drank alcohol in the past month

**2 out of 3**  
of those College Students  
Were involved in **BINGE DRINKING**

## RISKS UNDER-AGE COLLEGE DRINKING

**Death**  
**1,825** College Students

Between the age of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes

**Sexual Assault**  
About **97,000**

between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.

**Assault**  
**696,000** Students

students between the ages of 18 and 24 are assaulted by another student who has been drinking.

**Academic Problems**  
**1 in 4**

college students report academic consequences from drinking

## POT USE IN COLLEGE: KNOW THE RISKS

Marijuana users are more likely to gravitate toward other high-risk behaviors

**9 out of 10** | **Risky Behavior**  
college-aged marijuana users also drink alcohol and smoke cigarettes

**POOR Academics**

Students spend less time on school work, poor concentration, diminished long-term memory, & lack of motivation & concern about their future careers

Marijuana smokers are at a high risk for developing respiratory diseases such as bronchitis and emphysema. College-age students who are still in the developmental stages also face delays in sexual development. Pot smoking can disrupt menstrual cycles and lead to a decrease in ovulation.

**Health**

In 2017  
**38%** Age 19-22

full-time college students reported marijuana use at least once in the last 12 months, while 21 percent reported using at least once in the last 30 days.

A national study has shown that marijuana use among college students is on the rise and remains at the highest level in three decades.

The increase use of marijuana among college students is concerning because of the risks and consequences that regular marijuana use can pose. College students who find themselves juggling adult responsibilities with the rigor of a college curriculum turn to pot as a stress-reliever, not fully realizing the potentially harmful effects.

ALCOHOL

MARIJUANA