SUBSTANCE ABUSE

Created by Akshay Lobo, Farhad Ghasemi and John MacIsaac
Revised by: Vina Mohabir
Presented by: Kashif Khan, Nav Gill, Boris Barron

Bethune College Basic Frosh Leader Training
Bethune College Council and Student Ombuds Services
June 22, 2014

Student Ombuds Services (SOS)
bethune.yorku.ca/sos
Agenda

• Substance Abuse
• York’s Policy
• Alcohol
• Nicotine
• Marijuana
• Resources for Frosh Leaders
What is Substance Abuse?
What is Substance Abuse?

Overindulgence in or dependence on an addictive substance, especially alcohol or drugs

Alcohol and York University

• Social Orientation is a “dry week” meaning no alcohol or drugs!

• Majority of students attending frosh are not legal drinking age in Ontario

• Alcohol and drugs have serious consequences for students

• As a Frosh Leader it is your responsibility to help educate students about the risks and repercussions of drinking

• Be a role model for incoming students!
Alcohol and York University

  – Drinking underage is a violation of the code of student rights and responsibilities
Alcohol
The Facts about Alcohol

• Every year, alcohol is used by over 5 million Canadians who drink heavily

• 40% of these people are aged 20-34 years old

The Facts about Alcohol

• ~25% of people ≥ 18 y reported that they engaged in **binge drinking** in the past month

• 1,825 college students 18-24 y **die** from alcohol-related unintentional injuries each year

• More adolescents drink alcohol than smoke cigarettes or use marijuana

DO THESE HAVE THE SAME AMOUNT OF ALCOHOL?

One 1 oz. shot of whiskey  One 5 oz. glass of wine  One 12 oz. mug of beer

Occuhealth Solutions Inc.,
http://www.occuhealthsolutions.com/Alcohol%20Drink%20Chart%20OccuHealth%20Solutions.htm,
Accessed on June 2, 2014
DO THESE HAVE THE SAME AMOUNT OF ALCOHOL?

One 1 oz. shot of whiskey = One 5 oz. glass of wine = One 12 oz. mug of beer

Occuhealth Solutions Inc.,
http://www.occuhealthsolutions.com/Alcohol%20Drink%20Chart%20OccuHealth%20Solutions.htm,
Accessed on June 2, 2014
Binge Drinking

• ≥ 5 for alcoholic drinks for men and ≥ 4 alcoholic drinks for women on the same occasion on at least 1 day in the past 30 days

National Institute on Alcoholism and Alcohol Abuse,
Accessed June 2, 2014
Levels of Alcohol Consumption

• **Level 1:** Low to moderate use → 1-2 drinks a day

• **Level 2:** Episodic use → “social”/“binge” drinking

• **Level 3:** Alcohol Dependence

• **Level 4:** Chronic Alcohol Use

Alcohol and the Body

Short Term:

- Vomiting and or Diarrhea
- Headaches
- Distorted Vision and Hearing
- Impaired Judgement
- Unconsciousness
- “Blackouts”

Alcohol and the Body: Top

Possible long-term effects of Ethanol

Large consumption

Brain:
- Impaired development
- Wernicke-Korsakoff syndrome
- Vision changes
- Ataxia
- Impaired memory
- Psychological
  - Cravings
  - Irritability
  - Antisociality
  - Depression
  - Anxiety
  - Panic
  - Psychosis
  - Hallucinations
  - Delusions
  - Sleep disorders

Mouth, trachea and esophagus:
- Cancer

Blood:
- Anemia

Heart:
- Alcoholic cardiomyopathy

Liver:
- Cirrhosis
- Hepatitis

Stomach:
- Chronic gastritis

Pancreas:
- Pancreatitis

Peripheral tissues:
- Increased risk of...
Blood Alcohol Concentration

Blood Alcohol Concentration (BAC) level = % of blood with alcohol

- **0.40** - Most people lose consciousness and some die
- **0.30** - Many people lose consciousness
- **0.12** - Vomiting usually occurs
- **0.10** - Clear deterioration of reaction time and control
- **0.06** - Major impairment in judgement
- **0.04** - Minor impairment in judgement

### Blood Alcohol Content and Standard Drinks

**Values depend on ethnicity, sex, age, metabolism, weight, body type.**

[Graph showing the relationship between number of drinks in one hour, total body weight, and blood alcohol content (BAC)].

- **.04 BAC**: Green
- **Impaired**: Yellow
- **.10 BAC**: Red

#### Number of Drinks in One Hour

<table>
<thead>
<tr>
<th>Weight (lbs.)</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<tbody>
<tr>
<td>100</td>
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<td>220</td>
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<td>240</td>
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</tbody>
</table>

#### Total Body Weight

<table>
<thead>
<tr>
<th>Weight (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>45</td>
</tr>
<tr>
<td>54</td>
</tr>
<tr>
<td>64</td>
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<tr>
<td>73</td>
</tr>
<tr>
<td>82</td>
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<tr>
<td>91</td>
</tr>
<tr>
<td>100</td>
</tr>
<tr>
<td>109</td>
</tr>
</tbody>
</table>

Calculate YOUR BAC

- [http://awareawakealive.org/educate/blood-alcohol-content](http://awareawakealive.org/educate/blood-alcohol-content)
Zero Tolerance Rule

• Fully Licenced (G) ≤21 or Novice Driver (G1 or G2)
  – “Any alcohol in your blood: you will receive an immediate 24-hour roadside driver licence suspension and, if convicted, you will face a fine of $60-$500 and a 30-day licence suspension”

• Fully Licenced (G) >21
  – 0.05 to 0.08 BAC is the warning range
  – lose their licence at roadside for 3, 7 or 30 days
  – Consequences also get tougher for repeat occurrences

Harm Reduction

• Try and eat before drinking

• Pace your drinking by setting a time limit

• Pre-determine the number of drinks you are going to have that evening

• Never drink, or use drugs and then drive. Always have a plan in place to get yourself home safely.

Alcohol: Fill in the Blank

1. Divide into groups of three
2. Each of you choose one fill in the blank to complete
3. Share your answer with your group and discuss!
Alcohol: Fill in the Blank

1. ___ is the legal drinking age in Ontario.

2. _______ ________ ≥ 5 for alcoholic drinks for men and ≥ 4 alcoholic drinks for women on the same occasion on at least 1 day in the past 30 days

3. For the average female, impairment begins at ___ standard drinks
Alcohol: Fill in the Blank

ANSWERS:

1. 19
2. Binge Drinking
3. 2
Role Play
Nicotine

Look out, John. Smoking can kill you!
The Facts about Nicotine

Every 10 minutes...

Two Canadian teenagers start smoking cigarettes;

One of them will lose their life because of it
More than 37,000 people will die this year in Canada due to smoking...
• Of those, more than 300 non-smokers will die of lung cancer

• 700 non-smokers will die of coronary heart disease caused by exposure to second-hand smoke
Second Hand Smoke

- Second hand smoke is what smokers exhale and what rises from an idle burning cigarette
- It can spread from different rooms and clings to fabrics
- Those who are exposed to second hand smoke are at risk for the short term and long term effects of smoking
- Please try and be considerate and smoke in designated areas

A Quick Game

1. Everyone find a partner

2. Please sit across from your partner

3. Words will appear on the screen, your job is to get your partner to guess the word without using it

E.g. the word is coffee, you cannot use caffeine – the hint can be “you drink it first thing in the morning”
A Quick Game

1. Tar
2. Acetone
3. Batteries
4. Smoking
5. Lung Cancer
There are over 4000 chemicals in cigarettes!

Smoking and the Body

**Short Term:**

- Staining of skin and teeth
- Increased Heart Rate and Blood Pressure
- Harder to breathe
- Cough
- Reduced Cognitive Function

Long Term Negative Effects:

Social Smoking

• Even if you only smoke when you go out or a few cigarettes, you are still a smoker
• You are still at risk for many of the long term physiological effects of smoking:
  – E.g. heart disease, reduced fertility in women, poor sperm function in men, etc.
• http://www.youtube.com/watch?v=C8JoQ7aYPw

### The Cost of Smoking

#### Table: Cost of Smoking Per Day

<table>
<thead>
<tr>
<th>Frequency</th>
<th>1/2 Pack/Day</th>
<th>1 Pack/Day</th>
<th>2 Packs/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Day</td>
<td>$2.50</td>
<td>$5.00</td>
<td>$10.00</td>
</tr>
<tr>
<td>One Week</td>
<td>$17.50</td>
<td>$35.00</td>
<td>$70.00</td>
</tr>
<tr>
<td>One Month</td>
<td>$75.00</td>
<td>$150.00</td>
<td>$300.00</td>
</tr>
<tr>
<td>1 Year</td>
<td>$912.50</td>
<td>$1825.00</td>
<td>$3650.00</td>
</tr>
<tr>
<td>5 Years</td>
<td>$4,652.50</td>
<td>$9,125.00</td>
<td>$18,250.00</td>
</tr>
<tr>
<td>10 Years</td>
<td>$9,125.00</td>
<td>$18,250.00</td>
<td>$36,500.00</td>
</tr>
<tr>
<td>20 Years</td>
<td>$18,250.00</td>
<td>$36,500.00</td>
<td>$73,000.00</td>
</tr>
<tr>
<td>30 Years</td>
<td>$27,375.00</td>
<td>$54,750.00</td>
<td>$109,500.00</td>
</tr>
<tr>
<td>40 Years</td>
<td>$36,500.00</td>
<td>$73,000.00</td>
<td>$146,000.00</td>
</tr>
</tbody>
</table>

(Based on cost of $5.00/pack of cigarettes)

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## Cost of Alcohol

<table>
<thead>
<tr>
<th>Time</th>
<th>Cost for Men</th>
<th>Cost for Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Night</td>
<td>$30</td>
<td>$24</td>
</tr>
<tr>
<td>One Week</td>
<td>$30 - $60</td>
<td>$24 - $48</td>
</tr>
<tr>
<td>One Year</td>
<td>$1,560 - $3,120</td>
<td>$12,48 - $2,496</td>
</tr>
<tr>
<td>Five Years</td>
<td>$7,800 - $15,600</td>
<td>$6,240 - $12,480</td>
</tr>
</tbody>
</table>

Cost is based on $6/drink, with a frequency of binge-drinking of 1-2 times per week, excluding special occasions (birthdays, weddings, milestones, holidays, etc..)
# Cost of Alcohol & Cigarettes

<table>
<thead>
<tr>
<th>Time</th>
<th>Cost for Men</th>
<th>Cost for Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Night</td>
<td>$35</td>
<td>$29</td>
</tr>
<tr>
<td>One Week</td>
<td>$65 - $95</td>
<td>$59 - $83</td>
</tr>
<tr>
<td>One Year</td>
<td>$3,385 - $4,945</td>
<td>$3,073 - $4,321</td>
</tr>
<tr>
<td>Five Years</td>
<td>$16,925 - $24,725</td>
<td>$15,365 - $21,605</td>
</tr>
</tbody>
</table>

Cost is based on $6/drink, with a frequency of binge-drinking of 1-2 times per week, excluding special occasions (birthdays, weddings, milestones, holidays, etc..) & $5/pack of cigarettes/day
Myths about Smoking

• I don’t smoke as heavily as others, so I’m not at risk for all the physiological effects of smoking

• If I quit smoking, I will gain weight!

• It doesn’t matter if I quit smoking now, the damage is already done

Resources for Quitting Smoking

Off Campus:
• Leave the Pack Behind: http://www.leavethethepackbehind.org/

On Campus:
• Health Education and Promotion: healthed@yorku.ca
Ways to Quit

• Nicotine Replacement Therapy (e.g. gum, patches)
• Individual Counselling
• Support Groups
• Prescription Medications

“If you slip up, don’t give up. Try quitting again.”

Marijuana
The Facts about Marijuana

• Every year, marijuana is used by over 2.3 million Canadians.

• 10% of regular users develop a dependency.

• UN Office on Drugs and Crime found 16.8% of Canadians aged 15 to 64 smoked marijuana or used other cannabis products.

Med Uottawa, [http://www.med.uottawa.ca/sim/data/Marijuana_e.htm](http://www.med.uottawa.ca/sim/data/Marijuana_e.htm), accessed May 9th, 2014
Tetrahydrocannabinol

• The marijuana plant has many uses apart from drug use

• The active ingredient in marijuana is THC
  – Initial effect of THC wears off after an hour or two, but the chemical remains in the brain for days

• The leaves, resin and flowers are the only parts of the plant that contain enough THC to get high off of

Memory and Concentration Activity

Look at this diagram, say the *colour* not the *name*
Memory Test

1. How many times did you say black?
2. How many times did you see blue?
3. What is my name?
Marijuana and the Body

Short Term:

• Mood Changes: relaxed, “high”, anxious, depressed
• Impaired Attention and Memory
• Increased Appetite
• Dilated Pupils and Irritated, Red Eyes

Cannabis (Marijuana),
Accessed June 2, 2014
Marijuana and the Body

*Long Term:*

- Suppression of the immune system
- Increased risk of certain cancers
- Reduced ability to learn and retain information
- Apathy, drowsiness, lack of motivation
- Personality and mood changes

Marijuana and the Body

Marijuana is used in severe cases as a medical treatment for illnesses such as:

1) Cancer
2) Glaucoma
3) Chronic Pain
4) AIDS

DRUGS

Why do people use drugs?

What are some positive effects people foresee? Negative effects?
Reasons

• Fun
• Unwind/cope with stress
• Deal with emotional pain
• Respond to social pressure or norms
• Self-medicate for anxiety or depression

Role as a Frosh Leader

• Provide support

• Recognize problems could be from an underlying issue
  – Time management skills, personal matters etc.

• Learn about the repercussions
  – Personal, social, environmental, medical, etc.

• Refer students to resources on and off campus
Resources On and Off Campus

On Campus:
• Counselling Services: 416-736-5297
• Health Education and Promotion: healthed@yorku.ca
• Learning Skills Services at York: http://lss.info.yorku.ca/

Off Campus:
• Ontario gov’t substance helpline: 1-800-565-8603
• CAMH: 416-595-6111
• Local Group Therapy (Alcholics Anonymous etc.)
• York Counselling Services Community Resources: http://pcs.info.yorku.ca/community-resources/
To Conclude

Please write **four** new things you learned about today!
References

• Drinkaware.co.uk, https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol, Accessed May 9th, 2014