



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

The Oxford Dictionary, <http://www.oxforddictionaries.com/definition/english/substance-abuse>, Accessed May 9th, 2014





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



- York University Policy on Alcohol:
<http://www.yorku.ca/univsec/policies/document.php?document=63>
 - Drinking underage is a violation of the code of student rights and responsibilities
 - <http://www.yorku.ca/oscr/pdfs/CodeofRightsandResponsibilities.pdf>

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

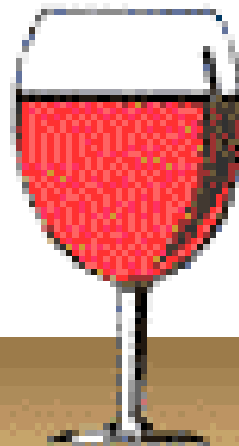
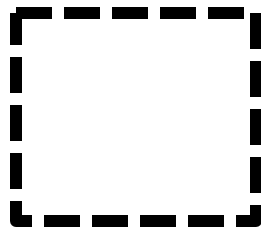




DO THESE HAVE THE SAME AMOUNT OF ALCOHOL?



**One 1 oz. shot
of whiskey**



**One 5 oz.
glass of wine**



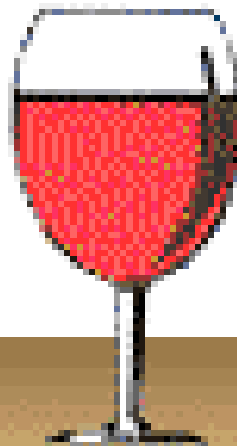
**One 12 oz.
mug of beer**



DO THESE HAVE THE SAME AMOUNT OF ALCOHOL?



=



=



One 1 oz. shot
of whiskey

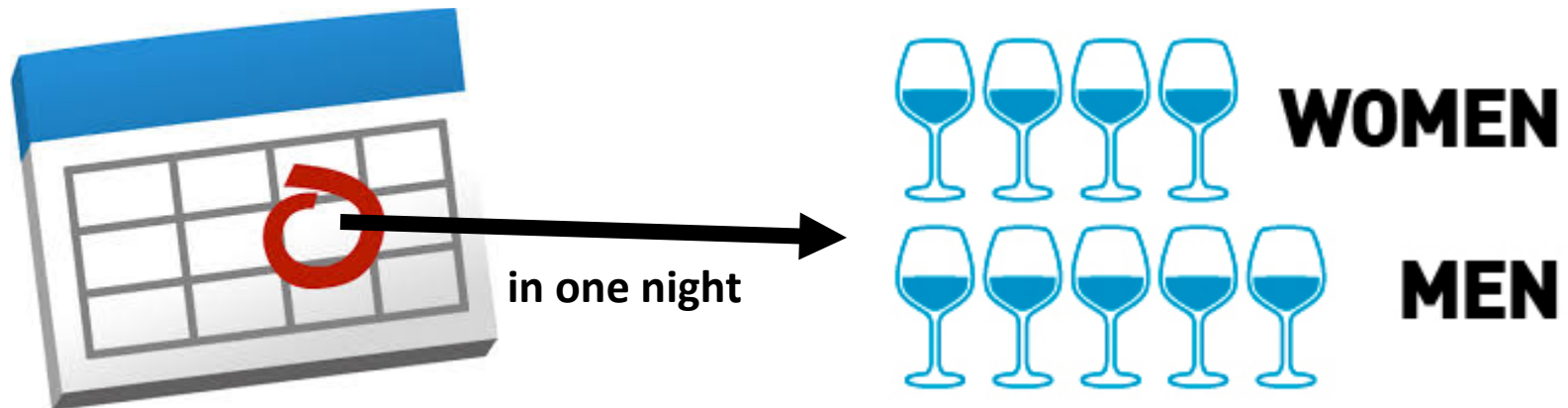
One 5 oz.
glass of wine

One 12 oz.
mug of beer



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



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”



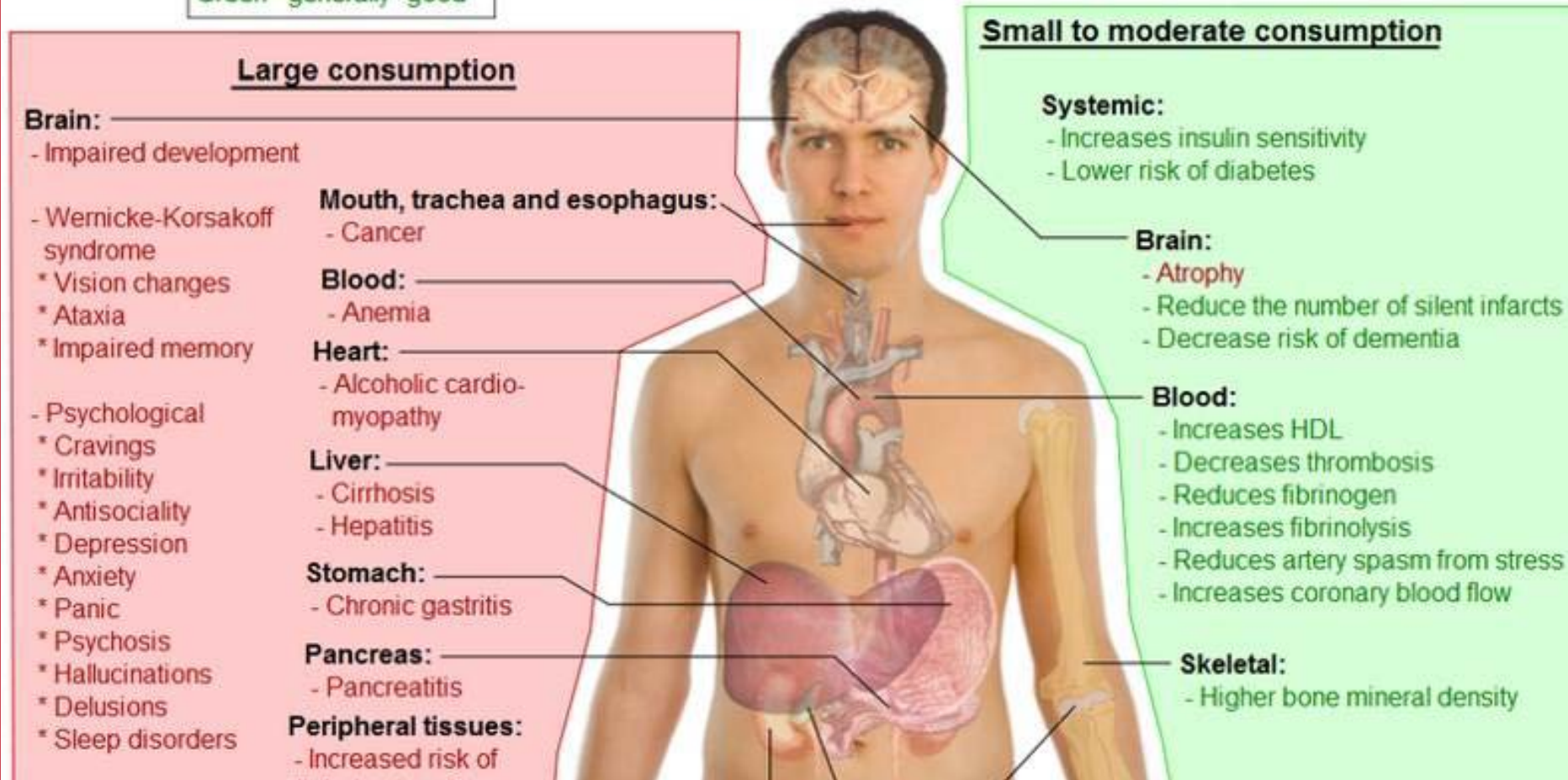
Drug Free World, <http://www.drugfreeworld.org/drugfacts/alcohol/short-term-long-term-effects.html>,
Accessed June 8, 2014

Alcohol and the Body: Top



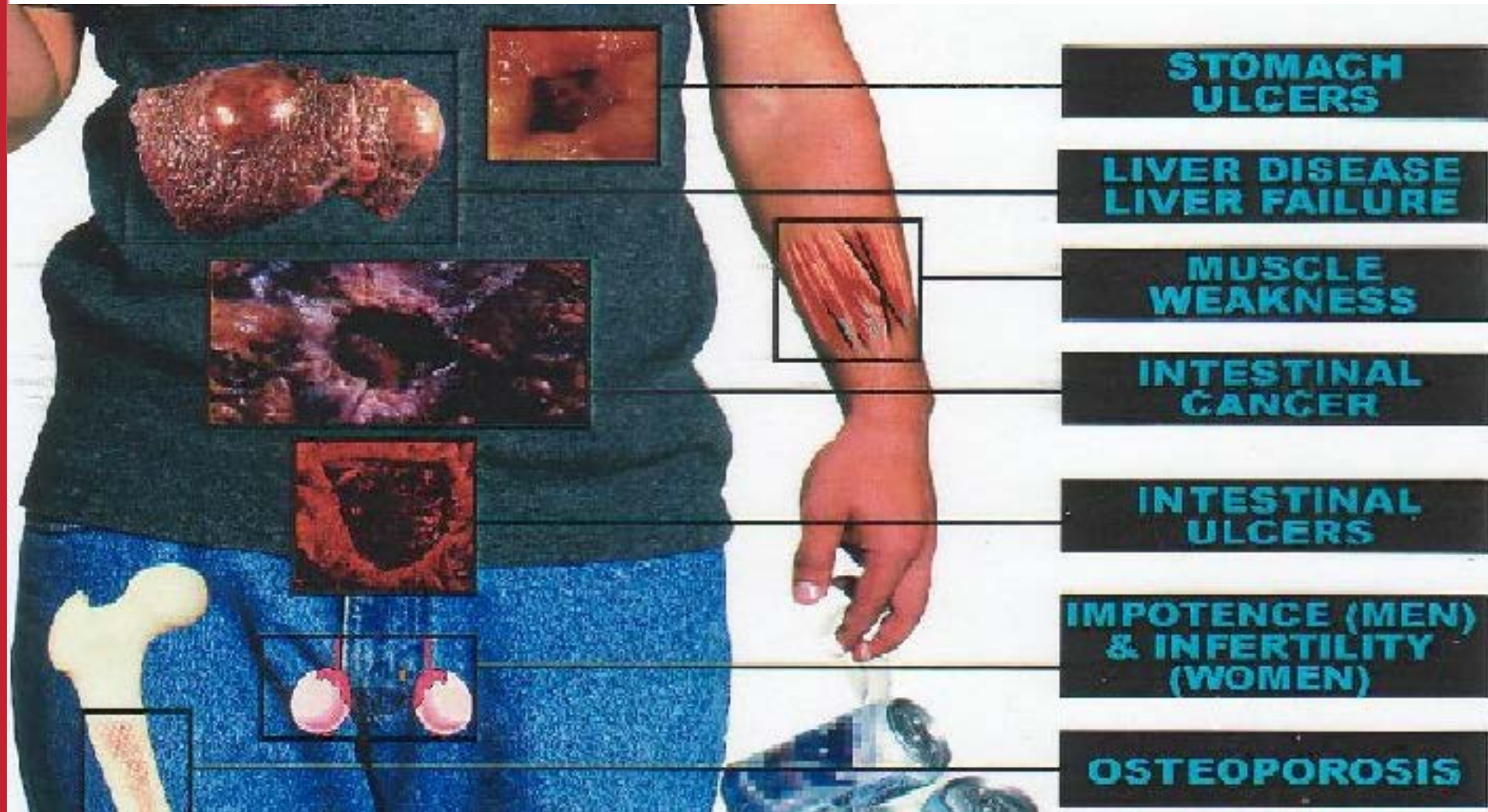
Possible long-term effects of Ethanol

Red - generally "bad"
Green - generally "good"



Bio News Texas, <http://bionews-tx.com/news/2013/04/27/rare-bacteria-from-swiss-alps-gives-new-lead-in-ut-austin-research-on-alcohols-effects-on-brain/>, Accessed on June 2, 2014

Alcohol and the Body: Bottom



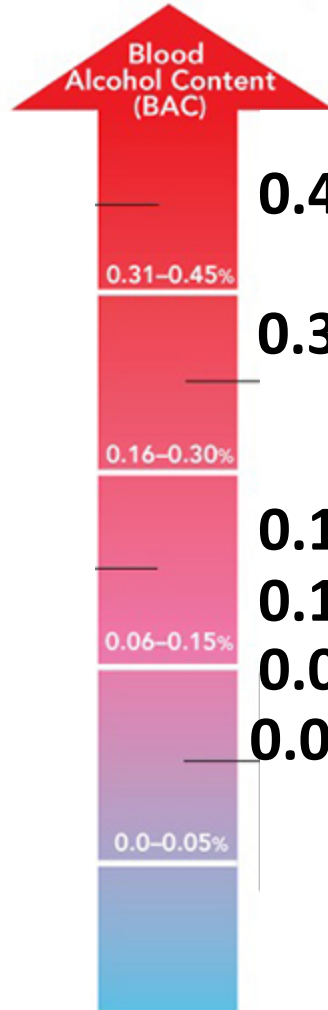
<http://withfriendship.com/user/kethan123/short-term-effects-of-alcohol.php>, Accessed June 4, 2014

Blood Alcohol Concentration



As BAC Increases, So Does Impairment

**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

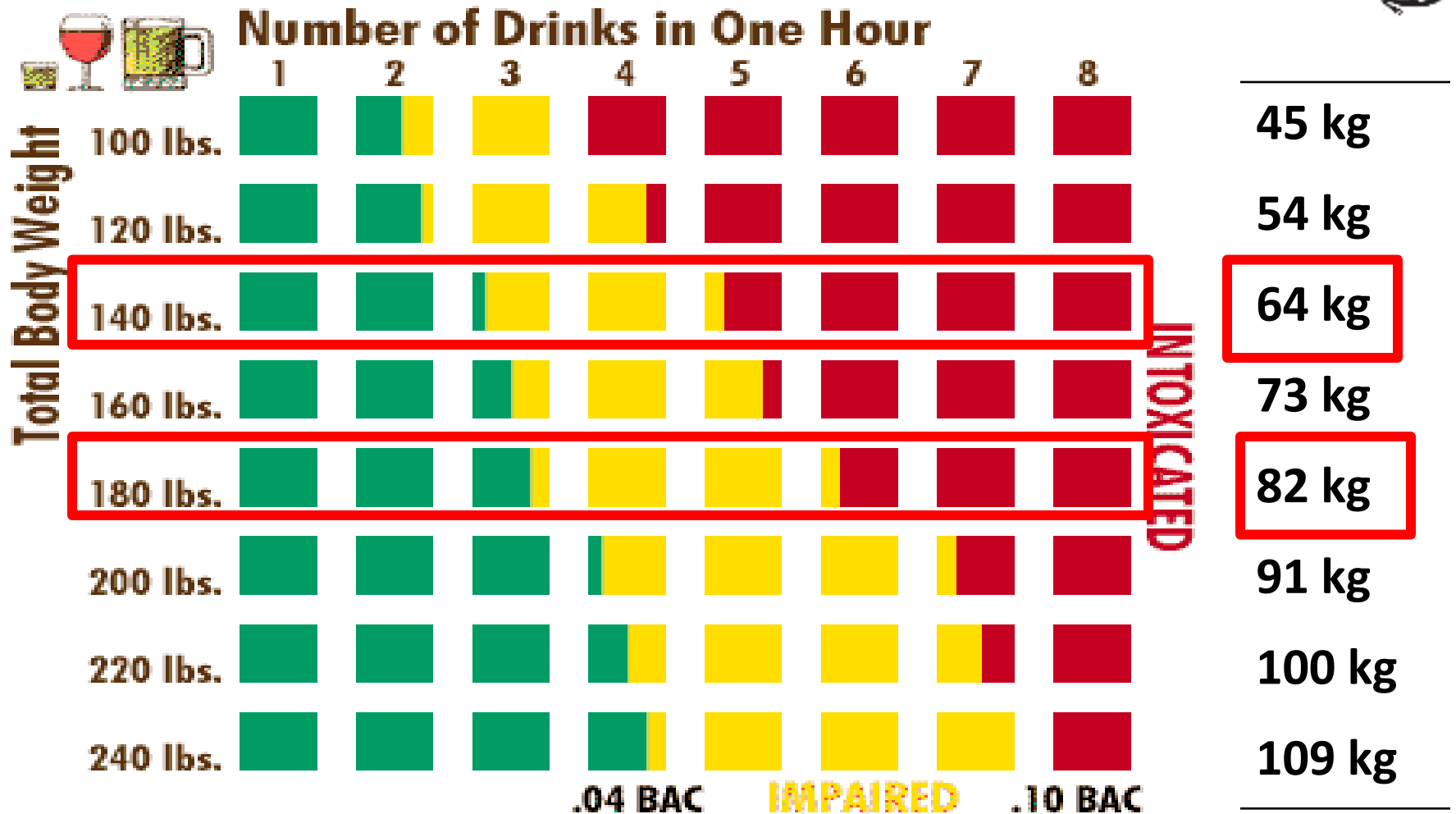
0.10 - Clear deterioration of reaction time and control

0.06 - Major impairment in judgement

0.04 - Minor impairment in judgement

Aware Awake Alive, <http://awareawakealive.org/educate/blood-alcohol-content>, Accessed June 2, 2014

Blood Alcohol Content and Standard Drinks



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

Occuhealth Solutions Inc.,

<http://www.occuhealthsolutions.com/Alcohol%20Drink%20Chart%20OccuHealth%20Solutions.htm>,

Accessed on June 2, 2014



Calculate YOUR BAC

- <http://awareawakealive.org/educate/blood-alcohol-content>

BAC Calculator

Gender	<input type="text" value="Female"/>
Weight, lbs	<input type="text" value=""/>
Drink Type	<input type="text" value="Beer, 12oz"/>
Number of Drinks	<input type="text" value=""/>
Time Drinking, hrs	<input type="text" value=""/>

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

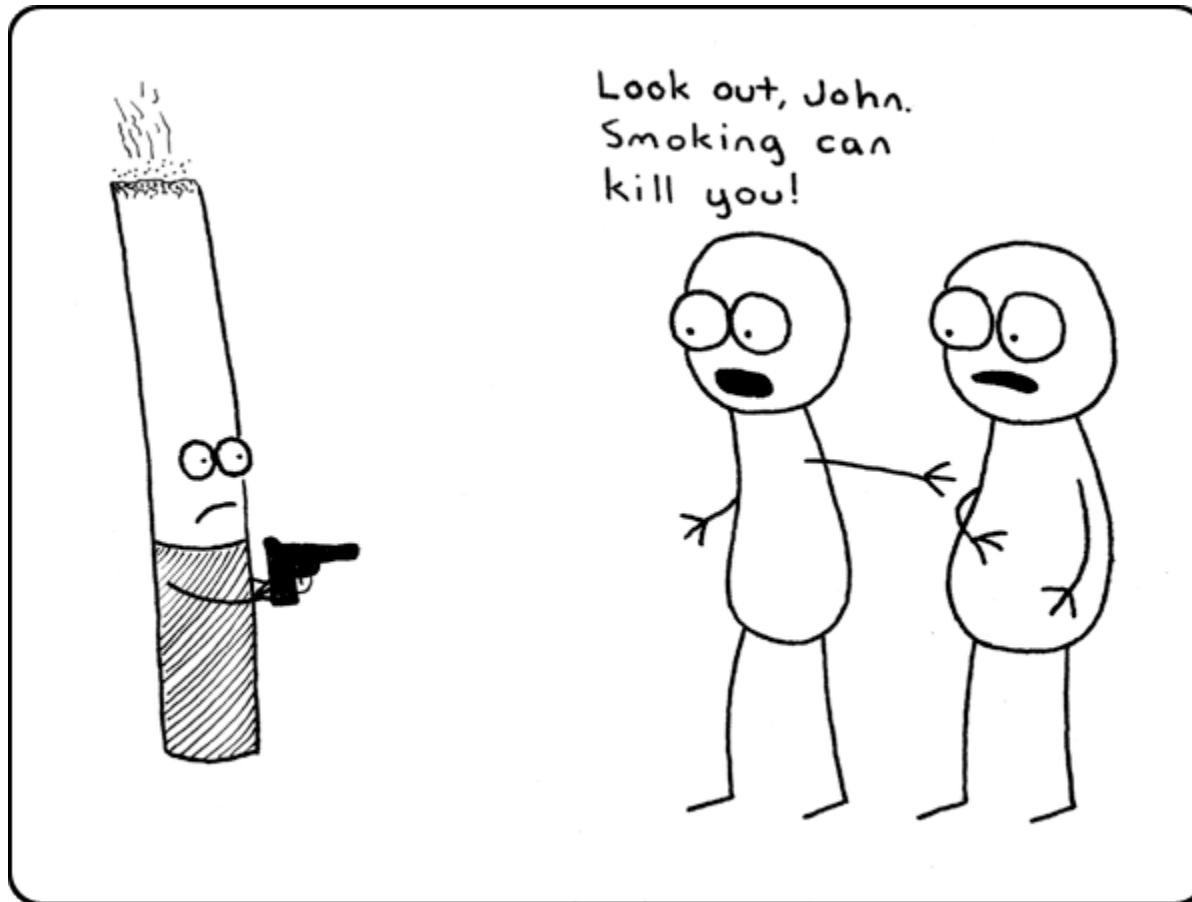
2. Binge Drinking

3. 2



Role Play

Nicotine



The Soup Mines ©2009 Bob Rost

soupmines.com

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



Chemicals in Cigarettes



There are over 4000 chemicals in cigarettes!

Stop Smoking Wales, <http://www.stopsmokingwales.com/what-s-in-a-cigarette>, Accessed June 2, 2014

Canadian Lung Association, [http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/what-](http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/what-que_e.php)

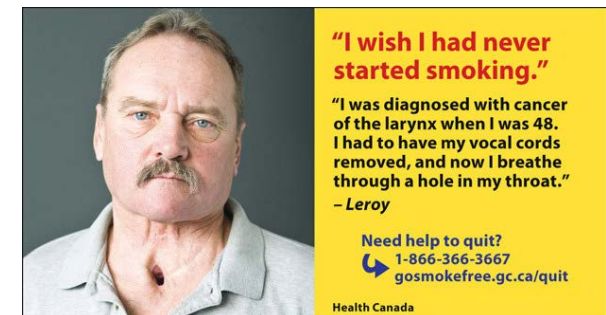
34 [que_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/what-que_e.php), Accessed June 8, 2014



Smoking and the Body

Short Term:

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



Livestrong, <http://www.livestrong.com/article/128419-short-term-consequences-smoking/>, Accessed June 2, 2014

Long Term Negative Effects:



Livestrong, <http://www.livestrong.com/article/93221-longterm-effects-smoking-cigarettes/>, June 2, 2014

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



	1/2 PACK/DAY	1 PACK/DAY	2 PACKS/DAY
One Day	\$2.50	\$5.00	\$10.00
One Week	\$17.50	\$35.00	\$70.00
One Month	\$75.00	\$150.00	\$300.00
1 Year	\$912.50	\$1,825.00	\$3,650.00
5 Years	\$4,652.50	\$9,125.00	\$18,250.00
10 Years	\$9,125.00	\$18,250.00	\$36,500.00
20 Years	\$18,250.00	\$36,500.00	\$73,000.00
30 Years	\$27,375.00	\$54,750.00	\$109,500.00
40 Years	\$36,500.00	\$73,000.00	\$146,000.00

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

IMAGINE

ALL THE OTHER WAYS YOU COULD SPEND THIS

MONEY!

Tobacco Free Together, <http://tobaccofree.health.ufl.edu/quitting/cost-of-smoking/>, Accessed June 2, 2014



Cost of Alcohol

Time	Cost for Men	Cost for Women
One Night	\$30	\$24
One Week	\$30 - \$60	\$24 - \$48
One Year	\$1,560 - \$3,120	\$12,48 - \$2,496
Five Years	\$7,800 - \$15,600	\$6,240 - \$12,480

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

Time	Cost for Men	Cost for Women
One Night	\$35	\$29
One Week	\$65 - \$95	\$59 - \$83
One Year	\$3,385 - \$4,945	\$3,073 - \$4,321
Five Years	\$16,925 - \$24,725	\$15,365 - \$21,605

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.leavethepackbehind.org/>
- Smoke Free Ontario:
<http://www.mhp.gov.on.ca/en/smoke-free/quit-smoking.asp>

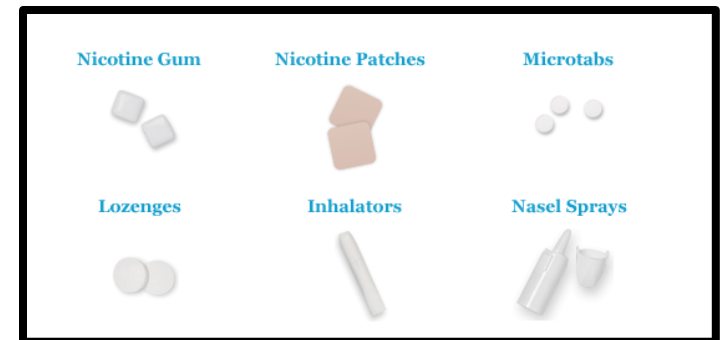
On Campus:

- 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

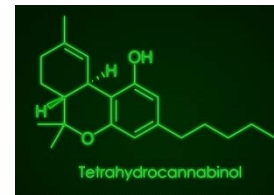
- Every year, marijuana is used by over 2.3 million Canadians
- 10% of regular users develop a dependency
- UN Office on Drugs and Crime found 16.8% of Canadians aged 15 to 64 smoked marijuana or used other cannabis products.



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

Teen Challenge Canada, <http://www.teenchallenge.ca/get-help/canadian-drug-crisis>, accessed June 2, 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*

BLUE **YELLOW** **BLACK**
RED **BLUE** **ORANGE**
GREEN **PURPLE** **RED**
BLACK **RED** **ORANGE**
GREEN **BLUE** **BLACK**
RED **PURPLE** **YELLOW**



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





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/>

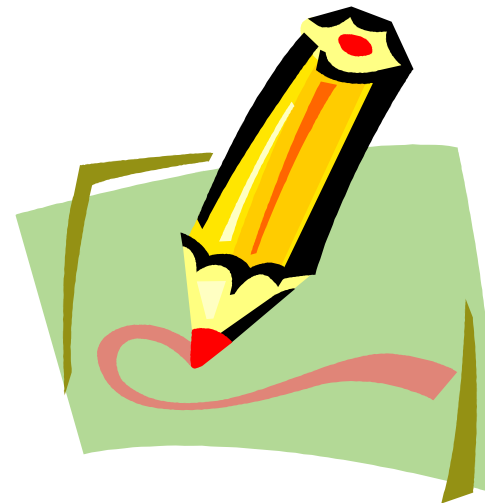
Off Campus:

- Ontario gov't substance helpline: **1-800-565-8603**
- CAMH: **416-595-6111**
- Local Group Therapy (Alcoholics 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



- The Oxford Dictionary, <http://www.oxforddictionaries.com/definition/english/substance-abuse> , Accessed May 9th, 2014
- Statistics Canada, <http://www.statcan.gc.ca/tables-tableaux/sum-som/I01/cst01/health79a-eng.htm> , Accessed May 9th, 2014
- National Institute on Alcoholism and Alcohol Abuse, <http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics> , Accessed June 2, 2014
- McMaster University Wellness Centre, <http://wellness.mcmaster.ca/counselling/psychological-counselling/typesofmentalhealth/substanceabuse.html> , Accessed May 9th, 2014
- Drinkaware.co.uk, <https://www.drinkaware.co.uk/check-the-facts/health-effects-of-alcohol> , Accessed May 9th, 2014
- Bio News Texas, <http://bionews-tx.com/news/2013/04/27/rare-bacteria-from-swiss-alps-gives-new-lead-in-ut-austin-research-on-alcohols-effects-on-brain/> , Accessed on June 2, 2014
- Aware Awake Alive, <http://awareawakealive.org/educate/blood-alcohol-content> , Accessed June 2, 2014
- Occuhealth Solutions Inc., <http://www.occuhealthsolutions.com/Alcohol%20Drink%20Chart%20OccuHealth%20Solutions.htm> , Accessed on June 2, 2014
- End the Habit, http://www.endthehabit.com/content/health_canada2.htm , Accessed June 2, 2014
- WedMD, <http://www.webmd.com/smoking-cessation/features/10-persistent-myths-about-smoking> , Accessed June 8, 2014
- Stop Smoking Wales, <http://www.stopsmokingwales.com/what-s-in-a-cigarette> , Accessed June 2, 2014
- Canadian Lung Association, http://www.lung.ca/protect-protegez/tobacco-tabagisme/facts-faits/what-que_e.php , Accessed June 8, 2014
- Health Canada, <http://www.healthycanadians.gc.ca/environment-environnement/home-maison/smoke-fumee-eng.php> , Accessed June 2, 2014
- Livestrong, <http://www.livestrong.com/article/128419-short-term-consequences-smoking/> , Accessed June 2, 2014
- Livestrong, <http://www.livestrong.com/article/93221-longterm-effects-smoking-cigarettes/> , Accessed June 2, 2014
- Harvard Health, http://www.health.harvard.edu/newsletters/Harvard_Heart_Letter/2010/November/light-and-social-smoking-carry-cardiovascular-risks , Accessed June 8, 2014
- Tobacco Free Together, <http://tobaccofree.health.ufl.edu/quitting/cost-of-smoking/> , Accessed June 2, 2014
- Canadian Lung Association, http://www.lung.ca/protect-protegez/tobacco-tabagisme/quitting-cesser/how-comment_e.php , Accessed June 8, 2014
- Med Uottawa, http://www.med.uottawa.ca/sim/data/Marijuana_e.htm , Accessed May 9th, 2014
- Teen Challenge Canada, <http://www.teenchallenge.ca/get-help/canadian-drug-crisis> , Accessed June 2, 2014
- Cannabis (Marijuana), http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/volume2/chap1/cannabis.htm , Accessed June 2, 2014
- Cannabis (Marijuana), http://www.nt.gov.au/health/healthdev/health_promotion/bushbook/volume2/chap1/cannabis.htm , Accessed June 2, 2014
- Drug Free World, <http://www.drugfreeworld.org/drugfacts/marijuana/short-and-long-term-effects.html> , Accessed June 2, 2014
- Medical Marijuana, <http://medicalmarijuana.ca/learning-center/conditions> , Accessed June 2, 2014
- Young Adult Health, <http://www.cyh.com/healthtopics/healthtopicdetails.aspx?p=240&np=158&id=2012> , Accessed May 9th, 2014