## Contents

Drug and Alcohol Abuse Prevention Program ................................................................. 3

Overview ............................................................................................................................. 3

Student Drug and Alcohol Prevention Initiatives ........................................................... 3

  Routine Alcohol and Drug Testing ................................................................................. 3

  Reasonable Suspicion Testing ....................................................................................... 3

SafeCollege Trainings ........................................................................................................ 4

  Drug Awareness and Abuse ......................................................................................... 4

  Alcohol Awareness for Students .................................................................................. 4

Student Healthcare Resources ........................................................................................... 4

  Timely Telehealth ......................................................................................................... 4

  Burrell CARE Team .................................................................................................... 4

NMSU Health and Wellness Center .................................................................................... 5

NMSU Health and Wellness Center Alcohol Evaluation and Treatment ......................... 5

NMSU Office of Health Promotion .................................................................................... 5

NMSU WAVE Rx ................................................................................................................. 5

Community Partner Resource ............................................................................................ 6

  Mesilla Valley Hospital ................................................................................................. 6

Curricular Presentations Regarding Drug and Alcohol Abuse ......................................... 6

  OMS-I ......................................................................................................................... 6

  OMS-II .................................................................................................................... 6

Presentations ....................................................................................................................... 6

  DEA Regulations and Opioid Awareness Presentations ................................................. 6

New Mexico State University Office of Health Promotion: Alcohol and Sexual Assault ... 7

Alcoholic Anonymous: Recovery Prevention Overview ..................................................... 7

Gold Humanism Honor Society: Advancements of Medical Education on Addiction ....... 7

Aggie Health & Wellness Center ....................................................................................... 7

Nasal Narcan Training ....................................................................................................... 7

Employee Drug and Alcohol Resources and Initiatives .................................................... 8

Employee Assistance Program .......................................................................................... 8
Employee Drug Screening
Employee Orientation and Annual Training
College Policies and Standard Operating Procedures
Drug and Alcohol Laws and Regulations Webpage
Evaluation of the Effectiveness of the DAAPP
Strengths
Opportunities
Challenges
Evidence
Burrell College Drug and Alcohol-Free Webpage
Keycard for all students
Digital Signage Displayed Throughout Campus
Flyers distributed and displayed on the Burrell College Campus
Drug and Alcohol Abuse Prevention Program

Overview
The Burrell College of Osteopathic Medicine (Burrell) at New Mexico State University (NMSU) is dedicated to improving the health of the Southwestern United States and its border with Northern Mexico through osteopathic medical education and training. While Burrell is a private and freestanding college, our unique partnership with NMSU allows students to enjoy student life and campus community benefits that come with a major public university. Burrell’s students have access to many NMSU facilities and services, such as athletics, intramural sports, some health services and recreational facilities. In addition, Burrell students have access to the health services and programs related to drug and alcohol abuse prevention at NMSU.

The Drug-Free Schools and Community Act compliance is a campus wide initiative involving three offices. The Office of Institutional Effectiveness oversees the adherence to all College polices and standard operating procedures (SOP’s) which include policies and SOP’s related to drug and alcohol abuse prevention. The Office of Human Resources ensures all employees receive annual training on drug and alcohol abuse prevention and offer prevention programs throughout the year. In addition, the Office of Human Resources oversees the Employee Assistance Program, providing prevention resources and counseling for all employees. The Office of Student Affairs oversees drug and alcohol prevention initiatives for all students. In addition, the Office of Student Affairs manages the alcohol and drug screening upon matriculation and prior to beginning clinical activities in their third year.

The Office of Institutional Effectiveness distributes information in accordance with the Drug-Free Schools and the Communities Act per the U.S Department of Education. The College sends out an annual email notification that reiterates the College’s policy on prohibiting the unlawful possession, use or distribution of drugs and/or alcohol on College property and in the workplace. Additionally, it directs the College community to a College managed webpage that includes information on prevention, risks, and laws regarding drugs and alcohol. The webpage includes resources for New Mexico, Texas, Arizona and Florida, where students are located at Regional Academic Centers. The information is distributed annually via email at the start of each academic year to all employees and students.

Student Drug and Alcohol Prevention Initiatives

Routine Alcohol and Drug Testing
All students, upon matriculation to the College and prior to beginning clinical activities are required to submit to drug screenings. A positive result or refusal to test may result in a violation of the Burrell Code of Conduct and a student may be subject to involuntary withdrawal from the College.

Reasonable Suspicion Testing
If there is reasonable suspicion of substance abuse by a student, the Office of Student Affairs may require the student to submit to drug and/or alcohol testing. Reasonable suspicion of inappropriate alcohol or drug use may be based upon, but is not limited to the following criteria:
  • Direct observation of drug or alcohol use or possession;
• Demonstration of physical symptoms of the influence of drugs or alcohol;
• A pattern of abnormal or erratic behavior consistent with alcohol or drug abuse;
• Arrest or conviction for a drug or alcohol related offense;
• Identification of a criminal investigation into drug use, possession, or trafficking;
• Evidence that a student has tampered with a previous drug or alcohol test; or
• Possession of drug paraphernalia.

**SafeCollege Trainings**

Burrell Students are required to complete annual compliance trainings by July of each academic year. There are two trainings that focus on drug and alcohol prevention.

**Course Descriptions:**

**Drug Awareness and Abuse**

College students may be exposed to a variety of drugs on college campuses. Drug use can lead to poor grades, addiction, violence, sexual assault, arrest, expulsion, serious health problems and even death. This course provides college students with awareness of issues related to drug use and abuse and some precautions to consider.

**Alcohol Awareness for Students**

Often, students underestimate the potentially dangerous effects of alcohol consumption. Excessive drinking can lead to poor grades, addiction, violence, sexual assault, drunk driving, alcohol poisoning, and in some cases, death. This course provides college students with important awareness of issues related to alcohol and some precautions to consider.

**Student Healthcare Resources**

**Timely Telehealth**

On behalf of its students, the College subscribes to TimelyCare Telehealth, a student assistance program that gives students confidential access to a full range of physical and behavioral telehealth services including:

- Medical: Scheduled or on-demand access to treat a wide range of common illnesses like colds and flu, sinus infection, allergies, etc.
- Health Coaching: Scheduled access to address topics like healthy body image/lifestyle, sleep issues, etc.
- TalkNow: 24/7 On-demand access to a mental health professionals to talk about anything at anytime.
- Scheduled Counseling: Scheduled access to a licensed counselor to get mental health support.
- Psychiatry: Scheduled access to licensed psychiatrists.

**Burrell CARE Team**

The Burrell Campus Assessment Response & Education (CARE) Team is a multidisciplinary team whose purpose is to support students in matters related to wellness and mental health. The Burrell College CARE Team provides early intervention, performs at-risk assessments, offers behavioral intervention
recommendations/guidance, referrals to outside resources, coordinates follow-up, and attends/provides related training opportunities for faculty and staff.

**NMSU Health and Wellness Center**
Routine physical health services are provided for Burrell students at the NMSU Health and Wellness Center. The NMSU Health and Wellness Center is an outpatient ambulatory health care center offering services in acute medical care, women’s health, immunizations, and health education.

**NMSU Health and Wellness Center Alcohol Evaluation and Treatment**
The Aggie Health & Wellness Center is staffed with practitioners and counseling staff to meet medical and mental health care needs of students. Counseling staff trained in alcohol and drug assessment/evaluation are available and have an in-depth knowledge of treatment for substance abuse and high-risk behaviors. Therapy is provided for substance abuse diagnosis. Inpatient and specialty referral is available through the Aggie Health & Wellness Center. All students who visit the Aggie Health & Wellness Center as patients are screened annually for alcohol use with an audit assessment. Students with “at risk” audit scores are provided with alcohol information. Alcohol education is noted in the electronic patient record to alert staff to engage in further patient education and referral.

**NMSU Office of Health Promotion**
The Office of Health Promotion (OHP) is a unit under the Aggie Health and Wellness Center at NMSU. OHP is a risk reduction and prevention program that educates the campus community on issues of personal safety and well-being. Our staff members and peer educators provide fellow students, staff and faculty with information and strategies regarding a variety of health topics. Employing a dynamic and comprehensive plan, we create bridges between campus entities to cultivate healthy environments for the NMSU community.

**NMSU WAVE Rx**
NMSU WAVE Rx collaboratively identifies and implements evidence-based practices to increase protective behaviors and decrease negative consequences associated with abuse of alcohol and prescription opioids in our community. The formation and purpose of NMSU WAVE Rx is to prevent underage drinking and the misuse and abuse of Rx opioids on our college campus and its community of influence within Doña Ana County. WAVE Rx coordinates closely with stakeholders throughout the county to increase awareness of the harms of painkillers and reduce intentional and unintentional social access to prescription opioids. Represented on the coalition are UNM/NMSU Cooperative Pharmacy Program, NMSU Department of Public Health Sciences, NMSU Aggie Health & Wellness Center, Interfaith Council, NMSU Police, NMSU WAVE (Wellness, Alcohol, Violence Education), Burrell College of Osteopathic Medicine, Doña Ana SIU, Doña Ana County and Prevention of Drug Overdose grant (PDO). Our coalition meets once a month to collaborate and move forward the strategies and objectives of the PFS15 grant. There are four subcommittees: ATOD Policies, Alcohol, Rx Opioid and Coalition Development.
Community Partner Resource

Mesilla Valley Hospital

Substance Abuse Treatment

Mesilla Valley Hospital provides inpatient treatment for adults struggling with a co-occurring psychological issue along with addiction to alcohol or drugs. Through this short-term intensive program, patients gain valuable insight into behavioral health treatment and addiction recovery, along with relapse prevention tools and coping skills. Mesilla Valley Hospital offers a medically-managed and medically-monitored program that:

- Addresses co-occurring mental health concerns in addition to chemical dependency;
- Focuses on the behavioral changes needed to help patients acquire tools to maintain a solid recovery;
- Works to ensure that patients have a strong aftercare plan to prevent relapse.

Curricular Presentations Regarding Drug and Alcohol Abuse

**OMS-I**

- Pathologic Basis of Disease I: Alcohol and Tobacco, March 2022
- Nervous System I: Neurobiology of Alcohol and Drug Addiction, April 2022
- Pathologic Basis of Disease I: Alcohol and Tobacco, May 2021
- Pathologic Basis of Disease I: Alcohol and Tobacco, May 2020

**OMS-II**

- Principles of Clinical Practice IV: DSA: PAIN I and the Psychiatric Patient, March 2022
- Behavioral Health: Substance Abuse, March 2022
- Behavioral Health: Substance Abuse 1 & 2, March 2021
- Behavioral Health: Substance Abuse 3, March 2021
- Behavioral Health: Substance Abuse 1, March 2020
- Behavioral Health: Substance Abuse 2, March 2020
- Behavioral Health: Substance Abuse 3, March 2020

Presentations

All presentations are advertised through College emails as well as listed on the TV monitors throughout the building. All sessions are open to all students and employees.

**DEA Regulations and Opioid Awareness Presentations**

Presentation Dates: April 12, 2022, and February 12, 2021

Presenter: Heather McMurry – DEA Division Program Manager

- Purpose and Mission of DEA
- DEA Registrations
- Record-Keeping Required by DEA
Red Flags of Diversion
• Communication with Pharmacists
The presentation was designed to inform medical professionals of DEA regulations and to discuss how medical professionals can be proactive in recognizing and preventing drug abuse of controlled substances by patients.

New Mexico State University Office of Health Promotion: Alcohol and Sexual Assault
Presentation Date: April 1, 2022
Presenter: Representative from the Office of Health Promotion
OHP is a risk reduction and prevention program that educates the campus community on issues of personal safety and well-being.

Alcoholic Anonymous: Recovery Prevention Overview
Presentation Date: November 8, 2021
Presenter: Terry Egan - Alcohol Anonymous Program Coordinator
Terry presented on the Alcoholic Anonymous Recovery Prevention Program and how our students as a future medical professional, can be an advocate/assist with the alcoholics anonymous process.

Gold Humanism Honor Society: Advancements of Medical Education on Addiction
Presentation Date: November 2, 2021
Presenter: Joseph Skrajewski - Executive Director of Medical and Professional Education
Gold Humanism Honor Society presentation on Advancements of Medical Education on addiction at the Hazelden Betty Ford Foundation.

Aggie Health & Wellness Center
Presentation Date: October 20, 2020
Presenter: NMSU Licensed Alcohol and Drug Abuse Counselor
• Identify the harmful effects of substance abuse
• How drugs and alcohol affect us
• Recognize signs of an abuse problem
• Take effective steps to assist yourself and others in getting help
• Identifying triggers of substance use

Nasal Narcan Training
Presentation Date: Presentations held frequently throughout the academic year
Presenter: New Mexico Department of Health
Student members of the Student Osteopathic Medical Association Student Organization (SOMA) received formal training from the New Mexico Department of Health on conducting Nasal Narcan Trainings. SOMA student volunteers educated peer students, faculty, and staff and members of the community on how to properly identify an opioid overdose and how to administer Nasal Narcan to counteract an overdose.
Employee Drug and Alcohol Resources and Initiatives

Employee Assistance Program
The College subscribes to an Employee Assistance Program which offers a wide range of services including resources specific to substance abuse. The substance abuse page offers resources on understanding addiction, prescription medicine addiction information along with 24/7 counseling services. Three to five percent of Burrell employees utilize the EAP program on an annual basis.

Employee Drug Screening
Per Policy B7530, Drug and Alcohol Use/Screening, employees shall not be involved with the unlawful use of controlled substances and/or illicit drugs in any manner that may prohibit their ability to perform assigned duties or otherwise adversely affect the College’s business. Employees are prohibited from consuming alcoholic beverages during work time.

Drug and alcohol tests are conducted as a routine part of the pre-employment and if there is reasonable suspicion of substance abuse by an employee, The Office of Human Resources may require the employee to a drug and/or alcohol testing.

Employee Orientation and Annual Training
During employee orientation and annual trainings, all employees complete a Drug Free Workplace training via our online training portal, SafeColleges. The goal of this course is to provide employees with an understanding of drug and alcohol abuse in the workplace. This course reviews the Drug Free Workplace Act, recognizing the signs of substance abuse and addiction, and knowing your role in fighting substance abuse on the job.

College Policies and Standard Operating Procedures
- Drug Free Schools and Communities Act Compliance Policy
- Drug and Alcohol Use/Drug Screening Policy
- College Catalog (see page 52 for Substance Free Campus)
- Student Handbook (see page 65 for Substance Free Campus)
- Employee Handbook (see page 9 and 26 for Drug and Alcohol Information)
- Employee Drug and Alcohol Screen SOP
- Student Background Check and Drug Screen SOP
- Campus Assessment, Response and Education (CARE) Team SOP

Drug and Alcohol Laws and Regulations Webpage
The College maintains an up-to-date webpage that covers College policies associated with drug and alcohol prevention, resources, health risks associated with consumption and laws related to drug and alcohol abuse. The webpage is highlighted during the annual drug and alcohol notification email.

Evaluation of the Effectiveness of the DAAPP
The College implemented the Drug-Free Schools and Communities Act Policy in July of 2019. As part of the established articulation agreement with New Mexico State University (NMSU) and Burrell College, our
students have access to NMSU’s drug and alcohol prevention initiatives. As described in this report, NMSU and Burrell College host several prevention programs throughout the year to best serve our students. Since the programs offered are not mandatory sessions it is difficult to evaluate the effectiveness of the student programs. However, starting in the 2023 annual student satisfaction survey, the College plans to add a question regarding participation in drug and alcohol prevention sessions to better evaluate the effectiveness.

Strengths
- Routine drug and alcohol testing for students.
- Drug screening upon hire for all employees.
- Mandatory yearly compliance trainings on Drug and Alcohol prevention through SafeColleges for all employees and students.
- Promotion of resources through the Burrell Cares Initiative.
- 24/7 access to virtual HealthCare options for both employees and students.
- Proactive College CARES team that actively intervenes on Health and Wellness issues for students.

Opportunities
- Increase collaboration efforts with the NMSU Office of Health Promotion to provide additional in-person trainings and resources for the College community.
- Increase employee programming.
- Track attendance of drug and alcohol prevention initiatives.

Challenges
- Legalization of marijuana in New Mexico.
- Student schedules, especially during year 3 and 4 of the academic program, makes it challenging to schedule events that all students can attend.
- Attendance at Drug and Alcohol awareness presentations that are hosted on campus or via Zoom.
Evidence

Burrell College Drug and Alcohol-Free Webpage

Burrell campus and facilities is a drug and tobacco free campus and complies with the Drug-Free Schools
Communities Act (DFSCA). Employees and students shall not be involved with the unlawful use of controlled
substances and/or illicit drugs.

**Students**
- Watch the Burrell Cares app for fatal
  - Overdose: symptoms and specific medical
  - Suicide: awareness and prevention

**Employees**
- Burrell employees are encouraged to take advantage of the
  - Employee Assistance Program (EAP)
  - Student Assistance Program (SAP)

**Health Risks of Alcohol and Other Drugs, Source: Drug Enforcement Administration (DEA)**

<table>
<thead>
<tr>
<th>SUBSTANCE</th>
<th>POSSIBLE SHORT-TERM EFFECTS</th>
<th>POSSIBLE LONG-TERM EFFECTS</th>
<th>THE EFFECTS OF OVERDOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Impair judgment and coordination.</td>
<td>Long-term effects in large quantities can cause permanent damage to vital organs such as the brain and liver.</td>
<td>Respiratory depression and possible death.</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Problems with memory and learning, distorted perceptions, difficulty in thinking and problem-solving, and loss of coordination.</td>
<td>Physical dependence resulting in withdrawal symptoms, such as anxiety and irritability.</td>
<td>No deaths from marijuana have been reported.</td>
</tr>
<tr>
<td>Cocaine</td>
<td>The physical effects of cocaine include increased blood pressure and heart rate, diluted pupils, insomnia, and loss of appetite.</td>
<td>Potential respiratory, cardiac, and hormonal effects due to the release of the ‘‘uppers’’ (cocaine).</td>
<td>Cardiovascular, respiratory, and nervous system conditions, sudden cardiac arrest, convulsions, strokes, and death.</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>The physical effects of cocaine include increased blood pressure and heart rate, dilated pupils, insomnia, and loss of appetite.</td>
<td>Long-term effects include issues with memory and learning.</td>
<td>Ecstasy can interfere with the body’s ability to regulate temperature. In severe cases, it can lead to a sharp increase in body temperature, resulting in heat stroke, kidney damage, and cardiovascular system failure, or death.</td>
</tr>
<tr>
<td>Heroin</td>
<td>Heroin causes both psychological and physical dependence. It can be extremely addictive and can lead to addiction followed by a cycle of use, withdrawal, and relapse.</td>
<td>Heroin is highly addictive. The regular use of heroin causes tolerance which causes people to increase the dose to achieve the same effect.</td>
<td>The use of heroin has a high risk of overdose. The effects of heroin overdose include slow and shallow breathing, loss of reflexes, and coma, and death.</td>
</tr>
<tr>
<td>Methadone</td>
<td>Use of methadone may experience physical symptoms like sweating, irritable skin, or sleepiness. When the use of methadone is stopped, individuals may experience withdrawal symptoms, such as anxiety, muscle tremors, nausea, diarrhea, vomiting, and abdominal cramps.</td>
<td>The effects of overdose include slow and shallow breathing, loss of reflexes, and coma, and possible death.</td>
<td></td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>Methamphetamine is a highly addictive drug that can cause severe and potentially fatal health problems, including overdose. Long-term effects include addiction, health problems, and psychiatric symptoms.</td>
<td>High doses of methamphetamine can result in death from strokes, heart attack, or multiple organ problems caused by overdose.</td>
<td></td>
</tr>
</tbody>
</table>
Keycard for all students

Burrell College Cares
Behavioral Health Support

EMERGENCY SITUATION?

***CALL 911***
If on campus, call Campus Security
(575) 674-2299
If able, go to the nearest ER.

NEED SUPPORT?

During normal business hours:
• Visit the Student Affairs Suite in
  the Woody & Gale Hunt Medical Education Center
• Schedule an online visit with a TimelyCare
  Telehealth provider - http://timelycare.com/burrell

Outside normal work hours:
• Contact one of the 24/7 behavioral
  health resources (see reverse)

24/7 Behavioral Health Support

Suicide Hotline 1-800-SUICIDE
National Suicide Prevention Lifeline 1-800-273-8255
The Veterans Crisis Line 1-800-273-TALK and press 1
The Veterans Crisis Line via text 838255
Crisis Text Line 741741

TimelyCare http://timelycare.com/burrell
24/7 Confidential Counseling Services

Mesilla Valley Hospital 575-382-3500
Comprehensive Services
La Pinon Crisis Center 575-526-3437
Sexual Assault Recovery Service
La Casa 1-800-376-2272
Domestic Violence Support
NMSU Family Resource Center 575-646-2065
Counseling Services Check frc.nmsu.edu for hours
Digital Signage Displayed Throughout Campus

Burrell College Cares Mental Health Support
IN A CRISIS OR EMERGENCY, IF YOU FEEL THAT YOU MAY HARM YOURSELF OR OTHERS, DIAL 911

CRISIS LINE AND SUICIDE PREVENTION RESOURCES:
Suicide Hotline 1-800-SUICIDE
National Suicide Prevention Lifeline 1-800-273-TALK
Linea Nacional de Prevencion del Suicidio 1-888-628-9454
Crisis Text Line text “74741”
Veterans Crisis Line 1-800-273-8255 or text 838255

TimelyCare
On-demand support from counselors, doctors, nurse practitioners, and more.
Available 24 hours a day, 7 days a week.
timelycare.com/burrell

Mesilla Valley Hospital
No cost behavioral health assessments
24 hours a day, 7 days a week.
575-382-3500
Walk-ins welcome

La Casa
Domestic Violence Support
1-800-376-2272
24 hour Crisis Line

La Pinon Crisis Center
Sexual Assault Recovery Service
575-526-3437
24 hour Crisis Line

NMSU Family Resource Center
Counseling Services
575-646-2065
By Appointment

Student Affairs
MEC Suite 118
575-674-2221
Monday-Friday, 8am-5pm

Virtual care from anywhere.
24/7 Medical & Mental Health Support.
Download the TimelyCare App Today!
Flyers distributed and displayed on the Burrell College Campus

### Office of Health Promotion
**Unit of Aggie Health and Wellness Center**

OHP is a risk reduction and prevention program that educates on issues of personal safety and well-being. We offer a wide variety of health education & health promotion programs, events, and presentations to the NMSU community.

<table>
<thead>
<tr>
<th>Physical Well-Being</th>
<th>Alcohol &amp; Violence Prevention</th>
<th>Mental Well-Being</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise Tips</td>
<td>NM alcohol-related laws</td>
<td>Stress Reduction</td>
</tr>
<tr>
<td>Sleep Management</td>
<td>Alcohol poisoning myths/facts</td>
<td>Mindfulness</td>
</tr>
<tr>
<td>Diet and Nutrition Tips</td>
<td>Binge drinking awareness</td>
<td>Depression and Anxiety</td>
</tr>
<tr>
<td>Sexual Health Resources</td>
<td>Domestic violence awareness</td>
<td>Suicide Awareness</td>
</tr>
<tr>
<td>Disease Prevention</td>
<td>Sexual assault awareness</td>
<td>Body Image</td>
</tr>
<tr>
<td>Health Screenings</td>
<td>Stalking prevention</td>
<td>NM Crisis &amp; Access Line</td>
</tr>
<tr>
<td>Alcohol &amp; Other Drugs</td>
<td>Bystander Intervention</td>
<td>Resources</td>
</tr>
<tr>
<td>Routine Care</td>
<td>Healthy Relationships</td>
<td></td>
</tr>
<tr>
<td>Safety Tips</td>
<td>Intimate Partner Violence</td>
<td></td>
</tr>
</tbody>
</table>

575-646-2813 [Facebook](https://www.facebook.com) [Instagram](https://www.instagram.com) [Twitter](https://twitter.com) ohp.nmsu.edu
HOW DRUGS AFFECT MENTAL HEALTH

- Chronic use of drugs can lead to both short and long term changes in the brain
- People addicted to drugs are roughly twice as likely to suffer from mood and anxiety disorders
- Every 1 in 4 individuals with a serious mental health disorder also have an substance abuse disorder
- Drug addiction is a mental health disorder
- Half of the people who experience a mental illness will also experience a substance use disorder at some point in their lives
- Mental and substance use disorders share some underlying causes
MENTAL HEALTH RESOURCES

DRUG AND ALCOHOL ABUSE TREATMENT CENTER 24 HOUR HELPLINE
575-386-4009

AGGIE HEALTH AND WELLNESS CENTER
3080 BRELAND DR, LAS CRUCES, NM
575-646-1512

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255

NARCOTICS ANONYMOUS
956-448-194

988 The 24/7 Lifeline for Emotional, Mental, or Substance Misuse | Call • Text • Chat 988

Office of Health Promotion
3080 Breland Drive
575-646-2813 | ohp.nmsu.edu
The Effects of Cannabis (Marijuana) Use

When marijuana is smoked, or consumed, THC and other chemicals pass from the lungs/digestive system into the bloodstream. The person begins to experience effects almost immediately, including:

- Sense of Relaxation
- Feeling euphoric,
- Heightened sensory perception
- Laughter,
- Altered perception of time
- Increased appetite
- Anxiety, fear, distrust or panic

Marijuana use can also cause:

- Concentration Problems
- Delusions and panic attacks
- Increased Blood Pressure
- Serious Adverse Reactions
- Behavior changes
- Damage to Short Term Memory

Source: National Institute on Drug Abuse
What You Should Know About Marijuana:

Impaired Driving can lead to a DUI

Looking for a job? Most employers require drug screenings which include THC

Going to school? Students who smoke marijuana daily have poorer educational outcomes than their nonsmoking peers

Want to Quit? Don't give up! Here are some tips to quit:

- Make a plan
- Get rid of marijuana-related paraphernalia
- ID triggers & strategize how to deal with them
- Build a strong support network
- Find a new replacement - Yoga, or other hobbies

Resources

- SAMHSA'S National Helpline (24/7, confidential, English & Spanish)
  - 1-800-662-4357
  - Text Message Service: 435748 (HELP4U) English Only
- Crisis Text Line
  - Text HOME to 741741
- National Alliance on Mental Illness HelpLine
  - 1-800-950-6264
- National Drug Helpline
  - 1-844-289-0879
- National Institute of Mental Health Information Resource Center
  - 1-866-415-8051
- National Suicide Prevention Lifeline
  - 1-800-273-8255
THINK OUTSIDE OF THE BOTTLE
MAKE RESPONSIBLE DECISIONS WHEN CHOOSING TO DRINK ALCOHOL

EAT FOOD AND DRINK WATER BEFORE AND WHILE DRINKING
Eating food and drinking water before and while you’re drinking slows the absorption of alcohol into your system.

LEGAL CONSENT
It is best to avoid sexual activity while drinking because the NM Law states that a person cannot legally consent to sexual activity while drunk, high or mentally incompetent.

PREGNANCY AND STI RISKS
Alcohol is associated with unprotected sexual activity. Using condoms while under the influence of alcohol may render them less than 85% effective.

BINGE DRINKING
To avoid binge drinking, space out your alcoholic beverages and drink water in-between each alcoholic drink. Binge drinking is 4 drinks for a female or 5 drinks for a male in a 2 hour period.

RIDE HOME SAFELY
Get home safe! Crimson Cab is a free taxi service for Aggies! Just gotta have your Student ID. Everyday 7pm-5am 575-524-TAXI(8294)

NM STATE
3080 Brelan Drive
ohp.nmsu.edu 575-646-2813

@ohpnmsu
What Are The Consequences?

Possession of Alcohol (MIP):
A 90 day suspension of license, on 2nd offense & 3rd offense a 2 year suspension until offender reaches 21 years of age (whichever time is greater). Up to 60 hours of community service related to reducing incidence of DWI, depending on prior incidents.

Presenting or making a false ID:
Suspension of license for unlawful or fraudulent use,Probation required when sentence is deferred or suspended. Three to eighteen months in jail.

Driving While Intoxicated (DWI):
Up to $1000 in fines depending on previous offenses, revocation of license for 1 year up to permanently, up to 3 years in prison depending on previous offenses. Mandatory screening, community service, up to 5 years probation, and a vehicle interlock.

Open Container:
A maximum fine of $300, 90 days in jail, a 3 month revocation of license for 2nd offense, 1 year for subsequent offenses and probation.

Underage Alcohol Offenses

Possession of Alcohol (MIP):
A violation of liquor control act for a minor to buy, receive, attempt to buy, possess or allows themselves to be served alcoholic beverages.
MIP is considered a misdemeanor.
A maximum fine of $1000

Presenting or making a false ID:
Any person who uses or possession altered, forged, or fictitious driver's license, or identification. Any person who alters or forges a driver's license, or identification card, or who makes a fictitious driver's license is guilty of a fourth degree felony.

Driving While Intoxicated (DWI):
Anyone 18 and over and who drives a vehicle while under the influence of alcohol or other drugs and who has a Blood Alcohol Content (BAC) of .08 or more. First offense is a misdemeanor.

Open Container:
Knowingly drinking any alcoholic beverage or having possession of any container which has been opened, seal broken, or the contents of the container have been partially removed, while in a motor vehicle or on a public highway. Open container offense is a misdemeanor.

New Mexico State University Office of Health Promotion

Tips for Partying, Underage Alcohol Offenses, and Alcohol Safety
DO YOU KNOW DUI?

28% of all traffic-related deaths in the United States involved the use of alcohol.
In 2016, 10,497 people died in alcohol-impaired driving crashes.

Drivers involved in fatal crashes were 4.5 times more likely to have a prior conviction for DWI.

In 2016, more than 1 million drivers in the US were arrested for driving under the influence of alcohol or narcotics.

In 2016, 214 of the 1,233 traffic deaths among children ages 0 to 14 years in the US involved an alcohol-impaired driver.

Teen alcohol use kills 4,300 people each year.
That's more than all illegal drugs combined.

More than a third of teens mistakenly believe they drive better under the influence of marijuana.

The average person metabolizes alcohol at the rate of about one drink per hour.