



# Burrell College of Osteopathic Medicine

## 2024 Drug and Alcohol Abuse Prevention Program Biennial Review



Review of January 2023-December 2024

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# Drug and Alcohol Abuse Prevention Program

## Overview

This report constitutes the Burrell College of Osteopathic Medicine's biennial report as required by the Drug-Free Schools and Communities Act Amendments of 1989. This law requires the College to distribute an annual notice outlining the College's alcohol and drug policies and penalties, as well as compile a biennial review and assessment of the College's drug and alcohol prevention program and policies. This report includes information for January 1, 2023 through December 31, 2024.

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 policies 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, (and annually thereafter) 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*

The goal of this course is to provide college students with awareness of issues related to alcohol and some precautions to consider. This course will explore the college drinking scene, harmful effects of drinking, when and how to get help, and how to protect yourself and others.

### Student 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.
- Numerous online resources

#### *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 – Las Cruces (NM) Campus*

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.

The Aggie Health & Wellness Center is staffed with practitioners and counseling staff to meet medical and mental health care needs of students. Located in the Aggie Health & Wellness Center, Student Counseling & Psychological Services offers a variety of confidential services to help currently enrolled students deal with personal and academic concerns. These concerns includes the use and dependence of drugs and alcohol.

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.

#### *Florida Tech Holzer Health Center – Melbourne (FL) Campus*

Routine physical health services are provided for Burrell College of Osteopathic Medicine students at the Holzer Health Center. The Holzer Health Center is an outpatient ambulatory health care center offering services in acute medical care, women’s health, immunizations, and health education. The Holzer Health Center is located on the Florida Tech campus at 2976 Country Club Road, Melbourne, Florida.

#### Community Partner Resource

##### *Mesilla Valley Hospital – Las Cruces (NM) Campus*

[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.

##### *Circles of Care – Melbourne (FL) Campus*

[Circles of Care](#) is a private, free-standing psychiatric center in Melbourne, FL. Circles of Care promotes mental health, alcohol, drug abuse and related services through its hospital based and State and County contracted programs.

#### Curricular Presentations Regarding Drug and Alcohol Abuse

##### *OMS-I*

- Nervous System I: Neurobiology of Alcohol and Drug Addiction, April 2023
- Pathologic Basis of Disease: Alcohol and Tobacco, May 2023
- Pathologic Basis of Disease: Injury from Drugs and Physical Agents, Nutritional Diseases Part I, May 2023
- Pathologic Basis of Disease: Injury from Drugs and Physical Agents, Nutritional Diseases Part II, May 2023

- Pathologic Basis of Disease: Alcohol and Tobacco, May 2024
- Pathologic Basis of Disease: Injury from Drugs and Physical Agents, Nutritional Diseases Part I, May 2024
- Pathologic Basis of Disease: Injury from Drugs and Physical Agents, Nutritional Diseases Part II, May 2024

#### *OMS-II*

- Behavioral Medicine/Psychiatry: Substance Abuse, March 2023
- Behavioral Medicine/Psychiatry: Pharmacology of Opioid and Stimulant Abuse, March 2023
- Behavioral Medicine/Psychiatry: Substance Abuse Parts 1 and 2, March 2024
- Behavioral Medicine/Psychiatry: Substance Abuse Part 3, March 2024
- Behavioral Medicine/Psychiatry: Pharmacology of Opioid and Stimulant Abuse, March 2024

#### 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.

- *Alcohol & Sexual Assault/Aggie Health & Wellness Overview*  
Presentation Date: April 19, 2023  
Presenter: NMSU Aggie Health & Wellness  
The presentation is designed to inform attendees about Alcohol & Sexual Assault, as well as a general overview/refresher of Aggie Health & Wellness Center resources.
- *ACOP Educational Talks at Zia Middle School*  
Presentation Date: August 9<sup>th</sup>, 2024 and October 18<sup>th</sup>, 2024  
Presenter: Student representatives from the Burrell Chapter of ACOP  
The presentation is designed to help local middle school students gain a better understanding of the responsibilities and consequences of experimentation. Zia Middle School partnered with ACOP to provide a series of educational talks throughout the school year on crucial topics including Drugs & Alcohol, Nutrition and Health, and Sex Education.
- *Sigma Sigma Phi; Medication Take Back; partnering with Las Cruces Police Department*  
Presentation Date: October 28<sup>th</sup>, 2023  
Presenter: Student representatives from the Burrell Chapter of Sigma Sigma Phi  
In partnership with the Las Cruces Police Department and the Department of Drug Enforcement Administration, the Burrell College chapter of Sigma Sigma Phi hosted a medication take-back event. At multiple locations, helpful health information and health screenings were provided to help interact with the community.
- *Nasal Narcan Training*  
Presentation Date: Presentations held throughout the academic year  
Presenter: Student Osteopathic Medical Association Student Organization (SOMA)  
Student members of 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 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, NEOGOV. 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 \(see page 56 for Substance Free Campus\)](#)
- [Student Handbook \(see page 70 for Substance Free Campus\)](#)
- [Employee Handbook \(see page 9 and 27 for Drug and Alcohol Information\)](#)
- [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 agreements with New Mexico State University (NMSU) and Florida Institute



of Technology (Florida Tech), Burrell College students have access to NMSU's and Florida Tech's drug and alcohol prevention initiatives. Students have regular background checks and drug screenings participating in the medical school curriculum. Any criminal charges or positive drugs screens could result in an administrative withdrawal or termination of employment from the program per the College's Code of Professional Conduct Policy. For this report (January 2023- December 2024), the College has had no conduct referrals to the Office of Student Affairs nor to the Office of Human Resources related to drug and/or alcohol violations.

### 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 health care 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 and Florida Tech to provide additional in-person trainings and resources for the College community.
- Increase employee programming.
- Track attendance of drug and alcohol prevention initiatives.
- Research whether TimelyCare or the College's EAP has the ability to track requests related to drug and alcohol matters.

### 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



### Drug and Alcohol Free Campus

Home / Students / Drug and Alcohol Free Campus

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

#### Students

Visit the Burrell Cares page to find resources and contact information for local Health Centers and Suicide Hotlines.

#### Employees

Burrell employees are encouraged to take advantage of the Employee Assistance Program. The EAP is a free and confidential counseling and referral service that can help you with immediate and/or scheduled sessions which include counseling on relationships, stress management, legal advice, support for family members, and more.

<b>- Drug and Alcohol Biennial Review</b>
Burrell College Drug and Alcohol Review 2022
<b>+ Policies on Substance Abuse</b>
<b>+ New Mexico Alcohol and Drug Use Laws and Resources</b>
<b>+ Texas Alcohol and Drug Use Laws and Resources</b>
<b>+ Arizona Alcohol and Drug Use Laws and Resources</b>
<b>+ Florida Alcohol and Drug Use Laws and Resources</b>
<b>+ Federal Laws</b>

Health Risks of Alcohol and Other Drugs, Source: US Drug Enforcement Administrations, DEA

SUBSTANCE	POSSIBLE SHORT-TERM EFFECTS	POSSIBLE LONG-TERM EFFECTS	THE EFFECTS OF OVERDOSE
Alcohol	Impair judgement and coordination.	Long-term effects in large quantities can cause permanent damage to vital organs such as the brain and liver.	Respiratory depression and possible death.
Marijuana	Problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.	Physical dependence withdrawal following discontinuation, as well as psychic addiction or dependence.	No deaths from overdose have been reported.
Cocaine	The physiological effects of cocaine include increased blood pressure and heart rate, dilated pupils, insomnia, and loss of appetite.	Potential respiratory syndrome, and chronic snorting of cocaine has led to the erosion of the upper nasal cavity.	Cardiac arrhythmias, ischemic heart conditions, sudden cardiac arrest, convulsions, stroke, and death.
Ecstasy	The physiological effects of cocaine include increased blood pressure and heart rate, dilated pupils, insomnia, and loss of appetite. Other negative physical effects may include muscle tension, tremors, involuntary teeth clenching, muscle cramps, nausea, faintness, chills, sweating, and blurred vision.	Long term risks include issues with memory and learning.	Ecstasy can interfere with the body's ability to regulate temperature. In some cases, ecstasy can lead to sharp increase in body temperature, resulting in liver, kidney, and cardiovascular system failure, or death.
Heroin	Heroin causes both psychological and physical changes in the body and users feel a sense of euphoria or rush followed by a twilight state of sleep and wakefulness.	Heroin is highly addictive. The regular use of heroin causes tolerance which causes people to increase the drug to achieve the same intensity.	The use of heroin has a high risk of overdosing. The effects of heroin overdose include slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and death.
Methadone	Users of methadone may experience physical symptoms like sweating, itchy skin, or sleepiness.	When the use of methadone is stopped, individuals may experience withdraw symptoms including: anxiety, muscle tremors, nausea, diarrhea, vomiting, and abdominal cramps.	The effects of overdose include slow and shallow breathing, blue fingernails and lips, stomach spasms, clammy skin, convulsions, weak pulse, coma, and possible death.
Methamphetamine	Methamphetamine is a highly addictive drug with potent central nervous system (CNS) stimulant properties.	Long term effects include addiction, violent behavior, anxiety, confusion, insomnia, and psychotic features including paranoia.	High doses of methamphetamine can result in death from stroke, heart attack, or multiple organ problems caused by overheating.

National Institute on Drug Abuse – Commonly Abused Drugs

Keycard for NM campus 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**

**National Suicide and Crisis Hotline** 988  
**The Veterans Crisis Line** 988 and press 1  
**The Veterans Crisis Line via text** 838255  
**Crisis Text Line** 741741

**TimelyCare** <https://app.timelycare.com/auth/login>  
 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](http://check.frc.nmsu.edu)

Keycard for NFL campus students

**Burrell College Cares Behavioral Health Support**

**EMERGENCY SITUATION?**

**\*\*\*CALL 911\*\*\***  
 If on campus, call Campus Security (321) 674-8111  
 If able, go to the nearest ER.

**NEED SUPPORT?**

During normal business hours:

- Visit the Student Affairs Suite in Hallway F, #267
- 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**

**National Suicide and Crisis Hotline** 988  
**The Veterans Crisis Line** 988 and press 1  
**The Veterans Crisis Line via text** 838255  
**Crisis Text Line** 741741


**TimelyCare** <https://app.timelycare.com/auth/login>  
 24/7 Confidential Counseling Services

**Circle of Care** 321-914-0640  
 Behavioral Health Services

**The Women's Center, Melbourne, FL** 321-242-3110  
 Sexual Assault Victim Services

**24/7 Crisis Line** 321-607-6809  
 Domestic Violence Support

**FIT Holzer Health Center** 321-674-8078  
 Comprehensive Services



### 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:

<p style="color: red;">Suicide Hotline National Suicide Prevention Lifeline Linea Nacional de Prevención del Suicidio Crisis Text Line Veterans Crisis Line</p>	<p style="color: red;">1-800-SUICIDE 1-800-273-TALK 1-888-628-9454 text "741741" 1-800-273-8255 or text 838255</p>
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<p style="text-align: center;"><b>TimelyCare</b></p> <p style="font-size: small;">On-demand support from counselors, doctors, nurse practitioners, and more. Available 24 hours a day, 7 days a week.</p> <p style="text-align: center; font-size: large;"><a href="https://timelycare.com/burrell" style="color: white;">timelycare.com/burrell</a></p>	<p style="text-align: center;"><b>NMSU Family Resource Center Counseling Services</b></p> <p style="text-align: center; font-size: large;"><b>575-646-2065</b></p> <p style="text-align: center; font-size: small;">By Appointment</p>
<p style="text-align: center;"><b>Mesilla Valley Hospital</b></p> <p style="font-size: x-small;">No cost behavioral health assessments 24 hours a day, 7 days a week.</p> <p style="text-align: center; font-size: large;"><b>575-382-3500</b></p> <p style="text-align: center; font-size: small;">Walk-ins welcome</p>	<p style="text-align: center;"><b>La Casa Domestic Violence Support</b></p> <p style="text-align: center; font-size: large;"><b>1-800-376-2272</b></p> <p style="text-align: center; font-size: small;">24 hour Crisis Line</p>
<p style="text-align: center;"><b>La Pinon Crisis Center Sexual Assault Recovery Service</b></p> <p style="text-align: center; font-size: large;"><b>575-526-3437</b></p> <p style="text-align: center; font-size: small;">24 hour Crisis Line</p>	<p style="text-align: center;"><b>Student Affairs MEC Suite 118</b></p> <p style="text-align: center; font-size: large;"><b>575-674-2221</b></p> <p style="text-align: center; font-size: small;">Monday-Friday, 8am-5pm</p>





**timely care**  
Telehealth for  
Burrell Students



**MEDICAL**



**HEALTH COACHING**



**TALKNOW**



**PSYCHIATRY**



**SCHEDULED COUNSELING**

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Virtual care from anywhere.

24/7 Medical & Mental Health Support.

Download the TimelyCare App Today!



# 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

### Physical Well-Being

- Exercise Tips
- Sleep Management
- Diet and Nutrition Tips
- Sexual Health Resources
- Disease Prevention
- Health Screenings
- Alcohol & Other Drugs
- Routine Care
- Safety Tips

### Alcohol & Violence Prevention

- NM alcohol-related laws
- Alcohol poisoning myths/facts
- Binge drinking awareness
- Domestic violence awareness
- Sexual assault awareness
- Stalking prevention
- Bystander Intervention
- Healthy Relationships
- Intimate Partner Violence

### Mental Well-Being

- Stress Reduction
- Mindfulness
- Depression and Anxiety
- Suicide Awareness
- Body Image
- NM Crisis & Access Line
- Resources



575-646-2813



[ohp.nmsu.edu](http://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



**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](http://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:**



BE BOLD. Shape the Future.  
Office of Health Promotion

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)



BE BOLD. Shape the Future.  
Office of Health Promotion

3080 Breland Drive  
ohp.nmsu.edu 575-646-2813



## 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 \$5000 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.**



**BE BOLD. Shape the Future.**  
Office of Health Promotion

575-646-2813  
3080 Breland Drive



@ohpnmsu