Welcome to HIGHER EDUCATION! by Bill Arck

As the director of the KSU Alcohol and Other Drug Education Service, I am pleased to present our first edition of HIGHER EDUCATION. Assistant director, Roxanne Ayoite, and I will produce one edition per semester during 1993. We look forward to producing it in the years to come. It is our intention to provide you short informational bits of news from the alcohol and other drug field, updates on the services provided through this office, and some light humor along the way. HIGHER EDUCATION will be distributed on the KSU campus to selected faculty and staff, and is reproduced for educational purposes only. Please feel free to offer us any of your suggestions or feedback regarding this newsletter at: Alcohol and Other Drug Education Service, University Counseling Services, Lafene Health Center, Room #214, 532-6927.

Survey Notes Faculty Concern About Students' Alcohol Use

Four out of five faculty members who responded to a survey last year at Vanderbilt University said they feel "some responsibility to assist undergraduate students who show signs of alcohol abuse." Although 83% of the faculty members surveyed expressed concern for their students and responsibility to assist those with alcohol-related problems, the same percentage reported they have not offered assistance to individual students who they believed to be abusing alcohol. Among the barriers identified by faculty to their addressing alcohol issues on campus were:

- Unable to recognize some of the signs of alcohol abuse among students—49% of respondents.
- Not adequately aware of on-campus referral sources for undergraduate students who have problems with alcohol—73% (see back page of this newsletter).
- Feel the "climate" on campus discourages them to assist undergraduate students when they suspect of alcohol abuse—86%.

**Source: Vanderbilt Register, 12/92**

When Alcohol Becomes A Problem ...

Some Social and Psychological Effects

- Decreased socialization with friends
- Sensitive to comments from others about his/her drinking
- Poor judgement, personality change, inability to concentrate
- Frequent absences from class or work
- Must drink before going to a social event
- Law/court related problems; violence
- D.U.I.; auto accidents; reckless driving
- Use of alcohol as a cure for fears when courage and self-confidence are lacking
- Continually sleeping in class

- Depressed, dissolute, inappropriate anger; defensiveness
- Memory impairment, failing grades
- Loss of interest in activities not directly associated with drinking
- Use of alcohol to escape problems
- Use of alcohol to block out painful feelings of loneliness, inadequacy, or self-doubt
- Always asking for extensions on classwork
- Coming to class drunk or smelling of alcohol

Funding in part by the City of Manhattan
ALCOHOL

Facts and Figures on College Youth

- Of the current student body in America, between 2 and 3 percent will eventually die from alcohol-related causes; about the same number as will get master's and doctorate degrees combined.
- For over 12 million college students in the U.S., the annual consumption of alcoholic beverages totals well over 430 million gallons.
- Almost 4% of the college population drinks on a daily basis.
- A survey of college administrators showed that they believe that alcohol is a factor in 34% of all academic problems and 25% of the dropout cases.
- A 1990 survey revealed that 41% of students had consumed five or more drinks in a row in the last two weeks.

*(Source: College Youth, Winter 1990)*

Student Alcohol Expenditures
(Average Expenses in $ billions)

**Source: OSAP Alcohol Practices, Policies & Potentials of American Colleges 1991**

**HOW ALCOHOL LEAVES THE BODY**

Women, Sex and Alcohol

- 60% of women who had an unplanned pregnancy were, at the time of intercourse, intoxicated.
- 67% of women who became infected with an STD were, at the time of intercourse, intoxicated.
- 85% of women who had unplanned sex were, at the time of intercourse, intoxicated.

KSU Student Statistics

- 94% drink alcohol
- 81% drive and drive
- 24% drink at least once a week
- 8% arrested for D.U.I

BACCHUS (Boost Alcohol Consumption Concerning the Health of University Students) is a new student organization on campus which promotes responsibility in the consumption of alcoholic beverages. This peer-education network does not endorse nor encourage college student use of alcohol, but instead presents the facts on alcohol-related issues and encourages alternative activities to the ones that focus on alcoholic beverages.

*(Source: College Youth, Winter 1990)*
OTHER DRUGS

What Are Hallucinogens

Hallucinogens, or psychelelics, are drugs that affect a person's perceptions, sensations, thinking, self-awareness and emotions. Hallucinogens include such drugs as LSD, mescaline, psilocybin and DMT. Some hallucinogens come from natural sources, such as mescaline from the peyote cactus. Others, such as LSD, are synthetic or manufactured.

PCP is sometimes considered a hallucinogen because it has some of the same effects. However, it does not fit easily into any one drug category because it can relieve pain or act as a stimulant.

**Source: Kansas Department of Social and Rehabilitation Services

Microdots, Windowpanes, and Blotter Acid

LSD is neither old nor new. A complex chemical compound, it was born in a Swiss laboratory in 1938. What the LSD consumer usually buys is "blotter acid," small squares of blotter-like paper that have been impregnated with the liquid. The blotter is swallowed or chewed briefly.

LSD also comes in tablets form and in tiny, thin squares of gelatin ("windowpane"). The tablets, called microdots, are less than an eighth of an inch across.

Microdots and windowpane, however, are just a sideshow: blotter is the medium of choice. It comes decorated with a mind-boggling array of designs, some of which, in attempt at disguise, are simply copied from characters created by Disney and other cartoon studios.

There is a persistent myth that LSD sometimes is bought as a piece of impregnated paper that is stuck on the skin, (a "tattoo"). DEA (Drug Enforcement Agency) finds no evidence anywhere that stick-on LSD tattoos are being marketed.

**Source: Drug Abuse Update, Spring 1992

LSD & Kansas

About 15 percent of Kansas high school students reported last year they had tried LSD, a Douglas County substance abuse counselor says.

One reason for LSD's popularity among teenagers is its cost -- about $5 a dose, compared to $100 for a gram of cocaine or $50 for a quarter-ounce of marijuana.

**Source: "LSD Again Popular with Kids," AP, Lawrence, in Manhattan Mercury March 29, 1993.

<table>
<thead>
<tr>
<th>Drug</th>
<th>1981</th>
<th>1991</th>
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<tbody>
<tr>
<td>Marijuana</td>
<td>51.3</td>
<td>26.2</td>
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<tr>
<td>Inhalants</td>
<td>2.5</td>
<td>3.5</td>
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<tr>
<td>Hallucinogens</td>
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<td>6.3</td>
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<tr>
<td>LSD</td>
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<td>5.1</td>
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<tr>
<td>Cocaine</td>
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<tr>
<td>Crack</td>
<td>NA</td>
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<tr>
<td>MDMA (Ecstasy)</td>
<td>NA</td>
<td>0.9</td>
</tr>
<tr>
<td>Heroin</td>
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<td>0.1</td>
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<tr>
<td>Any Illicit Drug</td>
<td>55.0</td>
<td>29.2</td>
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</tbody>
</table>

**Source: U. of Michigan Institute for Social Research
The use of alcohol and other drugs has been a fact of the American way of life since our nation's beginning.

Today, substance abuse represents a major problem in American colleges and universities. Indeed, throughout history, alcohol in particular, has been used as a source of pleasure, and for some the use of alcohol has been a source of problems. A recent survey showed that as many as 20% of KSU students report having significant negative consequences as a result of their use of alcohol.

The KSU Alcohol and Other Drug Education Service office consists of director, Bill Arck, and assistant director, Roxanne Ayotte. The program is focused toward the KSU and Manhattan community. The major purpose of the program is to provide information on the physical and social issues related to alcohol and other drug use. A variety of programming options are available to students, faculty and staff. The staff encourages you to stop by or call for assistance, information or consultation.

Some of the services available:
- Educational presentations on alcohol & other drug issues
- Responsible party hosting information, consultation and promotion
- Professional referral resources (campus & community)
- General education information on alcohol & other drug issues (posters, handouts, flyers, etc.)
- Consultation on special activities promotion
- Sponsorship of KSU Bacchus
- Local DUI regulations
- NAB recipe booklet

Available to all KSU students, faculty and staff

Special Thanks to Mary Jane Vollick for her assistance in the design of this newsletter. We couldn't have done it without her.

Presentations By University Counseling Services
University Counseling Services staff is available for presentations with other staffs and faculties. These are casual, lunchtime brown bag discussions on a variety of topics. Examples include conflict management, assertive techniques, time management and alcohol use issues. Have another topic in mind? Let's discuss it. For questions, call Joyce Woodford University Counseling Services, at 532-6927. A limited number of dates are available, and a minimum number of ten participants is requested.

Other Campus Resources
University Counseling Services
Lafene Health Center - 2nd Floor (Sherry Benton) 532-6927
Al-Anon Meeting
Lafene Health Center - Room 211
532-6373 (Lolita)
Thursdays, Noon-1pm
Alcoholics Anonymous
Open Noon Meeting (M-F, Noon-1pm)
Ecumenical Campus Ministry
1021 Dension
Lafene Health Center
532-6544

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