

# GUIDE FOR A DRUG-FREE CAMPUS & WORKPLACE

## 2016 Core Alcohol & Drug Survey

Almost 2500 students from Vermont, including 464 students from CCV, participated in the Vermont College Health Survey in 2016. The survey was adapted from the 2010 National College Health Survey to measure general health practices as well as substance usage, attitudes, and perceptions among college students at two- and four-year institutions. What follows are some key findings from 2016 surveys.

Percentage of Respondents	CCV-2010	CCV-2016	VT-2010	VT-2016
Have consumed alcohol within the past year	75%	66%	86%	78%
Have consumed alcohol within the past 30 days	53%	44%	76%	60%
Had 5+ drinks in one sitting in the past 30 days	22%	24%	53%	41%
Have used tobacco within the past year	43%	40%	44%	49%
Have used tobacco within the past 30 days	33%	31%	30%	45%
Have used marijuana within the past year	35%	29%	52%	43%
Have used marijuana within the past 30 days	22%	18%	38%	30%
Have used other illicit drugs within the past year	3%	2%	5%	5%
Have used other illicit drugs within the past 30 days	1%	1%	2%	1%

## 2016 Key Findings

- Among respondents in last year's study, substance use trend lines in the previous 12 months (including alcohol, marijuana, tobacco products and other illegal drugs) generally **decreased or stayed the same**.
- 2% of CCV respondents self-reported missing class 2-4 times in a year due to marijuana or alcohol use; 95% reported **never** missing a class due to marijuana or alcohol use.
- The **most frequently** reported prescription drugs used in the previous 30 days by CCV respondents were: antidepressants (7%), stimulants (3%), pain killers or Opioids (2%), and sedatives (1%).
- 20% of CCV respondents reported **never** using alcohol compared to 16% of the respondents from the larger Vermont colleges group, whereas 64% of the Vermont colleges respondents reported **never** using cigarettes compared to just 50% of the CCV group.
- Electronic vapor products have come into being since 2010 and about 25% of CCV students who smoke reported using e cigs or vape pens on a **daily** basis.
- Student respondents **perceive** that alcohol, drug, and tobacco use is higher among other students at CCV than what it is. For instance, 6% of current drinkers reported using alcohol every day during the past month or year; however, respondents estimated that 18% of student use alcohol every day.

## Are you at risk?

Ask yourself these questions. If it is applicable, substitute "drugs/using" for "alcohol/drinking."

- Do you have blackouts?
- Does alcohol interfere with your life?
- Do you wish people would mind their own business about your drinking?
- Do you miss time from class or work because of drinking?
- Have you ever felt that your life would be better if you did not drink?
- Do you ever drink alone?
- Do you drink to escape worries and troubles?
- Have you ever regretted what you said or did while drinking?
- Do you find it difficult to stop at two or three drinks?
- Do you feel the need to drink at all social events?

*You may be at risk if you answer yes to any of these questions.*

## For more information on resources in your area, contact your advisor, or:

**Office of Alcohol & Drug Abuse Programs** - 802-651-1550 108 Cherry Street, Burlington, VT 05402

**24-Hour Help Line** - Dial 2-1-1 in Vermont [www.healthvermont.gov/adap/adap.aspx](http://www.healthvermont.gov/adap/adap.aspx) Email: [vtadap@vdh.state.vt.us](mailto:vtadap@vdh.state.vt.us)

For a **list of state-approved or certified persons** who specialize in substance abuse treatment go to

[http://www.healthvermont.gov/adap/treatment/treatment\\_county.aspx](http://www.healthvermont.gov/adap/treatment/treatment_county.aspx)

**Community College of Vermont** - 660 Elm Street, P.O. Box 489, Montpelier, VT 05601 [www.ccv.edu](http://www.ccv.edu)

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CCV has created policies to set the expectations, rights, and responsibilities of its students, faculty, and staff. The policies identified below are presented in an annotated form. The complete and most current versions of policies can always be found online at the CCV website: [www.ccv.edu/policy](http://www.ccv.edu/policy)

#### Substance Use and Abuse policy

This policy prohibits the use of illicit drugs, restricts the use of alcohol and tobacco, and describes how those people whose behavior is in violation of this policy will also be subject to the provisions of the Disruptive Persons policy.

#### Disruptive Persons policy

This policy describes what constitutes a disruption to a safe and secure learning and work environment, and explains the appropriate responses to disruptive behavior, which could result in termination and/or permanent exclusion from CCV-sponsored classes and/or activities.

#### Student Assistance policy

This policy describes the process whereby students may be referred to outside resources when personal issues interfere with their working and learning at CCV. Any situation in which a student's behavior poses an imminent and serious threat to the safety and well-being of themselves or others will be treated as an emergency situation and may require notification of local law enforcement or medical professionals.

All members of CCV are responsible for conducting themselves in a manner that contributes positively to the shared college community. Learn more about CCV's Code of Conduct, which is included in the Student Planner and can be found online at [www.ccv.edu](http://www.ccv.edu).

### HEALTH RISKS ASSOCIATED WITH SUBSTANCE USE & ABUSE

Drug	Common Name(s)	Immediate Effect	Health Risk
Alcohol	Beer, wine & liquor	Slowed reaction time, impaired judgment, poor motor coordination, disorientation, confusion, & slurred speech	Heart & liver damage, alcoholic hepatitis, stroke, brain damage, osteoporosis, cancer, sexual problems, premature aging, pancreatitis, malnutrition & death
Tobacco/Nicotine	Cigarettes, cigars, chewing tobacco, pipe tobacco & snuff	Addiction to nicotine, bad breath, smelly hair & clothes, stained teeth, increased risk of death by fire	Lung cancer, emphysema, bronchial disorders, cardiovascular diseases, receding & permanent gum loss, tooth decay
Cannabis	Marijuana, pot, weed, grass & reefer	Euphoria, difficulty concentrating, dizziness, blood-shot eyes, lack of motivation, disinterest in activities, dry mouth & the munchies	Increased risk of cancer & lung damage, brain damage, sexual dysfunction, reproductive problems & increased risk of heart attack
Amphetamine/ Methamphetamine	Speed, meth, ice, crystal, crank, crystal meth, uppers & bennies	Euphoria, increased talkativeness, heightened sense of well-being & energy, decreased fatigue, dilated pupils, dry mouth & altered sexual behavior	Convulsions & coma, ulcers, malnutrition, mental illness, skin, physiological & behavioral disorders, loss of coordination, cardiac arrhythmias & death
Cocaine	Coke, blow, snow & crack	Euphoria, increased heart rate & temperature, dilated pupils, increased energy & alertness, decreased appetite, restlessness & insomnia, anxiety & increased possibility of risky behaviors	Convulsions & seizures, heart disease, stroke, lung damage, nasal septum damage, sexual dysfunction, reproductive damage, heart attack & death
Heroin	Smack, dope, brown, "H" & China white	Euphoria, flushed skin, dry mouth, heavy extremities, alternating between drowsy and wakeful state & cloudy mental state	Collapsed veins, heart infections, liver disease, lung complications, increased chance of overdose, increased risk of contracting HIV, hepatitis B and C & death
Club Drugs	MDMA, ketamine, GHB & rohypnol, ecstasy, E, X, special K, roofies	Euphoria, emotional warmth, heightened senses, enhanced sensory perception, hallucinations, nausea, increased body temp, blurred vision, loss of consciousness, increased possibility of risky behavior	Confusion, depression, sleep disorders, severe anxiety, paranoia, amnesia, seizures, coma & death
Inhalants	Nitrous oxide, laughing gas, amyl nitrate, amies, isobutyl nitrate, whippets, poppers & snappers	Dizziness, lightheadedness, distortion in perceptions of time & space, agitation, slurred speech, & loss of motor coordination	Deafness, brain damage, leukemia, heart failure, kidney stones, liver damage, lung damage, severe rash & paralysis
Anabolic Steroids	Juice & roids	Rapid weight gain, increase in muscle size, improved healing & appetite, acne, insomnia, headaches, reduced sexual function & increase in blood pressure	Heart attacks, clotting disorders, cardiovascular, liver & reproductive organ damage, stroke & reduced sexual function
Hallucinogens – LSD/PCP	Acid, blotter, angel dust & ozone	Visual & auditory hallucinations, difficulty concentrating & thinking, heightened sense of understanding, distorted perception of body, mild to intense euphoria, paranoid thoughts, panic, nausea, dizziness, lightheadedness & impaired motor skills	Impaired memory, chronic & severe anxiety/depression, social withdrawal and isolation, persistent speech problems & flashbacks
Prescription Medications – Opioids, CNS depressants & stimulants	OxyContin, Darvon, Vicodin, Demerol, Nembutal, Valium, Xanax, Dexedrine & Ritalin	Vary depending on what type of prescription drug is taken.	Seizures, respiratory depression, decreased heart rate, high body temperature, irregular heart beat & heart failure

Sources: National Institute on Drug Abuse (NIDA), Prescription Drugs: Abuse and Addiction, August 2005; NIDA, InfoFacts: Prescription and Over-the-Counter Medications, August 2008; ONDCP Inhalants Fact Sheet, May 2002; NIDA, Community Drug Alert Bulletin: Club Drugs, May 2004; In The Know Zone: Cocaine Short-term effects, June 2002; In The Know Zone: Cocaine Long-term Effects, June 2002; NIDA, Heroin Facts, May 2002; DEA MDMA Brief, May 2002; Brands, Bruna, Beth Sproule and Joan Marshman (editors), Drugs & Drug Abuse (3rd Edition), 1998; America Council for Drug Education: Basic facts about marijuana; In The Know Zone Alcohol Page; In The Know Zone Tobacco History, September 2002