

Substance Use Disorders

Hope College is concerned with the health and well-being of all its students. Even though Hope is a substance free campus, we know that there are students who struggle with substance use disorders. The use and abuse of alcohol, street or illegal drugs, as well as over-the-counter or prescription drugs can result in a wide range of health risks. Knowing about these risks and the signs of substance use disorders could help you help yourself or a friend.

According to the American Psychiatric Association, substance use disorders include:

- Abuse of alcohol or other drugs which leads to work, school, home, health or legal problems.
- Dependence on alcohol or drugs.

Symptoms to watch for that provide an indication of substance dependence include:

- Tolerance – a need for markedly increased amounts of the substance
- Withdrawal – experiencing withdrawal symptoms, or using the substance to avoid or relieve the withdrawal symptoms.
- Use of larger amounts over a longer period of time than intended.
- Difficulty cutting down or controlling the use.
- Lots of time spent getting the substance, using the substance, or recovering from its effects.
- Important social, work, academic, or social activities are given up or reduced because of the substance use.
- Continued use of the substance despite negative consequences (health, academic, legal, social, judicial).

Some useful sites for more specific information on alcohol and drugs:

National Clearinghouse for Alcohol and Drug Information
www.ncadi.sahmsa.gov

National Institute on Drug Abuse
www.nida.nih.gov

Substance Abuse and Mental Health Services Administration
www.sahmsa.gov

American College health Association
www.acha.org

National Institute on Alcohol Abuse and Alcoholism
www.collegedrinkingprevention.gov

**Questions about Substance Use Disorders may be directed to the office of
Counseling and Psychological Services, 395-7945**