Conclusion

The Rewards of Success

Through education, people acquire not only knowledge, but values as well. Education imparts skills that allow graduates to perform certain tasks and excel in the professions they choose. But education is more than just a set of skills. A good education draws people closer to a shared appreciation for their cultural heritage. It moves them toward a better understanding of the world, and helps them appreciate and enjoy the lives they lead.

Drug use is the antithesis of these goals. Drugs impede learning, isolate individuals, and narrow rather than expand horizons. Because these substances work to defeat everything your school hopes to achieve, you must make every effort to confront the threat and keep the danger to a minimum.

Begin by making it a priority to work toward a drug-free campus. Assess your school's drug-use situation with surveys and other tools. Through your words and actions let there be no doubt that you will not tolerate drugs at your institution. Engage your students in developing a viable drug and alcohol policy. Set high standards—and stick to them. Infuse your curriculum with facts about drug use and its consequences, and involve students in getting the message out in other ways.

Create drug-free alternatives for students. Put teeth in your drug and alcohol policy. Cooperate with campus security as well as local police, and confront your school's drug problems head-on. Build coalitions with the local community to work on the problem together.

Above all, don't lose heart. Working to eliminate drug use is an ongoing, difficult process. But as more and more of your graduates enter the world with fewer barriers to achieving their potential, you will know that rising to the challenge of maintaining a campus without drugs was well worth the effort.

Government Agencies and Services

Safe and Drug-Free Schools Program
U.S. Department of Education
www.ed.gov/offices/OSDFS

Administered by the U.S. Department of Education, this program is the Federal government's primary vehicle for reducing substance abuse and violence through education and prevention activities in schools and institutions of higher education.

Grant Information
U.S. Department of Education

- Grants to Reduce Alcohol Abuse:
  www.ed.gov/offices/OSDFS/dgraa.html
- Grant Competition to Prevent High-Risk Drinking and Violent Behavior Among College Students:
  www.ed.gov/offices/OSDFS/gcphdvb.html
- Safe Schools/Healthy Students Discretionary Grants:
  www.ed.gov/offices/OSDFS/sshsdg.html
- Alcohol and Other Drug Prevention Models on College Campuses:
  www.ed.gov/offices/OSDFS/aodpm.html
- State Formula Grants (84.186A):
  www.ed.gov/offices/OSDFS/sfgsg.html

Higher Education Center for Alcohol and Other Drug Prevention
U.S. Department of Education
Phone: 1-800-676-1730
Fax: 617-928-1537
E-mail: HigherEdCtr@edc.org
For general information: www.edc.org/hec

For information about current or upcoming grant opportunities: www.edc.org/hec/ed
The center works with colleges and universities to develop strategies for changing campus culture, to foster environments that promote healthy lifestyles, and to prevent illegal use of alcohol and other drugs among students.

Substance Abuse and Mental Health Services Administration (SAMHSA)
U.S. Department of Health and Human Services
www.samhsa.gov

SAMHSA offers information on prevention, treatment, and mental health services, as well as free literature, topical searches, and identification of model programs and approaches for preventing and treating substance abuse.

National Clearinghouse for Alcohol and Drug Information

U.S. Department of Human Services/SAMHSA
Phone: 1-800-729-6686
TDD (Hearing Impaired): 1-800-487-4889
Fax: 301-468-6433
Spanish Line: 1-877-767-8432
E-mail: info@health.org
http://ncadi.samhsa.gov

The clearinghouse is a one-stop resource for the most current and comprehensive information about substance abuse prevention and treatment.

The Drug-Free Communities Program
http://ojjdp.ncjrs.org/dfcs

A program of the Office of National Drug Control Policy and the Office of Juvenile Justice and Delinquency Prevention, Drug-Free Communities is designed to strengthen community-based coalition efforts to reduce youth substance abuse. The site provides a database of funded coalitions nationwide.

Substance Abuse Treatment Facility Locator
www.findtreatment.samhsa.gov

Office of National Drug Control Policy
www.whitehousedrugpolicy.gov/

Drug Enforcement Administration
www.dea.gov

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

National Criminal Justice Reference Service
www.ncjrs.org/

National Highway Traffic Safety Administration
www.nhtsa.dot.gov/people/injury/alcohol

National Institute of Alcohol Abuse and Alcoholism
www.niaaa.nih.gov

Centers for Disease Control and Prevention
www.cdc.gov

U.S. General Accounting Office
www.gao.gov

Prevention and Treatment

Community Anti-Drug Coalitions of America
Phone: 1-800-54-CADCA (1-800-542-2322) or 703-706-0560
Fax: 703-706-0565
E-mail: webmaster@cadca.org, or info@cadca.org
www.cadca.org

CADCA is a national organization of more than 5,000 coalitions working to create safe, healthy, and drug-free communities. The group publishes technical assistance documents, including Strategizer: Working in Partnership with Local Colleges and Universities, which shows how coalitions can play a role in helping college officials plan and implement effective drug prevention approaches.

The Core Institute
Center for Alcohol and Other Drug Studies
Phone: 618-453-4366
Fax: 618-453-4449
E-mail: coreinst@siu.edu
www.siu.edu/~coreinst

The Core Institute is a non-profit organization that helps institutions of higher education in their drug and alcohol prevention efforts. It offers both student and faculty/staff surveys, including the Core Alcohol and Drug Survey, a questionnaire that can be used as a pretest-posttest measure of the effectiveness of campus-based prevention programs.

Network for the Dissemination of Curriculum Infusion
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Center for Prevention Research
University of Kentucky
Phone: 859-257-5588
Fax: 859-257-5592
E-mail: Jeff Jones at Jajone00@uky.edu
www.uky.edu/RGS/PreventionResearch

Founded by the National Institute on Drug Abuse, the center examines the interaction of biological, psychological, and social factors as they relate to drug use and develops prevention strategies.

BACCHUS & GAMMA Peer Education Network
Phone: 303-871-0901
Fax: 303-871-0907
E-mail: admin@bacchusgamma.org
www.bacchusgamma.org

The BACCHUS & GAMMA Peer Education Network is an international organization of college- and university-based peer education programs that focuses on substance-abuse prevention and other related student health and safety issues.

Inter-Association Task Force on Alcohol and Other Substance Abuse Issues
Phone: 303-871-0901
Fax: 303-871-0907
E-mail: dhunter@du.edu
www.iatf.org

The task force is a coalition of 22 higher education organizations committed to eradicating substance abuse among college students. The group supports teaching students life skills that will enable them to succeed in college and afterward.

The American College Health Association
Phone: 410-859-1500
Fax: 410-859-1510
E-mail: evl@acha.org
www.acha.org

The association is the principal advocate and leadership organization for college and university health, providing advocacy, education, communications, products, and services. One of its principal surveying instruments is the National College Health Assessment (NCHA), which measures a broad range of health, risk, and protective behaviors, consequences of behavior, and perceptions among students. The survey also assesses illness and effects of selected health conditions on academic performance.

Web Sites of Other Organizations

Facts on Tap
www.factsontap.org

A college alcohol and other drug prevention and education program of Phoenix House prevention affiliates, the Children of Alcoholics Foundation, and the American Council for Drug Education.

Join Together
Take Action Against Substance Abuse and Gun Violence
www.jointogether.org

Addiction Technology Transfer Center
www.nattc.org

American Medical Association
www.ama-assn.org

American Society of Addiction Medicine
www.asam.org

American Public Health Association
www.apha.org

Monitoring the Future
www.isr.umich.edu/src/mtf

Brown University Center for Alcohol and Addiction Studies
http://center.butler.brown.edu

The National Center on Addiction and Substance Abuse at Columbia University
www.casacolumbia.org

A Guide to

COMMON CAMPUS DRUGS

MARIJUANA

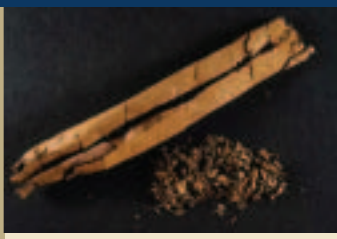
Marijuana is a greenish-gray mixture of the dried, shredded leaves, stems, seeds, and flowers of the plant Cannabis sativa. It is typically smoked in hand-rolled cigarettes (joints), cigars (blunts), pipes, or water pipes (bongs). Marijuana is the most commonly abused illicit drug in the United States. Some of the health effects of marijuana use include: respiratory infections, impaired memory and learning, increased heart rate, anxiety, and panic attacks.

Street names

Aunt Mary, BC bud, Boom, Chronic, Dope, Ganja, Gangster, Grass, Harsh, Herb, Kiff, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Weed

College use

Nearly half (49.5 percent) of the U.S. college students surveyed in 2002 as part of the Monitoring the Future Study reported using marijuana at least once during their lifetimes. Approximately 35 percent (34.7 percent) of college students had used marijuana at least one time during the past year, and 19.7 percent were current users of marijuana (meaning they used marijuana at least once during the month prior to being surveyed).



Many people smoke marijuana in a hollowed-out cigar, or "blunt" (above). Others might use a pipe (below) or roll the dried leaves into a joint. A hemostat sometimes serves as a "roach clip," used to hold the joint and protect the fingers.

MDMA (ECSTASY)

MDMA (Ecstasy), a synthetic drug with both psychedelic and stimulant effects, is typically consumed orally in pill form. Although MDMA is predominantly known as a club drug due to the prevalence of its use at nightclubs and parties called raves, it is also being used increasingly in other settings, such as college dorms.

The effects of MDMA last between four and six hours and can include: confusion, depression, anxiety, sleeplessness, and paranoia. Physical effects of MDMA include muscle tension, involuntary teeth clenching (which is why some users suck on pacifiers), nausea, blurred vision, feeling of faintness, tremors, rapid eye movement, and sweating or chills. Rave attendees who use MDMA also risk dehydration, hyperthermia, and heart or kidney failure. MDMA use also damages parts of the brain that are critical to thought and memory.

Street names

Adam, Beans, E, Hug drug, Love drug, M, Rolling, X, XTC

College use

Nearly 13 percent (12.7 percent) of U.S. college students surveyed in 2002 as part of the Monitoring the Future Study reported using MDMA at least once during their lifetimes. (A decade earlier, only 3 percent of college students reported lifetime MDMA use.) Approximately 7 percent (6.8 percent) of college students used MDMA in the year before being surveyed, and 0.7 percent used the drug within the past month.

MDMA tablets (above) come in hundreds of colors, sizes, and imprints. Popular items among those who use the drug include mouth guards, baby pacifers, and light sticks, such as those below. Vapor rub smeared inside a dust mask is said to intensify the MDMA experience.

© Drug Identification Bible

GHB is sometimes sold as a white powder (above), which dissolves invisibly when stirred into a drink. Rohypnol (shown below in front-and-back photos of foil packaging) is available legally by prescription in Mexico. Most of the Rohypnol on the U.S. market is smuggled from Mexico or Colombia.

© Drug Identification Bible

GHB AND ROHYPNOL ("DATE RAPE" DRUGS)

The club drugs gamma hydroxybutyrate (GHB) and flunitrazepam (Rohypnol) are both central nervous system depressants that are sometimes used in the commission of drug-facilitated rapes and sexual assaults.

GHB is typically ingested orally. It can be purchased in liquid form or as a powder that easily dissolves in liquids. The drug is tasteless, odorless, often clear, and is usually undetectable when mixed in a drink.

Rohypnol can be ingested orally, snorted, or injected. This drug is also tasteless and odorless, and until recently it dissolved invisibly in liquids. Newer formulations contain a dye that makes the drug visible if slipped into a drink.

The effects of both substances, which usually begin within 15 minutes of ingestion, include muscle relaxation, decreased blood pressure, lessening/loss of motor coordination, loss of consciousness, and amnesia.

Street names

GHB: G, Georgia home boy, Grievous bodily harm, Liquid ecstasy

Rohypnol: Forget pill, La Rocha, R-2, Rib, Roaches, Roofenol, Roofies, Rope, Rophies, Ruffies,

© Drug Identification Bible

Meth is often packaged in small plastic bags (above) or glass vials like this meth "bullet" (below), which dispenses the powder in metered doses. Users smoke the drug in a pipe or just about anything else that does the job, including an ordinary light bulb with the base and filament removed (bottom).

© Drug Identification Bible

METHAMPHETAMINE

Methamphetamine is a highly addictive central nervous system stimulant that can be injected, snorted, smoked, or ingested orally. It is available in different forms and can be identified by color, which ranges from white or yellow to darker colors, such as red or brown. Methamphetamine comes in a powder form resembling granulated crystals and in a rock form known as ice.

When the drug is administered, users initially feel an intense rush. Some of the effects of methamphetamine use include aggression, anxiety, confusion, insomnia, hallucinations, mood disturbances, delusions, paranoia, and brain damage. The brain damage sometimes caused by meth is detectable months after the drug's use and is similar to the damage caused by Alzheimer's, stroke, and epilepsy.

Street names

Chalk, Crank, Croak, Crypto, Crystal, Fire, Glass, Meth, Speed, White cross

College use

Five percent of college students surveyed in 2002 as part of the Monitoring the Future Study reported using methamphetamine at least once during their lifetimes. More than 1 percent (1.2 percent) reported using methamphetamine in the year prior to being surveyed, and 0.2 percent used methamphetamine in the month before being surveyed.

COCAINE

Cocaine is a highly addictive central nervous system stimulant that can be snorted, smoked, or injected. Cocaine comes in two forms: a white crystalline powder and an off-white chunky material (crack).

Physical effects of cocaine use include constricted blood vessels and increased temperature, heart rate, and blood pressure. Users may also experience feelings of restlessness, irritability, and anxiety. Users who smoke the drug also may suffer from acute respiratory problems, including coughing, shortness of breath, and severe chest pains with lung trauma and bleeding.

Street names

Big C, Blow, Coke, Flake, Freebase, Lady, Nose candy, Rock, Snow, White powder

College use

Among U.S. college students surveyed in 2002 as part of the Monitoring the Future Study, 8.2 percent reported they have used cocaine during their lifetimes, 4.8 percent reported past-year cocaine use, and 1.6 percent reported past-month cocaine use.

Cocaine paraphernalia (above) includes materials for "washing" the powder and cutting it for snorting. A gram of coke (below) yields about 20 snorting lines.

© Drug Identification Bible

HEROIN

Heroin, a highly addictive drug, is the most common and most rapidly acting of the opiates. It can be injected, smoked, or snorted. Pure heroin, which is rarely seen on the street, is a white powder with a bitter taste.

Most of the heroin found on the street is in powder form and varies in color from white to dark brown. Another form of the drug, "black tar" heroin, can be sticky like roofing tar or hard like coal, and its color varies from dark brown to black.

The short-term effects of heroin occur soon after the drug is ingested and include dry mouth, heavy extremities, a flushing of the skin, and an alternately wakeful/drowsy state. Additional long-term effects include collapsed veins, respiratory failure, impaired mental functioning, pneumonia, and overdose.

Street names

Big H, Black tar, Brown sugar, Horse, Junk, Mud, Skag, Smack

College use

Among U.S. college students surveyed in 2002 as part of the Monitoring the Future Study, 1.0 percent reported lifetime heroin use, and 0.1 percent reported past-year heroin use.

© Drug Identification Bible

Heroin is sometimes sold in gelatin capsules (above), which prevent spillage and allow easy visual examination. The photo below shows paraphernalia used for injecting heroin, including a tourniquet, hypodermic needles, and a spoon for "cooking" the drug.

KETAMINE

The abuse of ketamine, a tranquilizer most often used on animals, became popular in the 1980s when it was realized that large doses cause reactions similar to those associated with the use of PCP, such as dream-like states and hallucinations.

The liquid form of ketamine can be injected, consumed in drinks, or added to smokable materials. The powder form can also be added to drinks, smoked, or dissolved and then injected. In some cases, ketamine is injected intramuscularly.

Street names

Cat valium, Ket, Kit kat, Purple, Special K, Vitamin K

© Drug Identification Bible

Ketamine is available as a liquid for veterinary use as well as for human use. The liquid may vary in color from clear to yellow.

MORE INFORMATION

General Drug Facts

Office of National Drug Control Policy, Drug Facts section
www.whitehousedrugpolicy.gov/drugfact/index.html

Office of National Drug Control Policy, "Street Terms: Drugs and the Drug Trade"
www.whitehousedrugpolicy.gov/streetterms/default.asp

Drug Enforcement Administration, Drug Descriptions section
www.dea.gov/concern/concern.htm

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

National Criminal Justice Reference Service, "In the Spotlight: Club Drugs"
www.ncjrs.org/club_drugs/summary.html

Drug-Facilitated Rape Resources

Department of Justice Office of Community Oriented Policing Services, Acquaintance Rape of College Students, March 2002
www.cops.usdoj.gov/pdf/e03021472.pdf

Office of National Drug Control Policy Clearinghouse, Gamma Hydroxybutyrate (GHB) Fact Sheet, November 2002
www.whitehousedrugpolicy.gov/pdf/gamma_hb.pdf

Office of National Drug Control Policy Clearinghouse, Rohypnol Fact Sheet, December 2002
www.whitehousedrugpolicy.gov/publications/factsht/rohypnol/rohypnol.pdf

Additional photo credits:

Drug Enforcement Administration (MDMA)

Orange County, Florida, Sheriff's Office (marijuana, methamphetamine, cocaine)

California Department of Justice (heroin)

Ordering Information

This document is available online at www.whitehousedrugpolicy.gov.

Additional copies may be obtained from the ONDCP Drug Policy Information Clearinghouse by calling 1-800-666-3332, or by sending an e-mail to ondcp@ncjrs.org.

EXECUTIVE OFFICE OF THE PRESIDENT OF THE UNITED STATES
OFFICE OF NATIONAL DRUG CONTROL POLICY

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