

7 Indicators of Drug or Alcohol Abuse:

- Change in work or school performance or attendance.
- Change in personal appearance.
- Mood swings or attitude changes.
- Withdrawal from family, friends, responsibilities.
- Association with drug using peers.
- Unusual patterns of behavior.
- Defensive attitude concerning drugs or use of alcohol.

Warning Signs of Substance Abuse

- Have you or others worried about your use of alcohol or drugs?
- Do you think of alcohol or drugs during the day?
- Do you look forward to “happy hour”?
- Do you count your drug supply so that you don’t run out or make sure you have alcohol on hand?
- Have you ever had to set limits on how much you drink?
- Do you feel anxious if your drug supply is low?
- Do you have symptoms of withdrawal?
- Do you use one medication to counteract the effects of another?
- Do you only frequent occasions where alcohol is served, or have a few drinks before going?
- Do you notice that you are drinking more?
- Do you drink alone?
- Has alcohol or drugs ever interfered with your school attendance, class or work performance, or relationships?
- Has alcohol or drugs been a source of trouble with the law?

While there is no correct score, if your answers concern you, you may want to seek help.

IVCC Resources

Transformative Growth.....(815) 224-0345
CTC-202

Safe Journeys.....(815) 224-0494
CTC-220C

Campus Security.....(815) 224-0314
C-103

Community Resources

LOCAL ALCOHOLICS ANONYMOUS GROUPS

LaSalle..... (815) 223-7374
Mendota..... (815) 638-2307
(815) 538-6525
Ottawa.....(815) 434-0165
(815) 434-6154
Princeton..... (815) 875-4279
Spring Valley..... (815) 663-0675
(815) 663-2800
Streator.....(815) 672-7722

HOSPITALS AND LOCAL RESOURCES

OSF Healthcare
Website: osfhealthcare.org/locations

LaSalle County Mental Health
Website: lasallementalhealth.org

Arukah Institute..... (815) 872-2943
536 Elm Place Princeton, IL 61356
Website: arukahinstitute.org

The Perfectly Flawed Foundation.....(815) 830-8675
240 First St. La Salle, IL 61301
Website: www.perfectlyflawed.org

Maitri Path to Wellness.....(815) 780-0690
Website: maitripathtowellness.com

HOTLINES

Safe Journeys (24-Hour).....(815) 780-0690

Freedom House (24-Hour).....(800) 474-6031

Al-Anon (National).....(888) 425-2666

Narcotics Anonymous (IL Valley).....(815) 883-8677

The Trevor Project (24-Hour).....(866) 288-7386

Suicide and Crisis Lifeline (24-Hour)..... 988
Chat Online: 988lifeline.org

View other resources at
www.ivcc.edu/specialpopulations/resources.php

Confidential Online Screening Tool:

www.ivcc.edu/mental_health_counseling_and_resources



SUBSTANCE ABUSE AND RESOURCES GUIDE

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Illinois Valley Community College is committed to providing a healthy, drug-free atmosphere for students and employees to work and learn in. Substance abuse has a negative impact on productivity, absenteeism, accidents, morale, job performance, ability to learn, health costs, and reputation. This booklet is designed to help IVCC's students and employees identify warning signs of abuse, the effects of alcohol and drugs, legal sanctions imposed upon offenders, treatment resources and IVCC's policy regarding drugs and alcohol on campus.

Please refer to the IVCC Board Policy Manual and the Student Handbook for further details on the College's substance abuse policies and disciplinary processes.



Student Handbook



Board Policy Manual

What is Addiction?

Drug addiction is a disease. People who are addicted:

- Can't stop using a drug even though it causes serious problems.
- Have very strong urges to use the drug.
- Can't control the urge, even when using the drug causes trouble with family, friends, work, school, money, health, or the law.

Most people need treatment to recover from addiction.

What Drugs Are Addictive?

Many drugs can be addictive. Some are more addictive than others.

- Nicotine (in tobacco and vapes) is very addictive. 9 out of 10 people who use tobacco get addicted.
- Cocaine, speed, ice, meth, heroin, PCP, LSD, inhalants, and steroids are also very addictive.
- Narcotics such as prescription pain pills can often be addictive.
- Alcohol, tranquilizers, or sleeping pills addict about 1 out of 10 people who try them.
- Marijuana is addictive. Because it stays in the body a long time, there are fewer withdrawal symptoms, so some people mistakenly think marijuana is not addictive.

Who Gets Addicted?

Anyone of any age, sex, or background who uses an addictive drug can get addicted. You might get addicted easier than others if:

- Your parents, grandparents, or even great-grandparents had a problem with alcohol or drugs.
- Your friends smoke, drink, or use other drugs.
- You use drugs to deal with uncomfortable feelings.

How Long Does It Take to Get Addicted?

- Some people get addicted right away. Others need time and frequent use.
- Young people get addicted faster than adults.
- Some drugs, like nicotine, cocaine, and speed, cause addiction sooner.

Many people with addiction go for long periods of time between uses. But if drug use causes problems and a person continues to do it anyway, they are probably addicted.

How Does It Happen?

People become addicted in two ways:

- **Physical.** The drug changes the way the brain works. The more of a drug the person uses, the more the brain changes. Soon, the person needs the drug just to feel normal. Without the drug, the person will feel sick.
- **Psychological.** The person uses the drug to feel good, or to cover up feelings like being afraid, shy, sad, lonely, or angry. Soon the person can't feel good or deal with strong feelings without the drug.

These two addictions usually occur together. This makes it very hard to stop using the drug.

You May Be Addicted If:

- You use more of a drug to get the same effect.
- You use drugs to help you get going or relax.
- You think about getting the drug or wanting to get high when you're not using it.
- You have tried but have not been able to cut down or set a limit to your drug use.
- You get annoyed when friends or relatives complain about your drug use.
- You feel guilty about your drug use.

What is Denial?

Many addicted people can't believe they have a drug problem, even though it's clear to others that the drug is harming them. This is called denial. Denial is a major barrier to recovery. People can't get successful treatment if they don't think there is a problem.

What is Withdrawal?

When the brain needs the drug to just feel normal the person has withdrawal. Without the drug, the person feels sick.

- Nicotine, cocaine, and speed withdrawal can cause depression, irritability, restlessness, and sleep problems.
- Withdrawal from alcohol, sleeping medicines, and tranquilizers can cause convulsions, a heart attack or delirium tremens. Delirium tremens (DT's) causes heartbeat and temperature to go up. The person may see things.

What is Relapse?

A person with an addiction may start using the drug again. He or she may remember the ways the drug made him or her feel good, and forget the problems (fights, injuries, arguments, etc.) the drug caused. This is called relapse. In treatment, a person learns to watch for signs of relapse. He or she learns ways to avoid starting to use the drug again.

Can Addiction Be Cured?

People with a drug addiction will always have the addiction. But they can learn to be comfortable and happy without drugs. Treatment has three parts:

- The person must stop using the drug and receive treatment for withdrawal symptoms if necessary.
- The person must learn how the drug worked in their life and how to avoid using the drug again.
- People usually need help from others to recover from an addiction. But others can't help an addicted person who doesn't want to get well.

Who Treats Addiction?

Treatment depends on the drug, the addiction, and the person.

- Many doctors, therapists and other counselors are trained to treat drug addiction.
- Some people will stay in a hospital or a drug treatment center during withdrawal.
- Others receive outpatient counseling and group therapy on a daily basis or weekly basis.
- Alcoholics Anonymous, Narcotics Anonymous or other "Twelve-Step" self-help groups can be an important part of treatment.