

## HEALTH RISKS OF ALCOHOL AND ILLICIT DRUGS

Alcohol and drug use has an effect not only on individuals, but also on society as a whole. The health of the public is affected, not only now but in the long run, by each person's decision to use and/or abuse alcohol and/or illicit drugs. It is hoped that the knowledge of the health risks will promote individuals to acknowledge and accept their part of the communal responsibility for the community's health and safety.

Substance	Immediate Health Risks	Long-Term Risks
<u>Alcohol</u>	Aggressive behavior Slowed reactions Confusion Higher rate of injury High blood pressure Anemia May lead to use of other drugs	Muscle destruction Heart attack Cirrhosis of the liver Stomach ulcers Impotence and infertility Birth defects Fetal Alcohol Syndrome Premature aging Cancer of the stomach, colon, and breast
<u>Cocaine</u>	Unpredictable quality of the drug  Addictive Spread of infectious diseases Increased heart rate Seizures Cardiac arrest	Disintegration of mucous membrane of the nose Depression Sleep interference
<u>Narcotics</u>	Addictive Nausea Insomnia Possible death Infection from dirty needles	Cure rate is extremely low Serum hepatitis Cardiac disease Stillbirths Miscarriages
<u>Stimulants</u>	Raised pulse and blood pressure Seizures Possible death Panic	Depression Exhaustion Suicidal
<u>Depressants</u>	Confusion Quick temper Slowed responses Cause of poisonings and suicides Possible death	Difficult to quit Physical dependence
<u>Marijuana</u>	Weakened immune system Impaired memory function Increased heartbeat Increased blood pressure	Chronic lung disease Brain damage Birth defects Paranoia

An equal opportunity college

BLUE RIDGE COMMUNITY COLLEGE  
180 WEST CAMPUS DRIVE  
FLAT ROCK, NC 28731-9624



### A Message from the President

Blue Ridge Community College has adopted and implemented a program to prevent the misuse of drugs and alcohol by students and employees as required by Section 1213 of the Higher Education Act of 1965 and as amended by the Drug-Free Schools and Communities Act Amendments of 1989.

This document is distributed annually to each employee of the College and to each student enrolled for one or more curriculum courses.

Blue Ridge Community College will impose disciplinary sanctions on students and employees, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

Thank you for your interest in Blue Ridge Community College and your participation in this important prevention program.

Molly A. Parkhill, Ed. D.

# ALCOHOL PREVENTION AND DRUG ABUSE RESOURCE GUIDES

## **Henderson County**

Police/Rescue Squad/Fire .....	911
Al-Anon .....	1-800-524-0465
Henderson County Health Department ....	692-4223
Henderson County Sheriff's Department .	697-4911
Hendersonville Police Department .....	697-3025
Pardee Care Center at the Blue	
Ridge Mall for Support Groups .....	692-4600
Pardee Medical Detox Unit.....	696-4669
Vocational Rehabilitation .....	692-9184

## **Transylvania County**

Police/Rescue Squad/Fire .....	911
Age Well Fresh Start Program .....	862- 6393
Transylvania County Health Department.	884-3135
Transylvania County Sheriffs Department	884-3168
Brevard Police Department.....	883-2212

## **State-wide and Others**

Alcohol/Drug Council of NC .....	1-800-688-4232
Alcoholics Anonymous.....	1-800-524-0465
Western Highlands, LME .....	1-800-951-3792
(Western Highlands accepts Medicaid, Medicare, and non-insured patients)	

## **Nationally**

National Clearinghouse for Alcohol and Drug Information.....	1-800-729-6686
National Council on Alcoholism/ Drug Dependence.....	1-800-622-2255
Drug-Free Workplace Help Line .....	1-800-967-5752
<a href="http://www.drugfreeworkplace.gov">www.drugfreeworkplace.gov</a>	
Cocaine Hotline .....	1-800-COCAINE
National Drug/Alcohol Treatment Referral Service .....	1-800-662-HELP
American Council on Alcohol .....	1-800-527-5344
<a href="http://www.aca-usa.org">www.aca-usa.org</a>	
Al-Anon .....	1-800-356-9996