

Appendix A.

Alcohol & Other Drug Risks and Resources

I. Health Risks

The use or abuse of alcohol and other drugs increases the risk for a number of health-related and other medical, behavioral and social problems. Below is a general description of the health risks associated with alcohol and drug use.

ALCOHOL Can cause short-term effects such as loss of concentration and judgment; slowed reflexes; disorientation leading to higher risk of accidents and problem behavior. Long-term effects include risk of liver and heart damage, malnutrition, cancer and other illnesses. Can be highly addictive to some persons.

AMPHETAMINES Can cause short-term effects such as rushed, careless behavior and pushing beyond your physical capacity, leading to exhaustion. Tolerance to amphetamines increases rapidly. Long-term effects include physical and psychological dependence and withdrawal can result in depression and suicide. Continued high doses can cause heart problems, infections, malnutrition, and death.

CANNABIS Can cause short-term effects such as slow reflexes, an increase in forgetfulness, altered judgment of space and distance, and an aggravation of pre-existing heart and/or mental health problems. Long-term health effects include permanent damage to lungs, reproductive organs, and brain function and can interfere with the physical, psychological, and social development of young users.

COCAINE (crack) Can cause short-term effects such as impaired judgment; increased breathing or heart rate; heart palpitations; and anxiety, restlessness, hostility, paranoia, and/or confusion. Long-term effects may include damage to respiratory and immune systems, malnutrition, seizures, and loss of brain function. It is highly addictive.

DESIGNER DRUGS/SYNTHETIC CANNABINOIDS (e.g., bath salts, K2, spice) Can cause short-term effects such as elevated heart rate and blood pressure, chest pain, hallucinations, seizures, violent behavior, and paranoia. May lead to lack of appetite, vomiting, and tremor. Long-term use may result in kidney/liver failure, increased risk of suicide, and death.

HALLUCINOGENS (e.g., PCP, LSD, ecstasy, dextromethorphan) Can cause extreme distortions of what's seen and heard, sudden changes in behavior, and loss of concentration and memory. Increases risk of birth defects in user's children. Overdose can cause psychosis, convulsions, coma, and death. Frequent and long-term use can cause permanent loss of mental function.

INHALANTS (e.g., nitrous oxide, amyl nitrite, butyl nitrite, chlorohydrocarbons, hydrocarbons) Can cause short-term effects such as nausea, dizziness, fatigue, slurred speech, hallucinations or delusions. May lead to rapid and irregular heart rhythms, heart failure, and death. Long-term use may result in loss of feeling, hearing, and vision and can result in permanent damage to the brain, heart, lungs, liver and kidneys.

OPIATES/NARCOTICS (e.g., heroin, morphine, opium, codeine, oxycodone, china white) Can cause physical and psychological dependence. Overdose can cause coma, convulsions, respiratory arrest, and death. Long-term use leads to malnutrition, infection, and hepatitis. Use of opiates through sharing needles is a leading cause of the spread of HIV and hepatitis. Highly addictive and tolerance increases rapidly.

SEDATIVES Can cause reduced reaction time and confusion. Overdose can cause coma, respiratory arrest, convulsions, and death. Withdrawal can be dangerous. In combination with other controlled substances, sedatives can quickly cause coma and death. Long-term use can produce physical and psychological dependence and tolerance can increase rapidly.

TOBACCO (e.g., cigarettes, cigars, chewing tobacco) Can cause diseases of the cardiovascular system, in particular smoking is a major risk factor for a myocardial infarction (heart attack), and diseases of the respiratory tract such as Chronic Obstructive Pulmonary Disease (COPD) and emphysema, and cancer, particularly lung cancer and cancers of the larynx and mouth. Nicotine is highly addictive.

For an extensive list of health-related risks, please visit [The National Institute on Drug Abuse](#).

II. Resources

Emergency Department at UNC Hospitals

This resource is for students, employees, and community members.

Open 24 hours

919-966-4721

For medical emergencies, call 911.

[UNC Hospitals Emergency Room website](#)

A. Campus Resources for Students

CAPS (Counseling and Psychological Services)

Offers individual and group counseling to students, post-doctoral scholars, and their spouses who have paid the Student Health Fee.

Walk-in hours Monday through Friday, 9am to 4pm.

Located 3rd floor of Campus Health, James A Taylor Building.

[CAPS website](#)

Office of the Dean of Students

Offers support and guidance to students in crisis or facing difficult circumstances.

Located on 1st floor of SASB North.

919-966-4042

[Dean of Students website](#)

Carolina Student Legal Services

Offers free legal advice and representation to students on a variety of legal matters, including but not limited to, drug and alcohol citations. Sessions are confidential.

Located in Union 3512.

919-962-1303

[Student Legal Services website](#)

Carpe Diem

15-hour alcohol education class that fulfills the court requirement under deferred prosecution.

919-929-7087

[Carpe Diem website](#)

Student Wellness Carolina Recovery Community

For students in recovery, this group offers social support and 1-on-1 coaching.

Email carolinarecovery@unc.edu for more info.

[Carolina Recovery Program website](#)

Accessibility Resources and Service

For students who may need accommodations under the Americans with Disabilities Act.

Located on the second floor of SASB North.

919-962-8300

[Accessibility Resources and Service website](#)

Equal Opportunity and Compliance Office

For students, faculty, and staff who may need accommodations or to report an incident of discrimination or harassment based on any protected status as set forth in the [Policy on Prohibited Discrimination, Harassment and Related Misconduct](#).

Located at 214 W. Cameron Ave.

Chapel Hill, NC 27599

919-966-3576

[Equal Opportunity and Compliance website](#)

B. Campus Resources for Faculty & Staff

Employee Assistance Program

Confidential counseling and resource program for UNC employees. 24-hour ComPsych line for employees and family members. 877-314-5841

[UNC Employee Assistance Program website](#)

C. Off-Campus Resources

1. Support Groups

Alcoholics Anonymous/Narcotics Anonymous

- [AA meetings in Orange County, NC](#)
- [NA meetings](#)
- [Al-Anon/Alateen](#)
- For info on meetings frequented by other college students, contact Carolina Recovery Group at carolinarecovery@unc.edu.

2. Outpatient Services

Duke Child Development and Behavioral Health Clinic

Outpatient services young adults up to 24 years of age.

411 Trent Drive

Durham, NC 27710

919-668-5559

[Duke Child Development and Behavioral Health Clinic website](#)

First Step Services

Locations in Raleigh, Cary, and Garner. Assessments, DWI services, and outpatient services for alcohol and drug abuse.

211 East Six Forks Road, Suite 117

Raleigh, NC 27609

919-833-8899

[First Step Services website](#)

Freedom House Recovery Center

Offers crisis and detox services as well as outpatient services for alcohol and drug abuse treatment.

104 New Stateside Drive

Chapel Hill, NC 27516

919-942-2803

[Freedom House Recovery Center website](#)

Full-Life Counseling

Located in Winston-Salem. Pre-treatment, counseling, and sober living services.

983 Mar Don Drive

Winston-Salem, NC 27104

336-923-7426

[Full-Life Counseling website](#)

Legacy Freedom Treatment Centers

Locations in Asheville, Charlotte, and Raleigh. Intensive outpatient services for addiction.

4944 Parkway Plaza #200

Charlotte, NC 28217

877-254-5536

704-323-6676

[Legacy Freedom Treatment Centers website](#)

UNC Alcohol & Substance Abuse Program (ASAP)

Outpatient treatment for alcohol and drug dependency.

UNC Medical Center

101 Manning Drive

Chapel Hill, NC 27514

984-974-1000

[UNC Alcohol & Substance Abuse Program website](#)

3. Residential Programs

Fellowship Hall

5140 Dunstan Road

Greensboro, NC 27405

800-659-3381

Greensboro

[Fellowship Hall website](#)

Pavillon Treatment Center

241 Pavillon Place

Mill Spring, NC 28756

800-392-4808

[Pavillon Treatment Center website](#)

Red Oak Recovery

631 Willow Creek Road

Leicester, NC 28748

866-457-7590

[Red Oak Recovery website](#)

Wilmington Treatment Center

2520 Troy Drive

Wilmington, NC 28401

877-283-4268

[Wilmington Treatment Center website](#)

Sober Living

Bluefield

Sober living and recovery support for male college students.

916 W. Trinity Avenue

Durham, NC 27701

919-973-4159

[Bluefield website](#)

Oxford House

Gender-specific sober living, with locations throughout NC, including in Chapel Hill and Durham.

[Oxford House website](#)