

Drugs AND ALCOHOL

*Don't let them disrupt **your** studies*



The Health Risks

There are long-term health risks associated with drinking and using drugs over time. These risks include damage to the heart, liver, and brain. However, it should be noted that the vast majority of health risks occur over the course of a *single evening*, not after decades of abuse. A college-aged student has a much higher risk of an alcohol or other drug-related injury caused by a car crash, slipping or falling, getting into a fight, etc., than developing liver disease.

According to a survey of SRJC students:

35.5% did something they regretted

28.8% forgot their locations or actions

23.4% had unprotected sex

17.8% were physically injured

As a **direct result** of alcohol consumption within the last year

~SRJC NCHA Survey Spring 2013

SRJC Student Conduct Standards

The following actions related to substance use are prohibited according to Student Conduct Standards:

Use, possession, sale or distribution of narcotics, hallucinogenic drugs or substances, or any poison classified as such by Section 4160 of the Business and Professional Code on College property or at any College sponsored event, or appearance on campus or at College sponsored event after illegal use of narcotic, dangerous drug, or any intoxicant.

Use, possession, or distribution of alcoholic beverages on College property, at any College sponsored event, or appearance on campus or at any College sponsored event after consuming alcoholic beverages.



Violations of the Student Conduct Standards is basis for disciplinary sanction, including dismissal from class or from the college. For more information on the Disciplinary Procedures and Process see the Rules and Regulations page on the SRJC website.

Many students are **NOT** drinking:
42.4% of SRJC students **DID NOT** drink alcohol in the last 30 days.

~SRJC NCHA Survey Spring 2013

Think **YOU** might have a problem with alcohol?



Take an online anonymous screening for alcohol at www.collegeresponse.org and find out within minutes whether a professional consultation would be helpful for you.

Resources at SRJC

Student Psychological Services (SPS)

Individual, family, and group counseling are provided for all students. SPS also offers referrals to on-going therapy in the community.

Santa Rosa Campus:

Plover Hall, Room 559
(707) 524-1595

Petaluma Campus:

Richard Call Building, Room 610
(707) 778-3919

AA Meetings

Available on Santa Rosa Campus during Fall & Spring semesters for anyone with a desire to stop alcohol use.

**Mondays, Wednesdays, Thursdays,
and Fridays**

12:00 PM - 1:00 PM

Plover Hall, Room 540

Questions? Call: 524-1596

➔ **For more information:**
(AA) Sonoma County Central Office
www.sonomacountyaa.org