result of a chemical delta-9 tetrahydrocannabinol (THC). THC is fat-soluble and remains in the body up to three weeks after smoking one marijuana cigarette. Consequently, even the occasional user can be detected through urinalysis. Research indicates that regular use may have long-term effects on the user’s brain, heart, and reproductive organs. The numerous carcinogenic chemicals found in marijuana smoke make it particularly harmful to the lungs. Consequently, even the occasional user can be detected through urinalysis. Research indicates that regular use may have long-term effects on the user’s brain, heart, and reproductive organs. The numerous carcinogenic chemicals found in marijuana smoke make it particularly harmful to the lungs.

**Depressants.**
The use of depressants can result in a change in tolerance and physical as well as psychological dependency. The combining of several depressants (e.g. valium and alcohol) will potentate the depressant effects multiplying the health hazards. Withdrawal symptoms include anxiety, vomiting, acute psychotic episodes, seizures, and death.

**Stimulants.**
High doses of stimulant drugs result in intense personality disturbances, including visual and auditory hallucinations, delusions, and paranoia. Tolerance develops rapidly. Cross-tolerance does develop among stimulant drugs (e.g. methamphetamine and cocaine). The use of cocaine can cause death by cardiac arrest or respiratory failure. Stimulants are addictive and while withdrawal from stimulants is less dangerous than with depressants, depression can make a person vulnerable to suicide.

**Narcotics.**
Tolerance, especially to the euphoric effects of narcotics, and physical dependence develop rapidly. In order to avoid the abstinence syndrome, the addict becomes preoccupied with acquiring the drug. Withdrawal symptoms are extremely uncomfortable; however, they are seldom life-threatening.

**Anabolic-androgenic steroids.**
Steroid users can experience serious cardiovascular, liver, central nervous system, gastrointestinal, and reproductive disorders. In males, use can result in testicular atrophy, sterility, impotence, and arrested growth. Irreversible masculinization and sterility can result when women use steroids. Psychological impairments include mood swings, depression, and very aggressive behavior.

**WARNING SIGNS**
- A dramatic drop in work performance
- A major change in friends and peer groups
- Significant mood swings
- Extravagant tastes on a tight budget
- Indifference to personal hygiene and environment
- Daydreams a lot
- Others mention their concern and notice the change
- Long-term relationships begin to suffer
- Phone calls at odd hours
- Unexplained and long absences
- Sudden, constant lack of money

**STEPS TO DEAL WITH ALCOHOL POISONING**
1. Wake the person up! If they don’t respond, get HELP!
2. Turn and keep them on their side to prevent them from choking should they vomit.
3. Check the person’s skin. If it is pale or blue, get help.
4. Check the person’s breathing. If it is irregular or shallow, get help.
5. If you discover any one of the above problems, stay with the person and call 9-1-1. Better safe than sorry! When in doubt, call 9-1-1.

**UNIVERSITY SERVICES FOR ALCOHOL AND SUBSTANCE ABUSE**
Resource information (booklets, brochures, pamphlets, videos, etc.) regarding health and safety concerns from substance use and/or abuse and information regarding campus and community services are available through a variety of University services, including:

- The Student Medical Center 419.530.3451
- The Counseling Center 419.530.2426
- Campus Police 419.530.2600
• Interfaith Center 419.530.4198
• Human Resources 419.530.1470

COMMUNITY RESOURCES
There are many people and services available for someone who needs support, information, or treatment.

AL-ANON-ALATEEN
419.249.0636
Self-help group for persons who are close to an alcoholic. No fee.

Fresh Attitudes, Inc.
419.244.4081
Substance abuse assessments, treatment, education, and after-care; adult mentoring. Sliding fee schedule.

ALCOHOLICS ANONYMOUS
419.380.9862
Self-help group for alcoholics. No fee.

COMPASS, INC.
419.241.8827
Substance abuse treatment, detoxification, and after care. Sliding fee schedule based on ability to pay.

First Call for Help
800.423.1958
For referral and information about self-help groups.

FOCUS
800.547.5695
419.891.9333
Assessments - no charge. Inpatient detox, hospitalization, partial hospitalization, and medication management.

HARBOR BEHAVIORAL HEALTHCARE
419.475.4449
Education services. Sliding fee schedule based on ability to pay.

RESCUE CRISIS
419.255.9585
24-hour emergency hotline.

TOLEDO HOSPITAL ALCOHOL/DRUG TS.
419.471.2300
Free assessments. Treatment center for substance abusers. After care.

URBAN MINORITY ALCOHOLISM & DRUG ABUSE OUTREACH PROGRAM
419.255.4444
Prevention, intervention, and relapse prevention. Program targeted for minorities. No fee.

APPLICABLE FEDERAL, STATE, and LOCAL LAWS AND SANCTIONS
The following is a description of the applicable legal sanctions under federal, state, and local law for the unlawful possession, use, or distribution of illicit drugs and alcohol.

FEDERAL LAW
Federal law prohibits the trafficking and illegal possession of controlled substances as outlined in 21 United States Code, Sections 811 and 844. Depending on the amount, first offense maximum penalties for trafficking marijuana range from five years imprisonment and a fine of $250,000 to imprisonment for life and a fine of $4 million. First offense maximum penalties for trafficking cocaine, cocaine base, PCP, LSD, fentanyl analogue range from five years to life imprisonment and maximum fines ranging from $2 million to $4 million. First offense penalties and sanctions for the illegal possession of a controlled substance range from up to one year in prison and a fine of at least $1,000 but no more than $250,000, or both.

STATE LAW
Ohio Revised Code (O.R.C.) Section 4301.63 provides that no person under the age of 21 shall purchase beer or intoxicating liquor. PENALTY FOR VIOLATION: A fine of not less than $25 but no more than $100 may be imposed.