

A MESSAGE TO SAC STATE

A HEALTH ADVISORY

At Sacramento State, we recognize that the misuse and abuse of alcohol and other substances is a threat to the mission of the University, and negatively impacts the health, safety, and welfare of our entire campus community.

We believe that students, faculty, staff, and the larger community have a shared responsibility in educating one another about the potential negative health outcomes and legal consequences associated with substance use, allowing them to make thoughtful and informed choices.

The following pages highlight information about alcohol, cannabis, tobacco, and other drugs, along with resources that are available to students, staff, and faculty members.

PRINT COPY:

Print copies of this Health Advisory can be requested at Student Health and Counseling Services located in Room 1031, 1st floor of The WELL. Educational and service resources are also available upon request.

CLERY REPORT:

In compliance with the Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics, Sacramento State has made crime reporting statistics available online at www.csus.edu/police. Print copies are available by request from the Sacramento State Police Department.

ALCOHOL

Alcohol is one of the most socially accepted and commonly used substances in the United States. Its effects vary widely from person to person, depending on factors such as how much and how often you drink, and your age, health status, and family history (National Institute on Alcohol Abuse and Alcoholism [NIAAA], n.d.).

ALCOHOL AND YOUR HEALTH

Alcohol consumption may cause impairment to a person's ability to estimate time or distance, coordination, and motor function. Use may also cause impaired decision making, which can lead to engaging in higher risk behaviors such as driving under the influence, unsafe sexual practices, and intended or unintended injury to self and others. Extended alcohol abuse can result in high blood pressure, heart disease, stroke, liver disease, digestive problems, various cancers, depression, anxiety, and dementia. Rapid ingestion may result in alcohol poisoning, coma, or death (NIAAA, n.d.).

UNDER THE AGE OF 21

- A blood alcohol content of .01 while driving may result in the suspension or revocation of your driver's license (McCurley, n.d.).
- Buying or attempting to buy alcohol is considered a misdemeanor (State of California, 2020).

OVER THE AGE OF 21

- It is illegal to drive a motor vehicle with a blood alcohol content (BAC) of .08 or higher (McCurley, n.d.).
- It is a misdemeanor crime to sell, give, or furnish alcohol to anyone under 21 years of age (State of California, 2020).

HEALTH & WELLNESS TIPS

- Know the signs of alcohol poisoning and call 911 if someone is displaying any of them **MUST HELP: Mental confusion; Unresponsive; Snoring/Gasping for air; Throwing up; Hypothermia; Erratic breathing; Loss of consciousness; Paleness/blueness of the skin** (With Us: Aware Awake Alive, n.d.).
- Binge drinking is associated with many health problems and is defined as 5+ standard-sized drinks for male-bodied person and 4+ standard-sized drinks for female-bodied persons (CDC, n.dB).
 - To reduce the risk of alcohol-related harms, it is recommended that adults of legal drinking age choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for male-bodied persons or 1 drink or less in a day for female-bodied persons (CDC, n.dB).

ALCOHOL

HEALTH & WELLNESS TIPS

- Certain groups of people should avoid alcohol altogether, including people who are or may become pregnant, people who have certain medical conditions or are taking certain medications that can interact with alcohol, and persons recovering from alcoholism (CDC, n.dB).
- It is best to avoid drinking alcohol when you are taking other medications, both prescribed or over-the-counter medications. Combining alcohol with medications can increase adverse side effects (nausea, headaches, drowsiness, impaired motor skills etc.), lower the medication's effectiveness, and even put you at risk for internal bleed or heart problems (NIAAA, 2013).

ASI SAFE RIDES

The goal of Safe Rides is to help reduce DUI incidents and encourage safe transportation by providing students financial reimbursement for ride share trips. Sac State students can request up to \$40 cash back (until funds last) per semester for rides taken from ride share services, taxis, and public transportation. Learn more at asi.csus.edu/safe-rides.

SACRAMENTO STATE POLICIES

Alcohol Beverage and Drug Policy - PolicyStat ID 11300464

<https://sacramentostate.policystat.com/policy/11300464/latest>

Sales, Service, and Advertising of Alcoholic Beverages - PolicyStat ID 10311602

<https://calstate.policystat.com/policy/10311602/latest/>

Intercollegiate Athletics Administration - PolicyStat ID 9486968

<https://calstate.policystat.com/policy/9486968/latest/>

CANNABIS

Cannabis, also known as marijuana, is the second most commonly used psychotropic drug in the United States, after alcohol. Cannabis has two primary chemicals: Tetrahydrocannabinol (THC) and Cannabidiol (CBD). THC is the chemical that gives users a "high" (CDC, n.dC).

DID YOU KNOW...

- As of 2016, medical and recreational use of cannabis is legal in the state of California (California Courts, n.d.).
- Cannabis use is significantly higher in adults with mental health conditions and many individuals report using cannabis to manage their mental health (Substance Abuse and Mental Health Services Administration [SAMHSA], 2020).
- About 1 in 10 users will become addicted, and for people who begin using before the age of 18, that number rises to 1 in 6 (CDC, n.dC).
- THC potency levels have greatly increased in the past few decades. In the 1980s-90s, THC levels averaged below 5%. Today, we see cannabis sold with THC percentages averaging around 15%, and they can now be as high as 30-40% (National Institute on Drug Abuse, 2022).
 - Most negative symptoms and long-term health impacts of cannabis use have been associated with consuming higher THC percentages and with chronic cannabis use (CDC, 2020a; Stuyt, 2018).
- At the Federal level, cannabis remains classified as a Schedule 1 drug.
 - **No cannabis products are permitted on University property, regardless of state legality, as Sacramento State is a federally funded institution (CSU EO 1108).**

UNDER THE AGE OF 21

- Consuming, buying, or attempting to buy cannabis is considered an infraction, which can lead to a number of penalties (California [CA] Dept. of Cannabis Control, n.d.).

OVER THE AGE OF 21

- It is illegal to give or sell cannabis to persons under 21 years of age (CA Dept. of Cannabis Control, n.d.).
- You cannot use cannabis products in public spaces or on Federal lands (CA Dept. of Cannabis Control, n.d.).
- It is illegal to drive under the influence of cannabis (CA Dept. of Cannabis Control, n.d.).

CANNABIS

CANNABIS AND YOUR HEALTH & WELLNESS

Cannabis use directly affects the brain, specifically the parts responsible for memory, learning, attention, decision making, coordination, emotions, and reaction time. Long-term use may result in permanent impairment of these functions. Some studies found that regular cannabis use can accelerate symptoms of anxiety disorders, mood disorders, schizophrenia, or psychosis (American Psychiatric Association, 2018; National Academies of Sciences, Engineering, and Medicine, 2017). Additionally, it is recommended to speak to a healthcare provider prior to use of cannabis to discuss medication interactions. Researchers have found that cannabinoids can interact with and impact the efficacy of over 130 prescribed medications such as heart medications, antibiotics, and blood thinners (Kocis & Vrana, 2020).

Cannabis users can experience extreme discomfort when over consuming cannabis, sometimes referred to as an overdose of THC or "greening out" (Orlando Recovery Center, n.d.). When a person greens out, symptoms can include extreme sedation, dizziness, nausea and vomiting, feelings of panic/fear/agitation, cognitive and motor impairment, or mild hallucinations (La Hacienda Treatment Center, 2023). Mixing substances with cannabis, such as alcohol, can increase chances of greening out or worsen one's symptoms. Thankfully, it is extremely unlikely for greening out to be fatal. If you or someone you know greens out, it is best to move to a safe location, provide hydration and snacks, and reassurance for any emotional symptoms (Boca Recovery Center, 2023).

HEALTH AND SAFETY TIPS: SAFER CONSUMPTION

- Pace yourself, especially with edibles or higher THC levels. The onset of effects of higher THC percentages are more commonly cultivated now and can lead to negative symptoms in some users.
- Know your product. Pay attention to THC percentages on product labels to avoid overconsumption or negative symptoms. Additionally, purchasing from licensed companies (dispensaries) can ensure no contamination or lacing (such as fentanyl), and that California Department of Cannabis safety regulations are followed.
- Consume in moderation to avoid negative symptoms and long-term impacts on health.
- Avoid mixing other substances with your cannabis to minimize the chances of experiencing the symptoms of "greening out."
- Have a designated sober friend. This person can help keep you safe or take you home if you do not feel well from side effects or if you "green out."
- Never drive under the influence. Driving "high" is still driving under the influence. This is unsafe for you, others in your vehicle, and other drivers on the road.
- Be honest with your healthcare provider about your cannabis use. As research is finding more health impacts and medication interactions associated with cannabis use, discussing your use with a healthcare provider can help you find ways to reduce risks to your health and wellbeing.

TOBACCO & VAPING

Cigarette smoking remains the leading cause of preventable disease and death in the United States, accounting for about 1 in 5 deaths. Additionally, the recent E-cigarette (more commonly known as vapes/ vaping) epidemic has reinvigorated tobacco use prevalence, especially among youth and young adults (CDC, 2018).

DID YOU KNOW...

- You must be 21 years of age or older to purchase and use tobacco products in the state of California (American Lung Association, n.d.).
- Vaping liquids, also called e-juices, contain nicotine which is the primary chemical found in the tobacco plant. Nicotine is highly addictive and can hinder proper brain development. Brain development continues until a person is about 25 years of age (CDC, n.d).
- Student Health, Counseling and Wellness Services provides free Cessation Quit Kits for students interested in quitting or reducing their cigarette, vape, or smokeless tobacco use. Quit Kits include community resources, coupons for nicotine replacement therapies at the SHCWS Pharmacy, and other items to help curb cravings.
- E-cigarette aerosol can contain ingredients such as heavy metals (nickel, tin, and lead), diacetyl, and other cancer-causing chemicals (CDC, n.d).
- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged (CDC, n.d).
- Tobacco consumption and smoking can cause a variety of cancers, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), and death (CDC, 2020b).
- Exposure to secondhand smoke can also cause stroke, lung cancer, and heart disease. Children are especially sensitive to secondhand smoke exposure (CDC, 2020b).
- In November 2022, California voters approved Prop 31 - Flavored Tobacco Products Ban Referendum (2022) which upholds SB 793 - the 2020 state law that prohibits the sale of most flavored tobacco products. The ban includes products such as menthol cigarettes, disposable e-cigarettes/vapes, vaping juices, vape pods and chewing tobacco. Retailers in California are now prohibited from selling flavored tobacco products, with some exceptions to hookah, loose-leaf tobacco, and premium cigars.



TOBACCO & VAPING

Sac State is a completely **TOBACCO & SMOKE FREE CAMPUS**

In September 2017, the CSU Chancellor issued Executive Order 1108, establishing all 23 institutions as smoke & tobacco free campuses. Tobacco and smoke products include Cigarettes, Electronic Cigarettes, Cigars, Pipes, Hookah, Cannabis, and all other forms of smokeless tobacco.

Policy enforcement area includes all of Sac State's indoor and outdoor areas, such as in University buildings and on campus grounds, in University vehicles regardless of where they are being operated, and in non-University vehicles while on Sac State grounds.

HEALTH AND SAFETY TIPS: READY TO QUIT?

- Make your decision to quit and remind yourself of your "WHY" - Maybe it's health, saving money, or having more energy.
- Set a Quit Day. This gives you time to prepare and let your support system know of your plan. Mark this day on your calendar.
- Choose your method of quitting. There are many options, and some may work better for you than others.
- Find your support system. Support is a key part of your Quit Plan and can come from many places.
- Ask family and friends who still use tobacco to not use it around you or leave tobacco products around you.
- Stay busy with physical activity and other hobbies you enjoy.
- Drink lots of water and snack on mints, honey, gum, etc. for oral fixation substitutes.
- Change up your routine that may be linked with smoking, such as having a cup of tea instead of coffee, avoiding alcohol, or taking your breaks and lunches in different locations.
- Be kind and gracious with yourself if you struggle or "fall back." Quitting is difficult and these products are intentionally addictive!
- Make use of your community resources.
 - Kick It California is a completely free program to support people quit smoking, vaping, and smokeless tobacco. This program has a variety of support options including phone, online chat, texting, and a mobile app. Learn more at kickitca.org.
 - The National Quit Line provides confidential support with a highly trained quit coach at 1-800-QUIT-NOW (1-800-784-8669).

PRESCRIPTION OPIOIDS

DO YOU KNOW THE DIFFERENCE?

- **Opioids** (i.e. – Oxycodone, Hydrocodone, Methadone etc.) are typically prescribed to relieve moderate to severe pain. Anyone who takes prescription opioids can become addicted. As many as 1 in 4 long-term opioid users are struggling with an opioid addiction (CDC, n.dG).
- **Naloxone (Narcan)** is a non-addictive, safe, and highly effective nasal spray or muscle injection medication that works to reverse an opioid overdose (CA Dept. of Public Health, n.dB). Naloxone is covered by many health insurances and is often available at local pharmacies.
 - SHCWS now facilitates Narcan training, where attendees learn about opioids and how the current epidemic impacts our community, how to identify an opioid overdose, and what Narcan is and how to properly administer it.
- In California, the **Campus Opioid Safety Act (SB 367)** aims to reduce opioid-related overdoses and deaths at public colleges through education and access to overdose reversal medication. Specific efforts to comply with SB 367 include:
 - **Collaboration with campus partners** to train front-facing students and employees.
 - **Monthly in-person Narcan trainings** for all campus members.
 - **Asynchronous training** option for individuals who prefer to learn on their own time.
 - Narcan units in **AED boxes** throughout campus for **emergency use**.
- **Fentanyl** is a synthetic opioid that is highly addictive and extremely strong. It is typically prescribed to treat severe pain such as in hospital settings or for advanced-stage cancer, but has recently seen increases in illicit manufacturing and illegal distribution. Fentanyl is often added to other substances without one knowing. It is extremely difficult to tell if a drug has been laced with fentanyl because fentanyl often cannot be seen, smelled, or tasted. This makes fentanyl-laced illicit drugs extremely dangerous and potentially lethal, even in small doses (CA Dept. of Public Health, n.dA).

PRESCRIPTION OPIOIDS AND YOUR HEALTH & WELLNESS

- Use of stimulants for reasons other than prescribed by your medical provider could lead to harmful health effects such as addiction, heart problems, psychosis, anger, or paranoia (National Institute of Drug Abuse, 2018a).
- Misusing **opioids** dramatically increases the risk of addiction, abuse, and overdose. Other side effects that a person may experience are increased sensitivity to pain, sleepiness, depression, and lower sex drive, energy, and strength (CDC, n.dG).

PRESCRIPTION OPIOIDS

PRESCRIPTION DRUGS AND YOUR HEALTH & WELLNESS

- **CNS Depressant** misuse can cause symptoms such as slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, and lowered blood pressure. Long-term use may result in tolerance, requiring larger doses to achieve the same effects. Continued misuse can also lead to dependence, and withdrawal when use is abruptly reduced or stopped. Suddenly stopping can also lead to harmful consequences like seizures (National Institute of Drug Abuse, 2018b).
- Sharing injection equipment, and having impaired judgment from drug use, can increase the risk of contracting infectious diseases such as HIV, viral Hepatitis, and bacterial and fungal infections (CDC, n.dE).
- It can be extremely unsafe to use or combine medications outside of what a health provider or pharmacist prescribes you. Mixing medications can lead to unexpected side effects and increased impairment (FDA, n.dB).

HEALTH AND SAFETY TIPS: RECOGNIZE THE SIGNS OF AN OPIOID OVERDOSE

- Common symptoms of opioid overdose:
 - Not responding to voice commands or touch
 - Falling asleep, loss of consciousness, limp body
 - Breathing is slow, irregular, shallow, or as stopped
 - Person may also be snoring, gasping, choking, or gurgling
 - Pale or cold skin
 - Blue or purple lips or fingertips
 - "Pinpoint pupils:" Small, constricted, and do not change with light
- If you suspect someone is experiencing an opioid overdose, we urge you to immediately call 911, administer naloxone if available, and stay with the individual until emergency help arrives.
- Remember naloxone/Narcan is safe and non-addictive for people of all ages! This includes children, older adults, and pregnant people. The same dose is used for children and adults.
- Naloxone/Narcan will not harm someone if they are not overdosing on opioids or not overdosing in general.

OTHER PRESCRIPTION DRUGS



DO YOU KNOW THE DIFFERENCE?

- **Prescription stimulants** (i.e. - Amphetamine, Methylphenidate, and Dextroamphetamine) increase alertness, attention, and energy. This class of drugs are generally used to treat attention-deficit hyperactivity disorder (ADHD) and narcolepsy (National Institute of Drug Abuse, 2018a).
- **Prescription CNS Depressants** (i.e. - Benzodiazepines, Non-Benzodiazepine Sedative Hypnotics, and Barbiturates) slow brain activity, making them useful for treating anxiety, panic, acute stress reactions, and sleep disorders (National Institute of Drug Abuse, 2018b).

HEALTH AND SAFETY TIPS: AVOID MISUSE, ADDICTION, AND OVERDOSES

- **Keep medicines in their original bottles** or containers, so you know with certainty what you are taking and so that you have proper dosing instructions readily available.
 - **Never** give someone your prescription medications or use someone else's medication.
 - **Do NOT take larger or more frequent doses** of your medications to try to get faster or more powerful effects. This can lead to overdosing.
 - **Avoid mixing substances** or using substances alone, including with alcohol and cannabis. Mixing medications can lead to unexpected side effects and increased impairment (FDA, n.dB).
 - **Never purchase drugs from a non-medical provider.** They may be laced with other drugs and could be extremely dangerous or even fatal.
 - If you believe you are struggling with prescription substance use dependency/addiction, **it is highly recommended to consult with a healthcare provider.** There are many medical support options for discontinuing use, such as medication assisted treatment.
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RESOURCES

ON-CAMPUS RESOURCES

- **Student Health, Counseling and Wellness Services:**
916-278-6461
csus.edu/shcws
After-hours Nurse Advice Line:
916-278-6461
- **Campus Pharmacy:**
916-278-6040
csus.edu/student-life/health-counseling/pharmacy
Free medication disposal bin available
- **Sexual Violence Support: CSUS Confidential Campus Advocate:**
csus.edu/student-life/health-counseling/sexual-violence-support
- **Office of Equal Opportunity:**
916-278-5770
csus.edu/division-inclusive-excellence/office-equal-opportunity/
- **Sacramento State Police Department:**
916-278-6000
csus.edu/campus-safety/police-department
- **Crisis Assistance and Resource Education Support (CARES)**
csus.edu/student-affairs/crisis-assistance-resource-education-support/
- **ASI SafeRides Program:**
asi.csus.edu/programs/safe-rides

OFF-CAMPUS & INFORMATIONAL

- **Alcoholics Anonymous, Sacramento:**
aasacramento.org
- **Marijuana Anonymous:**
sacramentoma.org
- **WEAVE (Assault and IPV Support Services):**
weaveinc.org
- **National Suicide Prevention and Crisis Lifelines:**
Call or Text 9-8-8
- **Kick It California - Free cessation support program:**
1-800-NO-BUTTS (1-800-662-8887)
kickitca.org
- **California Department of Public Health**
cdph.ca.gov
- **Centers for Disease Control and Prevention:**
cdc.gov
- **National Institute on Drug Abuse:**
drugabuse.gov

RESOURCES

OFF-CAMPUS & INFORMATIONAL

- **American Cancer Society:**
cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html
1-(800)-227-2345
- **Substance Abuse and Mental Health Services Administration:** 1-(800)-662-4357
samhsa.gov/find-help/national-helpline
- **California Department of Healthcare Services:**
dhcs.ca.gov
- **California's Opioid Response:**
cdph.ca.gov/Programs/CCDPP/opioids/
- **Sacramento County Opioid Coalition:**
sacopioidcoalition.org

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The employee assistance program (EAP) is designed to provide professional assistance to Sacramento State employees and their families (dependents and permanent household members) in assessing and resolving personal problems that may be affecting well-being or job performance.

For more information, visit csus.edu/administration-business-affairs/internal/your-hr/benefits/employee-assistance-program.html or contact the **Human Resources Department at 916-278-6078.**

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