



Purpose

The purpose of this publication is to make the students, faculty and staff of Baldwin-Wallace College aware of the serious effects of substance abuse. It will serve as a reference guide on College policies and programs as well as additional outside assistance available for those who need help or know of someone who does.

This publication will be distributed annually among the students and employees of Baldwin-Wallace College. The referenced policies will be reviewed biennially in keeping with the requirements of the Drug-Free Schools and Communities Act Amendment of 1989, Pub. L. No. 101-226 103 Stat. 1928 - December 12, 1989.

What About Drinking?

The first responsible act of any individual is to remember that the use of alcohol by anyone under the age of 21 is illegal. Next, it's important to recognize potential warning signs of abuse or dependence. Ask yourself...

- Do you drink to relieve pain, forget problems or overcome fears?
- Do you drink in order to cope with unpleasant feelings such as anger, frustration, sadness or depression?
- Do you drink before class/work or in the morning?
- Have you experienced memory loss or blackouts as a result of drinking?
- Do you find that you have to drink more and more to get the desired effect?
- Have you experienced legal difficulties such as DUIs or injured yourself when drinking?
- Do you prefer to drink alone rather than with others?
- Do you use alcohol to help you to feel more comfortable in social situations?

If you answered "yes" to one or more of these questions you may have a drinking problem. If you have a problem with alcohol or suspect that you do, you are not alone and help is available.

What are the Symptoms of Substance Abuse/Dependency

- Sudden, noticeable personality changes.
- Drinking alone or in secret.
- Severe mood swings.
- Changing peer groups.
- Have the desire but there is difficulty in reducing or controlling substance use.
- Dropping out of extracurricular activities.
- Decreased interest in leisure time activity.
- Needing an increased amount to achieve the desired effect.
- Depressed feelings much of the time.
- Changes in sleeping or eating habits.
- The substance is taken to relieve or avoid withdrawal symptoms.
- Sudden weight loss.
- Tendency toward increasing dishonesty.
- Trouble with the law as in driving.
- A markedly diminished effect of the substance with continued use of the same amount.
- Absence from school or work.
- Frequent job losses or changes.
- "Turned off" attitude if drugs are discussed.
- Missing household money or objects.
- Increasing time alone.
- Deteriorating relationships/withdrawing from family and friends.
- Obvious signs of physical intoxication.

What You Can Do to Help

Learn how you can be part of the solution.

What can you do if you believe someone you know has a problem with alcohol or drugs?

- Learn the facts of alcohol and drug addiction.
- Approach the individual when he/she is sober and alone to discuss the issue. The individual may be more open to hear what you have to say.
- Remember it's not your responsibility to fix things. You can only communicate the facts to the individual about their behavior. Ultimately it is up to the person to make the change.
- Make it clear that you offer your personal support and encourage non-drinking or drug-using activities.
- Refuse to ride with a driver who has been using alcohol or drugs.
- Find out about the resources available in the community so you can share them with the individual as another sign of your support and caring.
- Don't give up. Understand that this is a process that takes time. There is always hope.

College Policies

Statements of College policies against the use of illegal drugs and the abuse of alcohol including sanctions against violations may be found in the following publications:

1. Baldwin-Wallace College Student Handbook, 2006-2007
2. Baldwin-Wallace College Employee Handbook

College-Sponsored Programs

Students, faculty and staff are urged to take full advantage of the following programs by contacting the Center for Alcohol and Related Issues Education of the Department of Student Affairs:

1. Certified Peer Educators (CPE) –a student-driven organization to educate students toward making healthy and responsible lifestyle choices
2. Health Promotion Grant –a funding opportunity for healthy alternatives
3. Difficulties With Alcohol (Alcohol 101)–a two-hour educational program
4. Several wellness residence halls Mid-Night Madness (MNM)–a weekly non-alcoholic social and recreational program

Resources

If you have questions about or difficulties with alcohol and drug abuse, please contact any of the resources listed below.

ON-CAMPUS:

Health Services
440-826-2178

Counseling Services
440-826-2180

Theresa Novak
CARE Program Coordinator
Certified Peer Educators
440-826-2180

Sam Ramirez
Assistant V.P., Human Resources
440-826-2220

OFF-CAMPUS:

MEDICAL MUTUAL BALANCED OUTLOOK
1-800-323-0414

KAISER 24-HOUR EMERGENCY HELP LINE
1-800-686-2240 or 216-445-4900

ALCOHOLICS ANONYMOUS
24-Hour Answering Service
216-241-7387

NATIONAL DRUG AND ALCOHOL
TREATMENT REFERRAL SERVICE
800-622-HELP

FAMILIES ANONYMOUS
216-779-4357

Note: For information on programs and treatment centers in the area, please contact Counseling Services.

ON THE WEB:

Alcoholics Anonymous

www.alcoholics-anonymus.org

Al-Anon/Alateen

www.al-anon.alateen.org

Adult Children of Alcoholics Groups

www.adultchildren.org

Families Anonymous

www.familiesanonymous.org

Narcotics Anonymous

www.na.org

EMERGENCY NUMBERS:

- Campus Security x2000 (off campus, dial 440-826 first)
- Berea Fire Department 440-234-1212
- Berea Police Department 911
- Southwest General Health Center 440-826-8000