

# Opioids on the College Campus



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- What are Opioids?
- What puts college students at risk?
- How are college students accessing opioids?
- What is all the hype about fentanyl?
- What are the signs of Opioid Use Disorder?
- What are barriers to treatment?
- What can be done to raise awareness?



# What Are Opioids ?



- Opioids are a class of drugs used to reduce pain.
- They **suppress** the central nervous system.
- Some opioids come from the opium poppy plant, *Papaver somniferum*. Other synthetic opioids are made in laboratories.
- **Prescription opioids** include morphine, codeine, Lortab, Vicodin, methadone, Percocet, OxyContin, Oxycodone, fentanyl.
- **Illegal opioids** include heroin.
- All prescription opioids can be used illegally if not used as prescribed, such as fentanyl



# Risk Factors for College Students

Fraternity/Sorority Life

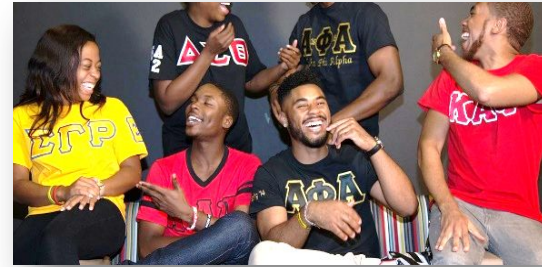
Time Spent on Social Media

Chronic Pain/Sports Injuries

Peer Pressure

Anxiety About Grades

Isolation, Depression



# Access to Opioids

- Prescribed From Doctors for Pain
- Friends and Family Members
- Campus Acquaintance
- Social Media



# Social Media Access



## The Drug Emoji Code Recently De-Coded by the DEA

Drug Dealer/Advertising they sell/deal



High Potency/High Quality



Universal for Drugs



Large Batch/Amount



Package Arrived



Mobile/Delivery



Oxycodone



Xanax



Percocet



Adderall



Cocaine



Crystal Meth



Heroin



Marijuana



MDMA and Mollies



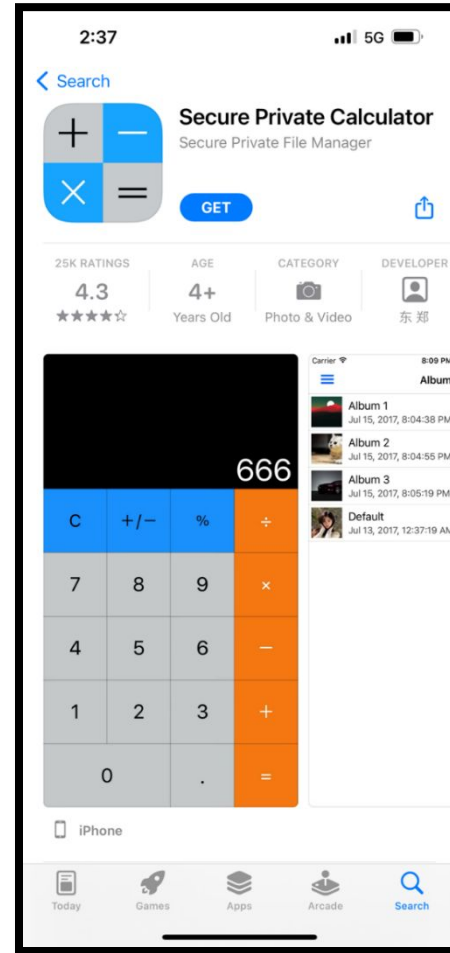
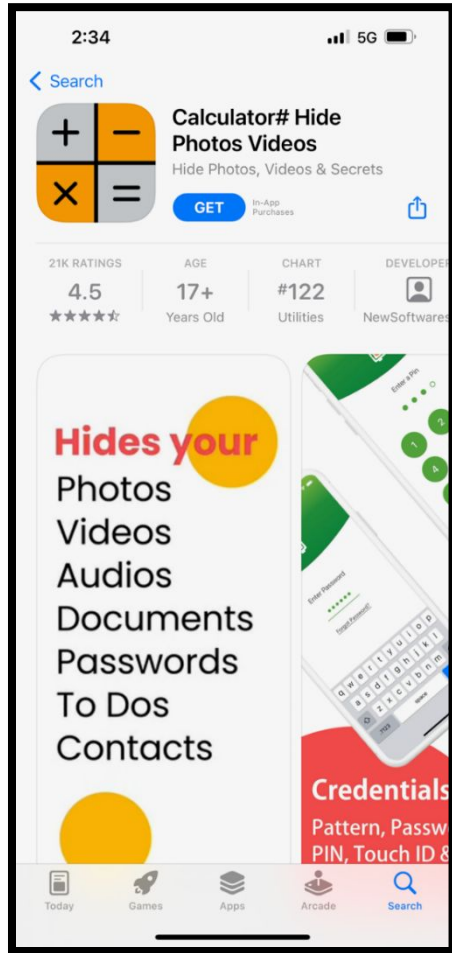
Cough Syrup



Psilocybin/Mushrooms



# Phone Apps Used for Buying Illicit Drugs



# The Five Most Abused Drugs by College Students

## #1 - Alcohol

About 9.9% of college students ages 18 to 22 drank alcohol for the first time in college.



## #2 - Marijuana

Almost 50% of college students have tried marijuana at least once. Estimates are 1 in 22 college students use marijuana regularly.

## #3- Prescription Drugs

Close to 30% of college students used Adderall or other prescription drugs at least once.



## #4 - Ecstasy

Due to ecstasy, emergency room visits have increased by more than 1,200% since Ecstasy became the "club drug" of choice at all-night raves.

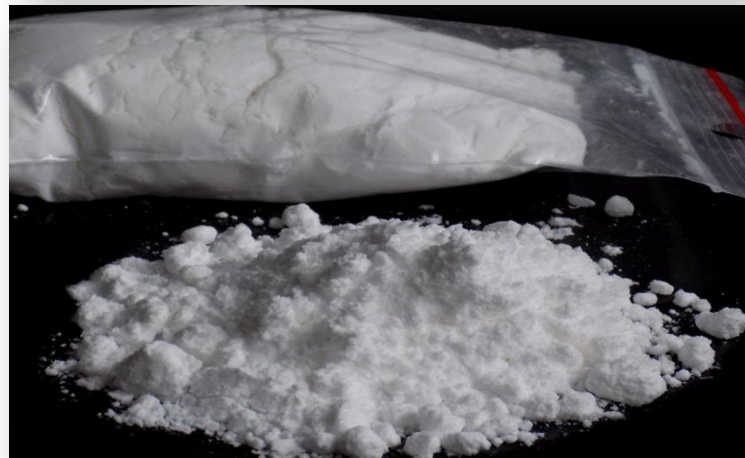
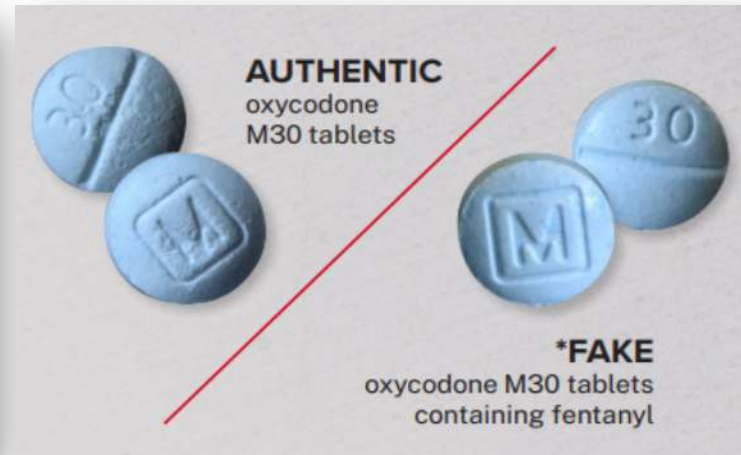
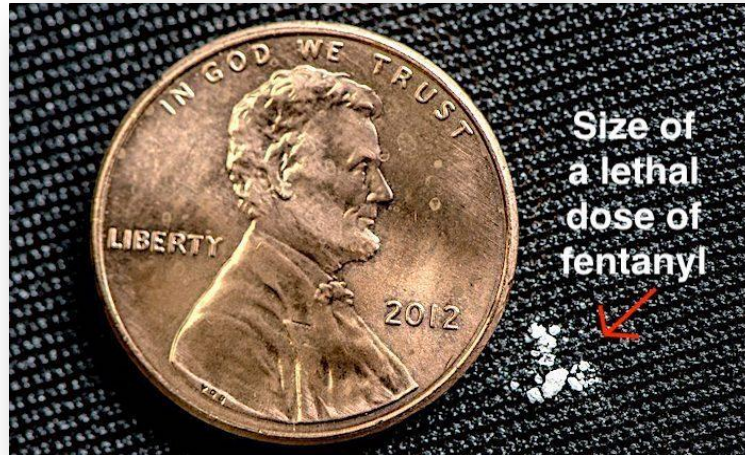
## #5 - Cocaine

About 69% of cocaine users started using cocaine after college entry. From year 1 to year 4, the lifetime prevalence of cocaine use tripled from 4% to 13%.





# The Hype About Fentanyl



# What is Lean?



Rappers have made lean popular over the past decade, also known as “**purple drank**” or “**sizzurp**”. Its an illegal drink made with codeine cough syrup and mixed with soda, Jolly Rancher candy and ice.

## ***Short term effects:***

- Easily accessible high
- Slows the world down around you
- Takes the edge off
- Feeling of euphoria
- Makes you lean
- Codeine is an OPIOID

## ***Long term effects:***

- Frustration, lack anger control
- Memory loss
- Dental decay
- Low blood pressure
- Difficulties breathing
- Coma or Death



# Don't Lean Towards Addiction

**KICK THE CUP**

**LEAN IS CODEINE**

Contains Addictive Opioid Codeine

Drug Facts	
Active Ingredient Prometh With Codeine	Purpose Cough Suppressant
<b>Warnings</b> Can cause shallow breathing, slow heart rate, light-headedness, confusion, agitation, seizure, constipation, stomach pain, high fever.	
Do not take with other drugs that may cause drowsiness or lowered heart rate. This may result in serious side effects and even death.	

**CODEINE IS ADDICTIVE**

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# What is Polysubstance Use?



Polydrug use involves the consumption of more than one drug, including alcohol, at once. Although polysubstance misuse often refers to misuse of multiple illicit drugs, it's also inclusive of prescription medications used in nonmedical circumstances. It can be done intentionally or unknowingly.

## Common Stimulants

Cocaine, Methamphetamines,  
MDMA, Adderall, Ritalin, Concerta

## Common CNS Suppressants

Alcohol, Barbiturates,  
Benzodiazepines, Opioids



Mixing stimulants and suppressants doesn't balance or cancel them out. In fact, the results of combining drugs are unpredictable, often modifying or even masking the effects of one or both drugs. This may trick you into thinking that the drugs are not affecting you, making it easier to overdose.



# Dependence or Addiction?

## Opioid Dependence

Yes

Physiological Dependence

No

Psychological Dependence

Yes

Become tolerant to medication

Yes

Experience withdrawal symptoms when stopped

Yes

Develop dependence over time

No

Crave more opioids

## Opioid Addiction

Yes

Yes

Yes

Yes

Yes

Yes

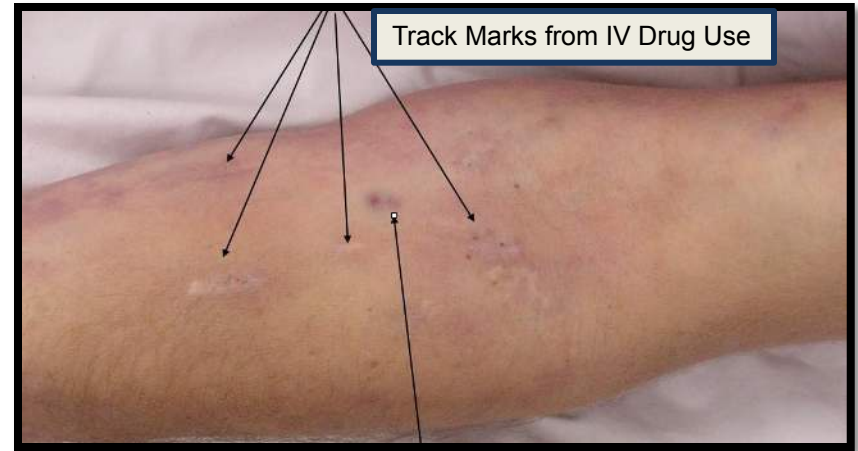


# What an Opioid Overdose Looks Like



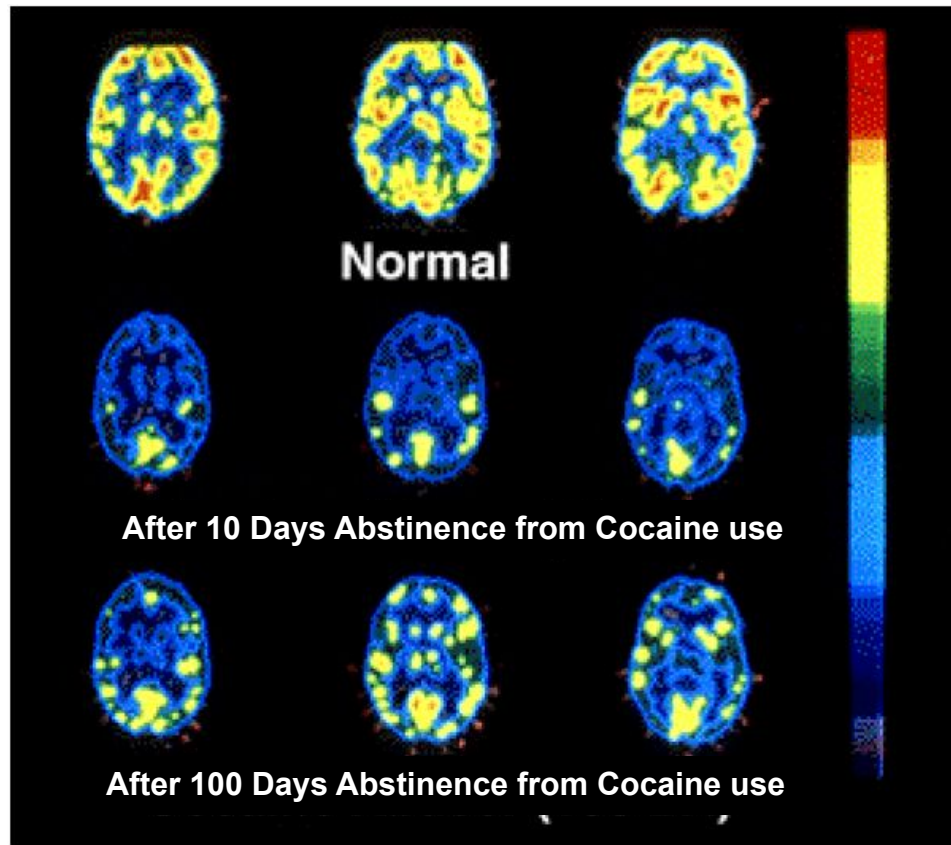
# Indications of Opioid Use Disorder

- Drowsiness
- Changes in sleep habits
- Loss of interest in class
- Weight loss
- Frequent flu-like symptoms
- Lack of hygiene
- Isolation
- Stealing





# Brain Healing Takes Time



Opioid Use Disorder is a **Disease**, not a moral failure.



# Treating Opioid Use Disorder

## Inpatient Residential



Intensive  
around the  
clock care that  
can last 28 days  
or more

## Outpatient Therapy



Partial hospitalization  
Intensive outpatient  
Regular outpatient

## Medication Assisted Treatment (MAT)



Partial  
hospitalization  
Intensive  
outpatient  
Regular outpatient

# Action Steps for a Safer Campus

- Raise awareness about Substance Use Disorder throughout campus
- Raise Awareness about students at risk for SUD
- Provide Resources for incoming students
- Provide “Safe Spaces” for seeking help, assurance of confidentiality
- Provide linkage to care



# What to do if Someone is Overdosing



- Treat like an overdose if you are unsure
- Call 911 Immediately
- Administer naloxone if available
- Try to keep the person awake and breathing
- Lay the person on their side to prevent choking
- Stay with the person until EMS arrives



# Resources



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Shelby County Health Department

([shelbytnhealth.com](http://shelbytnhealth.com))



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