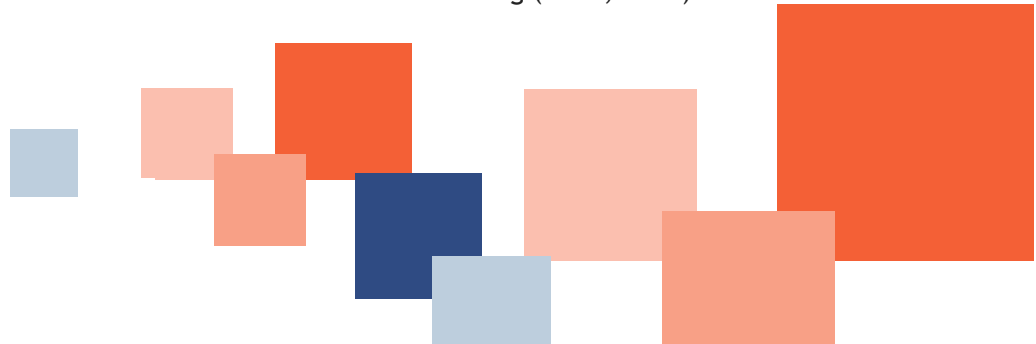




HOW TO FIND OUT MORE INFORMATION

- The best and most reliable way to find more information on opioid addiction in The United States is by going onto <https://www.hhs.gov/opioids/>.
- What can be found on U.S. Department of Health and Human Services' website regarding opioid addiction is multiple useful resources such as:
 - The National Helpline- 1-800-662-4357
 - A place for individuals to enter their information to find treatment centers near them. (zip code, address, ect.)
 - How to prevent Opioid addiction
 - How the recovery process works
 - Information regarding the epidemic itself

WHY IS THIS IMPORTANT TO THE LONGWOOD COMMUNITY?

- People in college are at the highest risk for developing a substance abuse problem.
 - Statistics show that “1 in 4 college students meet the standard for substance abuse, and that rates of drug addiction in college students is higher than in the general public” (ACPA, 2018)
 - Among people 18 to 22 years of age, full-time college students are twice as likely to use a stimulant for non-medical reasons in the past year compared to those who aren't in college or are only part-time students (SAMHSA, 2009)
 - By students' sophomore year in college, about half of their classmates will have been offered the opportunity to abuse a prescription drug (Arria, 2008).
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Lancers Against Opioid Addiction

Don't ignore the facts.

Addiction is a real disease, and it affects real people. As a citizen leader, it is important to recognize and prevent it on our campus.

Bryson, Courtney, Charlotte

WHAT TO DO WHEN YOU THINK SOMEONE IS STRUGGLING WITH ADDICTION.

- Educate yourself about addiction to get a better understanding of what the individual is going through and see if they are suffering from all the signs that a user would be.
- Offer your support for the individual and the difficulties they are going through.
- Encourage the individual to go and seek help.
- Longwood has employed Licensed Professional Counselors (LPC) and Licensed Psychologists available on the upper level of the Health & Fitness Center who are able to help individuals struggling.
- Once the individual goes and seeks help continue to show support for them throughout the process

WHAT ARE THE SIGNS OF OPIOID ADDICTION?

Physical signs: weight loss, change in eating habits, over-active or under-active, dilated pupils and red eyes

Behavioral signs: missing important events (ex: school/work), disrupted sleep patterns, relationship/marital problems, financial problems

Emotional signs: irritability/argumentative, defensive, loss of interest in people/activities that use to be a part of their lives

Three C's of addiction: Loss of control over the amount and frequency of use, craving and compulsive using, Continued use in the face of adverse consequences

WHAT IS ADDICTION?

- According to the National Institute on Drug Abuse drug addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain.
- Drug Addiction is a complex disease that has both psychological and biological side effects.
- Addiction is considered a disease because over time drugs actually change the composition and functions of the human brain.
- Someone who has a drug addiction will feel like they can not function normally without drugs.
- Addiction is a progressive disease meaning that overtime, if not treated, addiction can be fatal.

For more information on this visit:
<https://www.therecoveryvillage.com/recovery-blog/drug-addiction-help/>

