

E-MAIL NEWS LETTER

NEWS FROM COSAP CAMPUS OFFICE OF SUBSTANCE ABUSE PREVENTION

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COSAP Mythbusters

Myth: Ingesting caffeinated drinks with alcohol keeps drinkers more alert and energetic, allowing them to drink more and party longer.

Fact: To some degree this is true; people who ingest caffeine with their alcoholic drinks tend to be able to drink more and longer, but researchers regard this as extremely dangerous because “Only the symptoms and awareness of drunkenness are reduced - not the drunkenness.” This can lead to excessive drinking and its accompanying poor decision-making and increased incidences of alcohol overdoses, injuries and legal problems.

HB 36, introduced at the 2009 NM Legislative session would ban the sale of caffeinated alcoholic beverages in NM.

Sources:

<http://www.unm.edu/~cosap/research.html#energydrinks>

<http://www.nmlegis.gov/>

Update: Smoke-Free Campus Initiative

The next committee meeting will be:
Wed. March 18 from 3:30-5:00 in DSH 125
The entire UNM community is invited to take part.

The Policy that has been approved by the committee (1) bans all tobacco products (cigarettes, hookahs, chew, etc), and (2) provides for temporary, designated tobacco use areas to be phased out within 5 years.

Upcoming Events:

Health and Alcohol Day: Thursday April 9th

- One-on-one screening evaluations will be conducted
- Information will be provided for students, staff, and faculty
- Refreshments will be available

Screening will take place from 11 am – 2 pm at the Alumni Clock Tower by the duck pond.

Funding for Tobacco Cessation

Good news for students who want to break free of tobacco: COSAP has received funding for Nicotine Replacement Therapies (NRTs) from the NM Department of Health’s Tobacco Use Prevention and Control Program to distribute via Student Health and Counseling (SHAC).

The funding will provide free nicotine patches and gum for students who want to quit smoking or chewing. Students can contact SHAC Health Educator, Jessica Spurrier, at 277-7947 for cessation counseling and a month’s supply of NRTs. More limited NRT supplies are also available through the SHAC pharmacy.



Report Cites a \$10 Return on Every Prevention Dollar

At a recent conference sponsored by the United Nations Office on Drugs & Crime and the World Health Organization, Iowa State University (ISU), researchers reviewed evidence on the cost effectiveness and cost benefits of substance abuse prevention programs, citing a nearly \$10 return for every dollar invested in prevention. “Effective and efficient prevention promises to save possibly billions of dollars per year, provided we can learn how to effectively implement it on a larger scale,” concluded Richard Spoth, PhD, director of the Partnerships in Prevention Science Institute at ISU.

UNM COSAP RESOURCES FOR STUDENTS, STAFF AND FACULTY

Tobacco Use

The Quit Line: **1-800-Quit Now** (800-784-8669)

www.stopsmokingcenter.net

www.quitnet.com

www.chewfree.com

http://www.unm.edu/~cosap/quit_tobacco.html

<http://quitsmoking.about.com/mpboards.htm>

SHAC Health Education: **277-7947**

UNM COSAP: **277-2795**

Nicotine Anonymous: **265-8113** or **798-4595**

Alcohol Use

Calculate Your BAC (Blood Alcohol Level):

www.unm.edu/~cosap

Alcohol Checkup to Go (e-CHUG):

www.unm.edu/~cosap

Alcoholics Anonymous: <http://www.aa.org/>

Rethinking Drinking:

<http://rethinkingdrinking.niaaa.nih.gov/>

Counseling, Assistance, & Referral Service (CARS): **277-6868**

SHAC (Counseling appointments): **277-4537**

UNM Addictions & Substance Abuse Programs (ASAP): **925-2400**

Drug Use

Online Drug Screening: <http://www.unm.edu/~cosap/assessments.html>

SHAC (Counseling appointments) **277-4537**

Counseling, Assistance, & Referral Service (CARS): **277-6868**

UNM Addictions & Substance Abuse Programs (ASAP): **925-2400**

Want to Learn More About UNM COSAP?

For information on our programs and available resources, visit our website:

<http://www.unm.edu/~cosap/>

Look for us on MySpace and Facebook for updates on programs and special events!



GO LOBOS!