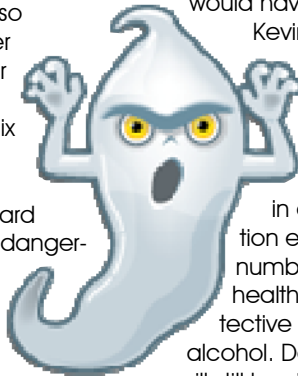


Halloween party spirits...

How deadly can they be?

Halloween has long conjured images of ghosts and goblins and candy and fun. In recent years successful marketing by the alcohol industry has also turned Halloween into another popular, drinking occasion for many young adults. While many individuals enjoy the mix of good friends, moderate amounts of alcohol, and whacky costumes, others regard Halloween as an invitation to dangerous drinking games and risky drinking. Each year about 50 college students die from alcohol poisoning: the equivalent of almost one per weekend! In November 2001, this statistic hit home when UNM freshman, Kevin L. Johns, succumbed to alcohol poisoning after a night of drinking games at an off-campus party.

There were many missteps the night Kevin died as well as missed opportunities for intervention. Sadly, Kevin's companions didn't understand that passing out can be a serious indicator of an alcohol overdose; their lack of knowledge combined with their own alcohol-



impaired judgment, resulted in a delayed reaction that ultimately cost Kevin his life. A timely 9-1-1 telephone call would have changed that outcome for Kevin, his friends, and his family.

Although it's unrealistic to expect an environment where all students choose abstinence or moderation in every circumstance, prevention efforts do result in greater numbers of students who make healthy decisions and adopt protective behaviors around the use of alcohol. Despite our best efforts there will still be situations in which students drink so excessively that they pass out. It is in these times that knowledge and a willingness to act ultimately determine the outcome of Life or Death.

We can start by challenging some myths our students hold about alcohol intoxication, namely that drinking coffee, taking a cold shower, or exercising will help a person sober up. Time is the essential factor for detoxification, but leaving someone unattended to "sleep it off" can be deadly.

To avoid another tragic death we must educate as many students as possible about the A-B-C-'s of alcohol poisoning prevention. COSAP cannot do it alone – we need you to partner with us to make this happen. COSAP has pocket-size cards available that outline the A-B-C-'s. Simply email (cosap@unm.edu) or call (277-2795) us today to order yours. Classroom and small-group presentations on the consequences of risky drinking and the A-B-C-'s of alcohol poisoning prevention are also available for scheduling.



Awaken – Try to awaken the person. If no response, call 9-1-1



Breathing – Better check it! Is it irregular, too slow, or shallow?



Circulation - Check their skin. Is it cold? Clammy? Off color?

TAKE THESE SIMPLE STEPS TO HELP THEM:

- 1) Call 9-1-1
- 2) Lay them on their side to prevent choking
- 3) Don't leave them unattended
- 4) Follow 9-1-1 operator instructions.



The paw print we leave on the students that pass our way will not be blown away with the wind, but will have a lasting impression on their lives.

More than **7** out of **10**
UNM students have
four or less drinks
in a typical week*



*We got the facts from UNM students in fall 2008

Breathing Easier

You may have heard that The University of New Mexico has adopted a new tobacco policy that went into effect August 1, 2009. UNM should be proud that we are one of more than 300 colleges and universities across the United States who have a smoke-free policy in which the entire campus is smokefree or have minor exemptions for designated smoking areas.

The University recognizes that the implementation of the tobacco policy requires the cooperation of all members of the University community and visitors. Indeed, the success of this policy depends upon respect, consideration, and a joint effort of smokers and non-smokers alike. All faculty, staff, students and visitors share the responsibility to adhering and enforce the policy. We want to thank the individuals who are complying with this new tobacco policy

and encourage those who are not, to get on board.

The Smokefree committee's decision to implement temporary, designated smoking areas around main campus was intended to help ease the transition for smokers and other users of tobacco products. The plan is for UNM to be completely tobacco-free within five years.

We recognize this transition is difficult for those who smoke and want to encourage everyone who has ever considered and/or tried quitting tobacco to take advantage of the current cessation opportunities connected with this new policy. Individual cessation counseling and limited quantities of nicotine patches and gum are currently provided for free to UNM stu-

dents, staff, and faculty, and for only \$10, UNM community members can enroll in the upcoming Freedom from Smoking program set to begin on Tuesday, November 3. This program offers proven cessation tools, group support, and free nicotine patches and gum.

More information regarding cessation support is available through: SHAC (students call 277-7947), EHPP (staff & faculty call 277-4996) and COSAP (277-2795). In addition, the SHAC Pharmacy has nicotine gum "at-cost" for individuals in need of extended nicotine replacement and for tobacco users who find it hard to access designated areas as frequently as desired.

Alcohol Resources

Calculate Your BAC (Blood Alcohol Level):
<http://depts.washington.edu/mcsurvey/bal/index.php>

E-CHUG (eCheckup-To-Go):
<https://interwork.sdsu.edu/echug2/?id=UNM&hfs=true>

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

Alcoholics Anonymous: <http://www.aa.org/>
(Every Wednesday @ 3:30 pm in Women's Resource Ctr.)

Albuquerque ~ Call 24/hrs: 266-1900
Mothers Against Drunk Driving (MADD):
<http://www.madd.org/>
255-2955

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

Tobacco Resources

New Mexico Quit Line: 1-800 QUIT NOW (1-800-784-8669)

www.stopsmokingcenter.net

www.quitnet.com

www.chewfree.com

<http://www.lungnewmexico.org/QuitSmoking.htm>

Nicotine Anonymous: 265-8113 or 798-4595

FREE nicotine patches or gum available:

Students ~ SHAC Health Education: 277-7947

Students, Staff, & Faculty ~ UNM Pharmacy: 277-6306

Students & Staff ~ UNM COSAP: 277-2795

Staff & Faculty ~ EHPP – 272-4460

Other Drug Use

Online Drug Screening: <http://www.drugscreening.org> (For all community members)

Student Health And Counseling (SHAC): 277-4537 (For all Students)

Counseling, Assistance, & Referral Service (CARS): 272-6868 (For Staff and Faculty)

UNM Addictions & Substance Abuse Programs (ASAP): 925-2400 (For all community members)

