

Addiction

What is alcohol/substance abuse?

Substance dependence is the medical term used to describe use of drugs or alcohol that continues even when significant problems related to their use have developed. Signs of dependence include:

- Tolerance to or need for increased amounts of the drug to get an effect.
- Withdrawal symptoms that happen if you decrease or stop using the drug that you find difficult to cut down or quit.
- Spending a lot of time to get, use, and recover from the effects of using drugs.
- Withdrawal from social and recreational activities.
- Continued use of the drug even though you are aware of the physical, psychological, and family or social problems that are caused by your ongoing drug use.

Health Risks

Even in highly functional alcoholics, chronic alcoholism can lead to physical problems. Most common is damage to your liver, which over time can lead to cirrhosis (scarred liver).

Other risks include depression, chronic gastritis that leads to stomach bleeds, pancreatitis, [high blood pressure](#), [heart failure](#), numbness and tingling in your feet and changes in your brain. Alcohol addiction can also increase your risk for infections including [pneumonia](#) and [tuberculosis](#).

Alcohol use disorder can also lead to impotence in men, damage to the [fetus](#) in [pregnant](#) women, and an elevated risk of [cancer](#) of the larynx, [esophagus](#), [liver](#), [breast](#), [stomach](#), [pancreas](#), and upper gastrointestinal tract. Because heavy drinkers seldom have adequate diets, they may have nutritional deficiencies.

Legal Sanctions

In compliance with Federal, State, and local Law, students under the age of 21 are not permitted to consume or possess alcohol on college property or at college-sponsored events at any time. State and Local Law also makes it illegal to purchase, sell, or furnish alcohol to a person less than 21 years of age, present oneself as 21 years of age with the intent to purchase alcohol if underage and to operate motor

vehicle while under the influence of alcohol. For more information about specific laws, please visit the National Substance Abuse website. (link <http://nationalsubstanceabuseindex.org/alcohollaws.htm>)

Thomas More University Policy

The Alcohol Policy and Drugs and Controlled Substances Policies are available in the Saints Community Standards <https://www.thomasmore.edu/wp-content/uploads/SAINTS-Community-Standards-2019.pdf>.

Resources for help

Thomas More University Counseling Center

- Website - <https://www.thomasmore.edu/info-for/new-current-students/health-counseling-wellness/>
- Phone: 859-301-5901 – Option 1

North Key Community Care

- Website: <https://www.northkey.org/>
- Phone: new 859-331-3292

Alcoholics Anonymous

AA Northern KY Central Service Office
1729 Madison
Covington, KY 41014
859-491-7181

Saint Elizabeth Medical Center

- Website: <https://www.stelizabethphysicians.com/care/our-services/alcohol-drug-treatment/>
- Phone: 859-757-0717

National Substance Abuse Index

- Website: <http://nationalsubstanceabuseindex.org/>
- Phone: 877-362-0274

National Institute on Drug Abuse

- Website: <https://www.drugabuse.gov/>