Where to Go For Help

Students who are in a crisis situation, need personal counseling, or who need information about drug or alcohol related problems may request help by contacting the Licensed Professional Counselor in the Office of Student Support Services at 682-7520. This counselor will provide short-term assistance and referral services. Several agencies in the Oklahoma City area provide drug and alcohol counseling and assistance in overcoming chemical dependency.

HOTLINE
Reach Out Referral Hotline .............................................. 1-800-522-9054
V/ITDD for deaf or hearing-impaired
Drug and Alcohol Referral ............................................. 271-2444
North Care Center ......................................................... 272-0660
V/ITDD for deaf or hearing-impaired
Drug Recovery Community Health ................................ 424-4347
Norman Alcohol and Drug
Treatment Center (NADTC) ........................................... 321-4880, Ext. 6624
Oklahoma City/County
Crisis Intervention Center ............................................. 522-8100

The above agencies provide services on a sliding-scale basis.

HOSPITAL TREATMENT PROGRAMS
Veterans Administration Hospital .................................... 270-0501
Alcohol Treatment Program - services are provided on a sliding-scale or at no cost to eligible veterans.
Norman Regional Hospital ............................................... 307-1000, Ext. 5000
Chemical Dependency Unit - services provided for a fee.
Variety of therapies.
St. Anthony Hospital ....................................................... 272-7240
Care Unit - services provided for a fee.
Inpatient, outpatient and aftercare program.
Alcoholics Anonymous ................................................... 524-1100

EMPLOYEES
Employee Assistance Program (EAP) ................................ 840-0231
Services may be accessed through your health insurance benefit by contacting:
Aetna Behavior Health ...................................................... 1-800-424-5661

If emergency, let the person know that urgent care is needed. You may also contact your primary care physician for assistance.
ALCOHOL AND THE BODY

Mouth, Larynx, Esophagus
Alcohol irritates the lining of the throat and esophagus. Heavy use of alcohol causes some to become associated with cancer of the larynx (voice box).

Stomach and Intestines
Alcohol irritates the lining of the stomach and can result in gastric or duodenal ulcers. In the small intestine, alcohol blocks absorption of vitamins and minerals necessary for good nutrition.

Bloodstream
Most alcohol (95%) is absorbed through the lining of the stomach and small intestines initiating the livers into the processes of alcohol, slowing the ability of white blood cells to destroy bacteria and slowing the clotting ability of blood platelets.

Pancreas, Liver, Heart
Alcohol irritates the cells of the pancreas and can lead to hemorrhagic pancreatitis. Pancreatitis can destroy the pancreas and create a lack of insulin. Alcohol irritates the lining of the bladder and kidneys, alcohol causes an increased production of urine.

Sex Glands
Swelling of the prostate gland interferes with the ability of the male to perform sexually. It also interferes with the ability of the partners in a sexual relationship to achieve full satisfaction.

Reproduction
Alcohol consumption is the third leading cause of maternal death in developing countries. Fetal Alcohol Syndrome is characterized by the presence of fetal alcohol syndrome and/or fetal alcohol effects in a child exposed to alcohol in utero. This condition is characterized by mental retardation, growth retardation, and facial anomalies.

Brain and Central Nervous System
Alcohol may produce lack of coordination, confusion, disorientation, stupor, anesthesia, coma, and death. Even in small amounts alcohol is especially dangerous when combined with barbiturates, tranquilizers, muscle relaxants, sleeping pills, painkillers, and when taking antihistamines, motion sickness pills and many other over-the-counter and prescription medications.

TOBACCO AND THE BODY

Mouth, Larynx, Esophagus
Smokers have three times as many cavities as nonsmokers. Tobacco, both smoked and inhaled, introduces nicotine into the body. Nicotine is a powerful constrictor of small arteries when taken antihistamines, motion sickness pills and many other over-the-counter and prescription medications.

Stomach
Smokers have a 100% increased risk of developing cancer of the pancreas, three times the risk of bladder cancer, and a 50% greater rate of kidney cancer. In addition, smokers absorb from cigarette smoke and smokeless tobacco are concentrated and excreted in the urine. The bladder and the kidneys are in constant contact with these cancer-causing chemicals.

Bronchioles, Lungs
Smoking causes the lungs and bronchioles to be inflamed and congested. Chronic bronchitis predisposes smokers to emphysema, an incurable lung disease. Emphysema is characterized by stretching and breaking of the tiny air sacs of the lungs, making them useless for breathing. Cigarette smokers are ten times more likely to die of lung cancer than nonsmokers.

Reproduction
Smoking more than 1/2 pack daily is associated with higher incidence of infertility in women. Babies born to women who smoke are lighter and smaller. Smoking during pregnancy creates a hyperthermic condition which may be fatal if left untreated.

Ketamine
Ketamine is a Schedule I controlled substance and is illegal. Ketamine produces physical effects similar to phencyclidine (PCP). Use of the drug can cause delirium, depression, long-term memory and cognitive difficulties, and focal respiratory problems. Due to its disassociated effect, it may be used as a date-rape drug.

GBH (Gamma Hydroxybutyrate)
Street Names: Liquid Ecstasy, Soap, Easy Lay, Georgia Home Boy, G. B. H. (Gebrautlied, Bodily Harm, Liquid X, and Good)
GBH is a central nervous system depressant. Low doses cause drowsiness, dizziness, nausea, and visual disturbances. Higher doses may cause unconsciousness. GBH can cause respiratory depression and coma. It is easily conceivably in drinks, GBH may be used in the commission of sexual assault because it renders the victim incapable of resisting and may cause memory problems that can complicate case prosecution.

BGL (Gamma Butyrolactone)
BGL is a CNS depressant which is synthesized from the body produce GBH. Ingesting this drug, even in small quantities, may produce a severe physical reaction. GBL increases the effects of alcohol often causing respiratory distress, hallucinations, and blackouts. Rohypnol (Flunitrazepam)
Street Names: Roofies, Roffies, Roche, Forget-me-Not Pill, Circle, Mexican Valium, Roach, Roachies, Ruffies, and Ruffies
Rohypnol is most commonly known as a date-rape drug because one of the significant effects of the drug is antegrade amnesia. In addition, Rohypnol also decreases blood pressure, drowsiness, visual disturbances, dizziness, confusion, gastrointestinal disturbances, and urinary retention.