

TAKE 5

DEVELOP SKILLS FOR POSITIVE LIVING

November, 2022

A VIRTUAL HELPING TOOL
FROM ARCC COUNSELING

MONTHLY NEWSLETTER

TOPIC: SUBSTANCE USE AWARENESS & RESOURCES

SUBSTANCE USE AWARENESS & RESOURCES

This month we're highlighting resources and ways to increase awareness of substance use concerns and resources for college students.



1 in 10 Americans currently have a substance use disorder.

SAMSHA'S NATIONAL HELP LINE

SAMSHA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Call: 1-800-662-HELP (4357)

OR Text your zip code to 435748 (HELP4U)

SAMHSA

COLLEGIATE RECOVERY PROGRAMS

Collegiate Recovery Programs within colleges help to make education more accessible to students in recovery from substance use disorder.



[LEARN MORE HERE](#)

FINDINGS FROM THE 2020 BOYNTON HEALTH SURVEY

- ✓ ARCC students overestimate the rate of high-risk drinking by fellow students. The estimate of high-risk drinkers is 28.6%, but the actual rate is 14.5%
- ✓ Among ARCC Student, 6.6% report having used at least one illicit drug in the last year and 3.1% indicate that they used another persons prescription medication

MENTAL HEALTH SCREENING TOOL

Behavioral health – which includes substance use and more – is a key part of your overall well-being. ARCC offers free and anonymous screening tools for a variety of these areas, including those relevant to substance use.

- Alcohol Use Screening
- Opioid Misuse Screening
- Substance Use Screening

Click [HERE](#) to check them out!





ARTICLE SPOTLIGHT

Understanding Drug Use and Addiction

It is difficult to understand why or how people become addicted to substances. Addiction is defined as a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. Long-term use can rewire the brain and impact our ability to make decisions, manage stress, or remember. In college students this might result in decreased academic performance, an increase in dangerous or risky behaviors, poor health and other social consequences. Biology, environment, and development all impact a person's risk for addiction. Although there generally is not a cure for addiction, it is treatable and can be successfully managed. More good news is that drug use and addiction are preventable. Teachers, parents, and health care providers have crucial roles in educating young people and preventing drug use and addiction. The National Institute on Drug Abuse's mission is to advance science on drug use and addiction and to apply that knowledge to improve individual and public health.

Learn more [HERE](#)



EVENT

Take 5 for Substance Use Awareness & Resources

Join us to learn more about substance abuse and where to get help. We will discuss possible triggers for use and how to navigate those in your daily life.

When: Tuesday November 29th 2022 1:30-2:30 PM

Where: Zoom. Register [HERE](#)

BRIDGES (Belongingness, Restoration, Inclusion, Diversity, Growth, Equity, and Sustainability) is Anoka-Ramsey Community College's framework for our equity, diversity, and inclusion initiatives for our employees and students. At the heart of it, we are trying to become even more of a culture that recognizes we all have value, challenges, life stories and histories, and dreams of what could be. Throughout this month's newsletter you'll see that we care and want to encourage you to take advantage of the resources and opportunities available. Which BRIDGES dimension will guide you in how you engage with folks who are directly impacted by substance abuse?

Take a look at the 2022-2027 Building Bridges Plan [HERE](#)

Brandyn Woodard, ARCC Vice President of Equity and Inclusion



ARCC Counseling Services:

For appointments click [HERE](#) or call 763-433-1100

For non-emergency questions email:

Counseling@anokaramsey.edu

RESOURCE CORNER

- **Substance Abuse and Mental Health Administration (SAMHSA):**
<https://www.samhsa.gov/>
- **SAMSHA 24/7 Helpline:**
1-800-662-HELP (4357) or Text your zip code to 435748 (HELP4U)
- **Al-Anon Family Groups Meeting Locator:**
<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>
- **Find Alcoholics Anonymous (AA) Meetings in Minnesota:**
<https://aaminnesota.org/>
- **Find Narcotics Anonymous (NA) Meetings:**
<https://na.org/>

Mental Health Crisis Resources:

- **Crisis Text Line:** Text MN to 741741 for 24-hour crisis support.
- **988 Suicide and Crisis lifeline:** Text, chat or call 988 for help with emotional or substance use concerns.

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