



Substance Abuse and Addictions

CCU's standards of conduct prohibit underage drinking and use of non-prescription drugs. However, sometimes students choose to drink under the age of 21, drink excessively after 21, or use other non-prescription drugs regularly. If you do this, you may become dependent on the substance and addicted. In general, psychological and physical dependence may occur if you consume a substance that has not been prescribed and its use supervised, by a physician. This means that you learn and come to believe that you cannot live without the substance and/or you experience pain and discomfort if you don't consume the substance regularly. When you find that you cannot function normally without drinking alcohol or taking a drug, you may be addicted. In this case, you should seek medical and mental health help.

Non-Substance Abuse and Addictions: Pornography and Gambling

As a college student, you have access to the Internet and although CCU has a system for filtering out inappropriate, pornographic images, you may find that those images appear on the computer screen (whether you like it or not) if you are using a computer off campus. Unfortunately, the pictures and offers that go along with the images may entice you to continue to view and explore other pornographic sites. You may find that you begin to develop a desire to spend more and more time looking at pornography online or in magazines. If you find yourself in this spot, you may be addicted and you should seek help from a mental health provider. You may also find yourself spending time playing poker or card games for fun. Over time, however, you may develop a desire to play for money or other perks and find that you neglect your responsibilities in order to gamble regularly. CCU has established restrictions on gambling but if you find that, you are gambling and feel out of control, contact a mental health professional for help.

Resources for Substance and Non-Substance Addictions

<http://www.well.com/user/woa/>

<http://www.collegedrinkingprevention.gov/facts/cutdrinking.aspx>

http://www.purewarrior.org/Self_Assessm.59.0.html

<http://overcome.byu.edu/Articles/Cline.asp>

<http://www.addictionrecov.org/addicgam.htm>

<http://www.porn-free.org/>

Problems Eating, Anorexia and Bulimia

As a college student, it will be hard for you to maintain normal eating habits. Roommate snack fests, after-hours parties, and group trips to the local fast food joint tend to disrupt eating patterns. As a result, if you gain weight, you may feel pressured by peers to drop the extra pounds. You may resort to even more troubling eating habits in order to lose the weight. Problem eating includes any unusual rituals related to eating that interfere with good nutrition. These may include eating only one type of food such as proteins or raw vegetables, fasting for long periods of time, cooking food too long to "burn" out the calories and consuming excessive amounts of water in order to flush out the food as quickly as possible. You might participate in these rituals for a few days or a week or two, realize that they are unhealthy and resume normal, healthy eating patterns. However, if you become obsessed with losing weight or when

your thoughts and days are focused on eating and losing weight, you may suffer from a serious eating disorder. Anorexia nervosa is characterized by extreme weight loss caused by forced starvation, which results in a person being grossly underweight. By contrast, those who suffer from bulimia nervosa participate in a dangerous cycle of bingeing by consuming large volumes of food and purging the food via forced vomiting, use of laxatives or diuretics and/or excessive exercising. On the flip side, a student may participate in excessive unhealthy overeating and become grossly overweight. This condition, known as obesity, is also an eating disorder. All eating disorders require medical and mental health assistance.

Resources for Eating Problems and Eating Disorders

http://www.nationaleatingdisorders.org/p.asp?WebPage_ID=294

<http://webapps.acs.carleton.edu/campus/wellness/info/eatingdisorders/>

Students may contact the University Counseling department to make an appointment to talk with someone about problems regarding abuse or addiction.