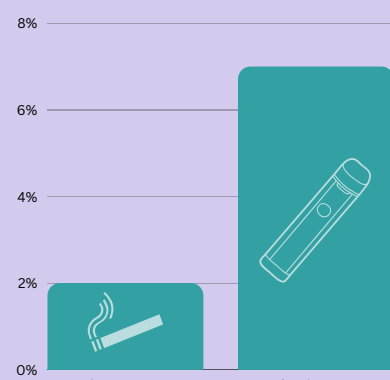
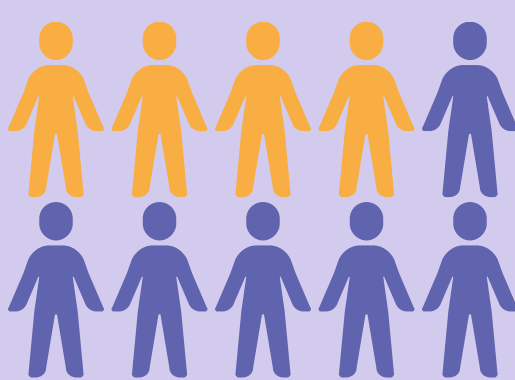




SUBSTANCE USE & HARM REDUCTION



Approximately 1/3 students reported cannabis use in the past 30 days.¹



SIGNS AND SYMPTOMS

Examples of how can you identify substance misuse?



- Missing school/work/personal obligations
- Changes in physical appearances
- Altered behavioural pattern
- Changes in sleeping and eating patterns



- Defensiveness when asked about substance use
- Memory difficulties or memory loss
- Financial management issues
- Observable withdrawal symptoms following a lack of access to the substance.

KEY TERMS



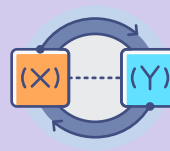
Addiction

A substance's influence on a person's psychology causing an inability to control the drug's use.



Withdrawal

Development of psychological or physiological symptoms developed following cessation.



Dependence

A user's feeling that they cannot function at a baseline without using the substance.



Substance Use

Refers to using a substance for it's intended therapeutic purpose.



Substance Misuse

Refers to substance use beyond existing guidelines (i.e., dose)



Substance Use Disorder

A mental disorder involving substance use with the intent to elicit particular feelings.

COMMONLY MISUSED SUBSTANCES

- **Alcohol**
 - Canada's most accessible and recreationally used substance, resulting in **high misuse potential**.²
 - **Common effects** include:
 - Feelings of happiness, elation, and euphoria³
 - Memory loss, reduced coordination, cognitive impairment, respiratory depression, etc.
- **Cannabis**
 - aka marijuana, weed, grass, etc.
 - Produces **psychoactive effects**, including relaxation, euphoria, reduced cognition & motor coordination.
- **Nicotine**
 - Produces **immediate stimulative effects** w/ no resulting tolerance & high dependency via vapes & cigarettes.
 - **Highly addictive** & prevalent among post-secondary students.
- **Sedative-Hypnotics**
 - Includes benzodiazepines, barbituates, & Z drugs
 - **Significant harm potential** due to central nervous system depression.⁴
- **Stimulants**
 - Includes amphetamines, cocaine, nicotine, and caffeine.
 - **Increase brain activity**, resulting in euphoria and reward—highly prevalent & misuse by students.⁵
- **Opioid Analgesics**
 - Includes morphine, codeine, fentanyl, oxycontin, and heroin.
 - High dependency and addiction potential due to **physical and emotional pain relief**.⁶
- **Hallucinogenics**
 - Includes LSD (i.e., acid), PCP, and magic mushrooms.
 - **Alter perception, thoughts, and feelings**.⁷

RESOURCES

- **National Overdose Response Service**
 - Call: 1-888-688-6677
- **Kids Help Phone**
 - Visit: <https://kidshelpphone.ca/>
 - Call: 1-800-668-6868
- **Wellness Together Canada**
 - Visit: <https://ca.portal.gs/>
 - Call: 1-866-585-0445

REFERENCES

1. Canadian Postsecondary Education Alcohol and Drug Use Survey, 2019/2020. May 10, 2021. Accessed June 14, 2023. <https://health-infobase.canada.ca/alcohol/cnads/>.
 2. Canadian Mental Health Association. Understanding and finding help for substance use and addictions. ontario.cmha.ca. Accessed June 15, 2023. <https://ontario.cmha.ca/documents/understanding-and-finding-help-for-substance-use-and-addictions/>.
 3. Granbaek M. The positive and negative health effects of alcohol—and the Public Health Implications. *Journal of Internal Medicine*. 2009;265(4):407-420. doi:10.1111/j.1365-2796.2009.02082.x
 4. Dare PS, Begun A. Ch. 13.1: Sedative-hypnotics and CNS depressants. Introduction to Substance Use Disorders. Accessed June 15, 2023. <https://pressbooks.uib.csuohio.edu/substancemisusepart1/chapter/12-1/>.
 5. Dare PS, Begun A. Ch. 13.1: Sedative-hypnotics and CNS depressants. Introduction to Substance Use Disorders. Accessed June 15, 2023. <https://pressbooks.uib.csuohio.edu/substancemisusepart1/chapter/12-1/>.
 6. Cohen B, Preuss CV. Opioid Analgesics. Nih.gov. Published 2019. Accessed June 15, 2023. <https://www.ncbi.nlm.nih.gov/books/NBK459161/>.
 7. Nichols DE. Psychedelics. Pharmacological reviews. April 2016. Accessed June 15, 2023. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4813425/>.
 8. Canadian Mental Health Association. Substance use and addiction. ontario.cmha.ca. Published 2021. Accessed June 15, 2023. <https://ontario.cmha.ca/addiction-and-substance-use-and-addiction/>.