

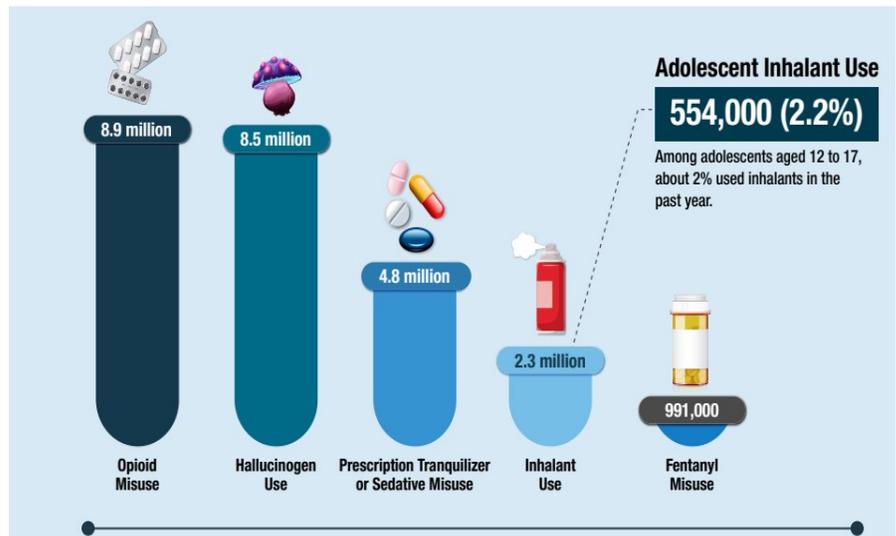
## Opioid Drugs

Opioids are pain-relieving drugs either naturally derived from poppy flowers or lab-made, semi-synthetic substitutes. They work by attaching to particular sites in the brain called opioid receptors, which carry messages to the brain. The message the brain receives is changed, so that pain is no longer perceived as painful.

### Different Opioid Drugs:

- Prescription pain relievers: Prescription opioids include oxycodone, hydrocodone, morphine, and methadone that relieve pain by changing the way the brain and body feel pain. They don't cure the pain, but they may help a person manage it.
- Fentanyl: Fentanyl is a very strong opioid.
  - Pharmaceutical fentanyl is prescribed by doctors to treat severe pain. It is available as a lozenge, pill, nasal/sublingual spray, transdermal patch, or as an injection.
  - Illegally manufactured fentanyl/non-pharmaceutical fentanyl is sold for its ability to produce good feelings. It is often mixed into illegal drugs and pills made to look like prescription medications.
- Heroin: Heroin is an illegal opioid. Most people who use heroin say it causes a short-term rush of good feelings. There are no medical uses for heroin. Heroin can be found in both pure form and mixed with other drugs.

All types of opioids are addictive. The brain and body develop a tolerance to opioids very quickly, meaning more amounts are needed to feel the same effect. This may rapidly form a dependence, meaning that not taking opioids may cause severe pain and discomfort because opioids are no longer in the brain and body. This leads some people to use opioids more and more, a cycle that can lead to opioid use disorder.



## Short Term Side Effects

Although Opioids deliver pain relief, they also have other short-term effect that may be undesirable and potentially dangerous:

- Becoming drowsy or feeling sleepy.
- Flushing of the skin.
- Nausea and vomiting.
- Constipation.
- Confusion or clouded mental functioning.
- Slowed breathing.

At high doses, opioids can cause the body to slow its breathing which could lead to a person losing consciousness. This can result in permanent brain damage or even death. Someone who has overdosed on an opioid, prescription or illicit, requires immediate medical attention. A drug called naloxone (e.g., Narcan, Naloxone) may help reverse the effects of the opioid and restore a person's breathing after an opioid overdose.



**Opioids Side effects**

mnemonic:  
**DESIGNER**

- D** dry mouth
- E** euphoria
- S** sedation
- I** itch
- G** gastro ( constipation)
- N** nausea
- E** eyes (papillary constriction)
- R** respiratory depression

The infographic includes a 'macrology' logo in the top left, a caduceus symbol in the top right, and an illustration of a man in a green shirt and pants standing inside a large orange pill bottle filled with yellow pills. The man has a distressed expression with his hands raised.

## Long Term Side Effects

- **Respiratory problems:** Opioids cause respiratory depression, or shallow or reduced breathing. Reduced breathing can lead to a lack of oxygen reaching the brain and other body systems. It is also the primary cause of death during an overdose.
- **Cognitive impairment:** Even when taken as a prescription, larger doses of opioid drugs can lead to drowsiness or lethargy. People who take opioids can have difficulty concentrating due to this drowsiness or for other reasons. A side effect of large doses of heroin includes a phenomenon known as “nodding,” when a person experiences periods of drowsiness and alertness after the initial rush from heroin wears off.
- **Gastrointestinal woes:** Early side effects of opioid use, even as prescribed, can include an upset stomach and constipation. Many people who receive opioid prescriptions may also receive a prescription for a stool softener to help digestion function normally. Long-term misuse, or ingestion of large doses of opioids, can also lead to nausea, vomiting, and gastrointestinal bleeding. Constipation is the most common gastrointestinal side effect, and it reportedly occurs in approximately 60% of people.
- **Hyperalgesia:** Although prescription opioids are designed to treat moderate to severe pain, long-term or high-dose misuse of these drugs can create a paradoxically increased sensitivity to pain. This can lead to a triggering of the fight-or-flight response when a person attempts to detox, and it can also increase the potential for long-term disability in people with serious injuries.

# College Drinking Culture

Drinking at college has become a ritual that students often see as an integral part of their higher education experience. Some students come to college with established drinking habits, and the college environment can lead to problems. According to the 2021 National Survey on Drug Use and Health (NSDUH), 49.3% of full-time college students ages 18 to 22 drank alcohol in the past month. Of those, about 27.4% engaged in binge drinking during that same time frame.

## Consequences of Heavy Drinking in College

- Academic Problems:
  - About 1 in 4 college students report experiencing academic difficulties from drinking, such as missing class or getting behind in schoolwork. In a national survey, college students who binge drink alcohol at least three times per week were roughly six times more likely to perform poorly on a test or project as a result of drinking (40% vs. 7%) than students who drank but never binged. The students who binge drink were also five times more likely to have missed a class (64% vs. 12%).
- Alcohol Use Disorder:
  - Around 13% of full-time college students ages 18 to 22 meet the criteria for past-year alcohol use disorder (AUD), according to the 2021 NSDUH.
- Sexual Assault:
  - Although estimating the number of alcohol-related sexual assaults is exceptionally challenging—since sexual assault is typically underreported—researchers have confirmed a long-standing finding that 1 in 5 college women experience sexual assault during their time in college. A majority of sexual assaults in college involve alcohol or other substances.
- Death
  - The most recent statistics from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimate that about 1,519 college students ages 18 to 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.

## HIGH-RISK DRINKING AMONG COLLEGE STUDENTS



## Factors Affecting Student Drinking

Factors related to specific college environments also are significant. Students attending schools with strong Greek systems or prominent athletic programs tend to drink more than students at other types of schools. In terms of living arrangements, alcohol consumption is highest among students living in fraternities and sororities and lowest among commuting students who live with their families.

# Spring Break Alternatives

- Community service: An excellent way to boost your skill set while meeting like-minded people, engaging in community service helps shine up your resume. From helping to register voters to installing benches at the local park, there are lots of ways to get involved.
- Volunteer: If there's a senior living center, food bank, or animal shelter nearby, why not spend your spring break helping them out? Not only will you interact with interesting new people, but you're sure to learn something new.
- Organize a neighborhood clean-up: Rivers, beaches, and parks are always good candidates for trash removal. Not only do you get to spend the spring day outside, but the local residents will thank you.
- Make an information gathering college visit: Spring break is a good time for teens to visit a college—any college. You can walk around campus and get a feel for what college life will be like. Since students will most likely be on break as well, this visit should be for information gathering only.
- De-stress: With all the pressure at school and the pressure that revolves around the college search process, take some time to relax and unwind. Reading can be a great way to de-stress. Get ahead of the recommended reading for the upcoming school year or for college. Read some books that you never seem to have time to read. Reading increases your vocabulary and improves your comprehension skills which helps you on standardized tests.
- Search for scholarships: No matter what grade you are in, spending time on scholarship searches should be your top priority during spring break. Set aside just a few hours every day to research and hunt for them. Juniors and seniors especially should be buckling down with this task since many of the scholarships become available in the spring.
- Work: Spring break is a great time to take on a part-time job and add some dollars to your college fund. If you don't want a permanent job, consider babysitting, snow shoveling (for those in the East), lawn mowing (for the lucky ones in the South), or tutoring younger students.
- Have a campfire in the backyard: If you're apartment-bound, make your s'mores in the oven (we actually prefer them this way!) and sit on the floor with pillows and blankets.
- Camp or glamp. Weather permitting, head to the great outdoors for a few nights and stay in a tent. If that's not your vibe, cabins are always a fun and relatively affordable option, too.



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AQUAMARINE

FLOWER

MASKS

RAINY DAY

ASH WEDNESDAY

FOOD

MUSIC

SEVENTEENTH

BASKETBALL

GOLD

NUTRITION MONTH

SHAMROCK

BIRDS

GREEN

PADDY

SNAKES

BLARNEY

HAT

PANCAKES

SPRING

BLOODSTONE

HAPPY

PARADE

ST PATRICKS DAY

CARD

IRELAND

PARTY

TIMECHANGE

CHARM

JIG

PATRICK

WOMENS HISTORY MONTH

CLOVERS

LEAP

POEMS

DAFFODIL

LEPRECHAUN

POT

DANCING

LUCKY

POT OF GOLD

EARTH DAY

MARCH

PURIM

EMERALD

MARDIGRAS

RAIN

FATTUESDAY

MARTIUS

RAINBOWS



McFarland is a small community south of Madison in Dane County. In January of 2017, a group of concerned citizens came together to discuss substance abuse problems in the McFarland area. The McFarland RADAR is a result of these meetings

**We are comprised of local representatives from schools, businesses, churches, village administration as well as parents, and youth—all working together to promote healthy lifestyles**

**For more information go to: <https://www.radarmc.com/>**



For time, day and place of meetings, please contact Cathy Kalina at [CathyK@fsmad.org](mailto:CathyK@fsmad.org)

*The McFarland RADAR (RADAR stands for Relevant Alcohol & Drug Awareness Resources) Coalition works to develop, implement and support environmental strategies to reduce substance abuse.*

*We believe by working together, we can nurture social and environmental changes to make the McFarland area a safer and healthier place, brightening the future of our children, youth and families.*

### **McFarland RADAR Mission Statement**

***“The mission of McFarland’s RADAR Coalition is to promote healthy lifestyles in the McFarland area through alcohol and drug abuse prevention and education efforts.”***

### **HOW CAN YOU HELP?**

We are asking you to give the gift of time. Make a difference in the lives of our youth and our community by

1. Working with us in providing support for planning, project management and awareness campaigns
2. Helping with coalition events, conferences, workshops, and fairs held throughout the year.
3. Being a voice for change in our community, it is time to come together and be that force for change in the McFarland area.