

Signs that you may be abusing alcohol or other drugs.....

- Neglecting your responsibilities: failing your college classes
- Extreme difficulty making decisions.
- Engaging in dangerous or risky behaviors: driving while drunk or high, engaging in unprotected sex, using dirty needles.
- Alcohol/drug use is creating legal problems for you: disorderly conduct arrests, driving under the influence, stealing to afford more alcohol/drugs.
- Use of alcohol/drugs causes relationship problems: fights with partner or family members, an unhappy boss/professor, loss of old friends.
- Borrowing or stealing money to buy alcohol or drugs.

**Don't wait until it's too late.
Contact the Counseling Center
at the first sign of struggle.**



Community Resources

For a listing of community drug and alcohol prevention and treatment resources visit:

www.sandhills.edu/prevention

Free On-Campus Drug and Alcohol Screenings are available by appointment with the Counseling Center.

Call SAMHSA's National Helpline at 1-800-662-HELP (4357) for drug and alcohol treatment information.



Common Risk Factors for Alcohol and Drug Use:

- Parental approval and/or lack of parental monitoring
- Peer pressure
- Risk-taking
- Parent and older sibling drug and alcohol use
- Low perception of harm

Common Prevention Factors for Alcohol and Drug Use:

- Strong relationship with family
- High commitment to academic pursuits
- Actively engaged with student body and college activities

—SAMHSA, 2014—



Drug and Alcohol Prevention and Treatment Resources



Counseling Center

Main Campus, Pinehurst, NC

Randal A. Foster, PhD, DMin, LPC, NCC
Coordinator of Personal Counseling Services
228-229 Stone Hall
910.695.3968

Hoke Center, Raeford, NC

Rosa McAllister-McRae, MA, LPC, NCC, DCC
112 Johnson Hall
910.878.5804

Concerned About Your Use of Alcohol and Other Drugs? There's Help on Campus!

Facts about Alcohol and Drug Abuse

Alcohol is such a big part of American life today that we rarely stop to consider our pattern of drinking. We drink wine with dinner, or have a few drinks after work, or even a few beers while watching a ball game, but when a pattern of drinking begins to emerge, it can become a problem.

Drug use in America is also more common place than it once was. In today's teenage population over 90 percent have used alcohol. Over 50 percent have used marijuana, 17 percent admit to trying cocaine and 12.5 percent have used some form of hallucinogen.

Why Do We Drink or Use Drugs?

- Many people feel that it is necessary to drink or experiment with drugs when at parties and social gatherings.
- Some people drink or abuse drugs as a way to cope with the daily stress and tension from school or work, or to cope with other problems such as marital distress or even physical illness.
- Alcohol and drugs may become a substitute for satisfying personal relationships, challenging work or self-fulfillment.
- Some may use alcohol and drugs as a way to compensate for feelings of guilt, shyness or low self-esteem.

When drinking or drug use becomes a means of coping with life's problems, it can turn into addiction. Alcohol and some drugs have become more socially acceptable, and this makes it even easier for people to experiment at younger ages. Additionally, alcohol and drugs are readily accessible to many young adults, increasing the likelihood of substance usage.

Do You Have a Drug or Alcohol Problem?

Denial is the main symptom of drug users and alcoholics. They deny that they really have a problem. This makes it more difficult for them to be realistic about the extent of their substance use, and to recognize that it may be a problem.

Test Yourself!

1. Have you ever felt like you should cut down on your drinking or drug use? Yes No
2. Have you ever felt irritated by criticism of your drinking and drug use? Yes No
3. Have you ever felt guilty about your drinking, drug use or your behavior during its use? Yes No
4. Do you ever take a drink or use drugs in the morning? Yes No

If you answered **Yes** to one of these questions, the possibility that you are alcohol or drug dependent is significantly increased. Although you may not be dependent on drugs or alcohol at this time, you could become dependent if your pattern of abuse continues.

If you answered **Yes** to two of these questions, it is very likely that you are dependent on drugs or alcohol.

If you answered **Yes** to three or four of these questions, there is a greater than 95 percent chance that you are dependent on drugs or alcohol. Please seek assistance for your drug or alcohol problem immediately.

What is the Next Step?

For screening or referral information, contact the SCC Counseling Center at (910) 695-3968 (Main Campus) or (910) 878-5804 (Hoke Center).

Our College's Drug and Alcohol Policy

Sandhills Community College has a zero tolerance policy toward substance abuse, intoxication or selling alcohol or illegal substances on our campus. Sanctions for students and employees in violation of this policy will be imposed up to and including expulsion for students and termination of employees, followed by referral for prosecution in state and/or federal courts. Conviction may result in court-mandated heavy fines as well as many years of imprisonment.

About our Counselors

Randal A. Foster, PhD, DMin, LPC, NCC
Dr. Foster provides individual and group counseling, as well as referral and consultation services. Dr. Foster is a North Carolina Licensed Professional Counselor (LPC) and a National Certified Counselor (NCC). He has served SCC students as a mental health and career counselor since January 2001. He also serves as SCC's Coordinator of Personal Counseling Services. Dr. Foster is available to assist students with personal, mental health, and career development issues. His office is located at 229 Stone Hall on the Pinehurst campus.

Rosa McAllister-McRae, MA, LPC, NCC
provides individual counseling services to students with personal, mental health, and career development issues. A North Carolina Licensed Professional Counselor (LPC) and National Certified Counselor (NCC), Ms. McAllister-McRae also is certified as a Distance Credentialed Counselor. Her office is located at 112 Johnson Hall at the College's Hoke County Center in Raeford. Ms. McAllister-McRae also serves as the Director of Student Services Operations for the Hoke Center.