

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 SCC Counseling Center at the first sign of struggle.

SCC Counselors

Timothy Hunt, MS, LPCS, LCAS, TAP, CSI

Timothy Hunt provides individual and group counseling, as well as referral and consultation services. Hunt is a North Carolina Licensed Professional Counselor Supervisor (LPCS), a North Carolina Licensed Addiction Specialist (LCAS), and a Transactional Analysis practitioner (TAP). He is a member of the American Counseling Association, United States of America Transactional Analysis Association, and the American College Counseling Association. He serves as the SCC Director of Personal Counseling and is available to assist students with personal, mental health, and career development issues.

Rosa McAllister-McRae, MA, LPC, NCC

Rosa McAllister-McAllister-McRae provides individual and group counseling to students with personal, mental health, and career issues in a psychoeducational perspective, provides referral and consultation services to new and prospective students, and offers transfer counseling to students who plan to transfer to another college or university. She is a North Carolina Licensed Professional Counselor (LPC), a National Certified Counselor (NCC), and a Distance Credentialed Counselor (DCC) specializing in Cognitive Behavioral Therapy, Person-Centered Therapy, and Reality Therapy. She has been serving SCC students since 1994.

Timothy Hunt, MS, LPCS, LCAS, TAP, CSI

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910.695.3968

Rosa McAllister-McRae, EdS, LPC, NCC, DCC

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If you are concerned about your drug or alcohol use, help is available on our campus.

Facts about Alcohol and Drug Abuse

Alcohol is such a big part of American life to-day 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.

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, and
- Low perception of harm.

Common Prevention Factors for Alcohol and Drug Use

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

What is your next step?

For screening or referral information, contact the SCC Counseling Center at (910) 695-3968 or (910) 246-4944 on our Pinehurst campus or (910) 878-5804 at the Sandhills Hoke Center.

The SCC 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.

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 the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-HELP (4357) for drug and alcohol treatment information.