# Student Alcohol Usage Quiz

<table>
<thead>
<tr>
<th>Question</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the first eight weeks of Fall Quarter, 2007, what percentage of students reported missing class more than once due to alcohol use?</td>
<td>See page 1</td>
</tr>
<tr>
<td>In the first eight weeks of Fall Quarter, 2007, what percentage of students reported falling behind at least once in their schoolwork because of drinking?</td>
<td>See page 2</td>
</tr>
<tr>
<td>In the first eight weeks of Fall Quarter 2007, how often did students report driving under the influence of alcohol?</td>
<td>See page 3</td>
</tr>
<tr>
<td>In the first eight weeks of Fall Quarter, 2007, how often did students report drinking until they passed out?</td>
<td>See page 4</td>
</tr>
<tr>
<td>How can a faculty or staff member raise the topic of alcohol or drug usage with a student?</td>
<td>See page 7</td>
</tr>
<tr>
<td>What are the 101 ways students can have fun without drinking?</td>
<td>See page B4</td>
</tr>
</tbody>
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Alcohol Education and Abuse Prevention Steering Committee

Higher Education Center
www.edc.org

SAMHSA’s National Clearinghouse for Alcohol and Drug Information
www.health.org

Department of Alcohol and Drug Programs
www.adp.state.ca.us

NIAAA Task Force on College Drinking
www.collegedrinkingprevention.gov

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A MESSAGE FROM THE PRESIDENT

Alcohol is perhaps the most prominent cause of academic underachievement and failure at Cal Poly. Our own student surveys have found that our “C” students report drinking almost twice the amount reported by our “A” students. Over twenty-five percent of our students report falling behind in their school work or missing class due to alcohol usage. The human toll of outcomes that are the result of alcohol abuse is even more dramatic. Here at Cal Poly, physical and sexual assaults, traffic accidents, and student and staff deaths have all been the result of alcohol use.

Beginning with my welcoming address at the beginning of Week of Welcome, the academic year is filled with efforts by the University to limit the abuse of alcohol and the negative consequences of that misuse on our campus and community. We strive to improve and enlarge the scope of our efforts to address the alcohol problem. I would like to enlist your aid in addressing the problem of alcohol misuse and abuse by our students.

The Cal Poly faculty and staff represent a powerful force in shaping the development of our students. Former students often cite a key faculty or staff member who had a strong formative impact on their development as individuals. You are uniquely positioned to evaluate a student’s performance and to observe the “trajectory” of his/her development. You are able to identify students of great potential who are failing to live up to that potential.

This handbook is designed to give faculty and staff the information necessary to understand the scope of the alcohol problem at Cal Poly, how to identify a student who may be having alcohol problems, and how to address the issue with that student. This book contains listings of campus and community resources. Please review its contents and keep it handy should you need its information in the future.

Warren Baker
President
CURRENT STATE AND IMPACT OF SUBSTANCE USAGE BY CAL POLY STUDENTS

Alcohol usage by students has significant impact on their academic performance. As you will see below, there are clear relationships between alcohol usage and GPA, class attendance, class preparation, test performance. The impact of alcohol is obviously far wider than just academics. Alcohol use among students causes problems in our community and can have serious health consequences as well. The following pages give you the results of a survey taken in the last two weeks of November. That means that the bulk of this data reflects percentages for the FIRST 8 WEEKS of Fall Quarter, 2007.\(^1\)

Alcohol and Academics:

GPA
Based on self report of drinking and GPA\(^1\) from a random sample of 597 Cal Poly Students; C students reported drinking 55% more than A students.

<table>
<thead>
<tr>
<th>GPA</th>
<th>Mean</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>4.88</td>
</tr>
<tr>
<td>B</td>
<td>5.53</td>
</tr>
<tr>
<td>C</td>
<td>7.6</td>
</tr>
</tbody>
</table>

Class Attendance
In the FIRST 8 WEEKS of the Fall Quarter, 2007, almost 20% of students reported missing class due to alcohol use, ten percent reported missing more than one class.

<table>
<thead>
<tr>
<th>Since you arrived on campus this Quarter, how often has your drinking caused you to miss a class?</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>10.4</td>
</tr>
<tr>
<td>Twice</td>
<td>4.0</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>3.4</td>
</tr>
<tr>
<td>6-9 Times</td>
<td>.90</td>
</tr>
<tr>
<td>10 or More Times</td>
<td>.30</td>
</tr>
</tbody>
</table>
You may also have had the experience of having a student under the influence of drugs and alcohol in your class. In the FIRST 8 WEEKS of the Fall Quarter, 2007, over 10% of students reported going to work or class either high or drunk.

<table>
<thead>
<tr>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to go to work or school high or drunk</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>6.1</td>
</tr>
<tr>
<td>Twice</td>
<td>3.4</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>1.8</td>
</tr>
<tr>
<td>6-9 Times</td>
<td>0.3</td>
</tr>
<tr>
<td>10 or More Times</td>
<td>0.6</td>
</tr>
</tbody>
</table>

**Class Preparation**

In the FIRST 8 WEEKS of the Fall Quarter, 2007, over 25% of students reported falling behind at least once in their school work because of drinking.

<table>
<thead>
<tr>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has drinking caused you to get behind in your school work</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>11.0</td>
</tr>
<tr>
<td>Twice</td>
<td>7.9</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>5.5</td>
</tr>
<tr>
<td>6-9 Times</td>
<td>0.6</td>
</tr>
<tr>
<td>10 or More Times</td>
<td>0.6</td>
</tr>
</tbody>
</table>

**Academic Performance**

In the FIRST 8 WEEKS of the Fall Quarter, 2007, almost 9% of students reported that they had done poorly on a test or important project due to their alcohol use.

<table>
<thead>
<tr>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to perform poorly on a test or important project</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>6.7</td>
</tr>
<tr>
<td>Twice</td>
<td>2.4</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>0.3</td>
</tr>
</tbody>
</table>
Alcohol and Behavior:
High-risk drinking refers to the consequences of behaviors associated with alcohol abuse. It addresses issues such as how drinking can create harmful situations and lead to risky or violent behavior, such as unprotected sex or sexual assault.

<table>
<thead>
<tr>
<th>Property Damage</th>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to damage property?</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td></td>
<td>4.6</td>
</tr>
<tr>
<td>Twice</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>3-5 Times</td>
<td></td>
<td>0.6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Safety</th>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to drive a car under the influence of alcohol?</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td></td>
<td>9.5</td>
</tr>
<tr>
<td>Twice</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>3-5 Times</td>
<td></td>
<td>1.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rude Behavior</th>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to become very rude, obnoxious, or insulting?</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td></td>
<td>12.5</td>
</tr>
<tr>
<td>Twice</td>
<td></td>
<td>4.0</td>
</tr>
<tr>
<td>3-5 Times</td>
<td></td>
<td>2.7</td>
</tr>
<tr>
<td>6-9 Times</td>
<td></td>
<td>0.6</td>
</tr>
<tr>
<td>10 or More Times</td>
<td></td>
<td>0.9</td>
</tr>
</tbody>
</table>

Alcohol and Health:
The first step in addressing the consequences of college drinking is to recognize it as a public health threat for the nation, which particularly impacts young adults. Consider the actual number of students these percentages equate to with a population of 19,000 students.

<table>
<thead>
<tr>
<th>Hangover</th>
<th>In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to have a hangover?</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td></td>
<td>19.5</td>
</tr>
<tr>
<td>Twice</td>
<td></td>
<td>16.5</td>
</tr>
<tr>
<td>3-5 Times</td>
<td></td>
<td>17.1</td>
</tr>
<tr>
<td>6-9 Times</td>
<td></td>
<td>6.7</td>
</tr>
<tr>
<td>10 or More Times</td>
<td></td>
<td>4.0</td>
</tr>
</tbody>
</table>
### In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to pass out\(^1\)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>18.9</td>
</tr>
<tr>
<td>Twice</td>
<td>5.8</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>5.5</td>
</tr>
<tr>
<td>6-9 Times</td>
<td>0.9</td>
</tr>
<tr>
<td>10 or More Times</td>
<td>0.3</td>
</tr>
</tbody>
</table>

### In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to engage in unplanned sexual activity\(^1\)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>11.0</td>
</tr>
<tr>
<td>Twice</td>
<td>4.0</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>4.3</td>
</tr>
<tr>
<td>6-9 Times</td>
<td>0.0</td>
</tr>
<tr>
<td>10 or More Times</td>
<td>0.6</td>
</tr>
</tbody>
</table>

### In the FIRST 8 WEEKS of Fall Quarter, 2007, how often has your drinking caused you to get hurt or injured\(^1\)

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Once</td>
<td>9.5</td>
</tr>
<tr>
<td>Twice</td>
<td>2.7</td>
</tr>
<tr>
<td>3-5 Times</td>
<td>0.9</td>
</tr>
</tbody>
</table>

### Substance Use at Cal Poly: \(^1\)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Any Use %</th>
<th>More than once per week</th>
<th>Almost Daily %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>88.5</td>
<td>46.5</td>
<td>8.7</td>
</tr>
<tr>
<td>Amphetamine</td>
<td>1.0</td>
<td>0.2</td>
<td>0.2</td>
</tr>
<tr>
<td>Cocaine</td>
<td>2.9</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>1.0</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>GHB</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>1.9</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Heroin, Codeine</td>
<td>1.2</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Inhalants</td>
<td>0.2</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Marijuana</td>
<td>25.0</td>
<td>6.7</td>
<td>3.1</td>
</tr>
<tr>
<td>PCP</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Rohypnol</td>
<td>None</td>
<td>None</td>
<td>None</td>
</tr>
<tr>
<td>Tobacco</td>
<td>24.0</td>
<td>5.4</td>
<td>2.1</td>
</tr>
</tbody>
</table>
HELPING STUDENTS

While abusive and addictive use of substances requires professional help, there are several things faculty and staff can do initially to help. Faculty and staff have very powerful influences on students. Many students perceive faculty and staff as the university, which allows you to be the first line of defense and support for students. Helpful intervention is a process, not an event. Be aware when people are confronted about behavior, which is part of their lifestyle; they generally become defensive and angry.

What You Can Do:
Refer to appendices B and C for useful student aids.

• Create a non-judgmental environment in your class by encouraging students to speak with you about issues they may have. If they regard you as non-judging, they may very well come to you with their concerns.

• Hold class and administer quizzes and exams on days (i.e. Thursdays and Fridays) that follow frequent party nights.

• Become familiar with the signs and symptoms of substance abuse.

• Talk to students about YOUR concern, not from the perspective of blame.

• Ignoring self-defeating behavior is not helpful to the person for whom you are concerned.

• The more you learn about alcohol and its effects the more helpful you can be to those who are having problems with it.

• Be a positive example of not using alcohol jokes, or condoning alcohol marketing and abuse in your classes and discussion with students.
**Attempt to:**

- Let the student know you care about him/her (use “I” statements, i.e. “I am worried about you”).
- Remain calm and non-judgmental.
- Stick to observable facts (confrontation is like holding a mirror up to the student).
- Emphasize the contrast between the student’s sober behavior, which you like, and the drinking behavior that concerns you.
- Use gentle persistence.
- Anticipate their possible responses (minimize, change topics, make excuses, promise behavior change, challenge their use).
- Accept their anger; learn to side step it. Try to remember their anger is not at you, but their situation.
- In advance, gather educational materials to give to the student.
- Utilize your own support system.
- Involve others who are also concerned about the student.

**Avoid:**

- Arguing with the student.
- Getting angry and losing control.
- Letting him/her change the topic.
- Getting hooked by their defensiveness (don’t feel guilty and don’t take it personally).
- Delaying the confrontation.
- Confrontation when the student is high or drunk.
- Diagnosing (i.e. “You’re an alcoholic”).
- Sparing the student the consequences of his/her drinking.
Sample Faculty/Student Scenario:
The Student's attendance and class performance were very good at the beginning of the quarter but after the third week attendance is inconsistent and the student is receiving D's & F's on quizzes and exams. The Student goes to the Faculty member wanting to request a late withdrawal from the class.

Dialog:

Student: “I’m really struggling with this course and would like to withdraw and re-take it next quarter when my course load is not so heavy.”

Faculty: “I see that you were doing really well at the beginning of the quarter, and then began missing classes and doing poorly on tests after the third week. Why do you think that happened?”

Student: “I’m carrying a heavy load-14 units. Maybe I didn’t start studying early enough. Next quarter my load will be lighter, so I should be able to do fine.”

Faculty: “Fourteen units should be manageable. When I see somebody’s performance drop like this I wonder what else might be going on. Are you spending enough time studying? You should be spending at least 8 hours a week outside the classroom on this course.

Student: “Well, I probably spend that much time when I can.”

Faculty: “Whenever I see this pattern, I always wonder how much partying a student is doing. Many students don’t realize the detrimental effects partying can have on their performance. How much do you think factors like partying have affected your grades?”

Student: “I do like to hang out and party with my friends, but I don’t drink anymore than anyone else.”

Faculty: “Well, I am concerned about the rapid change in your attendance and performance. Your friends may be drinking too much--college students are known to drink more than they should. You are a bright student and were doing well earlier in the quarter, so I think you can successfully complete the course this quarter. I would highly recommend that you cut down on your partying, attend every class, complete every assignment, and spend enough time preparing for the remaining tests. If you need some help with this, we have some resources available specifically for students on campus. Counseling Services and P.U.L.S.E. can help you identify the various factors that have affected your performance this quarter. You can reach Counseling Services at 756-2511 or P.U.L.S.E. at 756-6181. Let me know how that goes.”
SIGNS AND SYMPTOMS OF SUBSTANCE ABUSE

• Excessive, regular, or periodic usage
• Inability to control usage
• Four or more drinks at any one time or 10 or more drinks per week
• Failure to fulfill majority of work, school, or home responsibilities
• Poor attendance, low grades, and/or recent disciplinary action
• Drinking or using to build up self-confidence in social situations
• Drinking alone
• Drinking or using to escape from problems, studies, home worries
• Drinking in situations that are physically dangerous, such as driving a car
• Memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech
• Having recurring substance-related legal problems, such as being arrested for drinking under the influence or for physically hurting someone while drunk or high

Issues to Consider:

Established Drinking & Using Patterns
Although some drinking and using problems begin during the college years, many students entering college bring established practices with them. Thirty percent of 12th graders, for example, report binge drinking in high school, slightly more report having “been drunk”, and almost three-quarters report drinking in the past year. Colleges and universities “inherit” a substantial number of drinking problems that developed earlier in adolescence.

Secondhand Consequences of Drinking & Drug Use
Students who do not drink or do not abuse alcohol experience secondhand consequences from others’ excessive use. In addition to physical and sexual assault and damaged property, these consequences include unwanted sexual advances and disrupted sleep and study. The problems produced by high-risk drinking are neither victimless nor cost-free. All students – whether they misuse substances or not – and their parents, faculty, staff and members of the surrounding community, experience the negative consequences of the drinking culture on U.S. campuses.

Factors Affecting Drinking:
• Biological and genetic predispositions to use
• Belief system and personality
• Expectations about the effects of alcohol
• Availability of alcohol in the area surrounding a campus
Effects of Alcohol Intoxication:

General Effects: Alcohol is a depressant that reduces activity in the central nervous system. The alcohol-intoxicated person exhibits loose muscle tone, loss of fine motor coordination, and often has a staggering “drunken” gait.

Eyes: The eyes may appear somewhat “glossy” and pupils may be slow to respond to stimulus. At high doses pupils may become constricted.

Vital Signs: At intoxicating doses, alcohol decreases heart rate, lowers blood pressure and respiration rate and results in decreased reflex responses and slower reaction time.

Skin: Skin may be cool to the touch, but the user may feel warm. Profuse sweating may accompany alcohol use.

Progression of Addiction:
Addiction is always progressive and chronic unless treated. Not everyone who experiments with drugs and alcohol or uses drugs and alcohol recreationally will become addicted to a substance. When working with our students it’s important to realize that experimentation does not always lead to addiction. It is also important to keep in mind that many students enter a university setting with addictions of various kinds. Addicted people may or may not be in recovery and may or may not be aware of their addiction.

Several critical factors influence addiction in our society:

- Genetics: Research has shown consistently that alcoholism runs in families and from generation to generation. Children and grandchildren of alcoholics have a genetic predisposition to alcoholism themselves.
- Environment: The level of exposure to drugs and alcohol in the home and surrounding community, as well as attitudes toward drugs and alcohol, have an impact on addiction.
- Age of First Use: The younger a person is when they first experiment with a substance, the greater his/her chances are for continued use and possible addiction.

Definitions of the progression of addiction:

<table>
<thead>
<tr>
<th>Abstinence</th>
<th>Recreational Use</th>
<th>Habituation/Dependence</th>
<th>Addiction</th>
</tr>
</thead>
<tbody>
<tr>
<td>No drug or alcohol use.</td>
<td>Person may experiment with drugs or alcohol, but doesn't make efforts to seek it out.</td>
<td>Use on a regular basis, may have formed a dependence and may put aside responsibilities in order to use.</td>
<td>Marked by continued use despite knowing negative consequences of use. Using becomes primary focus of daily life.</td>
</tr>
</tbody>
</table>
Most Commonly Abused Drugs

**Hallucinogens:**
- LSD: Lysergic Acid Dethylamide-25
- PCP: Phencyclidine
- Ecstasy: MMDA 3-methoxy-4,5-methylene dioxyamphetamine
- Mescaline
- Psilocybin

**Look for:** Loss of appetite, sleeplessness, numbness, weakness, tremors, dilated pupils, sweating, dry mouth, nausea, hallucinations, and are delusional.

**Effects:** Increased body temperature, heart rate and blood pressure

**Cannabis Group:**
- Marijuana
- THC: Delta-9-tetrahydrocannabinol
- Hashish

**Look for:** Euphoria, anxiety, rapid loud talking, bursts of laughter, sleepy or forgetfulness in conversation, slow thinking and reaction time, and impaired balance and coordination.

**Effects:** Increased heart rate and decreased blood pressure

**Narcotics:**
- Heroin
- Morphine
- Codeine
- OxyContin: Oxycodone hydrochloride

**Look for:** Euphoria, drowsiness, sedation, staggering gait, flushing of the skin, slowed breathing, watery eyes, runny nose, and constricted pupils

**Effects:** Decreased blood pressure, dry mouth, nausea, vomiting and severe itching
Depressants

- Alcohol
- Tranquilizers: Barbiturates
- GHB: Gamma-hydroxybutyrate
- Ruffies: Rohypnol

**Look for:** Poor concentration, fatigue, hyperirritability, poor judgment, slurred speech, dizziness, memory loss, difficulty focusing and impaired coordination.

**Effects:** Decreased blood pressure, decreased respiration and delirium

Stimulants

- Speed: Amphetamine
- Cocaine: Benzoylmethylecgonine
- Ecstasy: MDMA, 3,4-Methylenedioxymethamphetamine
- Methamphetamine
- Nicotine

**Look for:** Dilated pupils, rapid speech, mild hallucinations, aggressive behavior, convulsions, exhaustion, weight loss, restlessness and paranoia.

**Effects:** Increased blood pressure, increased heart rate and dry mouth
**BLOOD ALCOHOL CONTENT (BAC)**

- Blood Alcohol Content is measured in milligrams of alcohol per 100 milliliters of blood, or milligrams percent.

- For Example, a BAC of .10 means that one-tenth of 1% (or 1/1000) of your total blood content is alcohol. This means that a BAC of .05 and below may give you a mellow buzz: a BAC of .40+ and higher can cause death.

- Blood Alcohol Content depends largely on two things: body size (the bigger you are, the more blood you have to dilute the alcohol) and how much you drink at any one time (the faster you drink, the higher your BAC, since the body has less time to dilute the alcohol).

**Blood Alcohol Content: Behavior by the Numbers:**

**BAC .02%-.03%: Mildly relaxed.**
You feel a little lightheaded. Your inhibitions are slightly loosened, and whatever mood you were in before you started drinking may be mildly intensified.

**BAC .05%-.06%: Warm and relaxed.**
If you’re the shy type when you’re sober, you lose your feelings of shyness. Your behavior may become exaggerated, making you talk louder or faster or act bolder than usual. Emotions are intensified, so your good moods are better and your bad moods are worse. You may also feel a mild sense of euphoria.

**BAC .08%-.09%: Legally drunk.**
You believe you’re functioning better than you actually are. At this level, you may start to slur your speech. Your sense of balance is probably off, and your motor skills are starting to become impaired. Your ability to see and hear clearly is diminished. Your judgment is being affected, so it’s difficult for you to decide whether or not to continue drinking. Your ability to evaluate sexual situations is impaired. Students may jokingly refer to this state of mind as beer goggles, but this BAC can have serious repercussions.

**BAC .10%-.12%: Lack coordination and balance.**
At this level, you feel euphoric, but your motor skills are markedly impaired, as are your judgment and memory. You probably don’t remember how many drinks you’ve had. Your emotions are exaggerated, and some people become loud, aggressive, or belligerent. If you’re male, you may have trouble getting an erection when your BAC is this high.

**BAC .14%-.17%: Possible blackout.**
Your euphoric feelings may give way to unpleasant feelings. You have difficulty talking, walking, or even standing. Your judgment and perception are severely impaired. You may become more aggressive, and there is an increased risk of accidentally injuring yourself or others. At this point you may experience nausea and/or start vomiting.
BLOOD ALCOHOL CONTENT (BAC) cont’d

BAC .0% - .25%: Vomiting and potential to pass out.
You feel confused, dazed, or otherwise disoriented. You need help to stand up or walk. If you hurt yourself at this point, you probably won’t realize it because you won’t feel pain. If you are aware you’ve injured yourself, chances are you won’t do anything about it. All mental, physical, and sensory functions are severely impaired. Your gag reflex is impaired. There’s an increased risk of asphyxiation from choking on vomit and of seriously injuring yourself by falling or other accidents.

BAC .30% - .35%: Drunken stupor and alcohol poisoning potential.
You have little comprehension of where you are. You may suddenly pass out at this point and be difficult to awaken. This blood alcohol level also happens to be the level of surgical anesthesia. You may stop breathing at this point.

BAC .40%: Coma.
The nerve centers controlling your heartbeat and respiration are slowing down, slowing down, slowing down. It’s a miracle if you’re not dead.

Consequences of Excessive BAC Levels:

BAC .31%: In February 1996, an 18-year-old student died of alcohol poisoning with a BAC of .31% after attending two parties the night before.

BAC .35%: In February 1996, a second student, age 20, died of alcohol poisoning with a BAC of .34% after drinking six beers and twelve shots in two hours.

BAC .40%: In April 1994, a 21-year-old student died of alcohol poisoning with a BAC of .40% after a Hell Night party.
BLOOD ALCOHOL CHARTS

Blood Alcohol Content (BAC) is the amount of alcohol present in your blood as you drink. It is calculated by determining how many milligrams of alcohol are present in 100 milliliters of blood. But you don’t need a Breathalyzer, a calculator, or a measurement conversion chart to figure out what BAC you had last night. Use the Table of Blood Alcohol Content below. This is a generalized chart based on a person who is metabolizing (or breaking down) one drink an hour. For example if you are a 120 lb. female drinking seven drinks in one hour, your BAC is .30%.

If you’re a WOMAN, your Blood Alcohol Content is:

<table>
<thead>
<tr>
<th># of drinks in one hour</th>
<th>Weight</th>
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<tbody>
<tr>
<td>100 lbs.</td>
<td>120 lbs.</td>
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<tr>
<td>1</td>
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</table>
BLOOD ALCOHOL CHARTS cont’d

If you’re a MAN, your Blood Alcohol Content is:

<table>
<thead>
<tr>
<th># of drinks in one hour</th>
<th>100 lbs.</th>
<th>120 lbs.</th>
<th>140 lbs.</th>
<th>160 lbs.</th>
<th>180 lbs.</th>
<th>200 lbs.</th>
<th>220 lbs.</th>
<th>240 lbs.</th>
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REMEMBER: While this chart is a good general guideline, every individual reacts differently to alcohol. The chart doesn't take into account your individual body composition, your use of medication, your mood changes, or your personal metabolism rate. Therefore, your blood alcohol level may in fact be slightly higher or slightly lower than the chart indicates for the number of drinks you consume. Just keep in mind that your body processes alcohol at a constant rate of .5 oz. per hour, regardless of how many ounces you consume. Therefore, the faster you drink, the higher your blood alcohol content will be.

Did You Know?:
- 0.08 - 0.10 blood alcohol level is considered legally drunk.
- California and most states practice zero-tolerance laws, meaning if you are under 21 any alcohol in your system is against the law.
APPENDIX A

Campus Alcohol Policy
ALCOHOL AND OTHER DRUG POLICY

The University Alcohol Policy

Possession, use and sale of alcoholic beverages on campus are limited to certain approved events and locations covered by the California Polytechnic State University, San Luis Obispo official policy on alcohol and drugs. Consumption or possession of alcohol by persons under 21 years of age is not permitted on the property of the University, including athletic fields and housing areas.

The University recognizes that alcohol and drug dependency is an illness and a health problem. Information, assessment, and referral services are available through the Cal Poly Student Health Center and University Counseling Services. These programs assist students in finding alternatives to substance abuse while promoting a healthy lifestyle and the ability to cope with problems as they rise.

All state laws dealing with alcohol and state and federal laws regarding the possession, use and sale of illegal drugs are enforced by the University Police Department. Violators may be subject to fine, imprisonment, and/or expulsion from the University.

California Polytechnic State University, San Luis Obispo complies with the requirements of the Higher Education Act. The official Cal Poly Alcohol policy (270-270.2) reads:

270.1 Possession or consumption of alcoholic beverages on the campus is prohibited. Exception to this policy may be granted by the President or his designee to allow the service (Sale or non-sale) of alcoholic beverages under established guidelines. Factors to be considered in granting exceptions include the nature of the event, the adequacy of supervision, and the benefit to the university. Exceptions will not be granted for events open to the public, unless authorized by the President or a designee for bona fide public eating places.

270.2 Service of alcoholic beverages at campus events shall be the exclusive privilege of the Foundation. The Foundation may grant exceptions to this privilege as appropriate.
APPENDIX B

Student Aids
STUDENT AIDS
Drinking Do’s and Don’ts:

Whether you want to know how to keep your drinking under control, or feel you might have a problem with alcohol and want to cut back, use these guidelines:

DO formulate a mission statement. Why do you want to cut down or stop your drinking? Whether it’s to help you lose the freshmen 15, to feel healthier in general, or to stop getting into fights with your family, write down your reason(s). It sounds corny, but it’ll make you take the challenge more seriously.

DON’T go out with people who make you feel uncomfortable if you’re not drinking. If you ever feel as though you could be easily persuaded to drink, make alternate plans with friends who are less inclined to include alcohol in their fun.

DO set a liquor limit. Telling yourself you will not drink during the week, or that you’ll have no more than one drink a day, or more than 2-3 drinks when you party, will get your mind set not to exceed your limit.

DON’T guzzle. When you are drinking, take hour-long breaks between drinks. Drinking faster than your body can feel the affects can get you into real trouble. Avoid drinking games, you’ll end up drinking more alcohol, more quickly than your body can handle.

DO alternate alcoholic beverages with non-alcoholic drinks, like water, juice, or soda.

DON’T keep beer, wine, or hard liquor at home. It’ll be easier to resist if it simply isn’t there.

DO take a vacation from drinking. Notice how good you feel, physically and emotionally, during that time. If you don’t start to feel better, you may have a problem with alcohol.

DO save the cash you don’t waste getting wasted. Reward yourself. Whenever you refuse an alcoholic beverage, put the amount of money you saved in a jar. You can put your dollars toward spring break, dinner with friends, or that new jacket you’ve been eyeing but thought you couldn’t afford.

DO eat before you start consuming any alcohol, and continue to munch while you drink. Eating while you drink slows down how quickly you get drunk.

DON’T go to places where you’ll be bored if you’re not drinking. If you feel socially uneasy if you don’t have a drink in your hand, keep your drink ¼ to ½ full and slowly sip the drink.

DO keep a drinking diary. Write down how many drinks you consume over a month-long period and how much it costs for you. When you realize how much dough you’re sinking on drinking, it might give you incentive to cut down your alcohol intake even further.
Self-Assessment:

Note as many of the following statements that fit you.

__ I frequently (once or twice a day) find that my conversation centers on drug or drinking experiences.
__ I drink or get high to deal with tension or physical stress.
__ Most of my friends or acquaintances are people I drink or get high with.
__ I have lost days of school/work because of drinking or other drug use.
__ I have had the shakes when going without drinking or using drugs.
__ I regularly get high or take a drink upon awakening, before eating, or while at school/work.
__ I have been arrested for driving under the influence of a substance.
__ I have periods of time that can’t be remembered (blackouts).
__ Family members think drinking or other drug use is a problem for me.
__ I have tried to quit using substances but cannot. (A good test is voluntarily going for six weeks without substances and not experiencing physical or emotional distress).
__ I often double up and/or gulp drinks or regularly use more drugs than others at parties.
__ I often drink or take drugs to “get ready” for a social occasion.
__ I regularly hide alcohol/drugs from those close to me so that they will not know how much I am using.
__ I often drink or get high by myself.
__ My drinking or use of drugs has led to conflict with my friends or family members.

Scoring: If you noted three or four of the statements, you should be suspicious about the way you use substances. If you noted five, you may have the beginnings of a problem and perhaps should start looking for some kind of help. If you noted more than five, it would probably be a good idea to talk about your use of substances with a professional counselor.
Twenty Questions to Consider:

1. Do you lose time from school due to drinking?
2. Do you drink because you are shy with other people?
3. Do you drink to build up your self-confidence?
4. Do you drink alone?
5. Is drinking affecting your reputation – or do you care?
6. Do you drink to escape from study or home worries?
7. Do you feel guilty or bummed after drinking?
8. Does it bother you if somebody says that maybe you drink too much?
9. Do you have to take a drink when you go out on a date?
10. Do you make-out (in general) better when you have a drink?
11. Do you get into financial troubles over buying liquor?
12. Do you feel a sense of power when you drink?
13. Have you lost friends since you started drinking?
14. Have you started hanging out with a crowd where stuff is easy to get?
15. Do your friends drink LESS than you do?
16. Do you drink until the bottle is gone?
17. Have you ever had a complete loss of memory from drinking?
18. Have you ever been to a hospital or been busted due to drunk driving?
19. Do you turn off to any studies or lectures about drinking?
20. Do you THINK you have a problem with liquor?

Based on a similar test used by John Hopkins University Hospital, Baltimore, you can utilize the following guidelines in determining whether or not you may have an alcohol-related problem: If you answered YES to any one of the questions, there is a definite warning that you may be having a problem. If you answered YES to two or more, you should discuss your use of alcohol with a counselor.
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

1. Ride the Old SLO Trolley around downtown
   SLO Trolley Ride free on the Downtown San Luis Obispo Trolley which makes a complete loop of downtown every 15 minutes.

2. Hike to the “P”
   On the Cal Poly Campus, behind the residence hall Trinity

3. Go horseback riding
   Pacific Dunes Ranch Riding Stable
   1207 Silver Spur Place, Oceano (805) 489-8100

   Take 101 South, take the Hinds Ave exit, turn right onto Hinds Ave., turn left onto Price St., turn slight right onto Ocean View Ave, turn left onto CA-1 / Pacific Coast HWY / Dolliver St. Continue to follow CA-1. Turn Right onto 22nd St. Turn right onto Silver Spur Place.

   Lambert Stables
   2393 Clelland Avenue, Los Osos
   (805) 528-3824

   From HWY 101, take Los Osos Valley Road toward Los Osos. Turn east on South Bay Blvd, drive 2.3 miles, the turn off is on the right hand side into parking lot. From 1, take South Bay Blvd. west, drive 1.3 miles, trail head will be on the left.

4. Kayak in Avila or Morro Bay
   Sub Sea Tours and Kayaks
   699 Embarcadero #9, Morro Bay
   (805) 772-9463

   Central Coast Kayaks
   879 Shell Beach Road
   Shell Beach (805) 773-3500

5. Go to Farmer’s Market
   Every Thursday night (6-9pm) on Higuera Street in Downtown San Luis Obispo

6. Relax at the Sycamore Springs Hot Springs
   1215 Avila Beach Drive, Avila Beach
   (805) 595-7302

7. Think about joining a club…and do it!
   http://www asi.calpoly.edu/uu/clubprograms
   Cal Poly has over 400 clubs; all listed on the above website (which has information about each club)

8. Climb Bishop Peak
   From HWY 1, take Highland Dr. until it dead ends.

9. Hike Poly Canyon
   Take Poly Canyon Rd. on Cal Poly’s campus

10. Connect with a spiritual/religious organization of your choice.
    For a list of over 20 organizations contact Interfaith Campus Council
    Student Life and Leadership, The Epicenter (in the UU), Box 143
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

12. Have a picnic in Mission Plaza or at a local park
   Santa Rosa Park, 1150 Oak Street, San Luis Obispo
   (805) 781-7287

   Old Mission Park
   751 Palm Street, San Luis Obispo
   (805) 781-8820

   Mitchell Park
   1050 Buchon Street, San Luis Obispo
   (805) 781-7300

   Cuesta Park
   2400 Loomis, San Luis Obispo

13. Have a bonfire at Avila Beach
   HWY 101 South, exit Port San Luis/Avila...to beach area across from Diablo Canyon Power Plant entrance

14. Look at art at the SLO Art Center
   San Luis Obispo Art Center
   1010 Broad St., San Luis Obispo
   (805) 543-8562

15. Swing on the swings at Avila Beach
   HWY 101, exit Port San Luis/Avila... follow the signs to the boardwalk

16. Go to Hearst Castle
   Hearst Castle
   750 Hearst Castle Road, San Simeon
   (805) 927-2125

17. Walk along the Pismo Pier
   End of Pomeroy Ave, Pismo Beach

18. Go play paintball in Santa Margarita
    Central Coast Paintball Park
    (805) 481-1476 Call for reservations

19. Listen to the SLO Symphony
    San Luis Obispo Symphony
    1160 Marsh Street, Suite 204, San Luis Obispo
    (805) 543-3533 Call for performance locations and dates

20. Listen to music, get coffee, or check out art at Linea’s Café
    1110 Garden Street, San Luis Obispo
    (805) 541-5888

21. Visit the SLO Botanical Gardens
    San Luis Obispo Botanical Garden
    El Chorro Regional Park, Highway 1, San Luis Obispo
    (805) 546-3501

22. Visit the Morro Bay Estuary
    Located in Morro Bay, Los Osos, and Baywood Park
    Call (805) 772-3834 for directions

23. Go miniature golfing at Boomers in Santa Maria
    2250 North Preskler Lane, Santa Maria
    (805) 928-4942

24. Go hiking in Big Sur
    Drive north on HWY 1 until you reach Big Sur
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

25. Go hiking at Montaña de Oro
   Take 101 S, exit Los Osos Valley Road
   Turn right, Los Osos Valley Road will
   turn into the park

26. Take a trip to In-N-Out
   Going North on 101, take the San An-
   selmo Road exit
   6000 San Anselmo Rd., Atascadero
   Going South on 101, take the exit to-
   ward Stowell Rd.
   1330 S. Bradley Road, Santa Maria
   (800)786-1000

27. Collect seashells at Montaña de Oro
   Take 101 S, exit Los Osos Valley Road
   Turn right. Continue on Los Osos Val-
   ley Road until it reaches the park

28. Visit the tide pools at Morro Rock
   Located in Morro Bay
   Call (805) 772-3834 for directions

29. Share clam chowder at Splash Café
   197 Pomeroy Ave, Pismo Beach
   (805) 773-4653
   1491 Monterey St, San Luis Obispo
   (805) 543-6525

30. Indulge in dessert at 1865 Restaurant
    1865 Restaurant
    1865 Monterey Street, San Luis Obispo
    (805) 544-1865

31. Work up a sweat at the Rec Center
    Ride a bike, lift weights, use the Stair-
    master or treadmill, play racquetball, etc.

32. Go fishing at Lopez Lake
    15 miles south of San Luis Obispo (805)
    788-2381
    Take 227 South to Lake Lopez or take
    101 South and exit left on Grande Ave.
    in Arroyo Grande and follow signs to
    the lake

33. Go fly a kite at a local beach or park

34. Volunteer at a local organization
    Miss your pet? Volunteer at the:
    Woods Humane Society or County Animal
    Services
    875 Oklahoma Avenue, San Luis Obispo
    (805) 543-9316

35. Go waterskiing/ wakeboarding at Nacimiento
    Lake
    45 miles north of San Luis Obispo (805) 238-
    3256 or (800) 323-3839
    10625 Nacimiento Lake Drive, Paso Robles

36. Camp under the stars at the Oceano Dunes
    Vehicular Recreation Area
    Call (805) 473-7230

37. Go shopping at the Pismo Outlet stores
    333 Five Cities Drive, Suite 100, Pismo Beach
    (15 miles south of San Luis Obispo)
    (805) 773-4661

38. Ride ATV’s in Grover Beach
    BJ’s ATV Rental Inc.
    197 Grand Avenue, Grover Beach
    (805) 481-5411
    (805) 489-5905

39. Find Hidden Images
    At the stonewall of the Mission in downtown SLO
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

40. Get frozen yogurt at Bali’s or ice cream at Cold Stone
   Bali’s Self-Serve Frozen Yogurt
   949 Higuera St., San Luis Obispo
   890 Foothill Blvd, San Luis Obispo

   Coldstone Creamery
   860 Higuera St, San Luis Obispo

41. Visit Charles Paddock Zoo
   Charles Paddock Zoo
   9305 Pismo Ave., Atascadero
   (805) 461-5080
   Take 101 North to San Antonio Rd.

42. Go rock climbing at Crux Climbing
   Crux Climbing Center
   1160 Laurel Lane, San Luis Obispo
   (805) 544-2789

43. Visit the Los Padres National Forest
   Encompassing the southern end of Monterey
   County, Big Sur, and San Luis Obispo
   Call (805) 968-6640 for directions

44. Join a class at the REC center
   Classes include spinning, body sculpting, yoga,
   Pilates, abs, etc.
   Look at http://www.asi.calpoly.edu/recports/classes for weekly schedules

45. Play volleyball at the beach
   Pismo or Avila

46. Play an intramural sport
   Go to the REC center

47. Check out SLO Surf Co.
   The surf shop is located on the corner of
   Higuera and Morro downtown

48. Cheer on the “stangs” at a Cal Poly athletic game
   Games are free to Cal Poly Students. Visit
   http://www.gopoly.com/ to find out where and when games are.

49. Watch a Cal Poly Performing Arts Show
   Visit http://www.calpolyarts.org/ to find out date and time of the show you’d like to see.

50. Throw pottery at the craft center
   Located downstairs in the UU (open during remodel)
   Call (805) 756-1266 for questions

51. Go on a Poly Escapes trip
   Call (805) 756-1287 or visit www.asi.calpoly.edu for upcoming trips

52. Watch a melodrama in Arroyo Grande
   Murder in Mind Productions
   1610 Los Berros Road, Arroyo Grande
   (805) 489-3875

53. Share cake at the Madonna Inn and look at
   the rock wall in Men’s bathroom
   Madonna Inn Coffee Shop
   100 Madonna Road, San Luis Obispo
   (805) 543-3000
   (800) 543-9666
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

54. Share ice cream pies at the Sea Shanty in Cayucos
   296 South Ocean Avenue, Cayucos
   (805) 995-3272

55. Donate some clothes to the Goodwill Store
   880 Industrial Way # 2468, San Luis Obispo
   (805) 544-0542

56. Eat at the 24 hour restaurant in Avila
   Fat Cats
   Port San Luis, Avila Beach
   (805) 595-2204

57. Paint ceramics at Red Hot Pottery
   940 Chorro, San Luis Obispo
   (805) 545-POTS

58. Visit a local festival or art show
   Read New Times for locations and times

59. Go to a concert at Downtown Brew
   1119 Garden St. San Luis Obispo
   (805) 543-1843

60. Pick fruit or vegetables at Cal Poly U-Pick
   For citrus and avocado (805) 756-2272
   For vegetables (805) 756-2428

61. Watch an independent film at Palm Theater
   Palm Theatre
   817 Palm Street, San Luis Obispo
   (805) 541-5161

62. Participate in Beach Clean Up
   Volunteer with the Environmental Council
   the first Saturday of every month at 11:00 a.m. Call (805) 756-5834 for meeting location.

63. Grab a meal at a fun restaurant
   Firestone Grill
   1001 Higuera Street, San Luis Obispo
   (805) 784-0474
   Downtown on Higuera

64. Make popcorn and watch your favorite movie rental
   Hollywood Video
   850 Foothill Blvd., San Luis Obispo
   (805) 541-4694
   Blockbuster
   253 Madonna Rd #110, San Luis Obispo
   (805) 544-3137

65. Go salsa dancing with the Salsa Club
   www.cpsalsa.com
   (805)784-0537

66. Throw a frisbee or play Ultimate Frisbee on the beach
   Avila, Morro Bay, Pismo Beach, and Cayucos
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

67. Grab a beverage or coffee at Uptown Espresso
   Uptown Espresso & Bakery
   1065 Higuera Street, Suite 101, San Luis Obispo
   (805) 783-1300

68. Enjoy a hardy meal at McLintocks Saloon
   F. McLintocks Saloon- San Luis Obispo
   686 Higuera Street, San Luis Obispo
   (850) 541-0686
   F. McLintocks Saloon- Arroyo Grande
   133 Bridge, Arroyo Grande
   (805) 481-1700
   F. McLintocks Saloon- Paso Robles
   1234 Park Street, Paso Robles
   (805) 238-2233

69. Send an e-mail to an old friend

70. Go bowling at Mustang Lanes
    Located downstairs in the UU

71. Search for sand crabs in Cayucos
    Drive up HWY 1 until you get to Cayucos.
    Take the downtown Cayucos Exit.

72. Watch a movie at the Sunset Drive-In
    255 Elks Lane, San Luis Obispo
    (805) 544-4475

73. Watch the belly dancers and enjoy dinner at
    Oasis restaurant downtown
    675 Higuera Street, San Luis Obispo
    (805) 543-1155

74. Go ballroom dancing at Cal Poly
    www.calpolyballroom.org

75. Go thrift store shopping
    Old Mission School Thrift Shop
    532 Higuera St., San Luis Obispo
    (805) 544-0720
    Goodwill Industries
    15 Higuera St, San Luis Obispo
    (805) 544-4965
    880 Industrial Way, San Luis Obispo
    (805) 544-0542
    Decades
    785 Higuera St, San Luis Obispo
    (805) 546-0901

76. Watch a sports game at the Shack
    763 E Foothill Blvd # A, San Luis Obispo
    (805) 546-8623

77. Visit the Sweet Springs Nature Reserve in Los Osos
    Call (805) 772-3834

78. Have a water balloon or soaker fight

79. Visit the Community CENTER on campus
    Volunteer with other Cal Poly Students in and around San Luis Obispo
    Visit http://www.studentlife.calpoly.edu/csv/index.asp?dept=csv or stop by University Union (Building 65), Room 217 for more information.
    (805) 756-5834

80. Visit the Cal Poly Arboretum
    Located at the Environmental Horticultural Science unit (building 48) on Via Carta at the north end of campus
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P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

81. Attend improv show Smile and Nod on Cal Poly Campus
   www.smileandnod.org
   Shows in building 45, Room 212
   see website for upcoming shows

82. Surprise your mom and/or dad. Call them and don’t ask for a favor or money.

83. Go swimming at the Cal Poly Pool
   At the REC center, go through the locker rooms to the pool

84. Participate in an interactive murder mystery dinner in Arroyo Grande
   at Murder in Mind Productions
   The Great American Melodrama
   1863 Pacific Blvd., HWY 1, Oceano
   (805) 489-2499

85. Visit the Museum of Natural History in Morro Bay
   Museum of Natural History
   Morro Bay State Park Road, Morro Bay
   (805) 772-2694

86. Watch a live play and have a snack at the Pewter Plough Playhouse and Café in Cambria
   Pewter Plough Playhouse & Cafe
   824 Main St., Cambria (805) 927-3877

87. Watch a performance at the San Luis Obispo Little Theater
   San Luis Obispo Little Theatre
   888 Morro Street, San Luis Obispo
   (805) 786-2440

88. Take a tour at the Pierdas Blancas Lighthouse in San Simeon
   Highway 1, San Simeon
   (888) 804-8608

89. Drive out on the sand dunes in Pismo Beach
   Oceano Dunes State Vehicular Recreation Center
   576 Camino Mercado, Arroyo Grande
   (805) 473-7230

90. Go whale watching
   Sub Sea Tours and Kayaks
   699 Embarcadero #9, Morro Bay
   (805) 772-9463

91. Go golfing at a local golf course
   Laguna Lake Municipal Golf Course (in San Luis Obispo)
   11175 Los Osos Valley Rd. (805) 781-7309
   Dairy Creek Golf Course (in San Luis Obispo)
   2990 Dairy Creek Rd. (805) 782-8060

92. Walk along San Luis Obispo creek
   Downtown San Luis Obispo

93. Watch a performance at the Clark Center in Arroyo Grande
   Clark Center for Performing Arts
   487 Fair Oaks Ave., Arroyo Grande
   (805) 489-9444

94. Visit the Pismo Beach and Butterfly Trail in Pismo
   Monarch Butterfly Grove
   Take 101 South to Hinds Ave exit, turn right onto Hinds Ave., turn left onto Price St., turn slight right onto Ocean View Ave, and turn left onto CA-1/Pacific Coast HWY / Doliver St. The Butterfly Grove will be in the eucalyptus trees on the right just past Pismo Beach Campground.
   (805) 773-4382
101 Ways to Have FUN in SLO without Alcohol or Sex
P.U.L.S.E. ~ Peers Understanding Listening Speaking Educating

95. Take a beach walk in Avila Beach, Morro Bay, Pismo Beach, or Cayucos

96. Watch the elephant seals in San Simeon
   Friends of the Elephant Seals
   250 San Simeon Ave., Suite 3B, San Simeon
   (805) 924-1628

97. Go stargazing

98. Watch the sunrise

99. Volunteer at the Cal Poly Cat Program
   Call (805) 756-5220

100. Eat at the Loading Chute in Pozo
     The Loading Chute
     Highway 229 (805) 237-1259

101. Watch the Highland Games in Pozo
     Pozo Saloon Whisky Highland Games
     90 West Pozo Rd.
     15 miles east of Santa Margarita
     (805) 438-4225
APPENDIX C

Referrals and Resources
REFERRALS & RESOURCES

Cal Poly Campus:

Cal Poly Counseling Services
Free One-to-One Counseling for Cal Poly students. Bldg. 27 Rm. 136
(805) 756-2511

Cal Poly Health Services
Health care assessment and referral services for Cal Poly students. Bldg. 27
(805) 756-1211

Educational and Awareness Information
Peers Understanding Listening Speaking Educating One-to-One consultations on harm reduction, prevention, support, and referral services. Bldg. 27 Rm. 10, lower level
(805) 756-6181

Community:

Alcohol/Drug Free Living Centers

Middlehouse – A Home for Sober Living
2939 Augusta Street
San Luis Obispo
A residential facility for recovering male alcoholics (18 years and over) expressing a desire to do something about it. Cost paid weekly by client.
(805) 544-8328

Alcohol Abuse, Co-dependents

Alcoholic’s Anonymous
C.C.C.O.I., PO Box 12737
San Luis Obispo
A fellowship of men and women who have a desire to stop drinking and help others recover from their alcoholism as well.
(805) 541-3211
Cocaine Anonymous
(805) 549-8989
Telephone support and information on local meeting schedule.

Co-Dependents Anonymous (CODA)
(805) 549-8989
A support group for people who have experienced dysfunctional relationships. CODA uses the 12-step method practiced by Alcoholics Anonymous.

Co-Dependents Anonymous (CODA)
1-800-549-8989

Narcotics Anonymous
(805) 549-7730
Offers support similar to Alcoholics Anonymous for those having a drug problem and interested in rehabilitation.

Alcohol Abuse, Court Services

Counseling Concepts (Recovery Resources)
(805) 788-3767
11545 Los Osos Valley Road Ste C-3
San Luis Obispo

Alcohol Abuse, Drinking Driving Service

SLO County Drug and Alcohol Services
(805) 781-4753
2945 McMillian Ave. Ste 136
San Luis Obispo
Provides first and multiple offender classes, and individual and group counseling.

Alcohol Abuse, Information

SLO County Drug and Alcohol Services
Information awareness, consultations, community empowerment and alcohol abuse prevention programs

South County Office
(805) 473-7080
1106 Grand Avenue
Arroyo Grande

San Luis Obispo Office
(805) 781-4753
2945 McMillan Ave. Suite 136
San Luis Obispo
<table>
<thead>
<tr>
<th><strong>North County Office</strong></th>
<th>(805) 461-6080</th>
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<tbody>
<tr>
<td>3556 El Camino Real</td>
<td></td>
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<tr>
<td>Atascadero</td>
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**Friday Night Live**  
A safer and sober alternative and youth leadership program for 4th - 12th grade students on school campuses.  
(805) 781-4289

**Adult Children of Alcoholics**  
A 12-step self-help organization for people who were raised in alcoholic or dysfunctional homes.  
(805) 489-2179

**Hotline of SLO County**  
Centralized telephone service providing 24 hour community information and referrals.  
(805) 549-8989

**Alcohol Abuse, Support Groups**

**Al-Anon**  
Offers group discussions to aid in understanding problems and support for persons living with alcoholics.  
(805) 534-7924

**Alateen**  
Provides support and guidance for teenagers growing up in alcohol or other drug involved families.  
(805) 549-8989

**Alano Club**  
A social membership club for recovering alcoholics/addicts.  
1814 Osos St.  
San Luis Obispo  
(805) 543-9817

**New Hope Celebrate Recovery Program**  
New Life Community Church  
990 James Way  
Pismo Beach  
A 12-step adult support group program open to men and women wanting to change alcohol's impact on their lives.  
(805) 489-3254

**Women for Sobriety**  
Ongoing support exploring the use of affirmation, women’s empowerment, and good nutrition for overcoming addictions.  
(805) 541-7971
Treatment Facilities:

Inpatient Treatment

Casa Solana  
383 South 13th St.  
Grover Beach  
A 90 day residential recovery program for women  
that provides alcoholism and drug addiction education;  
recovery planning, and group and individual sessions.  
Private pay fee for service

Outpatient Treatment

Cottage Outpatient Center of San Luis Obispo  
Treatment center for alcohol, chemical dependency  
and mental health. The center provides education, group,  
individual, and family therapy for adults with mental health  
and substance abuse problems

SLO County Drug and Alcohol Services
• Free screening assessment and referral service offered at all clinic sites. Services on a sliding scale fee basis.  
• Individual, group, family, and couples counseling available to address alcohol and other drug related problems.  
• Outpatient detoxification and referral to inpatient or outpatient treatment services on a limited basis.

San Luis Obispo Office  
2945 McMillan Ave. Suite 136  
San Luis Obispo  
(805) 781-4753

North County Office  
3556 El Camino Real  
Atascadero  
(805) 461-6080

South County Office  
1106 Grand Ave  
Arroyo Grande  
(805) 473-7080

National Agencies:

HIV/AIDS National Hotline  
www.ashastd.org/nah  
(800) 342-AIDS  
(800) 342-2437

American Council for Drug Education  
www.acde.org  
(800) 488-DRUG  
(800) 488-3748
<table>
<thead>
<tr>
<th>Organization</th>
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<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Lung Association</td>
<td>(800) LUNG-USA</td>
<td><a href="http://www.lungusa.org">www.lungusa.org</a></td>
</tr>
<tr>
<td>Center for Substance Abuse Treatment (CSAT)</td>
<td>(301) 443-5700</td>
<td><a href="http://www.treatment.org">www.treatment.org</a></td>
</tr>
<tr>
<td>Child Abuse Hotline</td>
<td>(800) 4-A-CHILD</td>
<td><a href="http://www.childhelpusa.org/child/hotline.htm">www.childhelpusa.org/child/hotline.htm</a></td>
</tr>
<tr>
<td>Food &amp; Drug Administration</td>
<td>(888) 463-6332</td>
<td><a href="http://www.fda.gov">www.fda.gov</a></td>
</tr>
<tr>
<td>Nat’l Clearinghouse for Alcohol and Drug Information</td>
<td>(800) 729-6686</td>
<td><a href="http://www.health.org">www.health.org</a></td>
</tr>
<tr>
<td>National Domestic Violence Hotline</td>
<td>(800) 799-SAFE</td>
<td><a href="http://www.ndvh.org">www.ndvh.org</a></td>
</tr>
<tr>
<td>National Eating Disorder Hotline</td>
<td>(800) 248-3285</td>
<td><a href="http://www.anad.org">www.anad.org</a></td>
</tr>
<tr>
<td>National Inhalant Prevention Coalition</td>
<td>(800) 269-4237</td>
<td><a href="http://www.inhalants.org">www.inhalants.org</a></td>
</tr>
<tr>
<td>National STD Hotline</td>
<td>(800) 227-8922</td>
<td><a href="http://www.ashastd.org/NSTD">www.ashastd.org/NSTD</a></td>
</tr>
<tr>
<td>Partnership for a Drug-Free America</td>
<td>(212) 922-1560</td>
<td><a href="http://www.dadeschools.net/Parents/drugfree">www.dadeschools.net/Parents/drugfree</a></td>
</tr>
<tr>
<td>Pharmaceutical Patient Assistance Directory Line</td>
<td>(800) 762-4636</td>
<td><a href="http://www.phrma.org">www.phrma.org</a></td>
</tr>
<tr>
<td>PRIDE Institute for Lesbian and Gay Mental Health</td>
<td>(800) 54-PRIDE</td>
<td><a href="http://www.pride-institute.com">www.pride-institute.com</a></td>
</tr>
<tr>
<td>Rape, Abuse, &amp; Incest National Network</td>
<td>(800) 656-HOPE</td>
<td><a href="http://www.feminist.com/arinn.htm">www.feminist.com/arinn.htm</a></td>
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C5
APPENDIX D

Endnotes
Endnotes


2 Cal Poly Core Alcohol and Drug Survey Results” 2002

3 Alcohol and Other Drugs Resource Handbook California State University Northridge, 2002 9-15


5 Office of Student Rights and Responsibilities. 8/23/07 Cal Poly State University. 12/06/07 <www.osrr.calpoly.edu/alcohol_policy.html>.


7 101 Ways to Have Fun in SLO. 9/13/07 Cal Poly State University/Health and Counseling Services/PULSE. 12/06/07 <www.hcs.calpoly.edu/101Ways.pdf>.