**Can Marijuana affect MY DRIVING?**

Marijuana affects the parts of the brain that control depth perception, motor coordination, and reaction time, much like alcohol. Tests for detecting marijuana in drivers measure the level of delta-9-tetrahydrocannabinol (THC), marijuana’s mind-altering ingredient, in the blood. THC can be detected in body fluids for days or even weeks after use, and it is often combined with alcohol. Mixing marijuana and alcohol intensifies the effects of both and can pose serious risks. If law enforcement suspects you are high while driving, you will be asked to provide a blood sample at the nearest emergency room.

Source: http://depts.washington.edu; www.drugabuse.gov

**Is MARIJUANA addictive?**

Marijuana use can lead to the development of a substance use disorder, a medical illness in which the person is unable to stop using even though it’s causing health and social problems in their life. Severe substance use disorders are also known as addiction. Research suggests that between 9% and 30 percent of those who use marijuana may develop some degree of marijuana use disorder. People who begin using marijuana before age 18 are four to seven times more likely than adults to develop a marijuana use disorder.

Many people who use marijuana long term and are trying to quit report withdrawal symptoms that make quitting difficult. These include:

- **Grouchiness**
- **Decreased Appetite**
- **Cravings**
- **Sleeplessness**
- **Anxiety**

Long-term marijuana use has been linked to mental illness in some people, such as:

- **Temporary Hallucinations**
- **Temporary Para-noia**

Marijuana use has also been linked to other mental health problems, such as depression, anxiety, and suicidal thoughts among teens. However, study findings have been mixed. If you are concerned about your relationship with marijuana, take the eToke self-assessment found on the Counseling Center website: www.millersville.edu/counsel or schedule an appointment to talk with a counselor: 717-871-7821.

Source: www.drugabuse.gov

**True or False?**

87.7% of MU students practiced safer sex the last time they consumed alcohol?

**Answer: TRUE.**

The last National College Health Survey results (N=1,052) MU students, spring 2016 indicate that the vast majority of students who were making love or hooking up while under the influence had good judgment. This is likely due to the fact that two thirds of MU’s drinkers drank four or fewer drinks the last time they socialized and nearly 80% drank less than a six pack. For “most” drinkers, that means a reasonable BAC of about .08. When our BACs climbs into the teens or above .04 (where people often black-out), our judgment is increasingly diminished as the brain struggles to deal with the less good effects of alcohol. If you have any questions or wish to know more about the real deal about your relationship with AOD, take the alcohol or eTOKE Self-Assessment on the Counseling Center webpage at Millersville.edu/counsel or contact the AOD Guy at John.Bolzer@millersville.edu or call at 877-7872.

**NEWS YOU CAN USE:**

**Health Services**

Monday thru Thursday 9 a.m.-5 p.m.
Friday, 9 a.m.-4 p.m.
By appointment only, call 871-5250.
Health Services offers 4 different STI tests through the Center for Disease Detection. In addition to Gonorrhea and Chlamydia testing, we are now submitting labs for Syphilis and HIV. Call for an appointment and pricing.

**PEER SUPPORT GROUP**

This is an open group where students have the opportunity to share ideas and strengthen skills to succeed. Students will learn from facilitators and peers helpful ways to cope with personal challenges.

**WHEN:** Every Wednesday starting Feb. 14, 3–4 p.m.
Students are more than welcome to join after Feb. 14
**WHERE:** Counseling Center 3rd Floor, Lyle Hall

**Leave a mark**

Each shirt represents survivors of intimate partner violence. Anyone who has experienced such violence, at any time in their life, is encouraged to come forward and design a shirt. Victim’s families and friends are also invited to participate. **WHITE** represents individuals who died because of violence. **YELLOW or BEIGE** represents battered or assaulted individuals. **RED, PINK, or ORANGE** are for survivors of rape and sexual assault. **BLUE and GREEN** t-shirts represent survivors of incest and sexual abuse. **PURPLE or LAVENDER** represents individuals attacked because of their sexual orientation. **BLACK** is for individuals attacked for political reasons.