

# ALCOHOL AND DRUG SUPPLEMENTAL INFORMATION

## BASIC TERMINOLOGY

### What are the differences between substance use, substance misuse, and substance abuse?

**Use** - Use is ingestion without experiencing negative consequences. Example- So if somebody is just using a substance, they are not experiencing any negative consequences.

**Substance misuse** - Individual is experiencing negative consequences because of use.

**Substance abuse** - Continued use despite continued negative consequences so those who are abusing a substance have experienced these negative consequences and for whatever reason continue to use.

**Tolerance** - Tolerance is when higher doses are needed to achieve the desired effect.

**Withdrawal** - Withdrawal is when adverse symptoms occur that develop after use is discontinued. Withdrawal symptoms look a little bit different for the various substances.

**Addiction** - Derived from the Latin root a ser which means to adore or surrender oneself to a master. Addiction is a habitual or compulsive use despite negative consequences accompanied by dependence and loss of control.

**Types of dependence involved in addiction** - There are two types of dependence: physiological dependence when the body becomes dependent upon a steady supply of a substance. Psychological dependence is when one continues to use a substance in order to meet psychological needs such as cravings.

**Elements of addiction** - habitual pattern of behavior and that's pleasurable and reinforcing behaviors become excessive and produce serious consequences there are interrelated physiological and psychological components so both in the body and in the mind and there's difficulty stopping or modifying behaviors.

## POLICIES

Please read each of the following:

- [Official USM Drug and Alcohol Position Statement](#)
- [USM Alcohol and Drug Policy](#)
- [Tobacco-Free USM Web page](#)
- [Tobacco-Free and Vape-Free USM Policy](#)
- [USM Annual Alcohol and Drug Notifications](#)
- [Biennial Review of The University of Southern Mississippi's Alcohol and Other Drug Programs](#)

## RESOURCES

### COUNSELING

- *Behavioral Health Clinic* provides thorough assessment and evaluation and can be reached at 601.266-4588 or by email at [bhc@usm.edu](mailto:bhc@usm.edu)
- *Employee Assistance Program (EAP)* - call 800-272-7255 to discuss any concerns, download the app (GuidanceNow) or [view their website](#).
- For additional information on this benefit, [see the HR site](#).

### IMMEDIATE SUPPORT

- Call the national support hotline of the Rape Abuse and Incest National Network (RAINN) at 1-800-656-4673 or access their [online chat hotline](#) by clicking on Live Chat from their website.

### TITLE IX REPORTING

If you need to report an issue regarding allegations of harassment or discrimination based on a person's sex, gender, gender identity, sexual orientation, or pregnancy and parenting status or about the USM Sexual Misconduct Policy or need to report an allegation of misconduct from any member of campus, please contact our Title IX office.

## HOW TO REPORT A TITLE IX CONCERN

- In-person - Cook Library Room 129 or Hardy Hall Room 332 on the Gulf Park Campus.
- Phone - By phone in Hattiesburg at 601-266-6804 or/ on the coast at 228-214-3363
- Email - [titleix@usm.edu](mailto:titleix@usm.edu)
- From our website click on the [Report An Incident button](#)
- Using Ethics Point to report anonymously [online](#) or by phone at 877-310-0425
- Reports can also be submitted through the iSouthern Miss App

## CONCERNED ABOUT INDIVIDUALS

Submit a report via the [CARES system](#).

## HEALTH RESOURCES FROM THE MOFFITT CENTER

[Alcohol and Drug Resources](#)  
[Healthy Relationships & Bystander Intervention](#)

[Health Resources Web Page](#)  
[Student Health Comprehensive Guide](#)

## Community Resources

- Clearview Recovery Center 1-800-845-8919
- 1-59 Area of Narcotics Anonymous 1-800-627-3543
- Mississippi Assembly of Alcoholics Anonymous 601-544-5666
- Pine Grove Behavioral Health and Addiction Services 1-888-574-4673

## National Resources

- National Institute on Alcohol Abuse and Alcoholism (NIAAA) 301-443-3860 or [www.niaaa.nih.gov](http://www.niaaa.nih.gov)
- National Institute of Mental Health (NIMH) 301-443-4513 or [nimh.nih.gov](http://nimh.nih.gov)
- Substance Abuse and Mental Health Services Administration National Helpline 1-800-662-HELP (4357)

## Mutual Support Groups

- Alcoholics Anonymous (AA) 212-870-3400 or [www.aa.org](http://www.aa.org)
- Moderation Management- 212-871-0974 or [www.moderationl.org](http://www.moderationl.org)
- Narcotics Anonymous- 818-773-9999 or [www.na.org](http://www.na.org)
- Secular Organizations for Sobriety- 323-666-4295 or [www.sossobriety.org](http://www.sossobriety.org)
- SMART Recovery- 440-951-5357 or [www.smartrecovery.org](http://www.smartrecovery.org)
- Women for Sobriety-215-536-8026 or [www.womenforsobriety.org](http://www.womenforsobriety.org)

## Smoking Cessation Resources

- Smoking Cessation Program 601-266-5390
- Mississippi Tobacco Quitline 1-800-QUITnow, [www.quitlinems.com](http://www.quitlinems.com)
- Mississippi State & School Employees' Life & Health Plan 866-939-4721; [www.myactivehealth.com/mississippi](http://www.myactivehealth.com/mississippi)
- Freedom from Smoking- [www.ffsonline.org](http://www.ffsonline.org)
- National Cancer Institute 1-877-44U-QUIT; <http://smokefree.gov>; Text QUIT to 47848
- Apps: QuitSTART; Quitter's Circle; Quit Guide
- Social Media: Facebook-Smokefree Women; Quit Tobacco-UCanQuit2.org; Truth initiative; CDC Tobacco Free; Instagram- smokefreeUS; UcanQuit 2
- Chantix: 1-800-TRY-FIRST (1-800-879-3477); [www.chantix.com](http://www.chantix.com); [www.phizerxpathways.com](http://www.phizerxpathways.com)

## COURSE CONCERNS

If you have any issues with the course, please contact [training@usm.edu](mailto:training@usm.edu)