



THE MORE YOU KNOW



Drug and Alcohol Awareness Fall 2026

Standards of Conduct:

As students at Robert Morris University, we believe in a set of ideals and standards that can help guide our behavior toward one another and all members of the University Community. The Robert Morris University Code of Student Conduct can be viewed at

<http://studentlife.rmu.edu/student-conduct>

National Statistics

- ⇒ 46.6% of full-time college students (ages 18-22) reported drinking alcohol use in the past month.*
- ⇒ 15.8% of young adults (ages 18-25) had a past-year cannabis use disorder. **
- ⇒ Opioids are involved in 7 out of every 10 overdose deaths. **

*National Institute on Alcohol Abuse and Alcoholism. (2026). Alcohol and young adults ages 18 to 25. National Institutes of Health. Retrieved July 13, 2016, from <https://www.niaaa.nih.gov/alcohol-effects/healthy/alcohol-topics-z/alcohol-facts-and-statistics/alcohol-and-young-adults-ages-18-25>
**Substance Abuse and Mental Health Services Administration. (2025). 2024 National Survey on Drug Use and Health (NSDUH): Annual national report. U.S. Department of Health and Human Services. Retrieved July 13, 2016, from <https://www.samhsa.gov/data/report/2024-nsduh-annual-national-report>

Tips for Staying Safe on Campus:

- Never attend or leave a party alone and always let someone know where you are.
- Always make sure you have a safe ride home.
- Save the **RMU Police** Department's phone number in your cell phone, in case you need it in an emergency - **(412) 397-2424**.



Signs of Drug and Alcohol Abuse:

- Neglecting responsibilities, such as missing classes or work
- A change in appetite or sleeping patterns
- Putting oneself or others in danger, such as driving under the influence or using dirty needles
- Legal troubles due to substance abuse
- Fighting with or losing some of your friends and family
- Unexplained need for money and willingness to borrow or steal to obtain it
- Change in personality or attitude



Remember:

You don't need to wait until there's a problem to *check your alcohol use* and make a CHANGE.

<https://rethinkingdrinking.niaaa.nih.gov/thinking-about-change>

THRIVE

The THRIVE Program works with the Campus Wellness Team to develop and implement educational and awareness programming focused on college student health and wellbeing. Our dynamic team is passionate about championing the mental, physical, social, spiritual, and intellectual wellbeing of the University community. Thrive leaders deliver peer-led educational outreach efforts that raise awareness and lend support around various wellness related topics and issues. Thrive Leaders have the unique opportunity to serve as the "front line"



Mental Health Outreach

The Robert Morris University Counseling Center provides outreach (through workshops, presentations, tabling, panels, etc.) for student groups, faculty, and staff on important topics for student well-being. We have a variety of educational programs and workshops but can also create customized outreach specifically for the unique needs of your group.

We believe that education and outreach have the potential to empower and resource individuals to take ownership of their mental health. The RMU Counseling Center knows that this journey is deeply personal and never complete. Our goal is to educate, support, and connect students to mental health resources. Please email us or visit our website for more information.

Email: counseling@rmu.edu

Website: rmu.edu/counseling

The online alcohol education program, Alcohol Edu, is sent at the beginning of each semester to all new incoming first-year and transfer students.

DID YOU KNOW?

- Half of students who drink consume alcohol through binge drinking.¹
- An estimated 1,519 college students die from alcohol-related injuries or circumstances annually.²

¹ <https://www.alcoholrehabguide.org/resources/college-alcohol-abuse/>

² <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking#:~:text=Death,injuries%2C%20including%20motor%20vehicle%20crashes.>



¹ U.S. Department of Justice Drug Enforcement Administration (n.d.). *Fact or Fiction? Take the Drug Quiz!* Just Think Twice. Retrieved May 2, 2023, from <https://www.justthinktwice.gov/quiz/fact-or-fiction-take-drug-quiz>

² Multnomah County (2021, April 20). *Health officials warn of rise in deaths from counterfeit pills.* Multco.us. Retrieved May 2, 2023, from <https://www.multco.us/multnomah-county/news/health-officials-warn-rise-deaths-counterfeit-pills>

³ U.S. Department of Justice Drug Enforcement Administration (n.d.). *One Pill Can Kill You Fact Sheet.* Dea.gov. Retrieved May 2, 2023, from https://www.dea.gov/sites/default/files/2022-12/DEA-OPCK_FactSheet_December_2022.pdf

You think you know drugs?

True or False?

Since marijuana is legal in so many states, it must be harmless.

FALSE! Marijuana is linked to mental health issues like anxiety and psychosis, can slow brain development, and is the substance most often found in the blood of drivers involved in, and frequently responsible for, car crashes.¹

It's easy to identify fake prescription medications, like Adderall or Xanax.

FALSE! Counterfeit pills, illegally manufactured by criminal drug networks, are made to look like real prescription medications – and are so well made that even experienced users say they can't tell the difference.²

Fake pills often contain fentanyl and are more lethal than ever before.

TRUE! DEA lab testing reveals that 6 out of every 10 fake prescription pills with fentanyl contain a potentially lethal dose.³

HOW IT AFFECTS YOU.

KNOW THE VARIOUS HEALTH RISKS OF THESE SUBSTANCES...

ALCOHOL:

- ⇒ Impairs judgment/coordination
- ⇒ Large amounts can impair ability to learn/remember information
- ⇒ Respiratory/cardiac failure

MARIJUANA:

- ⇒ Impairs short-term memory/comprehension
- ⇒ Can cause confusion, anxiety, lung damage, and abnormalities of the hormonal/reproductive system
- ⇒ Overdose can cause paranoia, panic attacks, or psychiatric problems

HALLUCINOGENS:

- ⇒ Panic attacks/psychotic reaction
- ⇒ Overdose can cause heart failure, lung failure, coma, and death

NARCOTICS:

- ⇒ Anxiety, mood swings, nausea, confusion, constipation, and hypoventilation
- ⇒ Overdose may lead to convulsions, coma, and death

STIMULANTS:

- ⇒ Agitation, loss of appetite, irregular heartbeat, chronic sleeplessness, and hallucinations

CLUB DRUGS:

- ⇒ No club drug is safe due to variations in purity, potency, and concentration
- ⇒ Serious health problems or death

DEPRESSANTS:

- ⇒ Overdose of depressants range from shallow breathing, clammy skin, dilated pupils, and weak and rapid pulse to coma and death

TOBACCO:

- ⇒ Carbon monoxide in cigarette smoke can promote arteriosclerosis
- ⇒ Long-term effects of smoking include emphysema, chronic bronchitis, heart disease, and lung cancer

^{*}University of Illinois at Urbana-Champaign(2014). *Biennial Report on Alcohol and Drug Efforts.* Retrieved February 6, 2017.



The photo you see here displays a year in the life with drug use and a year without. This is part of an advertising campaign, created by Mccann Erickson, to increase drug awareness in Israel. Mccann created a Facebook profile featuring this young man named Adam Barak.

A year with

A year without

LAWS & PENALTIES

Pennsylvania Laws

Public Drunkenness: A person is guilty if he/she appears in any public place manifestly under the influence of alcohol or a controlled substance. The fine can be up to \$500 for the first offense.* It is a summary offense.

Underage Drinking: It is illegal for someone under the age of 21 to consume alcohol. Someone under the age of 21 who attempts to consume, purchase, sell, or knowingly transports alcohol is subject to mandatory penalties including \$500-1000 fines.*

Furnishing Alcohol to a Minor: It is illegal for one to purchase with the intent to sell or furnish alcohol to a minor. First time offenses carry a minimum fine of at least \$1,000. It is a misdemeanor of the third degree.*

Carrying a False I.D.: It is illegal to carry an identification card that represents false information such as your name, age, and photograph. Penalties for violating this law include a \$500 fine.*

DUI: If you are arrested for drunk driving, general penalties include up to 6 months probation and a \$300 fine if your BAC was between .08-.99. If you're BAC was from .10-.159 you will receive from 2 days-6 months in jail, a \$500-\$5,000 fine and a 12 month driver's license suspension. The penalties are more severe if you have a prior DUI offense(s) or if your BAC was at the highest rate of 0.16 and above.**

* Pennsylvania General Assembly. (n.d.). *Title 18 Crimes and Offenses*. Retrieved May 15, 2023, from <https://www.legis.state.pa.us/WU01/LI/LI/CT/PDF/18/18.PDF>

** Pennsylvania Department of Transportation. (n.d.). *.08 DUI Legislation*. PennDOT Driver & Vehicle Services. Retrieved May 15, 2023, from <https://www.dmv.pa.gov/Information-Centers/Laws-Regulations/pages/dui-legislation.aspx>

KEEP THE GOOD TIMES ROLLING; DON'T LET DRUGS OR ALCOHOL INTERFERE.

Recognize the Signs: *Symptoms of Alcohol Dependency*

- Depression or unhappiness
- Drinking in order to cope with personal problems
- Isolating oneself from family and friends
- Loss of interest in activities which were once of interest
- Difficulty sleeping
- Poor judgment
- Mood fluctuations
- Developing health problems
- Experiencing blackouts
- Not fulfilling promises or obligations
- Participating in high-risk/dangerous activities

PA Medical Amnesty Law

The Pennsylvania Medical Amnesty Law provides intoxicated minors (Under the age of 21) amnesty if they call 911 due to a friend experiencing alcohol poisoning. The student must believe the person they are calling for is in need of immediate medical attention.

RMU Alcohol & Drug Policies

Robert Morris University students are expected to act with integrity and in accordance with the university's Code of Student Conduct. This includes decisions regarding alcohol and drug use. Please review the [Code of Student Conduct](#) to learn about the university's alcohol and drug policies.

If you are concerned about a student's alcohol or drug use ...

please use the [Care Team Alert](#) to make a report.

FINDING HELP



Local Drug and Alcohol Treatment Centers:

Gateway Rehabilitation Center (GRC)

(412) 604-8900 (main - Aliquippa) or (412) 788-6292 (Robinson location - offering IOP and partial hospitalization)

<https://www.gatewayrehab.org/>

GRC provides free and confidential Drug and Alcohol Assessments to give RMU students options to help them reach their goal of sobriety. Additionally, multiple locations in PA offer drug and alcohol treatment services, including detox/inpatient, partial hospitalization, and intensive outpatient programs (IOP).

Jade Wellness

(412) 380-0100 ext. 2 (Monroeville) or (412) 380-0100 ext. 3 (Wexford)

<https://myjadewellness.com/>

Jade Wellness has multiple locations in the Pittsburgh area and offers drug and alcohol based programming such as day treatment programs, intensive outpatient programs (IOP), and outpatient services.

Recovery Centers of America

(888) 905-0401 (Monroeville) <https://recoverycentersofamerica.com/>

RCA offers drug/alcohol detox services, inpatient, outpatient (both in person and virtual options), medically assisted treatment (MAT), and other options for affinity groups (faith-based, young adults, military, first responders, etc.)

Local Psychiatric Facilities:

Staunton Clinic (Heritage Valley,
Edgeworth) Sewickley, PA 15143

412-749-7330

St. Clair Hospital
Pittsburgh, PA 15243

412-942-4000

UPMC Western Psychiatric Hospital
Pittsburgh, PA 15213

412-624-1000 or toll-free 1-877-624-4100

***IN CASES OF EXTREME EMERGENCY,
IMMEDIATELY CALL THE UNIVERSITY
POLICE DEPARTMENT AT 412-397-2424,
OR PROCEED TO THE CLOSEST HOSPITAL
EMERGENCY ROOM.***

Emergency Resources:

Residence Life Emergency Number
(for students in the residence halls)

412-397-5242

RMU Police Department (for
students on campus)

412-397-2424

Resolve Crisis Services
(phone support, mobile crisis team,
and a walk-in crisis center)

1-888-796-8226

988 Suicide & Crisis Lifeline
(24-hour hotline)

Call or text 988

PAAR: Pittsburgh Action Against
Rape (24-hour confidential hotline,
linkage to services)

1-866-363-7273

Center for Victims (24-hour hotline,
linkage to services)

1-866-644-2882

Women's Center and Shelter of
Pittsburgh (Intimate Partner Violence
24-hour hotline, crisis services,
linkage to services)

412-687-8005

Crisis Text Line
(Free, 24/7 crisis support)

Text HOME to 741741

to connect with a volunteer crisis
counselor

RMU Counseling Center:

To contact the counseling center,
email counseling@rmu.edu
or call **(412) 397-5900**

Location:

We're located just off of the Nicholson front
patio, in the lower level of Patrick Henry.

Hours:

Monday - Friday / 8:30 am - 5:00 pm