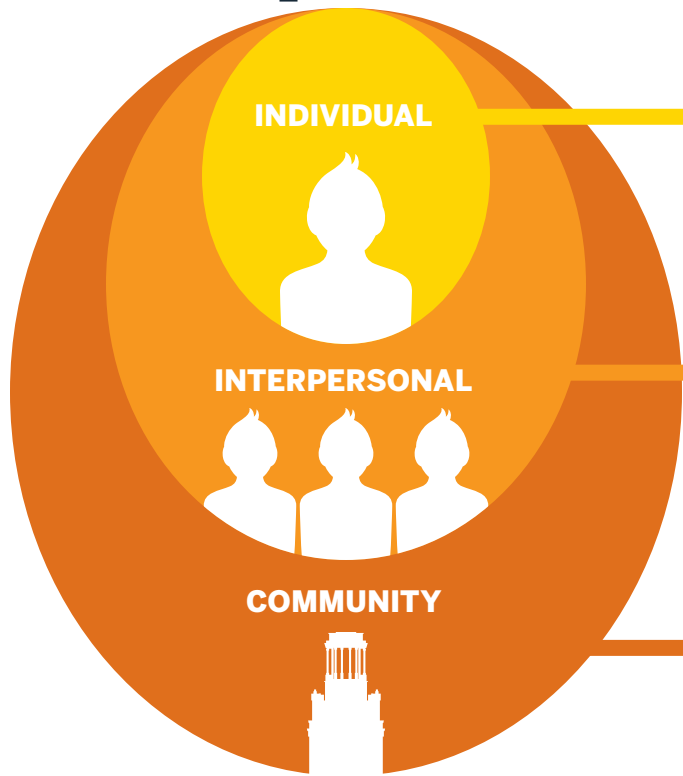


# WELLNESS NETWORK ISSUE BRIEF

## Prescription Drugs



College is a period when many people engage in drug use for the first time. Of those UT students who use drugs that were not prescribed to them

**46%** first started using pain medication during their undergraduate education and  
**73%** first started using stimulants during their undergraduate education.

While many imagine drugs are typically obtained from dealers, in reality most people get non-prescribed drugs from friends and family.

**79%** of students who misuse stimulants said they obtain them from friends.

Opioid drug use and overdosing is a growing epidemic in the United States. Overdose deaths involving prescription opioids were

**5** times higher in 2016 than in 1999 with  
**350,000** people dying from an overdose involving opioids.

### WHAT'S UT DOING TO ADDRESS THE ISSUE?

#### Alcohol and Other Drugs (AOD)

**Counseling Program:** The Counseling and Mental Health Center (CMHC) AOD counseling program offers clinical assessments and harm reduction services for substance misuse.

#### Center for Students in Recovery:

Provides a supportive community for students in recovery and in hope of recovery while cultivating a genuine college experience free from drugs.

#### Healthyhorns Peer Educators:

A student volunteer group dedicated to providing interactive and educational outreach activities that positively impact student health, including workshops focused on providing information about drugs and the college experience.

**Crisis Line:** A confidential service of the Counseling and Mental Health Center (CMHC) that offers an opportunity for UT-Austin students to talk with trained counselors about urgent concerns. A counselor is available every day of the year, including holidays.

**Operation Naloxone:** A collaborative program at UT aimed at overdose prevention and response education for students, health professionals, and the public to combat the opioid epidemic.

#### Sanger Learning Center (SLC):

The SLC helps people with study strategies so that they can manage their time which may lead to less reliance on stimulants.

#### GET INVOLVED WITH THE WELLNESS NETWORK

Committee on Substance Safety and Overdose Prevention (COSSOP)