Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~ 30 minutes, only accessible at CAPS' Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS' counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS' services helped them to remain at IUPUI
- 54% believed CAPS' services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS' services have consistently had higher graduation rates than their respective cohort.
WHAT IS MARIJUANA?

Marijuana is a crude drug obtained from the plant Cannabis Sativa. Street names include: Buddha Grass, Bush, Dope, Grass, Hemp, Mary Jane, Loco Weed, Pot, Puff, Reefer, Texas Tea.

There are over 421 chemicals in marijuana. This number increases to over 2,000 when it is smoked. More than 61 of these 421 chemicals are called cannabinoids and are found in no other plant. The cannabinoids tested to date are biologically active which means that each will alter some normal function of a living organism.

One of these cannabinoids is delta-9 tetrahydrocannabinol (delta-9-THC), which is the primary mind altering ingredient that causes the marijuana "High." THC is fat soluble, which means it is readily absorbed into the parts of the body covered by fatty membranes, including the brain, lungs, liver, spleen, lymphoid tissues and sex organs.

When a single marijuana cigarette is smoked the "high" is rather short lived, however, THC and other cannabinoids linger in the fatty membranes of the body for at least 3 days.

MIXING MARIJUANA AND ALCOHOL?

When a person 'overdoses' or gets "drunk" on alcohol, the natural body reaction is to vomit. When alcohol is mixed with marijuana, the risk of alcohol poisoning increases dramatically because the element THC suppresses the feeling of nausea - vomiting is suppressed and the body does not rid itself of the "poison". Both drugs also suppress respiration, which can cause death.

WHAT ARE THE HEALTH HAZARDS OF USING MARIJUANA?

Since THC can cross the fatty membranes of most body tissues, many body organs and functions are impacted by marijuana use.

BRAIN

LUNGS
Marijuana smoke is more toxic to the lungs than regular tobacco. Five "joints" are more irritating than six packs of regular cigarettes a week. Long-term use of marijuana may lead to cough, acute chest illnesses, increased lung infections, obstructed airways, and lung cancer.

HEART
Marijuana use increases the heart rate by as much as 50% and can bring about chest pain. Marijuana use is also associated with a drop in blood pressure, which can cause light-headedness. The risk of heart attack is four times higher within the first hour after smoking marijuana.

IMMUNE SYSTEM
Marijuana weakens the body's immune system, increasing the risk of developing bacterial infections and tumors.

REPRODUCTIVE SYSTEM
Heavy use of marijuana has been linked with decreased fertility in both males and females.

In males, marijuana use is thought to decrease sperm quality and mobility as well as lower testosterone levels.

In females, marijuana can disrupt the menstrual cycle and decrease fertility.

THC is known to pass through the placenta, reaching an unborn fetus. Smoking of any kind can cause reduced birth weight. Maternal use of marijuana is also associated with a higher incidence of birth defects similar to those seen with fetal alcohol syndrome, delayed breathing, exaggerated startle response, tremors, poor eye-sight, and heart defects.

WHEN SHOULD I GET HELP?

- Do you often wonder when you can smoke again?
- Do you worry if you can't get marijuana?
- Is smoking marijuana creating problems in your job, school, or relationships?
- Do you spend more and more money on pot?
- Have you been stopped for driving while high?
- Are you neglecting responsibilities?
- Have you withdraw from family/friends?
- Are you overly focused on getting the drug at the expense of other activities?

If you answer yes to one or more of these questions, seek professional assistance

CAPS is here for you!