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.

IUPUI Counseling and Psychological Services (CAPS)
Walker Plaza, Suite 220
719 Indiana Avenue
Indianapolis, Indiana 46202
(317) 274-2548
capsindy@iupui.edu
http://caps.iupui.edu/

Find us on Facebook by searching for "IUPUI CAPS."

Understanding Alcohol Poisoning

Counseling and Psychological Services

IUPUI-CAPS

Promoting psychological health, well-being, and success for all students.

Empowering student learning, inclusion and success through engagement.
What is Alcohol Poisoning?

Alcohol depresses the nerves that control breathing and the gag/coughing reflex. Someone who drinks a fatal dose of alcohol will eventually stop breathing. Others may choke to death on their own saliva or vomit. Even someone who survives an alcohol overdose can suffer irreversible brain damage due to the lack of oxygen. Binge drinking, which often happens with a bet or a dare, is especially dangerous because the victim can drink a fatal dose of alcohol **before** losing consciousness.

Blood alcohol concentrations can continue to rise while someone is passed out. Even after a person stops drinking, the alcohol already in the stomach and intestine continues to enter the bloodstream and circulates throughout the body. Someone who appears to be sleeping it off could actually be in real danger.

What should I look for?

Signs of alcohol poisoning include:
- Mental confusion or stupor.
- Coma or the inability to be roused.
- Vomiting.
- Seizures (from Hypoglycemia – too little blood sugar).
- Slow breathing (fewer than eight breaths per minute).
- Irregular breathing (10 seconds or more between breaths).
- Hypothermia (low body temperature).
- Bluish skin color and paleness.

What should I do?

- Know the danger signals.
- If you suspect an alcohol overdose or alcohol poisoning, don’t wait for all the critical signs to appear.
- Be aware that a person who has passed out may die.
- Call campus police: 274-7911 or 911 immediately.

Facts About Alcohol:

- Alcohol is a powerful drug that slows down the body and mind. It impairs coordination; slows reaction time; and impairs vision, clear thinking, and judgment.
- Beer and wine are not “safer” than hard liquor. A 12-ounce can of beer, a 5-ounce glass of wine, and 1.5 ounces of hard liquor, all contain the same amount of alcohol.
- High alcohol content drinks, many fruit flavored, often contain the equivalent of 4.7 drinks, essentially a binge, in one can. Many drinkers are unaware of the high alcohol content and may over drink as a result.
- Drinks with high alcohol and caffeine contents have been deemed a “public health risk” because the stimulating effects of caffeine mask the warning signs of intoxication.
- On average, it takes 2 to 3 hours for a single drink to leave a person’s system. Nothing can speed up this process, including drinking coffee, taking a cold shower, or “walking it off.”

Alcohol and College Students

**Magnitude of alcohol-related incidents:**

- 97,000 – Sexual Assaults
- 100,000 – Too drunk to consent to sex
- 400,000 – Unsafe sex
- 599,000 – Injuries
- 696,000 – Assaults


Things to Remember

It is also important to remember that:

- Critical thinking and decision-making abilities are diminished long before someone begins to show the obvious physical signs of intoxication. As more alcohol is consumed, fine motor skills and reaction time begin to suffer.
- Young people are less sensitive than older adults to alcohol’s effects on alertness, so they can drink longer before feeling drowsy. Under the influence of alcohol, even normal activities such as swimming, running, or just crossing a busy street can become truly dangerous – and potentially life threatening.
- Eventually, everyone who drinks to excess – including young adults – will get sleepy and pass out. They could then vomit and choke to death or simply stop breathing because reflexes like gagging and breathing can become suppressed.
- Drinking too much can mean trips to the emergency room, arrests, sexual assaults, and/or putting yourself and your friends in real danger.

Check it out!!

http://www.collegedrinkingprevention.gov

Click on ‘Interactive Body’ to trace the flow of alcohol through your body, and see how it affects your organs and systems. Or use this info to pass your anatomy class…

Also, click on ‘Calculator’ to learn about BAC, what it costs you – cash, and calorie!