

## **ANNOUNCEMENT NEWS RELEASE (E-MAIL)**

To: Regional Media List

Subject: SKU Counseling and Testing Center announces new initiatives

### **SKU Counseling and Testing Center News Release**

For Immediate Release

Feb. 26, 2017

#### **SKU Counseling and Testing Center announces new initiatives to decrease intent among college freshmen to use “study drugs”**

Bowling Green, KY—The SKU Counseling and Testing Center has announced new initiatives to decrease the intent among college freshmen to use “study drugs.” Increasing amounts of overworked and overscheduled college students are turning to prescription ADHD medications such as Adderall, Ritalin, and Vyvance, also known as “study drugs,” for increased levels of focus when studying and writing papers.

Dr. Peggy Crowe, executive director of the Counseling and Testing Center at SKU, believes finals week is a “perfect storm of stress” that leads to the increase in the misuse and abuse of prescription drugs.

According to the National Center for Health Research’s website, “A study of more than 10,000 college students from across the country found that more than half of students with an Adderall or other ADHD drug prescription were asked to sell the medication to peers and friends.”

“The issue of study drugs on our campus is out of hand and will be addressed,” said President Gary Ransdell, “We will be bringing awareness about the harmful affects and impacts this can have on our students’ futures and well-beings, and doing everything we can to minimize this trend.”

The SKU Counseling and Testing Center believes that college should be challenging, not overwhelming. They offer a variety of services to strengthen students’ capacity to tolerate distress, form healthy relationships, and seek healthy expressions of their ideals and values. The Counseling and Testing Center is located in Room 409 in Potter Hall, and they are open year-round, Monday thru Friday from 8:00 am to 4:30 pm. For more information, visit [sku.edu/heretohelp](http://sku.edu/heretohelp).

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