



**Drug Free Schools and Campuses Act
Biennial Report 2020 – 2022**

**Prepared By: Sarah S. Patterson
Dean of Students**

Introduction to Drug-Free Schools & Campuses Regulations and Compliance Guidelines

The Drug-Free Schools and Colleges Act Amendments of 1989, Public Law 101-226, requires that, as a condition of receiving funds or any other form of financial assistance under any deferral program, and institution of higher education (IHE), state education agency (SEA), or local educational agency (LEA) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

In order to be able to certify its compliance with the regulations, an IHE such as New Mexico Junior College (NMJC), must adopt and implement a drug prevention program that includes the following:

1. Annually notify each employee and student, in writing, of standards of conduct; a description of appropriate sanctions for violation of federal, state, and local law and campus policy; a description of health risks associated with alcohol and other drug (AOD) use; and a description of available treatment programs.
2. Develop a sound method for distributing annual notification information to every student and staff member each year.
3. Prepare a biennial review on the effectiveness of its AOD programs and the consistency of sanction enforcement.
4. Maintain its biennial review on file, so that, if requested to do so by the U.S. Department of Education, the campus can submit it.

The law further requires that the institution conduct a biennial review of its program with the following objectives:

- Determining the effectiveness of the policy and implementing changes to the alcohol and other drug programs if they are needed; and
- To ensure that the sanctions developed are enforced consistently.

Drug & Alcohol Awareness

Information regarding the use/abuse of drugs and alcohol by employees and students is provided pursuant to public law 101-226, The Drug Free Schools and Colleges Act Amendments of 1989.

Although every effort is made to update and present current information in this booklet, some information may be dated at the time of printing.

NMJC students and their health and welfare are of serious concern. NMJC recognizes that the use of illicit drugs and/or the abuse of alcohol is a persistent health problem of major proportion affecting our society physically, mentally, and socially. Illicit drug use and/or alcohol

abuse can adversely affect an individual's personal life, safety, health, and mental or physical performance.

It is the intent of NMJC to provide students and employees with pertinent information related to illicit drug use and/or alcohol abuse in an effort to prevent such abuse.

As a recipient of federal funds, the College is obligated to inform all students that the possession, use or distribution of illicit drugs and alcohol on its property or as part of any of its activities is prohibited, and is a violation of policy. Students who violate the prohibition will be subject to appropriate disciplinary action. It is also a federal requirement and a NMJC policy that, as a condition of employment, any employee or student worker will notify his or her immediate supervisor within five (5) days of conviction of a criminal drug offense occurring in the workplace.

NMJC is committed to promoting and maintaining a work and academic environment that is free from illegal alcohol and drug use and abuse, in accordance with all federal, state, and local laws.

Students, employees and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs synthetic cannabis/spice/recreational or medical cannabis or engaging in improper self-medication while on College property or conducting College business. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

This alcohol/drug policy is not designed to punish people for seeking rehabilitation. All information about those individuals who voluntarily avail themselves of drug or alcohol counseling or rehabilitation services will remain confidential. Seeking counseling or rehabilitation will not be used as a basis of disciplinary action or be used against an individual in any way.

College employees and students who violate the alcohol / drug policy may be informed about and referred to services to assist them in determining whether they are abusing drugs and alcohol or are chemically dependent. If a problem is found to exist, the individual may be referred to resources to assist him/her in overcoming the drug or alcohol abuse pattern. The College will review its Alcohol and Drug Abuse Prevention Program every 2 years to determine its effectiveness and implement changes to the program as needed, and to ensure that the disciplinary sanctions applied by the College are consistently enforced. The last review was during 2022.

Alcohol and Drug Use

Drug and alcohol use, misuse, and abuse are complex behaviors with many outcomes at both the cultural and the individual levels. Awareness of the dangerous effects of drug/alcohol use is imperative for an individual's well-being or survival. Negative consequences of drugs/alcohol may be exhibited through: physical dependence (the body's learned requirement of a drug for

functioning) or psychological dependence (the experiencing of persistent craving for the drug and/or a feeling the drug/alcohol is a requirement for functioning).

Abuse of any drug/alcohol whether licit or illicit may result in marginal to marked, temporary to permanent physical and/or psychological damage, even death. Since many of the illicit drugs are manufactured and sold illegally, their content varies and may contain especially harmful ingredients or amounts. Regardless of the types of drugs/alcohol utilized, a perceived need for the continued use is likely to ensue, resulting in dependence. Dependence on drugs and/or alcohol alters the user's psychological functioning. The acquisition of drugs and alcohol becomes the primary focus of the drug dependent individual and often results in reduced job performance and jeopardized family and other interpersonal relationships. Criminal behavior is frequently the means for financing a drug habit. Behavior patterns often include violence and assault as the individual becomes increasingly drug/alcohol dependent. Social and psychological alienation and medical problems increase as the abuser becomes entrapped in drug/alcohol dependence. For more information on drug/alcohol counseling and referrals, please contact the Counseling Office or the Office of Human Resources at NMJC.

Student Handbook/Student Code of Conduct

Section V of the Student Handbook explains the NMJC Drug and Alcohol Policy starting on page 40. The Student Code of Conduct (the Code) details the violation and disciplinary process for students and student organizations. Disciplinary action may be imposed on a student whose conduct violates the Code. It can be found in the Student Handbook, starting on page 28:

[New Mexico Junior College Catalog & Student Handbook 2021-2022](#)

Current Policy

New Mexico Junior College is an alcohol/drug free institution. All infractions dealing with alcohol/drugs will be handled in a timely manner through the NMJC discipline process. New Mexico Junior College Officials reserve the right to notify the appropriate law enforcement agency concerning any violation of local or state law for students or employees.

Drug and Alcohol Abuse Prevention Committee

Members

- Sarah Patterson, Dean of Students - Chair
- Amy Coombes, Director of Human Resources
- Kelly Rueda, Director of Admissions/Counselor
- Dennis Kelly, Director of Campus Security and Safety
- Sonia Mills, Veteran and International Services
- Ale Iglesias, Coordinator of Student Life
- Eric Garcia, Residence Life Director
- Deron Clark, Athletic Director
- Derika Addis, Student Resource Coordinator - SOAR

- Candice Garcia, Campus Security and Safety

Committee Meeting Dates/E-mails

- July 30, 2020
- November 11, 2021
- April 25, 2022 – email to members to look over survey for recommendations
- September 15, 2022

Campus Annual Notifications

- September 21, 2020 annual notification to campus community
- January 26, 2021 annual notification to campus community
- September 13, 2021 annual notification to campus community
- January 18, 2022 annual notification to campus community
- April 1, 2022 Reminder to campus community about the legalization of recreational cannabis is not allowed on campus
- September 30, 2022 annual notification to campus community

2020 – 2022 Statement of AOD Goals

1. Create a survey for students and employees to take on their drug and alcohol use to establish a baseline and track improvement as a campus as a whole – **Complete April 2022 – results attached.**
2. Develop a few more posters and displays to put in key areas around campus - **Complete.**
3. Decrease the number of repeat offenders that after educational and conduct sanctioning do not get brought into the Conduct Office for Alcohol or Drugs each academic year by 2% - **Complete – only one repeat offender for alcohol.**

2020 – 2022 Statement of AOD Goals

1. Keep administering the drug and alcohol climate survey each Spring to establish a baseline and track improvement as a campus as a whole.
2. Increase the number of student and employee educational and prevention activities on campus.
3. Add employee resources to the Human Resources and Alcohol and Drug Prevention website from the Behavioral Health Services resources for employees.

Current and Future Strategies

The 2020-2022 reporting period for this Drug Free Schools and Campuses Act report utilized a blend of individual, group, and campus level interventions this group was composed of key employees that play an important role with students and employees at NMJC. The diverse group has been committed to meeting regularly and trying to keep a pulse on the campus environment.

Individual approaches have included one-on-one intervention and guidance by Counseling and Accommodation Services, Dean of Students, Campus Security and Safety, and affiliated supportive staff. These interventions may include education on the health consequences of AOD use; individual counseling to provide emotional support for circumstances that may prompt AOD use as a coping mechanism; conduct redirection in the case of violations of the Student Code of Conduct; and applicable correction by campus security personnel.

Overall health promotion and substance abuse support programs are delivered through a number of departments, including Counseling and Accommodations Office, Student Life and Housing. Counseling and psychological services are available to faculty employees through Behavioral Health Resources.

NMJC utilizes Behavioral Health Resources, which provides a confidential source for employees to find support and resources for certain challenges they may face. NMJC recognizes that employees may from time to time experience stress, trauma or other life events that may adversely affect both their personal and work lives, as well as their overall quality of life. Behavioral Health Resources and Options are provided online and in person as part of the NMJC benefits package.

In addition to increasing Drug and Alcohol awareness, the goal of utilizing these resources is to help reduce absenteeism, worker's compensation claims, health care costs, accidents and grievances. Furthermore, NMJC intends to improve our ability to address safety and security issues, improve employee productivity and engagement, and reduce costs related to employee turnover.

Environmental approaches used by NMJC staff have included media campaigns, educational events, driving safety awareness events, and guidance into applicable rehabilitative support groups. All events are alcohol-free, which encourages the "normalization" of alcohol- and drug-free behaviors. These approaches strive to galvanize the campus community to generate structural and system changes that will reduce or prevent AOD use, a tactic used in conjunction with persuading individuals to modify their behavior while supporting them with the resources to successfully do so.

Current Policies, Sanctions, and Supportive Resources

Policies and Statements

Standards of conduct prohibiting the unlawful possession, use, or distribution of drugs or alcohol:

1. [Section III of the Student Handbook, NMJC Student Code of Conduct, 2.a, 2.b, 2.c., 2.d., and 2.e., pg. 28.](#)
2. [NMJC Drug and Alcohol Policy, Student Handbook, Section V, pgs. 40-50.](#)
4. [NMJC Board Policy, Drug-Free Workplace, Section V Personnel, Policy # 509, pg. 55.](#)
5. [NMJC Employee Handbook, Alcohol/Illicit Drugs, pg. 219 and the Drug-Free Workplace Policy and Programs, pgs. 132-137.](#)
6. [NMJC Drug and Alcohol Prevention website](#)

NMJC Sanctions

NMJC will impose sanctions for failure to maintain standards of conduct regarding illicit drug use and/or alcohol abuse as may apply to students and/or employees consistent with local, state and federal law,

up to and including expulsion from school or termination of employment and referral of violations of the standards of conduct.

Student Violations

The Dean of Students has authority to sanction as seen fit for any violation of the Student Code of Conduct involving Drugs and Alcohol. For more information on the disciplinary process, go to the Code of Student Conduct.

The Family Educational Rights and Privacy Act (FERPA), permits colleges and universities to inform the parents/guardians of students less than 21 years of age when their son/daughter has been found in violation of college alcohol and drug regulations.

Students exhibiting signs of excessive drug/alcohol consumption may be transported via Emergency Medical Services (EMS) at the student's expense for medical attention. Refusal to cooperate with EMS personnel may result in arrest in order to ensure the student's health and safety.

Possible College Sanctions

- Educational assignments
- Oral or written Reprimand
- Restrictions
- Restitution
- Disciplinary Probation
- Loss of College Housing privileges
- Suspension
- Expulsion
- Notification of Law Enforcement

[New Mexico Legal Sanctions for Possession/Consumption of Alcohol by a Minor](#)

Possession/consumption of alcohol by persons not 21 years of age violates New Mexico law, and can be punishable by up to six (6) months in the county jail and a \$500 fine.

[New Mexico Legal Sanctions for Driving Under the Influence](#)

Alcohol abuse is subject to penalties specified by the Liquor Control Act. A DWI (Driving While Under the Influence) conviction can result in a fine up to \$1,500 and/or imprisonment up to 364 days for a 1st offense, prosecution for vehicular homicide, and/or license revocation and vehicle impoundment.

[New Mexico Legal Sanctions for Controlled Substances](#)

The New Mexico Legislature has enacted numerous laws concerning possession and trafficking of controlled substances. The most abused controlled substances are marijuana, cocaine, heroin, LSD, and methamphetamines. Fines and prison sentences vary according to the quantity of drugs involved and whether first or repeat offense.

Fines for possession of marijuana range from not less than \$50 to \$5,000. Prison sentences range from fifteen (15) days to eighteen (18) months. The fine for trafficking marijuana is \$5,000; prison sentences for trafficking range from eighteen (18) months to three (3) years.

The fine for possession of cocaine and heroin is \$5,000, and the prison sentence is eighteen (18) months. Fines for trafficking cocaine and heroin range from \$10,000 to \$15,000. Prison sentences for trafficking are nine (9) years for a first offense and eighteen (18) years for a repeat offense.

The fine for possession of LSD and amphetamines is \$1,000 and the prison sentence is up to one (1) year. Trafficking LSD and amphetamines carry a fine of \$5,000 and a prison sentence of three (3) years.

[New Mexico Recreational Cannabis Regulation](#)

The [Cannabis Regulation Act](#) makes the recreational use of marijuana legal in New Mexico for individuals above the age of 21. From June 29, 2021, residents of legal age can purchase, possess, consume, and give away to other adults up to 2 ounces (56 grams) of marijuana flower, 16 grams of concentrate, and 800 milligrams of edibles.

[Federal Legal Sanctions](#)

Federal trafficking penalties for methamphetamine, heroin, cocaine, PCP, LSD, Fentanyl, and Fentanyl Analogue vary depending on the quantity of drugs involved and whether the offense is the first or a repeat offense. Prison sentences range from five (5) years to life. Fines for trafficking in these drugs range from \$2 million to \$8 million. Federal trafficking penalties for marijuana range from ten (10) years to life. Fines for trafficking in these drugs range from \$2 million to \$8 million.

Campus Interventions/Programming 2020-2022

Normally in this section, there are several live events and educational opportunities for students and employees to attend and learn about alcohol and drugs. NMJC had to be creative because of the world pandemic of COVID 19.

The following College restrictions put a constraint on what the Student Life and Counseling departments could and couldn't do:

- No outside vendors except for essentials like food or maintenance were allowed on campus – bringing in groups like “Arrive Alive Tour”, M.A.D.D., Lea County DWI Program, etc. were discontinued during this reporting period.
- Limiting the number of people in a confined area depending on the space. This included areas like the game room, large auditoriums, or campus housing facilities.
- No outside guests or visitors in the housing facility.

Intervention and educational activities were moved to either an online format or grab n' goes:

- Online Mandatory Housing Orientation Video
- Online Kahoot Challenges on Drug and Alcohol
- Grab n' Go activities to reduce stress and keep students busy
- Added drug and alcohol sign off page to the housing application
- Drug and Alcohol Climate Survey

- A new resource added to the NMJC Drug and Alcohol Prevention website and student handbook - **Start Your Recovery**, (800)-662-4357 StartYourRecovery.org

Student Violation Statistics 2020-2022

The statistics below is information that has been pulled from the NMJC Campus Security and Safety Department which uses *Maxient* software. January 2020 NMJC purchased an online educational sanctioning and informational training through *SafeColleges*. This new system allows for the students to complete the sanctioning assignment anywhere and can be tracked easier for completion rates.

Academic Year 2020 - 2021 8 alcohol violations / 8 drug violations / 14 Completers of Online Alcohol/Drug Training

Academic Year 2021 – 2022 20 alcohol violations / 2 drug violations / 17 Completers of Online Alcohol/Drug Training

Effectiveness of Strategies

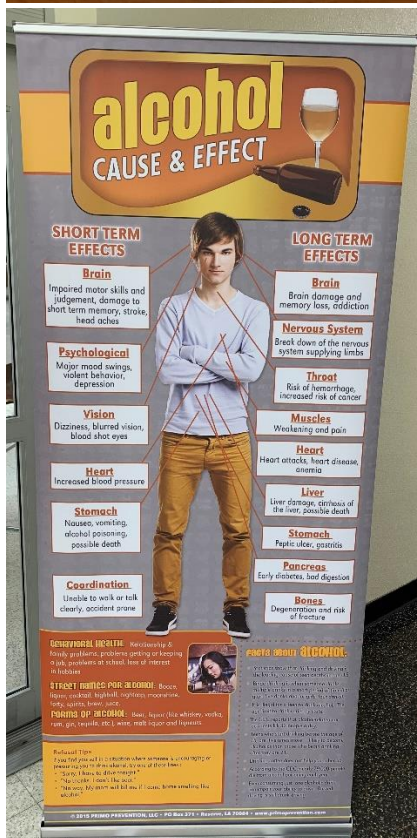
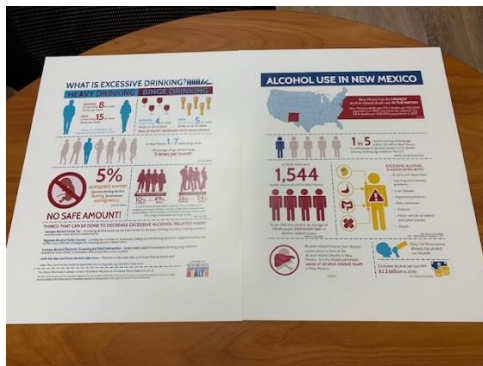
NMJC did have a considerable drop in the number of drug and alcohol violations in the reporting period of 2020 – 2022 compared to 2018 – 2020. It is inconclusive as to whether it was from our strategies or from the impact of COVID 19. The possibility of both being contributing factors were relevant hypothesis.

The results of our Drug and Alcohol survey provided details and a baseline for the use and perception of drugs and alcohol on campus. The committee felt like there was a successful number of participants by a diverse student body that entered valuable input for the total student body population. Respondents included students of all age groups, full-time/part-time, freshman/sophomore, resident/non-resident, in-state/out-of-state/international, male/female, and traditional/nontraditional/dual enrolled. The results can be found on the [NMJC Drug and Alcohol Prevention website](#), but some highlights are listed below:

- 95.61% of respondents knew that NMJC has a drug and alcohol policy.
- 87.83% of respondents believe NMJC is concerned about prevention of drugs and alcohol use.
- 81.74% of respondents answered “0” to the average number of alcoholic drinks consumed in a week period.
- 95.50% of respondents answered “No” to does the social atmosphere at NMJC promote alcohol use?
- 96.40% of respondents answered “No” to does the social atmosphere at NMJC promote drug use?
- 99.12% of respondents said they feel safe on campus.

The committee is concerned about the new law passed in April of 2022 of Recreational Marijuana use in the state of New Mexico. A reminder was sent via e-mail to remind students and employees that it is still a federal violation to possess or be under the influence on NMJC property. The committee will continue to monitor and address best practices in this growing concern. Future statistics and data will be needed to evaluate the influence this change will have at NMJC.

Supporting Documentation





Student and Employee Notifications

Sarah Patterson

From: Geni Cavanaugh
Sent: Friday, April 8, 2022 11:44 AM
To: all; Student Distribution List; Adjunct Faculty
Subject: Drug Free Schools and Campuses Act Reminder

Importance: High



Effective April 1, 2022, New Mexico has passed the Cannabis Regulation Act which makes recreational marijuana legal in New Mexico if you are 21 or over. However, under federal law, cannabis use remains illegal and New Mexico Junior College receives federal assistance and must follow the Drug Free Schools and Campuses Act:

Drug Free Schools and Campuses Act

The Drug-Free School and Colleges Act Amendments of 1989, Public Law 101-226, requires that, as a condition of receiving funds or any other form of financial assistance under any deferral program, and institution of higher education (IHE), state education agency (SEA), or local educational agency (LEA) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

NMJC Alcohol and Drug Policy

Students, employees and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs/cannabis /synthetic cannabis/spice or engaging in improper self-medication while on College property or conducting College business. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

Medical Marijuana

Possession of a Medical Marijuana Registry identification card, regardless of state issued, does not authorize a resident to possess, use or distribute marijuana on NMJC property. Students who possess a Medical Marijuana Registry identification may not use on any NMJC property or show up to classes under the influence of marijuana. Residents who receive a Medical Marijuana Registry identification may submit a petition to be released from their housing contract to the Dean of Students or designee.

Recreational Marijuana

Possessing, consuming, manufacturing, or dispensing any form of cannabis or drug paraphernalia is prohibited on any NMJC property and is a violation of the NMJC drug policy and the Student Code of Conduct.

For more information on this please contact:



Tue 1/18/2022 4:04 PM

Cathy A. Mitchell

Annual Drug Free Schools and Campus Act Notification

To Student Distribution List; all

NMJC recognizes that the use of illicit drugs and/or the abuse of alcohol is a persistent concern of major proportion affecting our society and an individual's personal life, safety, health, and mental or physical performance.

At New Mexico Junior College the use or distribution of illicit drugs and/or alcohol on its property, or as part of any of its activities, is prohibited and is a violation of policy. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws as well as disciplinary proceedings by the College.

The following information related to drug and alcohol use can be found in the NMJC Student Handbook (pages 40 - 50)

(https://www.nmjc.edu/resource_service/student_handbook/index.aspx)

- NMJC policy and standards of conduct related to drugs and alcohol;
- penalties for drug or alcohol related offenses;
- sanctions under local, state and federal law;
- counseling, and treatment resources available in the community and on campus;
- a listing of health risks associated with alcohol or drug use;
- and an alcohol and drug abuse self-assessment questionnaire.

For NMJC's comprehensive drug and alcohol prevention strategy view [Drug Free Schools and Campuses Report](#).

Further information or a printed version of the handbook can be obtained in the office of the NMJC Dean of Students or Vice President for Student Services, located in the Ben Alexander Building.

Sarah Patterson

Dean of Students

1 Thunderbird Circle

Hobbs, New Mexico 88240

Phone: 575.492.2575 • Cell: 575.390.9430

NMJC

New Mexico Junior College

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New Mexico Junior College (NMJC) does not discriminate on the basis of race, color, religion, national origin, ancestry, sex (including pregnancy, childbirth, and related medical conditions), sexual orientation (including perceived sexual orientation), gender identity, marital status, spousal affiliation, disability (physical or mental), serious medical condition, age (40 and older), genetic information or veteran status or any other legally protected categories, classes or characteristics. NMJC is committed to ensuring persons of all these protected classes will have access to NMJC's programs, facilities, and employment.

Inquiries regarding compliance may be directed to:



Mon 9/13/2021 3:00 PM

Cathy A. Mitchell

Annual Drug Free Schools and Campus Act Notification

To Student Distribution List; all

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The following information related to drug and alcohol use can be found in the NMJC Student Handbook (pages 37 – 47) (https://www.nmjc.edu/resource_service/student_handbook/index.aspx)

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- penalties for drug or alcohol related offenses;
- sanctions under local, state and federal law;
- counseling, and treatment resources available in the community and on campus;
- a listing of health risks associated with alcohol or drug use;
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Results of the 1st Drug and Alcohol Campus Climate

[2022 Drug and Alcohol Survey](#)

Drug and Alcohol Addiction Resources

Pannell Library

HV 5278 .M55 2005

Controlling your drinking, Miller, William R. & Munoz, Ricardo F.

HV5292 .A393 2004

Altering American consciousness: the history of alcohol and drug use in the United States, 1800-2000, Acker, Caroline Jean

HV 5825 .B87 2011

Drug Abuse: Its Natural History and Clinical Treatment, Burt, Marvin R.

HV 5825 .D7793 2008

Drugs and justice: seeking a consistent, coherent, comprehensive view, Battin, M. Pabst

HV 5825 .R484 2012

Blowing Smoke: Rethinking the War on Drugs, Reznicek, Michael J.

HV 5831 .C2 S54

Beautiful boy: a father's journey through his son's meth addiction, Sheff, David.

RC 564.5 .W65 W66 2006

Women under the influence, Columbia University. National Center on Addiction and Substance Abuse.

RC 564.68 .D365 2006

Addiction and mood disorders: a guide for clients and families, Daley, Dennis C.

e-Books

HV 4998 .H54 2002 EB

High anxieties [electronic resource]: cultural studies in addiction Brodie, Janet Farrell.

HV 4998.G73 1999 EB

Coming clean [electronic resource]: overcoming addiction without treatment, Granfield, Robert

HV 5000 .C2 R48 2003 EB

Responding to the oppression of addiction [electronic resource]: Canadian social work perspectives, Csiernik, Rick.

HV 5053 .A436 2002 EB

Alcohol and violence [electronic resource]: epidemiology, neurobiology, psychology, and family issues, Galanter, Marc.

HV5068.D781999EB

Drunkard's progress [electronic resource]: narratives of addiction, despair, and recovery, Crowley, John William

HV 5068 .M36 2004 EB

Goodbye, Mr. Wonderful [electronic resource]: alcoholism, addiction and early recovery, McCully, C. B.

HV 5132 .C47 2000 EB

Children of addiction [electronic resource]: research, health, and public policy issues, Fitzgerald, Hiram.

HV 5801 .S733 2002 EB

Stages and pathways of drug involvement [electronic resource]: examining the gateway hypothesis, Kandel, Denise B.

RC 552 .R44 E53 2000 EB

Loving him without losing you [electronic resource]: how to stop disappearing and start being yourself, Engel, Beverly.

RC 563.4 .D78 2003 EB

Drug addiction [electronic resource]: a medical dictionary, bibliography, and annotated research guide to Internet references, Parker, Philip M.

RC 564 .G384 2001 EB

The orchestration of joy and suffering [electronic resource]: understanding chronic addiction, Gerwe, Corinne F.

RC 564 .P784 2002 EB

The psychodynamics of addiction [electronic resource], Weegmann, Martin.

RC 564 .P855 2004 EB

Psychosocial treatments [electronic resource], McCance-Katz, Elinore F.

RC 565 .R43 2003 EB

Recent developments in alcoholism. Vol. 16, Research on alcoholism treatment: methodology, psychosocial treatment, selected treatment topics, research priorities [electronic resource], Galanter, Marc.

RC 568 .O58 B37 2003 EB

Basic and clinical science of opioid addiction [electronic resource], Kuntze, Marcus F.

RM 315 .C66 2003 EB

Comite de Expertos de la OMS en Farmacodependencia WHO Expert Committee on Addiction-Producing Drugs

Community Resources

The following programs or organizations are currently providing information and/or services for individuals needing assistance as a result of the use of illicit drugs and/or the abuse of alcohol:

Alcoholics Anonymous (575) 397-7009

Alcoholics Anonymous is a support group for recovering alcoholics, and is also adaptable to persons recovering from other forms of dependencies. Al-A-Teen is a group for teenagers of relatives who drink; and Al-A- Non is a group for family members of those who drink. Spanish-speaking and non-smoking AA meetings are available. Call any time for information regarding place and time of meetings and/or assistance. There is no charge for participation in AA.

Community Drug Coalition (575) 391-1301, P.O. Box 5403, Hobbs, NM 88240

The Community Drug Coalition of Lea County is a 501c 3, non-profit organization established by

local community leaders and private citizens to combat the growing drug problem in Hobbs and Lea County, New Mexico. The CDC began as a grass roots effort to combat drugs, and is comprised of a broad spectrum of community leaders, private citizens and volunteers.

Guidance Center of Lea Co., Inc. (575) 393-3168, 24-hour (575) 393-6633, 920 W. Broadway, Hobbs, NM 88240

The Guidance Center provides 24-hour crisis intervention services, which include marriage, family, child, individual, and alcohol/drug counseling, as well as psychological testing and assessment. Narcotics Anonymous meeting information is also available. The cost is based on individual's ability to pay.

Lea Regional Mental Health Services, (575) 492-5000, Box 3000, 5419 Lovington Highway, Hobbs, NM 88240

Lea Regional Mental Health Services treat acute mentally ill patients and drug/alcohol abuse when secondary to mental illness. Patients are referred to appropriate facilities for additional rehabilitation. Payment may be made through appropriate insurance.

Palmer Drug Abuse Program, 397-6333 or (575) 397-6237, 200 E. Snyder, Hobbs, NM 88240

The Palmer Drug Abuse Program provides substance abuse counseling for individuals twelve (12) years through twenty-five (25) years of age. Family counseling is also available. PDAP counselors are available and on call. There is no charge for the service.

**Self-Assessment:
An Alcohol and Drug Abuse Questionnaire***

The following list of questions is important to consider in assessing your own use of alcohol and other drugs. If you answer YES to more than three of these questions (or are concerned about someone you know), you should seek help.

- | Yes | No | | |
|-----|-----|-----|--|
| ___ | ___ | 1. | Have you ever cut classes in order to drink or use drugs or because of the after effects? |
| ___ | ___ | 2. | Do you drink or use drugs while studying? |
| ___ | ___ | 3. | Have you ever done poorly on an exam or assignment because of drinking or using drugs? |
| ___ | ___ | 4. | Have friends or family ever told you that you drink too much or complained about your drug use? |
| ___ | ___ | 5. | Have you ever lost a friend or has a relationship suffered from your drinking or drug use? |
| ___ | ___ | 6. | Have you ever done or said anything while drinking or using drugs that you later regretted? |
| ___ | ___ | 7. | Do you urge friends to drink or use drugs so that you won't stand out? |
| ___ | ___ | 8. | Have you begun to associate with a heavier drinking group of friends or a group that uses drugs? |
| ___ | ___ | 9. | Have you ever been hurt while drinking or using drugs? |
| ___ | ___ | 10. | Have you ever awakened after drinking or using drugs and wondered what happened the night before? |
| ___ | ___ | 11. | Do you ever feel guilty about your use of alcohol or other drugs? |
| ___ | ___ | 12. | Do you drink or use drugs to forget your problems? |
| ___ | ___ | 13. | Do you drink or use drugs to feel more confident? |
| ___ | ___ | 14. | Have you ever been broke or gone into debt because you spent money on alcohol or other drugs? |
| ___ | ___ | 15. | Have you ever destroyed or damaged property while drinking? |
| ___ | ___ | 16. | Do you ever drive while drinking or using drugs? |
| ___ | ___ | 17. | Have you ever been in trouble with College authorities because of alcohol /drug use or because of something you did while under the influence? |
| ___ | ___ | 18. | Do you use more than you planned? |
| ___ | ___ | 19. | Do you ever have difficulty stopping once you've started drinking or using drugs? |
| ___ | ___ | 20. | Do you find yourself drinking or using drugs when you first wake up? |
| ___ | ___ | 21. | Do you drink or use drugs while alone? |

*Courtesy of Dartmouth College; permission to reproduce.

Signs and Symptoms of Abuse Associated with the Use of Drugs and Alcohol

TYPES & MOST COMMON DRUGS OF ABUSE	GENERAL CONSEQUENCE OF ABUSE DRUGS OF ABUSE
<p data-bbox="207 430 365 457"><u>STIMULANTS</u></p> <p data-bbox="207 489 422 552">Caffeine Nicotine Products</p> <p data-bbox="207 604 305 632">Cocaine</p> <p data-bbox="207 793 441 821">Methamphetamine</p>	<p data-bbox="678 441 1477 546">Moderate dosages cause increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, and dietary loss of appetite.</p> <p data-bbox="678 598 1485 745">Overdose can cause agitation, increase in body temperatures, hallucinations, convulsions, and possible death. Sudden withdrawal can cause apathy, long periods of sleep, irritability, depression, disorientation, hallucinations, convulsions, and possible death.</p> <p data-bbox="678 787 1502 1270">Symptoms include a false sense of well-being and energy causing the user to tend to push his/her body faster and further than it is meant to go. Users can experience a severe “crash” or physical and mental breakdown after the drugs wear off. Overdose symptoms include restlessness, tremor, muscle twitches, rapid breathing, confusion, hallucinations, panic, aggressiveness, muscle pain or weakness, and dark- colored urine. Other symptoms include nausea, vomiting, diarrhea, stomach pain, uneven heartbeats, light-headedness, fainting, seizures (convulsions), or coma. Continued use decreases natural feelings of hunger causing extreme weight loss. Negative effects can include disturbed sleep patterns, hyperactivity, delusions of power, irritability, insomnia, anxiety, and paranoia. In some cases, convulsions have led to death.</p>
<p data-bbox="207 1291 357 1318"><u>MARIJUANA</u></p> <p data-bbox="207 1329 305 1356">Hashish</p>	<p data-bbox="678 1323 1485 1501">Symptoms include euphoria, relaxed inhibitions, increased appetite, and disoriented behavior. Marijuana impairs judgment, reduces reaction time and coordination. Overdoses can cause fatigue, paranoia, and possible psychosis. Withdrawal can cause insomnia, hyperactivity, and decreased appetite.</p>
<p data-bbox="207 1528 470 1556"><u>SYNTHETIC CANNABIS</u></p> <p data-bbox="207 1566 389 1703">Spice Amazing J’s Game Over Herbal Incense</p>	<p data-bbox="678 1554 1502 1850">Moderate dosages can cause negative effects that are not noted in marijuana users such as agitation and vomiting. Use can also cause psychosis in a higher manner than with use of cannabis. Adverse health effects associated with its use include seizures, hallucinations, paranoid behavior, agitation, anxiety, nausea, vomiting, racing heartbeat and elevated blood pressure. Users can also suffer from effects of withdrawal symptoms similar to those associated with withdrawing from the use of narcotics.</p>

DEPRESSANTS, NARCOTICS, & OPIATES

Codeine
Heroin
Opium
Morphine
Methadone

PSYCHEDELIC DRUGS

LSD (lysergic acid)
Mescaline
PCP (phencyclidine)

INHALENTS

Gasoline & Kerosene
Glues & Organic Cements
Aerosol Propellants
Lighter Fluids
Lacquer & Varnish
Thinners

ALCOHOL

Beer
Wine
Liquor

HUMAN GROWTH HORMONE

HGH & Other Steroids

Moderate dosages cause euphoria, drowsiness, respiratory depression, constricted pupils and nausea. Overdose can cause slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Sudden withdrawal results in watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills and sweating, cramps, and nausea.

NOTE: Depressants combined with alcohol can result in magnified negative effects.

Moderate dosages can result in illusions, hallucinations, and poor perception of time and distance. Overdose can result in longer, more intense "trip" episodes, psychosis and possible death.

Moderate dosages cause excitement, euphoria, giddiness, loss of inhibitions, aggressiveness, delusions, depression, drowsiness, headache, and nausea. Overdose can cause loss of memory, confusion, unsteady gait, and an erratic heartbeat and pulse are possible. Sudden withdrawal results in insomnia, decreased appetite, depression, irritability, and headache. Death can result from suffocation.

Alcohol depresses the central nervous system. Initial effect may relax and gives a mild feeling of euphoria. It also impairs judgment, while reducing reaction time and coordination. Prolonged abuse may produce brain atrophy and dysfunction. Very large quantities and/or prolonged abuse may result in death. Sudden withdrawal by an alcoholic may produce serious problems such as delirium tremors.

NOTE: Alcohol in combination with other depressants can result in magnified negative effects.

Prolonged use of HGH for achieving weight loss, increasing mass, and reversing the signs of aging, often leads to side effect that involve muscle and joint pain, abnormal bone growth, tissue edema, and altered glucose metabolism. Other side effects include Carpal tunnel syndrome, swelling in arms and legs, excess body hair, and enlargement of breast tissue in men. There is also an increased risk for diabetes, heart enlargement, liver damage, hardening of the arteries, and hypothyroidism.