

### **Drug and Alcohol Abuse Information:**

Following you will find the requirements of the Drug-Free Schools and Communities Act Amendments of 1989, Public 101-226 and what Delaware Learning Institute of Cosmetology requires of Staff and Students.

Staff and Students are prohibited from the unlawful manufacture, distribution, possession, or use of illicit drugs or alcohol. This prohibition applies while on the property of the school or participating in any institutional activity. Students or employees who violate this policy will be subject to disciplinary action up to and including expulsion or termination from school or employment. Additionally, there are numerous local, state, and federal laws, which can be used to punish violators. Penalties can range from suspension revocation and/or denial of a driver's license, to 20-50 years imprisonment at hard labor without benefit of parole. Property may also be seized.

Community service may also be mandated. Students could lose eligibility for financial aid, could be denied other federal benefits, such as Social Security, retirement, Welfare, health care benefits, disability and Veterans benefits. Public housing residents could also be evicted. Finally, a record of a felony or conviction in a drug related crime may prevent a person from entering a certain career. Drugs can be highly addictive and injurious to the body as well as one's self. People tend to lose their senses and responsibility and coordination. There are drug or alcohol counseling, treatment and rehabilitation facilities in our area where advice and treatment are available. The telephone numbers of these facilities may be found in your local telephone book or yellow pages under Drug Abuse and Addiction-Information Treatment. There are national organizations that can be contacted for help. The Alcoholism and Drug Abuse Hotline is open 24 hours daily, 1-800-252-6465. The Cocaine Hotline, 1-800-444-9999 is also open 24 hours. The National Institute on Drug Abuse Hotline is available 8:00am to 2:00am, Monday through Friday and 11:00am to 2:00 am on weekends, 1-800-662-4357. Delaware Learning Institute of Cosmetology will conduct an annual review of its "Drug and Alcohol Free Schools and Campuses Program" to determine:

- a. Effectiveness of its program and implement changes to the program as deemed necessary
- b. Insure that any disciplinary sanctions conducted during that time are consistently enforced.

### **ALCOHOL AND DRUG INFORMATION**

It is a school policy that we do not sponsor or accept any liability for any functions that involve alcohol and/or drugs. This policy includes all student functions and employee functions, i.e. Christmas parties, etc. In an effort to help you recognize the effect of drugs and deal appropriately with them, we have included the following pages listing the major drugs in use today. If in reading this information you become aware that either you, a co-worker or a student may have drug or alcohol problem, please discuss this confidentially with your Director so that the situation can be handled appropriately and the individual be given the opportunity to seek outside help. Unfortunately drugs are a fact of life in our society and we need to be aware of who uses them, the effects of major drugs, and what we can do.

- Most kids get their first illegal drugs from a close friend or relative for free.
- The younger they start the more likely they are to become an addict and advance to hard drugs.

How common is drug use—

- 6 out of 10 high school students have tried an illegal drug.
- If you add alcohol it's 9 out of 10.
- 1 out of 4 high school seniors has used marijuana.
- 1 out of 4 fourth graders has been pressured to try marijuana.
- The main reason given for starting drug use is peer pressure.

### **ALCOHOL**

- Of the 10 million alcoholics in America 1/3 are teenagers.

- Works first on the part of the brain that controls inhibitions. May feel high but because it depresses the central nervous system, they are actually slowing down.

\* It is known as a gateway drug -- easy to get, used by adults to relax, many people think there is nothing wrong with it, relaxes their inhibitions so peer pressure is easier.

### **MARIJUANA**

- impairs memory function
- distorts perception
- hampers judgment
- diminishes motor skills
- impairs driving skills for 4-6 hours after one joint.

### **SIGNS OF USE**

- bloodshot eyes
- hunger
- giggling out of control
- paranoia

## **COCAINE**

- very strong stimulant to the central nervous system
- accelerated heart rate
- pupils dilate
- nasal problems
- congestion
- feelings of restlessness
- irritability
- anxiety
- paranoia
- depression when not on
- need more and more cocaine to trigger same feeling

### **SIGNS OF USE**

- nasal problems
- glassy eyes
- weight loss
- changes in behavior

## **FREE BASING**

\* Form of cocaine that is smoked.

- Reaches the brain within seconds.
- Sudden intense high.
- Euphoria quickly disappears leaving an enormous craving.

## **CRACK**

- Most addictive form of cocaine. Cheap and easy to conceal.

### **SIGNS OF USE**

- nasal problems
- severe weight loss
- severe changes in behavior

### **STIMULANTS SIGNS OF USE**

- needle marks
- appetite loss
- severe depression
- glassy eyes

## **LSD SIGNS OF USE**

- dilated pupils
- nervousness
- mood swings

## **DOWNERS ( reds, yellows v = valium ) SIGNS OF USE**

- slurred speech
- tremors
- drunken behavior

## **PCP**

- a hallucinogenic drug
- alters sensation, hearing, touch, smell, taste and visual sensation.
- induces a profound departure from reality leading to bizarre behavior.
- mental depression
- memory perception functions, concentration, and judgment are often disturbed permanently.

## **HEROIN**

\* causes physical and psychological problems such as shallow breathing, nausea, panic, insomnia, and a need for higher doses to get same effect.

### **SIGNS OF USE**

- euphoria
- drowsiness
- respiratory depression
- constricted pupils
- nausea

### **WITHDRAWAL SYMPTOMS**

- watery eyes

- runny nose
- yawning
- loss of appetite
- tremors
- panic
- chills
- sweating
- nausea
- muscle cramps
- insomnia

**CLUES TO DRUG USE**

- \* an abrupt change in mood or attitude
- \* sudden and continuing decline in attendance or performance
- \* Impaired relationships with family or friends
- \* Unusual temper flare-ups
- \* Increased need for money
- \* Stealing from school
- \* Heightened secrecy about actions
- \* Associating with a new group of friends
- \* Language changes
- \* Respect changes
- \* Violent language and behavior

**HOW YOU CAN HELP**

- \* Understanding -- listen to reasons why he/she uses/abuses drugs (don't jump to Conclusions).
- \* Firm -- explain why you feel that use is harmful, and why they need to seek counseling and treatment.
- \* Supportive -- assist the user in finding help and provide moral support during Treatment.
- \* Self-examination--are you and your school good role models (do you let them know you drink, etc.).

**ACTIONS TO AVOID**

- \* sarcastic
- \* accusatory
- \* stigmatizing
- \* sympathy seeking for yourself
- \* self-blaming
- \* avoid/emotional appeals, which may just lead to guilt and more abuse.
- \* don't cover up or make excuses.
- \* don't argue with them when they are under the influence.
- \* Do talk to your students about drugs and drug testing -- Federal Bureau of Labor statistics estimated last year that more than 145,000 private business establishments which employ 16.6 million workers had drug testing programs. Watch your local papers and bring in articles about companies that are drug testing.
- \* Help them start feeling good enough about themselves that they don't need drugs

**Reference Numbers:**

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|-----------------------------|--------------|
| • Youth and Family Services | 302-633-2500 |
| • Housing Development       | 302-697-3187 |
| • Unemployment              | 302-368-6600 |
| • Adoption                  | 302-475-8977 |
| • Voc Rehab                 | 302-856-5730 |
| • Child Services            | 302-856-2388 |
| • Social Security           | 800-772-1213 |
| • Planned Parenthood        | 302-655-7293 |
| • Drug And Alcohol          | 800-304-2219 |