



**Drug Free Schools and Campuses Act
Biennial Report 2018 – 2020**

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

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

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.

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 report, 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, NMJC 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 that, as a condition of employment, any 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 or engaging in improper self-medication while on NMJC property or conducting NMJC 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 NMJC.

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.

NMJC 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.

NMJC 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 NMJC are consistently enforced. The last review was during 2018.

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 drug/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 drug/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 at your campus.

Student Code of Conduct

The Student Code of Conduct details the rules and regulations for students and student organizations. Disciplinary action may be imposed on a student whose conduct violates the Code. It can be found in the NMJC Catalog and Student Handbook, starting on page 58:

[New Mexico Junior College Catalog & Student Handbook 2019-2020](#)

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
- Scotty Holloman, General Counsel/Executive Director of Administrative Services
- Kelly Rueda, Counselor
- Dennis Kelly, Director of Campus Security and Safety
- Danielle Brown, Veteran and International Services
- Marisol Arenivas, Director of Student Life
- Susan Fine, Director of Marketing
- Candice Garcia, Campus Security and Safety

Committee Meeting Dates

- July 30, 2020
- December 19, 2019
- October 30, 2018
- October 02, 2019

2018 – 2020 Statement of AOD Goals

1. Develop a webpage for Drug Free Schools and Colleges Act to be able to link to the NMJC's main webpage for easy access to information for students, employees, and guests – **Complete.**
2. Increase campus awareness by displays with educational information on the health risks associated with drug and alcohol use and exhibit them in prominent areas - **Complete.**
3. Communicate more effectively to the large international students at NMJC during their initial meeting with the International Representative for the College by adding a checkbox about drug and alcohol use and how it could affect their visa - **Complete.**
4. Institute an online educational sanctioning course for students to take when found "Responsible" for drug and alcohol use on campus – **Complete.**

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.
2. Develop a few more posters and displays to put in key areas around campus.
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%.

Current and Future Strategies

The 2018-2020 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 the Employee Assistance Program (EAP).

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 NMJC Student Code of Conduct, 2.a., 2.b., and 2.c., pg. 48 of the Student Handbook 2019-2020.](#)
2. [NMJC Housing Regulations Form Agreement, #2 – Alcohol and Drug Prohibition.](#)
3. [NMJC Drug Free Schools and Colleges, Student Handbook 2019-2020, Section IV, pgs. 38-48.](#)
4. [NMJC Employee Handbook, Policy # 219, pg. 40 and the Drug-Free Workplace Policy and Program, pgs. 132-137.](#)

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.

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 2018-2020

The following list of events group together the strategic initiatives of all varieties. Future strategies will be planned and executed based upon a holistically blended approach customized to the needs of NMJC's student population.

National Collegiate Alcohol Awareness:

Monday September 22, 2018 - Walk the Line (Line Detector)

Tuesday, September 23, 2018 - Water Pong

Wednesday, September 24, 2018 - Tossing a basketball – or bean bag toss (Lea County DUI)

Thursday, September 25, 2018 - Pumpkin Ring Toss Game

Summary: The fatal Vision Alcohol Impairment Simulation- Kit. What are the dangerous consequences of impairment, informational, Goggles (BAC range from .06, .17 to .20 plus, .25

plus, .07 to .10 plus, .12 to .15 plus and marijuana) along with to try on while performing the activities above.

Arrive Alive Tour-Combo Sim with Picture Pledge

February 27, 2019

Summary: Participants get into an actual vehicle (with battery disabled and car immobilized) and put on a virtual reality headset. Sensors are connected to the vehicle's gas/brake pedals and steering wheel, enabling the participant to experience drugged driving without the real-life consequences. Upon exiting the vehicle, each participant is handed a mock citation detailing the ramifications of their simulation, as explained by a facilitator. An external LED monitor is set-up near the vehicle, showing what the driver is experiencing in their simulation in real time. The program incorporates an event survey on Android tablets. This survey gauges participants knowledge and experience in relation to texting while driving before and after they use the simulator. The program now features our new Animated GIFs program! This not only gives your participants a keepsake to always remember to drive S.A.F.E (Sober and Free of Electronics), but they can share the GIFs on social media and spread the word

Lea County DWI Program (Natalie Perez)

Summary: DWI program to educate students on drinking & Driving brochures were available along with freebies. They would try on 3 different googles and try to shoot a small basketball into the goal, along with a bean bag toss game. They were also informed about tipsy taxi.

Housing Mandatory Orientation

August 18, 2019

Summary: The housing mandatory orientation covers topics from drugs and alcohol to mental health issues along with the tea consent video.

Arrive Alive Tour

November 4, 2019

Summary: Participants get into an actual vehicle (with battery disabled and car immobilized) and put on a virtual reality headset. Sensors are connected to the vehicle's gas/brake pedals and steering wheel, enabling the participant to experience drugged driving without the real-life consequences. Upon exiting the vehicle, each participant is handed a mock citation detailing the ramifications of their simulation, as explained by a facilitator. An external LED monitor is set-up near the vehicle, showing what the driver is experiencing in their simulation in real time. The program incorporates an event survey on Android tablets. This survey gauges participants knowledge and experience in relation to texting while driving before and after they use the simulator. The program now features our new Animated GIFs program! This not only gives your participants a keepsake to always remember to drive S.A.F.E (Sober and Free of Electronics), but they can share the GIFs on social media and spread the word about this important topic.

Paint & Sip (Canvas Art)

November 19, 2019

The Paint and Sip was a modify version with Sparkling flavored nonalcoholic juice. A perfect way to show some of the residents that they can still have fun with non-alcoholic drinks. Space was limited to 25 reserved due to a first-time trial run, the turnout was great all the seats were reserved and it was a 3-hour paint class while snacking and drinking sparkling flavored drinks.

Housing Mandatory Orientation

January 15, 2020

Summary: The housing mandatory orientation covers topics on drugs and alcohol as well as who is the contact on campus that can assist a resident if they need anything from mental health to drugs and alcohol information.

Student Violation Statistics 2018-2020

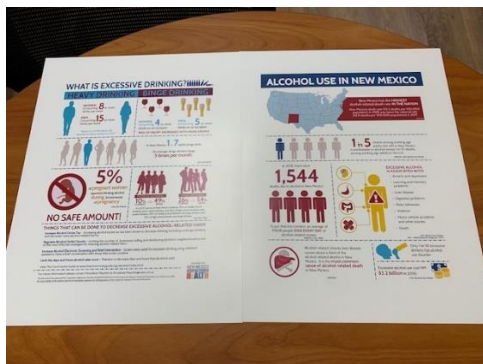
The statistics below is information that has been pulled from the NMJC Campus Security and Safety Department which uses **Maxient** software. January 2020 NMJC purchased an online educational sanctioning and informational training through **SafeColleges**. This new system allows for the students to complete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

Academic Year 2018 - 2019 / 61 alcohol violations / 4 drug violations

Academic Year 2019 – 2020 / 77 alcohol violations / 4 drug violations

In the Fall of 2018, NMJC began using Maxient to keep student conduct data. This system should help NMJC track violations, sanctions, and completions of cases.

Supporting Documentation



alcohol

CAUSE & EFFECT

SHORT TERM EFFECTS

Brain
Impaired motor skills and judgement, damage to short term memory, slurred speech, head aches

Psychological
Major mood swings, violent behavior, depression

Vision
Dizziness, blurred vision, blood shot eyes

Heart
Increased blood pressure

Stomach
Nausea, vomiting, alcohol poisoning, possible death

Coordination
Unable to walk or talk clearly, accident prone

LONG TERM EFFECTS

Brain
Brain damage and memory loss, addiction

Nervous System
Break down of the nervous system supplying limbs

Throat
Risk of hemorrhage, increased risk of cancer

Muscles
Weakening and pain

Heart
Heart attacks, heart disease, cirrhosis

Liver
Liver damage, cirrhosis of the liver, possible death

Stomach
Stomach ulcers, gastritis

Pancreas
Early diabetes, bad digestion

Bones
Degeneration and risk of fracture

CONSPIRACY THEORISTS: Misconception of conspiracy theorists: problems getting or keeping a job, problems at school, loss of interest in hobbies

STREET MATHS: PORN & DRUGS: Bunch of kids, school bullies, getting into trouble, being caught, being in jail

FOUNDED BY DRUGS: Don't drink too often, visit your GP, (parents, etc.) when, with support and help

Refused 3 times: If you had a friend who refused 3 times, you would be a friend. If you had a friend who refused 3 times, you would be a friend. If you had a friend who refused 3 times, you would be a friend.

FACTS ABOUT ALCOHOL: Alcohol is a drug. It is a depressant. It slows down the brain and the body. It is a toxin. It is a carcinogen. It is a heart disease risk factor. It is a liver disease risk factor. It is a pancreas disease risk factor. It is a bone disease risk factor. It is a mental health risk factor. It is a social risk factor. It is a legal risk factor. It is a financial risk factor. It is a health risk factor. It is a life risk factor.

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Cocaine

Cause and effect

SHORT TERM EFFECTS

BRAIN
Memory loss, impaired judgement, increased heart rate, increased blood pressure

HEART
Increased heart rate, increased blood pressure, heart attack

LIVER
Liver damage, liver disease

STOMACH
Stomach ulcers, gastritis

COORDINATION
Impaired coordination, increased risk of accident

LONG TERM EFFECTS

BRAIN
Brain damage, memory loss, addiction

HEART
Heart disease, heart attack

LIVER
Liver damage, liver disease

STOMACH
Stomach ulcers, gastritis

COORDINATION
Impaired coordination, increased risk of accident

Alcohol

Cause and effect

SHORT TERM EFFECTS

BRAIN
Impaired motor skills and judgement, damage to short term memory, slurred speech, head aches

Psychological
Major mood swings, violent behavior, depression

Vision
Dizziness, blurred vision, blood shot eyes

Heart
Increased blood pressure

Stomach
Nausea, vomiting, alcohol poisoning, possible death

Coordination
Unable to walk or talk clearly, accident prone

LONG TERM EFFECTS

Brain
Brain damage and memory loss, addiction

Nervous System
Break down of the nervous system supplying limbs

Throat
Risk of hemorrhage, increased risk of cancer

Muscles
Weakening and pain

Heart
Heart attacks, heart disease, cirrhosis

Liver
Liver damage, cirrhosis of the liver, possible death

Stomach
Stomach ulcers, gastritis

Pancreas
Early diabetes, bad digestion

Bones
Degeneration and risk of fracture



Drug and Alcohol Addiction Resources

Pannell Library

HV 5278 .M55 2005

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

HV 5292 .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.

Consequences of Abuse Associated with the Use of Drugs and Alcohol

TYPES & MOST COMMON DRUGS OF ABUSE	GENERAL CONSEQUENCE OF ABUSE DRUGS OF ABUSE
<p><u>STIMULANTS</u></p> <p>Caffeine Nicotine Products</p> <p>Cocaine</p> <p>Methamphetamine</p>	<p>Moderate dosages cause increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, and dietary loss of appetite.</p> <p>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>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><u>MARIJUANA</u></p> <p>Hashish</p>	<p>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><u>SYNTHETIC CANNABIS</u></p> <p>Spice Amazing J’s Game Over Herbal Incense</p>	<p>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.