

PLUGGED IN

News, views
and issues that
affect our lives
every day.



Drug Abuse Comprehensive
Coordinating Office, Inc.





Helping the homeless

An exciting addition to DACCO is its partnership with the Tampa Hillsborough Homeless Initiative and Hillsborough County to help the homeless. The county has committed \$3.2 million to create the Community Housing Solutions Center, and DACCO is at the forefront of this project.

The Housing Center, located off 50th Street, will have 75 beds. Mental health and job counseling, health care and education services will be provided. Potential residents for the facility will go through DACCO's screening process and then will be placed on a waiting list.

"This is not an emergency residential home. This is a 120-day shelter," Mary Lynn Ulrey, DACCO's chief executive officer, said. "The goal is to help people get employed, address their whole health needs – mental health, substance abuse – permanent housing." According to Ulrey, this project is a community effort. DACCO, Hillsborough County Public Schools and Catholic Charities all have roles in making this project successful.

"About 60 percent of the people who are homeless have substance abuse and mental health issues," Ulrey said. "A lot of people who come to DACCO from jail have homeless experience. It is not unlike the people we treat already."

The nature of addiction

Throughout much of the last century, scientists studying drug abuse labored in the shadows of powerful myths and misconceptions about the nature of addiction, according to the National Institute on Drug Abuse. In the 1930s, it was assumed that people addicted to drugs were lacking in willpower. Today, thanks to science, our views and our responses to drug abuse have changed dramatically.

Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling us to respond more effectively to the problem. As a result of scientific research, scientists know that addiction is a disease that affects both brain and behavior.

This Tampa Bay Times Newspaper in Education publication, created in partnership with the Drug Abuse Comprehensive Coordinating Office (DACCO),



Do you suspect or know your child is abusing drugs or alcohol? A free DACCO physician consultation is available by appointment by calling **813-384-4139** or emailing physicianconsult@dacco.org.

focuses on educating you about substance abuse prevention. We hope this publication will serve as a discussion tool for parents, teachers, community members and youth.

Addiction: A treatable disease, not a moral failing

While the initial decision to use drugs is voluntary, drug addiction is a disease of the brain that compels a person to become singularly obsessed with obtaining and abusing drugs despite their many adverse health and life consequences. Addiction is a primary, chronic illness influenced by genetic, psychosocial, environmental and lifestyle factors. Addiction is not a sign of weak morals; it is a disease.

Symptoms of addiction include loss of control over drug or alcohol use, cravings, use despite consequences, distortions in thinking, the need to consume greater amounts to get high, and physical dependence and withdrawal. Like many other diseases, substance use disorders are chronic and follow a predictable course. Long-term drug abuse results in changes in the brain that persist long after a person stops using.

The good news is that addiction, like other diseases, can be successfully treated. People all around the world are recovering to live long, healthy and happy lives! The best treatment programs are scientifically based and meet the multiple needs of the individual, not just his or her drug use. It is important to remember that no single treatment is appropriate for all individuals.

Sources: National Institute on Drug Abuse, National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health, and the Department of Health & Human Services Centers for Disease Control and Prevention

Drug Abuse Comprehensive Coordinating Office

The mission of the Drug Abuse Comprehensive Coordinating Office (DACCOC) is to work for a drug-free community – one person, one family at a time. DACCOC reaches Tampa Bay residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment.

Short-term prevention strategies include education about substance abuse and other risky behaviors that impact the general health and wellness of individuals, families and the community. Environmental prevention strategies involve community-wide changes in attitudes, beliefs and expectations that increase the potential for long-term changes in behavior.

Now in its fourth year, the DACCOC-led local Prevention Partnership Grant Collaborative is targeting young adults through a countywide educational campaign that highlights state laws, campus alcohol policies, the nature of blood alcohol concentration and the need to self-monitor alcohol use. Partners in this initiative include the University of South Florida, the University of Tampa, Hillsborough Community College, CBS Radio Tampa Bay, the Hillsborough County Anti-Drug Alliance and the *Tampa Bay Times*. DACCOC provides a range of treatment services for individuals and families in need.

DACCOC treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, post-traumatic stress disorder (PTSD) and medication-assisted treatment for opiates. DACCOC offers adult residential treatment programs and outpatient programs for teens and adults.

Supportive services are offered at DACCOC to help patients stay engaged in treatment, meet all their health care needs and improve their lives, including HIV testing and counseling, adult education GED, primary health care, day care and affordable housing. Both outpatient and residential programs include different intensities of individual, group and family counseling; on-site Narcotics Anonymous and Alcoholics Anonymous meetings; life skills education; and urine drug screening. To schedule an assessment of patient needs, call 855-322-2600.



DACCOC's Detox Facility opened in May 2013. Our detoxification process is supported and monitored by full-time DACCOC medical physicians who are board certified in addiction medicine, along with 24-hour nursing care. Our staff understands drug and alcohol addiction and ensures a safe and controlled withdrawal period.

Detoxification is the first step toward abstinence, and DACCOC's physicians will tailor specific treatment recommendations based on the needs of each client. If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCOC's services, visit dacco.org. Click on Community Education to learn more about substance abuse. To request that a DACCOC representative speak to your community group, call 813-384-4000.

Whole health care

DACCOC's chief executive officer, Mary Lynn Ulrey, hopes to work herself out of a job someday. A psychiatric nurse practitioner, she is excited about the huge changes forthcoming in the health industry, specifically in reference to mental health and substance abuse treatment.

Ulrey cites the federal parity laws as being at the forefront of change. The "parity laws mean substance abuse and mental health are actually equal to heart, lungs and bone treatment," she stated. These federal laws will not only change the way the mental health and substance abuse treatment will be viewed by medical professionals, but also by insurance agencies.

In 1986, the psychiatric community defined substance abuse and mental health disorders as brain diseases. More than two and a half decades later, "The federal government has decided that they must be treated like a real disease," Ulrey stated.

Under the Affordable Care Act, medical care for mental health disorders and substance abuse will be permitted as part of traditional medical insurance. Although the parity laws have been passed at the federal level, they have not been passed yet in Florida. Ulrey is confident these laws will pass soon. "It is coming, and DACCOC has to get ready for that," Ulrey said.

"DACCOC has to be able to not just be a social service agency but be able to bill and act like more of a hospital health care office. Those are huge changes for behavioral health."

The change in receiving funding from grants to billing insurance agencies is significant for DACCOC, which is classified as a rehabilitation center for behavioral health with the acute care portion being detoxification. Although medical rehabilitation centers are covered by medical insurance, behavioral health centers are not. Yet, Ulrey notes they are equal in importance for overall health. She points out that without the rehab, patients are missing an important portion of care. Without the rehabilitation, patients will go through detox, go home and then return to detox again.

Whole health care means treating all aspects of a patient, which is important to Ulrey. "We have surrounded ourselves with doctors and not just counselors [at DACCOC]," she stated. "We have a relationship with the University of Florida, out of Gainesville, and we have an addiction fellowship out here and two board-certified addiction specialists that oversee the fellowship. It has given us a cadre of medical staff that have raised the level of expertise that you have in an agency like this."

"Whole health is really what it is all about," Ulrey said. "If you have a pain in your tooth and you have an addiction, that specialist needs to know that you cannot take certain medications, and the addiction specialist would need to be aware of the situation. You have to look at the whole person and not just unilaterally. Addiction is a specialty just like other medical fields, and neither field can have tunnel vision."

Addiction is a chronic debilitating disease, and without treatment you die. ... When you think of the chronic diseases – COPD, cardiac disease, diabetes – when those people go to the hospital nobody says, 'Oh, did you go back to the hospital again because your diabetes got out of control?' Did they do everything right? Did they not eat pie? Did they stick to the 1,200-calorie ADA diet? People who leave substance abuse treatment don't always follow all the rules the first time. It takes time and time again sometimes because it is a chronic debilitating disease. We try to teach people that coming back is not a bad thing. If you are on a good road, you are going to make it, and if you're not, we're here."

– Mary Lynn Ulrey, DACCOC chief executive officer

Being **aware** can save lives



Addiction isn't about substance — you aren't addicted to the substance, you are addicted to the alteration of mood that the substance brings."

— Susan Cheever, author

Reacting quickly saves lives

It's Friday night, and you and your friends are hanging out and unwinding after a long week of working. One of your friends is acting very sleepy after taking some pills and having a few drinks. Your friend keeps nodding off, and you are concerned. But you don't want to get anyone in trouble.

This is no time to hesitate. If you think someone is in distress, immediately call 9-1-1!

Symptoms of an overdose may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking. There may be no



noticeable signs if someone suddenly stops breathing.

Call 9-1-1 immediately. Stay on the line with the operators and stay with the victim until help arrives. Try to remain calm and follow the directions of the 9-1-1 operator. Remember, calling 9-1-1 to save someone's life comes first and before any consequences you might face.

Your decision to react quickly can save someone's life. Any delay for any reason may result in a lifetime of regret for making the wrong choice.

Source: Pinellas County Sheriff's Office, Narcotics Division

The Good Samaritan Act

By definition, a Good Samaritan is "a person who gratuitously gives help or sympathy to those in distress," according to Dictionary.com. Following this line of thought, the goal of the Good Samaritan Act is to save lives.

This act allows witnesses of accidental drug overdoses to call for help without fearing that they will be arrested for drug possession. A person making a good faith effort to obtain or provide medical assistance for an individual experiencing a drug-related overdose may not be charged, prosecuted or penalized for possession of a

controlled substance if the evidence for possession was obtained as a result of the person's seeking medical assistance.

A person who experiences a drug-related overdose and is in need of medical assistance may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the overdose and the need for medical assistance.

Source: Florida Senate

Prescription drug dangers

There's a reason prescription drugs are intended to be taken under a doctor's direction: If used improperly, they can be dangerous ... very dangerous. In fact, despite what many people think, abusing prescription drugs is not safer than abusing illicit drugs. As the facts will tell you, prescription drugs can have dangerous short- and long-term health consequences when used incorrectly or by someone other than for whom they were intended.

When taken properly and under a medical provider's supervision, prescription drugs can have many benefits, but there are serious health risks associated with the abuse of prescription drugs. Although these drugs may seem safe because a doctor has



prescribed them, a single large dose of prescription painkillers or depressants can result in breathing problems that can lead to death. Abusing prescription stimulants can result in fatal seizures.

Even in small doses, depressants and painkillers can affect a person's ability to learn. These are not temporary side effects. Prescription drugs should always be taken cautiously and under the care of a licensed medical doctor.

Abusing any drug, whether over-the-counter, prescription or alcohol, can lead to permanent and fatal consequences.

Source: National Institute on Drug Abuse

Signs and symptoms of drug use

People display different signs of drug use. The signs and symptoms can vary between individuals, and each drug has its own unique indicators. Here are some general indications that a person is using drugs:

- Sudden change in behavior
- Mood swings; irritable and grumpy and then suddenly happy and bright
- Withdrawal from family members
- Careless about personal grooming
- Loss of interest in hobbies, sports and other favorite activities
- Changed sleeping pattern; up at night and sleeping during the day
- Red or glassy eyes
- Sniffly or runny nose

Source: Narconon



Parent Pointer

Adults: Be The Wall

Many parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. How do you model positive behavior for your children?

Think about it. Sixty percent of teens who have abused prescription painkillers did so before age 15, and 45 percent of those who use prior to the age of 15 will later develop an addiction. Kids need to hear how risky drug abuse can be. They need to know how damaging it can be to their lives. They need you, their parents, to be good role models.

Do you suspect or know your child is abusing drugs or alcohol? DACCO physician consultation is available by appointment by calling 813-384-4139 or emailing physicianconsult@dacco.org.

Sources: Partnership for a Drug Free America; Health Substance Abuse and Mental Health Services Administration

Learning with the Times

Journaling to self-awareness

Keeping a journal or writing a blog is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? In your journal, record your general thoughts as well as your thoughts about articles you read in the *Tampa Bay Times*. To begin your journal, write about something that you have read in the *Times* that directly affects your life.

Altered states

Drugs are chemicals that change the way a person's body works. Basically, drugs, including legal and illegal forms, alter the chemical state of a person's body and mind. Here are some ways drugs can alter you:

- Faster aging
- Hair loss
- Insomnia
- Irrational decision making
- Nightmares and hallucinations
- Rotten teeth
- Physical dependence and addiction
- Dementia
- Suicidal depression
- Impaired depth and time perception

BE THE WALL

Responsible adults would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak alcohol or drugs through the front door? Brush up on your chaperone skills – Be The Wall!

- Utilize a location that has clear entrances and exits. If there are multiple exits, block off all exits you do not want used or utilize other chaperones to block the exits.
- Work with your teen to decide on a guest list ahead of time. Set a limit to the number of people and make a contingency plan for politely turning away party-crashers.
- On the event invitation, clearly state the beginning and ending time, what to bring and what not to bring.

- Ask teens to leave purses or backpacks in their locked cars or at the front door. Discourage teens from going back and forth from your home to their cars.
- Lock up any alcohol in your home before the party. Ask adults that may be attending the party to leave their alcohol at home for the event.
- Utilize the television, swimming pool, video games or karaoke machine to entertain teens.
- Provide plenty of space for teens to just hang out comfortably where you can see them but not hover over them.
- Utilize single-serve cans instead of disposable cups. Do not use a punch bowl or pitchers.

- Monitor behavior by circulating around the home and interacting with teens.
- Never let a teen that you believe to be impaired leave your home.

For more information, go to bethewall.org and [facebook.com/hillsboroughbethewall](https://www.facebook.com/hillsboroughbethewall).





Community Alcohol Prevention Grant Collaborative



Whether I or anyone else accepted the concept of alcoholism as a disease didn't matter; what mattered was that when treated as a disease, those who suffered from it were most likely to recover."

— Craig Ferguson, actor

HIGH-RISK BINGE DRINKING

High-risk binge drinking continues to be a serious concern on college campuses. According to a national report, 82 percent of college students drink and 37 percent reported binge drinking (five or more drinks on one occasion) in the past two weeks.

Data from a 2012 U.S. Department of Health and Human Services report to Congress suggests the college environment influences drinking practices – where, although college-bound 12th-graders are less likely than non-college bound peers to report heavy drinking, college students report higher rates of binge drinking than college-age youth not attending college. And the usual number of drinks consumed is much higher when two or more other people are present than when drinking with one person or alone.

In other words, when it comes to young people binge drinking, environment is an important factor.

COLLEGE: A DRINKING CULTURE

To change the drinking culture, it is best to intervene at three levels: the individual student, the entire student body and the surrounding community. In alignment with this recommended framework (and knowing that peers can influence each other's behaviors significantly, for worse or for better), the Community Alcohol Prevention Grant Collaborative, initiated in 2010, continues to engage individuals in Hillsborough County at each of these levels.



Grant objectives

The objectives of the Community Alcohol Prevention Grant Collaborative are to:

- Educate students and the community on blood alcohol concentration (BAC) and the health, safety and legal risks of underage drinking, binge drinking, and drinking and driving.
- Provide information and referrals to students, families and community members needing prevention or treatment services.
- Influence college students' attitudes and behaviors regarding alcohol use.

Grant evaluation

Tracking social media usage and conducting surveys several times a year provides data to help monitor the program's effectiveness and support a larger ongoing community assessment.

Data from 2012-2013 demonstrated:

- > **15 percent** increase in students who reported thinking about their BAC while drinking
- > **8 percent** increase in those who reported using standard drink equivalent information to monitor their drinking
- > **3 percent** decrease in those who reported they drive when they drink
- > **85 percent** reported understanding what it means to "Stay in the Green Zone" (up 16 percent from last year)
- > **85 percent** correctly answered the question of what constitutes the size of a standard drink

> **3,963 people visited** the Watch Your BAC website; visits to the Facebook page nearly doubled compared to the previous year at more than 441; the Facebook Fan Page increased by 231 "likes"; the WYB Facebook ad made 2,005,025 impressions (number of times the ad is shown on the site) in just six months.



Target population

The Community Alcohol Prevention Grant Collaborative targets adults ages 18-49 in Hillsborough County, with emphasis on students at the University of Tampa, the University of South Florida and Hillsborough Community College. Special emphasis is placed on new freshmen and students involved in fraternities/sororities and intramural sports.



Program strategies

Led by DACCO (and including local colleges and the *Tampa Bay Times*), the Community Alcohol Prevention Grant Collaborative educates the public on state law, the nature of blood alcohol content (BAC) and campus alcohol policies.

A key collaborative strategy is the annual Watch Your BAC on-campus, phased social marketing campaign designed to pique curiosity and influence norms. The focus is on educating students on the nature of BAC and self-monitoring alcohol consumption. While abstinence is ideal – and the campaign consistently emphasizes “None for the Road” and adherence to campus policy and state law – the campaign uses “harm reduction” as the most realistic way to discuss drinking.

Directly engaging students in designing their own campaign, on- and off-campus strategies include:

- Social events
- Campus fairs
- “Fatal Vision” goggles to simulate inebriation
- Pool parties
- Mocktail parties
- Photo contest
- Mobile phone app (including a BAC calculator) for Android and iPhone
- Facebook fan page
- Website (watchyourbac.com)
- Giveaways: water bottles, color-changing cups, coffee mugs, backpacks, bar coasters, car magnets, beach towels, bags, sunglasses, T-shirts, shorts, caps
- “Table tent” messages in the cafeteria
- Nonalcoholic drink recipe cards
- Residence hall door hangers highlighting university policy
- Posters and banners in common areas
- Coffee slips with positive messages
- Positive-norm screensavers in libraries and campus computer labs
- Positive sidewalk chalk messages
- Messages displayed at games/events
- Pocket-sized, personalized BAC Zone cards indicating BAC risk levels, based on gender, weight and consumption
- Educational information in annual special educational *Plugged In* insert in the *Tampa Bay Times*
- Survey cards to gauge attitudes and behavior



Watch Your BAC

The new Watch Your BAC app is designed to help you with the following:

- Track your alcohol use
- Calculate your blood alcohol content (BAC)
- Be aware of what constitutes a drink and the health effects of alcohol
- Access a safe ride

You can use the Watch Your BAC app to easily monitor your alcohol consumption by entering your height, gender, weight and each drink you consume. The app will help you “stay in the green” and alert you as you approach the “danger zone.”

This app was created by DACCO Prevention in collaboration with students from the University of Tampa, the University of South Florida and Hillsborough Community College. This application, funded by the Florida Department of Children and Families, is intended for educational and informational purposes only.

To download the Android app,

- go to <https://play.google.com/store/apps/details?id=com.type2designs.watchyourbac>.

To download the iTunes app,

- go to <https://itunes.apple.com/us/app/watch-your-bac/id711717127?mt=8>.



Learning with the Times

Peer pressure

Peer pressure can influence people at any age. Young people and adults often encounter peer pressure, in which they feel pressured to do things that may be harmful to them. Peer pressure can influence people to do things they would not normally do. Find an article in the *Tampa Bay Times* in which peer pressure may have played a role. In your journal, write about the peer pressure you see, read and hear about in the newspaper, at your school and in your community. Explore why it is important for people to be prepared for situations where they may feel pressured to do something that may have negative effects on their lives. Write about this article in your journal, focusing on the article from the newspaper and your personal observations. Be sure to use specific examples from the article to support your ideas.

Alcohol abuse

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In order to recover from any addiction, you have to surrender and recognize what you need to overcome."

– Demi Lovato, actor/singer



Impaired judgment

There are no two ways about it. Alcohol is a drug and even in small doses impairs your thinking. The National Institute on Drug Abuse defines ethyl alcohol, or ethanol, as "an intoxicating ingredient found in beer, wine and liquor. Alcohol is produced by the fermentation of yeast, sugars and starches. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream."

Think about it

- Alcohol reduces alertness, interferes with judgment and impairs vision.
- It takes about one hour to cancel the effects of one drink.
- The probability of an accident increases with each drink.
- The amount of blood alcohol in a 1.5-ounce shot of whiskey, five-ounce glass of wine and 12-ounce beer is the same.
- The significance of .10 percent BAC in relation to driving impairment is that the probability of having an accident is 7.5 times greater than when sober – increasing to 25 times at .15 percent BAC. Alcohol leaves the bloodstream at .015 percent per hour. If you go to bed at midnight intoxicated with a blood alcohol content (BAC) of .18, it would take until noon the next day for you to have all of the alcohol out of your system.

Source: Hillsborough County Sheriff's Office

Alcohol affects the body's organs and can damage a developing fetus. Intoxication impairs brain function and motor skills. Frequent and long-term use can increase risk of certain cancers, stroke and liver disease. Alcoholism or alcohol dependence is a disease characterized by "a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work."

Source: The National Institute on Drug Abuse

Watch your BAC

Blood alcohol concentration (BAC) is a formula that is used to determine how much alcohol is in the bloodstream. BAC is personalized and is based on four factors:

- Gender
- Weight
- Number of standard drinks that have been consumed
- Number of hours (or length of time) in which you've been drinking

Other influences on BAC:

- Whether or not you are drinking on a full stomach vs. an empty stomach
- How hydrated your body is
- What other substances, such as medication or caffeine, are present in the body



The cost of impaired driving

Did you know almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver every day? This means that one person dies every 51 minutes as the result of an alcohol-related crash. Annually, the cost of alcohol-related crashes is more than \$59 billion, according to the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA).

Here are the facts:

- In 2012, 10,322 people were killed in alcohol-impaired driving crashes, accounting for nearly 31 percent of all traffic-related deaths.
- Of the 1,168 traffic deaths among children ages 0 to 14 years in 2012, 239 (20 percent) involved an alcohol-impaired driver.
- Of the 239 child passengers ages 14 and younger who died in alcohol-impaired driving crashes in 2012, more than half (124) were riding in the vehicle with the alcohol-impaired driver.
- In 2010, more than 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics.
- Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about 18 percent of motor vehicle driver deaths.

Source: Centers for Disease Control and Prevention

Did you know?

- The risk of being involved in a crash is greater for young people than for older people. Among drivers with BAC levels of .08 percent or higher involved in fatal crashes in 2012, 32 percent – one out of every three – were between 21 and 24 years of age. The next two largest groups affected were ages 25 to 34 (27 percent) and 35 to 44 (24 percent).
- In 2012, 29 percent of motorcyclists killed in fatal crashes had BACs of .08 percent or greater. Nearly half of the alcohol-impaired motorcyclists killed each year are age 40 or older. Motorcyclists ages 40-44 have the highest percentage of deaths with BACs of .08 percent or greater (44 percent).
- Drivers with a BAC of .08 percent or higher involved in fatal crashes were seven times more likely to have a prior conviction for DUI than were drivers with no alcohol in their system.

Source: Centers for Disease Control and Prevention



Binge drinking = alcohol abuse

Binge drinking is a common pattern of alcohol abuse. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to .08 percent or above. This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours.

Drinking dangers

Binge drinking is associated with many health and behavior problems:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Children born with fetal alcohol spectrum disorders
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage and memory problems
- Sexual dysfunction
- Social problems, such as fighting and lack of participation in youth activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Abuse of other drugs
- Changes in brain development that may have lifelong effects

Sources: Florida Department of Children and Families, Centers for Disease Control and Prevention and the National Institute of Alcohol Abuse and Alcoholism

Binge drinking on college campuses

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), "The consequences of excessive drinking by college students are more significant, more destructive and more costly than many parents realize. And these consequences affect students whether or not they drink."

Many college alcohol problems are related to binge drinking. Each year, an estimated 1,825 student deaths, 599,000 injuries, 696,000 assaults and 97,000 cases of sexual assault or date rape are the result of college drinking.



Learning with the Times

Binge-drinking dangers

Many people choose to ignore binge drinking. It is dismissed as a game or a fun time. But every day, people die from the consequences of binge drinking: alcohol poisoning, car wrecks, drownings and so forth. Have you ever participated in parties or events where people binge drink? Do you know people who drink excessive amounts of alcohol on a daily or weekly basis? Did you know that drinking four or more drinks in a short period of time is considered binge drinking? Look in the *Tampa Bay Times* for bar and restaurant ads. Do any of these ads encourage binge drinking? Write down your thoughts and ideas in your journal, and then compile your thoughts into a letter to the editor.

ALCOHOL POISONING

Alcohol poisoning is one of the most serious consequences of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The struggle to deal with an overdose of alcohol and lack of oxygen eventually will cause the brain to shut down the voluntary functions that regulate breathing and heart rate.

Symptoms of alcohol poisoning include:

- ✓ Vomiting
 - ✓ Unconsciousness
 - ✓ Cold, clammy, pale or bluish skin
 - ✓ Slow or irregular breathing (fewer than eight breaths a minute or 10 or more seconds between breaths)
- An alcohol overdose can lead to permanent brain damage or even death. If your friend or acquaintance has had too much to drink, don't be afraid to seek medical help. Call 9-1-1! Don't worry that your friend may become angry or embarrassed. Always be safe, not sorry.

Sources: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration and National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

The whole truth and nothing but the truth



“

If there's one thing I learned in Alanon, it's that you got to face the music because it just grows louder when you ignore it.”

— Vicki Covington, author

It's the law

In Florida, it is illegal for anyone under age 21 to drive with any alcohol in his or her system; a blood alcohol content (BAC) of .02 percent or higher can lead to a six-month driver's license suspension. Driving with a BAC of .08, or under the influence of any amount of alcohol and/or drugs, may result in a Driving Under the Influence (DUI) arrest.

It is illegal for a person under the age of 21 to purchase or possess alcoholic beverages and for anyone to purchase or provide alcohol for persons under the age of 21. Sale of alcoholic beverages to underage individuals is a second-degree misdemeanor. Adults who allow underage drinking parties in their home can be arrested for violating the open house party statute.

Teens or young adults under the age of 21 using false identification (fake ID) can be charged with a felony.

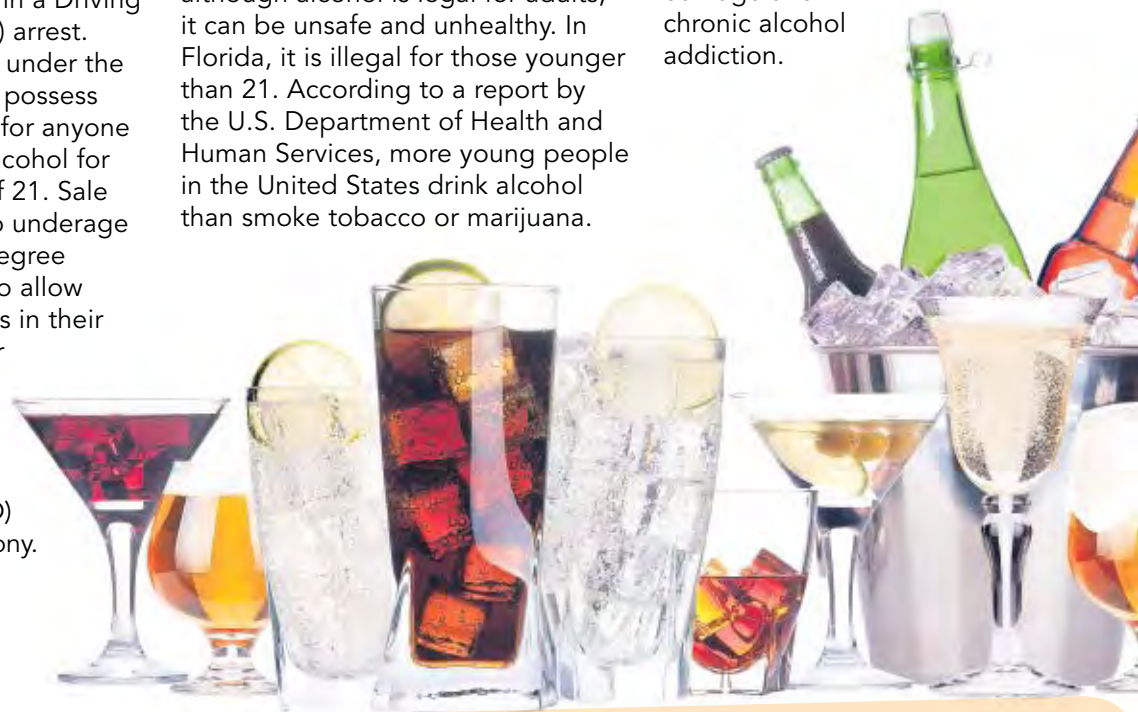


Parent Pointer

Not a rite of passage

Many people dismiss underage drinking as a normal “rite of passage” in adolescence. It is important to remember that although alcohol is legal for adults, it can be unsafe and unhealthy. In Florida, it is illegal for those younger than 21. According to a report by the U.S. Department of Health and Human Services, more young people in the United States drink alcohol than smoke tobacco or marijuana.

Alcohol use by young people is a factor in a host of serious health, social and economic problems. Underage alcohol use can have immediate and tragic consequences, such as alcohol poisoning, injury and death, as well as long-range harmful consequences, such as increased risk for physical and developmental damage and chronic alcohol addiction.



Myths and facts about alcohol

MYTH: Coffee can sober up someone who has had too much to drink.

FACT: Only time sobers. It takes about one hour to metabolize each drink.

MYTH: Hard liquor is more intoxicating than beer or wine.

FACT: A 12-ounce can of beer, a five-ounce glass of wine and a 12-ounce wine cooler contain the same amount of alcohol and the same intoxication potential as 1.5 ounces of liquor.

MYTH: Someone who has had too much to drink will look intoxicated.

FACT: Someone's physical appearance can be misleading. One drink can impair someone's ability to drive. Judgment is the first thing affected when someone has been drinking and important motor skills are next.

Tips for reducing your alcohol intake

Although all consumption of alcohol can be dangerous, the more alcohol you drink, the more side effects there will be. If you are drinking too much, you can improve your life and health by cutting down. Here are some helpful tips from the National Institute on Alcohol Abuse and Alcoholism:

- Write down your reasons for cutting back or stopping.
- Choose a limit for how much you will drink.
- Keep a diary or journal of your drinking.
- Drink slowly.
- Take a break from alcohol.
- Learn how to say no.
- Stay active.
- Get support.
- Watch out for temptations.

Do not drink when you are angry or upset or have a bad day. These are habits you need to break if you want to drink less. And most importantly, do not give up.

Keep in mind that most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change. If you do not reach your goal the first time, keep trying. It is important to get support from people who care about you and want to help.

Source: National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism



Marijuana 101

Marijuana is the term used to refer to the dried leaves, flowers, stems and seeds from the hemp plant *Cannabis sativa*. The most commonly used illicit drug in the U.S., marijuana contains the mind-altering chemical delta-9-tetrahydrocannabinol (THC), as well as other related compounds.

Marijuana is usually smoked in hand-rolled cigarettes, pipes or water pipes. It has an unusual sweet-and-sour odor. Marijuana can be mixed in food or brewed as a tea. When marijuana is ingested, the THC acts on specific molecular targets on brain cells, called cannabinoid receptors.

According to the National Institute on Drug Abuse, these receptors "influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement. Marijuana overactivates the endocannabinoid system, causing the 'high' and other effects that users experience. These effects include altered perceptions and mood, impaired coordination, difficulty with thinking and problem solving, and disrupted learning and memory."

Marijuana also affects brain development, which results in long- and short-term thinking and memory problems. Some studies have linked chronic marijuana use and mental illness. High doses of marijuana can produce a temporary psychotic reaction in the user.

Source: National Institute on Drug Abuse

Not your grandparents' weed

Although marijuana became popular in the 1960s, the drug people use today is not the same. Today's weed is 77 percent more potent than the weed of the Woodstock era.

The National Institute on Drug Abuse reports: "The amount of THC in marijuana samples confiscated by police has been increasing steadily over the past few decades. In 2012, THC concentrations in marijuana averaged close to 15 percent, compared to around 4 percent in the 1980s. For a new user, this may mean exposure to higher concentrations of THC, with a greater chance of an adverse or unpredictable reaction.

"For frequent users, it may mean a greater risk for addiction if they are exposing themselves to high doses on a regular basis. However, the full range of consequences associated with marijuana's higher potency is not well understood. For example, experienced users may adjust their intake in accordance with the potency or they may be exposing their brains to higher levels overall, or both."

Sources: Office of National Drug Control Policy and the National Institute on Drug Abuse

Myths and facts about marijuana

MYTH: Marijuana is harmless.

FACT: Marijuana harms in many ways, and kids are the most vulnerable to its damaging effects. Use of the drug can lead to significant health, safety, social and learning or behavioral problems, especially for young users.

MYTH: Marijuana is not addictive.

FACT: It was once believed that marijuana was not addictive. But recent research shows that use of the drug can indeed lead to physical and psychological dependence.

MYTH: Marijuana is not as harmful to your health as tobacco.

FACT: Although some people think of marijuana as a benign natural herb, the drug actually contains many of the same cancer-causing chemicals found in tobacco. Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana is three to five times greater than among tobacco smokers.

MYTH: Marijuana is used to treat cancer and other diseases.

FACT: Marijuana as a smoked product has never been proved to be medically beneficial. Under the Comprehensive Drug Abuse Prevention and Control Act of 1970, marijuana was established as a Schedule I controlled substance. In other words, it is a dangerous drug that has no recognized medical value. Whether or not marijuana can provide relief for people with certain medical conditions, including cancer, is a subject of intense national debate.

MYTH: If I buy marijuana, I'm not hurting anyone else.

FACT: This is not true. Despite its reputation as the herb of peace and love, marijuana and violence go hand in hand. Marijuana trafficking is a big, violent business, whether the plants are grown on foreign soil or cultivated in basements, back yards and farms in the United States.

Learning with the *Times*

Thinking critically

During the past year, there have been a lot of news articles in newspapers, blogs and television networks about legalizing marijuana in the United States. In this past election, there was an amendment to legalize medical marijuana in Florida. Some of the information posted was accurate, while other information was biased. Research the articles about legalizing marijuana. Read the articles carefully. Is the information clear and balanced? Is the information accurate? What are the facts and what are the opinions? Make a list of both facts and opinions in your journal. Write down your thoughts, as well. After you have all of the facts, write a journal entry in editorial form. Be sure to support your opinion with actual facts from newspaper articles and legitimate websites.

66

The mentality and behavior of drug addicts and alcoholics is wholly irrational until you understand that they are completely powerless over their addiction and unless they have structured help, they have no hope."

– Russell Brand, actor

The most commonly abused substances

Marijuana, alcohol and prescription drugs are the most commonly abused substances by people age 14 and older.

Prescription drug abuse is when a person "takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason — like to get high," according to the National Institute on Drug Abuse. Abuse of prescription drugs has become a major health problem in the United States.

When a trained health care professional prescribes drugs, that professional – doctor or nurse – determines the benefits of the medication based on the person's medical history. All drugs have side effects or risks, and it is the job of the medical professional to consider those risks before prescribing the medication.

When prescription drugs are abused – taken in different amounts than prescribed or for different purposes than as prescribed – those drugs can affect the brain and body in dangerous ways. Not only is abusing prescription drugs dangerous, but it also is illegal.

The most commonly abused prescription drugs fall into three categories:

1. Opioids: Painkillers such as Vicodin, OxyContin or codeine
2. Depressants: Drugs used to relieve anxiety or help a person sleep, such as Valium or Xanax
3. Stimulants: Drugs used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin

Sources: National Institute on Drug Abuse (NIDA), National Institutes of Health

Synthetic drug dangers

As William Shakespeare wrote, "A rose by any other name would still smell as sweet." Make no mistake about it, synthetic drugs are dangerous. While the category of synthetic drugs may be difficult to pin down, there is no doubt that this category of drugs has been expanding rapidly.

Narconon reports, "In the last dozen years, the list of synthetic drugs being abused in the U.S. has grown enormously. Symptoms of use of this class of drug are enough to create alarm in parents, medical professionals, law enforcement and lawmakers. New synthetics arrive on the market constantly, so it is not possible to compile a complete list."

Every day new versions of drugs are developed as chemists slightly change the drugs formulas. The synthetics class includes bath salts and synthetic marijuana products. Piperazines are another class of synthetics.

In 2012, 51 new synthetic cannabinoids and 31 new synthetic cathinones were identified. In addition, 76 other synthetic compounds were identified, bringing the total number of new synthetic substances identified in 2012 to 158.

The contents and effects of synthetic cannabinoids (chemicals related to marijuana) and cathinones (chemicals related to amphetamines) are unpredictable due to a constantly changing variety of chemicals used in manufacturing processes. There are no quality controls for the chemicals or manufacturing processes.

The effects of synthetic cannabinoids include severe agitation and anxiety, nausea, vomiting, tachycardia (fast, racing heartbeat), elevated blood pressure, tremors



and seizures, hallucinations, dilated pupils and suicidal thoughts and/or actions.

Synthetic cathinone use is associated with increased heart rate and blood pressure, chest pain, extreme paranoia, hallucinations, delusions and violent behavior, which causes users to harm themselves or others.

Sources: Narconon and Office of Drug Control Policy



Deadly addiction

Prescription drug abuse kills 40 Americans every day, and the deadliest drug of all is oxycodone, an opiate found in painkillers such as OxyContin and Percocet. The drug is an effective painkiller because it blocks pain receptors in the spinal cord. Abusing painkillers can permanently damage a person's pain receptors. As a result, a person will need higher doses of the painkiller to dull the pain. Addiction results from both physical and psychological dependency.

Source: U.S. Centers for Disease Control



NOPE NARCOTICS OVERDOSE PREVENTION & EDUCATION

NOPE

In cities and towns across Hillsborough County, young people are using illicit drugs and abusing prescription pills. Narcotics Overdose Prevention & Education (NOPE) educates students in middle schools, high schools and colleges about the consequences of drug consumption. A network of community leaders goes into Hillsborough County's more than 100 schools to deliver personal and blunt presentations, during which police officers explain the grim task of making death notifications to distraught families, and parents who lost children to drugs share their suffering.

NOPE offers similar presentations to parents so they know their children are often confronted about drugs at school bus stops, in school cafeterias, at movie theaters, at friends' homes and on their computers. Counselors and community leaders explain the signs of drug usage and the best ways to speak with kids about drugs.

Parents can ask questions and speak privately with the professionals. The presentations are given in schools, community centers, religious halls and living rooms of concerned parents.

For more information, go to nopetaskforce.org/chapter-hillsborough.php.

Narcotics Anonymous

Narcotics Anonymous is a 12-step program designed to help relatives and friends of addicts recover from the effects of coping with an addicted relative or friend. In this 12-step program, members offer help by sharing their experiences, strengths and hope. The only requirement for membership is that there be a problem of addiction involving a relative or friend. Joining is easy: Just attend a meeting. There are no dues or fees. For more information in Florida, go to NaranonFL.org or call 888-947-8885.

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. For information in Hillsborough County, go to aatampa-area.org, or call 813-933-9123.

Getting help

DACCO

The mission of the Drug Abuse Comprehensive Coordinating Office (DACCO) is to work for a drug-free community – one person, one family at a time. DACCO reaches Tampa Bay-area residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment.



for opiates. DACCO offers adult residential treatment programs and outpatient programs for teens and adults.

If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCO's services, visit dacco.org. Click on Community Education to learn more about substance abuse. To request that a DACCO representative speak to your community group, call 813-384-4000.



DACCO provides a range of treatment services for individuals and families in need. DACCO treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, post-traumatic stress disorder (PTSD) and medication-assisted treatment

Learning with the Times

Dying young

The *Tampa Bay Times* special report "If I Die Young" can be accessed at tampabay.com/specials/2011/reports/addiction-recovery. Read about Stacy Nicholson as she struggled for sobriety in the epicenter of Florida's pain-pill crisis. Make a list of the obstacles Nicholson encountered and list the effects of those obstacles. Create a cause-and-effect chart with the information you have read. Also read the background story on Florida's pill crisis. In your journal, discuss your thoughts about what you have read and what the implications of the information are regarding this crisis. Share your thoughts with your class. Create a mockup Facebook group page focusing on this epidemic. Create a name for the group, a graphic or logo and a purpose. Create five posts to share with your new fans.

A message of

HOPE

*F*or decades, Dawn believed the concepts of gratitude and recovery to be a lie. The child of an alcoholic and drug addict, Dawn grew up in a home filled with chaos and abuse. She was 9 years old when her father took his own life. By 13, Dawn was on her own, homeless and living on the streets. “I had endured horrific pain, rape and ongoing physical mental and emotional abuse,” she says.

As a young child, Dawn had been sexually abused by her grandfather. It was after she told her parents what happened that her father committed suicide. For decades, she equated guilt, loneliness and pain with honesty and trust.

At 15, Dawn became pregnant. During her third trimester, she suffered a brutal beating that terminated the life of her unborn child. “At that very moment any real hope or faith I may have had went directly out the window,” she said. Dawn chose to escape reality. There was no one she could turn to for help.

“I began seeking escape and can remember saying out loud, ‘I want to feel anything but this,’ so I ran, leaving behind everyone who ever loved or cared about me in the slightest,” Dawn recalled. “This was the start to my isolation. No one and nothing could ease the pain or hide the truth of what my life had already come to at such a young age.”

First it was pot, prescription drugs and the occasional drink, then cooking, selling and smoking methamphetamines. “This still wasn’t enough,” Dawn said. “I could still feel, and memories were still too painful. Responsibilities were overwhelming. It was shortly

after that realization that I had taken things to a new height and began injecting drugs into my own veins.”

In the midst of this whirlwind of addiction, Dawn gave birth to two children. She worked three jobs to keep a roof over their heads, food

on the table and, of course, drugs in her veins. Things hit rock bottom for Dawn in 2005. Her son was 6 and her daughter was just an infant. The children were with a friend, while Dawn wandered around a shopping center in Plant City for five hours in a drugged stupor. Concerned people called the police.

Dawn woke up in a hospital bed, shackled and handcuffed. Two Plant City deputies sat to the left of her bed. Dawn says she was on heavy drugs. “I was afraid to go home and be around my kids. I felt like I was a bad person.”

“I was running from so many things that I lost sight of what was important,” Dawn said. “I was what they [my children] wanted, and I thought I was bad for them. I was so lost and out of control. I kept myself away from them.”

When Dawn awoke from her drug-induced stupor, she was confused. Her stomach growled and “for the first time in a long time all I could think about was my kids and what was going to happen to them. It was like I had suddenly snapped out of a coma that lasted just short of a decade. Even I knew then that I was powerless and that my life was clearly unmanageable.” With tears in her eyes, she recalled, the last thing she remembered her son saying to her is that he was hungry.

Dawn’s second enlightening moment happened when she was in jail and talking on the phone to her children. She dropped the phone when she heard the emotion in their voices, and she realized she was all they needed, and she became determined to be a better mother.

During the following three months, she was released from jail, relapsed and then was re-arrested. Dawn, who did not know how to ask for help, knew she couldn’t break the cycle alone. When Dawn stood before Hillsborough County Judge Daniel Perry, she did something she had never done before. She asked for help. Judge Perry obliged. Instead of sending Dawn back to prison, he sent her to the residential drug treatment program at DACCO. And that one decision changed her life.

“During my stay, I met other women who had faced addiction. They were just like me,” Dawn said. After her release from the residential treatment program, Dawn started to attend Alcoholics Anonymous (AA) meetings. Dawn said she wanted the joy and freedom that the people in the 12-step recovery program had without drugs and alcohol, and she became willing to do anything to make that happen for her and her family.

Her life is very different today. At the age of 33, she is a wife and a mother, and she has “an unshakable relationship with a higher power.” Dawn has not used drugs since Feb. 18, 2013. Her last drink of alcohol was on her wedding day on Nov. 30, 2013. Dawn is grateful to law enforcement, Judge Perry and the people at DACCO for saving her life. Through AA, she has come to terms with learning how to forgive but also how to be forgiven.

“Recovery is possible,” Dawn said at a recent NOPE vigil. “The truth is that I am not alone and neither are you.”

Recovery is possible. The truth is that I am not alone and neither are you.

— Dawn



DRUG ADDICTION — A COMPLEX DISEASE

Drug addiction is a complex disease. It is not a matter of moral failings or lack of willpower. Because drugs change the chemicals of the brain in ways that promote compulsive drug abuse, stopping is difficult, even for those who are ready and committed to quit. In recent years, scientific advances have provided information about how drugs work in the brain.

According to the National Institute on Drug Abuse, "Addiction is a chronic, often

relapsing, brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self control and hamper his or her ability to resist intense impulses to take drugs."

Treating drug addiction means treating the person as a whole. Research shows that treating an addict with medications and behavior therapy are the best methods

needs, which include looking at co-occurring medical, psychiatric and social problems.

Source: National Institute on

“No one is immune from addiction; it afflicts people of all ages, races, classes and professions.”

— Patrick J. Kennedy, author



The brain on drugs

The facts are simple. The chemicals contained in drugs contain chemicals that disrupt the brain's communication system. The chemicals disrupt the way nerve cells send, receive and process information.

"Some drugs (e.g., marijuana and heroin) have a similar structure to chemical messengers called neurotransmitters, which are naturally produced by the brain. This similarity allows the drugs to 'fool' the brain's receptors and activate nerve cells to send abnormal messages. Other drugs, such as cocaine or methamphetamine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters (mainly dopamine) or to prevent the normal recycling of these brain chemicals, which is needed to shut off the signaling between neurons," according to the National Institute on Drug Abuse.

The more drugs a person uses over a prolonged period of time, the more damage is done to the brain's communication system. The result is that it takes higher and more frequent doses of these drugs for the user to feel pleasure and be able to function. This compels the addicted person to keep abusing drugs.

"No single factor can predict whether a person will become addicted to drugs. Risk for addiction is influenced by a combination of factors that include individual biology, social environment, and age or stage of development. The more risk factors an individual has, the greater the chance that taking drugs can lead to addiction."

Source: National Institute on Drug Abuse



"Similar to other chronic, relapsing diseases, such as diabetes, asthma or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure — rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover."

— National Institute on Drug Abuse

Learning with the *Times*

Poison was the cure

View the *Tampa Bay Times* multimedia report "Deadly Combinations" at tampabay.com/specials/2008/reports/drug-deaths/index.shtml. View the videos and read the articles. Write down your thoughts about what you have read in your journal. What idea made the biggest impression on you? Why? Create a song or video based on the information that made the biggest impact on you.

Resources

- Addiction Recovery Care of Tampa (ARC) Outpatient substance abuse treatment:
813-978-1300
- Agency for Community Treatment Services: actsfl.org
- Adult outpatient treatment:
813-246-4899
- Adult residential detoxification facility: 813-367-2315
- Residential long-term treatment:
813-879-1649
- Juvenile addiction receiving facility:
813-931-4669, x229
- Thonotosassa youth residential:
813-986-5966
- Associates in Behavioral Health and Recovery Inc.: 813-931-5933
- The Centre: thecentre.org
- Outpatient substance abuse treatment: 813-251-8437
- Drug Abuse Comprehensive Coordinating Office (DACCO):
dacco.org
- Medication assisted treatment services: 855-322-2600
- Physician consultation available by appointment: 813-384-4126 or email
physicianconsult@dacco.org
- Women’s outpatient services:
855-322-2600
- Adult & adolescent outpatient services: 855-322-2600
- Women’s residential services:
855-322-2600

- Men’s residential treatment facility:
855-322-2600
- Brandon outpatient: adults & adolescents: 855-322-2600
- Community education: 813-385-4129
- HIV testing: 813-384-4004
- DUI Counterattack, Hillsborough Inc.: DriveSafeTampa.org,
813-875-6201
- Florida Council on Compulsive Gambling: gamblinghelp.org
888-ADMIT-IT
- Florida Tobacco Quitline:
The Quitline is a toll-free telephone-based tobacco-use cessation service.
877-U-CAN-NOW
- Florida Alcohol and Drug Abuse Association: fadaa.org
- Florida Keep Kids Drug Free Foundation: kkdf.org
- Florida Poison Information Center:
poisoncentertampa.org
- Goodwill: goodwill-suncoast.org
- Outpatient services: 813-877-3234
- Healthcare Connection of Tampa Inc.: healthcareconnectionoftampa.com
- Outpatient substance abuse treatment: 800-444-4434
- Hillsborough County Anti-Drug Alliance (HCADA):
HCADA.com
- Tampa Alcohol Coalition:
tampatac.org
- Hyde Park Counseling Center:
hydeparkcenter.com

- Residential substance abuse treatment: 813-258-4605
- Mothers Against Drunk Driving:
hillsborough.fl@madd.org
813-273-6233
- NOPE Task Force: nopetaskforce.org/chapter-hillsborough.php
866-612-NOPE
- Narcotics Anonymous:
tampa-na.org, 813-879-4357
- Nar-Anon and Narateen:
NaranonFL.org
- Personal Growth Behavioral Health Inc. Outpatient Substance Abuse treatment: 813-685-9332
- Phoenix Houses of Florida:
phoenixhouse.org
- Outpatient substance abuse treatment: 813-881-1000
- Tampa Bay Academy: tampabay-academy.com
- Youth and family-centered services:
813-677-6700
- Tampa Crossroads Inc.:
tampacrossroads.com
- Rose Manor Residential Program:
813-228-9226
- Outpatient substance abuse treatment: 813-238-8557, x401
- Tampa Metro Treatment Center:
methadonetreatment.com
- Outpatient methadone detoxification, buprenorphine services: 813-236-1182
- Town and Country Hospital:
townandcountryhospital.com

- Addictions recovery unit:
813-884-1904
- Turning Point of Tampa Inc.:
tpoftampa.com
- Residential Substance Abuse Treatment Service: 813-882-3003
- Western Judicial Services Inc.:
westernjudicial.com
- Outpatient substance abuse treatment: 813-930-9595

Learning with the Times

Under the influence
Driving under the influence of alcohol and other drugs is dangerous. In the news, there have been quite a few reports of incidents of wrong-way drivers, who are under the influence. Monitor the *Tampa Bay Times* for a few weeks. How many people are reported to be involved in DUI accidents or arrests during this time period? Based on what you read and see in your community, write down in your journal your thoughts about why people drive under the influence. Research alternatives to this behavior, and write a blog or Facebook post about alternate behaviors.

DISPOSING OF DRUGS

You can dispose of unwanted medications at the following locations:

- Hillsborough County Sheriff’s Office - District 1
14102 North 20th St., Tampa
- Hillsborough County Sheriff’s Office - District 2
2310 North Falkenburg Rd., Tampa
- Hillsborough County Sheriff’s Office - District 3
7202 Gunn Hwy, Tampa
- Hillsborough County Sheriff’s Office - District 4
503 33rd St. SE, Ruskin
- Tampa Police Dept.
411 North Franklin St., Tampa

IN THE KNOW. IN THE TIMES.

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources.

Our educational resources fall into the category of informational text. Informational text is a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world. And since the mid-1970s, NIE has provided schools with class sets of informational text in the form of the daily newspaper and our award-winning original curriculum, at no cost to teachers or schools.

In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. In addition to providing free supplemental materials to educators, NIE hosts free educator workshops and webinars. Our teaching materials cover a variety of subjects and are consistent with Florida’s education standards.

For more information about NIE, visit tampabay.com/nie, email ordernie@tampabay.com or call 800-333-7505, ext. 8138. Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

High school and college teachers can email ordernie@tampabay.com to request free copies of this publication.

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This publication incorporates the following Florida Standards: Health: HE.912.B.2.1-3; HE.912.C.1.1-3; HE.912.C.1.7; HE.912.C.2.1-3 **Language Arts:** LAFS.910.RH.1.1; LAFS.910.RH.1.2; LAFS.910.RH.1.3; LAFS.910.RH.3.8; LAFS.910.RH.3.9; LAFS.910.RI.1.1; LAFS.910.SL.1.1; LAFS.910.SL.1.2; LAFS.910.SL.2.5; LAFS.910.W.1.1; LAFS.910.W.1.2; LAFS.910.W.1.3; LAFS.910.W.2.4; LAFS.910.W.2.5; LAFS.910.W.2.6; LAFS.910.W.3.7; LAFS.910.W.3.8; LAFS.910.W.3.9; LAFS.1112.RH.1.1; LAFS.1112.RH.1.2; LAFS.1112.RH.1.3; LAFS.1112.RH.3.8; LAFS.1112.RH.3.9; LAFS.1112.RI.1.1; LAFS.1112.SL.1.1; LAFS.1112.SL.1.2; LAFS.1112.SL.2.5; LAFS.1112.W.1.1; LAFS.1112.W.1.2; LAFS.1112.W.1.3; LAFS.1112.W.2.4; LAFS.1112.W.2.5; LAFS.1112.W.2.6; LAFS.1112.W.3.7; LAFS.1112.W.3.8; LAFS.1112.W.3.9

