

2016 PLUGGED IN

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



Getting help

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.

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 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 813-384-4214.



Drug Abuse Comprehensive
Coordinating Office, Inc.



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), 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

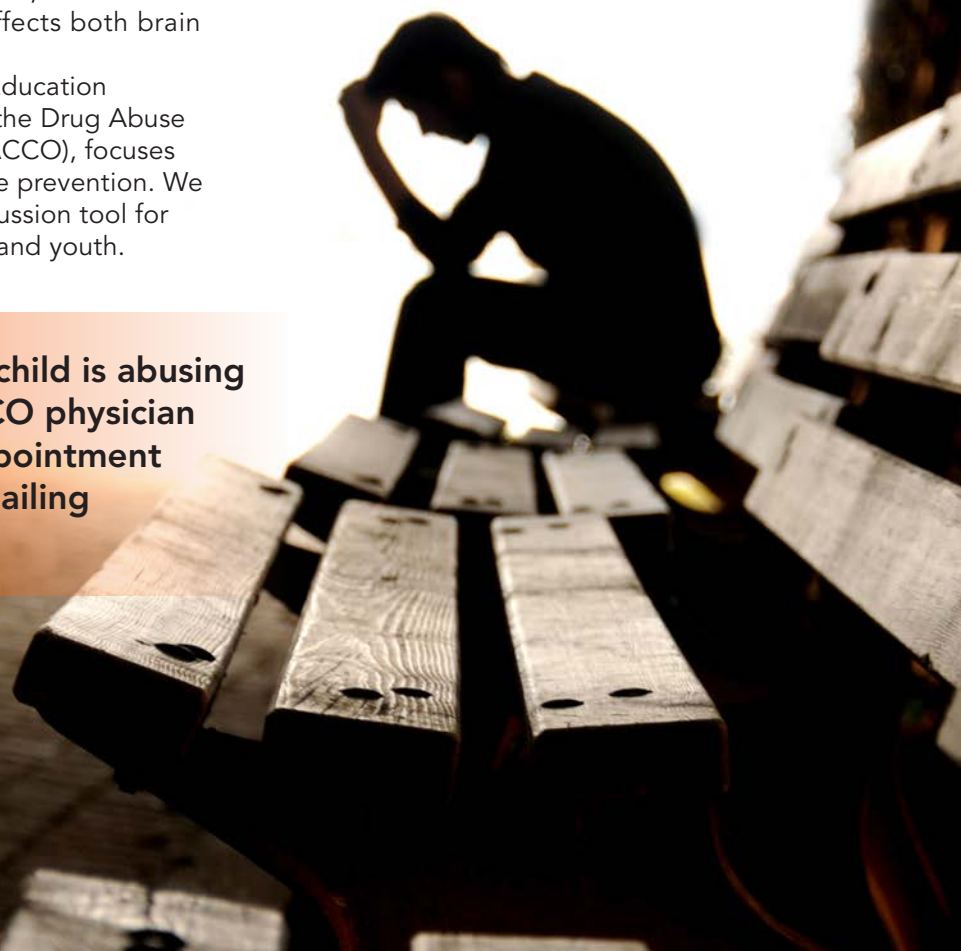
While the initial decision to use drugs is voluntary, drug addiction is a disease of the brain that compels a person to become singularly obsessed with obtaining and abusing drugs despite their many adverse health and life consequences. Addiction is a primary, chronic illness influenced by genetic, psychosocial, 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; U.S. Department of Health & Human Services; and Centers for Disease Control and Prevention

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.



Drug Abuse Comprehensive Coordinating Office

Mary Lynn Ulrey, chief executive office of Drug Comprehensive Coordinating Office (DACCO), 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 states.

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 DACCO has to get ready for that," Ulrey says.

"DACCO 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 DACCO, 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 DACCO]," she states. "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 says. "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."

Supportive services

The mission of DACCO is to work for a drug-free community – one person, one family at a time. DACCO 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 DACCO-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*. 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 for opiates. DACCO offers adult residential treatment programs and outpatient programs for teens and adults.

Supportive services are offered at DACCO to help clients 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.

DACCO's Detox Facility opened in May 2013. Our detoxification process is supported and monitored by full-time DACCO 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 DACCO'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 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.

“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, DACCO chief executive officer



Drug Addiction

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.

Treatments are available to help people counter addiction's powerful effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients.

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.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.



Altered states

Drugs are chemicals that change the way a person's body operates. All drugs, including legal and illegal forms, alter the chemical state of a person's body and mind. Drugs contain chemicals that tap into the brain's communication system and disrupt the way nerve cells normally send, receive and process information.

There are at least two ways that drugs cause this disruption: by imitating the brain's natural chemical messengers and by overstimulating the "reward circuit" of the brain.

Some drugs, such as heroin and marijuana, have a similar structure to chemical messengers called neurotransmitters, which are naturally produced by the brain. This similarity allows the drugs to trick 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. The result is a brain awash in dopamine, a neurotransmitter present in brain regions that control movement, emotion, motivation and feelings of pleasure.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

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; National Institutes of Health; U.S. Department of Health and Human Services.

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. 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 many of these 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

Did you know?

Oftentimes, tablets of ecstasy or Molly contain drugs other than MDMA. Those may include ephedrine (a stimulant), dextromethorphan (a cough suppressant), ketamine, caffeine, cocaine, methamphetamine or synthetic cathinones. These substances are harmful alone and may be particularly dangerous mixed with MDMA. In addition, the effects of MDMA and its use in sexually charged contexts may encourage unsafe sex, which is a risk factor for contracting or spreading HIV and hepatitis or other sexually transmitted diseases.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services





A MAJOR HEALTH PROBLEM

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

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 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.

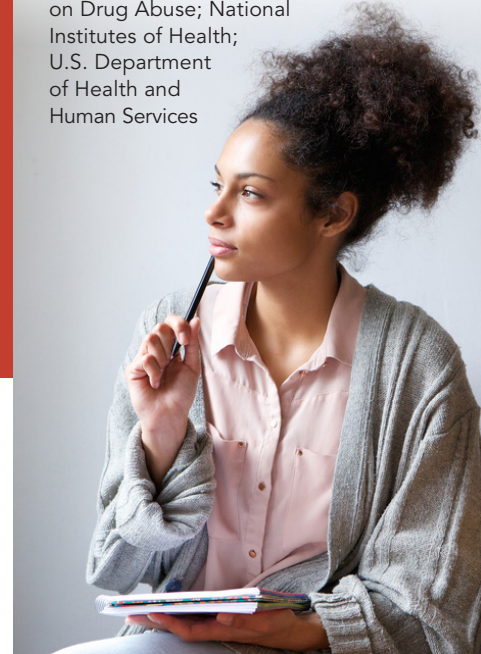
The most commonly abused prescription drugs fall into three categories:

1. **OPIOIDS:** Painkillers such as Vicodin, OxyContin, Opana 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

Think about it

According to the National Institute on Drug Abuse, “Estimates of the total overall costs of substance abuse in the United States, including productivity and health- and crime-related costs, exceed \$600 billion annually.” This statistic includes \$193 billion for illicit drugs, \$193 billion for tobacco and \$235 billion for alcohol. As overwhelming as these dollar amounts are, they do not include the public health and safety implications or the devastation addictions has on families, loss of employment, failure in school, domestic violence and child abuse.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



MDMA and the brain

MDMA acts by increasing the activity of three neurotransmitters: serotonin, dopamine and norepinephrine. While the short-term effects of MDMA may be pleasant for the user, the rush of serotonin caused by taking MDMA reduces this chemical in the brain, which causes negative after effects, such as confusion, depression, sleep problems, drug craving and anxiety.

MDMA can have many of the same physical effects as other stimulants. These include increases in heart rate and blood pressure. In high doses, MDMA can interfere with the body’s ability to regulate temperature. This can result in liver, kidney or heart failure.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.

Going beyond the text:

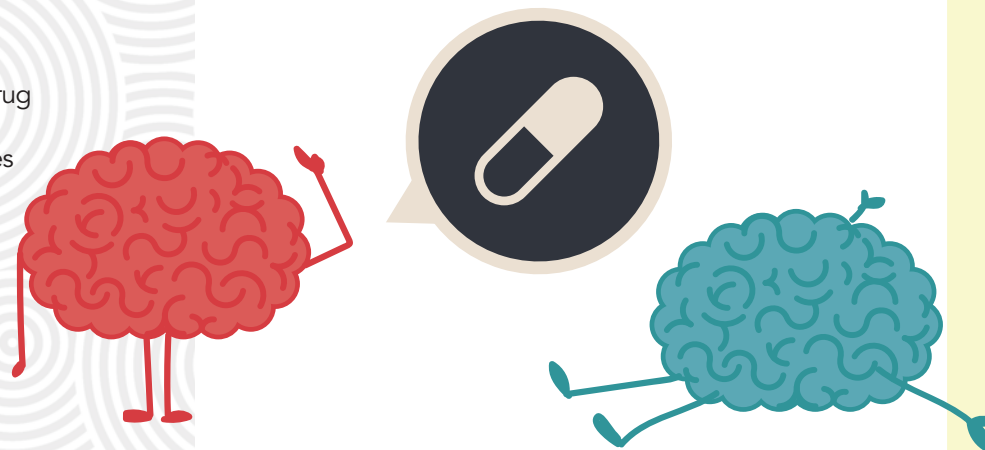
Journaling to self-awareness

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* and *tbt*^{*}. To begin your journal, write about something that you have read in the *Times* that directly affects your life.

Hallucinogens

“Dissociative drugs can produce visual and auditory distortions and a sense of floating and dissociation (feeling detached from reality) in users,” according to the National Institute on Drug Abuse. MDMA, known as ecstasy or Molly, is a “synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. It produces feelings of increased energy, euphoria, emotional warmth and empathy toward others, and distortions in sensory and time perception.”

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services





Alcohol is a drug

The fact is alcohol is a drug, and even in small doses, it impairs your thinking and judgment. 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.

In all doses, 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 continued use despite harm being caused. Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work, and can lead to alcoholism.

Source: National Institute on Drug Abuse



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; being unconscious; having cold, clammy, pale or bluish skin; breathing slow or irregularly (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

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 include whether or not you are drinking on a full stomach vs. an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.



Think about it

Alcohol reduces alertness, interferes with judgment and impairs vision. It takes about one hour to cancel the effects of one drink, and the probability of an accident increases with each drink. Alcohol leaves the bloodstream at .015 percent per hour. 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.

Source: Hillsborough County Sheriff's Office



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.
- Get support.
- Do not drink when you are angry or upset or have a bad day.
- 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.



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



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 concentration (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.

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).



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. Binge drinking is associated with many health and behavior problems, including:

- ▶ 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 social 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.

The fact is that binge drinking can lead to death, alcohol poisoning, permanent liver damage and heart failure.



Going beyond the text:

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* and *tbt** 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.



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 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.



Community Alcohol Prevention Grant Collaborative



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.

the question of what constitutes the size of a standard drink; it can be inferred that efforts to educate students on standard drink sizes has been effective.

- > **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.

Grant evaluation

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

Data from 2013-2014 demonstrated:

- > **7 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
- > **84 percent** reported understanding what it means to "Stay in the Green Zone"
- > **85 percent** correctly answered



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.

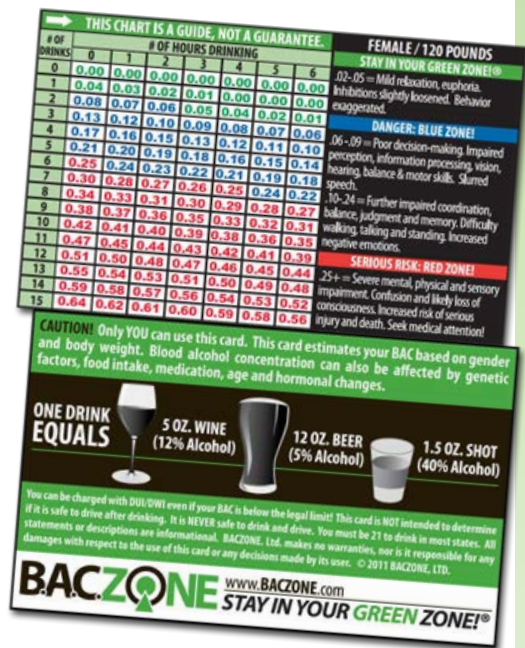
Program strategies

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 concentration (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.

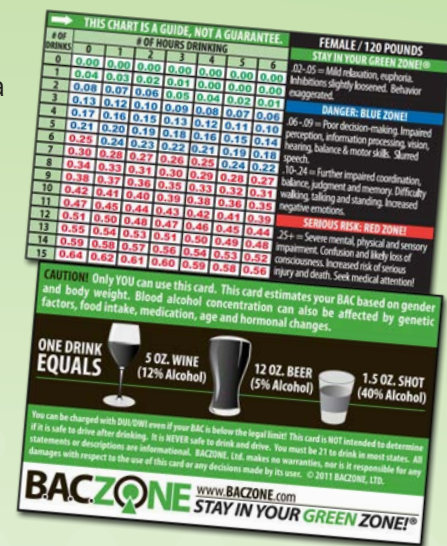
Directly engaging students in designing their own campaign, on- and off-campus strategies include:

- 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 BACZone 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

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, the number of standard drinks that have been consumed and the number of hours (or length of time) in which you’ve been drinking. Other influences on BAC include whether you are drinking on a full stomach or an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.



BAC App

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

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

You can use your 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.

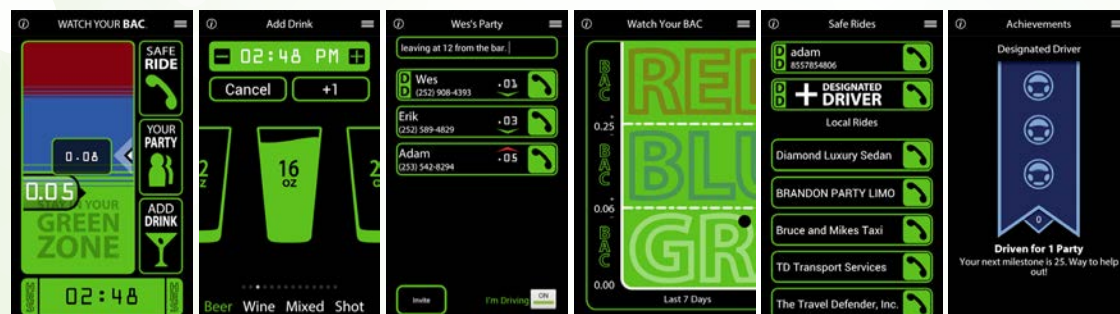
This application, funded by the Florida Department of Children and Families, is intended for educational and informational purposes only.

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>.



Going beyond the text:

Alcohol in the media

Advertisements for alcohol often depict happy, carefree people having a good time. Think about the messages being promoted by these advertisements. Search through the *Tampa Bay Times* and *tbt** as well as magazines and the Internet for photographs of people with alcoholic beverages. What is the message being inferred from these photos and advertisements? What emotions are the people in the pictures expressing? What do the photos tell you about the way advertisers and society in general view alcohol consumption? Write down your thoughts in your journal and share them with your peers and family.

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, usually smoked in hand-rolled cigarettes, pipes or water pipes, 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 over activates 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

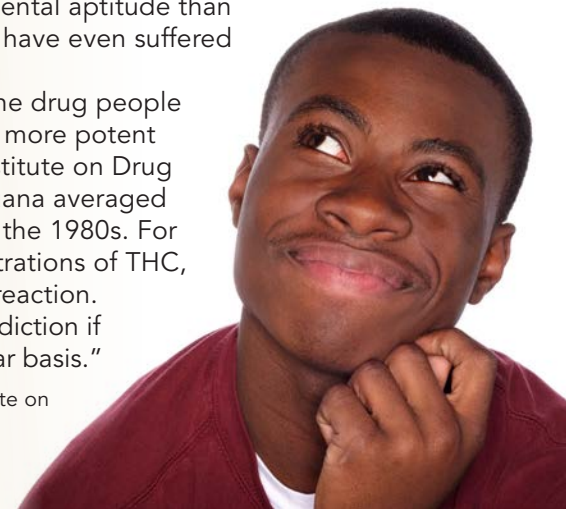
Think about it

Marijuana is a hallucinogen. A hallucinogen is a substance that alters how the mind perceives the world. While the short-term effects of this hallucinogen wear off within a few hours, there are long-term effects to using this drug. According to the Foundation for a Drug Free World, marijuana users have "poorer memories and mental aptitude than do non-users. Animals given marijuana by researchers have even suffered structural damage to the brain."

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: "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."

Sources: Office of National Drug Control Policy; the National Institute on Drug Abuse; and the Foundation for a Drug-Free World



Did you know?

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. 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. Marijuana, along with alcohol and prescription drugs, is the most commonly abused substance by people age 14 and older.





Synthetic cannabinoids

As William Shakespeare wrote, "A rose by any other name would smell as sweet," or in the case of synthetic drugs be just as dangerous. Make no mistake about it, synthetic drugs are dangerous. In some instances, synthetic drugs may be more dangerous than their authentic counterparts.

The term synthetic cannabinoids refers to a growing number of man-made mind-altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked, known as herbal incense, or sold as liquids to be vaporized and inhaled in e-cigarettes or water pipes.

Cannabinoids are related to chemicals found in the marijuana plant. Because of this similarity, synthetic cannabinoids are sometimes called "synthetic marijuana" or "fake weed." These products are marketed as safe, legal alternatives to that drug; however, they may be more dangerous and affect the brain much more powerfully than marijuana.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services

False advertising

According to the National Institute on Drug Abuse, synthetic cannabinoid products are often labeled "not for human consumption." Labels also indicate the products are

"natural." Yet, the only parts of these products that are natural are the dried plant materials.

Chemical tests show that the active, mind-altering ingredients are cannabinoid compounds made in laboratories. Synthetic cannabinoids are included in a group of drugs called "new psychoactive substances" (NPS). NPS are unregulated psychoactive (mind-altering) substances.

"Manufacturers sell these herbal incense products in colorful foil packages and sell similar liquid incense products, like other e-cigarette fluids, in plastic bottles. They market these products under a wide variety of specific brand names; in past years, K2 and Spice were common. Hundreds of other brand names now exist, such as Joker, Black Mamba, Kush and Kronic."

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



Cannabinoids and the brain

Synthetic cannabinoids act on the same brain cell receptors as delta-9-tetrahydrocannabinol (THC), the mind-altering ingredient in marijuana. Although there has not been a lot of scientific research on how synthetic cannabinoids affect the human brain, researchers do know that some of them "bind more strongly than marijuana to the cell receptors affected by THC, and may produce much stronger effects. The resulting health effects can be unpredictable."

Synthetic cannabinoid users report some effects similar to those produced by marijuana:

- ▶ elevated mood
- ▶ relaxation
- ▶ altered perception
- ▶ symptoms of psychosis, including delusional or disordered thinking detached from reality
- ▶ extreme anxiety
- ▶ confusion
- ▶ paranoia
- ▶ hallucinations

People who have used synthetic cannabinoids and have been taken to emergency rooms have shown severe effects including:

- ▶ rapid heart rate
- ▶ vomiting
- ▶ violent behavior
- ▶ suicidal thoughts
- ▶ seizures
- ▶ death

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



Getting help

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.

Deadly consequences

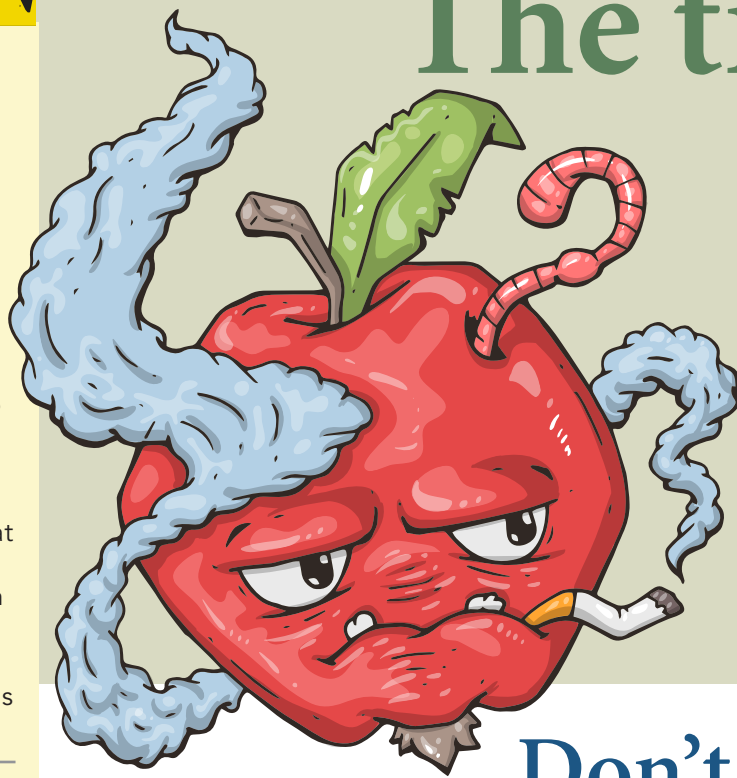
Tobacco use, in any form, causes both immediate and long-term damage. One of the most serious health effects is nicotine addiction, which extends tobacco use and can lead to severe health consequences. The younger a person is when he or she starts using tobacco, the more likely that person will become addicted.

Health effects from tobacco can be permanent and deadly.

- Early cardiovascular damage is seen in most young smokers.
- Smoking reduces lung function and stunts lung growth.
- Young people are sensitive to nicotine and can feel dependent earlier than adults.
- One third of young people who use tobacco will die prematurely from smoking.
- The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly one of every five deaths, each year in the United States.
- Smoking causes an estimated 90 percent of all lung cancer deaths in men and 80 percent of all lung cancer deaths in women.
- In addition, smoking causes the following cancers: Acute myeloid leukemia, bladder cancer, cancer of the cervix, cancer of the esophagus, kidney cancer, cancer of the larynx (voice box), cancer of the oral cavity (mouth), pancreatic cancer, cancer of the pharynx (throat) and stomach cancer.

Sources: U.S. Surgeon General and Centers for Disease Control and Prevention

The trouble with smoking



Over the past few decades, tobacco use among young people has been declining. However, far too many young people are still using tobacco. Every day, more than 1,200 people in this country die due to smoking. For each of those deaths, at least two young adults become regular smokers. Almost 90 percent of those replacement smokers smoke their first cigarette by age 18.

Source: U.S. Surgeon General

Don't be fooled

Nicotine, in all forms, is a drug. Stopping use of a drug can be difficult, especially when it is as addictive as nicotine. Be careful about changing out one habit for another.



Snus
 Snus (pronounced "snoose") is the category that includes smokeless, spitless tobacco products. Studies show that these products cause nicotine to be absorbed more quickly into the bloodstream than traditional cigarettes. In 2009, tobacco companies began test marketing candy-flavored products, including fruit-flavored dissolvable strips, mint-shaped orbs and sticks.



Cigars
 Did you know that one cigar has as much nicotine as almost three packs of cigarettes? The tobacco industry has been promoting "little cigars," called cigarillos, to young people. These cigars are often candy- or fruit-flavored to hide the taste of the tobacco.



Hookahs
 Hookahs are water pipes used to smoke flavored tobacco. Hookahs use hot charcoal to heat the tobacco. Hookah smoking can cause oral cancer, lung cancer and heart disease. This specialty tobacco contains the same chemicals found in all tobacco, including nicotine and cancer-causing chemicals. Secondhand hookah smoke also contains the same cancer-causing particulates found in cigarette smoke. Just because the tobacco is flavored does not mean it is safe.



E-cigarettes
 Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. Although some people think using e-cigarettes can help them quit smoking, remember these are still addictive and dangerous. E-cigarettes turn highly addictive nicotine, along with other chemicals, into a vapor that is inhaled by the user. E-cigarettes do not contain tobacco. Instead, there's a mechanism that heats up liquid nicotine, which turns into a vapor that smokers inhale and exhale.

Sources: Tobacco Free California; U.S. Food and Drug Administration; and Discovery Health

Chemical dangers



Powdered caffeine

Powdered caffeine is currently being marketed directly to consumers over the Internet. According to the U.S. Food and Drug Administration (FDA), these products can be deadly. A single teaspoon of pure caffeine is roughly equivalent to the amount in 25 cups of coffee. "Pure caffeine is a powerful stimulant and very small amounts may cause accidental overdose. Symptoms of caffeine overdose can include rapid or dangerously erratic heartbeat, seizures and death. Vomiting, diarrhea, stupor and disorientation are also symptoms of caffeine toxicity."

Source: U.S. Food and Drug Administration

Bath salts

Synthetic cathinones, known as bath salts, refers to a family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant.

According to the National Institute on Drug Abuse, "The synthetic cathinones in bath salts can produce euphoria and increased sociability and sex drive, but some users experience paranoia, agitation and hallucinatory delirium; some even display psychotic and violent behavior, and deaths have been reported in several instances."

Bath salts are a white or brown crystalline powder and are sold in small plastic or foil packages labeled "not for human consumption." Sometimes also marketed as "plant food" – or, more recently, as "jewelry cleaner" or "phone screen cleaner" – they are sold online and in drug paraphernalia stores under a variety of brand names, such as Ivory Wave, Bloom, Cloud Nine, Lunar Wave, Vanilla Sky, White Lightning and Scarface.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



Deadly results

Bath salts are typically taken orally, inhaled or injected, with the worst outcomes being associated with snorting or needle injection. Chemically, these drugs affect the human brain the same way as amphetamines and MDMA. One study found that MDPV – the most common synthetic cathinone – raises brain dopamine in the same manner as cocaine but is at least 10 times more potent.

Bath salts have been linked to an alarming surge in visits to emergency departments and poison control centers across the country. Common reactions include cardiac symptoms (such as racing heart, high blood pressure, and chest pains) and psychiatric symptoms including paranoia, hallucinations and panic attacks. Dehydration, breakdown of skeletal muscle tissue and kidney failure also can result. Intoxication from several synthetic cathinones including MDPV, mephedrone, methedrone, and butylone has proved fatal in several instances.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services

Flakka

A synthetic cathinone drug called alpha-pyrrolidinopentiophenone (alpha-PDP), popularly known as Flakka is a dangerous bath salt. Flakka can be in the form of a white or pink, foul-smelling crystal that can be eaten, snorted, injected, or vaporized in an e-cigarette or similar device. "Vaporizing, which sends the drug very quickly into the bloodstream, may make it particularly easy to overdose. Like other drugs of this type, alpha-PDP can cause a condition called 'excited delirium' that involves hyperstimulation, paranoia and hallucinations that can lead to violent aggression and self-injury. The drug has been linked to deaths by suicide as well as heart attack. It can also dangerously raise body temperature and lead to kidney damage or kidney failure."

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services

Going beyond the text:

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* or *tbt** 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.

Liquid addiction

Purple drank, also known as lean or sizzurp, is a highly addictive cocktail that can lead to seizures and death. The use of this drug has been gaining popularity in Hillsborough County.

Purple drank is created by mixing prescription cough syrup containing the narcotic codeine or hydrocodone with soda and candy. Codeine and hydrocodone, like heroin, are addictive opioids. In addition to codeine, cough syrup also contains promethazine, which has sedative-like properties.

Prescription cough syrup should be taken only a doctor's care and should never be combined with alcohol. These narcotics may cause agitation, confusion, dizziness, loss of coordination, drowsiness, headaches, insomnia and vertigo. Overdosing can lead to seizures, coma and death.

Sources: Partnership for Drug Free Kids; National Institute on Drug Abuse; and the Texas Commission on Alcohol and Drug Abuse

Taking action

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 operator 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

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



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.



Parents, when it comes to teens and alcohol, be clear, be firm, be consistent. 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? Sign our pledge at bethewalltampa.org. To brush up on your chaperone skills, join our FaceBook page: [facebook.com/hillsboroughbethewall](https://www.facebook.com/hillsboroughbethewall).

Get help

Did you know that drug overdose was the leading cause of injury death in 2013? According to the Centers for Disease Control and Prevention, drug overdose caused more deaths than motor vehicle traffic accidents for people between 25 and 64 years old. Of these overdose deaths, more than half, were related to prescription drugs. Drug overdose symptoms vary widely depending on the specific drug used, but may include:

- Abnormal pupil size
- Agitation
- Convulsions
- Delusional or paranoid behavior
- Difficulty breathing
- Drowsiness
- Hallucinations
- Nausea and vomiting
- Staggering or unsteady gait
- Sweating or extremely dry, hot skin
- Tremors
- Unconsciousness
- Violent or aggressive behavior

Sources: Centers for Disease Control and Prevention and U.S. Department of Health and Human Services National Institutes of Health

GETTING HELP

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.

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



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.



DACCO

The Drug Abuse Comprehensive Coordinating Office (DACCO) reaches Tampa Bay-area residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment. 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 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.



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 Na.org or Naflorida.org. In Tampa, go to tampa-na.org or call 813-879-4357.



Warning signs

Sometimes it's difficult to distinguish behavior and moodiness or angst from signs of drug use. Possible indications that your child or other family member is using drugs include:

- Problems at school or work
- Lack of energy and motivation
- Lack of interest in clothing or personal hygiene
- Changes in behavior
- Changes regarding spending money

Source: Mayo Clinic



Going beyond the text:

Dying young

Read about Stacy Nicholson as she struggled for sobriety in the epicenter of Florida's pain-pill crisis in the *Tampa Bay Times* special report "If I Die Young," which can be accessed at tampabay.com/ifidieyoung. In your journal, 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. What are your thoughts about this story? Are there aspects of Nicholson's story you can relate to? Think about what she could have done to change some of the outcomes. Write your thoughts in your journal and share your thoughts with your family.

Resources

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:
na.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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Credits

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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

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