

APPALACHIAN BEAUTY SCHOOL DRUG ABUSE PREVENTION PROGRAM

Appalachian Beauty School is aware of the alarming problem caused by the abuse of drugs in our society.

This awareness has prompted the institution to establish a drug awareness policy to inform employees and students. It is the opinion of the institution that the best weapon in fighting drug abuse is arming ourselves with information and awareness.

The regulations of the institution concerning the possession and use of drugs are as follows:

- At no time is any student or employee permitted to possess or conceal alcohol or drugs on school premises or parking area. To do so would guarantee immediate and permanent expulsion and prosecution to the full extent of the law for possession, public intoxication, distribution and other applicable federal violations with no exceptions.
- No student or employee is to be under the influence of alcohol or drugs while on school premises. This is very unprofessional. This will also result in the permanent expulsion and full prosecution of the offender.
- Any student knowingly withholding information from school personnel of drug possession or use on school premises will also be considered to be in violation of school drug policies and will be suspended and dealt with at the discretion of the school.

The institution looks upon violations of these policies with seriousness.

The institution would also like to take this opportunity to acquaint you with the counseling services of this institution. You may talk with Mrs. Johnson or Ms. Foley at any time. They are at your disposal to discuss any academic or personal problems that you may encounter while attending this institution. The staff will try in every way to listen or help. If necessary, they will provide you with referrals to assist you.

Please rest assured that all discussions are **STRICTLY CONFIDENTIAL**. **WE ARE HERE TO HELP.**

Most drinkers who have a relatively low blood alcohol content level from 0.01 to 0.03 will experience only mild effects. Definite impairment begins from 0.03 just below 0.10. The degree of mental impairment increases. Control of voluntary muscles decreases in the performance of fine motor skills. These changes are due to the alcohol's progressive depression action on the brain.

Functional impairment increases rapidly and more noticeably after 0.10 and takes several forms: decreased inhibitions, less sufficient vision and hearing, slurring of speech, difficulty in performing motor skills deterioration of judgment and slowed decision making skills. Display signs of 65% of drinkers show mental and physical impairment. At .20 profound signs of intoxication are difficulty in walking and speaking. As the brain becomes more depressed the drinker has difficulty in maintaining an upright position, dulled perception and minimal comprehension and finally loss of consciousness. If blood content exceeds 0.60 the drinker's brain becomes so depressed that breathing and heartbeat cease and death occurs.

Prolonged heavy consumption of alcohol can result in more tragic life threatening conditions:

- Irritation and inflammation of the esophagus.
- Altered function of the liver and cirrhosis of the liver in which liver cells are replaced by scar tissue.
- Impairment of normal nerve cell functioning and development of brain disorders.
- Alterations in heart rhythm.
- Enlargement of the heart.
- Weakness of non heart muscles.
- Disturbed function of the endocrine glands.
- Increased risk of cancer.
- Serious malnutrition.

Mixing alcoholic beverages with other drugs can have unpleasant and even fatal consequences from minor drowsiness to loss of consciousness and death. The most dangerous drug alcohol interaction is related to potential effect the joint effect of two drugs taken together is greater than the sum of the effects of the two drugs alone.

About 1.3 million licensed drivers are arrested each year for driving while intoxicated. Between 24 and 25,000 people die and another 1.5 million are injured by drunk drivers. This equals the number of victims in the crashes of 100 jumbo jets. During the past decade four times as many people die in alcohol related crashes than were killed in the Vietnam War. If blood alcohol content reaches 0.15 the driver's chances of crashing are 25 times greater. Remember, 0.10 is considered intoxicated and illegal for driving and someone is killed in an alcohol related accident every 23 minutes. Early warning signals of alcoholism are:

- Exceedingly pleasant response to alcohol.
- Increased need or tolerance.
- Blackouts.
- Drinking alone.
- Intake increase.

There are many non-chemical alternatives to drug use that can help people achieve natural highs without potential for harm. Drug treatment programs and rehab centers can provide important services for those trying to stop the abuse of drugs. Individual or group therapy can benefit those trying to recover from drug addiction.

- 800 Cocaine: Mark Gold, NY Bantram Books, 1984.
- Marijuana Alert: Peggy Mann, NY McGraw Hill, 1985.
- How to Get Off Drugs: The Editors of Rolling Stone, NY, Rolling Stone 1984.
- Chocolate to Morphine: Winifred Rosin, NY Mifflin Co. 1983.
- Cocaine-Seduction and Solution: Nanette Stone, NY, Clarkson Publishers, 1984.
- Drugs and Society, A Critical Reader: Maureen Keller, Kendall Hunt Pub. 1983.
- The Politics of Drugs, An American Dilemma: Richard Schroeder, Washington DC, Congressional Press, 1980.
- Special Action Office Answers the most Frequently Asked Questions About Drug Abuse: Special Action Officer for Drug Abuse Prevention, Washington, DC, US Government Printing Office, 1977.

The following is a list of supplemental information about alcohol that you may find useful:

- Alcohol in Perspective: Consumer Reports, 48, #7, July 1983.
- Bombed, Buzzed, Smashed or Sober, John Langone, NY Avon Books, 1979.
- You Can Drink and Stay Healthy: Robert Linn, NY, Franklin Watts, 1979.
- The Invisible Alcoholics, Women and Alcohol use in America: Marian Sandmaier, NY, McGraw Hill, 1980.
- Alternatives for the Problem Drinker: Ariel Winter, NY, Drake Publications 1978.

Appalachian Beauty School does not condone the consumption of alcohol beverages. However, we have taken the realistic position that most everyone engages in alcoholic consumption. Therefore, we would like to take the opportunity to provide you with this information in the hope that each student may make individual decisions based upon an informed awareness.

The counselors would like to assure you that they are here to assist you in any way. Please feel free to discuss anything and be confident in the assurance that all information will remain strictly confidential. We are here to assist you in obtaining any help that you feel necessary.

INFORMATION and PREVENTION are the best medicines.

At whatever level all of these users should be aware of the risks and high penalties. Drug use of any kind is destructive physically and personally.

Nearly two thirds of all American young people try an illegal drug, before they finish high school.

Over one third have used drugs other than marijuana.

At least one in 16 high school seniors actively smoke marijuana on a daily basis and 20% have done so for at least one month in their life.

One in 16 drinks alcohol daily and 41% report drinking excessive amounts once in the last two weeks.

In the past year 30% have smoke cigarettes.

Drug abuse can be prevented. Why do people use drugs? There are many reasons, but in most cases people begin to use drugs, because of the way it makes them feel. Drugs may help people feel they belong. Serious problems arise when drugs become a substitute for a sense or purpose or meaning in life. What is drug abuse prevention? It is a way of helping people learn to resist drugs, before they develop a habit of dependency and abuse. This means providing information and other things to do than getting involved in the habitual use of drugs. The following is a list of activities to replace, prevent or reduce drug abuse by the National Institute on Drug Abuse:

American Indian Crafts
Animal Shelter Volunteer Work
Big Sister/Big Brother Volunteer Work
Biking
Keeping a Journal
Errand Running for the Elderly
Flower Arranging
Crocheting
Gardening
Gourmet Cooking
Hiking
Home Repair
Horseback Riding
Journalism

Needlepoint
Photography
Political Campaign Work
Pottery/Ceramics
Playing Musical Instruments
Quilting
Recycling Work
Theater Group
Track and Field Sports
Tutoring
Voice Lessons
Camping
Meditation
Martial Arts

Both drug abuse and misuse can lead to serious problems.

Psychoactive drugs change a person's mood and behavior, as a result of the chemical action on the brain. This includes narcotics which are powerful painkilling drugs that slow down body functions, especially the central nervous system. Sedatives are depressants, but unlike narcotics are not powerful painkillers, but often sleep inducing drugs. Stimulants include caffeine and nicotine speed up the central nervous system resulting in alertness and excitability.

Three major dimensions of drug abuse include:

- Medical dimension--- Persistent and excessive use of drugs by a healthy person for non medical reasons without the supervision of a physician.
- Social Dimension---The view taken by society which deems drug use as acceptable or unacceptable.
- Legal Dimension---Laws prohibiting the use of illegal drugs.

Risks of drug abuse include:

- Delay in proper medical treatment.
- Reduction in personal effectiveness.
- Creation of additional health problems.

The most extreme form of drug dependency is characterized by physical dependence, the development of tolerance, withdrawal sickness and psychological dependency.

Psychological Dependency is the strong desire to repeat the use of the drug for emotional reasons. When drug seeking becomes a compulsive and regular behavior psychological dependency has reached its peak. With repeated use of some drugs, a condition known as tolerance develops and drug dosage must be increased to achieve the desired effects.

It must be remembered that not all drug abusers are at the same level of involvement. This includes the following:

- Experimenters---Those who have tried drugs only a few times out of curiosity and do not continue use.
- Occasional Users---Those who use infrequently in a recreational manner.
- Situational Users---Those who take drugs occasionally to achieve a desired effect.
- Intensified Users---Those who use on a daily basis to relieve inner stress.
- Compulsive Users---A dependence has developed through long term high use.

Modern therapies include physical, psychological and social measures. Because many chronic alcoholics are seriously malnourished diet therapy and vitamins are useful. After medical treatment some doctors use deterrent drugs, such as antabuse, a drug that produces serious physical experiences when alcohol is consumed. One of the more successful approaches for recovery is alcoholics anonymous a fellowship of problem drinkers who want to retain sobriety. Recovery rates approach 70%.

The following suggestions are offered for those who wish to preserve alcohol use as a non-destructive part of social functions:

- Combine use with leisure activities, eating and social functions.
- Drink within the family where consumption is likely to be controlled.
- Take your second drink no sooner than one hour after first.
- Avoid drinking on an empty stomach.
- Dilute distilled spirits with water to retard alcohol consumption.
- Find a substitute for alcoholic beverages at traditional drinking times.
- Avoid drinking when confronted by problem.
- Provide nonalcoholic drinks as a host for abstainers and signal the end of drinking by serving a pot of coffee.
- Watch your personal drinking pattern for signs and symptoms.

Remember, caution is still the best thing to mix with liquor.

Until recently, smoking and drinking were rarely looked upon as drug taking behaviors. They have been widely advertised, legally purchased and socially accepted and indulged in by millions of people. Nevertheless, the nicotine in tobacco and ethyl in alcohol are drugs as defined:

- A drug is any substance that by its chemical nature alters structure or function in living organisms.

Sometimes referred to as substance or chemical abuse, drug abuse is distinct from drug misuse. Drug abuse is the deliberate use of chemical substances for reasons other than their intended purposes that may result in damage to personal health. Drug misuse may follow the following examples:

- Taking prescribed or non-prescribed drugs medicines at improper times.
- Discontinuing the use of prescription without consulting a physician.
- Failing to recognize and take appropriate action regarding side effects of a particular medicine.
- Taking at the same time duplicate medications from different physicians.
- Combining alcoholic beverages with medicines.
- Failure to inform physicians of all medications being taken.
- Saving old medicines for treatment at a future time.
- Doubling the number of capsules or reducing time interval between doses.

What kind of drinker are you? Take this test and find out.

1. Do you think about drinking often?
2. Do you drink more now than you used to?
3. Do you sometimes gulp your drinks?
4. Do you drink to help you relax?
5. Do you drink when you are alone?
6. Do you sometimes forget what happened when you were drinking?
7. Do you keep a bottle hidden somewhere for a quick pick me up?
8. Do you need a drink to have fun?
9. Do you ever start drinking without thinking about it?
10. Do you drink in the morning to relieve a hangover?

If you HONESTLY had four or more yes answers, you may be one of the ten million Americans with a drinking problem.

Remember, if you need a drink to be social, that is not social drinking.

Below is a list of facilities to contact for drug and alcohol counseling, treatment and rehabilitation programs:

HCA Riverpark Hospital---800-621-2673 or 304-526-9111

ST. Mary's Hospital---Substance Abuse Hotline---304-526-1570

Alcoholics Anonymous---800-333-5051 or 606-237-9871

Mountain Comprehensive Care Center---606-353-1287

Logan Mingo Mental Health Helpline---304-235-2954