

# ***ELKS DRUG AWARENESS***

## ***Manual DAP 125***



***"Prevention through Education"***

(Revised May 2015)

# **DAP 125**

**You're too  
smart to  
start!**



**Elks National Drug  
Awareness Program**

[www.elkskidzone.org](http://www.elkskidzone.org)

[DAP@elks.org](mailto:DAP@elks.org)

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Elks  
National  
Foundation, Inc.



DAP 230 | 02/14

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Manufactured between February 1, 2014 and February 29, 2014, by  
Stellar Graphics | 100 Detroit Street, Unit 102 | Cary, IL | 60013 | USA

## ELKS DRUG AWARENESS PROGRAM

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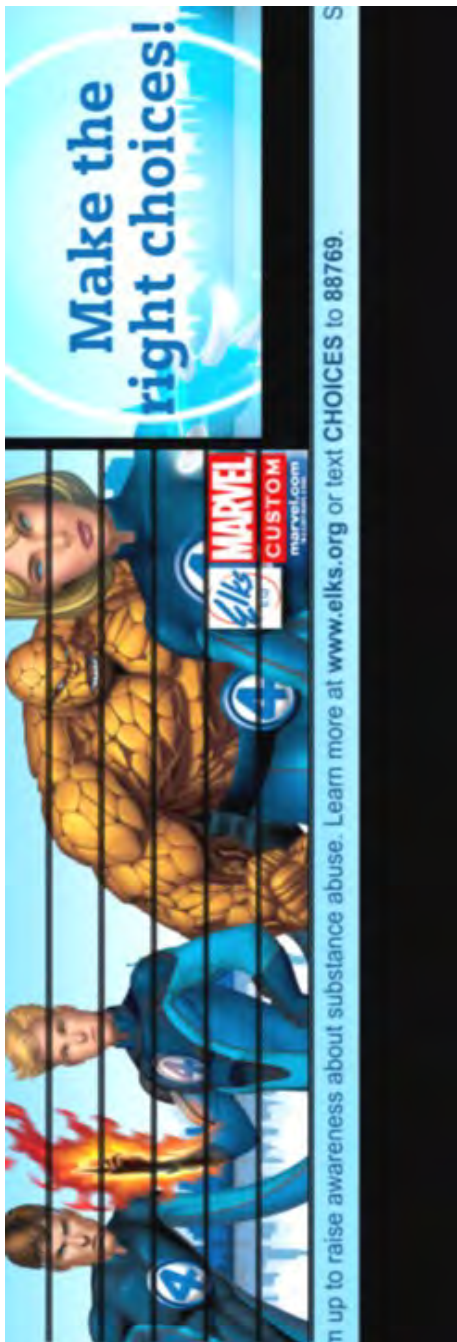
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What's Goin' On?

DRUG AWARENESS



## ELKS DRUG AWARENESS PROGRAM

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[jollygiunta@mybluelight.com](mailto:jollygiunta@mybluelight.com)

**For more information on the Elks Drug Awareness Program,**

**Visit: [www.elks.org/dap](http://www.elks.org/dap),**

**Phone: 773-755-4700**

**Email: [dap@elks.org](mailto:dap@elks.org).**

**Drug Awareness Web Page for Kids: [www.elkskidzone.org](http://www.elkskidzone.org)**

**For contact information for your State Drug Awareness Chair,  
 please go to: <http://www.elks.org/dap/contact.cfm>**



## INTRODUCTION

Since 1982, the Elks have developed an effective, community-based drug-prevention program by partnering with federal agencies including the Drug Enforcement Agency, Office of National Drug Control Policy, Substance Abuse and Mental Health Services Administration, and national organizations such as Pride Youth Programs. These partnerships ensure the Elks Drug Awareness Program addresses the leading drug abuse issues facing communities today.

Elks believe the youth of today are the leaders of tomorrow. With that in mind, the Elks Drug Awareness Program reaches out to youth of all ages and backgrounds. Through the 1,994 Lodges in communities across the country, Elks work to combat youth substance abuse. Elroy the Elk, the program's mascot, reminds young kids that hugs are better than drugs, while older kids see the



affects of alcohol consumption by wearing fatal vision goggles. Every year, the Elks Drug Awareness Program hands out more than seven million pieces of anti-drug literature to parents, teachers, and kids. The brochures are primarily distributed through the program's 127 drug education trailers, which travel to community gatherings such as fairs and sporting events.

The Elks have also teamed with Marvel to produce a comic book featuring Marvel superheroes and Elroy the Elk in a battle against underage drinking. Other educational materials offered by the program include prevention tools for parents, videos, coloring books, posters, and public service announcements.



Many of the promotional materials mentioned in this manual are available at no cost by contacting your state's Drug Awareness Chair. To view contact information for the state chairs, visit [www.elks.org/dap/contact.cfm](http://www.elks.org/dap/contact.cfm). For more information on the Elks Drug Awareness Program, visit [www.elks.org/dap](http://www.elks.org/dap), call 773-755-4700 or email [dap@elks.org](mailto:dap@elks.org).

Drug Awareness Program funding is provided by the Elks National Foundation, the charitable arm of the Benevolent and Protective Order of Elks of the USA. In 2014-15, the Elks Drug Awareness Program received \$694,460 to fund its programs and initiatives.

## MISSION STATEMENT

The mission of the Elks Drug Awareness Program is to promote constructive and cooperative approaches to the prevention of the use of illicit substances by the youth of the United States of America. This will be accomplished through education of students and parents, and by assisting scholastic institutions with programs and materials.

## PROGRAM GOALS

Conduct conferences, workshops, and training seminars to promote an understanding of substance abuse. To provide a vision and practical skills needed to help prevent substance abuse. To develop, collect, and circulate resources on substance abuse, including curriculum, manuals, articles, and other materials.

## DRUG AWARENESS RESOLUTION ADOPTED BY THE ELKS NATIONAL CONVENTION WEDNESDAY, JULY 16, 1986

Be it resolved that the Benevolent and Protective Order of Elks, its state associations and local Lodges, affirm and support the concept of "no use" messages on drugs and alcohol to the nation's youth; and our opposition to the concept of "responsible use" of illicit substances. The message to our children must be "no illicit drugs ever" and "no alcohol under the legal age." Be it further resolved, that the Benevolent and Protective Order of Elks, its state associations, and local Lodges oppose the legalization or decriminalization of the use, possession, sale, or production of psychoactive substances, including cannabis, cocaine, and heroin, for anything other than authorized research or scientific purposes.

## Chair Responsibilities

### LODGE CHAIR

The Lodge Chair of the Drug Awareness Program is responsible for the implementation of the state's Drug Awareness Program in his or her community. He/she must develop the methodology required for the program's unique requirements of that community.

The image portrayed by the committee will affect how the Order of Elks is portrayed.

**Training sessions:** The Lodge Chair will make every effort to attend all training sessions conducted within the state. The Lodge Chair is responsible for the training of all members of the DAP committee in the Lodge.

**Lodge annual report:** Each year, at a time determined by the State Chair, the Lodge chair will prepare a report of the accomplishments of the Lodge committee. This report will be sent to the State Chair on a schedule as determined by the State Chair.

**Budget:** The Lodge Chair will develop a budget for the DAP to ensure that adequate funds are available to conduct a successful program.

**Coalitions:** The Lodge Chair should join forces with other organizations in the community that are working to eliminate substance abuse among the youth of the community.

**Training:** The State Chair will develop and deliver DAP training to each Lodge and District as needed. He/she should coordinate

This training with the District Chair to ensure that the latest information is available to each Lodge.

### DISTRICT CHAIR

The District Chair is responsible for the implementation of the state's Drug Awareness Program in his/her District.

**State training sessions:** The District Chair will make every effort to attend all training sessions conducted by the State Chair. He/she will deliver the information presented at these sessions to the Lodge Chair of each Lodge in the district. The District Chair is responsible for the training of all members of the program in the district.

**State program:** The District Chair will develop the DAP for the district and ensure that each Lodge in the district is conducting a program in accordance with state guidelines

**Coalitions:** The District Chair should join forces with other organizations in the communities of his/her district that are working to eliminate substance abuse among the youth of the state. If there are no other coalitions in the area, he/she should attempt



to bring together organizations interested in prevention of substance abuse.

**Materials:** The District Chair will monitor the use of the materials requested by Lodges of the district. He/she should follow up with the Lodge to ensure that the materials are being delivered to the youth of the District.

**Communication:** The District Chair should maintain contact with all Lodge Chairs during the Elks year. Copies of letters and schedules for training or special programs should be sent to the State Chair for information.





## STATE CHAIR

The State Chair is Responsible for the implementation of the Elks Drug Awareness Program in his/her state. He/she will develop the methodology required for the program's unique requirements of that state. The State Chair will be responsible to the State Association President and the State Association for this program. He/she will oversee the activities of the District Chair and the implementation of a drug-free program in each Lodge in the state in accordance with Section 13.041 of the Grand Lodge Statutes.

**Annual report:** Following the annual training session each year, the State Chair will complete the DAP Statistical Report and be sure to include information related to their involvement with community action groups or coalitions. This report will be sent to the National Director of the program by the first of September.

**Budget:** The State Chair with the District Chair will develop a budget for the DAP to ensure that adequate funds are available to conduct a successful program. This budget should be submitted to the state association for inclusion in the overall budget for the state.

**State Program:** The State Chair will develop the DAP for the state and ensure that each Lodge in the state is conducting a program in accordance with the directions of the state guidelines. The State Chair will assemble a list of professional speakers who are willing to speak at meetings and training sessions about the dangers of substance abuse; these individuals should include doctors, lawyers, law enforcement personnel, and others who have had direct contact with abusers. This list should be shared with the members of the state committee.

**Materials:** The State Chair will order and monitor the use of the materials requested by members of the state committee. He/she will approve and transmit orders for materials to the appropriate location in accordance with the materials guidelines of the National Elks DAP. The State Chair's allotment of materials should be made available to supplement a Lodge's allotment for special programs that require more than the normal Lodge allotment.

**Training:** The State Chair will develop and deliver DAP training to each Lodge and District as needed. He/she should coordinate this training with the National DAP Directors to ensure that the latest information is available. He/she may call upon the National Directors to assist in the development and delivery of this train-

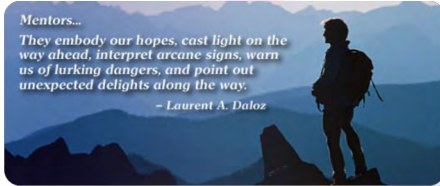
**Communication:** The State Chair should maintain contact with the National Director during the year. Copies of letters and schedules for training and special programs should be sent to the National Director for information.

## SPECIALTY ITEMS

In addition to the materials available through the National DAP, there are other sources of information and specialty items that may be used by your Lodge. It is important to note that these items will have to be purchased by your Lodge committee. They are not available through the National Program. The National Director has made provisions in some cases for special prices of these items to Elks Lodges. Please contact your State Drug Awareness Chair for vendor contact information.



## Mentoring Program:



Mentoring is nothing new. Odysseus entrusted the education of his son 3000 years ago to a Mentor. The goal to the mentoring program is to develop a Cadre of highly experienced Drug Awareness Chairs, utilizing the strengths of the various experienced Chairs.

When setting up a mentoring program for your District and Lodge Drug Awareness Chairs, you need to keep the following goals in mind:

- ◇ Provide each new Chair-person with a Mentor
- ◇ Provide experienced Chair-persons with an opportunity to take a Leadership role in the Elks DAP by becoming a mentor
- ◇ Retain Chair-persons
- ◇ Increase opportunities for Lodges and Districts to combine efforts & materials
- ◇ New Chair-persons will become Experienced Chair-persons



The most effective characteristic of a mentor is a willingness to nurture another. If there is not an openness, a willing spirit, or a desire to help another on the part of a mentor, then the process will never get off the ground. I good Mentor need to be able to answer **YES** to all the following questions:

- \* Are you people orientated?
- \* Are you open-minded?
- \* Are you flexible?
- \* Are you empathetic?
- \* Can you work both collaborative & cooperative?
- \* Are you dependable?

Just remember you are not alone!! The National DAP Directors, other State and District Chairs are behind the DAP Mentoring Program. If you need help or support reach out to another State DAP Chair for their advice and support. If you are a District Chair reach out to your State DAP chair or other District Chairs in your State. Always, remember that the National Directors are only a call or email away. The Mentoring Program is both a product and a process that needs to be reviewed and adjusted depending on a State, District, and Lodge individual needs.

## Shared Responsibility Program

The purpose of the Shared Responsibility Program is to develop a plan that will allow State and District Drug Awareness Chairs to delegate some of the program responsibilities to other members in their respective States and Districts.

A well-developed Shared Responsibility Program will help relieve some of the burden from the State and/or District Drug Awareness Chair.

It is vital to the continuing development of the Drug Awareness Program in each State that all State Chair's be just that, State Chairs not District and/or Lodge Chair's. It is also just as vital that all District Chair's be just that, District Chair's not Lodge Chairs. By not serve as multiple Drug Awareness Chair's you may concentrate on the needs of every District and/or Lodge in your State/District.

The Directors of the Drug Awareness Program are not trying to dictate to State Associations how they should run their programs. We are offering a plan to make the Drug Awareness Program even more effective in their State, Districts, and every Lodge in that State.

The Drug Awareness Program has evolved beyond the handing out of anti-drug messages to schools and at other public events. This is still a significant part of our program but we have changed. In order to do even more with our message we have gone in many different areas and the Directors believe it has become just too much for one person to administer.

The State DAP Chairs are to administer Grand Lodge and State Association Programs for their entire state. The District DAP Chairs are to administer State Association Programs for their District. In many ways this is not being done. What has happened because of the diversity of the program State and District Chairs are becoming very successful Lodge or successful District Chairs. Diversity of the program, geography and time will not allow one person to be successful. To have members of our order involved with the State and District Chairs in the planning and then dividing up the different activities between them just makes good sense.



POSSIBLE DIVISIONS OF RESPONSIBILITIES

Area I	
Red Ribbon Celebration	School Program Coordinator Poster Contest – Essay Contest
State Red Ribbon Kick-Off	Public Relations
Camarena Award	Fund Raising

Area II	
Public Service Announcements	Report Gathering
Legalization Issues	Public Relations
Training Coordinator	Fund Raising

Area III	
Trailer and Elroy Schedule and Re-Stocking	Special Projects (State Programs)
Shipping of Orders Under 1,000	Public Relations
Development of Trailer Program or Elroy Program	Fund Raising

Area IV	
Electronic Media Developer – G/L Programs on CD's	Photographer
Web Site Coordinator for D/A Program	Public Relations
Training Coordinator	Fund Raising
Coordinate D/A Programs with Hoop Shoot & Other G/L Programs	

Divisions may be divided however you like, these are just suggestions and food for thought. Those who are using this model, have more people involved and are very successful with having a true state wide Drug Awareness Program.

Sincerely,  
Kent Gade, National Director

## COMMITTEE GOALS AND OBJECTIVES

Planning of committee activities is important. These plans will identify the size of the budget and manpower requirements to complete the projects. The committee should have a planning session toward the end of the Lodge year. A committee with no plan will not accomplish a great deal and please note, we cannot forecast budget requirements for the year. It is extremely difficult to modify the Lodge budget once it has been accepted by the membership.

A good planning activity is to make a list of each item required for completion of the project. Next, establish a time schedule for each item.

## MEETINGS AND RECORD KEEPING

Each Lodge Drug Awareness Committee should meet at least once a month. The committee should decide which day is most convenient for the members to meet. The meetings should be planned by the chair and have an agenda.

## TOOLS AND MATERIALS, ORDERING SOURCES AND AVAILABILITY

Drug Awareness information is printed by the National Program and made available to all Lodges on a "no cost" basis. These materials are not free the cost of preparation, printing, and distribution is funded by the National Foundation.



## Public Relations

### LOCAL NEWSPAPERS AND TELEVISION STATIONS

Public relations is your greatest asset in the Drug Awareness Program. Newspapers and television will get our message to the largest possible audience with minimum effort. The first step is to establish contact with the local media. Visit the newspaper and meet the people responsible for publishing local events.

### STATE ELKS ASSOCIATION PUBLICATIONS

Many state associations have developed a state newspaper or newsletter. Be sure to submit information about what your Lodge is doing in the Drug Awareness Program.

This will help your program, and it may spark another Lodge to sponsor a similar activity. Check with the state association publication editor for deadlines and schedules of printing.

### THE ELKS MAGAZINE

*The Elks Magazine* will publish pictures and short articles about events in your Lodge. Photos should depict the beneficiaries of the Elks benevolent and charitable programs. The magazine *cannot* publish photos of Drug Awareness activities that do not show youth involvement. The magazine will publish photos of high-ranking government officials but again, there must be young people in the photo if it is a Drug Awareness activity.



Do not send photos of posed groups of more than 10 people, or of only one person. Identify everyone in the photo and include titles. In writing your article, be sure to answer the reporter's five W's who, what, where, when, and why. For complete details visit [www.elks.org/elksmag](http://www.elks.org/elksmag).

**Submit all materials to:**

The Elks Magazine  
 Editorial Department  
 425 W. Diversey Parkway  
 Chicago, IL 60614-6196  
 or [magnews@elks.org](mailto:magnews@elks.org)

**ENRIQUE S. CAMARENA  
 AWARD**

**GUIDELINES**

The Elks Enrique S. Camarena Award is established by the Benevolent and Protective Order of Elks to recognize and honor law enforcement officers who have made a significant contribution in the field of drug prevention and who personify Agent Camarena's belief that one person can make a difference.



**Law enforcement nominees must:**

- Be an individual, not a corporation or organization.
- Be a law enforcement professional.

- Be a positive role model committed to a healthy lifestyle.
- Have made an outstanding contribution in the field of drug awareness/ prevention.
- Have gone beyond the normal responsibilities of their position.



**Guidelines:**

- Nominations must be submitted with Elks Nomination Form.
- Nominations should be typed in narrative form and be no more than two pages in length. It should include as many of the following as possible:
  - Ways the nominee's commitment has helped youth in your state.
  - Specific achievements, such as new programs developed through nominee's efforts.
  - Leadership and organizational abilities of the nominee.
  - Time and effort spent above and beyond the call of duty.
  - Success in motivating others.
- Letters of support from the nominee's respective community and/or employer are encouraged, but not required.



**Presidents Volunteer  
 Service Awards:**

The Elks Drug Awareness Program is one of a small number of organizations authorized to certify and award the Presidents Volunteer Service Awards. This award is from the President of United States of America and is awarded to individuals nominated and confirmed as having performed 4000 or more volunteer hours. The nominee does not need to be an Elk.

Nominations for this award are made by completing a form which can be found on the Grand Lodge website. This form lists the criteria and should be forwarded to your State Drug Awareness Chairperson. Your State Drug Awareness Chairperson will certify the application and will forward the nomination on to our Assistant National Director for final approval and preparation of the award.

The presentation of this award is a great opportunity to publicize the great works the Elks do and emphasize how we honor and reward volunteers who are making a difference in our communities.



## National Program Information

### COLORING BOOK RULES:

Only one poster per state will be considered. Each state must choose the poster and submit it to the National Director by April 1st.

- Each winner must have a Hold Harmless Agreement Waiver submitted with the poster.
- Poster submitted must be no larger than 11 by 24 inches in size.
- New coloring books are produced only after the National Director have accumulated enough posters.
- Each entry must have the following information submitted with it:

⇒ Name: first and last

⇒ Address

⇒ City, state, & postal code

⇒ Phone number

⇒ Lodge name and number

⇒ Name of state chair submitting poster

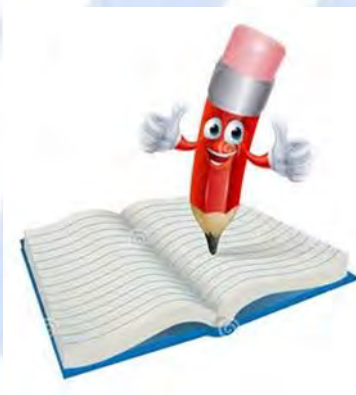
⇒ Lodge name and number

⇒ Name of state chair submit-



## ESSAY CONTEST:

- National DAP Directors will establish a new theme each year.
- All entries must be received or postmarked by April 1 each year.
- Only one submission will be accepted per state.
- Hold Harmless Agreement Waiver must be attached to the entry.
- Each entry must also show: student name, school name and location, and address.



Each entry must have the following information submitted with it:

- ◇ Name: first and last
- ◇ Address
- ◇ City, state, & postal code
- ◇ Phone number
- ◇ Lodge name and number
- ◇ Name of state chair submitting essay.
- ◇ Lodge name and number
- ◇ Name of state chair submitting Essay.

## Video Contest



National DAP Directors will establish a new theme each year.

- All entries must be received or postmarked by April 1 each year.
- Only one submission will be accepted per age group per state
- Age Group 1 – 4th grade through 8th grade
- Age Group 2 – 9th grade through 12th grade
- Age Group 3—Post Graduate
- Hold Harmless Agreement Waiver must be attached to the entry.

Each entry must have the following information submitted with it:

- ◇ Name: first and last
- ◇ Address
- ◇ City, state, & postal code
- ◇ Phone number
- ◇ Lodge name and number
- ◇ Name of state chair submitting video
- ◇ Lodge name and number
- ◇ Name of state chair submitting video.



The Elks Drug Quiz Show is a game show style competition between multiple teams in a head to head tournament. Typical bracket style double elimination format is typically used. The suggested age range is middle school age youth, with high school peer advisors and adult advisors working with the teams.

Each game consists of three rounds of questions. The first round is collaborative where the team members discuss their answer prior to responding to the question. During the second round, each team member must individually answer a true/false and/or multiple choice question. The third round, known as the buzzer round, challenges the team members to quickly respond to the questions by buzzing in and correctly answering the questions. Points are awarded for correct answers during each round and the team earning the most points wins. Head to head competition continues until a final winning team is determined.

The Elks Drug Quiz Show has been adopted as part of the Elks National Drug Awareness Program. Manuals which describing the Elks Drug Quiz Show Competition Rules and Regulations, offering suggestions on how you and your school or organization can build a team of young people to participate in the competition, and the detailed study materials are available by contacting your State Drug Awareness Chairperson.

## *Elroy Grants*

The National Drug Awareness Program will again offer grants to a limited number of State Chairpersons. This is a matching grant program, which requires the State Association to provide \$1,000 of the purchase price. We have redesigned Elroy to be a mean, lean, fighting machine.

If you are interested, in applying for an Elroy Grant, please follow the Grant procedures below.

1. To apply for an Elroy Grant, please send an email to Frank Burr at: [FJBURR@SPEAKEASY.NET](mailto:FJBURR@SPEAKEASY.NET). Requesting an Elroy Grant.
2. You will then receive an email back either authorizing your Elroy Grant or denying it based on availability and timing of the application/request.
3. If you are approved for an Elroy Grant and after you receive the email, you will then mail a check according to the instruction in the email.

### Please Notes:

- ◇ No costumes can be shipped until the matching \$1,000 check is received from the State Association.
- ◇ Grants are only for the ELK YEAR they are awarded in, they will not carry over to the next ELK YEAR. (April 1st – March 31st)



## *Trailer Grants*

The National Drug Awareness Program will again be offering Drug Awareness Trailer Grants to a limited number of State Chairpersons\Associations.

If you are interested, in applying for an Trailer Grant, please follow the Grant procedures below.

1. To apply for an Trailer Grant, please send an email to Frank Burr at: [FJBURR@SPEAKEASY.NET](mailto:FJBURR@SPEAKEASY.NET). Requesting an Trailer Grant.
2. You will then receive an email back either authorizing your Trailer Grant or denying it based on availability and timing of the application/request.
3. If you are approved for an Trailer Grant, you will receive instruction on how to mail your invoices and total trailer cost.
4. Grant checks will only be processed after the trailer is completed and upon presentation of all invoices (or copies of invoices) pertaining to the purchase. Only invoices dated after your Grant was approved and before March 15th, will be accepted.

### Please Notes:

- ◇ Drug Awareness Trailers are not to be used for any reason other than the intended propose
- ◇ Once a DAP Trailer is placed into service in your State, it's use can only be terminated, or the trailer sold by first requesting permission from a National Program Director
- ◇ Grants are only for the ELK YEAR they are awarded in, they will not carry over to the next ELK YEAR. (April 1st – March 31st)



## STATE CHAIR TRAINING PROGRAMS

- The National Directors will assist state chair in presentations of state training programs.
- A National Director will come to your state site for the training program.
- A National Director will provide training programs and materials suitable for your location and program requirements.

### **Training programs—Who should attend?**

The state chair must issue invitations & request RSVPs.

- State sponsor
- State president
- State president elect (if appropriate)
- All state officers
- District chairs
- Lodge chairs
- Volunteers (non-Elks, spouses, etc.)
- Community partners (coalitions)
- Law enforcement

### Social Media:

Follow the Elks Drug Awareness Program on social media: ELKS-



DAP. Also you can watch Elks Drug Awareness video's on YouTube. Just type in ELKSDAP

### Literature—State Chair:

- The State Chair must approve all requests for literature.
- Literature may be shipped only in the prepackaged cartons of 250 (or 500), as specified on the order form or in the email.
- Shipment address should be to a business address when possible.
- The State Chair should have a supply of literature on hand at all times.

### Literature—District Chair:

- The District Chair must order literature through the State chair.
- Please check with your State Chair for order limits.
- The District Chair should have a supply of literature on hand at all times.

### Literature—Lodge Chair:

- Each Lodge chair should check literature supplies that are on hand before placing a new order.
- Each Lodge Chair may order publication by email or completing the order form and submitting it to the State Chair.
- Lodge Chairs requiring less than the minimum shipment quantities should order these amounts directly from the state or district chair.



## [Drug Education Resources](#)

Information is the key to prevention. You need to learn the truth about drugs and alcohol to help keep children drug and alcohol-free. By knowing where to turn to get important information, you help our nation's youth be smart and informed.

The information on the following pages will arm you with facts about a variety of substances. For more information or to download an Elks Drug Awareness Program brochure, visit the Elks Drug Awareness Program website at [www.elks.org/dap](http://www.elks.org/dap)



### [Never Alone](#)

The Elks Drug Awareness Program teamed with Marvel Entertainment to bring you the Never Alone comic book, featuring Marvel's Super Heroes, the Avengers, and Elroy the Elk in a battle

against bullying, underage drinking and the abuse of pharmaceutical drugs!



Never Alone is designed to educate fourth through eighth-graders about the perils of bullying, underage drinking and the abuse of pharmaceuticals in a classroom setting. Hard Choices, (our previous comic book) also featured Elroy the Elk and Marvel's Super Heroes, Spider Man and the Fantastic Four in a battle against underage drinking. Annually thousands copies of these comics are sent to select elementary and middle schools in Elks communities across the nation.

Digital versions of Never Alone and Hard Choices are available on the DAP website, <http://elkskidszone.org>

Never Alone features the Elks Drug Awareness Program Heroes Essay Contest for kids in 4th through 8th grade. Visit <http://elkskidszone.org> for details. If you would like to request your local middle or elementary school receive a classroom kit, which includes 250 copies of the comic, 250 bookmarks and 10 teachers guides, contact your State Drug Awareness Chairperson.

### [Parenting is Prevention](#)

Parenting is a joint project. Each parent must bring something to the table is raising a child, even if the parents are no longer together. Kids learn from what parents do far more

than they learn from what parents say! This series will encourage and educate parents on how they can use their position of influence with their child to help their child avoid drugs, alcohol, violence, and other behavioral problems. Milton Creagh will expose the truth that drug and alcohol use is a serious issue not only for youth, but also for adults. It's a critical message every family needs to hear. It will share the startling facts and risks of substance abuse through devastatingly true stories and hopeful insights. The purpose of this series is to encourage and educate parents on how to become a more successful parent.

### [Drug Awareness Speaking Tour](#)

To increase our ability to reach more youths and adults the Elks Drug Awareness Program has a Speaker Tour. If your state is selected, a speaker will visit your state for three days to speak at schools (or other youth programs), Elks activities, community partnerships and parent groups. Applications are reviewed on a first come, first served basis. Only applications made on the official form and signed by the State DAP Chair will be considered. For more information, please contact the DAP National Director.

**Parenting is Prevention**  
Video Series Leader's Guide  
...a common sense approach

*"When I saw Milton speaking to a group of teens, the connection was electrifying. His no-nonsense approach touched them out. Does just how he cares. The way he reaches them is undeniable!"*  
- Bob Garner, Director/Producer, Wild Disney Productions

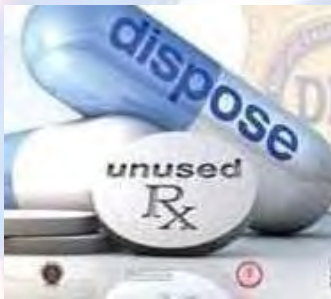
Parenting is a joint project. Each parent must bring something to the table in raising a child, even if the parents are no longer together. Kids learn from what parents do far more than they learn from what parents say! Milton will encourage and educate parents on how they can use their position of influence with their child to help their child avoid drugs, alcohol, violence, and other behavioral problems. Milton will expose the truth that drug and alcohol use is a serious issue not only for youth, but also for adults. It's a critical message every family needs to hear. Milton will share the startling facts and risks of substance abuse through devastatingly true stories and hopeful insights. The purpose of this series is to encourage and educate parents on how to become a more successful parent. Milton delivers personal growth through:

- Compelling family content
- Maximal preparation time for both leader and participant
- Meaningful interaction in groups of any size in any setting

## Prescription Drug Take Back Program

Prescription drug abuse is the second most prevalent illicit drug use category. On an average two million new users misuse Prescription Drugs per year. An estimates 12 Million people use prescription painkillers non-medically in 2010. Nearly one in 10 of every 12<sup>th</sup> graders reported using Prescription Narcotics without a doctor's order in the past year (Center for Substance Abuse Research, CESAR). The most common place for kids to get Prescription drugs is from Medicine Cabinets.

To help prevent Pre-



scription drug abuse, consider starting a Prescription Drug Take Back Program or working with Local Agencies to help promote their programs. Most pharmacies will take back unused/unwanted medications.

As a Drug Awareness Chair, you need to make the members in your State, District, and Lodges aware of this problem and how and where they should dispose of their back unused/unwanted medications. A few minutes of your time each month to write an article for a bulletin or send out an email will save a child's life or prevent a lifetime of pain and suffering for a child.

The following are a few web sites to help with the understanding about Prescription Drug Take Back Program's and were to find programs in your area.

<http://takebacknetwork.com/> (Excellent resource to walk you through the entire process.

<http://www.epa.gov/osw/wyl/stateprograms.htm> (EPA is an excellent resource)

## PSA'S

Public Service Announcements (or PSA's) are an excellent way to get the message out about the Elks Drug Awareness Program and the work Elks are doing in your State and in your Lodge. These 30 second announcements cover a variety of topics, including Substance Abuse & Sexual Assault; Substance Abuse & Suicide; Binge Drinking; Bullying; Drugs & the Workplace; Marijuana & Driving; the Dangers of Meth; Parenting; Underage Drinking and Teen Smoking. With the voice of Milton Creagh and a message about the Elks, these are "can't miss" messages which can be played on the local media outlets. As with everything the Elks Drug Awareness Program provides, these PSA's are made available to you at no cost.

## Elks Kid Zone Web Site

Ever tried to navigate a website, only to be frustrated? You're not alone. Many of us ask our children or even grandchildren for help! Now imagine if a child has trouble navigating a web-site seeking information about Drug Awareness. The Elks Drug Awareness Program is

solving that problem by creating a "kid-friendly" web page. Check it out at [www.elkskidszone.org](http://www.elkskidszone.org). You'll be greeted by Elroy the Elk and navigation is as easy as clicking your mouse. While this webpage is still in its infancy, it is the hope of the Drug Awareness Program that as this web-page grows, so will its popularity.



## Life Lessons

Whether you're young or old, you're never too old to learn something! The Elks Drug Awareness Program makes this possible through a series of 3 to 5 minute videos, with a message from Milton Creagh, the National Spokesperson for the Elks. As Milton says: "We live...we learn". These messages take a look at processing the information we get from the events of everyday life; and learning a lesson from that information....good or bad. These messages are appropriate for Middle Schools; High Schools; parents; and church and civic groups. Topics include: "Changing Your Lifestyle"; "Work Ethics"; "Helping Others" and a variety of topics related to substance abuse. Best of all, these videos are at no cost to you or your Lodges from the Elks Drug Awareness Program. Check them out on [www.elkskidszone.org](http://www.elkskidszone.org) or request a copy today from your State DAP Chair.



# ENRIQUE CAMARENA AWARD NOMINATION FORM

Nominee: \_\_\_\_\_ Title: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Nominee's Email: \_\_\_\_\_

Nominee's Employer: \_\_\_\_\_

Employers Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Employers Website Address: \_\_\_\_\_

## **Person and/or Agency Submitting Nomination:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

- 1) On a separate sheet(s) of paper: Write a 1 – 2 page article on the Nominee's accomplishments in Drug Education and Prevention in their community.
- 2) Nominations may be mailed, faxed, or emailed as shown above.

# ELKS NATIONAL DRUG AWARENESS PROGRAM

## Never Alone Comic Book Order Form

Educate fourth- through eighth-graders in your community about how to stand up to bullies!



Smart decisions have never been this exciting! The Elks National Drug Awareness Program teamed with Marvel Entertainment to produce a comic book featuring Marvel Super Heroes The Avengers! Follow them as they join Elroy the Elk in a fight against evil aliens in a battle to prove that every kid can be in charge of his or her own destiny.

The *Never Alone* adventure focuses on peer pressure, prescription drug use and bullying, presented in a format that is appealing to kids with a message that helps them make appropriate decisions.

We're pleased to announce the availability of a very limited supply of comic books for Lodge communities that did not receive a direct mailing from Marvel Comics.

To place an order for a school in your community, please complete this form and return it to your State Association DAP Chair. (**Note:** To process an order, Lodges must secure the signature of a school official.)

Each order contains comic books, Drug Awareness Program brochures and Elroy and Never Alone bookmarks.

For more information, visit [www.elks.org/dap](http://www.elks.org/dap). To find the contact information for your State DAP Chair visit [www.elks.org/dap/chairmen.cfm](http://www.elks.org/dap/chairmen.cfm) or call 773/755-4734.

Order Date: \_\_\_\_\_ State: \_\_\_\_\_

Lodge Name: \_\_\_\_\_ Number: \_\_\_\_\_

Ship to:

School Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_

Zip: \_\_\_\_\_ Email: \_\_\_\_\_

*Shipments are sent UPS or FedEx—Please provide street address. No P.O. Boxes!*

Lodge Representative: \_\_\_\_\_

Signature

School Official: \_\_\_\_\_

Signature

*Must include both signatures to be eligible to receive supplies.*

Comments: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**State DAP Chair Use Only:**

State: \_\_\_\_\_

**I approve this form for distribution.**

**State DAP Chair Signature**

**Date**

**Return this form by:**

**Email** [fjburr@speakeasy.net](mailto:fjburr@speakeasy.net)

**Mail** Elks Drug Awareness Program

**Attn:** Frank Burr

**1S175 Highland Ave**

**Lombard, IL 60148-4553**

The Elks Drug Awareness Program is fully funded by the Elks National Foundation, Inc., the charitable arm of the Benevolent and Protective Order of Elks of the USA and a 501(c)3 public charity. The Elks are committed to providing a healthy future for America's youth. In addition to educating young people about the dangers of drugs, the Elks provide positive alternatives such as the Hoop Shoot™ and Soccer Shoot athletic programs. The Foundation also annually awards \$3.74 million in college scholarships. For more information, contact your local Elks Lodge or visit the Elks website at [www.elks.org](http://www.elks.org).



**ESSAY, POSTER AND VIDEO CONTEST**  
**Parental Consent Form**  
**-WAIVER-**

My child \_\_\_\_\_ is the recipient of an Elks award through the Elks Drug Awareness Program's Poster, Essay, and/or Video Contest. I hereby give consent to the use of his/her name, photo, Video, Poster, and/or Essay in the Elks Drug Awareness Coloring Book, *The Elks Magazine*, or other Elks' publications, or websites (including all forms of media) in furthering the programs and works of charity for the Order of Elks. I further consent that the Essay/Poster/Video shall become the property of the Benevolent and Protective Order of the Elks of the United States of America.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Witness



(This document should be signed by the parent/guardian of any person under the age of 18)

*Approved for use by the Elks Drug Awareness Program Map, 2015*



**Drug Awareness Program Video Contest  
Entry and Parental release form**

TITLE OF ENTRY \_\_\_\_\_

RUNNING TIME: \_\_\_\_\_

Submission Format: \_\_\_\_\_

ENTRANT INFORMATION:

GRADE: \_\_\_\_\_

Contact name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

City/State: \_\_\_\_\_

Telephone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

School: \_\_\_\_\_

*Your E-Mail address (very important):*

\_\_\_\_\_

PARENT(S) NAME(s):

\_\_\_\_\_

\_\_\_\_\_

\*\*\*Name of Individual/group to appear on certificate and credits\*\*\*

**YOU MUST FILL THIS IN!**

\_\_\_\_\_

\_\_\_\_\_



## **Drug Awareness Program Video Contest Entry and Parental release form**

*Please provide a brief one-paragraph synopsis (50-200 words) of the entry.*

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- Entry must be age and language appropriate
- Entry should be original
- Entry should contain an anti-abuse message
- Entry should be based on the theme
- Hold Harmless agreement must also be completed

YOUR REQUIRED PARENT'S SIGNATURE DENOTES ACCEPTANCE OF CONTEST RULES AND APPROVAL OF ENTRANT'S PARTICIPATION:

Parent's signature \_\_\_\_\_

**ANY MINORS IN VIDEO MUST HAVE PERMISSION FROM PARENTS:**

NAME OF STUDENT \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_  
NAME OF STUDENT \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_  
NAME OF STUDENT \_\_\_\_\_ PARENT'S SIGNATURE \_\_\_\_\_

- IF ADDITIONAL MINORS ARE FEATURED IN THE VIDEO, PLEASE MAKE COPIES OF THIS PAGE AND ATTACH WITH ENTRY FROM.

**Elks Drug Awareness Program Presents:  
Speaker Tour Application**

<b>DAP USE ONLY</b>
State:
Date Rec'd:
Approved by:

To be considered for this incredible opportunity, please fill out all sections of this application completely. Up to 15 states will be selected to host a visit from a speaker to speak to local youth, parents and Elks. If your state is selected, a speaker will visit your state for three days to speak at schools (or other youth programs), Elks activities, community partnerships and parent groups. All state DAP chairs are eligible to apply.

If selected, your state Elks association must contribute \$500, to be paid to the speaker directly, to cover a small portion of related fees. In addition, the State DAP Chair is responsible for coordinating all local transportation, meals, lodging and volunteers to help with displays and distribution of materials.

Applications are reviewed on a first come, first served basis. Only applications made on the official form and signed by the State DAP Chair will be considered.

For more information, please contact the DAP National Director, Kent Gade, by e-mail at [KentGade@netins.net](mailto:KentGade@netins.net), or by phone at 712/778-2683.

**State:** \_\_\_\_\_

<b>State DAP Chair - Primary Contact</b>	<b>Secondary Contact (Optional)</b>
Name:	Name:
Address:	Address:
City, State, Zip:	City, State, Zip:
Daytime Phone: ( ) —	Daytime Phone: ( ) —
Evening Phone: ( ) —	Evening Phone: ( ) —
Fax: ( ) —	Fax: ( ) —
Email:	Email:
Please provide the preferred dates for speaker's visit to your state?	
1) 2) 3)	
Identify the Elks community or communities the speaker would visit during his visit.	
Identify the youth programs and events that the speaker will speak at in your state.	

How will Elks from your state be involved in this project?
How was the need for this visit determined?
How would you publicize the speaker's visit? Include plans for local media coverage and community leaders.
Do you anticipate other funding sources? If so, please explain.

Only applications made on this official form and signed by the State DAP Chair will be considered. By signing this application, you agree to complete the Final Report Form that will be sent to you upon approval of your application. The signature on this application confirms that the State DAP Chair understands and accepts these responsibilities.

\_\_\_\_\_  
State DAP Chair Signature

\_\_\_\_\_  
Date

**Please send your completed, original form to:**

**Kent Gade, National Director  
Elks Drug Awareness Program  
407 E. 22nd Street  
Atlantic, Iowa 50022**



**The President's Volunteer Service Award  
Elks Drug Awareness Program**

**Applicant's Name:** \_\_\_\_\_  
(As you wish it to appear on the Award – Please print clearly)

**Lodge Name & Number submitting application:** \_\_\_\_\_

**Total Number of Volunteer Hours:** \_\_\_\_\_  
(Must meet or Exceed 4,000 hours)

**Attest**

I attest that the applicant nominated has completed the number of volunteer hours as noted above. (Hours are not limited to *Elk's* Charity works, but include all volunteer work done by the nominee). The nominee is an Elk \_\_\_ is not an Elk \_\_\_.

\_\_\_\_\_  
(Signature of Individual Certifying Hours)

**Approval**

I, the undersigned State Chair, approve the above application and request that the award be sent to:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
(Signature of State Chairperson)

**Note:** The entire cost of this award is funded by the Elks Drug Awareness Program, through the generosity of the Elks National Foundation. Completed application should be sent to:

**Timothy F. Jaeger  
Assistant National Director Elks Drug Awareness Program  
1629 Andover Way  
Petaluma, CA 94954-7453**



*Excellence and Protective Order of Elks \*Grand Lodge\* 07114 New Orleans, LA.*



# Elks Drug Awareness Program Tool\War Chest

**Printed Material:** (All printed material is also available on-line for download. Most of the printed material is also available on-line for download in Spanish)

- ✦ DAP110: Underage Drinking - Myths and Facts
- ✦ DAP165: Coloring Book
- ✦ DAP170: How Can I Tell If My Child Is Using Drugs?
- ✦ DAP175: Parent's Guide to Inhalants *Available online only*
- ✦ DAP200: Tips for Teens - Tobacco
- ✦ DAP230: Bookmarks
- ✦ DAP245: Methamphetamine, It's Everyone's Problem *Available online only*
- ✦ DAP255: Anabolic Steroids - Hidden Dangers *Available online only*
- ✦ DAP265: Kids, Cars and Marijuana
- ✦ DAP270: Binge Drinking
- ✦ DAP275: Legalizing Marijuana
- ✦ DAP280: Elks National Drug Awareness Program
- ✦ DAP350: Prescription Drugs
- ✦ DAP360: Marijuana Facts
- ✦ DAP370: Heroin
- ✦ DAP380: Impaired Driving

## **Comic Books:**

- ✦ Hard Choices
- ✦ Never Alone

## **PSA's (on cd, YouTube, Elks DAP Web Page)**

- ✦ Alcohol and Crime
- ✦ Alcohol and Sexual Assault
- ✦ Alcohol and Suicide
- ✦ Binge Drinking
- ✦ Bullying
- ✦ Drugs and Work
- ✦ Fight the Good Fight
- ✦ Marijuana and Driving
- ✦ Dangers of Methamphetamine
- ✦ Parenting
- ✦ Underage Drinking
- ✦ Stopping Teen Smoking

### Videos:

- ✚ DAP310: Parenting is Prevention Video Series
- ✚ DAP320: Ur Choice Ur Voice DVD *(Also on Grand Lodge Web Site YouTube, Facebook and KidsZone)*
- ✚ Life Lessons (60+) *(Also on Grand Lodge Web Site, YouTube, Facebook and KidsZone)*
- ✚ On-line PSA's (15) *(on Grand Lodge Web Site, YouTube and Facebook)*

### Web Sites:

- ✚ <http://www.elks.org/dap/> (Grand Lodge Web Site)
- ✚ <http://elkskidszone.org/> (Elks DAP Web Site for Kids)

### Programs:

- ✚ Drug Quiz
- ✚ Share the Responsibility
- ✚ Essay Contest
- ✚ Poster Contest
- ✚ Video Contest
- ✚ DAP Speaking Tour
- ✚ Red Ribbon
- ✚ Hands Across the Border
- ✚ President's Volunteer Service Award
- ✚ Enrique Camarena Award

### Awards and Certificates:

- ✚ President's Volunteer Service Award
- ✚ Enrique Camarena Award
- ✚ Drug Awareness Commendation Award

### Training and Communications:

- ✚ Email communications via Constant Contact Email Systems
- ✚ Articles in the Grand Lodge News Letter
- ✚ Annual State Chair Drug Awareness Report
- ✚ Annual DAP Open Session at Grand Lodge
- ✚ DAP Calendar Of Events

### Manuals:

- ✚ DAP-125

**Program Public Awareness Items:**

- ✚ Elroy
- ✚ Drug Awareness Trailers
- ✚ Promotional items
- ✚ Basket Balls
- ✚ Soccer Balls
- ✚ Drug Awareness Pins

**Associations & Partnerships:**

- ✚ Marvel Comic's
- ✚ DEA
- ✚ SAM (Smart Approaches to Marijuana)
- ✚ Office of National Drug Control Policy
- ✚ Heritage Foundation
- ✚ SOS
- ✚ Drug Free America
- ✚ NIDA
- ✚ SAMHSA
- ✚ Camarena Foundation
- ✚ CADCA
- ✚ CADIFY

# Substance Abuse



Substance abuse is the use of any substance to the extent that it causes physical, mental or emotional damage – either temporary or permanent. Abused substances can be legal or illegal. For example, individuals may abuse substances as varied as alcohol, over-the-counter medications, household chemicals, prescription drugs, marijuana or other illegal drugs.

By definition, alcoholism and drug addiction are diseases based on compulsive, obsessive and dependent behaviors that take priority over all other human needs. Alcohol and other drugs not only become more important than family, friends and career, but more important than the most basic needs for food, clothing and shelter. Substance abuse is directly related to many violent crimes. It is no surprise that alcohol and other drug abuse can devastate family life and the lives of our children in particular. Many children suffer the shattering of their self-esteem and sense of security when raised in families where alcohol and other substance abuse is present.

Adults, as well as children, abuse drugs for one reason – freedom. They are searching for freedom from insecurities, fear, rules, problems, pain, and boredom. Unfortunately, what they become are slaves – slaves to something so powerful that it cannot be controlled.

## Stages of Addiction

- 1 The drug produces a short-term, intensely pleasant and artificial sense of well-being in the user.
- 2 A craving develops for the drug and the user desires to repeat the pleasant and artificial sense of well-being.
- 3 As drug use continues, more and more of the drug is needed to produce the desired effect – tolerance for the drug is developed.
- 4 The central nervous system adapts to the continuing drug use and becomes dependent on the drug for normal function. (A user can become drug dependent the first time a drug is used.)
- 5 Using the drug becomes more important than family, friends, and career. Even the most basic needs for food, clothing and shelter are no longer important to the user.
- 6 When drug use stops, the user becomes sick and has withdrawal symptoms.

## What Can I Do To Help My Children Be Drug Free?

According to the White House's Office of National Drug Control Policy strategy update released February 2005, parents are the most important role models in children's lives. When a child decides whether or not to use alcohol, tobacco, and other drugs, a crucial consideration is, "What will my parents think?" Children who decide not to use alcohol or other drugs often make this decision because they have strong convictions against the use of these substances based on a "family" value system. Make your family's values clear by explaining why you choose a particular course of action and how that choice reflects your values.

State your position clearly when it comes to dangerous substances like alcohol, tobacco, and other drugs. Tell your children that you forbid them to use alcohol, tobacco, and other drugs because you love them. Make it clear that this rule holds true even at other people's houses.

Discuss the consequences of breaking the rules—what the punishment will be and how it will be carried out. Children want you to show you care enough to lay down the law and to go to the trouble of enforcing it. Let your children know how happy you are that they respect the rules of the household. Emphasize the things your children do right, instead of focusing on what's wrong.

Schedule regular parent-child rituals and family meetings. Rituals, like having meals together at least once or twice a week, playing games, going to the library or to get ice cream together once a week, can be opportunities to help the family catch up and establish better and more open communication.

Take advantage of everyday "teachable moments." When you see a group of teenagers drinking and hanging out, or an anti-drug commercial on TV talk about the negative effects of drinking alcohol or taking drugs. Ask them what they think.

- Listen to what they are saying and make eye contact.
- Find out how their day was, what happened in school or with their friends.
- Go to their events, i.e., sports games, plays, school shows.
- Play games with them.
- Know who their friends are.
- Know where your children are.
- Set clear expectations for their behavior.
- Be consistent in your training and discipline.
- Give them lots of encouragement.
- Ask them for their opinions.
- When they do well, praise them.
- Talk to them about the dangers of substance use and abuse!

### Is My Child Using Drugs?

- Withdrawn, tired, and careless about personal grooming
- Hostile and uncooperative; frequently breaks curfews
- Verbally or physically abusive
- Relationships deteriorate
- New group of friends

- Lies about activities
- Grades and school attendance slip
- Reduced memory or attention span
- Loses interest in favorite activities
- Extreme weight loss or gain
- Eating and sleeping patterns change
- Rebellious, overreacts to criticism
- Cheats, steals, always needs money, or has large sums of money
- Eyes are red-rimmed and/or nose is runny but has no cold

**If you think your child may be in trouble, seek professional help!!**

### Support Groups

Alcoholics Anonymous World Services  
[www.aa.org](http://www.aa.org)

Al-Anon Family Group Headquarters  
[www.al-anon-alateen.org](http://www.al-anon-alateen.org)

Toughlove International  
[www.toughlove.org](http://www.toughlove.org)

Narcotics Anonymous  
[www.wsoinc.com](http://www.wsoinc.com)

### Federal Resources

National Institute on Drug Abuse (NIDA) [www.nida.nih.gov](http://www.nida.nih.gov)

Nat'l Clearinghouse for Alcohol and Drug Info [www.health.org](http://www.health.org)

Center for Substance Abuse Prevention  
(301) 443-0365

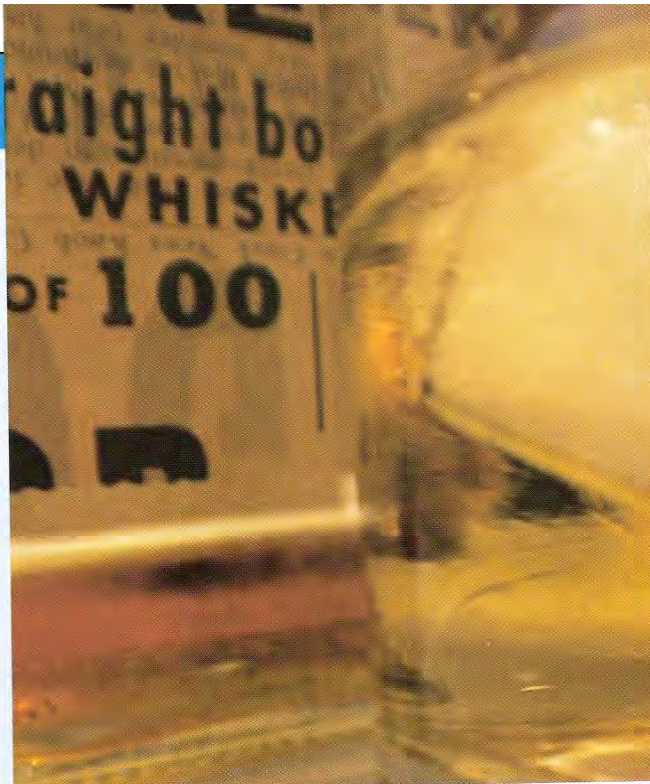
Center for Substance Abuse Treatment  
(800) 662 HELP

## What is Alcohol?

The term alcohol refers to ethyl or grain alcohol. Ethanol is the active ingredient found in all alcoholic beverages. These beverages include wine, beer, liqueurs, and hard liquors such as scotch, gin, vodka, tequila, and whiskey. Each of these beverages may contain different concentrations of alcohol but the effect is the same.

Each of the following contains the same amount of alcohol and is considered to be equal to one drink:

- 12 oz. can of beer at 5% alcohol
- 5 oz. glass of wine at 12% alcohol
- 1.5 oz. of 80-proof liquor at 40% alcohol
- 12 oz. wine cooler at 5% alcohol



# Alcohol Abuse

## What Are The Effects Of Alcohol?

Alcohol is a depressant, not a stimulant as many people think. The effect of alcohol on the central nervous system is similar to other depressants. Any amount of alcohol affects your judgment and coordination.

### THE DEGREE OF IMPAIRMENT DEPENDS UPON:

- The amount of alcohol you consume
- Your body weight
- Whether or not you eat before or while drinking
- The length of time you spend drinking
- Your gender and age

### Short-term effects of alcohol use:

- Distorted vision, hearing, and coordination
- Altered perceptions and emotions
- Impaired judgment
- Bad breath; hangovers

### Long-term effects of heavy alcohol use:

- Loss of appetite
- Vitamin deficiencies
- Stomach ailments
- Skin problems
- Sexual impotence
- Liver damage
- Heart damage
- Central nervous system damage
- Memory loss

## What Is Alcoholism?

Alcoholism, also known as alcohol dependence, is a disease characterized by the following four symptoms.

**Craving** – A strong need, or urge, to drink. The craving that an alcoholic feels for alcohol can be as strong as the need for food or water.

**Loss of Control** – Not being able to stop drinking once drinking has begun. An alcoholic will continue to drink despite serious family, health, or legal problems.

**Physical Dependence** – Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking.

**Tolerance** – The need to drink greater amounts of alcohol to get “high.”

Like many other diseases, alcoholism is chronic, meaning that it lasts a person’s lifetime. Research shows that the risk for developing alcoholism can be inherited. However, risk is not destiny. Just because you are a child of an alcoholic doesn’t mean that you will automatically become an alcoholic. Some people develop alcoholism even though no one in their family has a drinking problem.

# Tobacco Use



## Did You Know?

**Nicotine is one of the most heavily used addictive drugs in the United States. In 2003, 29.8 percent of the U.S. population 12 and older—70.8 million people—used tobacco at least once in the month, including 3.6 million young people age 12 to 17.**

## What's So Dangerous About Tobacco?

Tobacco use is perhaps the most preventable cause of disease and premature death. Each year tobacco use contributes to more than 450,000 deaths in the United States. One of every six deaths in the United States is a result of tobacco use. Heart and blood vessel diseases claim about half of these lives. Yet, not all victims are smokers or smokeless tobacco users. Environmental tobacco smoke (often called second-hand smoke or passive smoke) contributes to about 40,000 deaths each year.

Tobacco leaves may be smoked in cigarettes, cigars, or pipes. Tobacco smoke contains more than 4,000 chemicals which include cancer causing toxins as well as high levels of nicotine.

Smokeless tobaccos — snuff and chewing tobacco — consist of tobacco leaves that are shredded, twisted, or powdered. Smokeless tobacco users chew or place the tobacco in the cheek between the lower lip and gum. The powdered form can be sniffed. Approximately 12 million Americans use smokeless tobacco. Of the 12 million smokeless tobacco users, about 3 million are under the age of 21. Unfortunately, smokeless tobacco is more dangerous than

smoking. A study by the University of Southern California found taking one pinch of snuff was equivalent to smoking three or four cigarettes. The chances of getting oral cancer are higher when using smokeless tobacco than smoking cigarettes. Other effects are severe inflammations of gum tissue, tooth decay, and receding gums.

## What Is Nicotine?

Whether someone smokes, chews, or sniffs tobacco, he or she is delivering nicotine to the brain. Nicotine is a mind-altering alkaloid. The blood carries nicotine to the heart and distributes it throughout the body. The effects of nicotine reach the brain quickly — in eight seconds. In small amounts, nicotine produces pleasurable feelings in the central nervous system and causes a person to feel alert. Larger amounts make a person feel relaxed. These feelings increase the desire to use tobacco.

Few people know that nicotine is extremely toxic. In fact, a dose as small as 30 milligrams can be deadly. Large amounts of nicotine can kill by paralyzing the muscles of the lungs. Even though nicotine is a poison, the amount usually inhaled by smokers, 1 to 2 milligrams per cigarette, is not lethal since the body quickly breaks it down.

## Is Nicotine Addictive?

Nicotine is the addictive drug in tobacco leaves. Nicotine changes the way the brain works. Nicotine raises the heart rate and respiration rate, and causes more glucose, or blood sugar, to be released into the blood. This might be why smokers feel more alert after smoking a cigarette. Nicotine stimulates brain cells to release a neurotransmitter called dopamine. Dopamine stimulates the brain's pleasure and reward circuit. Normally, pleasurable feelings come from food, comfort, and the company of people you love. But tobacco use causes a flood of dopamine in the user's brain. After repeated doses of nicotine, the brain changes to adjust to too much dopamine. The brain cuts production of the neurotransmitter and reduces the number of receptors. Now, the user needs nicotine just to create normal levels of dopamine in his or her brain. Without nicotine, the user feels irritable and depressed. Other addictive drugs of abuse, including heroin and cocaine, cause the same changes in the brain.

### PHYSICAL WITHDRAWAL SYMPTOMS INCLUDE:

changes in body temperature, heart rate, digestion, and appetite.

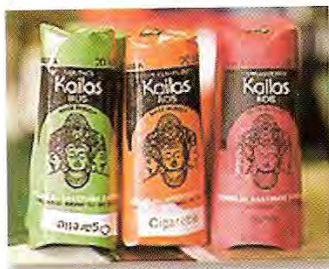
### PHYSIOLOGICAL WITHDRAWAL SYMPTOMS INCLUDE:

irritability, anxiety, sleep disturbances, nervousness, headaches, nausea, and cravings for tobacco lasting for weeks, months, years, or even an entire lifetime.

## Other Deadly Ingredients

Tar, another ingredient in tobacco, is a sticky combination of hundreds of chemicals, including poisons and cancer-causing substances. Cigarette smoke also produces carbon monoxide, the poisonous gas that emits from the exhaust system of a car.

## What Are Bidis?



Although hand-rolled cigarettes called bidis (pronounced "beedees"), are increasingly popular among teens in the United States, they are not less addictive. Research comparing a dozen brands of bidis with a brand of unfiltered cigarettes found that 11 of the 12 bidi brands had 28 percent higher nicotine concentrations than the unfiltered cigarettes.

Originally from India, bidis are popular with teens because they come in colorful packages with flavor choices such as cinnamon, orange and chocolate. Some teens think that bidis are less harmful than regular cigarettes. But bidis have even more nicotine, which may make people smoke more, causing them to be more harmful to the lungs than cigarettes.

## Danger!!! Environmental Smoke

Exposure to a smoke-filled room can affect healthy non-smokers. As a result, many cities and states throughout the United States have banned smoking in public buildings, public areas in hotels restaurants, and night clubs.

Environmental smoke is hazardous to people with allergies, those with heart or lung disease, and children. Infants exposed to passive smoke have twice the ear infections, coughs, colds, pneumonia, and bronchitis as infants whose parents do not smoke.

## Effects Of Tobacco Use

Tobacco use accounts for one-third of all cancers. This includes increased risks for cancer of the lungs, mouth, throat, colon, bladder, kidneys and cervix. In addition, tobacco use:

- » Destroys lung tissue leading to frequent colds, bronchitis, and emphysema.
- » Increases the heart rate which increases the risk of heart attacks.
- » Increases the chance of gastric ulcers.
- » Can initially cause diarrhea and vomiting.
- » Diminishes the sense of smell and taste.
- » Prematurely wrinkles the face.



HEALTHY LUNG



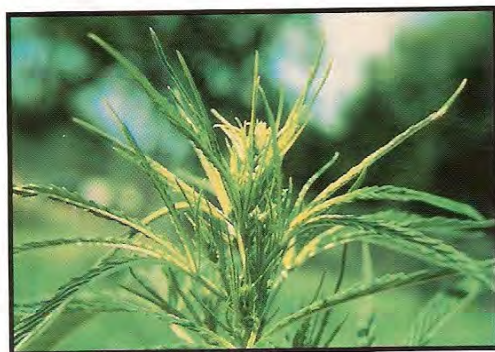
SMOKER'S LUNG



# Marijuana Abuse



Marijuana's scientific name is *Cannabis Sativa*. The growing marijuana plant normally has an odd number of leaves per stem, such as five, seven, or nine, and grows up to twenty feet high. Marijuana is the most frequently used illegal drug in the United States. Nearly 95 million Americans over the age of 12 have tried marijuana at least once.



Usually smoked as a cigarette or joint, in a pipe or bong, marijuana has appeared in "blunts" in recent years. These are cigars that have been emptied of tobacco and refilled with marijuana, sometimes in combination with another drug such as crack. Some users also mix marijuana into foods or use it to brew tea. When prepared as a more concentrated, resinous form it is called hashish and, as a sticky black liquid, hash oil. Marijuana smoke has a pungent and distinctive, usually sweet-and-sour odor. Street terms for marijuana include "pot," "herb," "weed," "grass," "Scooby Dooe," "ganja," and "buddah."

## What is Marijuana?

**Marijuana** is a green, brown, or gray mixture of shredded leaves, stems, and flowers of the hemp plant. It grows wild in temperate and tropical climates.

Most wild marijuana is considered inferior to cultivated marijuana because of its low concentrations of Delta-9-tetrahydrocannabinol (THC).

THC is the mind-altering agent in marijuana and is concentrated in the flowering tops and upper leaves of the female plant. Cultivated marijuana contains ten times the THC of wild marijuana.

The marijuana plant contains over 400 chemicals. Many of these chemicals severely affect the user's health. The main mind-altering chemical in marijuana is THC (delta-9-tetrahydrocannabinol). The potency of marijuana varies by the type and part of the plant used and whether it has been treated with other chemicals. Dealers treat marijuana with PCP, fentanyl nitrate, or embalming fluid to increase its potency. Doctored marijuana can be deadly.

**ACCORDING TO SURVEYS, THERE ARE AN ESTIMATED 2.6 MILLION NEW MARIJUANA USERS IN THE UNITED STATES EVERY YEAR.**

- In 2002, over 14 million Americans used marijuana at least once in the month prior to being surveyed.
- 12.2 percent of the 14 million used marijuana on 300 or more days in the past year.

**This translates into 3.1 million people using marijuana on a daily basis. The average age of first time marijuana use is under 14 years old.**

Forty-two percent of parents who used marijuana as a teenager do not consider it a crisis when their own children use the drug. Consequently, this attitude has helped increase marijuana usage. One time usage among adults ages 18 to 25 increased from 5.1 percent in 1965 to 53.8 percent in 2002. Ironically, junior high adolescents are more influenced by their parents than

their peers. The rise in teenage marijuana use may be directly related to this casual attitude held by today's parents.

Research does not support the idea that marijuana is harmless. Studies indicated that marijuana usage leads to crime, drug dependence, and the use of other drugs. Marijuana is a gateway drug that can lead to severe health problems.

## Psychological Effects

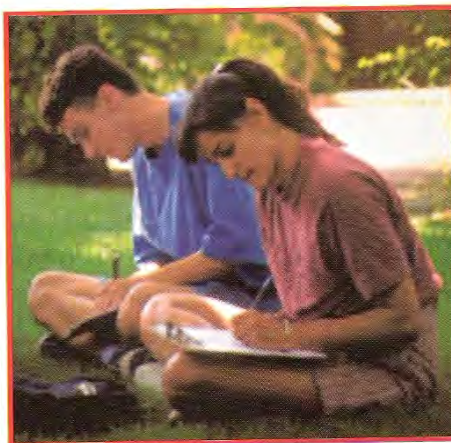
The psychoactive effects of marijuana vary widely, depending on dosage, the preparation and the type of plant used, method of use, and personality of the user. The most commonly reported side effect is a dreamy or sleepy feeling.

Long forgotten events are often recalled and thoughts occur in unrelated sequences. Perception of time is altered. Users experience visual and auditory hallucinations after taking large amounts of marijuana. Euphoria, excitement, and inner happiness—often with hilarity and laughter—are also typical side effects of marijuana use.

Some users may experience depression. While behavior is sometimes impulsive, violence or aggression is seldom induced unless the drug is mixed with another drug such as PCP. Short-term effects of marijuana use include problems with memory and learning, difficulty in thinking and problem solving, loss of coordination, and increased heart rate, anxiety, and panic attacks.

## Marijuana and Learning

Depression, anxiety, and personality problems are linked with marijuana use. Since, marijuana hinders the ability to learn and retain information, the more a person uses the more they tend to fall behind in school, job, and social skills.



**Marijuana users get lower grades and are less likely to graduate from high school, compared with non users. A study of 129 college students found that, for heavy users of marijuana, skills related to attention, memory, and learning were impaired even after they had not smoked marijuana for at least 24 hours. Researchers have also discovered that learned behaviors can also be damaged.**

More recently, research showed that the ability of marijuana users to recall words from a list remained impaired for a week after quitting, but returned to normal within 4 weeks. Thus, some memory and learning abilities may be restored, even after long-term use.

## Danger Lung Cancer!

Regular marijuana smokers have the same or more health problems than tobacco smokers. A study of 450 individuals showed that people who frequently smoke marijuana but do not smoke tobacco have more health problems and miss more days of work than nonsmokers. Many of the extra sick days were for respiratory illnesses.

Smoking marijuana increases the chance of developing cancer of the head or neck. A study comparing 173 cancer patients and 176 healthy individuals produced strong evidence that marijuana smoking doubled or tripled the risk of cancer.

Marijuana use also promotes lung cancer and cancer in other parts of the respiratory tract. Scientists have identified more than 150 chemicals in marijuana smoke and tar. Marijuana smoke contains cancer-causing benzopyrene, which occurs 70 percent more in marijuana smoke than in tobacco smoke.

Human lung tissue exposed to continuous marijuana smoke in laboratory testing show pre-cancerous cellular change. In other tests, the tars from marijuana smoke produced tumors. Scientists have learned that exposure to marijuana smoke interferes with the work of white blood cells in the lungs. White blood cells remove bacteria and other debris from lung tissue. When exposed to marijuana smoke, these cells cannot function. The amount of tar and carbon monoxide inhaled by marijuana smokers is three to five times greater than that of tobacco smokers.



# Methamphetamine



## What is Methamphetamine?

**Methamphetamine** is a highly addictive stimulant. Although it is chemically related to amphetamine, the central nervous system effects of methamphetamine are stronger than amphetamine. Both drugs have some limited therapeutic uses, primarily in the treatment of obesity.

Methamphetamine is commonly referred to as *speed, meth, crank, glass, blue meth, chicken feed, cinnamon, crink, crystal meth, desocsins, geep, granulated orange, hot ice, ice, kaksonjae, lemon drop, ozs, peanut butter, sketch, spoosh, stove top, super ice, tick tick, trash, wash, working man's cocaine, yellow barn, and chalk.*

## What Does Methamphetamine Look Like?

Methamphetamine is most commonly found in a powder form that easily dissolves in water. Also called "crystal meth," it is bitter tasting, with colors ranging from dingy white to reddish brown. Powder is usually injected or snorted, but can be orally ingested or smoked.

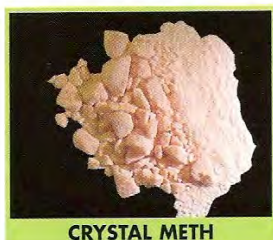
Methamphetamine can also be found in the form of clear chunky crystals, called "ice," or "glass." It is similar in appearance to rock candy, crushed ice, or broken glass. Ice is a very pure, smokable form of methamphetamine and is more addictive than powder or tablets.

A pill form of methamphetamine, commonly called "Yaba," comes in small brightly colored tablets. Thai for "crazy medicine," Yaba tablets are sometimes flavored such as grape, orange, and vanilla. Tasting like candy, the tablets are

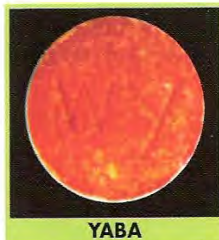
obviously marketed to a young audience, particularly at raves or parties where ecstasy (a similar looking drug) has been well established. The tablets are commonly reddish-orange or green, and fit inside the end of a drinking straw. They have a variety of logos, with "WY" being the most common.

## What Are The Immediate Effects?

Methamphetamine can be taken orally, injected, snorted, or smoked. Immediately after smoking or injection, the user experiences an intense sensation, called a "rush" or "flash," that lasts only a few minutes and is described as extremely pleasurable. Oral or intranasal use produces euphoria—a high but not a rush. Both are believed to result from the release of high levels of the neurotransmitter dopamine into areas of the brain that regulate feelings of pleasure. Larger and more frequent doses are taken in order to achieve the desired effect.



CRYSTAL METH



YABA



METH ROCKS



ICE

## How Sexy is This?

All substance abuse is frequently marketed as enhancing sex life or making you more attractive or a better social companion. But buying meth is buying under false pretenses. Hair falls out. Teeth fall out. That's not sexy.



**Meth Mouth:** The growing use of highly addictive methamphetamine throughout the country is creating a prominent scar on an increasing number of users—rotting, brittle teeth that seem to crumble from their mouths. Methamphetamine can be made with a horrid mix of substances, including over-the-counter cold medicine, fertilizer, battery acid and hydrogen peroxide. Together, the chemicals reduce a user's saliva, which causes bacteria to build up a lot faster. Meth users also may neglect their teeth, or moisten their dry mouths with high-sugar drinks, and anxiety caused by the drug prompts them to grind their teeth, which speeds decay.

**Skin Scabbies:** Meth damages your brain and central nervous system. Users claim they feel bugs crawling under the skin. They scratch these areas to get relief causing open sores that become infected and ugly.

## Health Hazards

Methamphetamine releases high levels of the neurotransmitter dopamine, stimulating brain cells and enhancing mood and body movement. It also has a toxic effect, damaging brain cells containing dopamine and serotonin, another neurotransmitter. Over time, methamphetamine causes reduced levels of dopamine, which can result in symptoms like those of Parkinson's disease, a severe movement disorder.

Chronic long-term use develops a tolerance for methamphetamine leading to dependency. To intensify the desired effects, users may take

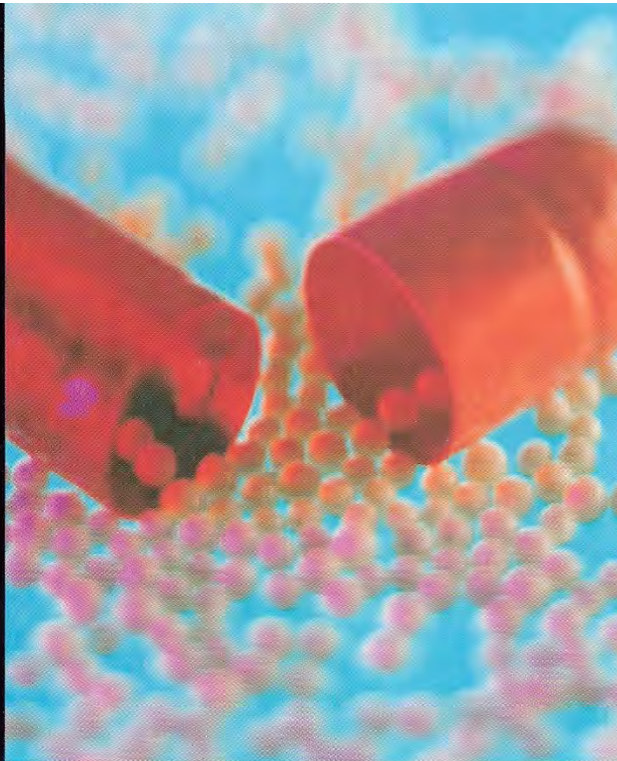
higher doses of the drug, take it more frequently, or change their method of drug intake. In some cases, abusers do not eat or sleep while indulging in a form of binging known as a "run," injecting as much as a gram of the drug every 2 to 3 hours over several days until they run out of the drug or are too disorganized to continue.

In addition to being addicted, chronic abusers exhibit symptoms that include violent behavior, anxiety, confusion, and insomnia. Psychotic symptoms such as intense paranoia, auditory hallucinations, mood disturbances, and delusions (for example, the sensation of insects creeping on the skin) are common. This paranoia and out-of-control rage,

coupled with extremely violent behavior, can result in homicidal, as well as suicidal thoughts.

Methamphetamine can cause a variety of cardiovascular problems including rapid heart rate, irregular heartbeat, increased blood pressure, and irreversible damage to small blood vessels in the brain, producing strokes. Hyperthermia (elevated body temperature) and convulsions occur with methamphetamine overdoses, and if not treated, can result in death. Other effects include respiratory problems, and extreme anorexia. Its use can result in heart attack leading to sudden death. Acute lead poisoning is another risk for methamphetamine abusers.

# Stimulant Abuse



## What are Stimulants?

**Stimulants**, sometimes referred to as “uppers,” reverse the effects of fatigue.

All stimulants increase alertness, cause excitement, reduce appetite, increase activity, and can promote euphoria.

One mild stimulant is caffeine. Examples of stronger stimulants are, amphetamines, methamphetamines, cocaine, and crack. (See Feature Article on Methamphetamines, p. 4-7)

## What Are Amphetamines?

In the 1930's, amphetamine was marketed as Benzedrine in an over-the-counter inhaler to treat nasal congestion for asthmatics, hay fever sufferers, and people with colds. During the Depression and Prohibition, the drug was used and abused by non-asthmatics looking for a buzz. By 1937 amphetamine was available by prescription in tablet form.

Amphetamines, like other drugs, have been promoted as miracle drugs — *the perfect diet pill or the greatest relief for fatigue*. In 1967, at the height of the American Amphetamine Epidemic, physicians wrote 31 million prescriptions for diet pills. Today, the Food and Drug Administration restrictions limit the use of amphetamines to three medical conditions:

**Narcolepsy** — a rare disorder in which people fall asleep as many as 50 times a day if they stay in one position too long. Low doses of amphetamines help keep narcoleptic persons awake.

**Hyperkinesia** — also called Attention Deficit Hyperactivity Disorder (ADHD).

**Short-term weight programs** — to curb appetite.

## Ritalin And Adderall

Ritalin and Adderall are prescribed for ADHD. Four out of every 100 school children have ADHD. These children have an abnormally high activity level and an extremely short attention span. They are aggressive, talkative, restless, impulsive, and lack clear direction. Oddly, Ritalin and Adderall have a calming effect on these children.

Availability of Ritalin and Adderall has promoted abuse among adolescents who crush these tablets and snort the powder to get high. Abusers have little difficulty obtaining the drugs from classmates who have been prescribed them. Ritalin and Adderall increase heart and respiratory rates, elevate blood pressure, and decrease appetite. In addition, users may experience sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause rapid and irregular heartbeats, tremors, loss of coordination, and exhaustion.



RITALIN



ADDERALL

## What Is Ephedrine?

Ephedrine, a common substance in over-the-counter and health food products, is a synthetic version of ephedra. Found in many decongestants, antihistamine, and weight loss products, it is the main ingredient in the production of methamphetamine and many designer drugs.

Today, many individuals use large doses of ephedrine to get high. Some of the ephedrine-containing products available over-the-counter include 40 or 50 milligrams of ephedrine as well as substantial quantities of caffeine. Sometimes called "herbal ecstasy," ephedrine is touted as "safe" or "legal" MDMA. Small amounts of ephedrine stimulate and constrict blood vessels.

Adverse effects of ephedrine include restlessness, muscle spasms, chills, increased heart rate and heart palpitations, dry throat and fainting. The physical effects last three to four hours, but users may feel out of touch with reality for several days.

## Methcathinone Or "Cat"

Methcathinone known on the streets as "Cat," is an analogue of methamphetamine and cathinone. Clandestinely manufactured, methcathinone is almost exclusively sold in the powder form. It is most commonly snorted, but can be taken orally by mixing it with a drink, or diluted in water and injected. It has the abuse potential of methamphetamine.

## KHAT

For centuries, Khat, the fresh leaves of the *Catha Edulis* plant, has been consumed and cultivated in East Africa and the Arabian Peninsula. Chewing Khat predates the use of coffee and is used in similar social settings. Growing over 6 feet tall, this flowering evergreen shrub's leaves are chewed to alleviate fatigue. Chewed in moderation, they also reduce appetite. Compulsive use may result in manic behavior with grandiose delusions, hallucinations, and paranoia. It contains a number of chemicals, among which are two controlled substances, cathinone and cathine.

## WHAT IS COCAINE?



**Cocaine** is one of the strongest natural stimulants and is powerfully addictive. It is distributed on the street as a white crystalline powder and "crack," a treated version that takes the form of chips, chunks, or rocks. Cocaine can be inhaled, smoked or injected.

Cocaine is obtained from the leaves of the coca plant. The plant or bush grows naturally in Chile, Peru and Bolivia, but is also cultivated in other countries.

## What Are The Effects Of Cocaine?

Due to cocaine's highly addictive quality, an individual cannot predict or control the extent to which he or she will continue to use it. The intensity of the effects of cocaine, as with most drugs depends on the dose and rate of entry to the brain. Cocaine reaches the brain in three to five minutes when snorted. When inhaled or injected the drug reaches the brain

faster. Cocaine triggers the brain to release dopamine, a chemical messenger associated with pleasure and movement. Unlike the natural release of dopamine, cocaine prevents the brain from reabsorbing the dopamine. An overload of dopamine occurs and the user experiences feelings of extreme euphoria. The brain is depleted of dopamine, leading to severe depression after the cocaine has dissipated. The severe depression that follows the euphoria leaves many users wanting to regain the euphoric "high."

The euphoric effects of cocaine are similar to those of amphetamine. Immediate effects are hyper-stimulation, reduced fatigue, and mental clarity. To avoid the fatigue and depression of coming down, many users frequently repeat doses. Excessive doses of cocaine may lead to seizures and death from respiratory failure, stroke, or heart failure. In some instances, sudden death can occur the first time cocaine is used.

# Narcotics Abuse



## How Do Narcotics Work?

Narcotics, sometimes referred to as opiates, work as pain relievers because they act on the opioid receptors in the endorphin transmitters of the body. Opioid receptors are found throughout the brain, spinal cord, nervous system, and intestines. Because narcotics enhance the opioid system by stimulating the receptors, these drugs suppress pain perception.

## What Is Heroin?

Heroin is a highly addictive drug and is considered the most abused and most rapidly acting opiate. Heroin is processed from morphine, a naturally occurring substance extracted from the seed pod of the poppy plant. Pure heroin is a white powder with a bitter taste. Street heroin's color may vary. The color indicates the amount of impurities left from the manufacturing or the presence of food coloring, cocoa, or sugar. Sometimes called "smack," "Big H," "black tar," "China white" or "Mexican brown," heroin can be sniffed or injected. Some dealers mix heroin with amphetamines, chiva, and package it in tablets. Crack addicts mix it with crack and smoke the mixture.

## What are Narcotics?

**Natural Narcotics** are drugs derived from the resin of the poppy plant. The opium poppy grows in the hot dry climates of South America, Mexico, and Southeast and Southwest Asia. Sap from the seed pods of the poppy plant is collected to make raw opium.

Natural narcotics include opium, morphine, heroin and codeine. Other narcotics, such as Meperidine, are manufactured synthetically.

All of these drugs are painkillers – and all are addictive.

## Effects Of Heroin

Heroin tends to relax the user. When heroin is injected, the user feels an immediate "rush." Other initial, but unpleasant effects include restlessness, nausea and vomiting. The user may go back and forth from feeling alert to very drowsy. With very large doses, the user cannot be awakened, the pupils become smaller, and the skin becomes cold, moist, and bluish in color. Breathing slows down and death may occur.

## Risks Of Heroin Abuse

Like other illegal drugs, heroin affects the brain. It slows the bodily functions, including breathing and heartbeat. This can lead to instant death. The physical dangers of heroin use depend on the amount, the source, and the way it is used. Over time, heroin users may develop infections of the heart lining and valves, skin abscesses, and congested lungs. Heroin addicts normally inject the drug, which means they run the risk of infection from shared or dirty needles. Diseases commonly found among heroin addicts include blood poisoning, HIV infection, hepatitis, tetanus, liver disease, syphilis, and malaria. AIDS/HIV infection is now one of the leading causes of death among addicts.



## What Is Morphine?

Morphine is the most effective drug known to man for relieving pain. Morphine, the active ingredient in most narcotic drugs, controls pain and creates a sense of euphoria. It relaxes muscles, decreases physical activity, and relieves pain and nervousness.

In limited amounts, morphine and other opiates are still used in prescription medicines. One such opiate is paregoric, which is used to treat diarrhea. Another is codeine, which is used in cough medicines. Codeine and morphine have become part of



the illegal drug trade and are widely abused.

## What Is Codeine?

Codeine is the most widely used, naturally occurring narcotic in the

world. However, most codeine used in the United States is produced from morphine. Codeine is medically prescribed for the relief of moderate pain and cough suppression. Compared to morphine, codeine produces less sedation and respiratory depression and is usually taken orally. Codeine can be found in tablet form, alone or in combination with aspirin or acetaminophen. It is also a primary ingredient in many cough syrups.

## What Is Methadone?

Methadone is best known for its use in treating narcotic addiction, though it is also used in managing chronic pain. Methadone is an addictive (synthetic opiate) narcotic. Administered once a day orally, methadone usually suppresses a heroin addict's craving and withdrawal for 24 hours, which is much longer than the heroin cycle. Methadone does not produce the rush or "high" associated with heroin abuse, but patients are as physically dependent on methadone as they were to heroin or other opiates, such as Oxycontin or Vicodin. Withdrawal from methadone should be supervised and can take up to a month or even longer. Methadone is frequently encountered on the illicit market and has been associated with a number of overdose deaths.

## What Is Meperidine?

Meperidine (Demerol) is a synthetic narcotic that is frequently prescribed by doctors to treat pain. Meperidine produces effects similar, but not identical to morphine. Meperidine can be taken in tablet form, syrups, or injections. Meperidine is about one-tenth the strength of morphine. Tolerance to the drug develops very rapidly. Because of the increasing strength needed to mask pain, addiction to Meperidine occurs quickly.

## What Is OxyContin?



OxyContin is the trade name for oxycodone hydrochloride. Other street names include, "blue," "kicker," "oxy," and "80." Oxycontin is a time-released pill form of oxycodone, a narcotic used to relieve moderate to severe pain.

OxyContin is an opioid similar to morphine and heroin. It has an increasing analgesic (pain relief) effect with increased doses. For example, the more you take, the better you feel. Other analgesics, like aspirin and acetaminophen have a limit to their effectiveness. But a medication like OxyContin can potentially provide up to four times the relief of non-opioid analgesics. This makes OxyContin an effective treatment for patients suffering from the severe pain of terminal cancer or other chronic pain syndromes.

OxyContin's availability in a time-release formula has increased the dosages of traditional oxycodone from 10 mg to 160 mg per tablet making it more attractive to abusers. Rather than swallowing the pill as indicated, abusers chew, snort, or inject the medication to avoid the time-released mechanism. This leads to an instant and intense euphoric high much like that of heroin or morphine. As with most opiates, abusers develop a tolerance to the drug requiring larger doses to achieve the desired effect — the cycle of dependency and addiction.



