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# **Drug and Alcohol Abuse Prevention Program (DAAPP)**

## **Annual Information 2023**

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## Introduction

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) requires an institution of higher education to certify that it has implemented programs to prevent the abuse of alcohol and use and/ or distribution of illicit drugs both by students and employees both on its premises and as a part of any of its activities.

At a minimum, an institute of higher education must annually distribute the following in writing to all students and employees: Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees; A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol; A description of the health risks associated with the use of illicit drugs and alcohol abuse; A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students; and A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

## Regulation Requirements

1. Institutions of Higher Education (IHEs) must certify that they have an Alcohol and Other Drug (AOD) Prevention Program
2. IHEs must provide a copy of their biennial report to the US Department of Education
3. IHEs must notify all students and employees annually of certain information. The notification must include the following:
  - a. standards of conduct that clearly prohibits, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees
  - b. A list of possible legal sanctions and penalties under federal, state, or local laws for the unlawful possession or distribution of illicit drugs and alcohol.
  - c. A description or statement of the health risk associated with the abuse of alcohol or use of illicit drugs.
  - d. A list of drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to students, staff and faculty.
  - e. A clear statement that the IHE will impose a disciplinary sanctions on students and employees for violations of the standards of conduct and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution.
4. IHEs must make the notification in writing and in a manner that ensures all students and employees receive it
5. Every two (2) years, an IHE must conduct a review of its AOD program to determine effectiveness and the consistency of sanction enforcement, in order to identify and implement necessary changes. This may include but not limited to:
  - a. program inventories
  - b. policy inventories

- c. enforcement analyses
- d. supporting documentation for each of the above categories such as descriptions or copies of the programs and policies, procedures for annual notifications, and descriptions of and supporting documentation for the means of assessing program effectiveness and enforcement consistency  
(Campus often call together a broad-based task force or committee to conduct this review)

6. IHEs must retain all records related to DFSCA compliance for three (3) years

This policy addresses the legal and responsible use of alcohol. It addresses the academic, health, personal and safety risks associated with alcohol and other drug use through education, services and resources that focus on prevention of alcohol and other drug abuse. Through wide dissemination of this policy, the school community will be informed of its contents, as required by the Drug-Free Workplace and Drug-Free Schools and Campuses Act.

It is a goal of the school to provide a safe, productive, and healthy environment in which all members of the school community can learn, work, and grow from a wealth of different school experiences. The school is determined to establish and maintain working, living, and learning conditions that are free from the negative effects of alcohol and other drug abuse. The school recognizes that the misuse or abuse of any drug can be detrimental to the health, safety, learning, and well-being of individuals as well as the school community. Therefore, in compliance with the U.S. Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989, the school offers substance abuse prevention programs for its students and employees and will identify resources and provide assistance and support for those who have, developed or are in recovery from problems with AODs

The illegal or abusive use of alcohol and/or other drugs by students, faculty or staff adversely affects school's commitment to provide an environment of excellence in teaching, research and learning. As members of the school community, we all share in the responsibility for creating and maintaining a healthy and productive environment for work and study alike.

Homestead Schools comprehensive approach to addressing substance abuse emphasizes:

1. Taking effective steps to create and maintain a drug-free workplace and educational environment for students, faculty and staff.
2. Providing continual prevention, education and counseling services along with referrals to off-campus treatment facilities as appropriate.
3. Encouraging individuals who are experiencing problems associated with alcohol and/or other drugs or chemical dependency to seek assessment, counseling and/or treatment voluntarily with the understanding that this assistance is confidential and will not be used against them.

## Annual Notification

An annual notification will be sent to all students and employees. The notification will include:

1. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees
2. A description of appropriate legal sanctions for violation of local, state, or federal laws for the unlawful possession or distribution of illicit drugs and alcohol
3. A description of the health risks associated with the abuse of illicit drugs or alcohol use
4. A list of drug and alcohol programs (counseling, treatment, rehabilitation, and re-entry) that are available to employees or students
5. A clear statement that the school will impose disciplinary sanctions on students and employees for violations of the standards of conduct and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution

## Distribution Policy

1. DAAPP disclosure is actively distributed annually to every student who is currently enrolled for academic credit and all employees.
2. Annual notification for each employee and student, in writing, of standards of conduct, a description of appropriate sanctions for violation of federal, state, and local law and campus policy, a description of health risks associated with AOD use, and a description of available treatment programs
3. Information Dissemination:  
To ensure all students and employees are aware of the DAAPP, the school has implemented procedures to distribute its DAAPP annually to all students and employees.
  - a. New staff and faculty members are informed of the policy during the employee orientation.
  - b. Annually, employees and students are made aware of the Drug and Alcohol Abuse Prevention Program and Policy by means of electronic mail.
  - c. Additionally, employees are provided a copy of the policy at the beginning of each academic year.
  - d. Students are sent the policy through electronic mail annually to ensure the content is conveyed to all students attending the school.
  - e. In addition to the annual notification, students and employees are offered written material including pamphlets and literature on drug and alcohol abuse. Such material is available at the Offices of Admissions Office and Human Resources as well as online at the school website.
  - f. Distribution of the Annual Notification
    - a. Distribution to Students
      - During orientation, advising sessions, in classes
      - Incorporating into student handbook and school catalog
      - Published on school website
    - b. Distribution to Employees
      - Enclose it once a year with employees' paychecks
      - Enclose it with the annual W-2 form
      - Include in faculty and staff handbook

## Legal Requirements

School's policy on alcohol and other drug use respects all legal requirements including, but not limited to:

1. Federal and California controlled substance laws, as well as other administrative regulations concerning alcohol and other drugs.
2. The Drug-Free Workplace Act of 1988 sets forth special requirements for employees on federal contracts and grants. It requires the school to provide notice of a conviction for a violation of any criminal drug statute occurring in the workplace by an employee engaged in the performance of work under federal contract or grant; and to report to the funding agency within ten calendar days after notice from an employee of a conviction for a violation of any drug statute occurring in the workplace.
3. California Drug Free Workplace Law. Employees or contractors of any state agency are prohibited from the unlawful manufacture, distribution, dispensation, possession or use of a controlled substance as defined in the Controlled Substances Act. The employer or contractor must publish a statement regarding the prohibition and any sanctions that will be imposed and establish a drug-free awareness program.
4. Federal and California controlled substance laws, as well as other administrative regulations concerning alcohol and other drugs.

## Laws and Regulations

1. Students, employees, and school visitors are may not consume, possess, distribute, or be under the influence of alcoholic beverages on school property or while on school business.
2. Students and employees who have attained the legal drinking age of twenty-one (21) years of age may possess and consume alcoholic beverages only at approved school functions. Those under twenty-one (21) years of age are not permitted to consume or possess alcoholic beverages at any time.
3. Students, employees and visitors are prohibited from dispensing, selling or supplying alcoholic beverages to a person under the legal drinking age.
4. Employees, students, and campus visitors aged twenty-one (21) years or older, consuming alcohol at school functions or while on school business, where such use is approved, are expected to use alcohol responsibly and not engage in illegal, unprofessional, or disruptive behavior.
5. The purchase, possession, or consumption of any alcoholic beverages (including beer and wine) by any person under the age of 21 is prohibited. Alcoholic beverages will not be provided to individuals under 21 years of age.
6. The selling, either directly or indirectly, of alcoholic beverages (including beer and wine) is prohibited. This includes selling cups, mixes, ice, tickets for admission, required donations, etc.
7. The act(s) of being drunk and disorderly in public view, including on public sidewalks and walkways, is prohibited.
8. The consumption of alcoholic beverages in school areas of academic facilities, recreation fields, school corridors and lounges. Is prohibited

9. Operating a motor vehicle while under the influence of alcohol is prohibited. The possession of an alcoholic beverage in any open container in a motor vehicle is prohibited regardless of who is driving and whether one is intoxicated.
10. Behavior that is disruptive or abusive to others as a result of using intoxicants will not be tolerated.
11. Faculty and staff who wish to host an event where alcohol will be served on any property owned or leased by the school must comply with the terms as established by the college by submitting an approval form to the administration seven (7) business days prior to the event, for review.
12. Students and student organizations who want to hold an event where alcohol is served or present while on the school premise owned or at off-campus college-sponsored events must submit an approval format least 21 days before the event for review.
13. No postings, promotions, ticket sales, and announcements may be made, placed or distributed that mention, make reference to, allude to or depict alcohol; promote, invite or encourage alcohol consumption; or mention or allude to the amount of alcohol to be served or consumed at a particular school event.
14. Funding, donations, give-aways and other remuneration for school events and activities by the manufacturers, distributors or sellers of alcohol are prohibited without written authorization.
15. Any member of the school community who violates this policy is subject to both prosecution and punishment under federal, state and local laws and to disciplinary proceedings by the school.
16. The school reserves the right to hold students accountable, regardless of age, for being intoxicated. Behavioral symptoms frequently associated with intoxication will be considered in determining intoxication. These symptoms may include, but are not limited to, the following: impaired motor skill coordination, difficulty communicating, vomiting, glazed/red eyes, the smell of alcohol on one's breath, verbal and/or physical aggressiveness, destructive and/or disruptive behavior, and engaging in any behavior which may endanger oneself or others. Members of the school community are further prohibited from performing employment duties or participating in classes and student activities while impaired due to the effects of AOD consumption, regardless of whether such impairment rises to the level of intoxication.
17. Students should be aware that the school may notify their parents or legal guardians if the school determines that their use or consumption of alcohol or other drugs possess a threat to their health or safety.
18. Students, employees, and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of illegal drugs or engaging in improper self-medication while on school property or business.
19. The use of tobacco, retail sale and commercial distribution of tobacco and tobacco products in all enclosed school buildings and facilities.
20. Funding, donations, give-aways and other remuneration for school events and activities by the manufacturers, distributors or sellers of tobacco and tobacco products are prohibited.
21. Possession, use, manufacture, distribution or sale of illegal drugs and drug paraphernalia is prohibited.
22. Unlawful distribution, abuse of prescription drugs, use of prescription drugs without a prescription is prohibited.

## **Violations and Sanctions**

This policy is not designed to punish people for seeking rehabilitation. All information about those individuals who voluntarily avail themselves of drug or alcohol counseling or rehabilitation services will remain confidential. Seeking counseling or rehabilitation will not be used as a basis for disciplinary action or be used against an individual in any way.

School employees and students who violate this policy shall be informed about and referred to services to assist them in determining whether they are abusing drugs and alcohol or are chemically dependent. If a problem is found to exist, the individual will be referred to resources to assist him/her in overcoming the drug or alcohol abuse pattern. This referral or assessment shall not limit the school's ability to pursue appropriate disciplinary action, up to and including termination or expulsion, when an employee or student has violated this policy or any other school policy.

### **School Sanctions**

Any faculty, staff, administrator or other employee who violates the policy on alcohol and other drugs shall be subject to corrective or disciplinary action up to and including the possibility of dismissal, in accordance with, and only as permitted by school policies and state and federal law.

Any student who violates the policy on alcohol and other drugs shall be subject to corrective action, such as participation in a substance abuse program or other counseling, or disciplinary action up to and including the possibility of dismissal from the institution.

Violation of school policies and rules will be subject to campus disciplinary review and action, as follows:

### **Students**

Disciplinary action will be taken by the school and may include sanctions ranging from formal reprimand to permanent dismissal, in addition to counseling and/or referral to a substance abuse educational/ intervention program.

Students who violate AOD laws or campus regulations while on the school owned or leased property or at off-campus, College-sponsored events are subject to a variety of sanctions which may include, but are not limited to, one or more of the following: written warnings; fines; required participation in AOD educational programs; community service; parental notification; loss of school privileges; referral for substance abuse evaluation or treatment; disciplinary, probation; suspension, and/or expulsion, and prosecution by the appropriate federal, state and city authorities.

All students found in violation, will receive:

1st violation – For possession (not consumption) of alcohol only - Alcohol awareness class and probation for six (6) months from the date of resolution.



1st violation – For consumption, use, distribution, and possession of alcohol or use, possession, distribution of other drugs – Alcohol and Other Drug awareness class and probation for twelve (12) months from the date of resolution.

2nd offense while on probation – suspension from institution for current Term.

Two or more violations (separate incidents) while not on probation – suspension from institution for current Term.

Students who are suspended from the school for any length of time should be aware that this action may impact the tuition and student financial aid.

## **Employees**

Disciplinary action will be taken including termination of employment. Faculty and Staff who violate AOD laws or campus regulations while on the school owned or leased property or at off-campus, College-sponsored events are subject to a variety of sanctions which may include, but are not limited to, one or more of the following: written warnings; referral for substance abuse evaluation or treatment; on-the-job disciplinary actions; demotion, suspension, or termination of employment; and/or referral for prosecution by appropriate federal, commonwealth, and city authorities.

Any employee who is convicted for the first time, under the laws of any state or the United States, of any criminal offense involving the manufacture, distribution, sale, or possession of a controlled substance, marijuana, or a dangerous drug shall at a minimum be suspended from his or her employment for a period of not less than two months or dismissed.

In the case of a suspension, such employee shall be required as a condition of completion of suspension to complete a drug treatment and education program. Upon a second conviction, such employee must be terminated.

If, prior to an arrest for an offense involving a controlled substance, marijuana, or a dangerous drug, an employee notifies his or her immediate supervisor that he or she illegally uses a controlled substance, marijuana, or a dangerous drug and is receiving or agrees to receive treatment under a drug abuse treatment and education program, the employee shall be entitled to maintain employment for up to one (1) year as long as the employee follows the treatment plan. During this period, the employee shall not be separated from his or her employment solely on the basis of the employee's drug dependence, but the employee's work activities may be restructured if practicable to protect persons or property. In addition, this policy does not prohibit the institution from taking appropriate disciplinary action for violations of the conduct policy. An employee retained in accordance with the provisions of this policy will be subject to return-to-work and random selection for controlled substance testing for no less than one year. In addition, the employee may be tested "for cause" if the testing falls within the treatment center's contract time period and the testing is arranged by the treatment center.

## Community Sanctions

Violations of laws and ordinances may result in misdemeanor or felony convictions accompanied by the imposition of legal sanctions which include, but are not limited to, the following:

1. Fines as determined under local, state or federal laws.
2. Civil penalties such as:
  - a. suspension or revocation of professional and occupational licenses
  - b. restriction from public employment for up to five years
  - c. denial of retirement benefits
  - d. denial of state-sponsored loans and mortgages
  - e. Workers' compensation benefits will also be denied in certain instances where alcohol or other drugs are a cause of injury.
3. Imprisonment, including up to life imprisonment for possession of more than 650 grams or trafficking in drugs such as Heroin and Cocaine.
4. Forfeiture of personal and real property.
5. Denial of federal benefits such as grants, contracts, and student loans.
6. Loss of driving privileges.
7. Required attendance at substance abuse education or treatment programs.

A full description of federal sanctions for drug felonies can be found at the following url: <http://www.usdoj.gov/dea/agency/penalties.html>

## California Law

California law prohibits the purchase or possession of alcohol by a person under the age of 21, or the furnishing of alcohol to such a person. Driving under the influence of alcohol or other drugs also is illegal. It is against California law, under certain circumstances, to walk or be upon a roadway while under the influence of alcohol or other drugs. The punishment for these offenses may include imprisonment, payment of a fine, mandatory treatment and education programs, community service, and mandatory loss of one's driver's license.

## Federal Penalties and Sanctions

Federal sanctions for the illegal possession of drugs include imprisonment up to 1 year and/or a minimum fine of \$1,000 for a first conviction; imprisonment for 15 days-2 years and a minimum fine of \$2,500 for a second drug conviction; and imprisonment for 90 days-3 years and a minimum fine of \$5,000 for a third or subsequent drug conviction. For possession of a mixture or substance which contains a cocaine base, federal sanctions include 5-20 years in prison and a minimum fine of \$1,000, for a first conviction if the mixture or substance exceeds 5 grams, for a second conviction if the mixture or substance exceeds 3 grams, and for a third or subsequent conviction if the mixture or substance exceeds 1 gram. Additional possible penalties for the illegal possession of drugs are forfeiture of real or personal property used to possess or to facilitate

possession of a controlled substance if the offense is punishable by more than 1 year imprisonment; forfeiture of vehicles, boats, aircraft, or any other conveyance used, or intended for use, to transport or conceal drugs; civil fine up to \$10,000 per violation; denial of federal benefits, such as student loans, grants, contracts, and professional and commercial licenses for up to 1 year for a first and up to 5 years for a second or subsequent offense; successful completion of a drug treatment program; community service; and ineligibility to receive or purchase a firearm.

## **Oversight and Responsibility**

Homestead Schools has established the DAAPP Review Committee to annually review the program's data, evaluate effectiveness and make any necessary recommendations for improvement. The Committee will annually prepare a written report and submit the report to the School President for review and approval.

The DAAPP Review Committee members include the following:

1. George Dayrit, Financial Aid Administrator, Admissions Director
2. Christy Magles, Campus Security Officer
3. Adel Blanco, VN Program Director/RN-BSN Program Coordinator
4. Hector Correa, Campus Security Authority
5. Edwin Caniete, VN Program Coordinator
6. Jeanette Villaraza, Admissions Coordinator

## **Program Resources for Individual and Group Counseling**

A list of local resources with descriptions of drug and alcohol counseling treatment, rehabilitation or reentry programs available to students are provided below:

New Beginnings Interfaith Drug and Alcohol Treatment Care Center

New Beginnings Interfaith Drug and Alcohol Treatment Care Center is an alcohol rehab and drug treatment program that is located at

3119 Torrance Blvd #36D Torrance, CA 90503

You can contact New Beginnings Interfaith Drug and Alcohol Treatment Care Center by calling (310) 904-6782.

Types of Services

Methadone Maintenance, Hospital Inpatient Treatment, Gay and Lesbian, Residential Beds for Children, Methadone Detox, Transitional Housing, Men, Women, Seniors

Payment Structure & Forms

Sliding Scale Fee

Driver Benefits Inc.

Driver Benefits Inc. is an alcohol rehab and drug rehabilitation program that is located at 2370 West Carson Street Suite 150 Torrance, CA 90501

You can contact Driver Benefits Inc. by calling (310) 320-9550.

Types of Services

Outpatient Treatment, DUI Offenders, Court Appointed Clients, Spanish Speaking, Languages other than Spanish

Payment Structure & Forms

Self Pay

National Council on Alcohol and Drug Dependence

National Council on Alcohol and Drug Dep is an alcohol rehab and drug treatment center that is located at

1334 Post Avenue Torrance, CA 90501

You can contact National Council on Alcohol and Drug Dep by calling (310) 328-1460.

Types of Services

Outpatient Treatment, DUI Offenders, Court Appointed Clients, Spanish Speaking

Payment Structure & Forms

Self Pay

Options for Recovery

Options for Recovery is a drug rehabilitation and alcohol treatment program that is located at 1124 West Carson Street Building N-33 Torrance, CA 90502

You can contact Options for Recovery by calling (310) 222-5410.

Types of Services

Outpatient Treatment, Drug and Alcohol Day Treatment, Pregnant Women, Women

Payment Structure & Forms

Sliding Scale Fee, Help with Payments

South Bay Drug Abuse Coalition

South Bay Drug Abuse Coalition is an alcohol treatment and drug treatment facility that is located at 2370 West Carson Street Suite 136 Torrance, CA 90501

You can contact South Bay Drug Abuse Coalition by calling (310) 328-0780.

Types of Services

Mental Health and Substance Abuse Treatment, Outpatient Treatment, Services for Minors, Pregnant Women, Women, Men, Court Appointed Clients, Hearing Impaired Clients

Payment Structure & Forms

Private Pay, Self Pay, Sliding Scale Fee, Help with Payments

Thelma McMillen Center

Thelma McMillen Center is a drug rehab and alcoholism treatment center that is located at 3333 Skypark Drive Torrance, CA 90505

You can contact Thelma McMillen Center by calling (310) 257-5760.

Types of Services

Drug and Alcohol Detox, Outpatient Treatment, Services for Minors

Payment Structure & Forms

Medicaid Assistance, Medicare Assistance, Private Pay, Military Insurance, Self Pay

Twin Town Treatment Centers

Twin Town Treatment Centers is an alcohol rehabilitation and drug rehab center that is located at 2171 Torrance Boulevard Suites 8 and 9 Torrance, CA 90501

You can contact Twin Town Treatment Centers by calling (310) 787-1335.

#### Types of Services

Drug and Alcohol Detox, Outpatient Treatment, Drug and Alcohol Day Treatment, Services for Minors

#### Payment Structure & Forms

Private Pay, Self Pay

#### Western Health Harbor City Clinic

Western Health Harbor City Clinic is an alcohol rehab and drug treatment facility that is located at 1647 West Anaheim Street Harbor City, CA 90710

You can contact Western Health Harbor City Clinic by calling (310) 534-5590.

#### Types of Services

Mental Health and Substance Abuse Treatment, Drug and Alcohol Detox, Methadone Maintenance, Methadone Detox, Outpatient Treatment, Dual Diagnosis, HIV - AIDS, Gay and Lesbian, Seniors, Pregnant Women, Women, Men, Court Appointed Clients, Spanish Speaking, Languages other than Spanish

#### Payment Structure & Forms

Medicaid Assistance, Medicare Assistance, Private Pay, Military Insurance, Self Pay, Sliding Scale Fee

#### South Bay Alcoholism Services

South Bay Alcoholism Services is an alcohol treatment and drug rehabilitation program that is located at

23752 Gulf Avenue Carson, CA 90745

You can contact South Bay Alcoholism Services by calling (562) 200-1702.

#### Types of Services

Transitional Housing

#### Greenfields Health Services Inc.

Greenfields Health Services Inc. is an alcohol rehab and drug rehabilitation program that is located at

637 East Albertoni Street Suite 109 Carson, CA 90746

You can contact Greenfields Health Services Inc. by calling (310) 532-0063.

#### Types of Services

Outpatient Treatment, Drug and Alcohol Day Treatment, Services for Minors, Dual Diagnosis, HIV - AIDS, Gay and Lesbian, Seniors, Women, Men, Court Appointed Clients, Hearing Impaired Clients, Spanish Speaking, Languages other than Spanish

#### Payment Structure & Forms

Medicaid Assistance, Medicare Assistance, Private Pay, Military Insurance, Self Pay, Sliding Scale Fee, Help with Payments

#### Counseling and Research Associates

Counseling and Research Associates is an alcohol addiction treatment and drug rehab program that is located at

130 West Victoria Street Gardena, CA 90248

You can contact Counseling and Research Associates by calling (310) 715-2020.

#### Types of Services

Mental Health Treatment, Outpatient Treatment, Services for Minors, Dual Diagnosis, Pregnant Women, Spanish Speaking, Languages other than Spanish  
Payment Structure & Forms  
Medicaid Assistance

Be Well Now Institute Inc.

Be Well Now Institute Inc. is an alcohol treatment and drug rehabilitation facility that is located at 20710 South Leapwood Avenue Suite C Carson, CA 90746

You can contact Be Well Now Institute Inc. by calling (310) 324-0447.

Types of Services

Outpatient Treatment, Services for Minors, Languages other than Spanish

Payment Structure & Forms

Medicaid Assistance, Sliding Scale Fee, Help with Payments

Goretti Health Services Inc.

Goretti Health Services Inc. is a drug treatment and alcoholism treatment facility that is located at 14623 Hawthorne Boulevard Suite 306 Lawndale, CA 90260

You can contact Goretti Health Services Inc. by calling (310) 973-0100.

Types of Services

Outpatient Treatment, Services for Minors, HIV - AIDS, Seniors, Pregnant Women, Women, Men

Payment Structure & Forms

Medicare Assistance, Private Pay, Self Pay, Sliding Scale Fee

Lawndale Medical and

Lawndale Medical and is an alcohol rehab and drug rehab facility that is located at 4023 Marine Avenue Lawndale, CA 90260

You can contact Lawndale Medical and by calling (310) 675-9555.

Types of Services

Mental Health and Substance Abuse Treatment, Drug and Alcohol Detox, Methadone Maintenance, Methadone Detox, Outpatient Treatment, Spanish Speaking

Payment Structure & Forms

Medicare Assistance, Private Pay, Self Pay

Transcultural Health Development

Transcultural Health Development is an alcohol rehabilitation and drug rehab center that is located at

117 East Harry Bridges Boulevard Wilmington, CA 90744

You can contact Transcultural Health Development by calling (310) 549-8383.

Types of Services

Drug and Alcohol Detox, Methadone Maintenance, Methadone Detox, Outpatient Treatment, HIV - AIDS, Women, Hearing Impaired Clients, Spanish Speaking, Languages other than Spanish

Payment Structure & Forms

Private Pay, Self Pay

Behavioral Health Services

Behavioral Health Services is a drug treatment and alcohol rehab center that is located at 15519 Crenshaw Boulevard Gardena, CA 90249

You can contact Behavioral Health Services by calling (310) 679-9031x1211.

Types of Services

Outpatient Treatment, DUI Offenders, Court Appointed Clients, Spanish Speaking

Payment Structure & Forms

Private Pay, Self Pay

Asian American Drug Abuse Program Inc.

Asian American Drug Abuse Program Inc. is an alcohol rehab and drug treatment facility that is located at

13931 South Van Ness Avenue Gardena, CA 90249

You can contact Asian American Drug Abuse Program Inc. by calling (310) 768-8018.

Types of Services

Mental Health and Substance Abuse Treatment, Outpatient Treatment, Services for Minors, Gay and Lesbian, Court Appointed Clients, Spanish Speaking

Payment Structure & Forms

Help with Payments

Your Empowering Solutions Inc.

Your Empowering Solutions Inc. is a drug rehab and alcohol rehabilitation program that is located at

4020 Palos Verdes Drive North Suite 201 Rolling Hills Estates, CA 90274

You can contact Your Empowering Solutions Inc. by calling (310) 541-6350.

Types of Services

Outpatient Treatment, Dual Diagnosis, HIV - AIDS, Gay and Lesbian, Seniors, Pregnant Women, Women, Men

Payment Structure & Forms

Self Pay

Southland Outpatient Recovery Center

Southland Outpatient Recovery Center is an alcohol rehab and drug rehabilitation center that is located at

431 West Compton Boulevard Compton, CA 90220

You can contact Southland Outpatient Recovery Center by calling (310) 637-0341.

Types of Services

Mental Health and Substance Abuse Treatment, Outpatient Treatment, Services for Minors, Dual Diagnosis, HIV - AIDS, Gay and Lesbian, Seniors, Pregnant Women, Women, Men, Court Appointed Clients, Spanish Speaking

Payment Structure & Forms

Medicaid Assistance, Medicare Assistance, Private Pay, Military Insurance, Self Pay

Get Off Drugs Treatment Center

Get Off Drugs Treatment Center is a drug treatment and alcoholism treatment program that is located at

1416 South Tamarind Street Compton, CA 90220

You can contact Get Off Drugs Treatment Center by calling (562) 422-5212.

Types of Services

Residential Long-Term Rehab

## Payment Structure & Forms Self Pay

Priority Healthcare Services Inc.

Priority Healthcare Services Inc. is a drug treatment and alcoholism treatment program that is located at

2023 West Compton Boulevard Compton, CA 90220

You can contact Priority Healthcare Services Inc. by calling (310) 763-7000.

Types of Services

Outpatient Treatment, Gay and Lesbian, Seniors

Payment Structure & Forms

Medicare Assistance, Private Pay, Self Pay

## Health Risks Associated with Alcohol and Drugs

### Alcohol

Alcohol is a legal drug. Nonetheless, it is a depressant and is the leading drug of abuse in America. Use of alcohol may affect judgment and decision-making abilities, slow down the central nervous system and brain function, and reduce coordination and reflex actions. Alcohol use (even low doses) may increase the incidence of a variety of aggressive acts, including physical altercations, threats, and domestic abuse. Higher doses may cause marked impairments in mental functions, severely altering a person's ability to learn and remember information. Very high doses may cause respiratory depression and death. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, also can lead to permanent damage to vital organs such as the brain and the liver.

A 12-oz. can of beer, a 5-oz. glass of wine and a 1.5-oz. shot of hard liquor all contain the same amount of alcohol. Coffee, cold showers and exercise do not speed up the body's ability to metabolize alcohol – only the passage of time will free the body from the effects of alcohol.

### Recognizing Signs of Alcohol Intoxication/Overdose

If you drink or have friends who drink it's important to know the signs and symptoms of alcohol poisoning: It's not necessary for all of these symptoms to be present before you seek help.

1. Vomiting
2. Confusion, stupor
3. Seizures
4. Slow breathing (less than eight breaths a minute)
5. Irregular breathing
6. Blue-tinged skin or pale skin
7. Low body temperature- (feels cold & clammy to touch)
8. Unconsciousness ("passing out")
9. Signs of an amphetamine overdose may include:
10. Rapid heartbeat
11. Increased temperature/sweating



12. Behavior changes indicated by increased anxiety, delirium or psychosis
13. A person who is unconscious or can't be aroused is at risk of dying.

#### SIGNS AND SYMPTOMS OF ABUSE

- Dulled mental processes
- Lack of coordination
- Slowed reaction time
- Poor judgment
- Reduced inhibitions

Alcohol consumption causes a number of marked changes in behavior. Even small amounts alcohol can significantly impair the judgment, reaction time and coordination needed to safely operate equipment or drive a car.

#### HEALTH EFFECTS OF ALCOHOL

- Decreased sexual functioning
- Liver cancer, fatty liver, hepatitis, cirrhosis
- Increased cancers of the mouth, tongue, pharynx, esophagus, rectum, breast and skin
- Kidney disease
- Ulcers
- Increased acid in the stomach
- Insomnia
- Gout;
- Contributes to high blood pressure and strokes
- Heart muscle disease or heart failure
- Use during pregnancy can cause fetal alcohol syndrome, increased risk of miscarriages, premature births, stillbirths, and low-birth-weight babies;
- Increased blood sugar levels which makes diabetes worse;
- Increased severity of mental health problems such as bipolar disorder, posttraumatic stress disorder, depression, anxiety, and addiction

### **Marijuana**

Marijuana is a derivative of the cannabis sativa plant and is illegally used for its intoxicating effects and dreamy state of relaxation and euphoria. All forms of marijuana have negative physical and mental effects. Long-term users of marijuana may develop tolerance levels requiring more and more marijuana to achieve the same "high". Prolonged use leads to dependence, and the drug can become the center of users' lives. The active ingredient in marijuana is Delta-9-Tetrahydrocannabinol, or THC.

#### SIGNS AND SYMPTOMS OF USE

- Several regularly observed physical effects of marijuana include:
  1. substantial increase in heart rate
  2. bloodshot eyes
  3. dry mouth and throat
  4. increased appetite

- 5. chronic sore throat
- Use of marijuana also has mental effects that may include:
  1. impaired or reduced short-term memory and comprehension
  2. altered sense of time
  3. changed sensory perception--sight, smell, hearing, touch
  4. reduced ability to perform tasks requiring concentration and coordination, such as driving a car
- Research also shows that people do not retain knowledge when they are “high”. Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana also can produce paranoia and psychosis.

## HEALTH EFFECTS

- Emphysema-like symptoms
- Respiratory track and sinus infections
- Lowered immune system response
- Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

## Inhalants

Inhalants are mood-altering substances that are voluntarily inhaled. Most substances used are commercial and household products, such as solvents and aerosols, which are easily obtained and are not harmful, if used for the purpose intended and as directed. Because they are common products, inhalants often are a young person’s first attempt at “getting high”. Inhalants can severely impair judgment and driving ability. They also cause severe disorientation, visual distortion and confusion. There is evidence that tolerance to the effects of inhalants develops with continued use so, users need to increase use to obtain the same high. Studies have shown that dependence on inhalants continues even when the user goes on to use other drugs. Inhalants include: Nitrous Oxide, laughing gas, propellant aerosol cans, Amyl Nitrite, poppers, snappers in ampules, Butyl Nitrite, rush, bullet, climax, aerosol sprays, aerosol paint cans, containers of cleaning fluid, gasoline, glue and paint thinner.

## SIGNS AND SYMPTOMS OF USE

- Inhaling solvents allows the substance to reach the bloodstream very quickly. The immediate negative effects of inhalants include:
  1. nausea
  2. sneezing
  3. coughing
  4. nosebleeds
  5. fatigue
  6. poor coordination
  7. loss of appetite
- Solvents and aerosol sprays also may decrease heart and respiratory rates. Amyl and Butyl Nitrite cause rapid pulse, headaches and involuntary passing of urine and feces.

## HEALTH EFFECTS

- hepatitis
- brain damage
- debilitating effects on the central nervous system
- weight loss
- fatigue
- electrolyte imbalance
- muscle fatigue
- permanent damage to the nervous system
- Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or depressing the central nervous system to the point that breathing stops.

## Cocaine

Cocaine is the most potent stimulant of organic origin and the most widely used of the stimulants. Although cocaine has been used in the past as a topical anesthetic, its therapeutic uses have almost been eliminated due to the development of safer anesthetics. Cocaine is a powerfully addictive drug leading to physical and psychological dependence. Cocaine powder is sniffed or snorted. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Cocaine powder can also be injected into the bloodstream when it is mixed with water. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Inhalation of cocaine fumes from freebasing produces effects that are very fast in onset, very intense and momentary in duration. Crack is cocaine that is processed into tiny chips having the appearance of slivers of soap. Crack has become a very popular form of cocaine, since it is inexpensive and relatively easy to use. It is smoked in a pipe or rolled with tobacco in a cigarette.

## SIGNS AND SYMPTOMS OF USE

- dilated pupils
- increased pulse rate
- elevated blood pressure
- insomnia
- loss of appetite
- tactile hallucinations
- paranoia
- seizures
- anxiety, agitation
- periods of increased activity followed by fatigue and depression
- wide mood swings
- difficulty in concentration

## HEALTH EFFECTS

- Cocaine stimulates the central nervous system. Its effects include:
  1. dilated pupils

2. elevated blood pressure
3. elevated heart rate
4. elevated respiratory rate
5. elevated body temperature
6. death by cardiac arrest or respiratory failure

## **Other Stimulant**

Stimulants are drugs that stimulate the central nervous system and excite bodily activity. Methamphetamine is one of the fastest growing drugs of abuse. These drugs create less intense and less expensive cocaine-like effects in the body. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions and paranoia. These symptoms usually disappear when drug use ceases. Amphetamines can be swallowed in pills or capsules, smoked as “crank” and “ice” or injected. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever or heart failure.

### **SIGNS AND SYMPTOMS OF USE**

- Mood changes
- Impaired concentration
- Impaired mental functioning
- Swings between apathy and alertness
- Restless, anxious and moody behavior.

### **HEALTH EFFECTS**

- increased heart and respiratory rates
- elevated blood pressure
- sweating
- headaches
- blurred vision
- dizziness
- sleeplessness and anxiety
- rapid or irregular heartbeat
- tremors
- poor coordination
- physical collapse
- Physical exertion while using stimulants can be dangerous because of the drugs' effects on the body's temperature-regulating and cardiovascular systems and can cause deaths in otherwise healthy young athletes.

## **Depressants**

A depressant is a drug that depresses the central nervous system, resulting in sedation and a decrease in bodily activity. Depressants, taken as prescribed by physicians, can be beneficial for the relief of anxiety, irritability, stress and tension. The main classes of medical depressants are

barbiturates and benzodiazepines. When regular users suddenly stop taking large doses, they can develop withdrawal symptoms ranging from restlessness, insomnia and anxiety to convulsions and death. Babies born to mothers who abuse depressants during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result. Depressants are known as: barbiturates, downers and tranquilizers, such as Valium, Librium, Equanil, Serax, Tranxene and Zanax.

#### SIGNS AND SYMPTOMS OF USE

- The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause:
  1. slurred speech
  2. staggered walk
  3. altered perception
  4. mental clouding and drowsiness
  5. respiratory depression
  6. coma and death

#### HEALTH EFFECTS

- physical and psychological dependence
- tolerance to the drug, leading the user to increase the quantity consumed.

### **Hallucinogens**

Hallucinogenic drugs distort the senses and often produce hallucinations--experiences that depart from reality. Some negative health effects may last six months to a year following prolonged daily use. Phencyclidine (PCP) interrupts the function of the neurocortex, the section of the brain that controls the intellect and keeps instincts in check, because the drug blocks pain receptors. Violent PCP episodes may result in self-inflicted injuries. Lysergic acid (LSD), mescaline and psilocybin also are hallucinogens that cause illusions and hallucinations. It is common to have a bad psychological reaction to LSD, mescaline and psilocybin. The user may experience panic, confusion, suspicion, anxiety and loss of control. Delayed effects or flashbacks can occur even after use has ceased.

#### SIGNS AND SYMPTOMS OF USE

- impaired concentration
- confusion and agitation
- muscle rigidity
- profuse sweating
- a sense of distance and estrangement
- muscular coordination worsens and senses are dulled
- blocked and incoherent speech
- dilated pupils
- elevated body temperature
- increased heart rate and blood pressure
- loss of appetite

- sleeplessness
- tremors

## HEALTH EFFECTS

- persistent memory problems
- speech difficulties
- Mood disorders, such as depression, anxiety and violent behavior
- paranoid and violent behavior
- hallucinations
- convulsions and coma
- heart and lung failure.

## Narcotics

Narcotic analgesics are the most effective compounds used for pain relief. Narcotic analgesics include Opium, Opiates (morphine, codeine, percodan, heroin and dilaudid) and Opioids (synthetic substitutes such as vicodin, darvon, demerol and methadone). Narcotics can be smoked or eaten (opium), injected, taken orally or smoked (morphine), inhaled, injected or smoked (heroin). Opiates also are known as: heroin, smack, horse, brown sugar and black tar.

## SIGNS AND SYMPTOMS OF USE

- A feeling of euphoria that is often followed by:
  1. drowsiness
  2. nausea and vomiting
  3. constricted pupils
  4. watery eyes and itching
  5. low and shallow breathing
  6. clammy skin
  7. impaired respiration
  8. convulsions
  9. coma
  10. possible death

## HEALTH EFFECTS

- easy addition
- addiction in pregnant women can lead to premature, stillborn or addicted infants who experience severe withdrawal symptoms.

## Designer Drugs

Illegal drugs are defined in terms of their chemical formulas, but underground chemists can modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs, which do not meet these definitions. These drugs can be several hundred times stronger than the drugs they are designed to imitate.

Many of the so-called designer drugs are related to amphetamines and have mild stimulant properties but are mostly euphorants. They can produce severe neurochemical damage to the

brain. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease, including uncontrollable tremors, drooling, impaired speech, paralysis and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating and faintness.

Psychological effects include anxiety, depression and paranoia. As little as one dose can cause brain damage, and the designer drugs still cause illusions, hallucinations and impaired perception.

Some designer drugs are: Synthetic Heroin White, MPTP (New Heroin), analogs of MDMA (Ecstasy, XTC, Essence), hallucinogens (STP, PMA, EVE) and analogs of PCP.