

How to Help Warning Signs

If you know someone who has problems related to drinking alcohol or other drug use, you are not alone. You don't have to be an expert to know if your friend has a problem. If s/he has these kinds of troubles related to alcohol or other drugs, your friend may need to talk with someone. Here are some warning signs to watch for:

- Does he or she:**
- Try to hide his/her drinking or other drug use?
 - Not remember what happened while he or she was using drugs or drinking?
 - Have problems in job or school performance?
 - Take physical risks, like driving, biking, or swimming, while intoxicated?
 - Avoid talking about drinking or drug use, except to brag about how much was drunk or how high he or she got?
 - Think about "getting high" a lot?
 - Limit friends to those who drink or use drugs a lot?
 - Seem unable to have a good time or to party unless alcohol or drugs are available?
 - Say he or she sometimes "needs" a drink or drug?
 - Get angry when you mention your concerns and deny that there is anything wrong?
 - Have a history of alcohol or other drug problems in the family?

How You Can Help

First, learn more about alcohol and other drug abuse. Libraries, and alcohol and other drug information agencies and treatment centers are good places to get more information.

Next, find out where your friend can get help on campus or in your community. Having this information available if and when your friend needs it will pay off. Most people who seek help for alcohol or drug problems get better.

Let your friend know how much you care. Explain how his/her drinking and/or other drug use affect you and your friendship. Use your own words and say what is right for you. Be honest and specific. Say exactly what makes you unhappy, and how those problems relate to drinking and/or drugs.

Don't get discouraged if your friend gets angry, refuses to listen, or denies the problem. These reactions are common in people who have alcohol or other drug problems. All you can do is say how you feel, show that you care, and suggest ways to get help. Feel OK if you do that.

Arizona Western College offers educational, career, and lifelong learning opportunities through innovative partnerships which enhance the lives of the people in Yuma and La Paz counties.

Resources

On Campus

AWC offers resources relating to substance abuse prevention for students and staff. Anyone concerned about their own use of alcohol and other drugs, or about the use by someone else is welcome to contact these departments:

Campus Health Services *Human Resources*
(928) 344-7602 (928) 344-7505

ARIZONA WESTERN COLLEGE

P.O. Box 929
Yuma, AZ 85366-0929
(928) 317-6000
www.azwestern.edu

Off Campus

Employee Assistance Program, Contact

(800) 222-8335

Alcoholics Anonymous

(928) 782-2605

Al-Anon

(928) 783-2011

Catholic Community Services

(928) 314-8400

Crossroads Mission

(928) 783-9362

Centpatco Behavior Health of Arizona

(866) 495-6738

24 Hour Crisis Line

(866) 495-6735

AWC does not discriminate in admission or access to, or treatment or employment in, its services, programs, or activities on the basis of race, color, national origin, sex, religion, age (40+), or disability, in compliance with the laws of the United States and the State of Arizona. Any questions regarding the applicability of state and federal anti-discrimination laws to AWC and its services, programs or activities, and any grievances or claims of violation of such laws should be directed to its compliance officer: the Vice President for Administrative Services, P.O. Box 929, Yuma, AZ, 85366-0929, (928) 344-7518.

Drug-Free Workplace Policy & Drug Abuse Prevention Program



Drug-Free Workplace Policy

Arizona Western College intends to promote a drug-free, healthful, safe, and secure work environment. The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance is prohibited in or on property owned or controlled by Arizona Western College. The use of any unlawful controlled substance while in or on property owned or controlled by Arizona Western College is prohibited. No employee will report to work while under the influence of any unlawful controlled substance. A controlled substance is defined by Title 21 USC Section 821 (Schedules I-IV), as now enacted or subsequently amended. Violation of this policy by any employee may result in a referral for mandatory evaluation or treatment for a substance abuse disorder. Disciplinary action up to and including dismissal from employment may be imposed.

Arizona Western College recognizes drug dependency to be an illness and major health problem. The institution also classifies drug usage and abuse as a potential safety and security problem. Employees needing assistance in dealing with such problems are strongly encouraged to utilize the Employee Assistance Program provided by health insurance plans, when appropriate.

To comply with federal law, Arizona Western College requires an employee to notify the employing official of any criminal drug statute conviction for any violation occurring in the workplace no later than five (5) days after such conviction. If the employee is engaged in the performance of a federally sponsored grant or contract, the College must notify the federal contracting agency within ten (10) days of having received notice that the employee has been convicted of a drug statute violation occurring in the workplace. Within thirty (30) days of receipt of such notice, the College will take disciplinary action against the convicted employee and/or require satisfactory participation in a drug/alcohol abuse assistance or rehabilitation program. Disciplinary action may include dismissal from employment or other appropriate personnel action(s). Employment at Arizona Western College is conditioned upon the employee's willingness to abide by this policy. This policy was adopted pursuant to the federal Drug-Free Work Place Act of 1988.

In compliance with the Drug-Free Schools and Communities Act Amendment of 1989, Public Law 101-226, Arizona Western College is committed to providing a drug-free learning environment. The unlawful manufacture, distribution, sale, possession, or use of illicit drugs or alcohol at AWC is prohibited. Each student is responsible for behavior that does not adversely affect safety, health, or the learning process of him/herself or others. Use of drugs and/or alcohol on the AWC campus will be cause for disciplinary action.

Most Commonly Abused Drugs			
Substance	Common or Slang Names	Possible Long-term Effects	Dependence Potential-Physical/Psychological
Alcohol	Beer, Wine, Liquor, Booze, Juice, Sauce, Brew, Vno	Severe impairment of all physical and mental functions; high risk of choking on vomit, or injury from falls or accidents; may cause death due to anesthesia of brain centers controlling breathing, heart rate, and consciousness.	Yes/Yes
Stimulants	Cocaine, Crack, Speed, Meth, Chalk, Amphetamines, Diet Pills, or many other natural and synthetic stimulant products	Increase of heart rate and blood pressure, possibly leading to irreversible damage to blood vessels in the brain producing stroke. Other problems include: agitation, irritability, dizziness, loss of appetite, confusion, tactile, convulsions, delusions, hallucinations, toxic psychosis, possibly death.	Possible/Yes
Cannabis	Marijuana, Hashish, Hashish Oil, Pot, Herb, Boom, Mary Jane, Grass, Dope, Weed, Homegrown, Joints, Sinsemilla, Maui-Wowie, Thai Sticks, Roaches, Smoke	Fatigue; reactions ranging from mild anxiety to panic and paranoia, confusion, disorientation; hallucinations and distortion of sense perceptions, bronchitis, conjunctivitis, and possibly birth defects.	No/Possible
Sedatives	Barbiturates, Tranquilizers, Methaqualone, Ludes, 714's Spoor, Barbs, Bluebirds, Blues, Fools, Yellow Jackets	Shallow respirations; weak and rapid pulse; severe withdrawal symptoms, toxic psychosis, coma; possible death from depression of central nervous system.	Yes/Yes
Narcotics	Heroin, Codeine, Morphine, Opium, Percodan, Percocet, Fentanyl, H, Horse, Junk, Smack, Stuff, Brown Sugar, Coke, Rock, Toof, Blow, Snow, Pearl Flake, Snort, Line	Shallow and slow breathing; dizziness; constipation; loss of appetite; vomiting, sweating; convulsions; coma; possible death. Highly addictive. Associated with fatal overdose, spontaneous abortion, collapsed veins, and infectious diseases.	Yes/Yes
Hallucinogens	LSD (acid), psilocybin, peyote, peyote buttons, mescaline	Fear, anxiety, panic, hallucinations; exhaustion, depression, and flashbacks. Impaired judgment from use may lead to impulsive actions, intensity existing psychosis, paranoia, rapid mood swings and "bad trips."	No/Possible

Adapted from Western Washington University, Hobart and William Smith Colleges, Bellingham Technical College

Federal Legal Sanctions: Through its Federal Sentencing Guidelines, the federal government regulates the discretionary penalties against drug possession and trafficking that federal judges may use in sentencing offenders of federal drug statutes. Under these guidelines, courts can sentence a person for up to six (6) years for unlawful possession of a controlled substance, including the distribution of a small amount (less than 250 grams) of marijuana. A sentence of life imprisonment can result from a conviction of possession of a controlled substance that results in death or bodily injury. Possession of more than five (5) grams of cocaine can trigger an "intent to distribute" penalty of 10-16 years in prison U.S.S.G.s 2d2.1 (b)(1). State penalties vary based upon the amount in possession, previous convictions, etc. Penalties may range up to 20 years. City ordinances also prohibit the consumption of alcohol in public areas.