



COURT TOOLS PACKET

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CONTENTS

**Tools for Success Checklist / Proof of
Enrollment / Progress Reports / Workbook
Assessments & Activities**

Course / COURSE

**Alcohol Awareness DWI/DUI/OWI
Education COURSE**

[CLICK HERE TO SELECT A DATE]



TOOLS FOR SUCCESS IN COURT CHECKLIST

SECTION 1-10 | ALCOHOL AWARENESS DWI/DUI/OWI EDUCATION COURSE |

TOOLS FOR SUCCESS STUDENT CHECKLIST FOR CRIMINAL BEHAVIOR MODIFICATION	DONE
1. PRINT this list: TOOLS FOR SUCCESS IN COURT (print page 1 of this packet)	<input type="checkbox"/>
2. PRINT any letters needed: Letter to the Judge, Letter to the Probation Officer, Letter of Class Format (found at www.americanintegritycourses.com)	<input type="checkbox"/>
3. PREPARE & PRINT your Proof of Enrollment (PE)	<input type="checkbox"/>
Step 1: Choose the date, TYPE in your <u>name</u> and <u>PE #</u> (or court case #) using adobe acrobat	<input type="checkbox"/>
Step 2: PRINT PE (to print PE only, print page 2--in this packet)	<input type="checkbox"/>
4. PRINT & COMPLETE the Workbook	<input type="checkbox"/>
5. TAKE our free 1 hour drinking and driving VICTIMS IMPACT PANEL COURSE (found at www.americanintegritycourses.com) Print the certificate of completion.	<input type="checkbox"/>
6. PRINT out your course COMPLETION REPORT (emailed to you at end of COURSE).	<input type="checkbox"/>
7. PRINT out LETTER OF APOLOGY to guide you in writing your own personal letter (found at www.americanintegritycourses.com)	<input type="checkbox"/>
8. *IMPORTANT* The Judge/Court Officials will want to see proof of your efforts. These tools are available for you to take to court to get your course approved by the court. Please print out this list as a guide and take ALL of the tools available in your course with you to court as proof of your progress, efforts & accomplishment	<input type="checkbox"/>

[CLICK HERE TO SELECT A DATE]



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PROOF OF ENROLLMENT: ALCOHOL AWARENESS DWI/DUI/OWI EDUCATION COURSE

COURSE COMPLETION PRODUCES A CERTIFICATE OF COMPLETION

**STUDENT NAME:
& ENROLLMENT #**

Student's TYPED Full Name and Court Case Number (Enrollment Number)

THIS PROOF OF ENROLLMENT LETTER verifies that the above mentioned student is enrolled in an **ALCOHOL AWARENESS DWI/DUI/OWI EDUCATION COURSE** offered by AIC. American Integrity Courses.

American Integrity Courses are nationally recognized by State & Local Family Courts as providers of professional self-development COURSEs. COURSEs are developed by the in-house health psychologist who has a master's degree in psychology and an advanced degree certificate in health psychology for certified health and wellness coaching and education. COURSE techniques include: motivational interviewing, appreciative inquiry, positive reinforcement testing, praising (self-efficacy development) and the stages of change philosophy. Medical education and information is provided by the in-house registered nurse, 2016 MSN candidate.

All COURSE information is based on scientific information and strictly adheres to official guidelines provided by the American Psychological Association, the US Department of Health & Human Services, the Substance Abuse & Mental Health Services Administration, the US Department of Transportation, the U.S. Department of Motor Vehicles and current Presidential Policy/White House Directives.

Enrollment forms, progress reports and completion documents follow established guidelines by U.S. court systems and can be obtained by court officials upon request. Students receive a proof of enrollment, progress reports, a workbook, a certificate of completion and a completion report.

The goal of our COURSEs is to motivate positive behavior change through the practice of self-awareness and the development of self-control over thoughts and actions resulting in enhanced self-efficacy (self-empowerment) and increased self-esteem. Our COURSEs are designed to motivate behavior change through appreciative inquiry, motivational interviewing, positive reinforcement and praising. Final exam questioning is designed to reinforce behavior change by activating cognitive dissonance resulting in increased self-awareness of current behaviors and actions in relation to correct behaviors and actions that serve health and well-being.

THE FORMAT OF THIS COURSE FOLLOWS THESE GUIDELINES:

COURSE Reading Material- COURSEs contain visually captioned online and workbook reading material.

Workbook self-awareness assessments, course activities, role play exercises help the student relate the information on a personal level applying course concepts to life experiences. Positive reinforcement techniques create awareness of health and wellness promoting behaviors in order to build the groundwork for attitude change and self-initiated behavior modification.

External Resources- Students are encouraged to email our in-staff health psychologist or our in-house registered nurse with questions or comments regarding any course health & wellness material.

Practical Application- All COURSEs contain useful life strategies and goals designed to summarize key points and encourage and motivate long term attitude change and behavior modification.

Final exam questions must be answered correctly AND A 70% minimum score is needed to pass course.

Respectfully,

gisela bryant

GISELA BRYANT, RN, MSN AGNP
 DIRECTOR OF AIC. AMERICAN INTEGRITY COURSES
WWW.AMERICANINTEGRITYCOURSES.COM
 #936-333-0087


[CLICK HERE TO SELECT A DATE]

WORKBOOK: ALCOHOL AWARENESS EDUCATION DWI/DUI/OWI COURSE

| COURSE MATERIAL ASSESSMENTS SELF-REPORTS ACTIVITIES |

STUDENT NAME: _____
AND REPORT # _____

Evidence of My Commitment to:
Behavior that Promotes Health and Well-being

Instructions: Check all of the circles indicating your understanding of the material: 

The Alcohol Awareness Education DWI/DUI/OWI COURSE Workbook is evidence of your commitment to behavior that promotes health and well-being.

This workbook contains information from the COURSE including the COURSE content and all assessments and activities designed to help you apply the principles of the COURSE into your life experience.

This COURSE will give you valuable insight into the facts of HIV and AIDS and give insight which will help you improve your emotional state and guide your behaviors in a more positive direction to help you direct your life and destiny towards increased health and wellbeing.

This COURSE will teach you powerful techniques to recognize and change thought patterns which control emotions which are the catapult to behaviors. It will help you better manage emotions and stress and enhance your decision making abilities while giving you tools to free yourself from the cycle of negative thought patterns and uncontrolled emotional states. This COURSE is specially designed to enhance your health and wellbeing.

THE GOAL OF THIS COURSE IS:

- **To help you understand the medical facts about HIV/AIDS is and how a focus on health and wellbeing can enhance your health and improve your state of wellbeing.**
- To help you understand how destructive behavior diminishes your state of health and well-being and creates problems and trouble in your life and how developing healthy thought patterns and practicing positive thinking can improve your quality of life.
- To give you educational assessments and activities to help you heal and modify your behavior with the intention of benefiting your health and well-being as well as the health and well-being of your partner, children and extended family.

- To inform and educate you to help you accept the responsibility of your own behavior as well as the responsibility to create your own happiness.
- To emphasize your control over your own state of health and well-being through positive thoughts and how this effects emotional states.
- To teach you how your thoughts affects your decision making abilities and how to change your thought process to create better things in your life that ENHANCE your wellbeing.
- To promote a peaceful family life that includes a focus on health and wellbeing for yourself, your partner and your family.
-
- *You and only you possess the power that creates your life and directs your destiny.*
- *Through proven techniques, learn to think positively to change the direction of your thoughts and emotions and make wise decisions that benefit your wellbeing, keep you on the right path, and help you regain control of your destiny.*

○ **EACH SECTION CONTAINS THE FOLLOWING:**

- ***COURSE Documentation** (*listed below in “what to take to court”*)
- ***Section PPT Presentation**
- **& Section Final Exam Questions**
- ***Workbook- Course Material, Assessments, and Activities**

○ **WHAT TO TAKE TO COURT:**

- 1. Proof of Enrollment**
- 2. Workbook** (*in the Tools Packet*)
- 3. Certificate of Completion** (*instantly emailed*)
- 4. Completion Report** (*instantly emailed*)

INTRODUCTION TO ALCOHOL AWARENESS EDUCATION (DWI/DUI/OWI)

- Solutions to Drinking and Driving
- Prevention of drunk driving *should* be as simple as saying, "Don't be foolish. You KNOW you aren't supposed to drink and drive!"
- It's easy to look at The Big Picture and say that anybody with common sense should know better than to drive drunk. But let's face it. When drinking, common sense has less influence on us.
- Use Uber to make sure you never allow yourself to be the Passenger of a drunk driver! If your ride home has been drinking, do NOT get in the car with them. Your first Uber ride is free up to \$20 using the DrinkingAndDriving.Org code DADO!
- **Make a personal commitment to avoid driving drunk as well as to prevent drunk driving by helping others.**

Drinking and Driving and the Big Picture

- Most people who drink and drive never consider The Big Picture.
- The Big Picture centers on three basic concepts:
 - Knowing The Truth
 - Knowing Yourself
 - Thinking about The 3 Fs (Family, Friends and Future)

The Primary Truth

- Before anything else, you must understand and accept certain truths: - the Primary Truth, the Financial Truth, and the Logical Truth.
- The Law is your Primary Truth. The law is extremely clear no matter where you live. Blow a .08 BAC, you're going to jail. Refuse to blow, you're going to jail.
- In some places, penalties are harsher than others.
- But one thing is consistent across the nation. Drunk driving is against the law everywhere.
- **Most people who get arrested for driving drunk have driven drunk before and gotten away with it.**

THE LAW

- And speaking of the law, if you are under 21 we have a special message for you.
- No matter where you drive in the country, drunk driving penalties for you are harsher than they are for the rest of us!
- Under 21? Forget all about .08! For you, there is a nationwide Zero Tolerance law.
- It's easy to forget that driving is a PRIVILEGE, not a right. Remember that these privileges can be suspended or revoked.
- Only 7% of all licensed drivers are between 15 and 20 years old, but 15% of all fatal crashes involve the same age group? According to these numbers, you are actually twice as likely to die in a car crash than adults 21 and over.
- **If you think about it, you were granted a license because the tests you took showed you are capable of driving without harming anyone.**

If you are under 21—forget about .08!

- If you are under 21, the BAC measurement you must avoid is anything above ZERO.
- Ever wonder why your driving is watched so closely by your parents, neighbors, and local police? They all know that when you drive away, there is a small chance you won't come back! That's why if you drive, you can't take even one sip.
- Not one sip! That's pretty tough, but if you give in to drinking and driving, and you get caught, it gets MUCH tougher.
- Over 18, you may be an adult, BUT if you are under 21 ...and you are arrested for DUI, your penalties will be worse than if you were over 21.
- The facts are simple. It is far easier for you to be arrested for DUI than your parents. For you, all it takes is a sip!
- You Can Forget All About .08—The BAC (Blood Alcohol Content) measure of .08 means a lot to adults. It represents a line in the sand. Cross it, and you could be in big trouble.
- **Every State in America has a *Zero Tolerance Law*.**
- **Since it is illegal for you to drink alcohol if you are under 21, then having ANY alcohol in your system when you drive will get you arrested for DUI.**

The Truth About BAC (Blood Alcohol Content)

- BAC Stands for Blood Alcohol Content (or Concentration). When you drink alcohol, it gets passed directly into your bloodstream. BAC can be measured reliably and accurately.
- Effects on skills related to driving are very well documented. Most of the planet is in agreement that driving with a BAC of .08 is too dangerous to allow. This is why laws everywhere are written with .08 or lower as the point of legal intoxication.
- At a .08, you experience sedation, slow reaction time, and poor coordination. It's obvious why driving with a .08 is illegal.
- At lower levels, sedation and slow reaction time are still factors. It's obvious why driving with lower BAC levels is still dangerous.

BAC	Predictable Effects
.02% to .04%	Lightheaded – Relaxation, sensation of warmth, "high," minor impairment of judgment
.05% to .07%	Buzzed– Relaxation, euphoria, lower inhibitions, minor impairment of reasoning and memory, exaggerated emotions (good and bad)
.08% to .10%	Legally Impaired – Euphoria, fatigue, impairment in balance, speech, vision, reaction time and hearing, judgment and self-control are impaired
.11% to .15%	Drunk – "High" reduced and depressive effects (anxiety, depression or unease) more pronounced, gross motor impairment, judgment and perception severely impaired
.16% to .19%	Very Drunk – Strong state of depression, nausea, disorientation, dizzy, increased motor impairment, blurred vision, judgment further impaired
.20% to .24%	Dazed and Confused – Gross disorientation to time and place, increased nausea and vomiting, may need assistance to stand/walk, impervious to pain, blackout likely
.25% to .30%	Stupor – All mental, physical and sensory functions are severely impaired, accidents very likely, little comprehension, may pass out suddenly
.31% and up	Coma – Level of surgical amnesia, onset of coma, possibility of acute alcohol poisoning, death due to respiratory arrest is likely in 50 % of drinkers

BAC Tables—General but Good Guides

- FYI, a .50 BAC typically results in death—an 11th drink can be fatal. Stronger drinks put you at higher BAC rates quicker. 1 ½ oz. shots of 100-proof liquor lowers the fatal dose by a couple of drinks.
- There are a number of other factors which will alter the rate at which alcohol enters your blood and the rate at which it dissipates.
- In other words, you can slow down or speed up alcohol's effects, but you can't stop them.

BAC Table for Women

Drinks	Body Weight in Pounds									Condition	
	90	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	.02	Driving Skills Significantly Affected
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	.04	
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	.08	Possible Criminal Penalties
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	.15	Criminal Penalties
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	.17	
10	.50	.45	.38	.32	.28	.25	.23	.21	.19	.19	Death Possible

Subtract .01% for each 40 minutes of drinking.
1 drink = 1.25 oz. 80 proof liquor, 12 oz. beer, or 5 oz. wine.

BAC Table for Men

Drinks	Body Weight in Pounds								Condition	
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Driving Skills Significantly Affected
2	.08	.06	.05	.05	.04	.04	.03	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	.06	Possible Criminal Penalties
5	.19	.16	.13	.12	.11	.09	.09	.08	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	Legally Intoxicated
7	.26	.22	.19	.16	.15	.13	.12	.11	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	.13	Criminal Penalties
9	.34	.28	.24	.21	.19	.17	.15	.14	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	.16	Death Possible

Subtract .01% for each 40 minutes of drinking.
1 drink = 1.25 oz. 80 proof liquor, 12 oz. beer, or 5 oz. wine.

The Truth About the Financial Cost of Drinking and Driving

- Consider the financial consequences of a DUI arrest compared to the costs of ANY available alternative.
- \$ Did you know you could take a limo and drink champagne all the way to the fanciest hotel in town, stagger into the best suite and still not spend as much as you would for a DUI?
- The cost of a DUI varies based on how high your fine is, how much your lawyer costs, and how much your insurance is raised. There are many other fees which are easier to pin down.
- All in all, a DUI in most states can cost anywhere from \$6,140 - \$19,450. That's an expensive night out!
- **The Financial Truth of DUI is that you had better have between \$7,000 and \$20,000 set aside if you want to risk drinking and driving.**

Know the Truth About You Approach Risks

- We all know people who do crazy things. It might be that skateboarder kid who does outrageous tricks, or the businessman who stops at the bar every night on his way home.
- These are both risky things to do! Either one of these guys can lower their risk by simply making some smart choices. They need to think about the risk they are taking and the consequences and ask, "is it worth it?"
- The savvy skateboarder wears a helmet and pads, and thick clothes. The businessman stops at the liquor store instead of the bar and drinks at home.
- **Think about the risks you take and think about minimizing those risks.**

Know the Truth About Yourself

- When you drink, you know that is risky to drive. You need to minimize that risk and look for alternatives. Every time you do it and get away with it, you increase the risk of getting busted, or causing an accident or worse hurt someone and go to jail for a long time.
- Some of us never risk it. We know better. We think about the people around us and make sure they never take risks like drinking and driving.
- Remember, if you don't see the risk in your own behavior, you'll continue to take the same risks over and over again. We can point it out to you, let you know we don't want you to do it, and to the best of our abilities, make sure you informed enough so you don't.

I Think I Drive Better When I'm Drunk

- Understand that when you drink, your own opinion of your condition does not count.
- Just accept that no matter how you feel, if you've been drinking, you are in no condition to drive.
- Some people say, "I drive better when I've had a few drinks. I'm more alert, I'm more cautious."
- The law says, "Who cares what you think, you drink and drive, you are going to jail."
- Worse, let's say you drink and drive and get into an accident that might not be your fault and someone is killed. Because you were drinking and driving, you are automatically in the wrong!
- **Remember that the law will decide if you are in a condition to drive, not you.**

The 3 Fs - Family, Friends, and Future

- The quality of a 'typical' American life is frequently measured by one's Family, Friends, and Future.
- The 3 Fs are intertwined in many ways. One can compensate for another. One can severely hamper another. The point is, *think* about our own, personal 3 Fs.
- Our actions have a large impact on our 3 Fs. When we do something in our life that is good, we see the positive reaction from our Family and Friends, and we see benefits to our Future.
- When we make bad decisions, the opposite occurs. Our Family and Friends treat us differently. Maybe it's just bad jokes, or a genuine mistrust. Combine this with any financial or legal consequences of our bad decisions, and we've impacted our Future. After taking a few steps up the ladder of life, we've taken a step back.
- A DUI is one of those major setbacks. Between increasingly harsh penalties and a growing attitude (which we promote) that people who drink and drive are losers, a DUI will seriously set you back.

The DD

- The designated driver is a great way to be safe when you are out and having drinks. The person who is the designated driver swears off alcohol for the event and promises to get everyone home safely.

- The designated driver cannot just be whoever is the least drunk! Make the decision who will be the designated driver before going out. Stick to the plan!
- It is important that the designated driver gets possession of the car keys first, before going out. This way, the designated driver won't have to get them later possibly under uncomfortable circumstances.
- Having a designated driver doesn't mean you can get crazy drunk! If you're totally out of control you will end up in some kind of trouble that your designated driver cannot protect you from!! So play it safe and give yourself a limit on how much you are drinking too.
- **Thank your designated driver! Pay for his or her gas or buy dinner; it's a small amount to pay compared to the cost and embarrassment of a DUI or worse, the cost of a life.**

Designated Driver Do's & Dont's

Designated Driver Do's

- Designated driver gets the keys BEFORE the drinking begins.
- Designated driver refuses to drink ANY alcohol.
- Treat your designated driver to dinner or non-alcoholic drinks.
- Take turns being designated driver.
- Offer to be the designated driver.
- Designated Driver Don'ts
 - The designated driver is NOT the 'least drunk of the bunch'.
 - Do NOT make the same person be the designated driver every time.
 - NOT A SIP!
 - Some people become professional designated drivers! There are of course taxis and limos. There are also party buses, shuttles, and even full-blown designated driver services out there.

Party Preparation

- If you throw a party where alcohol will be served, you have some very real responsibilities. You must always remember that the host of a party has potential legal liability if a drunken party guest drives away and gets in an accident.
- Before, during, and after your party, there are things you can do to keep everyone safe.
- Remember your potential liability if anyone leaves and has an accident. Prepare for an overnight guest or two – air mattresses and sleeping bags, anyone?
- Have taxi phone numbers handy. Make sure you know who the designated drivers are—make sure the designated drivers have the keys.
- Make sure you have enough supplies for your party. A mid-party beer run can spell trouble!

During and After the Party

- Remember your potential liability if anyone leaves and has an accident.

- Make sure the designated drivers don't drink. Treat designated drivers special – a bigger slice of cake, a hug, etc.
- If the party is time-based like a sporting event, stop serving alcohol during the third quarter, otherwise, stop serving at least an hour before you expect anyone to leave.
- **Be aware of who gets too drunk to drive and make sure they have a safe ride home.**
- Don't let anyone leave without your knowledge.
- **Make sure designated drivers are the only ones driving home... and don't forget to thank your designated drivers.**

HOW DOES ALCOHOL AFFECT THE DRIVER?

- **BAC of 0.02:** As the person reaches .02 they begin to experience some loss of judgment, relaxation and altered mood which results in a decline in visual functions and ability to perform two tasks at the same time.
- **BAC of 0.05:** Psychomotor performance is significantly impaired; slower eye movements occur; visual perception, reaction time and information processing are adversely affected resulting in reduced coordination, reduced ability to track moving objects, difficulty steering and reduced response to emergency driving situations
- **BAC of 0.08:** Muscle coordination is poor (e.g., balance, speech, vision, reaction time, and hearing), it is harder to detect danger and judgment, self-control, reasoning, and memory are impaired resulting in reduced concentration, short-term memory loss, loss of speed control, reduced information processing capability (e.g., signal detection, visual search) and impaired perception.
- **Other Vehicles- Not Just Automobiles: A growing number of alcohol-related crashes occur on water and snow while motor boating, jet-skiing and/or snowmobiling.**

END OF SECTION 1

- Americans take 233 billion trips in cars each year. About one out of every two thousand trips are taken by those who are driving under the influence of alcohol.
- Yet, almost one out of every three traffic deaths involve drunk driving.
- So a proportionally tiny amount of bad behavior is one of the major causes of death and injury on our roadways.
- Every 53 minutes on average, someone is killed in a drunk driving crash (9,878 people in total in 2011).
- Every two minutes, someone is injured because of this entirely preventable crime. You can learn more about drunk driving in your state.
- About one-third of the drunk driving problem – arrests, crashes, deaths, injuries – comes from repeat offenders.

- We potentially share the roads with 2 million people with three or more drunk driving offenses. Taking away their licenses isn't enough; 50-75% of them drive anyway.
- We need to require ignition interlocks for all drunk driving offenders—to stop these offenders before they repeat crimes.
- Two-thirds of the drunk driving problem comes from people who, before they kill or injure themselves or others, have yet to be arrested.
- That's why we need to support law enforcement to help deter drunk drivers through solutions like sobriety checkpoints. It's also why we strongly support research into technology that will eliminate drunk driving.
- We need your help to eliminate this threat – please join us in the fight against drunk driving.

Alcohol Awareness Education (DWI/DUI/OWI) and the Law

Driving While Intoxicated (DWI) is a Crime.

- If you are convicted, you will face a substantial fine, a mandatory surcharge, license revocation, higher insurance premiums, and possible incarceration.
- State by State Laws and Regulations: To learn state specific information regarding convictions, fines, jail sentence, license action & requirements – including revocation and reinstatement - community service, etc., check with your state Department of Motor Vehicles.
- State laws and penalties vary, laws across the U.S. are becoming increasingly strict.
- **Due to increased public awareness, prevention, enforcement and treatment/recovery, alcohol-impaired driving deaths have decreased 48.5% from 1982 (26,172) to 2006 (13,470).**

Can passengers drink in the car?

- Usually NOT, but it depends on specific state and local laws.
- Everyone with a driver's license should know that motorists are not permitted to drive while under the influence of alcohol or other impairing drugs.
- Most states prohibit the presence of open cans, bottles, or other unsealed containers of alcoholic beverages (even if empty) on sidewalks, streets, and inside vehicles.
- So by default, a passenger drinking an alcoholic beverage also is in possession of an open container. Some states allow unsealed containers of alcohol in secure locations only, such as a locked glove compartment or trunk.
- A total of 43 states have open container laws in place, 40 of which conform to federal standards which mandates open container laws and other traffic safety measures.
- Drivers may be cited for an open container violation if they have the container on their person or within reach. But even if only the passenger is in possession of an open container, both the driver and the offending passenger may be cited for a violation.
- In any case, the blood alcohol concentration (BAC) of an offending passenger is irrelevant.

- **If you or a loved one are arrested for DUI, you may need an experienced DUI lawyer.**

DWI, DUI, OUI OWI & OMVI

- In every state, it is a crime for a driver to operate a vehicle while impaired by the effects of alcohol or drugs.
- The specific offense may be called driving under the influence (DUI), driving while intoxicated (DWI), operating under the influence (OUI), and even operating a motor vehicle intoxicated (OMVI).
- Whatever the specific title, DUI laws make it unlawful for a person to operate a car, truck, motorcycle, or commercial vehicle if:
 - *The driver's ability to safely operate the vehicle is impaired by the effects of alcohol, illegal drugs, prescribed medications such as painkillers, or even over-the-counter medications such as antihistamines; or the driver is intoxicated at a level above established DUI standards, such as blood-alcohol concentration (BAC).
- All states have "implied consent" laws that require vehicle drivers to submit to some form of chemical test, such as breath, blood, or urine testing, if suspected of DUI.

DUI Convictions: Criminal Penalties

- A DUI conviction may carry criminal penalties including fines, jail time, probation, and community service. Some state laws impose certain minimum penalties for first-time offenses, then designate increased penalties for each offense thereafter.

Severity of criminal penalties will vary according to the circumstances of the offense, including:

- Whether the driver has a history of DUI violations;
- Whether the driver was operating a commercial vehicle at the time of the DUI;
- Whether the DUI violation occurred while there was a child in the vehicle;
- Whether the DUI violation occurred simultaneously with another dangerous moving violation, such as reckless driving
- Whether the DUI violation involved a car accident in which property damage occurred;
- Whether the DUI violation involved a car accident in which another person was injured or killed; and
- Whether the driver was under the legal drinking age at the time of the DUI violation
- **A DUI arrest or conviction will have an immediate negative impact on driving privileges.**
- Most state laws allow a motor vehicle department to immediately suspend the driver's license of any person operating a vehicle with a BAC above the state limit for intoxication, or any driver who refuses to submit to BAC testing. The driver's vehicle may also be confiscated or impounded, and the DUI offender will incur fines and costs.
- This loss of driving privileges can normally occur *even before a DUI conviction*. Most states allow a DUI arrestee to obtain a temporary license and request an administrative hearing at which he or she may argue against license suspension, or for restoration of limited driving privileges.

Field Sobriety and Chemical Tests

- **When a law enforcement officer makes a vehicle stop and suspects that the driver may be intoxicated, the officer will conduct a "field sobriety" test** on the driver, and may ask for his or her consent to some form of chemical test for intoxication.
- Field sobriety tests involve a police officer asking a driver to perform a number of tasks that assess any impairment of the person's physical or cognitive ability.
- Examples of field sobriety tests include having the driver walk a straight line, heel to toe; or recite the alphabet backwards; and the officer's use of the "horizontal gaze nystagmus" (eye and penlight) test.
- Chemical tests can be conducted during the vehicle stop, using a Breathalyzer that measures a driver's blood-alcohol concentration (BAC).
- Many states allow a driver suspected of DUI to choose which type of chemical test is administered.

Refusing a Chemical Test: "Implied Consent" Laws

- **All states have "implied consent" laws that require vehicle drivers to submit to some form of chemical test, such as breath, blood, or urine testing, if suspected of DUI.**
- The logic behind such laws is that, by assuming the privilege of driving a vehicle on state roads and highways, drivers have effectively given their consent to DUI testing when a police officer reasonably believes the driver is under the influence of alcohol or drugs.
- If a driver refuses to submit to such testing, implied consent laws carry penalties such as mandatory suspension of a driver's license, usually for six months to a year.
- Often, license sanctions for test refusal are more harsh than those imposed after DUI test failure. In most states a driver's refusal to submit to a chemical test may be used to enhance the penalties imposed if he or she is eventually convicted for DUI.

"Per Se" and "Zero Tolerance" DUI Laws

- All states have DUI laws that deem "per se intoxicated" any driver with a blood-alcohol concentration (BAC) above a set limit (now .08 in all states). **This means that drivers with a BAC at or above .08 are intoxicated in the eyes of the law, and no additional proof of driving impairment is necessary.**
- **All states also carry "zero tolerance" laws that target drivers under the legal drinking age.** These laws penalize persons under 21 for operating a vehicle with any trace of alcohol in their systems (a BAC above 0.0), or with negligible BAC levels such as .01 or .02.
- Keep in mind that a driver may still be arrested and convicted for DUI without proof of "per se" intoxication, when other evidence of impaired driving is shown.
- For example, a driver with a .06 BAC level can be found guilty of DUI if an arresting law enforcement officer testifies that he observed the driver's vehicle swerving badly, and that the driver exhibited both slurred speech and severe inattention during questioning after a vehicle stop.

Repeat DUI Offenders

- **An increasingly popular DUI penalty, especially for repeat offenders, is mandatory installation of an "ignition interlock" device on the offender's vehicle.**

- This breath-testing device measures the vehicle operator's BAC, and will prevent operation of the vehicle if more than a minimum amount of alcohol is detected, such as BAC level of .02.
- Where this punishment is utilized, most states require the DUI offender to pay costs of installation, rental, and maintenance of the ignition interlock device.
- Rental fees alone can amount to as much as three dollars per day, so a DUI offender's expenses can add up quickly when an ignition interlock device is required.

Protect Your Legal Rights

- Plea Bargains in DUI Cases
- Due to recent law enforcement trends that focus on preventing DUI by penalizing offenders harshly, most district attorney offices refuse to negotiate plea bargains in DUI cases.
- This is especially true if evidence of the violation is strong. In fact, many states have enacted laws that prohibit government attorneys from entering into plea bargains with DUI defendants.
- However, in rare cases a DUI charge may be reduced to a lesser offense like reckless driving or an "open beverage" violation.
- Consult an Experienced DUI Attorney
- If you or a loved one are arrested for DUI, you may need an experienced DUI lawyer.
- A skilled attorney who specializes in defending DUI cases will evaluate all the evidence, including the procedure and results of any field sobriety and chemical tests, to ensure that your legal rights are protected.
- Plus it's important to speak to a lawyer familiar with the laws in your jurisdiction. Most offer free consultations, so your first step should be to contact an experienced DUI attorney.

Addiction, Withdrawal and Dependence

- Drugs are a social paradox because society and the people who use drugs can either benefit from drug use or become victims of drug use.
- Like it or not, the decision to take drugs (legal and illegal) has become one of life's choices in American society today.
- The choice to take drugs is not all negative. The benefits of taking drugs can be seen in the person whose depression nearly led to suicide until they began to live a happier life because of anti-depressants or the person who used to be too fearful to leave the house, but is back at work after taking anti-anxiety drugs.
- The negative side of drugs can also be seen in the family who is now on the street because both mom and dad spent all of the family's money on drugs; or the young adult who is in jail and going through the court system after getting caught with drugs.

The Facts About Drug and Alcohol Use

- With so many voices and opinions out there, it's important to understand the facts.
- Fact is that while you're a teen (and even into your 20's!), you're still growing and developing, and drug abuse during these years in particular can have a lasting impact. Another fact to consider: the brain is much more vulnerable to addiction as it continues to develop as well. 90% of Americans with a substance abuse problem starting smoking, drinking or using other drugs before age 18.
- When it comes to drug use, individual reactions and experiences vary, so it's important to understand the usual risks and effects, both short- and long-term. Knowledge can be the key to making your own best decisions.
- Keep reading to get the facts on the most frequently abused substances.

Why do people do drugs and abuse alcohol?

Why do people do drugs? When young adults reported their personal reasons for doing drugs the most frequently reoccurring responses included:

- **65% - "to have a good time with my friends"**
- **54% - "curiosity, to experiment or see what it's like"**
- **49% - "to feel good, or to get high"**
- **41% - "to relax or to relieve tension or stress and feel good"**
- Social scientists use statistics to determine which people are more likely do drugs.
- Just because a person is statistically more likely to do drugs does NOT mean that the person will do drugs.
- Statistics only indicate an increased risk to do drugs.
- They are not a guarantee that you *will* do drugs.

Consequences of Drug Taking Behavior

More reasons young people give for taking drugs:

- To fit in with friends or to go along with friends
- To escape pressures, stress or to relax
- To relieve boredom or feelings of emptiness
- To rebel against everyone or parents or school authorities
- To experiment out of curiosity
- People may think drugs are a solution to a problem they may not even understand. But eventually, the drugs become the bigger problem.
- Difficult as it may be to face one's problems, the consequences of drug use (especially legal consequences!) are always worse than the problem one is trying to solve with them.

Why do some people do drugs and abuse alcohol while others do not?

Statistics show that some people may be more likely to use drugs than other people.

- Statistically speaking, whether or not a person is likely to use drugs can be predicted according to an individual's vulnerability to drug taking behavior.
- Social scientists have found that 2 factors can predict drug use:

- **Risk factors**—things that make it more likely that a person will use drugs
- **Protective factors**—things that make it less likely that a person will use drugs.
- Peer influence is also major factor as to whether or not teens will use drugs.
- **The amount of risk factors and protective factors in a person’s life can predict how likely he or she is to use drugs.**

RISK FACTORS:

- **Irregular school attendance**
- **Poor relationship with parents**
- **Poor parental monitoring**
- **Non-conformity in society**
- **Whether or not friends are into drugs**
- **Attitude towards drugs in general**
- **Perceived risk of drug taking**
- **Availability of drugs**

PROTECTIVE FACTORS:

- **The perceived risk of getting caught**
- **Viewing parents as supportive**
- **Viewing parents as encouraging**
- **School commitment level**
- **Level of spirituality or religious faith**
- **Involvement in extracurricular activities**
- **Drug prevention COURSEs in school**
- **Drug prevention messages in the media**

What is Addiction?

- Addiction is a condition that results when a person ingests a substance (alcohol, cocaine, nicotine) or engages in an activity (gambling) that can be pleasurable but the continued use of which becomes compulsive and interferes with ordinary life responsibilities such as work, relationships, or health. Users may not be aware that their behavior is out of control.
 - One definition of addiction is physical addiction. This is a biological state in which the body adapts to the presence of a drug so that drug no longer has the same effect (tolerance) and because of tolerance, there is a biological reaction when the drug is withdrawn (withdrawal). *For example, drinking too much may cause you to wake up with tachycardia (rapid heart rate)*
 - **Psychological addiction** is the perception or belief that you need to drink or take drugs to achieve a desired mental state.
 - *For example, a person may feel shy at social gatherings and “need” a few drinks to warm up to people and be more social. Or, as in the case with marijuana, (which is*

not physically addictive) a person may feel the need to get high in order to feel relaxed.

Environmental Cues and Addiction

- Another form of physical addiction is the phenomenon of overreaction by the brain to cues associated with drugs or alcohol.
 - This simply means that a person may be suddenly overcome by powerful cravings when certain environmental cues are present.
 - Whether or not the person is aware of it, his or her body is actually physiologically reacting to the environmental cues.
 - He or she may feel anxiety, nervousness, excitement or physically begin to shake or sweat.

Examples of Environmental Cues

- Another form of physical addiction is the phenomenon of overreaction by the brain to cues associated with drugs or alcohol.
- This simply means that a person may be suddenly overcome by powerful cravings when certain environmental cues are present.
- Whether or not the person is aware of it, his or her body is actually physiologically reacting to the cues; he or she may feel anxiety, nervousness, excitement or physically begin to shake or sweat.
- For example, an alcoholic walking into a bar, may feel an extra pull to have a drink because of specific environmental cues: the bar itself, the people around the bar, people smoking, etc.
- Environmental cues are so powerful that heroin addicts are more likely to overdose when environmental cues are NOT present (more on this subject later in the course!).

What does stress have to do with addiction?

- Most addictive behavior is not related to either physical tolerance or exposure to cues. People compulsively use drugs, gamble, shop or shoplift nearly always in reaction to being emotionally stressed, whether or not they have a physical addiction.
- It is important to recognize that the cause of addiction is not simply a search for pleasure and that addiction has nothing to do with one's morality or strength of character.

- The focus of the addiction isn't what matters; it's the need to alleviate stress.
- When faced with the possibility of an addiction, focus on stress relief and health and wellbeing

A Testimonial to Stress and Addiction

“During my divorce, I would go shopping to distract myself. I shopped a lot and it really did make me feel better.

I wouldn't think about my problems at all when I shopped. I mean I wasn't really aware that I was shopping to relieve stress, I just did it because I felt like it and enjoyed it.

I did feel very guilty about spending so money though, and sometimes I would steal things. It was during my second divorce that I finally noticed a pattern. The need for me to relieve my stress created an unhealthy addiction (shopping and shoplifting). Once I realized what I was doing and why, it was easier to stop.”

–An Anonymous Shopaholic and Shoplifter

- Current research has demonstrated that stress and shoplifting go hand in hand. When people who shoplift are treated for stress, they are less likely and have less of an urge to continue stealing.

Current Research on Addiction

- Current research shows that chronic cocaine abuse leads to the loss of about 20% of the dopamine receptors in the brain.
- This effect lasts up to 4 months after the last cocaine exposure.
- The loss of dopamine receptors causes depression, anxiety and general stress on the drug user, tempting him to return to cocaine use.
- It may take months for dopamine reception to return to normal

TOLERANCE, WITHDRAWAL AND DEPENDENCE

- **Tolerance of a drug** occurs when a specific dose of a drug (one beer) has less and less of an effect the more you take it. For example, the chronic drinker builds up a tolerance to beer and is able to drink much more than he did when he started drinking.

- *“I started out drinking a beer with the guys after work to relax when I was in my 20s. Soon, one beer just didn’t cut it and I was drinking a couple of beers after work. Once in a while turned into every night. Now at age 45, I drink a couple of 6 packs a night. I have tried to cut back but after a few weeks or even a few days, I always end up drinking the same or more.” –An Anonymous Alcoholic*
- **Withdrawal from a drug** happens when the body becomes accustomed to functioning under the influence of the drug (at a cellular level). When the drug wears off, the body’s former functioning is exaggerated. For example, a night of drinking alcohol slows the heart rate, so when it wears off the user may wake up to an unusually rapid heart beat.
- *“As soon as the evening comes, I begin to feel a tightness in my chest; sometimes I even feel slightly nauseous. But after just one glass of wine, the symptoms vanish.” –An Anonymous Alcoholic*

Addiction and Withdrawal

- Withdrawal occurs because your brain works like a spring when it comes to addiction. Drugs and alcohol are brain depressants that push down the spring. They suppress your brain's production of neurotransmitters like noradrenaline.
- When you stop using drugs or alcohol it's like taking the weight off the spring, and your brain rebounds by producing a surge of adrenaline that causes withdrawal symptoms.
- Every drug is different. Some drugs produce significant physical withdrawal (alcohol, opiates, and tranquilizers). Some drugs produce little physical withdrawal, but more emotional withdrawal (cocaine, marijuana, and ecstasy).
- Every person's physical withdrawal pattern is also different. You may experience little physical withdrawal. But that doesn't mean that you're not addicted, instead you may experience more emotional withdrawal.

PHYSICAL WITHDRAWAL SYMPTOMS:

- Sweating, Racing heart, Palpitations, Muscle tension, Tightness in the chest, Difficulty breathing, Tremor, Nausea, vomiting, or diarrhea

EMOTIONAL WITHDRAWAL SYMPTOMS:

- Anxiety, Restlessness, Irritability, Insomnia, Headaches, Poor concentration, Depression, Social isolation

Dangerous Withdrawal Symptoms

- Alcohol and tranquilizers produce the most dangerous physical withdrawal.
- Suddenly stopping alcohol or tranquilizers can lead to seizures, strokes, heart attacks and even death in high risk patients.
- **A medically supervised detox can minimize your withdrawal symptoms** and reduce the risk of dangerous complications.
- **Withdrawal from opiates like heroin and oxycontin is extremely uncomfortable, but not dangerous unless they are mixed with other drugs.** Heroin withdrawal on its own does not produce seizures, heart attacks, strokes, or delirium tremens.

Some of the dangerous symptoms of alcohol and tranquilizer withdrawal are:

- Anxiety, Restlessness, Irritability, Insomnia, Headaches, Poor concentration, Depression, Social isolation
- **Dependence** is the strong or overwhelming compulsion to continue taking a particular drug.
- **There are two types of dependence: physical dependence and psychological dependence.** The abuse of some drugs can result in both physical and psychological dependence, while other drugs (such as marijuana) results in psychological dependence alone.
- **Physical dependence** is the physical need for a drug to reduce withdrawal symptoms. Physical dependence of alcohol is evident when alcohol is discontinued and withdrawal symptoms occur such as tremors, nausea, weakness and tachycardia (rapid heart beat); and when dependence to alcohol is severe, withdrawal can produce delirium, hallucinations, seizures and even death.
- **Psychological dependence** can occur when an individual takes a drug because of the fear of withdrawal. Another form of psychological dependence occurs when an individual craves the pleasurable effects of the drug. They may even feel that they need the drug to function normally.
- ***“I’m just trying to get high as much as possible...if I could get more money, I would spend it all on drugs. All I want is to get loaded. I just really like shooting dope. I like to shoot dope better than anything else in the world”***

–An Anonymous Anonymous Heroin Abuser

LEGAL AND ILLEGAL DRUGS

MODERN CLUB DRUGS

- A serious concern in today's drug scene is the popularity of club drugs such as MDMA (ecstasy), GHB, Ketamine, Rohypnol, methamphetamine and LSD. These drugs are commonly taken at "all night dance parties" (raves), dance clubs and bars.
- DOM, MDMA (ecstasy) and MDA are synthetic hallucinogens related to the brain neurotransmitter norepinephrine. They have the stimulant qualities of amphetamines and the hallucinogenic qualities of mescaline.
- GHB, Ketamine and Rohypnol are sedatives/central nervous system depressants which means that they slow breathing, heart rate and decrease blood pressure. Hence overdosing will stop breathing and heart beat quickly killing the user.
- Many of these drugs are colorless, tasteless and odorless and are sometimes slipped into drinks creating victims of sexual abuse/assault.
- When these drugs are used with alcohol (as they often are) they become much more toxic/deadly
- For example, MDMA or ecstasy is highly toxic and when combined with alcohol becomes deadly.
- **Club drugs pose a unique threat: They increase body temperature. Combine this with dancing and physical exertion, and the result is hyperthermia resulting in heat stroke and in some cases, death.**

KETAMINE, a dissociative anesthetic hallucinogen with stimulant and depressive effects on the central nervous system.

- Street Names: K, Special K, Vitamin K, Cat Tranquilizer, Cat Valium, Jet, Jet K, Kit Kat, Purple, Special La Coke, Super Acid, Super K, Date Rape Drug
- Forms: Liquid, tablet, white powder, smoked or snorted with marijuana or tobacco, or intramuscular injection.
- Length of effect: Up to 1 Hour
- Possible Psychological Effects: Dream-like intoxication, out of body experience and an inability to move or feel pain, impaired attention and memory, impaired motor coordination, disorientation, dizziness, confusion and slurred speech, violent jerking and twitching of the body and nightmares. Ketamine can make users unresponsive to stimuli. When in this state, users experience: involuntarily rapid eye movement, dilated pupils, drooling, tear secretions, and stiffening of the muscles. This drug can also cause nausea and vomiting.

- *As with other club drugs that produce depressive effects on the central nervous system, there is the danger for ketamine to be abused as a “date rape” drug rendering the victim incapacitated without the ability to remember the experience.*
- **Toxicity Effects: Extreme CNS depressant, increased blood pressure, drowsiness, loss of consciousness, impaired breathing/dangerous depression of breathing—ALCOHOL INCREASES THE RISK OF DEATH.**

ROHYPNOL (FLUNITRAZEPAM) a benzodiazepine similar to valium (diazepam) but 10 times stronger

- Street Names: Roofies, Rophies, Roches, Rope, Wolfies, R2, Mexican Valium, Forget-me Pill, Date Rape Drug
- Forms: Tablet or powder dissolvable in liquid.
- Length of effect: 8 to 12 Hours
- Possible Psychological Effects: Extreme drowsiness, sedation, amnesia (memory loss during sedation)
- *Produced by Hoffmann-La Roche, Rohypnol has recently been altered so that it turns blue when slipped into a clear beverage—but it is still undetectable in very dim lighting and of course in blue tropical drinks.*
- **Toxicity Effects: Extreme CNS depressant, decreased blood pressure, visual disturbances, gastrointestinal disturbances, complete sedation—ALCOHOL GREATLY INCREASES THE RISK OF COMA AND DEATH**

METHAMPHETAMINE (METH) is a neurotoxin and potent psychostimulant

- **Street Names:** Meth, Speed, Ice, Crystal, Crystal Meth, Crank, Tweak, Fire, Glass, Rock Candy, Chalk, Tina, Go Fast...
- **Forms:** Many forms—white powder, white pill, shiny white or clear crystal. Made from toxic ingredients such as drain cleaner, battery acid or anti-freeze. It can be smoked, snorted, injected or taken by mouth.
- **Length of effect:** 4 to 16 hours and in some cases up to 24 hours.
- **Possible Psychological Effects:** Euphoria, increased alertness/energy/and paranoid delusions, hallucinations; with chronic use, violent behavior, mood swings, sensation of insects on or in the skin, paranoia, psychosis, homicidal or suicidal thoughts
Methamphetamine is known to have a high potential for abuse and addiction. Recreational use of methamphetamine may result in psychosis or lead to post-withdrawal syndrome, a withdrawal syndrome that can persist for months beyond the typical withdrawal period

- **Chronic use of meth can cause sores on the face and body, severe weight loss, meth mouth (rotten teeth), visual aging (sunken mouth & cheeks, wrinkles, dull skin), uncontrollable shaking—the internet is full of before and after pictures of meth users.*
- **Toxicity Effects: Nausea, Vomiting, Increased Heart Rate, Increased Breathing/Blood Pressure & Body Temperature, High Blood Pressure, Decreased Appetite, Risk Of Heart Attack Or Cardiovascular Collapse, Seizures, Cerebral Hemorrhage, Rhabdomyolysis (Deterioration Of Muscle Cells), Kidney Failure, Coma, Death, Alcohol Increases More Risks:**
 - **ADDICTION AND DEPENDENCE IS VERY HIGH**
 - **RISK OF HIV IS VERY HIGH WHEN USING NON-STERILE NEEDLES**
 - **METH DAMAGES BOTH DOPAMINE AND SEROTONIN NEURONS IN THE CNS AND CAUSES BRAIN DAMAGE FROM LONG TERM USE**

BINGING: THE STAGES OF THE METH HIGH

- 1) The Rush—A rush is the initial response when smoking or injecting methamphetamine. During the rush, the heart races and metabolism, blood pressure and pulse soar. Unlike the rush associated with crack cocaine, which lasts for approximately 2 to 5 minutes, the meth rush can continue for up to 30 minutes.
- 2) The High—The rush is followed by a high, sometimes called “the shoulder.” During the high, the abuser often feels aggressively smarter and becomes argumentative, often interrupting other people and finishing their sentences. The delusional effects can result in a user becoming intensely focused on an insignificant item, such as repeatedly cleaning the same window for several hours. The high can last 4 to 16 hours.
- 3) The Binge—A binge is uncontrolled use of a drug. It refers to the urge to maintain the high by smoking or injecting more meth. The binge can last 3 to 15 days. During the binge, the abuser becomes hyperactive both mentally and physically. Each time the abuser smokes or injects more of the drug, he experiences another but smaller rush until, finally, there is no rush and no high.
- 4) Tweaking—A meth abuser is most dangerous when experiencing a phase of addiction called “tweaking”—a condition reached at the end of a drug binge when meth no longer provides a rush or a high. Unable to relieve the horrible feelings of emptiness and craving, an abuser loses his sense of identity. Intense itching is common and a user can become convinced that bugs are crawling under his skin. Unable to sleep for days at a time, the abuser is often in a completely psychotic state and he exists in his own world, seeing and hearing things that no one else can perceive. His hallucinations are so vivid that they seem real and, disconnected from reality, he can become hostile and dangerous to himself and others. The potential for self-mutilation is high.

- 5) The Crash—To a binge abuser, the crash happens when the body shuts down, unable to cope with the drug effects overwhelming it; this results in a long period of sleep for the person. Even the meanest, most violent abuser becomes almost lifeless during the crash. The crash can last one to three days.
- 6) Meth Hangover—After the crash, the abuser returns in a deteriorated state, starved, dehydrated and utterly exhausted physically, mentally and emotionally. This stage ordinarily lasts from 2 to 14 days. This leads to enforced addiction, as the “solution” to these feelings is to take more meth.
- 7) Withdrawal—Often 30 to 90 days can pass after the last drug use before the abuser realizes that he is in withdrawal. First, he becomes depressed, loses his energy and the ability to experience pleasure. Then the craving for more meth hits, and the abuser often becomes suicidal. Since meth withdrawal is extremely painful and difficult, most abusers relapse; thus, 93% of those in treatment return to abusing methamphetamine.
- **Chronic use also causes “meth mouth” due to reduced blood vessels supporting teeth and gums, dry mouth, teeth grinding or clenching, bad hygiene and poor diet.**

PCP OR PHENCYCLIDINE is a synthetic depressant. The weird combination of stimulant, depressant and hallucinogenic properties makes its effects largely unpredictable.

- **Street Names:** Angel Dust, Hog, Lovely, Wack, Embalming Fluid, and Rocket Fuel, reflect the range of bizarre and volatile effects. Supergrass and Killer Joints are names that refer to phencyclidine combined with marijuana.
- **Forms:** Oral, intravenous or inhalation.
- **Length of Effect:** From a few hours to as long as **2 weeks**
- **Possible Psychological Effects:** feeling estranged from surroundings; numbness of extremities, slurred speech, loss of coordination, a sense of strength/invulnerability, blank stare, rapid/involuntary eye movements, exaggerated gait, hallucinations, delusions, severe mood disorders, amnesia, acute anxiety, feelings of impending doom, paranoia, violent hostility, and can produce a psychosis indistinguishable from schizophrenia.
- *Many believe phencyclidine to be one of the most dangerous drugs of abuse. As many as 120 different designer-drug variations of PCP have been developed in illicit laboratories around the world. This creates a special danger of PCP abuse from other drugs adulterated with PCP or variations of PCP.*
- **Toxicity Effects: Increase blood pressure/pulse rate, respiration becomes shallow, flushing and profuse sweating. At high doses—a drop in blood pressure, pulse rate, and respiration accompanied by nausea, vomiting, blurred vision, flicking up and down of the eyes, drooling, loss of balance, and dizziness. High doses can also cause seizures,**

coma, and death (though death more often results from accidental injury or suicide during phencyclidine intoxication).

HEROIN, A CHEMICAL DERIVATIVE OF MORPHINE but 3 times stronger than morphine. Morphine is a chemical derivative of opium and 10 times stronger than opium. A synthetic version of heroin, fentanyl (china white) is 10 to 1,000 times stronger than heroin. The risk of heroin overdose is especially high due to rapid tolerance and street contents of heroin varying greatly from 10 to 90%

- **Street Names:** H, Big H, Junk, Smack, Hell Dust, Nose Drops, Thunder, Brown Sugar, Horse, Skag
- **Forms:** Oral, inhalation or intravenous—**GREAT RISK OF HIV FROM CONTAMINATED NEEDLES**
- **Length of Effect:** The intense high a user seeks lasts only a few minutes. With continued use, he needs increasing amounts of the drug just to feel “normal.” The user is able to tolerate greater amounts of heroin putting him at high risk for overdose
- **Possible Psychological Effects:** The first time it is used, the drug creates a sensation of being high. A person can feel extroverted, able to communicate easily with others and may experience a sensation of heightened sexual performance—continued use results in a desperation to avoid withdrawal symptoms...
- **Toxicity Effects: Heroin is highly addictive and creates horrible withdrawal symptoms (nausea, vomiting, chills, cramps, explosive diarrhea). BECAUSE OF THE GREAT TOLERANCE EFFECTS, THE RISKS OF OVERDOSE IS ESPECIALLY HIGH WITH HEROIN USE.**
- *“From the day I started using heroin, I never stopped. Within one week I had gone from snorting heroin to shooting it. Within one month I was addicted and going through all my money. I sold everything of value that I owned and eventually everything that my mother owned. Within one year, I had lost everything. I sold my car, lost my job, was kicked out of my mother’s house, was \$25,000 in credit card debt, and living on the streets of Camden, New Jersey. I lied, I stole, I cheated. I was raped, beaten, mugged, robbed, arrested, homeless, sick and desperate. I knew that nobody could have a lifestyle like that very long and I knew that death was imminent. If anything, death was better than a life as a junkie.” —Anonymous Heroin Abuse*

RATS ON HEROIN

- An experiment by Shepard Siegel tested two groups of rats that were administered a series of heroin injections with increasingly higher doses to build up their tolerance level.

- The first group received their injections in their familiar colony room where they lived. The second group were moved to a different, unfamiliar room for their injections.
- Eventually both groups were surviving a dosage level that easily killed rats experiencing the drug for the first time.
- Then both groups of rats were given a larger dose of heroin that should have killed them all. The rats that received their heroin in their familiar colony room experienced a 32% mortality rate. But the rats that received their doses in the different, unfamiliar room had a mortality rate of 64%--double the rate of the familiar colony room heroin rats!
- The survival rate of the rats was influenced by the environment in which they received the heroin injections.

WHY WERE THE RATS IN THE DIFFERENT, UNFAMILIAR ROOM MORE LIKELY TO DIE OF A HEROIN OVER DOSE?

- The reason is that the body reacts protectively when it thinks that a potentially life threatening drug is about to be taken. The mind sends signals based on drug taking cues from the environment and the body begins reacting in opposition to the drugs effects before the drug is taken. The body is reacting to the familiar drug taking environment and activating protective mechanisms to counteract the effects of the drug!
- When the environment is unfamiliar and different, the mind and the body are caught off guard and fail to provide protection.
- This is one reason that so many people die of drug overdoses when they are in unfamiliar places, such as unfamiliar hotel rooms in unfamiliar cities.

COCAINE, a natural but concentrated stimulant derived from the leaves of the coca shrub

- **Street Names:** Big C, Blow, Coke, Flake, Freebase, Lady, Nose Candy, Rock, Snow, Snowbirds, White Crack
- **Forms:** intravenously injected, smoked or snorted
- **Length of Effect:** 15 to 30 minutes
- **Possible Psychological Effects:** a rush or high and a powerful burst of energy, a sense of wellbeing, but may cause a panic attack—as effects wear off user may feel irritable, despondent, depressed or uncomfortable
- *Chronic use of cocaine produces mood swings that only more cocaine can alleviate. Chronic cocaine abusers are often irritable, depressed and paranoid and may experience formication (the sensation of bugs crawling in or on the skin). The combination of hallucinations, anxiety and paranoia is known as cocaine psychosis.*

- **Toxicity Effects: Heart Rate/Respiration/Blood Pressure Increase, Diminished Appetite, Constricted Blood Vessels, User May Sweat Profusely And Appear Pale.**
 - **HIGH RISK OF CEREBRAL HEMMORAGE OR HEART FAILURE**
 - As the drug wears off, nasal blood vessels relax and user has stuffy, runny or bloody nose; the septum of the nose can develop lesions or small holes and cause breathing problems.
- COCAINE AND ALCOHOL PRODUCES COCAETHYLENE TOXICITY

WHAT IS COCAETHYLENE TOXICITY? The risk of dying from cocaine is due to the drugs powerful excitatory effects on the body: abnormal heart rhythms, labored breathing & increased blood pressure. ALCOHOL GREATLY INCREASES THESE TOXIC EFFECTS.

- **When cocaine and alcohol are combined they produce a toxic metabolite called cocaethylene.**
- Cocaethylene keeps cocaine in the system longer and further increases blood pressure, heart rate and enlarges blood vessels even more.
- The combination of cocaine and alcohol greatly increases the risk of death.
- **COCAINE IS HIGHLY ADDICTIVE.**
- Next to methamphetamine, cocaine creates the greatest psychological dependence of any drug. It stimulates key pleasure centers within the brain and causes extremely heightened euphoria.
- A tolerance to cocaine develops quickly—the addict soon fails to achieve the same high experienced earlier from the same amount of cocaine. He needs more and more to get the high he desires.
- **COCAINE RATS: *Caged rats that were given unlimited access to cocaine preferred the drug to food, water and mating.***

CRACK OR FREEBASE COCAINE is the removal of hydrochloride from the salt form of cocaine creating a smokable form of cocaine which enters the brain more quickly and intensely.

- Creating freebase cocaine is a dangerous process because the powder cocaine must be treated with highly flammable agents such as ether. If the freebase still contains some ether residue, igniting the drug will cause it to explode into flames.
- Crack cocaine is the result of a cheaper and safer chemical method as it is treated with baking soda. The cracking noise occurs when it is burned, hence the name “crack”
- Crack is highly addictive and drug abusers sometimes find themselves helplessly addicted upon trying the drug only once!

- **Mothers have been known to neglect the basic needs of their infants and small children because of the intense grip of crack cocaine on their lives. In New York, the number of reported cases of child abuse and neglect jumped from 36,000 in 1985 to 59,000 in 1989. Crack babies are born addicted to crack cocaine and suffer withdrawal at birth.**

LSD LYSERGIC ACID DIETHYLAMIDE—a synthetic drug derived from ergot (a highly toxic rye fungus responsible for thousands of deaths over the centuries).

- **Brain Receptors:** LSD belongs to the serotonin group and affects a subtype of brain receptors sensitive to serotonin.
- **Street Names:** Acid, Boomers, Yellow Sunshines, Barrels, Blotters, Cubes, Domes, Lids, Wedges
- **Forms:** Crystalline material soluble in water.
- **Length of effect:** varying up to several hours
- **Possible Psychological Effects:** Often Unpredictable—Euphoria, restlessness, tension release, hallucinations, possible panic, synesthesia (a blending of the senses, seeing sound and hearing colors), perceptual distortions, timelessness, illusory separation of mind and body
- *The likelihood of psychological or physical dependence of LSD is very low. Also, LSD does not damage chromosomes as previously thought, but there is a chance of birth defects if taken when pregnant and some users have frightening experiences or “bad trips.”*
- **Toxicity Effects: Increased heart rate/body temperature, elevated blood pressure, dilated pupils, numbness, nausea, potential flashbacks (effects of the drug long after it has worn off)**

CANNABIS SATIVA OR MARIJUANA is a preparation of the cannabis plant intended for use as a psychoactive drug and as a medicine. Pharmacologically, the principal psychoactive constituent of cannabis is tetrahydrocannabinol (THC)—it is one of 483 known compounds in the plant.

- **Brain Receptors: Marijuana** belongs to the serotonin group and affects a subtype of brain receptors sensitive to serotonin.
- **Street Names:** Pot, Reefer, Joint, Weed, Grass
- **Forms:** Raw smokable or ingestible leaves
- **Length of effect:** varying from 2 to 3 hours
- **Possible Psychological Effects:** the main effect of cannabis is psychoactive and physiological effects, which can include heightened mood or euphoria, relaxation, and an

increase in appetite. Unwanted side-effects can sometimes include a decrease in short term memory, dry mouth, impaired motor skills, reddening of the eyes, and feelings of paranoia or anxiety.

- **Toxicity Effects: According to a 2013 review, Safety concerns regarding cannabis include the increased risk of developing schizophrenia with adolescent use, impairments in memory and cognition, accidental pediatric ingestions, and lack of safety packaging for medical cannabis**
- **THE CURRENT USE OR SALE OF CANNABIS IS ILLEGAL IN MOST COUNTRIES IN THE WORLD AND HOLDS HEAVY CRIMINAL PENALTIES IN MOST STATES IN THE U.S.**
- THC, the principal psychoactive constituent of the cannabis plant has very low toxicity and human deaths from overdose are extremely rare and usually due to direct injection of Hashish oil. The main health concern of cannabis is its effect on memory. Memory is formed by the hippocampus in the brain. Current research suggests that this area is not fully developed until the age of 24—with some new studies even projecting full development of the hippocampus at age 29. This may account for reports of impaired short term memory in chronic users.

LEGAL DRUGS. LEGAL IS GOOD, RIGHT?

- It is undeniable that *legal drugs* such as ALCOHOL, NICOTINE and certain STIMULANTS AND PAIN KILLERS (prescription and non prescription medications) are a problematic factor in American society today.
- Because these drugs are legal they are more readily available and often mistakenly viewed as less dangerous.
- The abuse of these drugs affect far greater numbers of people, despite legal age limits and regulatory control.
- Knowledge is your best defense. Know the facts about legal drugs.

LEGALITY OF THE NEW SYNTHETIC DRUGS

- While people may claim that certain substances are “legal” drugs, the law is one step ahead of the game.
- In 1986, the Controlled Substance Analogue Act deemed that any drug with a chemical structure or pharmacological effect similar to that of a controlled substance is as illegal as the genuine article.

THE TRUTH ABOUT “LEGAL WEED”

- **What is legal weed? Legal weed or synthetic marijuana** is a mixture of herbs, spices or shredded plant material that is typically sprayed with a synthetic compound chemically similar to THC, the psychoactive ingredient in marijuana. **However legal weed does not produce the same high as marijuana.**

- **What are the street names/slang terms?** Legal weed, Synthetic Pot, K2, Spice, Bliss, Black Mamba, Hawaiian Haze, Bombay Blue, Blaze, Genie, Zohai, JWH -018, -073, -250, Yucatan Fire, Skunk and Moon Rocks.
- **What does it look like?** K2 is typically sold in small, silvery plastic bags of dried leaves and marketed as incense that can be smoked. It is said to resemble potpourri. **How is it used?** It is usually smoked in joints or pipes, or made into a tea.
- **What are its short term effects?** Loss of control, lack of pain response, increased agitation, pale skin, seizures, vomiting, profuse sweating, uncontrolled / spastic body movements, temporary paralysis, elevated blood pressure, heart rate and palpitations. The onset of this drug is 3-5 minutes, and the duration of the high is 1-8 hours. In addition to physical signs of use, users may experience: dysphoria, severe paranoia, delusions, hallucinations and increased agitation. **The long term effects are unknown**
- **What is its federal classification?** On March 1, 2011, DEA published a final order in the Federal Register temporarily placing five synthetic cannabinoids as Schedule I drugs. As a result of this order and its implementing regulations, criminal, civil and administrative penalties, will be imposed on the manufacture, distribution, possession, importation and exportation of these synthetic cannabinoids.

THE EFFECTS OF SYNTHETIC DRUGS VARY WILDLY BETWEEN INDIVIDUALS!

- The high can be experienced as a mellow relaxed state for some users, while other users may experience extreme paranoia, hallucinations, anxiety, temporary paralysis of motor skills, elevated heart rate, uncontrollable sweating, high body temperature, manic rage, delusions, seizures, vomiting, rapid heart rate, stroke and even death

DESIGNER DRUGS CALLED BATH SALTS

- **What are bath salts?** There are two types of bath salts. The first are water-soluble beads that are meant to be added to your bath water for a better bathing experience—**these are not the bath salts that are being abused**. Bath Salts is also the informal, slang term for a new group of designer drugs sold as tablets, capsules, or powder and purchased in places such as tobacco and convenience stores, gas stations, head shops, and the Internet. These drugs are stimulants that mimic cocaine, lysergic acid diethylamide (LSD), methamphetamine, or methylenedioxymethamphetamine (Ecstasy).
- **What are the street names/slang terms?** Bath Salts are sold under a number of different “brand” names: Bliss, Blue Silk, Cloud Nine, Drone, Energy-1, Ivory Wave, Lunar Wave, Meow Meow, Ocean Burst, Pure Ivory, Purple Wave, Red Dove, Snow Leopard, Stardust, Vanilla Sky, White Dove, White Knight, White Lightning, Plant Food, Fertilizer, Mad Cow
- **Bath Salts are substituted cathinones**, which are synthetic, concentrated versions of the stimulant chemical in Khat. Methylenedioxypyrovalerone (MDPV), mephedrone and methylone are the chemicals most often found in these designer drugs known as Bath Salts.
- **How is it used?** Bath Salts are usually ingested by sniffing/snorting, taken orally, smoked, or put into a solution and injected into veins.

- **What are its short-term effects?** Short-term effects include very severe paranoia that can sometimes cause users to harm themselves or others. Effects reported to Poison Control Centers include suicidal thoughts, agitation, combative/violent behavior, confusion, delusions hallucinations/psychosis, increased heart rate, hypertension, nose bleeds, nausea, vomiting, chest pain, death or serious injury. The speed of onset is 15 minutes, while the length of the high from these drugs is 4-6 hours. The long term effects are Unknown.
- **What does it look like?** Bath Salt products are sold in powder form in small plastic or foil packages of 200 and 500 milligrams under various brand names. Mephedrone is a fine white, off-white or slightly yellow-colored powder. It can also be found in tablet and capsule form. MDPV is a fine white or off-white powder.
- **What is its federal classification?** On October 21, 2011, DEA published a final order in the Federal Register exercising its emergency scheduling authority to control three of the synthetic stimulants that are used to make bath salts. As a result of this order, these synthetic stimulants are designated as Schedule I substances under the Controlled Substances Act subject to fines and criminal prosecution.

INHALENTS: READILY AVAILABLE AND DEADLY

- Commercial glues, paints, solvents including gasoline and aerosol sprays are prime candidates for drug abuse for a number of reasons:
- **What makes inhalants so appealing as a drug?** Inhaling them into the lungs creates a quick, strong high that starts in minutes and lasts an hour. The products are easy to find, conceal, explain and carry around. Inhalants are available everywhere in stores, at home, or even in the neighbor's house
- The fumes from inhalants are classified as **depressant drugs** that depress the central nervous system
- **The effects include** giddiness, euphoria, dizziness, and slurred speech followed by one or two hours of drowsiness or loss of consciousness. Occasionally users will experience double vision, ringing in the ears or hallucinations.
- **The dangers of the toxic effects of inhalant abuse falls on the organs of the body as they are flooded with toxic fumes and deprived of life giving oxygen.** The liver is especially taxed as it desperately tries to rid the body of the toxin. The behavioral effects of the intoxication makes the user feel reckless and invincible. Users have been known to leap off of roof tops, run into traffic, lie on railroad tracks or on the freeway while high.
- **Hypoxia and asphyxiation** can occur when using inhalants in plastic bag that is held tightly over the nose and mouth (bagging) and vomiting while unconscious can drown the victim. Inhaling Freon freezes the larynx and throat and causes asphyxiation because the victim can not breath. **Inhaling propane and butane causes sudden death by heart attack.**

STIMULANTS AND PAIN KILLERS- In 2009, more than 16 million people 12 and older used Ritalin, Adderall, Percocet, Vicodin or Oxycontin for non-medical purposes. These drugs are addictive and extremely dangerous especially when mixed with alcohol.

- **Nearly 1 in 5 teens** has tried prescription medication pain relievers such as Vicodin and OxyContin and stimulants like Ritalin and Adderall to get high; 10% of teens report abusing cough medicine to get high.
- **Nearly 3 out of 10 teens** believe prescription pain relievers are not addictive. In fact, they cause tolerance, addiction, dependence and withdrawal.
- **KILLERS-** Cough and cold remedies containing dextromethorphan (DM) taken in doses in excess of 200ml can cause seizures and death due to the side effect of hyperthermia (high fever)—this is a real problem for teens who take DM at raves or dance clubs where the environment is warm and they are physically exerting themselves by dancing. **By the way, the odds of seizure and death increase greatly when alcohol is also consumed.**
- **HEALTH COSTS-** The National Center for Health Statistics reported that in 2008 41,000 Americans died from poisoning due to overdosing on stimulants and pain killers.
- *Mark, was a week away from graduating from high school. Mark's day went something like this: He woke up and went to school and played in the student/staff basketball game. When he came home from school he lifted weights and ate dinner. He then went to work and returned home at about 9:30 that night. When he got home, Mark talked to his family about the game that day. That was the last conversation anyone ever had with Mark.... He never woke up the next day. On Friday, May 28, 2004, his mom and dad found his lifeless body in bed. Mark died from an accidental overdose of prescription drugs, including OxyContin® and morphine.*

NICOTINE: KNOW THE FACTS

- **CIGARETTES-** Cigarette smoking and second hand smoking is responsible for more than 480,000 deaths per year in the United States. On average, smokers die 10 years earlier than nonsmokers. **Tobacco use is the most preventable cause of disease and death in the U.S. today, yet 45 million Americans still smoke.**
- **SMOKING AGE-** 82% of adult smokers began smoking before age 18 despite the legal age limit. 1 in 20 high school students report smoking a half a pack of cigarettes per day. More than 16 million Americans suffer from a disease caused by smoking.
- **HEALTH COSTS-** Smoking causes cancer, heart disease, stroke, lung diseases (including emphysema, bronchitis, and chronic airway obstruction), and diabetes.
- **TOLERANCE-** First time smokers may experience dizziness, nausea or vomiting. These symptoms disappear as tolerance quickly develops.

- **DEPENDENCE-** Dependence also develops quickly. Inhaled nicotine is quickly absorbed and passes through the blood-brain barrier. The effects last about 2 to 3 hours. The addition of ammonia in cigarettes makes nicotine more readily absorbed from body tissues into the blood stream.
- **WITHDRAWAL-** Nicotine is as addictive as heroin (they use the same receptor sites in the brain) and tolerance develops quickly. Withdrawal from nicotine, while harmless, is physically very uncomfortable. Symptoms may include irritability, depression, anxiety, constipation, mood swings...
- **Nicotine is a toxic, dependence-producing psychoactive drug used in insecticides, pesticides and cigarettes. A few drops of nicotine—about 60 mg—on on the tongue would quickly kill a healthy adult.**
- More than four times as many Americans die from tobacco-related illnesses such as cardiovascular and respiratory diseases and cancer, as die from alcohol-related and illicit drug related problems combined.
- Numbers of tobacco-related deaths include tobacco users and nonusers exposed to tobacco smoke.

ALCOHOL- Alcohol Poisoning kills 88,000 people each year-- 10 million Americans are alcoholic.

- **DRINKING AGE-** Most adults began drinking alcohol in junior high or earlier. Binge drinking is a *lethal* problem in colleges nationwide and a major factor in date rapes and other violent acts.
- **HEALTH COSTS-** Alcohol is a major factor in traffic fatalities. Alcohol abuse and alcoholism is involved in liver & cardiovascular disease, cancer of the throat/mouth, alcoholic dementia (memory loss), Wernicke-Korsakoff Syndrome, Thiamine Deficiency (retardation of normal function).
- **TOLERANCE-** If you drink alcohol regularly, you will feel the effects less and less; so, in order to keep feeling the effects, the regular drinker must drink more and more.
- **DEPENDENCE-** A regular drinker can become dependent on alcohol. This means that the body begins to adjust itself to function when alcohol is in the system. **It works like this:** Alcohol depresses the central nervous system (CNS); the body's defense is to compensate for this depression by increasing the activation of the CNS. The problem is that when you take alcohol away from an alcohol dependent person, the CNS is too activated and the result is seizures, brain damage or death. An alcohol dependent person must drinking to stay alive!
- **EFFECTIVE DOSE- 2 of each- 12oz Beers -or- 5oz Glass of Wine -or- 2oz Shot of 80proof Vodka**

- **LETHAL DOSE- (the dose that will kill you) 15 times the effective dose taken within a few minutes on an empty stomach (1 liter of Vodka (16 shots) or 4 Bottles of wine.**

Alcohol Poisoning

- Alcohol poisoning is a serious — and sometimes deadly — consequence of drinking large amounts of alcohol in a short period of time. Drinking too much too quickly can affect your breathing, heart rate, body temperature and gag reflex and potentially lead to coma and death.
- Alcohol poisoning can also occur when adults or children accidentally or intentionally drink household products that contain alcohol.
- A person with alcohol poisoning needs immediate medical attention. If you suspect someone has alcohol poisoning, call for emergency medical help right away.

Alcohol poisoning signs and symptoms include:

- Confusion, Vomiting, Seizures, Slow breathing (less than eight breaths a minute), Irregular breathing (a gap of more than 10 seconds between breaths), Blue-tinged skin or pale skin, Low body temperature (hypothermia), Passing out (unconsciousness) and can't be awakened
- It's not necessary to have all these signs and symptoms before you seek help. A person who is unconscious or can't be awakened is at risk of dying.
- When to see a doctor- If you suspect that someone has alcohol poisoning — even if you don't see the classic signs and symptoms — seek immediate medical care.

ADDICTION ASSESSMENTS: THE CAGE

Cage Questionnaire

- The Cage Questionnaire can also help you analyze your drinking and highlight common problem areas which may Indicate alcoholism.
- Consider the questions to the left and answer them honestly.

Scoring:

Item responses on the CAGE are scored 0 or 1, with a higher score an indication of alcohol problems. A total score of 2 or greater is considered clinically significant.

1. **Have you ever felt you should Cut down on your drinking?**
2. **Have people Annoyed you by criticizing your drinking?**
3. **Have you ever felt bad or Guilty about your drinking?**
4. **Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover (Eye opener)?**

Alcohol Abuse Self Test

Are you wondering if you have an addiction to alcohol?

- Are you concerned about your use — or abuse — of alcohol? Are you concerned about the role alcohol plays in your life? Are you concerned about someone else? This simple self-test is intended to help you determine if you or someone you know needs to find out more about alcoholism.
- It's not always easy to see when your drinking has crossed the line from moderate or social use to problem drinking. But if you consume alcohol to cope with difficulties or to avoid feeling bad, you're in potentially dangerous territory.
- Alcoholism and alcohol abuse can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back if you recognize them.
- Understanding alcohol abuse and addiction is the first step to overcoming a problem with alcohol. The questions in this test do not include other drugs.

DIRECTIONS: The questions that follow this slide concern information about your involvement with alcohol.

- Carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months.

ANSWER THE QUESTIONS THAT FOLLOW “YES” OR “NO”—AND COUNT YOUR YES AND NO RESPONSES

- 1. Do you drink heavily when you are disappointed, under pressure or have had a quarrel with someone?**
- 2. Can you handle more alcohol now than when you first started to drink?**
- 3. Have you ever been unable to remember part of the previous evening, even though your friends say you didn't pass out?**
- 4. When drinking with other people, do you try to have a few extra drinks when others won't know about it?**
- 5. Do you sometimes feel uncomfortable if alcohol is not available?**
- 6. Are you more in a hurry to get your first drink of the day than you used to be?**
- 7. Do you sometimes feel a little guilty about your drinking?**
- 8. Has a family member or close friend express concern or complained about your drinking?**

9. Have you been having more memory “blackouts” recently?
10. Do you want to continue drinking after your friends say they’ve had enough?
11. Do you usually have a reason for the occasions when you drink heavily?
12. When you’re sober, do you regret things you did or said while drinking?
13. Have you tried switching brands or drinks, or following different plans to control your drinking?
14. Have you sometimes failed to keep promises you made to yourself about controlling or cutting down on your drinking?
15. Have you ever had a DWI (driving while intoxicated) or DUI (driving under the influence of alcohol) violation, or any other legal problem related to your drinking?
16. Do you try to avoid family or close friends while you are drinking?
17. Are you having more financial, work, school, and/or family problems as a result of your drinking?
18. Has your physician ever advised you to cut down on your drinking?
19. Do you eat very little or irregularly during the periods when you are drinking?
20. Do you sometimes have the “shakes” in the morning and find that it helps to have a “little” drink, tranquilizer or medication of some kind?
21. Have you recently noticed that you can’t drink as much as you used to?
22. Do you sometimes stay drunk for several days at a time?
23. After periods of drinking do you sometimes see or hear things that aren’t there?
24. Have any of your blood relatives ever had a problem with alcohol?
25. Have you ever gone to anyone for help about your drinking?
26. Do you ever feel depressed or anxious before, during or after periods of heavy drinking?

Alcoholic Self-Test Results

A "no" is scored 0, and a "yes" is scored 1. Your score reflects the total number of questions that were answered “yes”.

#OF NO ANSWERS_____

#OF YES ANSWERS_____

Understanding Your Score:

A "no" is scored 0, and a "yes" is scored 1. Your score reflects the total number of questions that were answered "yes".

If you answered "yes" to between 2 and 8 questions, you should consider arranging a personal meeting with a professional who has experience in the evaluation of alcohol problems.

If you answered "yes" to more than 8 questions, you may have a serious level of alcohol-related problems requiring immediate attention and possible treatment. You should seek professional guidance.

The purpose of this test is just to see where you stand. If you can see a problem and if you feel that eliminating drugs from your life will make you happier—that thought or that feeling alone is your first successful step to recovering from drug use and the problems associated with it.

The simple desire to get better and to seek help is the first successful step to health and wellbeing!

RECOGNIZING ADDICTION

Recognizing Addiction: Early Behavior

- Recognizing an addiction problem may be more challenging than it seems. Addicts are often skilled at hiding their behavior, even from their closest friends and family members.
- What may seem like an addiction could be an experimental phase or an individual's response to challenging or stressful circumstances.
- Addiction usually results in a slow downward spiral and without intervention in the early stages, an addiction may turn into a debilitating and life-threatening condition.
- Regardless of the type of addiction, it's important to recognize warning signs and seek help if necessary.
- **EARLY BEHAVIOR:** When a person is simply using a substance recreationally or for fun, it can be difficult to determine whether or not the behavior will be repeated and to what extent the addiction might manifest. Even in the early stages, however, certain clues may be noticeable. If a person is particularly drawn to an activity or substance, seeks out situations where he or she can experiment, or experiences episodes of bingeing or loss of control, an early addiction problem may be developing.

RECOGNIZING ADDICTION: ALIENATION:

- Once an individual moves past the experimentation or early phase of addiction, he or she will typically begin to alienate friends and family.
- Addicts tend to surround themselves only with others who either encourage or share their addictive behavior.
- An addict will tend to avoid social situations or circumstances where he cannot use his substance of choice or perform his addictive behavior.
- Initially, alienation may be infrequent, but it will typically progress over time. An addict will try to hide the addictive behavior from loved ones—especially those who may try to intervene or stop the behavior.
- It's not abnormal for addicts to completely cut off or diminish contact with their families, friends, spouses, or children.
- **When an individual avoids situations where he or she cannot use the drug of choice or chooses to be in a place or situation over other obligations (work, family or friends) so they can use the substance of choice—an addiction is in the making**

RECOGNIZING ADDICTION: HEALTH

- **HEALTH:** Another way to recognize an addiction problem is to pay attention to the individual's health.
- Whether the addiction is substance-based or behavioral, the addict will almost always experience a decrease in quality of health. Constant illnesses, injuries, or chronic fatigue may be indicators of a problem. The skin, hair, teeth and nails of an addict may also be in poor condition, especially when the individual is abusing highly dangerous substances like methamphetamines, heroin or cocaine.
- The person may also have an irregular sleep schedule or will frequently miss work and other important obligations.
- It's also important to consider the individual's mental and emotional health. Sudden changes in mood or irritable, aggressive behavior are symptoms often associated with addiction.
- It's also possible the person will become extremely depressed, apathetic, or suicidal.
- **Deterioration of physical and emotional health is a telltale sign of an addiction.**

RECOGNIZING ADDICTION: CONSEQUENCES

- **CONSEQUENCES:** In the middle or later stages of an addiction—although sometimes in the early stage—the addict will probably experience negative consequences as a result of the addictive behavior. These consequences may be limited to an addict’s personal life, although it’s not uncommon that the individual will experience professional or legal ramifications as well. Some common consequences include:
 - Dropping out of school or poor grades
 - Missing work or neglecting important obligations
 - Disintegration of relationships with friends and family
 - Loss of good standing in community or tarnished reputation
 - Accidents, injuries, or hospitalizations as a result of addictive behavior
 - Citations, arrests, or jail time
 - Eviction from place of residence or failed mortgage payments
 - Loss of job or parenting rights
 - While similar issues can occur in the lives of non-addicted persons, it’s important to gauge whether or not the consequence is a result of an isolated incident or a growing problem with the addictive substance or behavior.
- **Negative consequences resulting from using the drug is sign of an addiction, especially if the individual continues using despite the consequences.**

RECOGNIZING ADDICTION: EXCUSES

- **EXCUSES:** Despite the concern of friends and family, an addict will almost always deny the severity or seriousness of the addictive behavior.
- **Making excuses is common among addicts.** The person will usually have a number of reasons to justify or minimize the addictive behavior.
- While a non-addicted person can usually recognize a negative behavior and choose to eliminate it, this is typically not the case with an addict. Rather than admit the presence of a problem, an addict may try to convince himself and others why it’s acceptable to continue the behavior.
- This is why staging an intervention or attempting to force an addict into treatment often fails.
- **An addict must want to change in order for recovery to be successful.**

5 COMMON EXCUSES ADDICTS MAKE

- Everyone does it; or at least everyone I know does it.
- It's a social thing; it's just a way to relax and withdrawal from my problems
- I can stop whenever I want. I don't really *have* to do it, it's something I choose to do.
- It's a part of my creative identity; it is an exercise of my will not my need.
- I have never done anything as bad as some other people and I'm not hurting anyone, so I clearly do not have a problem

AVOIDING ADDICTION

How to Avoid Addiction Before it Starts

- **Recovering from addiction can be a difficult and taxing process.** Certain people are much more susceptible to addiction due to genetic or environmental issues. There are, however, several effective ways to prevent or avoid drug addiction.
- **The best tool against developing an addiction is avoiding drug or alcohol use in the first place.** But that's easier said than done. Many people begin using as young as age 10 and are too young to realize the damaging impact addiction will have on their lives. If you are lucky to have recognized the addiction pattern early, then follow the following steps to prevent developing an addiction.
- **Avoid Temptations and Peer Pressure.** You may have heard the expression, "You're only as good as the company you keep," and in reality, that statement is true. If you have friends or family members who pressure you to use alcohol or drugs, avoid them. Make new friends who practice healthier habits, who do well in school, who are motivated at work and who have goals.
- **Develop goals and dreams for yourself.** Remember, alcohol or drug use can turn to addiction rapidly; no one plans on becoming a drug addict or alcoholic. While in active addiction, the only goal possible is to get drugs or alcohol to feed the addiction. Regardless of whether it is abuse or addiction with drugs or alcohol, both require professional addiction treatment.
- **If You Have a Drug or Alcohol Abuse Problem, Get Help Now.** Drug abuse and drug addiction are defined differently. A person who uses heavily and then can abruptly stop is considered to be abusing drugs. But addiction occurs when the body or mind requires drug to stop withdrawal symptoms or to "feel normal." The line between abuse and addiction is not solidly defined because a person may be abusing drugs and not be experiencing the negative consequences of addiction.

- Find the Support You Need. People struggling with emotional distress are at greater risk for developing an addiction to drugs if they have not developed coping skills. If you have events or experiences in your past that affect your feelings, find a reliable and healthy source of support. If you have depression, anxiety, paranoia or other mental health issues, counseling or therapy and social communities such as religious or spiritual organizations can help you work through negative emotions and behaviors in a healthy, life-affirming manner. Remember that drugs in combination with mental health disorders only make the mental health problem worse.
- Don't try to self-medicate your feelings or physical discomfort.

AVOIDING ADDICTION

UNDERSTAND HOW DRUG ADDICTION DEVELOPS.

- Alcohol and drug addiction starts by: Using addictive drugs (illicit or prescribed) for recreational purposes or to seek intoxication. **Drug abuse can turn into drug addiction if not treated.**
- Often, people will try drugs not knowing the side effects or toxicity level of the drug they are taking.
- Alcohol, while a legal drug in the U.S., is highly toxic and many college kids have paid a deadly price because they didn't know that drinking too much alcohol at one time could easily kill them.
- Others have become hopelessly addicted to drugs that are well known to be highly addictive. Before they realize it, they have lost their job, family, friends and have sold everything they own in an endless pursuit of their drug.
- A little research on the internet can educate you on what you may be exposed to on the street or in your social scene.

FIND HEALTHY WAYS TO COPE WITH STRESS

- Many people begin using drugs as a way to deal with stress and tension. The reality is, however, that drugs are only a temporary fix. Once a person comes down from drugs, they are likely to experience physical and psychological side effects that only intensify feelings of anxiety.
- To make matters worse, drugs have a diminishing effect on the natural levels of their "feel good" chemicals. This causes the user to feel much worse without the drug than they did before they started using the drug. Hence, they must endure a diminished psychological state until their natural chemistry returns to normal.

- Finding coping methods such as exercise, meditation, caring for animals or other people can eliminate the urge to use or try drugs.

SEEK THERAPY OR COUNSELING

- There is a common saying, “*The wise seek counsel.*” It can be very difficult to analyze a situation that you are emotionally involved in. This is why even the legal system will require people to use a mediator (an emotionally uninvolved third party) to help resolve disputes.
- It is not uncommon to experience feelings of depression. Many people experience highs and lows that can be difficult to cope with. Drug users often are attempting to self-medicate their feelings of psychological pain or stress.
- The problem is that drugs do not treat mental issues themselves. They simply treat the symptoms. Working through problems with a mental health professional is a much more effective and long-lasting way of treating a psychological or emotional problem.

MAINTAIN A LIFESTYLE THAT MAKES YOU HAPPY

- Low self-esteem and depression are major triggers for drug abuse. It is easy to let one aspect of your life, such as family problems, work, school or social pressures become overwhelming, to the point that you do not enjoy or partake in other important aspects of your life.
- Maintaining strong relationships and a healthy balance between physical and mental activity can help you maintain the stability that is needed to stay drug free.

HAVE THINGS IN YOUR LIFE THAT YOU CARE ABOUT

- Whether it’s a sport, artistic endeavor, personal relationships or a favorite pet, having something that you are passionate about motivates you to stay healthy and mentally and emotionally in shape.
- If you care deeply enough about the people, animals or activities in your life, you are less likely to jeopardize them by experimenting with or using drugs.

BE AWARE OF YOUR FAMILY HISTORY OF SUBSTANCE ABUSE OR ADDICTION

- The tendency toward addiction is linked to genetics, so be familiar with any parents or other family members who have struggled with addiction. If you know that you have a higher chance of becoming addicted, take extra precautions to avoid drugs and alcohol.
- It is much easier to avoid substances altogether than it is to recover from addiction. If you were around a parent who abused drugs as a child, you may also want to seek counseling to help you resolve any issues you may have around alcohol or other addictive drugs.
- No matter what your background or current situation is, it is possible to avoid slipping into the dangers of addiction. The keys lie in keeping yourself happy and healthy while you are drug-free.

BEATING ADDICTION

How to Beat Addiction

- Having a drug addiction can make you feel as though there's no hope for getting better. But no matter how bad things have gotten, if you put your mind to it you can beat your addiction. Start by defining your reasons for quitting, since that will help you stay strong throughout the process. Then make a good plan and draw on help from support groups and counselors as you deal with withdrawal and start creating a life without drugs. If you want to learn more about how to beat your addiction for good, see Step 1.

STEP 1– DECIDING TO QUIT

- Make a list of the harmful effects of your addiction. Writing down a specific list of the ways in which your addiction is negatively impacting your life can give you a jumpstart toward changing your behavior.
- Rather than framing the addiction's effect in general terms — "It's destroying my life" or "I'm not reaching my potential" — write down the ways that *your* individual life has changed since your addiction began. Seeing it all written down on paper might be jarring, but having the list will help you through the tough steps to come.
- Write down how the addiction is affecting your body. Depending on the drug you're using, it might be causing skin damage, organ damage, dental problems, and other physical issues.

Even if the physical effects are subtle, like you've lost a lot of weight or your face is aging more quickly than it should, write them down.

- **List how the addiction has affected your mental health.** Addictions can complicate mental health issues that were already present or cause new ones to develop. Are you dealing with depression or anxiety? You might be using drugs as a way to escape negative feelings, but ultimately the drugs are making the problem worse.
- **Write down how the addiction has affected you socially.** It has probably impacted some of your closest relationships. Maybe you've also been reluctant to meet new people and make new friends. It might be difficult to find a job or be a reliable part of a group.
- **Has the addiction taken a financial toll?** Write down how much money you spend to feed it every day, week, month, year.
- **Think about how it has affected your time.** Write down the time spent thinking about drugs, tracking more down, using them, recovering, needing more.

STEP 2—WRITE OUT POSITIVE CHANGES

- **Write down the positive changes you'll see when you quit.** Now that you've written down the negative stuff, focus on how good things can be — *will* be — once you've beat this.
- **How will your life story change post-addiction?** All those negatives will fall away, and you'll finally have the opportunity for good things to come your way. You'll feel free again. Your mind and time won't be consumed by drugs anymore.
- **Your relationships will improve.** Your friends and family will come to trust you again. You'll have the opportunity to make new friends and pursue new romantic relationships without feeling like there's a huge hurdle preventing you from getting anywhere.
- **You'll have more money; Your body will feel and become healthier; You'll feel proud of yourself and your confidence will return.**

STEP 3—WRITE OUT GOOD REASONS

- **Write down your reasons for quitting.** Draw on the list of negatives and the list of positives to come up with solid reasons for quitting, mantras that you'll be able to recite when the urge to turn to drugs becomes overwhelmingly strong.
- Your reasons must be extremely personal and more important to you than your drugs, so that when you're faced with a choice between holding strong or taking drugs, you hold on tight. Here are a few examples:
- **Decide you're quitting because you want your friends or family to look at you with joy instead of concern again.**
- **Decide you're quitting because you want to save enough money to live on your own without depending on anyone else for financial support.**
- **Decide you're quitting because you want to regain your health. You want to live a long, full life and be there for your loved ones.**

STEP 4—SEEK SUPPORT

- **Seek support from friends and family.** When you're addicted to drugs, it's extraordinarily difficult to quit all by yourself.
- Talk with your closest friends and family about what you're going through, and find out who you can really trust to be there for you. It's really important to have loved ones you can lean on when things get tough. And after withdrawal, you'll need a support system to help prevent a relapse.
- While it's important to have support from people you care about, **don't rely on someone else to quit with you.** Avoid relying on someone to stop doing drugs with you, as he or she may not have the willingness to change.
- You must be willing to stop spending time with people who use drugs, and to avoid temptation. Learn to walk away from those that insist on using or talking about drug usage in front of you. It may require you to be alone for a while or find a whole new set of friends to hang out with.

STEP 5—JOIN A GROUP

- **Join a support group.** It helps to talk with people who know exactly what you're going through because they're in the same situation. With a support group, you won't have to worry about hiding anything that might upset your friends and family, and you'll have access to resources you might not otherwise know about.
- There are many low cost options to choose from. **Narcotics Anonymous** will encourage you to share your story and talk with other people who have been through it, too.
- **SMART Recovery** helps addicts learn to abstain from drugs, alcohol, and addictive behaviors using self-management techniques, and may be a good alternative for people who do not feel comfortable with 12-step groups.
- **Online support systems like the Recovery Social Network** can also connect you with people who are in recovery and really want to help you stay clean.

STEP 6—FIND A THERAPIST OR COUNSELOR

- **Find a therapist you connect with.** Look for someone who specializes in helping people overcome addictions, and who has plenty of experience and a good track record.
- Different therapists will have different approaches to treating addiction, which may include cognitive behavioral therapy, behavioral therapy, motivational interviewing, and life skills training.
- Being able to work one-on-one with someone you trust is an especially good option if you're not as interested in sharing your experience in a group setting.

STEP 7—CONSIDER ALL OPTIONS

- **Determine whether you would benefit from supervised rehabilitation.** If you don't feel you can beat your addiction alone, you might want to consider a medically supervised detoxification COURSE, a stint in rehab, or a stay in a sober home.
- Besides the psychological anguish that comes with quitting something to which you're addicted, you may experience physical withdrawal, which can be painful and even dangerous.
- Staying at a facility specifically designed to help recovering addicts will help you get through the worst of the physical and emotional pain of quitting.

- Depending on what type of drug you're trying to beat, you may also receive a prescription medication to help your body withdraw from it, since quitting cold turkey can be risky.
- Most rehab facilities provide individual and group counseling sessions in addition to physical support.

STEP 8—KNOW YOUR TRIGGERS

- **Figure out what triggers your drug use.** Have you noticed that certain people, places, situations, or feelings give you a strong urge to use drugs? It's time to name those triggers so you can start avoiding them. While you might not be able to avoid them entirely, and even if you could, the absence of triggers wouldn't completely relieve you of the desire to use, it can really help to eliminate as many as possible.
- Here are some common triggers people deal with: Other people who use drugs. If you hang around with a group of people who use, you're going to want to do the same. You need to stop spending time with them - it's that simple. You're not in a position right now to be able to be with them and avoid doing drugs.
- **Places that tempt you to use drugs.** Maybe there's a certain house, a certain part of town, a place in the woods or an entire city that makes you want to use drugs. If you can, start avoiding that place.
- **Situations or emotions that make you want to use.** It could be as seemingly innocuous as a movie set in the raging big city drug scene of the 80s, or maybe it's the desperation you feel when you think about your ex or your old friends.
- **You know your personal emotional triggers.**

STEP 9—CREATE A BRAND NEW ENVIRONMENT

- **Makeover your space so you have a fresh start.** If you're surrounded by reminders of your addiction, it'll be that much harder to quit. You'll certainly need to get rid of the actual drugs and other drug-related objects. In addition, you might consider doing the following to freshen up your space, so it feels like you're starting with a clean slate: Clean up the house or apartment.
- **Stock up on nutritious, easy-to-eat foods** such as soup to keep your strength up while trying to beat addiction, and don't try to do anything that will take up too much of your energy. You need all the strength you can build up to beat addiction once and for all. Be

especially sure to focus on your protein intake. This will help keep your blood sugar level stable, which in turn helps keep your mood on an even keel.

- You might want to redecorate the rooms in your house where you've commonly used drugs. At the least, you can rearrange the furniture. **Make it feel like a brand new setting.**
- **Buy a few new things to make your environment feel calming.** Candles, new sheets, some new music, plants — something that brings you comfort and a sense of peace.

STEP 10—SET MANAGEABLE GOALS AND A QUIT DATE

- Start managing your new life.
- Use drugs less often in preparation for quitting.
- Set goals you know you can stick to, like limiting how much you take in and how often you do it.
- You might want to work with a drug counselor to figure out what type of plan makes sense for you.
- Create an action plan and determine a date by which you plan to be completely drug free.
- It helps to use a calendar to keep track of your progress and hold you to your commitments.
- People often make their "quit day" the same day as a special personal event, such as a birthday or Mother's Day. The extra meaning wrapped up in the day could help you stick with your plan.

STEP 11—STICK TO YOUR DATE AND STOP USING

- **Stick to your quit date and stop using drugs.** Keep your commitment and stop using drugs on the day you planned to stop. It's not going to be easy, but you can do it.
- Rely on your support system if you need help of any kind — that's why they're there.
- Keep yourself busy during the first days and weeks. If you have too much down time you'll be more likely to turn to drugs.
- Spend time with drug-free people who will help you stick to your goals. Getting closer to a new group of friends will help you stay away from drugs.

STEP 12—BE PREPARED TO MANAGE TEMPTATION

- **Turn to your reasons for quitting when temptation arises.** When you first decided to quit, you wrote down your personal reasons for wanting to do so.

- Keep that list with you and pull it out to get you through whenever your desire for drugs is triggered.
- Remember that the reasons you wrote down are more important to you than drugs could ever be. Your relationships, your health, your *life* hang in the balance here.
- Remind yourself of that every time the urge comes back.
- **Try urge surfing.** When the worst urges hit, and nothing seems to be taking the edge off, some people find it helpful to "surf" the urge.
- Instead of trying to ignore it, let yourself fully feel it.
- Pretend it's a wave that you're riding, and keep riding the wave until it finally subsides

STEP 13—RELIEVE ANY STRESS YOU FEEL

- **Relieve your stress in healthy ways.** Drugs are no longer an option, so you'll have to find new ways to relieve your stress and regain your health.
- Your stress relief measures should be soothing to your body and your mind, helping you get through the worst of your depression or anxiety without needing to turn to drugs.

Here are a few ideas for stress relief:

- Get fresh air. Get up and go outside and do some deep breathing, or go for a long walk.
- Exercise. Many people find it helps to get the endorphin rush that comes with vigorous exercise, such as running, swimming or jumping rope.
- Put on calming music, Take a long, hot bath, Use aromatherapy to calm yourself.

LAST STEP—ANY SUCCESS—NO MATTER HOW SMALL—IS A PERMANENT SUCCESS!

- **If you are even only thinking about quitting—you are in a better place than before and that is a small success.**
- **Focus on building a new life.** Once the worst has passed, and your body and mind are no longer consumed by withdrawal, spend your time building the life you want to live.
- Nourish your relationships with the people you love, work hard at your job, and throw yourself into hobbies and past times that are meaningful to you.
- During this time, you should continue going to meetings with your support group and continue meeting with your therapist.

- The process of beating a drug addiction is not a quick one, so don't declare yourself cured when things start to go well.

Don't let relapse be the end of the road. It's very common to slip when you're first overcoming an addiction.

- If you end up taking drugs after your quit date, address the issue right away before it spirals out of control.
- If you end up having a full-blown relapse, don't be hard on yourself — you can still do this.
- Try to figure out what went wrong and start the process again. No matter how long it takes to finally beat this, it's completely worth the struggle.
- Every success, no matter how small, or at what point is still a SUCCESS! Celebrate your successes.
- Above all, stay positive and focus on what you want.

EMOTIONAL AND PHYSICAL HEALTH AND WELLBEING

Health and Wellbeing

- In light of the Rat Park experiment, it can be said that health and wellbeing is important for all living creatures.
- Focusing on your health and wellbeing is an essential element in your life.
- If you are using or experimenting with drugs and getting yourself into trouble or causing yourself stress, it's time to ask yourself what you need to do to make yourself truly happy.
- But how do you know if you are truly happy? And what can you do about it?

THE POWER OF THOUGHT

- Your thoughts are very powerful tools in your life. Your own thoughts form every emotion that you feel. Your thoughts form your opinions, they affect your decisions, they affect your relationships and they even effect the way you view the world and they certainly affect the way you see yourself and others.
- How we evaluate and think about ourselves, other people, and events can have a major impact on our mood. For example, let's say you commonly have the thought, "I'm so frustrated with everything." Whenever this thought pops into your head, you will immediately feel frustrated. The reverse is also true. If you are feeling frustrated, you are likely to have more thoughts that are frustrating (which reinforces your mood).

NEGATIVE THINKING

- We all have negative thoughts from time to time (especially when we are experiencing stress!) It is important to learn how to cope with thoughts that cause anger or sadness and recognize faulty thinking patterns.
- Negative thinking is a vicious cycle. For example, an unpleasant event occurs, we think about it and feel upset. We then feel more upset and think more unpleasant thoughts and so on and so on...
- It is important to understand (and accept) that your thoughts create your reality—your negative thoughts **DO HAVE AN EFFECT ON YOU** regardless of whether or not there is evidence to support your thoughts and regardless of whom your negative thoughts are directed.
- If you are having negative thoughts about yourself, **YOU** are affected. If you are having negative thoughts about another person **YOU** are affect

CAN EMOTIONS BE CONTROLLED?

- Yes and no...
- While you cannot control the way you feel, you are not powerless over your emotions!
- You *can* control your thoughts and your behavior which have a direct influence over your emotions.
- So by controlling your thoughts and behavior, you can control your negative emotions
- **YOU ARE POWERFUL!** You have unlimited power over your emotions, I promise! Let me explain:
- *While you may not be able to control the feelings of emotions, you CAN control the way you act on emotions.*
- *The way you act on your emotions or feelings will enhance the emotion or diminish it.*

THE TRUTH ABOUT EMOTIONS

- *So, can emotions be controlled or not?"*
- Emotions (like anger, jealousy, fear, etc.) just come into your mind without your permission and you feel them. It just happens.
- Okay, this is where it gets complicated.
- The truth is that **the behavior you choose to deal with your emotions will either make the emotion stronger or weaker.**

- If you choose to react to your angry emotions by throwing temper tantrums, your anger will keep getting stronger and it will be more and more difficult to control.
- If you choose to react in a calm manner (it might be very difficult at first), your anger will grow weaker and it will be easier to control in the long run.

THE SECRET ABOUT EMOTIONS

- There is a fascinating connection between emotions and behavior in the human brain.
- Any emotion that you consistently act upon will become stronger.
- So, acting on negative emotions by indulging in negative self talk (or beating up on yourself) will enhance feelings of helplessness and powerlessness. Negative thoughts are like a work out for that negative emotion that you are feeling.
- And what happens when you work out? You get stronger!
- It's the same with emotion; if you exercise your negative emotions, they will get stronger.
- And if you do not exercise your negative emotion and stay calm, it will grow weaker.
- When your negative emotions grow weaker, you take control!

THE POWER OF POSITIVE THINKING

- **It is a scientific fact that positive thoughts have a profound effect on your health and state of well-being.** However, thought processes are habitual and if your habit is to consistently think negative thoughts, your mind will be dominated by negativity, which will have a direct effect on your health and well-being!
- While changing your thoughts from negative to positive is challenging; **IT IS POSSIBLE.** There are many ways to accomplish this. Meditation is one way; that is, clearing your mind of ANY and ALL thoughts for 15 to 20 minute periods of time. Positive meditation is another method. The internet (youtube) is full of positive meditation examples.

BREAK THE CHAINS OF NEGATIVE EMOTIONS

- Negative emotions when indulged and exercised, can be very powerful. Anger, for example has ended relationships, broken hearts and has even caused wars!
- **Negative emotions are the dominant emotion behind ALL PROBLEM BEHAVIOR**
- You can learn to take control of your emotions and express your emotions without hurting your self or others.
- It takes work, but the more you practice controlling your negative emotions, the easier it will become.

- Managing your negative emotions can help you regain your personal power, improve your relationships and lead to a healthier, more satisfying life.

WHAT CAN I DO ABOUT NEGATIVE THOUGHTS?

- Ask yourself the following questions about your thoughts:
- *What evidence do I have for this thought? What evidence do I have against this thought? Are there times when this thought hasn't been true?*
- *Do I have this kind of thought when I am feeling really good, or do I mostly have this thought when I'm feeling sad, angry, or anxious?*
- *What would I tell someone else who was having this kind of thought?*
- *Is it possible that I am having this thought just out of habit? What might be an alternative explanation?*
- Asking yourself these types of questions can help break the habit of unhealthy thinking improving your mood.
- When you notice that you are having an unhealthy thought, simply view the thought as just a thought and nothing else. It is just something your mind does when you are feeling a certain way or faced with a certain situation. It is a habit and not an indication of truth.
- Take a step back from your thoughts; diminish their power over your mood AND think of the best positive memory you can remember.

Emotions and Momentum

- When you think a thought, more thoughts like it will follow. This is known as momentum. Negative thoughts gain negative momentum while positive thoughts gain positive momentum.
- When you think a negative thought, what you are doing is practicing that thought pattern and allowing the momentum that naturally follows to increase.
- And when you think a positive thought, you practice that thought pattern and allow positive momentum that also naturally follows to increase.
- For example, think a thought that makes you sad or happy or angry and feel the emotional momentum of that thought.
- The idea is to slow the momentum of negative emotions and speed up the momentum of positive emotions by choosing what to think or focus on.

The mind is everything, what you think, you become!

WHAT CAN I DO ABOUT NEGATIVE THOUGHTS

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- Take a step back from your thoughts; diminish their power over your mood AND think of the best positive memory you can remember.

POSITIVE THINKING AND BEHAVIOR

- Your thoughts are powerful, in fact it is your thoughts that create your life! And it is your thoughts that guide and direct your life creating your destiny. It works like this:
- *Your thoughts affect your feelings, which affects your emotional state, which affects your focus, which affects your viewpoint, which affects your judgment, which affects your decisions, which affects your behavior which affects your direction in life which ultimately affects YOUR DESTINY!*
- Often, thoughts simply occur out of habit (that is, because we have had similar thoughts in the past), and not because they are actually reflecting any truth.
- For example, the thought, "I always get in trouble," is highly unlikely. It is impossible that you are always getting in trouble, even if you experience multiple episodes of getting in trouble, there are still moments when you are not in trouble!
- Even though a thought may *feel* true, in reality, it is not. Believing that it is, however, can negatively impact your behavior, putting you at risk for more of the same trouble or worse. It is important to learn how to identify unhealthy thought patterns and behaviors and address them before they affect your behavior and decisions.

COGNITIVE RESTRUCTURING

- Simply put, cognitive restructuring means changing the way you think.
- Angry people tend to curse, swear and exaggerate reflecting their inner thoughts. When you're angry, your thinking can get very unrealistic and overly dramatic. In the same way, depressed people sulk, frown and hang their head down reflecting their inner feelings.
- Try replacing negative words and thoughts with more rational ones.
- Instead of telling yourself, "oh, it's awful, it's terrible, everything's ruined," tell yourself, "it's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and being negative is not going to fix it."
- Be careful of words like "never" or "always" when talking about yourself or someone else.
- *"This !&*%@ machine never works,"* or *"I'm always forgetting things"* are not just inaccurate, they serve to make you feel that there's no way to solve the problem. They also make you feel helpless and hopeless
- Remind yourself that getting angry is not going to fix anything, that it won't make you feel better (and may actually make you feel worse).

All that we are is the result of what we have thought. The mind is everything. What we think, we become. BUDDHA

CHANGING THOUGHTS TO CONTROL EMOTIONS

- Change your thoughts and you change your world!
- An experience is happy because you think it is so, sad because you think it is so, frustrating, angering, disturbing, peaceful, calming, frightening, exciting because you think it is so...
- Beliefs are just thoughts that you keep on thinking. Thought patterns create anger.
- Change your thought patterns and take control of your anger.

EMOTIONS AND CHANGE

- Let's face it, once you are angry, it is very hard to change or even to think about change.
- The momentum of anger is very strong. Have you ever felt so angry, that you couldn't think about anything, not even a solution to the problem that caused your angry reaction?
- The emotion of anger is like an emotional muscle, the more you exercise it, the stronger it will get and the easier it will be to use.
- The key to managing your anger is as simple as being aware of your own emotions, especially the negative emotions, and stopping them before they gain momentum.

KNOW YOUR EMOTIONS

- Have you ever heard the phrase, “know thine enemy?”
- The same is true with emotions. Understanding your emotions and gaining awareness of what triggers anger/sadness/happiness is an important element to managing your emotions.
- However, once you are angry/sad/fearful, this is very hard to do! One can not go from anger to bliss because by the time you are angry, there is too much momentum to stop suddenly.
- So, you must find out where you stand on the emotional guidance scale and work from there.
- As you can see by the emotional guidance scale on the right, anger is not the worst emotion you can feel.

THE EMOTIONAL GUIDANCE SCALE

8. Boredom
9. Pessimism
10. Frustration irritation/impatience
11. Overwhelm
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Discouragement
17. Anger
18. Revenge
19. Hatred/Rage
20. Jealously
21. Insecurity/Guilt Unworthiness
22. Fear/Grief/Depression/ Powerlessness/Victim

KNOW YOUR JOY

- Once you are at boredom on any given topic you can continue to rise up the emotional guidance scale.
- As you can see, the next emotion after boredom on the scale is contentment.

- From contentment you can rise step by step until you reach joy.
- It is important to remember that it is almost impossible to jump from anger to joy. Anger is just too strong of an emotion with too much emotional momentum to simply stop.
- **Instead, anger must be guided.**
 1. Joy / knowledge / Empowerment / Freedom Love / Appreciation
 2. Passion
 3. Enthusiasm
 4. Positive Expectation/Belief
 5. Optimism
 6. Hopefulness
 7. Contentment
 8. Boredom

THE DOWNWARD SPIRAL

- If you are experiencing anger issues, this means one thing: it means that you know you should feel better than you do and knowing this sets the stage for anger.
- As you can see by the spiral on the right, anger is a healthier emotion than *revenge, hatred/rage, jealousy, insecurity/guilt/unworthiness, fear/grief/depression/powerlessness/victim mentality*
- However, regardless of where you lie on the scale when thinking about any circumstance or situation, you can bring yourself up on the scale one step at a time. Once you get to boredom, you begin to spiral up...

THE UPWARD SPIRAL

- Everyone wants to feel good, and it can be frustrating when you want to feel good, but you don't and when you know you should be feeling good, but you don't.
- It is helpful to know that there is guidance and it is not abnormal for you to feel angry. You can pick your self up by the bootstraps and raise your state of well-being little by little.
- So as you may notice by the emotional guidance scale on the right, boredom leads to contentment, then hopefulness, then optimism, then positive expectation and so on.
- Try it yourself! pick a topic and raise your emotions using the emotional guidance scale.

THE EMOTIONAL GUIDANCE SCALE

- As you can see from the guidance scale on the right, your inner chatter or your inner dialogue sets the stage for your emotional path.
- Read the dialogue from top to bottom.
- Next, try reading the dialogue from the bottom to the top.
- Can you see how your inner chatter can lift you up or bring you down?
- Now, try it again on the next slide...

22. Fear/Grief/Depression/ Powerlessness/Victim- *“I am a loser, I deserve to feel bad”*

21. Insecurity/Guilt Unworthiness- *“I must have done something awful to deserve this”*

20. Jealousy- *“I see other people feeling good”*

19. Hatred/Rage- *“This sucks, I hate the way I feel. I hate my life”*

18. Revenge *“I feel like rebelling, screw everyone!”*

17. Anger *“I should feel better than this! Things should work out for me!”*

16. Discouragement- *“But things aren’t working out for me...”*

15. Blame- *“It’s all my mother’s fault!”*

14. Worry- *“What will become of me and my life?”*

13. Doubt- *“What if I’m not capable of being happy?”*

12. Disappointment- *“This just isn’t working for me”*

11. Overwhelm- *“This is just too much, I don’t know where to start!”*

10. Frustration irritation/impatience- *“I should be doing so much better than this!”*

9. Pessimism- *“This just doesn’t work.”*

8. Boredom- *“I’m done trying; It is what it is...”*

THE COMPLETE EMOTIONAL GUIDANCE SCALE

7. Contentment *“It is what it is, and I’m fine with that.”*

6. Hopefulness *“Anyway, I’ve been through hard times before and I came out okay.”*

5. Optimism *“From here, things can only get better”*

4. Positive expectation / Belief *“I’ve been in tougher situations than this and it did get better. I know this will too”*

3. Enthusiasm *“I’ve learned a lot from this experience.”*

2. Passion *“I’m a better person because of this. I could teach others through my experience.”*

1. Joy / knowledge / Empowerment / Freedom Love / Appreciation *“I feel good knowing that I am meant to grow and learn and become a wiser being and that life is causing me to do just that.”*

NEGATIVE EMOTIONAL GUIDANCE ACTIVITY

- Pick a subject that you have trouble with and find your emotion about the subject on the scale to the right.
- Perhaps you are angry or insecure or even fearful about the subject.
- Next from your point of emotion, write statements that reflect how you feel, then work your way up to boredom about the subject writing out statements that reflect each emotion.
- Once you are at boredom, continue the activity on the next slide.
- 8. Boredom
- 9. Pessimism
- 10. Frustration irritation/impatience
- 11. Overwhelm
- 12. Disappointment
- 13. Doubt
- 14. Worry
- 15. Blame
- 16. Discouragement
- 17. Anger
- 18. Revenge
- 19. Hatred/Rage
- 20. Jealousy
- 21. Insecurity/Guilt Unworthiness
- 22. Fear/Grief/Depression/ Powerlessness/Victim

START HERE AT THE BOTTOM. PICK A SUBJECT THAT MAKES YOU FEEL POWERLESS/GRIEF/FEAR/DEPRESSION.

NOW WORK YOUR WAY UP THE SCALE...

POSITIVE EMOTIONAL GUIDANCE ACTIVITY

- Once you are at boredom on any given topic you can continue to rise up the emotional guidance scale.
- As you can see, the next emotion after boredom on the scale is contentment.
- From contentment you can rise step by step until you reach joy.

- It is important to remember that it is almost impossible to jump from anger to joy. Anger is just too strong of an emotion with too much emotional momentum to simply stop.
- After completing the activity, how do you feel about the subject?

THE POWER OF POSITIVE THINKING

The 3 Steps to Positive Thinking

1. BELIEVE your life is exactly as it should be

- From the time you were born, you began growing and learning. The way you grow and learn is from all of the experiences in YOUR own unique life starting from birth until now. Good experiences and bad experiences help you learn and grow.
- Therefore, your life is perfect just as it is in order for YOU to grow and learn. I know this may be a hard pill to swallow, but it is true. The hardships of your life create YOU; therefore, even if you are in a lot of trouble right now, your life is perfect with all of its imperfections because it helps you learn and grow.
- Feel the power of this belief...know that it is truth and you WILL FEEL BETTER.

2. PRACTICE Non-Judgment-

- When we judge things as good, bad, right or wrong, we exert a lot of energy and create a lot of strain and stress in our lives.
- Imagine for a moment that you stopped judging things that you do, or things that other people do, as good or bad, right or wrong. Can you see how much less stress you would experience? Everyone (including you) is on their own personal journey.
- Everything in each person's life (good and bad) is perfectly suited to their own growth and development. Ultimately, what they do with their life in respect to their growth and development is their own personal decision to make. Just as what you do with your own life experiences is your own personal decision to make. You are the only one responsible for your happiness, just as others are solely responsible for their own happiness,
- Practice non-judgment because your life is perfect for you.

3. RELEASE yourself from the burden of expectations-

- When you have expectations, you are expecting something specific to happen. You believe that this result will be best for you. But, if you have an expectation there is always the risk that you will be let down.
- When something you expect to happen does not happen, you feel frustrated and you cannot be happy and frustrated at the same time. When you stop expecting things and stop trying to

foresee results, you eliminate the risk of being let down and frustrated and you will greatly increase your happiness.

- Remember that your life is perfect, your experiences are designed for you to grow and develop so they should not be judged as good, bad, right or wrong and the result of any given circumstance or situation in your life will help you grow.
- Letting go of expectations or expecting specific results will lessen stress and increase happiness. Try it, it really works!

LEARNING THOUGHT MANAGEMENT TECHNIQUES

- Thought Management is about finding the tools that work for you to feel better.
- In this section, we will offer you some simple, easy tips and techniques to manage thoughts and emotions to think better thoughts and feel better emotions as a result.
- These techniques may seem foreign and even uncomfortable at first, but give them a try and I promise, in time you will see a difference!
- The benefit to you will be a new feeling of relaxation so you can start enjoying your life and the people in it.
- Also, remember, you are not alone!
- Negative thoughts are a tough beast to tame for EVERYONE!

6 THOUGHT MANAGEMENT TECHNIQUES

- Next, we are going to explore 6 simple, easy to use—yet powerful—techniques.
- These techniques are proven methods that you can implement right away to help you feel more relaxed and generally happier.
- In fact, they are so powerful, that simply understanding the technique, simply being aware of the technique, will create a change in your life.

Thought Management Tip #1- Be aware of and manage your anger by deciding if getting angry is really worth it.

- Ask yourself this question:
- “I’m angry right now, but will this matter to me in 5 years?”
- If your answer is no, then getting angry its just not worth it.
- IF YOUR ANSWER IS YES and you do not see an end to your angry feelings, immediately leave the situation evoking anger within you.
- YOUR THOUGHTS, YOUR BEHAVIOR, YOUR ENVIRONMENT AND YOU LIFE IS YOUR RESPONSIBILITY TO CONTROL AND DIRECT.

- The choice is always ultimately yours to make.

Thought Management Tip #2- Get in the habit of not judging anything

- When we judge things as good, bad, right or wrong, we spend a lot of mental energy working ourselves up into a frenzy.
- So...it is much easier and much more relaxing to accept situations, circumstances and the behavior of others as outside events that we just observe. Why try to control events that you really have no control over?
- Avoid judging situations and events as good, bad, fair and unfair and simply accept all situations or circumstance as they are. Never intentionally cause harm and always do what is best for you and your wellbeing.

Thought Management Tip #3- Avoid expecting any particular outcome. Let go of the outcome or result of events, circumstances and situations.

- When we are expecting a specific outcome, we set ourselves up for disappointment and frustration if the outcome is unwanted.
- So...when the outcome is different than what we expected, we get frustrated or angry. Imagine if you had no expectation of an outcome or result...
- Detach yourself from the outcome; tell yourself, *"I can not control the outcome of events. I don't know what the outcome of this situation, circumstance or event will be and I will accept what ever happens."*
- When you have no expectation of an outcome, you will experience a sense of relief from the stress of expectations because you are not expecting anything!

Thought Management Tip #4- As soon as you find yourself starting to get angry, take a time out.

- I know what you're thinking: That's too simplistic; that's what parents use for kids! But believe it or not, it really works.
- As you know, anger is a powerful feeling. The key to controlling such a powerful emotion is recognizing it as soon as it creeps in.
- Learn to recognize your own personal feelings of anger, and as soon as you begin to feel angry, take a time out-remove yourself from the situation.
- As soon as you find your self getting angry say: *"This is stressing me out, I need a few minutes alone"*...and just leave!

- If you do not see an end to your anger over the situation, then take a time out for ever and permanently leave the situation.

Thought Management Tip #5- Maintain your personal power.

- You are powerful and capable of controlling your behavior.
- Never give your power away by blaming your anger on others, maintain your personal power over your thoughts and behavior.
- Be aware of “bad moods” and keep your guard up to maintain control of your behavior.
- Practice remaining calm when you feel angry, remove yourself from the situation, take a break, distract yourself with humor and I promise, with time, it will get easier!
- Remember, you are the one in control, you are a powerful being and you control your destiny.

Thought Management Tip #6- Thought management is a journey of change!

- Your negative thinking did not grow overnight.
- It will take time to change.
- **At first it will be very difficult, but it WILL GET EASIER.** If you do not exercise your negative thinking, it WILL WEAKEN
- Remember that every day is an opportunity to start fresh. Any small changes are successes and any setbacks are opportunities to learn and tweak your techniques.
- You are powerful and you can change; if you find yourself still continually thinking negative thoughts, then change your situation permanently and keep trying.

SUMMARY: KNOWLEDGE IS POWER

- In this activity, write down a negative thought that you continually have.
- Next, go through the list of thought management tips and explore some different ways of changing your thoughts regarding the subject to a more positive outlook.
- If you decided to employ any one of these techniques, would your negative thinking conceivably subside?
- Decide if any or all of these tips could help you think more positively.
- Remember, even small changes in thinking towards a more positive stance WILL make a difference in your health and well-being.
- **Anger Management Tip #1- Explore the Real Reason for Your Anger and decide if getting angry is really worth it.**

- **Anger Management Tip #2- Get in the habit of not judging anything**
- **Anger Management Tip #3- Avoid expecting any particular outcome. Let go of the outcome or result of events, circumstances and situations.**
- **Anger Management Tip #4- As soon as you find yourself starting to get angry, take a time out.**
- **Anger Management Tip #5- Maintain personal power.**
- **Anger Management Tip #6- Anger management is a journey of change!**

THOUGHT MANAGEMENT STRATEGY-ACTIVITY TO COMPLETE

Respond to the following questions honestly and provide feedback as to the management of your own thoughts.

1. How do I know when I'm having negative thoughts?

2. How do I feel inside when I'm think negatively?

3. What actions do I take regarding my negative thinking?

4. The last time I was thinking very negative, what happened?

5. What are the reasons I usually become negative?

6. What problems have been caused by my negative thinking?

7. What relieves my negative thinking?

8. Am I happy? What is stopping me from being happy?

9. If I permanently leave my current situation, will my negative feelings lessen, will I be happier?

10. Do I hold everyone (including myself) responsible for their own happiness? Why or why not?

Identify ways to think more positively. Begin thinking more positively and watch your life become more positive.

1. Identify a situation or circumstance that causes you to begin thinking negative thoughts. Analyze your goals and desired expectations. *Break the situation or circumstance down into steps. Examine each step...*

2. Situation: *Describe the situation or circumstance...*

3. Goals/Expectations: *Describe your ideal self in regards to the situation or circumstance (or how you would like to be)...*

4. Steps in the event: *Now describe the situation in each step.*

5. Describe any benefits that your thoughts produced

6. Did your thinking cost you anything or cause any harm?

7. Did you experience regret due to your actions? Why?

8. What would you do differently?

9. What prevented you from doing things differently then?

10. How can you overcome these barriers in the future?

- This exercise is meant to get you thinking about your thoughts. Are they productive? Do they encourage you? Do they motivate you? Negative thinking is nothing more than a habit. It takes time and effort, but you can change your thinking to more positive thoughts little by little. When you do this, you will be amazed at how your life will transform little by little along with your thoughts.

These questions will give you insight into situations that make you feel negative or positive emotion. Identifying the situations, circumstances and the consequences of negative thinking is the first step toward positive thinking.

- NOTE: Becoming aware of your negative thinking is the first step in stopping it.
- Once you stop it, think of any thought that feels good and try to milk it!

ARE YOU WONDERING IF YOU HAVE AN ADDICTION TO DRUGS?

- Are you concerned about your use — or abuse — of drugs? Are you concerned about someone else? This simple 20-question self-test may help you to identify abuse and addiction of drugs.
- DIRECTIONS: The questions that follow this slide concern information about your involvement with drugs. Drug abuse refers to: (1) the use of prescribed or "over-the-counter" drugs in excess of the directions and (2) the use of any non-medical use of drugs. The various classes of drugs may include: cannabis (e.g. marijuana, hash), solvents, tranquilizers (e.g. Valium), barbiturates, cocaine, stimulants (e.g. speed), hallucinogens (e.g. LSD) or narcotics (e.g. heroin).

The questions in this test do not include alcoholic beverages.

Carefully read each statement. When preparing each response, take into consideration your actions over the course of the past 12 months.

ANSWER THE QUESTIONS THAT FOLLOW “YES” OR “NO”—AND COUNT YOUR YES AND NO RESPONSES

- 1. Have you used drugs other than those required for medical reasons?**
- 2. Have you abused prescription drugs?**
- 3. Do you abuse more than one drug at a time?**
- 4. Can you get through the week without using drugs?**
- 5. Are you always able to stop using drugs when you want to?**
- 6. Have you had “black outs” or “flash backs” as a result of drug use?**

7. Do you ever feel bad or guilty about your drug use?
8. Does your spouse or parents or loved ones ever complain about your involvement with drugs?
9. Has drug abuse created problems between you, your parents or loved ones?
10. Have you lost friends or have you been cut off by your family or loved ones because of drugs?
11. Have you neglected your family, friends or loved ones because of your use of drugs?
12. Have you been in trouble at school or work because of drug use?
13. Have you been kicked out of school or lost a job because of drug use?
14. Have you gotten into fights or heated arguments because of the influence of drugs?
15. Have you engaged in illegal activities in order to obtain drugs?
16. Have you been arrested because of drugs?
17. Have you ever experienced withdrawal symptoms (felt sick) when you stop taking drugs or when the effects of the drugs wear off?
18. Have you had any medical problems as a result of your drug use? (memory loss, hepatitis, convulsions, bleeding)
19. Have you ever gone to anyone for help for a drug problem?
20. Have you ever been in a drug treatment COURSE?

Understanding Your Score:

A "NO" IS SCORED 0, AND A "YES" IS SCORED 1, EXCEPT FOR QUESTIONS 4 AND 5, WHICH ARE REVERSED.

SCORING:

- **0 :** NO PROBLEM
- **1-5:** Low level of problems related to drug use
- **6-10:** Significant problems related to drug use, drug use is getting serious
- **11-15:** Very significant problems related to drug use; drug use is serious
- **16-20:** Severe level of problems related to drug use; seek help immediately

The purpose of this test is just to see where you stand. If you can see a problem and if you feel that eliminating drugs from your life will make you happier—that thought or that feeling

alone is your first successful step to recovering from drug use and the problems associated with it.

- The desire to get better and to seek help is the first successful step to health and wellbeing!

HEALTH AND WELLBEING IS A JOURNEY

- Alcohol abuse and addiction treatment is only successful to the extent that an individual accepts responsibility for his or her behavior and is ready and willing to make a change.
- **Successful treatment doesn't happen over night.**
- **EVERY DAY IS A NEW DAY. EVERY DAY OF YOUR LIFE IS AN OPPORTUNITY TO START FRESH AND CONTINUE YOUR GOAL OF HEALTHY LIVING, FEELING GOOD AND EXPERIENCING WELLBEING.**
- **Every success is just that, a success! Any setbacks are just opportunities to learn and keep trying!**
- **PLEASE REMEMBER!** Life is a journey. It is okay to be where you are, you are doing extremely well. Be easy about your mistakes, everyone makes mistakes. You are learning and growing (whether you realize it or not) and your life is causing you to grow and expand to new horizons.

CONGRATULATIONS, YOU HAVE COMPLETED ALCOHOL AWARENESS EDUCATION

DWI/DUI/OWI

“Be true to yourself; love yourself—and everything else will fall into place” – Anonymous

- **Please remember: Change is an inevitable process of life. You do not have to force yourself to practice the concepts in this course. Simply being aware of and understanding the concepts offered to you in this course will create small, positive changes in your life...**
- **Every day is a new day. Every day is a new opportunity. Each success—no matter how small—is still a success!**

We wish you the very best,

gisela bryant

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