



# East Central

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TECHNICAL COLLEGE

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**DRUG-ABUSE  
PREVENTION PROGRAM**

## *Message from the President*

Dear Students and Staff Members:

East Central Technical College is committed to ensuring a safe learning and working environment for all of our students, faculty, and staff. One way we can maintain a safe environment is to provide each student and employee with up-to-date information about the prevention of drug and alcohol abuse. The following information contains our College's policy regarding drug and alcohol abuse, legal sanctions that may be imposed for violators of this policy, the characteristics and effects of various drugs, and where one might find help for problems related to drug and alcohol abuse.



At East Central Technical College, we are all about “building futures, one student at a time.” Drug and alcohol abuse destroys futures, too often at the rate of many lives at a time. There is no place for the misuse of drugs, alcohol, and other chemicals within our school's environment. I encourage you to read the following brochure in its entirety so that you become thoroughly familiar with our policies and places to turn should you or an acquaintance need help with matters related to drug and alcohol abuse.

Sincerely,

A handwritten signature in black ink that reads "D. Ray Perren". The signature is written in a cursive style with a large, stylized initial "D".

D. Ray Perren, President  
East Central Technical College

## **INTRODUCTION**

The purpose of the school's drug abuse prevention program is two-fold. First, the use, possession, or distribution of illicit drugs, and the abuse of alcohol are illegal and may subject violators of applicable laws to felonious prosecution. Even more important, anyone who chooses to abuse alcohol or drugs runs the risk of serious health impairment. For these reasons, East Central Tech has elected to take a tough stand on this issue. We care about our students and employees and want them to complete their educational and career goals without problems.

The policies contained in this pamphlet apply to everyone who is in attendance or employed at East Central Technical College or at a school-sponsored activity or whose conduct at any time or in any place interferes with or obstructs the mission or operations of the school or the safety or welfare of students or employees of the school.

You are encouraged to read and become familiar with the contents of this pamphlet. Remember the old saying: "An ounce of prevention is worth a pound of cure."

## **STANDARDS OF CONDUCT**

Georgia Department of Technical and Adult Education Policy V.E. Drug-Free Schools and Communities Act, for students, states: "No student may engage in the unlawful manufacture, possession, use, or distribution of illicit drugs and alcohol on the Technical College's property or as part of any of its sponsored activities. Such unlawful activity may be considered sufficient grounds for serious punitive action, including expulsion. Disciplinary sanctions for students convicted of a felony offense involving alcohol or the manufacture, distribution, sale, possession, or use of marijuana, controlled substances, or other illegal or dangerous drugs shall be immediate suspension and denial of further state and/or federal funds from the date of conviction. Specifically in the case of a drug-related offense, the student shall minimally be suspended for the remainder of the quarter and forfeit all academic credit for that period."

For employees, Policy III. O. states the following: "No employee may illegally engage in the manufacture, distribution, dispensation, possession, or use of a controlled substance at any time or place, including while at the workplace. Such unlawful activity will be considered sufficient grounds for a serious adverse personnel action, including dismissal from employment. If an employee is convicted (including a plea of nolo contendere) of violating any criminal drug statute of any jurisdiction, regardless of whether the alleged violation occurred at the workplace or elsewhere, the employee or others must notify the Technical College President in writing of each conviction within five days of the conviction."

As one can see, the school takes seriously any involvement with illicit drugs and any abuse of alcohol.

## **LEGAL SANCTIONS**

Aside from the punitive action that the Board of Directors may take, there are numerous city, county, state, and federal statutes that govern alcohol abuse and the illegal use, possession, or distribution of illicit drugs. Violation of certain statutes is considered a felony and carries heavy penalties. Penalties can include (as a result of prosecution) jail sentences, fines, seizure of property, and/or court probation. The school will not hesitate to refer violations to the appropriate agency for prosecution.

## **HEALTH RISKS**

The use and/or abuse of illicit drugs and alcohol can pose serious health problems--some more serious than others. To ensure that all our students and employees are aware of these risks, a chart listing key characteristics of the more commonly abused drugs, alcohol, and tobacco has been appended to this pamphlet. Take the time necessary to study it--you may be surprised at how much you didn't know.

## **HELP IS AVAILABLE**

For those who think they may have a problem with drugs or alcohol, help is available from a variety of public and private sources. A list of help agencies located on or near the school's service area are as follows:

### **Private Agencies**

**Bridges of Hope**  
Route 2, Box 213  
Homerville, GA 31634  
(912) 487-2576

**Greenleaf Counseling Center**  
114 West 12<sup>th</sup> Street, Suite D  
Tifton, GA 31794  
(229) 382-1054

**Turning Point**  
3015 Veterans Parkway  
Moultrie, GA 31788  
1-800-342-1075

### **The Anchorage, Inc.**

162 Hampton Lane  
Leesburg, GA 31763  
(229) 435-5692

### **Public Agencies**

South Health District  
Community Mental Health Center  
610 North Patterson Street  
Valdosta, GA 31602  
(229) 333-5218  
24-Hour Crisis Line  
(229) 247-4440

The Community Mental Health Center of the South Health District serves ten counties in South Central Georgia through the following offices:

### **Irwin County Behavioral Health Services**

310 Vo-Tech Drive  
Ocilla, GA 31774  
(229) 468-9361

### **Tift County Behavioral Health Services**

334 Tifton Eldorado Road  
P.O. Box 1448  
Tifton, GA 31793  
(229) 386-3494

### **Ben Hill Behavioral Health Services**

124 South Grant Street  
2<sup>nd</sup> Floor  
Fitzgerald, GA 31750  
(229) 426-5213

### **Brooks County Behavioral Health Services**

308 South Lee Street  
Quitman, GA 31643  
(229) 263-7571

### **Behavioral Health Services of South Georgia**

201 Hazel Avenue  
PO Box 1057  
Nashville, GA 31639  
(229) 686-9300

### **Turner County Behavioral Health Services**

259 East Washington Avenue  
Ashburn, GA 31714  
(229) 567-2990

For those seeking help, but unsure as to where or to whom to call, the following phone numbers will be helpful:

### **Drug Abuse Helpline**

(24 hours)  
1-800-488-3784

### **Narcotics Anonymous**

(24 hours)  
1-800-342-3487

Alcoholics Anonymous has groups in virtually every city in the school's service area. These groups are listed in the telephone directories under "Alcoholics Anonymous."

## **SCHOOL SANCTIONS**

It is important to remember that East Central Tech is serious about drug and alcohol abuse problems and will not hesitate to impose immediate suspension, termination, and/or referral for prosecution of violators of this school policy.

The Career Counselor/Student Services Coordinator or the Coordinator of Human Resources will be happy to answer questions or to provide more information about the school's Drug-Free Awareness Program.

## **EDUCATION**

From time to time the school will make available information regarding the hazards of drug and alcohol abuse. Some of this information will be posted on employee and classroom bulletin boards, and some will be distributed to the student body and employees. You are encouraged to read this information and become familiar with its contents. One of the best ways to avoid a hazardous situation is to become thoroughly knowledgeable about it. Experience has shown that the more one knows about the dangers of drug and alcohol abuse, the better chance one has to avoid consequences.

You may begin your education, or refresh your existing knowledge about drug abuse, by reading the pages that follow in the pamphlet. These pages will provide you with information about the signs of drug abuse, the harmful effects of drugs on the human fetus, and specific drugs and their effects on human beings. Command of the knowledge could significantly impact on your ability to avoid the hazards of drugs and alcohol.

## **SIGNS OF DRUG USE**

Changing patterns of performance, appearance, and behavior may signal the use of drugs. The items in the first category listed below provide direct evidence of drug use; the items in the other categories offer signs that may indicate drug use. For this reason, adults should look for extreme changes in children's behavior, changes that together form a pattern associated with drug use. (Note: Many of these signs may also be exhibited by a child who is not using drugs, but who may be having other problems at school or in the family.)

### Signs of Drugs and Drug Paraphernalia

- Possession of drug-related paraphernalia such as pipes, rolling papers, small decongestant bottles, or small butane torches.
- Possession of drugs or evidence of drugs, peculiar plants or butts, seeds or leaves in ashtrays or clothing pockets.
- Odor of drugs, smell of incense, or other "cover-up" scents.

### Identification with Drug Culture

- Drug-related magazines and/or drug-related slogans on clothing.
- Conversation and jokes that are preoccupied with drugs.
- Hostility in discussing drugs.

### Signs of Physical Deterioration

- Memory lapses, short attention span, and difficulty in concentration.
- Poor physical coordination and slurred or incoherent speech.
- Unhealthy appearance and indifference to hygiene and grooming.
- Bloodshot eyes, dilated pupils.

### Dramatic Changes in School Performance

- Distinct downward turn in student's grades--not just from C's to F's, but from A's to B's and C's. Assignments not completed.
- Increased absenteeism or tardiness.

### Changes in Behavior

- Chronic dishonesty (lying, stealing, cheating). Trouble with the police.
- Changes in friends and/or evasiveness in talking about new ones.
- Possession of large amounts of money.
- Increasing and inappropriate anger, hostility, irritability, and secretiveness.
- Reduced motivation, energy, self-discipline, and self-esteem.
- Diminished interest in extracurricular activities and hobbies.
- Association with drug-using friends.

## **HARMFUL EFFECTS OF DRUGS ON THE FETUS**

### **Cocaine**

Use of cocaine by women in the early months of pregnancy can cause miscarriages or stillbirths. In later months, it may cause premature labor or delivery. Cocaine retards fetal growth and head size, and can cause malformed kidneys and genitals. Cocaine increases the risk of Sudden Infant Death Syndrome (SIDS), seizures, strokes before birth, and heart attacks after delivery. It may cause premature separation of the placenta causing hemorrhage and shock. Babies exposed to cocaine in the womb do not nurse well or cuddle, can be irritable, unresponsive, and difficult to care for. Many babies born to cocaine-using mothers are born in withdrawal, suffering seizures.

### **Alcohol**

Alcohol use can cause Fetal Alcohol Syndrome (FAS), characterized by retarded fetal growth and resulting in infants who are born with below-normal weight and size that is never made up. FAS includes facial abnormalities such as small head, narrow eyes, flat nose, and thin upper lip. Alcohol also can lead to defects of the heart, kidneys, muscles, joints, and sex organs. It can cause mental retardation as well as learning disorders, hyperactivity, poor coordination, and sleep disturbances. There is no safe level of alcohol use during pregnancy. Full-blown FAS defects are seen most often in offspring of women who have more than five drinks per day; however, as little as one or two drinks a week can cause miscarriages and stillbirths. Doctors advise women and men to stop drinking three to six months before conception to avoid potential problems.

### **Marijuana**

Marijuana use can result in low birth weight and length and features similar to FAS. THC, the psychoactive ingredient in marijuana, remains in the fetal brain longer than in the mother's brain because the fetal brain has a higher fat content. Marijuana use can cause tremors at birth, neurological problems, seizures that may require medication, and abnormal visual responses. In adults, THC may cause disruption in menstrual cycles, decrease in production of testosterone, rapid decrease in sperm count and motility, and some malformation of sperm.

### **Tobacco**

Tobacco smoke contains more than 2,000 different chemicals that cross the placenta, ending up in the fetal bloodstream. As a result, the amount of oxygen available to the fetus is reduced and the risk of miscarriage and premature birth is increased. The chance of infant death within one year also increases. Additional adverse effects are growth retardation and low birth weight, bleeding and delivery problems, and higher levels of infant heart and lung disease. Pregnant women who smoke two or more packs a day risk FAS-type problems in the fetus. Tobacco is most damaging in the last six months of pregnancy.

## SPECIFIC DRUGS AND THEIR EFFECTS

### Tobacco

The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease—some 170,000 die each year from smoke-related coronary heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung disease such as emphysema and chronic bronchitis are ten times more likely to occur among smokers than among nonsmokers.

Smoking during pregnancy also poses serious risks. Spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths are all more likely to occur when the pregnant woman/mother is a smoker.

Cigarette smoke contains some 4,000 chemicals, several of which are known carcinogens. Other toxins and irritants found in smoke can produce eye, nose, and throat irritations. Carbon monoxide, another component of cigarette smoke, combines with hemoglobin in the blood stream to form carboxy-hemoglobin, a substance that interferes with the body's ability to obtain and use oxygen. Perhaps the most dangerous substance in tobacco smoke is nicotine. Although it is implicated in the onset of heart attacks and cancer, its most dangerous role is reinforcing and strengthening the desire to smoke. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

Although the harmful effects of smoking cannot be questioned, people who quit can make significant strides in repairing damage done by smoking. For pack-a-day smokers, the increased risk of heart attack dissipates after ten years. The likelihood of contracting lung cancer as a result of smoking can also be greatly reduced by quitting.

### Cocaine

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane in the nose. Injecting cocaine with contaminated equipment can cause HIV/AIDS, hepatitis, and other diseases. Preparation of freebase which involves the use of volatile solvents, can result in death or injury from fire or explosion. Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly.

Crack or freebase rock is extremely addictive, and its effects are felt within seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. The use of cocaine can cause death by cardiac arrest or respiratory failure.

Type	What is it called?	What does it look like?	How is it used?
Cocaine	Coke Snow Flake White Blow Nose Candy Big C Snowbirds Lady	White crystalline powder often diluted with other ingredients	Inhaled through the nose
			Injected
			Smoked
Crack	Freebase Rocks Rock	Light brown or beige pellets—or crystalline rocks that resemble coagulated soap; often packaged in small vials	Smoked

## Inhalants

The immediate-negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrite cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage.

Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants, often achieved by one's using a bag over the head to prolong the inhalant, can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops.

Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.

Type	What is it called?	What does it look like?	How is it used?
Nitrous Oxide	Laughing Gas Whippets	Propellant for whipped cream in aerosol spray can Small 8-gram metal cylinder sold with a balloon or pipe (Buzz Bomb)	Vapors inhaled
Amyl Nitrite	Poppers Snappers	Clear yellowish liquid in ampules	Vapors inhaled
Butyl Nitrite	Rush Bolt Locker room Bullet Climax	Packaged in small bottles	Vapors inhaled
Chlorohydrocarbons	Aerosol sprays	Aerosol paint cans Containers of cleaning fluid	Vapors inhaled
Hydrocarbons	Solvents	Cans of aerosol propellants, gasoline, glue, paint thinner	Vapors inhaled

## Depressants

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks.

The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Babies born to mothers who abuse depressants during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result.

Type	What is it called?	What does it look like?	How is it used?
Barbiturates	Downers Barbs Blue Devils Red Devils Yellow Jacket Yellows Nembutal Seconal Smytal Tuinals	Red, yellow, blue, or red and blue capsules	Taken orally
Methaqualone	Quaaludes	Tablets	Taken orally
Tranquilizers	Valium Librium Equanil Xanax Serax Tranxene	Tablets Capsules	Taken orally

## Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure.

In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. These symptoms usually disappear when drug use ceases.

Type	What is it called?	What does it look like?	How is it used?
Amphetamines	Speed Uppers Ups Black Beauties Pep Pills Copilots Bumblebees Hearts Benzedrine Dexedrine Footballs Biphphetamine	Capsules Pills Tablets	Taken orally Injected Inhaled through nasal passages
Methamphetamines	Crank Crystal Meth Crystal Methedrine Speed	White Powder Pills A rock that resembles a block of paraffin	Taken orally Injected Inhaled through nasal passages
Additional Stimulants	Retalin Cylert Preludin Didrex Pre-State Voramil Tenuate Tepamil Pondimin Sandrex Plegine lonamin	Pills Capsules Tablets	Taken orally Injected

## Narcotics

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death.

Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in diseases such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

Type	What is it called?	What does it look like?	How is it used?
Heroin	Smack Horse Brown Sugar Junk Big H Black Tar	Powder, white to dark brown Tar-like substance	Injected Inhaled through nasal passages Smoked
Methadone	Dolophine Methadoes Amidone	Solution	Taken orally Injected
Codeine	Empirin compound with Codeine Tylenol with Codeine Codeine Codeine in cough medicines	Dark liquid varying in thickness Capsules Tablets	Taken orally Injected
Morphine	Pectoral syrup	White crystals Hypodermic tablets Injectable solutions	Injected Taken orally Smoked
Opium	Paregoric Dover's Powder Parapectolin	Dark brown chunks Powder	Smoked Eaten
Other Narcotics	Percocet Percodan Tussionex Fentanyl Darvon Talwin Lomotil Oxycontin	Tablets Capsules Liquid	Taken orally Injected

## Hallucinogens

Phencyclidine – (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instinct in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries.

The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent.

Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last six months to a year following prolonged daily use. Mood disorders – depression, anxiety, and violent behavior – also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations.

Large doses may produce convulsions and coma, as well as heart and lung failure.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors.

Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased.

Type	What is it called?	What does it look like?	How is it used?
Phencyclidine	PCP Angel Dust Loveboat Lovely Hog Killer Weed	Liquid Capsules White crystalline powder Pills	Taken orally Injected Smoked – can be sprayed on cigarettes, parsley, and marijuana
Lysergic Acid Diethylamide	LSD Acid Green or Red Dragon White Lightning Blue Heaven Sugar Cubes Microdot	Brightly colored tablets Impregnated blotter paper Thin squares of gelatin Clear liquid	Taken orally Licked off paper Gelatin and liquid can be put in the eyes
Mescaline and Peyote	Mesc Buttons Cactus	Hard brown discs Tablets Capsules	Discs -- chewed, swallowed, or smoked Tablets and capsules – taken orally
Psilocybin	Magic mushrooms Mushrooms	Fresh or dried mushrooms	Chewed or swallowed

## Designer Drugs

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate.

Many of the so-called designer drugs are related to amphetamines and have mild stimulant properties but are mostly euphorants. They can produce severe neurochemical damage to the brain. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and fainting. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusion, hallucinations, and impaired perception.

Type	What is it called?	What does it look like?	How is it used?
Analog of Fentanyl (Narcotic)	Synthetic Heroin China White	White powder identically resembling heroin	Inhaled through nasal passages Injected
Analog of Meperidine (Narcotic)	Synthetic Heroin MPTP (New Heroin) MPPP PEPAP	White Powder	Inhaled through nasal passages Injected
Analog of Amphetamines and Methamphetamines (Hallucinogens)	MDMA (Ecstasy, XTC, Adam, Essence) MDM STP PMA 2,5-DMA TMA DOM DOB EVE	White Powder Tablets Capsules	Taken orally Injected Inhaled through nasal passages
Analog of Phencyclidine (PCP)	PCPy PCE TCP	White Powder	Taken orally Injected Smoked

## **Anabolic Steroids**

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930's, steroids are seldom prescribed by physicians today. Current legitimate medical uses are limited to certain kinds of anemia, severe burns, and some types of breast cancer.

Taken in combination with a program of muscle-building exercise and diet, steroids may contribute to increases in body weight and muscular strength. Because of these properties, athletes in a variety of sports have used steroids since the 1950's, hoping to enhance performance. Today, they are being joined by increasing numbers of young people seeking to accelerate their physical development.

Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to acne and including psychological as well as physical reactions. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use.

In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects in both sexes include very aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Signs of steroid use include quick weight and muscle gains (if steroids are being used in conjunction with a weight training program); behavioral changes, particularly increased aggressiveness and combativeness; jaundice, purple or red spots on the body; swelling of feet or lower legs; trembling; unexplained darkening of the skin; and persistent unpleasant breath odor.

Steroids are produced in tablet or capsule form for oral ingestion, or as a liquid for intramuscular injection.

## Cannabis

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite.

Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research shows that students do not retain knowledge when they are “high.” Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis.

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

Type	What is it called?	What does it look like?	How is it used?
Marijuana	Pot Grass Weed Reefer Dope Mary Jane Sinsernilla Acapulco Gold Thai Sticks	Dried parsley mixed with stems that may include seeds	Eaten Smoked
Tetrahydrocannabinol	THC	Soft gelatin capsules	Taken orally
Hashish	Hash	Brown or black cakes or balls	Eaten Smoked
Hashish Oil	Hash Oil	Concentrated syrupy liquid varying in color from clear to black	Smoked – mixed with tobacco

## **Alcohol**

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effect just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at a greater risk than other youngsters of becoming alcoholics.

*East Central Technical College does not discriminate on the basis of race, color, national origin, gender, or disability. Inquiries regarding nondiscrimination policies may be directed to the Coordinator of Human Resources (Title IX and Section 504 Coordinator), Room 618, 667 Perry House Road, Fitzgerald, GA 31750, 229-468-2027.*