

News, views and issues that affect our lives every day.

2017

# Plugged In



# The nature of addiction



Throughout much of the last century, scientists studying drug abuse labored in the shadows of powerful myths and misconceptions about the nature of addiction. In the 1930s, it was assumed that people addicted to drugs were lacking in willpower. Today, our views and our responses to drug abuse have changed dramatically.

Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling medical experts to respond more effectively to the problem. As a result of scientific research, scientists know that addiction is a disease that affects both brain and behavior. According to the Centers for Disease Control and Prevention, behavioral health problems related to addiction are now the leading causes of death for those aged 15 to 24.

This Tampa Bay Times Newspaper in Education publication, created in partnership with the Drug Abuse Comprehensive Coordinating Office (DACCO), focuses on educating you about substance abuse prevention. We hope this publication will serve as a discussion tool for parents, teachers, community members and youth.



## Addiction: A treatable disease

While the initial decision to use drugs is voluntary, drug addiction is a disease of the brain that compels a person to become singularly obsessed with obtaining and abusing drugs despite their many adverse health and life consequences. Addiction is a primary, chronic illness influenced by genetic, psychosocial, environmental and lifestyle factors.

Addiction is not a sign of weak morals; it is a disease. Symptoms of addiction include loss of control over drug or alcohol use, cravings, use despite consequences, distortions in thinking, the need to consume greater amounts to get high, and physical dependence and withdrawal. Like many other diseases, substance use disorders are chronic and follow a predictable course. Long-term drug abuse results in changes in the brain that persist long after a person stops using.

The good news is that addiction, like other diseases, can be successfully treated. People all around the world are recovering to live long, healthy and happy lives. The best treatment programs are scientifically based and meet the multiple needs of the individual, not just his or her drug use. It is important to remember that no single treatment is appropriate for all individuals. New discoveries of the brain and neurobiology are leading to breakthroughs in treatment options.

Sources: U.S. Surgeon General's Report; National Institute on Drug Abuse; National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health; U.S. Department of Health & Human Services; and Centers for Disease Control and Prevention





# Supportive services

The mission of DACCO is to work for a drug-free community — one person, one family at a time. DACCO reaches Tampa Bay residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment. Short-term prevention strategies include education about substance abuse and other risky behaviors that impact the general health and wellness of individuals, families and the community. Environmental prevention strategies involve community-wide changes in attitudes, beliefs and expectations that increase the potential for long term changes in behavior.

Now in its fifth year, the DACCO-led local Prevention Partnership Grant Collaborative is targeting young adults through a countywide educational campaign that highlights state laws, campus alcohol policies, the nature of blood alcohol concentration and the need to self-monitor alcohol use. Partners in this initiative include the University of South Florida, the University of Tampa, Hillsborough Community College, CBS Radio Tampa Bay, the Hillsborough County Anti-Drug Alliance and the *Tampa Bay Times*.

DACCO provides a range of treatment services for individuals and families in need. DACCO treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, post-traumatic stress disorder (PTSD) and medication-assisted treatment for opiates.

DACCO offers adult residential treatment programs and outpatient programs for teens and adults. Supportive services are offered at DACCO to help clients stay engaged in treatment, meet all their health care needs and improve their lives, including HIV testing and counseling, adult education GED, primary health care, day care and affordable housing. Both outpatient and residential programs include different intensities of individual, group and family counseling; on-site Narcotics Anonymous and Alcoholics Anonymous meetings; life skills education; and urine drug screening. To schedule an assessment of patient needs, call 855-322-2600.

DACCO's Detox Facility opened in May 2013. Our detoxification process is supported and monitored by full-time DACCO medical physicians who are board certified in addiction medicine, along with 24-hour nursing care. Our staff understands drug and alcohol addiction and ensures a safe and controlled withdrawal period. Detoxification is the first step toward abstinence, and DACCO's physicians will tailor specific treatment recommendations based on the needs of each client.

If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCO's services, visit [dacco.org](http://dacco.org). Click on Community Education to learn more about substance abuse. To request that a DACCO representative speak to your community group, call 813-384-4000.

## Changing the world of prevention for the better

Historically, services for the prevention and treatment of substance misuse and substance use disorders have been delivered separately from other mental health and general health care services. Instead of being viewed as issues related to the health care system, substance misuse has traditionally been seen as a social or criminal problem. Therefore, people needing care for substance use disorders have had access to only a limited range of treatment options that were generally not covered by insurance.

Effective integration of prevention, treatment, and recovery services across health care systems is key to addressing substance misuse and its consequences and it represents the most promising way to improve access to and quality of treatment, according to the 2016 Surgeon General's Report on Drugs, Alcohol and Health. Recent health care reform laws, as well as a wide range of other trends in the health care landscape, are facilitating greater integration to better serve individual and public health, reduce health disparities, and reduce costs to society.

Well-supported scientific evidence shows:

- traditional separation of substance use disorder treatment and mental health services from mainstream health care has created obstacles to successful care coordination.
- closer integration of substance use-related services in mainstream health care systems will have value to both systems.
- individuals with substance use disorders often access the health care system for reasons other than their substance use disorder.
- integrating care for substance use disorders into mainstream health care can increase the quality, effectiveness and efficiency of health care.
- health care delivery organizations,

such as health homes and accountable care organizations (ACOs), are being developed to better integrate care.

- use of Health IT is expanding to support greater communication and collaboration among providers, fostering better integrated and collaborative care, while at the same time protecting patient privacy.
- one fundamental way to address racial and ethnic disparities in health care is to increase the number of people who have health insurance coverage.
- the current substance use disorder workforce does not have the capacity to meet the existing need for integrated health care, and the current general health care workforce is undertrained to deal with substance use-related problems.

The continued separation of substance use and general health care services has been costly, often harmful, and for some individuals even fatal. An integrated system of prevention, early intervention, treatment and recovery that can address the full spectrum of substance use-related health problems is a logical and necessary shift that our society must make to prevent substance misuse and its consequences and meet the needs of individuals with substance use disorders. Providing services to people with mild and moderate substance use disorders — by far the largest proportion of all those diagnosed — in general health care settings will likely lessen the need for intensive and costly substance use disorder treatment services later, even though specialty care is still essential for people with serious substance use disorders, just as it is for patients with other severe diseases and conditions.

For more information, go to chapter 6 of *Facing Addiction: The Surgeon General's Report on Alcohol, Drugs, and Health*: [addiction.surgeongeneral.gov/chapter-6-health-care-systems.pdf](http://addiction.surgeongeneral.gov/chapter-6-health-care-systems.pdf).

### Going beyond the text: Journaling to self-awareness

Keeping a journal or writing a blog is a great way to learn more about yourself. Who are you? Why do you do what you do? Do you have strong convictions? Are you able to stand up to others when your ideas are questioned? In your journal, record your general thoughts as well as your thoughts about articles you read in the *Tampa Bay Times* and *tbt*\*. To begin your journal, write about something that you have read in the *Times* that directly affects, influences or impacts your life.

# Facing addiction

In December 2016, Vivek H. Murthy, U.S. Public Health Service Surgeon General, released the first ever Surgeon General's Report on Alcohol, Drugs, and Health. According to Murthy, the report, *Facing Addiction in America*, "aims to shift the way our society thinks about substance misuse and substance use disorders while defining actions we can take to prevent and treat these conditions."

Over the past few decades, health practitioners and scientists have built a robust evidence base on the subject of addiction. There is a neurobiological basis for substance use disorders with potential for both recovery and recurrence. There are evidence-based interventions that prevent harmful substance use and related problems, particularly when started early. There also are proven interventions for treating substance use disorders, often involving a combination of medication, counseling, and social support. Additionally, it has been learned that recovery has many pathways that should be tailored to fit the unique cultural values and psychological and behavioral health needs of each individual.

*The Surgeon General's Report on Alcohol, Drugs, and Health* offers a way forward through a public health approach that is firmly grounded in the best available science. This report contains suggested actions that are intended for parents, families, educators, health care professionals, public policy makers, researchers and all community members.

To learn more and read the scientific research, go to [addiction.surgeongeneral.gov](http://addiction.surgeongeneral.gov).



## Drug addiction

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the addicted individual and to those around him or her. Although the initial decision to take drugs is voluntary for most people, the brain changes that occur over time challenge an addicted person's self-control and hamper his or her ability to resist intense impulses to take drugs.

Treatments are available to help people counter addiction's powerful effects. Research shows that combining addiction treatment medications with behavioral therapy is the best way to ensure success for most patients.

Similar to other chronic, relapsing diseases, such as diabetes, asthma or heart disease, drug addiction can be managed successfully. And as with other chronic diseases, it is not uncommon for a person to relapse and begin abusing drugs again. Relapse, however, does not signal treatment failure—rather, it indicates that treatment should be reinstated or adjusted or that an alternative treatment is needed to help the individual regain control and recover.

Source: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services

**“Addiction is a chronic, debilitating disease, and without treatment you die. When you think of the chronic diseases — COPD, cardiac disease, diabetes — when those people go to the hospital nobody says, ‘Oh, did you go back to the hospital again because your diabetes got out of control?’ Did they do everything right? Did they not eat pie? Did they stick to the 1,200-calorie ADA diet? People who leave substance abuse treatment don’t always follow all the rules the first time. It takes time and time again sometimes because it is a chronic debilitating disease. We try to teach people that coming back is not a bad thing. If you are on a good road, you are going to make it, and if you’re not, we’re here.”**

**— Mary Lynn Ulrey, DACCO chief executive officer**

# A major health problem

Prescription drug abuse is when a person “takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor or for a different reason – like to get high,” according to the National Institute on Drug Abuse. Abuse of prescription drugs has become a major health problem in the United States.

When a trained health care professional prescribes drugs, that professional determines the benefits of the medication based on the person’s medical history. All drugs have side effects or risks, and it is the job of the medical professional to consider those risks before prescribing the medication. When prescription drugs are abused — taken in different amounts than prescribed or for different purposes than as prescribed — those drugs can affect the brain and body in dangerous ways. Not only is abusing prescription drugs dangerous, but it also is illegal.

The most commonly abused prescription drugs fall into three categories:

**1 OPIOIDS:** Painkillers such as Vicodin, OxyContin, Opana or codeine

**2 DEPRESSANTS:** Drugs used to relieve anxiety or help a person sleep, such as Valium or Xanax

**3 STIMULANTS:** Drugs used for treating attention deficit hyperactivity disorder (ADHD), such as Adderall and Ritalin

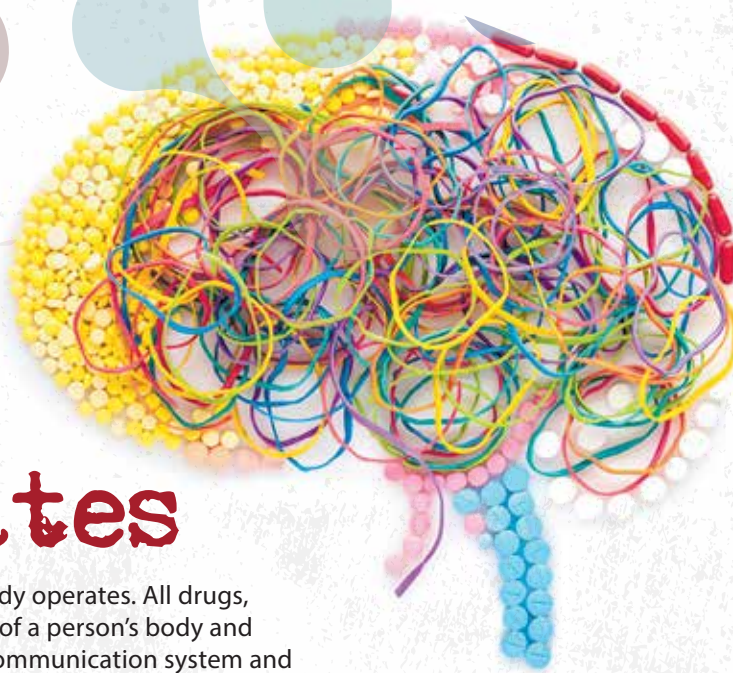
## Altered states

Drugs are chemicals that change the way a person’s body operates. All drugs, including legal and illegal forms, alter the chemical state of a person’s body and mind. Drugs contain chemicals that tap into the brain’s communication system and disrupt the way nerve cells normally send, receive and process information.

There are at least two ways that drugs cause this disruption: by imitating the brain’s natural chemical messengers and by overstimulating the “reward circuit” of the brain. Some drugs, such as heroin and marijuana, have a similar structure to chemical messengers called neurotransmitters, which are naturally produced by the brain. This similarity allows the drugs to trick the brain’s receptors and activate nerve cells to send abnormal messages.

Other drugs, such as cocaine or methamphetamine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters (mainly dopamine) or to prevent the normal recycling of these brain chemicals, which is needed to shut off the signaling between neurons. The result is a brain awash in dopamine, a neurotransmitter present in brain regions that control movement, emotion, motivation and feelings of pleasure.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services.



## Prescription drug dangers

There’s a reason prescription drugs are intended to be taken under a doctor’s direction: If used improperly, they can be dangerous. Prescription drugs can have dangerous short- and long-term health consequences when used incorrectly or by someone other than for whom they were intended.

When taken properly and under a medical provider’s supervision, prescription drugs can have many benefits, but there are serious health risks associated with many of these drugs. Although these drugs may seem safe because a doctor has prescribed them, a single large dose of prescription painkillers or depressants can result in breathing problems that can lead to death. Abusing prescription stimulants can result in fatal seizures.

Even in small doses, depressants and painkillers can affect a person’s ability to learn. These are not temporary side effects. Prescription drugs should always be taken cautiously and under the care of a licensed medical doctor. Abusing any drug, whether over-the-counter, prescription or alcohol, can lead to permanent and fatal consequences.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



### Going beyond the text: Learning new things

For this next journal entry, find some information in the newest Surgeon General’s report that you were unaware of. Go to [addiction.surgeongeneral.gov](http://addiction.surgeongeneral.gov) to see the report. Pick one chapter to look through. Next, see if you can find support for one of the Surgeon General’s points or findings in the *Tampa Bay Times*. Write down your ideas and thoughts in your journal and share them with your friends and family.



# DRUGS BY THE DROP

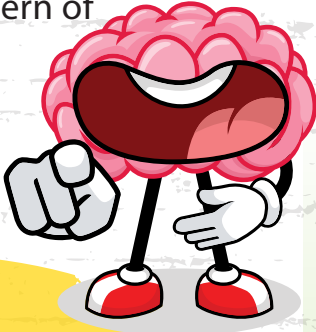


**A**lcohol is a drug. Even in small doses, it impairs your thinking and judgment. Alcohol is produced by the fermentation of yeast, sugars and starches. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream.

In all doses, alcohol affects the body's organs and can damage a developing fetus. Intoxication impairs brain function and motor skills. Frequent and long-term use can increase risk of certain cancers, stroke and liver disease.

Alcoholism or alcohol dependence is a disease characterized by a strong craving for alcohol and continued use despite harm being caused. Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work, and can lead to alcoholism.

Source: National Institute on Drug Abuse



*Think about it*  
Alcohol reduces alertness, interferes with judgment and impairs vision. It takes about one hour to cancel the effects of one drink, and the probability of an accident increases with each drink. Alcohol leaves the bloodstream at .015 percent per hour. The significance of .10 percent BAC in relation to driving impairment is that the probability of having an accident is 7.5 times greater than when sober — increasing to 25 times at .15 percent BAC.  
Source: Hillsborough County Sheriff's Office

## Alcohol poisoning

Alcohol poisoning is one of the most serious consequences of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The struggle to deal with an overdose of alcohol and lack of oxygen eventually will cause the brain to shut down the voluntary functions that regulate breathing and heart rate.

Symptoms of alcohol poisoning include vomiting; being unconscious; having cold, clammy, pale or bluish skin; breathing slow or irregularly (fewer than eight breaths a minute or 10 or more seconds between breaths). An alcohol overdose can lead to permanent brain damage or even death.

If your friend or acquaintance has had too much to drink, don't be afraid to seek medical help. Call 9-1-1! Don't worry that your friend may become angry or embarrassed. Always be safe, not sorry.

Sources: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration and National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

## Watch Your BAC™

Blood alcohol concentration (BAC) is a formula that is used to determine how much alcohol is in the bloodstream. BAC is personalized and is based on four factors:

- **Gender**
- **Weight**
- **Number of standard drinks that have been consumed**
- **Number of hours (or length of time) in which you've been drinking**

Other influences on BAC include whether or not you are drinking on a full stomach vs. an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.

## Tips for reducing your alcohol intake

Although all consumption of alcohol can be dangerous, the more alcohol you drink, the more side effects there will be. If you are drinking too much, you can improve your life and health by cutting down. Here are some helpful tips from the National Institute on Alcohol Abuse and Alcoholism:

- Write down your reasons for cutting back or stopping.
- Choose a limit for how much you will drink.
- Keep a diary or journal of your drinking.
- Drink slowly.
- Take a break from alcohol.
- Learn how to say no.
- Get support.
- Do not drink when you are angry or upset or have a bad day.
- Do not give up. Keep in mind that most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change. If you do not reach your goal the first time, keep trying.

Source: National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

## Binge drinking = alcohol abuse

Binge drinking is a common pattern of alcohol abuse. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to .08 percent or above.

This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours. Binge drinking is associated with many health and behavior problems, including:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Children born with fetal alcohol spectrum disorders
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage and memory problems
- Sexual dysfunction
- Social problems, such as fighting and lack of participation in social activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Abuse of other drugs
- Changes in brain development that may have lifelong effects

Sources: Florida Department of Children and Families, Centers for Disease Control and Prevention and the National Institute of Alcohol Abuse and Alcoholism

In Florida, it is illegal for anyone under age 21 to drive with any alcohol in his or her system; a blood alcohol concentration (BAC) of .02 percent or higher can lead to a six-month driver's license suspension.

Driving with a BAC of .08, or under the influence of any amount of alcohol and/or drugs, may result in a Driving Under the Influence (DUI) arrest.

It is illegal for a person under the age of 21 to purchase or possess alcoholic beverages and for anyone to purchase or provide alcohol for persons under the age of 21. Sale of alcoholic beverages to underage individuals is a second-degree misdemeanor.

Adults who allow underage drinking parties in their home can be arrested for violating the open house party statute.

Teens or young adults under the age of 21 using false identification (fake ID) can be charged with a felony.

### The cost of impaired driving

Did you know almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver every day? This means that one person dies every 51 minutes as the result of an alcohol-related crash. Annually, the cost of alcohol-related crashes is more than \$59 billion, according to the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA).

### Binge drinking on college campuses

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), "The consequences of excessive drinking by college students are more significant, more destructive and more costly than many parents realize. And these consequences affect students whether or not they drink." Many college alcohol problems are related to binge drinking. Each year, an estimated 1,825 student deaths, 599,000 injuries, 696,000 assaults and 97,000 cases of sexual assault or date rape are the result of college drinking. The fact is that binge drinking can lead to death, alcohol poisoning, permanent liver damage and heart failure.

### Going beyond the text: Binge-drinking dangers

Many people choose to ignore binge drinking. It is dismissed as a game or a fun time. But every day, people die from the consequences of binge drinking: alcohol poisoning, car wrecks, drownings and so forth. Have you ever participated in parties or events where people binge drink? Do you know people who drink excessive amounts of alcohol on a daily or weekly basis? Did you know that drinking four or more drinks in a short period of time is considered binge drinking? Look in the *Tampa Bay Times* and *tbt\** for bar and restaurant ads. Do any of these ads encourage binge drinking? Write down your thoughts and ideas in your journal, and then compile your thoughts into a letter to the editor.

## Target population

The Community Alcohol Prevention Grant Collaborative targets adults ages 18-49 in Hillsborough County, with emphasis on students at the University of Tampa, the University of South Florida and Hillsborough Community College. Special emphasis is placed on new freshmen and students involved in fraternities/sororities and intramural sports.



# Community Alcohol Prevention Grant Collaborative

## HIGH-RISK BINGE DRINKING

High-risk binge drinking continues to be a serious concern on college campuses. According to a national report, 82 percent of college students drink and 37 percent reported binge drinking in the past two weeks.

Data from a 2012 U.S. Department of Health and Human Services report to Congress suggests the college environment influences drinking practices. Although college-bound 12th-graders are less likely than non-college-bound peers to report heavy drinking, college students report higher rates of binge drinking than college-age youth not attending college. And the usual number of drinks consumed is much higher when two or more other people are present than when drinking with one person or alone.

In other words, when it comes to young people binge drinking, environment is an important factor.

## COLLEGE: A DRINKING CULTURE

To change the drinking culture, it is best to intervene at three levels: the individual student, the entire student body and the surrounding community. In alignment with this recommended framework (and knowing that peers can influence each other's behaviors significantly, for worse or for better), the Community Alcohol Prevention Grant Collaborative, initiated in 2010, continues to engage individuals in Hillsborough County at each of these levels.

## Grant objectives

The objectives of the Community Alcohol Prevention Grant Collaborative are to:

- Educate students and the community on blood alcohol concentration (BAC) and the health, safety and legal risks of underage drinking, binge drinking, and drinking and driving.
- Provide information and referrals to students, families and community members needing prevention or treatment services.
- Influence college students' attitudes and behaviors regarding alcohol use.

## Grant evaluation

Tracking social media usage and conducting surveys several times a year provide data to help monitor the program's effectiveness and support a larger ongoing community assessment. Here are the results of the latest Watch your BAC surveys complete between July and September 2016 from students at University of Tampa, University of South Florida, and Hillsborough Community College (Dale Mabry campus) after participation in an on-campus Watch Your BAC event.

- I understand what it means to Watch Your BAC : 95.47 percent
- I understand what it means to "Stay in your Green Zone:" 90 percent
- I understand what is meant by a standard drink equivalent: 84.02 percent

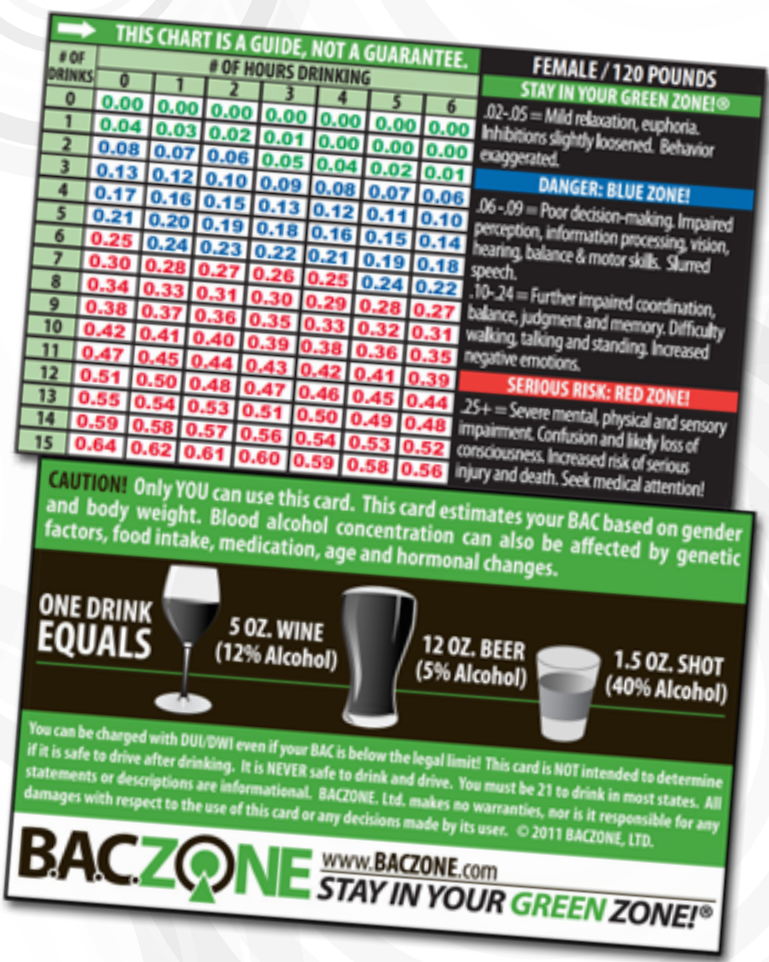
### Going beyond the text: Peer pressure

To change the drinking culture, it is best to intervene at three levels: the individual student, the entire student body and the surrounding community. The effectiveness of the Community Alcohol Prevention Grant Collaborative is that peers can influence each other's behaviors significantly, for worse or for better. Do you agree? Look for examples of peers influencing each other in both positive and negative ways in the pages of the *Tampa Bay Times* and *tbt*\*. Write down your thoughts in your journal and share them with your peers and family.



# Watch Your BAC

Blood alcohol concentration (BAC) is a formula that is used to determine how much alcohol is in the bloodstream. BAC is personalized and is based on four factors: gender, weight, the number of standard drinks that have been consumed and the number of hours (or length of time) in which you've been drinking. Other influences on BAC include whether you are drinking on a full stomach or an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.



# Program strategies

Led by DACCO (and including local colleges and the *Tampa Bay Times*), the Community Alcohol Prevention Grant Collaborative educates the public on state law, the nature of blood alcohol concentration (BAC) and campus alcohol policies.

A key collaborative strategy is the annual Watch Your BAC on-campus, phased social marketing campaign designed to pique curiosity and influence norms. The focus is on educating students on the nature of BAC and self-monitoring alcohol consumption. While abstinence is ideal — and the campaign consistently emphasizes “None for the Road” and adherence to campus policy and state law — the campaign uses “harm reduction” as the most realistic way to discuss drinking.

**Directly engaging students in designing their own campaign, on- and off-campus strategies include:**

- Social events
- Campus fairs
- Fatal Vision goggles to simulate inebriation
- Pool parties
- Mocktail parties
- Photo contest
- Mobile phone app (including a BAC calculator) for Android and iPhone
- Facebook fan page
- Website (watchyourbac.com)
- Giveaways: water bottles, color-changing cups, coffee mugs, backpacks, bar coasters, car magnets, beach towels, bags, sunglasses, T-shirts, shorts, caps
- Table tent messages in the cafeteria
- Nonalcoholic drink recipe cards
- Residence hall door hangers highlighting university policy
- Posters and banners in common areas
- Coffee slips with positive messages
- Positive-norm screensavers in libraries and campus computer labs
- Positive sidewalk chalk messages
- Messages displayed at games/events
- Pocket-sized, personalized BACZone cards indicating BAC risk levels based on gender, weight and consumption
- Educational information in annual special educational *Plugged In* insert in the *Tampa Bay Times*
- Survey cards to gauge attitudes and behavior

# Watch Your BAC

## BAC app

The Watch Your BAC app is designed to help you with the following:

- Track your alcohol use
- Calculate your blood alcohol concentration (BAC)
- Be aware of what constitutes a drink and the health effects of alcohol
- Access a safe ride

You can use your Watch Your BAC app to easily monitor your alcohol consumption by entering your height, gender, weight and each drink you consume. The app will help you stay in the green and alert you as you approach the danger zone.

This app was created by DACCO Prevention in collaboration with students from the University

of Tampa, the University of South Florida and Hillsborough Community College.

This application, funded by the Florida Department of Children and Families, is intended for educational and informational purposes only.

**To download the Android app, go to** <https://play.google.com/store/apps/details?id=com.type2designs.watchyourbac>.

**To download the iTunes app, go to** <https://itunes.apple.com/us/app/watch-your-bac/id711717127?mt=8>.





# Smoking and health

**O**n Jan. 11, 1964, Luther L. Terry, M.D., Surgeon General of the United States, released *Smoking and Health: Report of the Advisory Committee of the Surgeon General of the Public Health Service*. This landmark report, written at the request of President John F. Kennedy, was in response to the evidence on smoking and lung cancer that had been accumulating since the 1950s. Despite decades of warnings on the dangers of smoking, nearly 42 million adults and more than 3.5 million middle and high school students continue to smoke cigarettes.

Each year, for every adult who dies prematurely from a smoking-related cause, more than two youth or young adults become replacement smokers. Although the prevalence of current smoking among high school-aged youth has declined, the total number of youth and young adults who started smoking increased from 1.9 million in 2002 to 2.3 million in 2012.

However, progress has been made in reducing initiation among youth younger

than 18 years of age, with the total number of youth who initiated smoking before age 18 declining from 1.5 million in 2009 down to 1.2 million in 2012.

Recent surveys monitoring trends in tobacco use indicate that more people are using multiple tobacco products, particularly youth and young adults. The percentage of U.S. middle and high school students who use electronic, or e-cigarettes, more than doubled between 2011 and 2012.

Sources: U.S. Department of Health and Human Services; U.S. Surgeon General Report, 2012; Centers for Disease Control and Prevention



**Tobacco has killed more than 20 million people prematurely since the first Surgeon General's report in 1964. The findings in this report show that the decline in the prevalence of smoking has slowed in recent years, and that burden of smoking attributable mortality is expected to remain at high and unacceptable levels for decades to come, unless urgent action is taken.**

# Don't be fooled

**Nicotine**, in all forms, is a drug. Stopping use of a drug can be difficult, especially when it is as addictive as nicotine.

**Snus Snus** (pronounced "snoose") is the category that includes smokeless, spitless tobacco products. Studies show that these products cause nicotine to be absorbed more quickly into the bloodstream than traditional cigarettes.

**Cigars** Did you know that one cigar has as much nicotine as almost three packs of cigarettes?

**Hookahs** Hookahs are water pipes used to smoke flavored tobacco. Hookah smoking can cause oral cancer, lung cancer and heart disease. This specialty tobacco contains the same chemicals found in all tobacco, including nicotine and cancer-causing chemicals. Secondhand hookah smoke also contains the same cancer-causing particulates found in cigarette smoke.

**E-cigarettes** Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. Although some people think using e-cigarettes can help them quit smoking, remember these are still addictive and dangerous. E-cigarettes turn highly addictive nicotine, along with other chemicals, into a vapor that is inhaled by the user.

Sources: Tobacco Free California; U.S. Food and Drug Administration; and Discovery Health

## Deadly consequences

Tobacco use, in any form, causes both immediate and long-term damage. One of the most serious health effects is nicotine addiction, which extends tobacco use and can lead to severe health consequences. The younger a person is when he or she starts using tobacco, the more likely that person will become addicted. Health effects from tobacco can be permanent and deadly.

- Early cardiovascular damage is seen in most young smokers.
- Smoking reduces lung function and stunts lung growth.
- Young people are sensitive to nicotine and can feel dependent earlier than adults.
- One third of young people who use tobacco will die prematurely from smoking.
- The adverse health effects from cigarette smoking account for an estimated 443,000 deaths, or nearly one of every five deaths, each year in the United States.
- Smoking causes an estimated 90 percent of all lung cancer deaths in men and 80 percent of all lung cancer deaths in women.
- In addition, smoking causes the following cancers: Acute myeloid leukemia, bladder cancer, cancer of the cervix, cancer of the esophagus, kidney cancer, cancer of the larynx (voice box), cancer of the oral cavity (mouth), pancreatic cancer, cancer of the pharynx (throat) and stomach cancer.

Sources: U.S. Surgeon General and Centers for Disease Control and Prevention

# MARIJUANA 101

**M**arijuana is the term used to refer to the dried leaves, flowers, stems and seeds from the hemp plant, *Cannabis sativa*. The most commonly used illicit drug in the U.S., marijuana contains the mind-altering chemical delta-9- tetrahydrocannabinol (THC), as well as other related compounds. Marijuana, usually smoked in hand-rolled cigarettes, pipes or water pipes, has an unusual sweet and-sour odor.

Marijuana can be mixed in food or brewed as a tea. When marijuana is ingested, the THC acts on specific molecular targets on brain cells, called cannabinoid receptors. According to the National Institute on Drug Abuse, these receptors “influence pleasure, memory, thinking, concentration, sensory and time perception, and coordinated movement.

“Marijuana over activates the endocannabinoid system, causing the high and other effects that users experience. These effects include altered perceptions and mood, impaired coordination, difficulty with thinking and problem solving, and disrupted learning and memory.” Marijuana also affects brain development, which results in long and short-term thinking and memory problems. Some studies have linked chronic marijuana use and mental illness. High doses of marijuana can produce a temporary psychotic reaction in the user.

Source: National Institute on Drug Abuse

## Did you know?

Marijuana harms in many ways, and kids are the most vulnerable to its damaging effects because the drug effects the brain and children’s brains are not fully formed. Use of the drug can lead to significant health, safety, social and learning or behavioral problems, especially for young users. Although some people think of marijuana as a benign natural herb, the weed- form of the drug actually contains many of the same cancer causing chemicals found in tobacco. Puff for puff, the amount of tar inhaled and the level of carbon monoxide absorbed by those who smoke marijuana is three to five times greater than among tobacco smokers. Marijuana, along with alcohol and prescription drugs, is the most commonly abused substance by people age 14 and older.

## Going beyond the text: Influencing others

To change the drinking culture, it is best to intervene at three levels: the individual student, the entire student body and the surrounding community. The effectiveness of the Community Alcohol Prevention Grant Collaborative is that peers can influence each other’s behaviors significantly, for worse or for better. Do you agree? Look for examples of peers influencing each other in both positive and negative ways in the pages of the *Tampa Bay Times* and *tbt*\*. Write down your thoughts in your journal and share them with your peers and family.

## Long-term effects

Marijuana is a hallucinogen. A hallucinogen is a substance that alters how the mind perceives the world. While the short-term effects of this hallucinogen wear off within a few hours, there are long-term effects to using this drug. According to the Foundation for a Drug Free World, marijuana users have “poorer memories and mental aptitude than do non-users. Animals given marijuana by researchers have even suffered structural damage to the brain.”

Although marijuana became popular in the 1960s, the drug people use today is not the same. Today’s weed is 77 percent more potent than the weed of the Woodstock era. The National Institute on Drug Abuse reports: “In 2012, THC concentrations in marijuana averaged close to 15 percent, compared to around 4 percent in the 1980s. For a new user, this may mean exposure to higher concentrations of THC, with a greater chance of an adverse or unpredictable reaction.

“For frequent users, it may mean a greater risk for addiction if they are exposing themselves to high doses on a regular basis.”

Sources: Office of National Drug Control Policy; the National Institute on Drug Abuse; and the Foundation for a Drug-Free World



## Synthetic cannabinoids

Synthetic drugs are dangerous. In some instances, synthetic drugs may be more dangerous than their authentic counterparts. The term synthetic cannabinoids refers to a growing number of man-made mind altering chemicals that are either sprayed on dried, shredded plant material so they can be smoked, known as herbal incense, or sold as liquids to be vaporized and inhaled in e-cigarettes or water pipes. Cannabinoids are related to chemicals found in the marijuana plant. Because of this similarity, synthetic cannabinoids are sometimes called “synthetic marijuana” or “fake weed.” These products are marketed as safe, legal alternatives to that drug; however, they may be more dangerous and affect the brain much more powerfully than marijuana.

Sources: National Institute on Drug Abuse; National Institutes of Health; U.S. Department of Health and Human Services



# A wide range of consequences

Alcohol and drug misuse can have a wide range of effects; a single instance of alcohol or drug misuse can have profound negative consequences. The specific effects associated with substance misuse depend on the substances used, how much and how often they are used, how they are taken, as well as other factors. These effects include physical as well as mental health effects.

Many more people now die from alcohol and drug overdoses each year than are killed in automobile accidents. The opioid crisis is fueling this trend with nearly 30,000 people dying due to an overdose from heroin or prescription opioids in 2014. An additional 2,000 people died as a result of an unintentional overdose of alcohol, cocaine or non-opioid prescription drugs.

Indirect consequences related to risky behaviors that often accompany alcohol and drug misuse include impaired judgment, leading to risky behaviors such as driving under the influence (DUI), engaging in unprotected sex, and sharing needles/syringes sharing.

Driving under the influence of alcohol or drugs contributes to thousands of deaths annually, and 10.6 percent of drivers report engaging in this hazardous behavior each year. Long-term abuse of alcohol and drugs can lead to outbreaks of HIV, hepatitis, hypertension, liver disease and cancer.

Source: Surgeon General's Report on Alcohol, Drugs, and Health: Facing Addiction in America

“ Above all, we can never forget that the faces of substance use disorders are real people. They are a beloved family member, a friend, a colleague and ourselves. Despite the significant work that remains ahead of us, there are reasons to be hopeful. I find hope in the people I have met in recovery all across America who are now helping others with substance use disorders find their way. I draw strength from the communities I have visited that are coming together to work on prevention initiatives and to connect more people to treatment. And I am inspired by the countless family members who have lost loved ones to addiction and who have transformed their pain into a passion for helping others. These individuals and communities are rays of hope. It is now our collective duty to bring such light to all corners of our country.”

- Vivek H. Murthy, M.D., U.S. Surgeon General



## Time for change

U.S. Surgeon General Murthy writes that most Americans know someone with a substance use disorder, and many know someone who has lost or nearly lost a family member as a consequence of substance misuse. Yet, at the same time, few other medical conditions are surrounded by as much shame and misunderstanding as substance use disorders.

Historically, society has treated addiction and misuse of alcohol and drugs as symptoms of moral weakness or as a willful rejection of societal norms, and these problems have been addressed primarily through the criminal justice system.

Our health care system has not given the same level of attention to substance use disorders as it has to other health concerns that affect similar numbers of people. Substance use disorder treatment in the United States remains largely segregated

from the rest of health care and serves only a fraction of those in need of treatment.

Only about 10 percent of people with a substance use disorder receive any type of specialty treatment. In addition, more than 40 percent of people with a substance use disorder also have a mental health condition, yet fewer than half receive treatment for either disorder.

Additionally, 40 percent of individuals who know they have an alcohol or drug problem are not ready to stop using, and many others simply feel they do not have a problem or a need for treatment, which may partly be a consequence of the neurobiological changes that profoundly affect the judgment, motivation, and priorities of a person with a substance use disorder.

Source: Surgeon General's Report on Alcohol, Drugs, and Health: Facing Addiction in America

## Did you know?

- ★ Regular marijuana use is associated with chronic bronchitis.
- ★ Chronic use of stimulants can lead to heart disease.
- ★ Substance misuse during pregnancy can result in long-lasting health effects for the baby including fetal alcohol spectrum disorders (FASDs) and neonatal abstinence syndrome (NAS).
- ★ Roughly one in seven people in the United States (14.6 percent of the population) are expected to develop a substance use disorder at some point in their lives.
- ★ In 2015, substance use disorders affected 20.8 million Americans—almost 8 percent of the adolescent and adult population.

Source: Surgeon General's Report on Alcohol, Drugs, and Health: Facing Addiction in America

# Treatment gap



The problem of alcohol and drug misuse in the United States is serious and pervasive. However, despite the challenges described above, this is also a time of great hope and opportunity:

- Research on alcohol and drug use and addiction, has led to an increase of knowledge and to one clear conclusion: Addiction to alcohol or drugs is a chronic but treatable brain disease that requires medical intervention, not moral judgment.
- Policies and programs have been developed that are effective in preventing alcohol and drug misuse and reducing its negative effects.
- Effective treatments for substance use disorders are available. Evidence-based treatments—both medications and behavioral therapies—can save lives and restore people’s health, well-being, and functioning, as well as reduce the spread of infectious disease and lessen other consequences.
- Support services such as mutual aid groups (e.g., Alcoholics Anonymous), recovery housing, and recovery coaches are increasingly available to help people in the long and often difficult task of maintaining recovery after treatment.
- Health care reform efforts are creating new opportunities to increase access to prevention and treatment services to improve public health. Health insurers that participate in the Health Care Marketplace must now cover costs related to mental health and substance use disorder services, including behavioral health treatment, and may not apply limitations on those benefits that are more restrictive than limitations applied on the benefits for medical and

surgical services. Other incentives are encouraging general health systems to control costs, improve outcomes, and reduce readmissions by addressing patients’ substance use. Transformations in the health care landscape are supporting integration of substance use disorder treatment with general health care in ways that will better address the needs of the millions of people suffering from these disorders.

- The criminal justice system is engaged in efforts to place non-violent drug offenders in treatment instead of jail, to improve the delivery of evidence-based treatment for incarcerated persons, and to coordinate care in the community when inmates are released.

Together, these changes are leading to a new landscape of care for alcohol and drug misuse problems in America, and to new hope for millions of people who suffer from them.

Source: Surgeon General’s Report on Alcohol, Drugs, and Health: Facing Addiction in America



## Facing Addiction in America:

*The Surgeon General’s Report on Alcohol, Drugs, and Health*, marks the first time a Surgeon General has dedicated a report to substance misuse and related disorders. The report addresses alcohol, illicit drugs, and prescription drug misuse, with chapters dedicated to neurobiology, prevention, treatment, recovery, health systems integration and recommendations for the future. It provides an in-depth look at the science of substance use disorders and addiction, calls for a cultural shift in the way Americans talk about the issue, and recommends actions we can take to prevent and treat these conditions, and promote recovery. Read the full report at [addiction.surgeongeneral.gov](http://addiction.surgeongeneral.gov)

## Going beyond the text: Being a role model

It is important to know the warning signs and symptoms of drug abuse. If you suspect your friend or sibling is abusing prescription drugs, get help. Talk to your friend or sibling. Speak with a trusted adult or professional. Don’t be a bystander. Become a role model. Becoming a role model for another person is a great way to influence good behavior. Look in the *Tampa Bay Times* or *tbt\** and find a person who is a good role model. You might even find good examples on the comic pages. Make a list of reasons why this individual is a good role model. Next, pretend you are going to interview this person for the newspaper. Write out six questions that you would ask this person about being a role model. How would you answer the questions?

## Taking action

Reacting quickly saves lives. It's Friday night, and you and your friends are hanging out and unwinding after a long week of working. One of your friends is acting very sleepy after taking some pills and having a few drinks. Your friend keeps nodding off, and you are concerned. But you don't want to get anyone in trouble.

This is no time to hesitate. If you think someone is in distress, immediately call 9-1-1! Symptoms of an overdose may include disorientation, drowsiness, clammy or damp skin, passing out or difficulty in waking.

There may be no noticeable signs if someone suddenly stops breathing. Call 9-1-1 immediately. Stay on the line with the operator and stay with the victim until help arrives. Try to remain calm and follow the directions of the 9-1-1 operator. Remember, calling 9-1-1 to save someone's life comes first and before any consequences you might face. Your decision to react quickly can save someone's life. Any delay for any reason may result in a lifetime of regret for making the wrong choice.

Source: Pinellas County Sheriff's Office, Narcotics Division

## The Good Samaritan Act

By definition, a Good Samaritan is "a person who gratuitously gives help or sympathy to those in distress," according to Dictionary.com. Following this line of thought, the goal of the Good Samaritan Act is to save lives.

This act allows witnesses of accidental drug overdoses to call for help without fearing that they will be arrested for drug possession. A person making a good faith effort to obtain or provide medical assistance for an individual experiencing a drug-related overdose may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the person's seeking medical assistance.

A person who experiences a drug-related overdose and is in need of medical assistance may not be charged, prosecuted or penalized for possession of a controlled substance if the evidence for possession was obtained as a result of the overdose and the need for medical assistance.

Source: Florida Senate



# BE THE WALL TAMPA

Parents, when it comes to teens and alcohol, be clear, be firm, be consistent. Be the wall. Responsible adults would never host a party with alcohol for teens, but do you know how to keep teens from trying to sneak alcohol or drugs through the front door? Sign our pledge at [bethewalltampa.org](http://bethewalltampa.org). To brush up on your chaperone skills, join our FaceBook page: [facebook.com/hillsboroughbethewall](https://www.facebook.com/hillsboroughbethewall).



## Get help

Did you know that opioids—prescription and illicit—are the main driver of drug overdose deaths in the United States. Opioids were involved in 33,091 deaths in 2015, and opioid overdoses have quadrupled since 1999, according to the Centers for Disease Control and Prevention. Florida is one of 19 states with statistically significant increases in drug overdose death rates from 2014 to 2015. There was an increase of almost 23 percent of overdose deaths in Florida from 2014 to 2015. Drug overdose symptoms vary widely depending on the specific drug used, but may include:

- Abnormal pupil size
- Agitation
- Convulsions
- Delusional or paranoid behavior
- Difficulty breathing
- Drowsiness
- Hallucinations
- Nausea and vomiting
- Staggering or unsteady gait
- Sweating or extremely dry, hot skin
- Tremors
- Unconsciousness
- Violent or aggressive behavior

Sources: Centers for Disease Control and Prevention and U.S. Department of Health and Human Services National Institutes of Health

## Adults: Be The Wall

Many parents are surprised to learn that they are the most powerful influence on their children when it comes to drugs. How do you model positive behavior for your children? Think about it. Sixty percent of teens who have abused prescription painkillers did so before age 15, and 45 percent of those who use prior to the age of 15 will later develop an addiction.

Kids need to hear how risky drug abuse can be. They need to know how damaging it can be to their lives. They need you, their parents, to be good role models.

Sources: Partnership for a Drug Free America; Health Substance Abuse and Mental Health Services Administration

## Not a rite of passage

Many people dismiss underage drinking as a normal "rite of passage" in adolescence. It is important to remember that although alcohol is legal for adults, it can be unsafe and unhealthy. In Florida, it is illegal for those younger than 21. According to a report by the U.S. Department of Health and Human Services, more young people in the United States drink alcohol than smoke tobacco or marijuana. Alcohol use by young people is a factor in a host of serious health, social and economic problems. Underage alcohol use can have immediate and tragic consequences, such as alcohol poisoning, injury and death, as well as long-range harmful consequences, such as increased risk for physical and developmental damage and chronic alcohol addiction.



# GETTING HELP

## NOPE

In cities and towns across Hillsborough County, young people are using illicit drugs and abusing prescription pills. Narcotics Overdose Prevention & Education (NOPE) educates students in middle schools, high schools and colleges about the consequences of drug consumption.



A network of community leaders goes into Hillsborough County's more than 100 schools to deliver personal and blunt presentations, during which police officers explain the grim task of making death notifications to distraught families, and parents who lost children to drugs share their suffering.

NOPE offers similar presentations to parents so they know their children are often confronted about drugs at school bus stops, in school cafeterias, at movie theaters, at friends' homes and on their computers. Counselors and community leaders explain the signs of drug use and the best ways to speak with kids about drugs. Parents can ask questions and speak privately with the professionals.

For more information, go to [nopetaskforce.org/chapter-hillsborough.php](http://nopetaskforce.org/chapter-hillsborough.php).

## Narcotics Anonymous

Narcotics Anonymous is a 12-step program designed to help relatives and friends of addicts recover from the effects of coping with an addicted relative or friend.



In this 12-step program, members offer help by sharing their experiences, strengths and hope. The only requirement for membership is that there be a problem of addiction involving a relative or friend. Joining is easy: Just attend a meeting. There are no dues or fees. For more information in Florida, go to [Na.org](http://Na.org) or [Naflorida.org](http://Naflorida.org). In Tampa, go to [tampa-na.org](http://tampa-na.org) or call 813-879-4357.

## Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership. For information in Hillsborough County, go to [aatampa-area.org](http://aatampa-area.org), or call 813-933-9123.



## DACCO

The Drug Abuse Comprehensive Coordinating Office (DACCO) reaches Tampa Bay-area residents through community education, prevention, assessment and referrals, support services, intervention, and outpatient and residential treatment. DACCO provides a range of treatment services for individuals and families in need. DACCO treats substance use disorders in outpatient and residential settings and addresses co-occurring mental health issues, such as anxiety, depression, post-traumatic stress disorder (PTSD) and medication-assisted treatment for opiates. DACCO offers adult residential treatment programs and outpatient programs for teens and adults. If you are concerned that you or someone you know may require detox, call the 24-Hour Detox Desk: 813-384-4221. To learn more about DACCO's services, visit [dacco.org](http://dacco.org). Click on Community Education to learn more about substance abuse.



### Going beyond the text: Dying young

Read about Stacy Nicholson as she struggled for sobriety in the epicenter of Florida's pain-pill crisis in the *Tampa Bay Times* special report "If I Die Young," which can be accessed at [tampabay.com/ifidieyoung](http://tampabay.com/ifidieyoung). In your journal, make a list of the obstacles Nicholson encountered and list the effects of those obstacles. Create a cause-and-effect chart with the information you have read. Also read the background story on Florida's pill crisis. In your journal, discuss your thoughts about what you have read and what the implications of the information are regarding this crisis. What are your thoughts about this story? Are there aspects of Nicholson's story you can relate to? Think about what she could have done to change some of the outcomes. Write your thoughts in your journal and share your thoughts with your family.

## Warning signs

Sometimes it's difficult to distinguish behavior and moodiness or angst from signs of drug use. Possible indications that your child or other family member is using drugs include:

- Problems at school or work
- Lack of energy and motivation
- Lack of interest in clothing or personal hygiene
- Changes in behavior
- Changes regarding spending money

Source: Mayo Clinic



# Resources

**Addiction Recovery Care of Tampa (ARC) Outpatient substance abuse treatment:**  
813-978-1300

**Agency for Community Treatment Services:** actsfl.org

**Adult outpatient treatment:**  
813-246-4899

**Adult residential detoxification facility:** 813-367-2315

**Residential long-term treatment:** 813-879-1649

**Juvenile addiction receiving facility:**  
813-931-4669, x229

**Thonotosassa youth residential:** 813-986-5966

**Associates in Behavioral Health and Recovery Inc.:** 813-931-5933

**The Centre:** thecentre.org

**Outpatient substance abuse treatment:** 813-251-8437

**Drug Abuse Comprehensive Coordinating Office (DACCO):**  
dacco.org; 813-384-4000

**Medication assisted treatment services:** 855-322-2600

**DACCO Lakeland** 348 W. Highland Dr.  
Lakeland: 813-384-4000

**Women's outpatient services:**  
855-322-2600

**Adult & adolescent outpatient services:** 855-322-2600

**Women's residential services:**  
855-322-2600

**Men's residential treatment facility:**  
855-322-2600

**Brandon outpatient: adults & adolescents:** 855-322-2600

**Community education:** 813-385-4129

**HIV testing:** 813-384-4004

**DUI Counterattack, Hillsborough Inc.:**  
DriveSafeTampa.org,  
813-875-6201

**Florida Council on Compulsive Gambling:** gamblinghelp.org  
888-ADMIT-IT

**Florida Tobacco Quitline:**  
The Quitline is a toll-free telephone-based tobacco-use cessation service.  
877-U-CAN-NOW

**Florida Alcohol and Drug Abuse Association:** fadaa.org

**Florida Keep Kids Drug Free Foundation:** kkdf.org

**Florida Poison Information Center:**  
poisoncentertampa.org

**Goodwill:** goodwill-suncoast.org

**Outpatient services:** 813-877-3234

**Healthcare Connection of Tampa Inc.:**  
healthcareconnectionoftampa.com

**Outpatient substance abuse treatment:** 800-444-4434

**Hillsborough County Anti-Drug Alliance (HCADA):**  
HCADA.com

**Tampa Alcohol Coalition:**  
tampatac.org

**Hyde Park Counseling Center:**  
hydeparkcenter.com

**Residential substance abuse treatment:** 813-258-4605

**Mothers Against Drunk Driving:**  
hillsborough.fl@madd.org  
813-273-6233

**NOPE Task Force:** nopetaskforce.org/  
chapter-hillsborough.php  
866-612-NOPE

**Narcotics Anonymous:**  
na.org

**Personal Growth Behavioral Health Inc. Outpatient Substance Abuse treatment:** 813-685-9332

**Phoenix Houses of Florida:**  
phoenixhouse.org

**Outpatient substance abuse treatment:** 813-881-1000

**Tampa Bay Academy:** tampabay-academy.com

**Youth and family-centered services:**  
813-677-6700

**Tampa Crossroads Inc.:**  
tampacrossroads.com

**Rose Manor Residential Program:** 813-228-9226

**Outpatient substance abuse treatment:** 813-238-8557, x401

**Tampa Metro Treatment Center:**  
methadonetreatment.com

**Outpatient methadone detoxification/buprenorphine services:** 813-236-1182

**Town and Country Hospital:**  
townandcountryhospital.com

**Addictions recovery unit:**  
813-884-1904

**Turning Point of Tampa Inc.:**  
tpoftampa.com

**Residential Substance Abuse Treatment Service:** 813-882-3003

**Western Judicial Services Inc.:**  
westernjudicial.com

**Outpatient substance abuse treatment:** 813-930-9595

## Going beyond the text Under the influence

Driving under the influence of alcohol and other drugs is dangerous. In the news, there have been quite a few reports of incidents of wrong-way drivers who are under the influence. Monitor the *Tampa Bay Times* for a few weeks. How many people are reported to be involved in DUI accidents or arrests during this time period? Based on what you read and see in your community, write down in your journal your thoughts about why people drive under the influence. Research alternatives to this behavior, and write a blog or Facebook post about alternate behaviors.

## DISPOSING OF DRUGS

You can dispose of unwanted medications at the following locations:

**Hillsborough County Sheriff's Office - District 1**  
14102 North 20th St., Tampa

**Hillsborough County Sheriff's Office - District 2**  
2310 North Falkenburg Rd., Tampa

**Hillsborough County Sheriff's Office - District 3**  
7202 Gunn Hwy, Tampa

**Hillsborough County Sheriff's Office - District 4**  
503 33rd St. SE, Ruskin

**Tampa Police Dept.**  
411 North Franklin St., Tampa

## IN THE KNOW. IN THE TIMES.

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources.

Our educational resources fall into the category of informational text. Informational text is a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world. And since the mid-1970s, NIE has provided schools with class sets of informational text in the form of the daily newspaper and our award-winning original curriculum, at no cost to teachers or schools.

In the Tampa Bay area each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to our generous individual, corporate and foundation sponsors. In addition to providing free supplemental materials to educators, NIE hosts free educator workshops and webinars. Our teaching materials cover a variety of subjects and are consistent with Florida's education standards.

For more information about NIE, visit [tampabay.com/nie](http://tampabay.com/nie), call 727-893-8138, ext. 8138 or email [ordernie@tampabay.com](mailto:ordernie@tampabay.com). Follow us on Twitter at [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

High school and college teachers can email [ordernie@tampabay.com](mailto:ordernie@tampabay.com) to request free copies of this publication.

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HE.912.B.2.1-3; HE.912.C.1.1-3; HE.912.C.1.7; HE.912.C.2.1-3 **Language Arts:** LAFS.910.RH.1.1; LAFS.910.RH.1.2; LAFS.910.RH.1.3; LAFS.910.RH.3.8; LAFS.910.RH.3.9; LAFS.910.RI.1.1; LAFS.910.SL.1.1; LAFS.910.SL.1.2; LAFS.910.SL.2.5; LAFS.910.W.1.1; LAFS.910.W.1.2; LAFS.910.W.1.3; LAFS.910.W.2.4; LAFS.910.W.2.5; LAFS.910.W.2.6; LAFS.910.W.3.7; LAFS.910.W.3.8; LAFS.910.W.3.9; LAFS.1112.RH.1.1; LAFS.1112.RH.1.2; LAFS.1112.RH.1.3; LAFS.1112.RH.3.8; LAFS.1112.RH.3.9; LAFS.1112.RI.1.1; LAFS.1112.SL.1.1; LAFS.1112.SL.1.2; LAFS.1112.SL.2.5; LAFS.1112.W.1.1; LAFS.1112.W.1.2; LAFS.1112.W.1.3; LAFS.1112.W.2.4; LAFS.1112.W.2.5; LAFS.1112.W.2.6; LAFS.1112.W.3.7; LAFS.1112.W.3.8; LAFS.1112.W.3.9

