

**National Hotline Numbers**

800.COCAINE  
 800.662.HELP (cocaine abuse treatment ctrs)  
 800.241.9746 (National Drug Abuse Hotline)  
 800.SAY.NO.TO (National Clearinghouse for Alcohol and Drug Abuse)

**SUBSTANCE CATEGORIES****Alcohol (at .08 Blood Alcohol Concentration & Above)**

Impaired motor abilities; reduced judgment; sleepiness; increased sexual desire but reduced ability to perform; nausea, vomiting; liver disorders-alcoholic hepatitis, alcoholic cirrhosis; cancer of the - tongue, mouth, throat, esophagus, liver, breast; fetal alcohol syndrome (most common symptom is mental retardation).

**Cannabis Marijuana Hash/Hash Oil THC**

Diminished-short term memory, motivation & cognition, coordination & concentration, oral communication, reaction time; anxiety & panic reactions; carcinogenic elements in smoke; damaged lungs & respiratory system.

**Cocaine (includes Crack Cocaine)**

Increased likelihood of risk taking; seizures; sleeplessness; paranoia; irregular heartbeat; can cause sudden death by stroke or heart failure, even in young users; cocaine psychosis (paranoia & hallucinations); ulceration of mucous membranes in the nose; sexual dysfunction; during pregnancy can cause severe physical & emotional problems in babies.

**Depressants, Tranquilizers, Barbiturates, Methaqualone**

Dangerous effects when mixed with alcohol; calmness & relaxed muscles; slurred speech, staggering gait, loss of motor coordination; altered perceptions; respiratory depression which can result in coma or death; disruption of normal sleep cycle; during pregnancy - birth defects, brain tumors in children; tolerance develops severe withdrawal symptoms; physical & psychological dependence.

**Other Stimulants (Excluding Cocaine), Amphetamines, Methamphetamines**

Increased heart & respiratory rates; elevated blood pressure; decreased appetite; headaches; blurred vision; dizziness; sleeplessness; anxiety; amphetamine psychosis - violent behavior, hallucinations, delusions, paranoia; drug tolerance & dependency; mood swings; ulcers; mental confusion.

**Psychedelics, LSD, Mescaline, Psilocybin, Phencyclidine (PCP), MDMA (Ecstasy), MDA**

Distorted sense of distance, space and time; blockage of pain sensations; nausea, vomiting & diarrhea; severe mood disorders, panic depression, anxiety; greater suggestibility & feelings of invulnerability; unpredictable reactions if drugs are "cut" with impurities; tolerance after (3-4 daily doses--higher doses are required to produce same effects).

**Narcotics, Opium, Morphine, Codeine, Thebaine, Heroin, Methadone, Darvon, Demerol**

Feeling of euphoria followed by drowsiness; nausea & vomiting; respiratory depression; central nervous system depression; use of unsterile needles promotes - AIDS, hepatitis B, endocarditis (infection in the heart); women dependent on opiates have multiple pregnancy complications - spontaneous abortions, still births, anemia, diabetes.

**LAWS REGARDING ALCOHOL AND DRUGS****State of Illinois**

In addition to the Federal laws, the State of Illinois has its own laws dealing with controlled substances.

**Alcohol:**

Under age consumption and/or possession –misdemeanor, 30 days to 1 year and/or \$500 to \$1000 fine  
 DUI \$100 to \$1000 fine, possible confinement 48 yrs. to 1 year

**Marijuana:**

2.5 grams or less – 30 days maximum, \$500 fine  
 2.5 to 10 grams – 6 months maximum, \$500 fine  
 10-30 grams – 1 year maximum, \$1000 fine  
 30-500 grams – 1 to 3 years, \$1000 fine  
 500 grams or more – 2 to 5 years, \$150,000 fine

**All other narcotics:**

Felony – amount possessed will determine penalty – 1 to 30 years, \$1000 to \$200,000 fine

### **Federal**

Federal law penalizes the unlawful manufacturing, distribution, use, sale, and possession of controlled substances. The penalties vary based on many factors, including the type and amount of the drug involved and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport, or conceal a controlled substance; the denial of professional licenses or Federal benefits, such as student loans, grants, and contracts; successful completion of a drug treatment program; community service; and ineligibility to receive or purchase a firearm. Federal law holds that any person, who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. See the Federal Controlled Substances Act at 21 USC 800.

## **ALCOHOL AND OTHER DRUGS - ABUSE AND EFFECTS**

### **Physical**

- ❖ Increased heart rate and skin temperature
- ❖ Loss of muscle control leading to slurred speech
- ❖ Hangover miseries: fatigue, nausea, headache
- ❖ Falls, cuts and bruises are common results of alcohol abuse
- ❖ Automobile accidents are one of the most common causes of death and serious injury for young people. Victims may include bystanders as well as the drinkers themselves. Even a single binge can have long-lasting consequences.

### **Psychological**

- ❖ Impaired judgment (of space, time, etc.)
- ❖ Impaired thinking and reasoning processes; poor concentration
- ❖ Loss of inhibitions: exaggerated feelings of anger, fear, anxiety, etc.
- ❖ Heavy Drinking (frequent drinking to intoxication over an extended period) can have serious consequences. For example:
  - ❖ Alcoholism
  - ❖ Damage to brain cells
  - ❖ Malnutrition
  - ❖ Increased risk of cirrhosis, ulcers, heart disease, heart attack, and cancers of liver, mouth, throat, and stomach
  - ❖ Degeneration of muscle and bone
  - ❖ Blackouts and memory loss
  - ❖ Hallucinations
  - ❖ Poor concentration
  - ❖ Personality disorders, increased tension, anger, and isolation
  - ❖ "DTs" (delirium tremens) - shaking, hallucinations, etc., - due to withdrawal from alcohol

### **Additional signs of an alcohol or other drug abuse problem in various aspects of your life:**

- ❖ Physical: Your eating habits become poor, memory loss and/or blackouts will occur, and you become more susceptible to illness.
- ❖ Emotional: You will develop moody and aggressive behavior towards others and experience relationship problems.
- ❖ Intellectual: Reality will become distorted; all your difficulties become someone else's fault, and you try to rationalize that your alcohol and other drug usage is not part of the problem. Paranoia may develop with prolonged use of alcohol and other drugs.
- ❖ Social: You profess that the only "good party" offers ample amounts of your drug of choice, and you will not attend a non-alcoholic/drug free function without using beforehand.
- ❖ Occupational: You are willing to risk job loss by using at work or coming to work under the influence.

### **Warning signs of a drinking problem:**

- ❖ Denial: Lies about drinking, minimizing number of drinks, avoids reference to drinking.
- ❖ Loss of Control: Repeated promises "to be more careful" or "to cut down." Gets drunk when intending to stay sober.
- ❖ Drinking to feel normal, drinking to cope, escape, solve problems, or to feel better.