



The Use of Illicit Drugs and Alcohol Abuse

Substance abuse encompasses the habitual use of alcohol and drugs. Individuals who abuse alcohol have a greater risk of using at least one other substance such as marijuana, cocaine, and heroin. Sustained use of drugs and alcohol increases your tolerance, consequently requiring more of the substance to achieve the same desirable effects.

Students who abuse alcohol are also more likely to abuse other substances, like prescription or illicit drugs. Illicit drugs, such as cocaine, heroin, ecstasy, and marijuana can cause severe bodily injury and life-threatening side effects. Illicit drug use and alcohol consumption done simultaneously can leave you at risk for potentially permanent health complications.

Alcohol and substance abuse can begin as a minor problem and progressively turn into something more problematic. For instance, a person may mix small amounts of alcohol with a drug. Over time, their body becomes dependent on the chemicals released by each substance and begins craving more. After you've built a tolerance to both substances, you may increase the amount consumed in order to avoid experiencing uncomfortable withdrawal symptoms. Often, individuals may turn to more addictive substances such as heroin, cocaine, and ecstasy to experience an intensified high.

Recognizing the warning signs of alcohol and substance abuse is essential to getting help early. If left untreated over a long period of time, problems with drinking and drugs can escalate and become life-threatening.

Drug and Alcohol Prevention

DUSD School Board Policies

The Federal Government has mandated that as of October 1, 1990, there will be no drug usage by students, staff, or faculty on campuses anywhere in the United States.

DUSD School Board and Drug-Free Schools

It is the policy of Downey Adult School (DAS) to keep all schools, alcohol and drug-free by taking action via education, parent involvement, medical and police referrals, and by handling incidents in the schools involving the possession, sale, and/or use of alcohol, other drugs or related paraphernalia.

Drug-Free Work Place

It is the policy of DAS to provide a drug-free workplace in compliance with the Drug-Free Workplace and Community Act of 1989. No employee shall unlawfully manufacture, distribute, dispense, possess, use or be under the influence of any alcoholic beverage, drug or controlled substance during, or after school hours at school or in any other district workplace.

Disciplinary Action

The superintendent and school staff will take appropriate action to eliminate possession, use, and sale of alcohol, tobacco, and other drugs and related paraphernalia on school grounds, at school events, or in any situation in which the school is responsible for the conduct and well-being of students. Students are required to comply with the district policy as a condition of their continued enrollment. Any students violating this policy will be subject to disciplinary action, including suspension and up to expulsion. Employees violating the district policy will be subject to disciplinary action which will be made in accordance with relevant state and federal laws, employment contracts, collective bargaining agreement, and district policies and practices.



Help and Treatment

Center for Substance Abuse Treatment (CSAT)

The Center for Substance Abuse Treatment (CSAT), a part of the Substance Abuse and Mental Health Services Administration (SAMHSA), is responsible for supporting treatment services through a block grant program, as well as disseminating findings to the field and promoting their adoption. CSAT also operates the 24-hour National Treatment Referral Hotline (**1-800-662-HELP**), which offers information and referral services to people seeking treatment programs and other assistance.

www.samhsa.gov/about-us/who-we-are/offices-centers/csat.

California Diversion Intervention Foundation

Provide Drug and Alcohol Counseling, Anger Management Classes, Domestic Violence Counseling. Serves Los Angeles and Orange County.

1-800-842-9089

www.cdifcounseling.com

Community Assessment Services Center (CASC-CHCADA-SP)

Substance abuse assessment and referral for drug and alcohol treatment. Transportation available for assessment and initial intake appointment.

1-562-942-9625

9033 Washington Blvd. Pico Rivera, CA 90660

Positive Steps Inc. (SCADP, Inc.)

Specializing in: Child Abuse-Domestic Violence-Drug and Alcohol Counseling – Obsessive Compulsive Disorders. Serve all court ordered and social service cases.

1-562-923-7894

www.positivestepsinc.com

11501 Dolan Ave. Downey, CA 90241