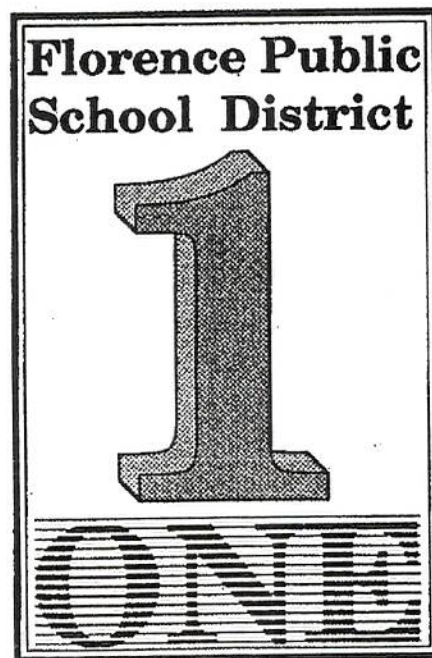


FLORENCE SCHOOL DISTRICT ONE

SUBSTANCE ABUSE AND ASSISTANCE



FLORENCE SCHOOL DISTRICT ONE SUBSTANCE ABUSE AND ASSISTANCE

The following represents Florence District One's policy concerning substance abuse. This policy applies to all employees of the District.

1. The unlawful manufacture, distribution, dispensing, possession or use of illegal drugs or alcohol is prohibited.
2. Any employee who appears to be under the influence of a controlled substance or alcohol will be immediately suspended pending appropriate disciplinary action. This applies to any work related activity.
3. The use of controlled substances or alcohol, or the abuse of any drug, by employees at any time in such a way that would adversely affect the performance of their duties or the image of the District as their employer is grounds for immediate suspension pending appropriate disciplinary action.
4. The unlawful use, possession, or sale of a controlled substance or alcohol is grounds for immediate suspension, termination, and/or referral for prosecution.
5. The Assistant Superintendent for Personnel will obtain and make available to all employees information concerning the dangers of substance abuse.
6. The Assistant Superintendent for Personnel will notify all employees of the names and addresses of area drug counseling and rehabilitation programs.
7. The Superintendent may revoke a suspension for substance abuse if the employee submits proof that he or she has arranged to receive professional help for substance abuse by enrolling in a rehabilitation program. The District will, at the discretion of the Superintendent, allow employees to use sick leave or other available leave during the time they are absent for treatment. Any failure to follow through with treatment or any repeat occurrence of substance abuse will be grounds for immediate discharge.
8. Any employee who has not been disciplined for substance abuse but believes that he or she may benefit from treatment may receive District assistance on locating appropriate treatment. The District will, at the discretion of the Superintendent, allow employees to use sick leave during the time they are absent for treatment.
9. Any employee who is convicted of an illegal drug offense must notify the District within five days of conviction.
10. Within ten days of receiving notice of such conviction, the District will report such conviction to federal grantor agencies.

11. The Assistant Superintendent for Personnel will provide a copy of this policy to each employee of the District.

Policy Descriptor Code: GBRAA

Issued: 11/90

This policy satisfies the requirements of the Drug-Free Workplace Policy requirements of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989.

WARNING SIGNS OF SUBSTANCE ABUSE

ABSENTEEISM AND TARDINESS - especially on Fridays and Mondays and the day after payday and holidays - frequent late arrivals, early departures and long lunch breaks

UNRELIABILITY - demonstrated by missed deadlines, confusion about instructions, poor concentration, errors in judgment and lack of attention to details

DECLINING PERFORMANCE - due to the amount of time relegated to problems associated with substance abuse - inconsistent performance - decline in quality and quantity of work

FREQUENT ACCIDENTS AND SAFETY RISK TO OTHERS - because of inadequate perception, judgment, concentration and memory capabilities - influence of mind-altering chemicals affects abilities to safely and efficiently carry out responsibilities

PERSONALITY CHANGES AND UNREASONABLE RESENTFULNESS - due to self-delusion and an inability to look at situations with objectivity and realism

INDICATIONS OF ALCOHOL USE - during work or before coming to work (odor of alcohol, flushed face, slurred speech)

PROBLEMS OFF THE JOB - such as family, financial or legal problems, drunk driving arrests (DUI)

INFORMATION ON SOUTH CAROLINA ALCOHOL BEVERAGE LAWS

The following is a partial list of 1989 South Carolina laws related to the acquisition, possession and use of alcoholic beverages. The specific sections of The South Carolina Code of Laws are noted:

ACTION: To have an open container of beer or wine in a moving vehicle of any kind, except in the trunk or luggage compartment.

PENALTY: A fine of not more than \$100 or imprisonment for not more than 30 days. (Section 61-9-87)

ACTION: To have an open container of liquor anywhere except in private residence, hotel or motel room, licensed minibottle establishment, the luggage compartment of a vehicle or a legally constituted private gathering.

PENALTY: A fine of not more than \$100 or imprisonment for not more than 30 days. (Section 61-5-20 and 61-5-110)

ACTION: Disorderly conduct - To be grossly intoxicated on any highway or at any public place or public gathering.

PENALTY: A fine of not more than \$100 or imprisonment for not more than 30 days. (Section 16-17-530)

ACTION: DUI - Driving under the influence of alcohol or other drugs. With a blood alcohol content (BAC) level of 0.10% or more, it may be inferred that the person was under the influence of alcohol. With a BAC less than 0.10%, the BAC may be considered with other evidence and the person may be charged with DUI.

PENALTY: First Offense: A fine of \$200 or imprisonment for not less than 48 hours nor more than 30 days; driver's license is suspended for 6 months.
Second Offense: A fine of not less than \$2000 nor more than \$5000 and imprisonment for not less than 48 hours nor more than 1 year; driver's license is suspended for 1 year.
Third Offense: A fine of not less than \$3500 nor more than \$6000 and imprisonment for not less than 60 days nor more than 3 years; driver's license is suspended for 2 years.
Fourth or subsequent offenses: Imprisonment for not less than 1 year nor more than 5 years; driver's license is suspended for 3 years for a fourth offense and is permanently revoked for a fifth offense; if the offender is the owner of the vehicle or a resident of the household of the owner of the vehicle, the vehicle shall be confiscated at the time of the arrest. (Section 56-5-2930, 56-5-2940, 56-5-2950, 56-5-2990 and 56-5-6240)

ACTION: Felony Driving Under the Influence - Driving under the influence which results in great bodily harm or death.

PENALTY: *For Causing Great Bodily Harm* - A fine of not less than \$5000 nor more than \$10,000 and imprisonment for not less than 30 days nor more than 10 years; driver's license is suspended for period of imprisonment plus 3 years.
For Causing Death - A fine of not less than \$10,000 nor more than \$25,000 and imprisonment for not less than 1 year nor more than 25 years; driver's license is suspended for period of punishment plus 3 years. (Section 56-5-2945)

Other Items of Note:

All convictions are placed on a permanent criminal record. All alcohol offenses are misdemeanors except a felony DUI conviction.

For underage drinking laws, alcohol offenses can be "stacked". In other words, a person charged and convicted of three separate offenses can receive all three fines or jail terms, not just the largest of the three.

Persons convicted of first offense DUI:

Are required to show proof of financial responsibility to the Department of Highways and Public Transportation, usually in the form of a guarantee of high risk insurance coverage, for 3 years.

Are required to complete an Alcohol and Drug Safety Action Program before becoming eligible to apply to the Department of Highways and Public Transportation for driver's license reinstatement.

May be eligible for a provisional driver's license upon meeting requirements.

Be aware that state laws are subject to change.

INFORMATION ON SOUTH CAROLINA DRUG LAWS

The following is a partial list of South Carolina's drug laws. For further information and a complete list of laws relating to offenses, please see Chapter 53, Title 44 of the South Carolina Codes of Laws, as amended. A complete set of The South Carolina Code of Laws is maintained in the James A. Rogers Library.

I. MARIJUANA - HASHISH - METHAQUALONE - AMPHETAMINE

ACTION: Possession of 1 ounce or less of marijuana, or 10 grams or less of hashish.

PENALTY: First Offense: Not more than 30 days or not less than \$100 nor more than \$200.
Second or subsequent offenses: Not more than 1 year and/or \$200 to \$1,000. (Section 44-53-370[d][3])

ACTION: Possession of methaqualone, amphetamine, or more than 1 ounce of marijuana, or more than 10 grams of hashish.

PENALTY: First Offense: Not more than 6 months and/or not more than \$1,000.
Second or subsequent offenses: Not more than 1 year and/or not more than \$2,000. (Section 44-53-370[d][2])

ACTION: Manufacture, distribution or possession with the intent to distribute.
PENALTY: First Offense: Not more than 5 years and/or not more than \$5,000.
Second Offense: Not more than 10 years and/or not more than \$10,000.
Third or subsequent offenses: Not less than 5 years nor more than 20 years and/or not more than \$20,000. (Section 44-53-370[b][2])

ACTION: Trafficking (10 lbs. to 100 lbs. of marijuana).
PENALTY: First Offense: Not less than 1 year nor more than 10 years and \$10,000.
Second Offense: Not less than 5 years nor more than 20 years and \$15,000.
Third or subsequent offenses: 25 years and \$25,000. (Section 44-53-370[e][1][a])

ACTION: Trafficking (100 lbs. to 2,000 lbs. of marijuana, or 100 to 1,000 marijuana plants regardless of weight).
PENALTY: 25 years and \$25,000. (Section 44-53-370[e][1][b])

ACTION: Trafficking (2,000 lbs. to 10,000 lbs. of marijuana, or 1,000 to 10,000 marijuana plants regardless of weight).
PENALTY: 25 years and \$50,000. (Section 44-53-370[e][1][c])

ACTION: Trafficking (10,000 lbs. or more marijuana, or 10,000 or more marijuana plants regardless of weight).
PENALTY: Not less than 25 years nor more than 30 years and \$200,000. (Section 44-53-370[e][1][d])

ACTION: Trafficking (15 grams to 150 grams methaqualone)
PENALTY: First Offense: Not less than 1 year nor more than 10 years and \$10,000.
Second or subsequent offenses: 25 years and \$25,000. (Section 44-53-370[e][4][a])

ACTION: Trafficking (150 grams to 1500 grams of methaqualone).
PENALTY: 25 years and \$25,000. (Section 44-53-370[e][4][b])

ACTION: Trafficking (1500 grams to 15 kilograms of methaqualone).
PENALTY: 25 years and \$50,000..(Section 44-53-370[e][4][c])

ACTION: Trafficking (15 kilograms or more of methaqualone).
PENALTY: Not less than 25 years nor more than 30 years and \$200,000. (Section 44-53-370[e][4][d])

II. LSD - HEROIN - COCAINE

ACTION: Possession.
PENALTY: First Offense: Not more than 2 years and/or not more than \$5,000.
Second Offense: Not more than 3 years and/or not more than \$5,000.
Third or subsequent offenses: Not more than 4 years and/or not more than \$10,000. (Section 44-53-370[d][1])

ACTION: Manufacture, distribution or possession with the intent to distribute.
PENALTY: First Offense: Not more than 15 years and/or not more than \$25,000.
Second Offense: Not less than 5 years nor more than 30 years and/or not more than \$50,000.
Third or subsequent offenses: Not less than 15 years nor more than 30 years and/or not more than \$50,000. (Section 44-53-370[b][1])

ACTION: Trafficking (10 grams to 28 grams of cocaine).
PENALTY: First Offense: Not less than 3 years nor more than 10 years and \$25,000.
 Second Offense: Not less than 5 years nor more than 30 years and \$50,000.
 Third or subsequent offenses: Not less than 2 years nor more than 30 years and \$50,000. (Section 44-53-370[e][2][a])

ACTION: Trafficking (28 grams to 100 grams of cocaine).
PENALTY: First Offense: Not less than 7 years nor more than 25 years and \$50,000.
 Second Offense: Not less than 7 years nor more than 30 years and \$50,000.
 Third or subsequent offenses: Not less than 25 years nor more than 30 years and \$50,000. (Section 44-53-370[e][2][b])

ACTION: Trafficking (100 grams to 200 grams of cocaine).
PENALTY: 25 years and \$50,000. (Section 44-53-370[e][2][c])

ACTION: Trafficking (200 to 400 grams or more of cocaine).
PENALTY: 25 years and \$100,000. (Section 44-53-370[e][2][d])

ACTION: Trafficking (400 grams or more of cocaine).
PENALTY: Not less than 25 years nor more than 30 years and \$200,000. (Section 44-53-370[e][2][e])

ACTION: Trafficking (4 grams to 14 grams of heroin, opium or morphine)
PENALTY: First Offense: Not less than 7 years nor more than 25 years and \$50,000.
 Second or subsequent offenses: 25 years and \$100,000. (Section 44-53-370[e][3][a])

ACTION: Trafficking (14 grams to 28 grams of heroin, opium, or morphine).
PENALTY: 25 years and \$200,000. (Section 44-53-370[e][3][b])

ACTION: Trafficking (28 grams or more of heroin, opium, or morphine).
PENALTY: Not less than 25 years nor more than 40 years and \$200,000. (Section 44-53-370[e][3][c])

III. ICE - CRANK- CRACK COCAINE

ACTION: Possession of less than 1 gram.
PENALTY: First Offense: Not less than 2 years nor more than 5 years and not less than \$5,000.
 Second Offense: Not less than 4 years nor more than 7 years and not less than \$10,000.
 Third or subsequent offenses: Not less than 10 years nor more than 15 years and not less than \$15,000. (Section 44-53-375[a])

ACTION: Manufacture, distribution, purchase or possession with intent to distribute (more than 1 gram).
PENALTY: First Offense: Not less than 15 years nor more than 20 years and not less than \$25,000.
 Second Offense: Not less than 25 years nor more than 30 years and not less than \$50,000.
 Third or subsequent offenses: Not less than 30 years nor more than 40 years and not less than \$100,000. (Section 44-53-375[b])

ACTION: Trafficking (more than 100 grams).
PENALTY: 25 years and \$50,000. (Section 44-53-375[c])

IV. ANABOLIC STEROIDS

ACTION: Possession of 10 or fewer dosage units without a valid prescription.
PENALTY: First Offense: Not more than 6 months or not more than \$1,000.

Second or subsequent offenses: Not more than 1 year and/or not more than \$2,000. (Section 44-53-1530[2])

ACTION: Possession of 10 to 100 dosage units without a valid prescription.

PENALTY: First Offense: Not more than 1 year and/or not more than \$2,000.

Second or subsequent offenses: Not more than 2 years and/or not more than \$3,000. (Section 44-53-1530[3])

ACTION: Possession of more than 100 dosage units without a valid prescription.

PENALTY: First Offense: Not more than 5 years and/or not more than \$5,000.

Second or subsequent offenses: Not more than 10 years and/or not more than \$10,000. (Section 44-53-1530[4])

V. SUSPENSION OF DRIVER'S LICENSE

In addition to the above, the driver's license of any person convicted of a controlled substance violation involving hashish or marijuana must be suspended for a period of 6 months. The driver's license of any person convicted of any other controlled substance violation must be suspended for a period of 1 year. (Section 56-1-745[a])

Be aware that drug laws are subject to change.

INFORMATION ON FEDERAL DRUG LAWS

The following is a partial list of federal drug laws. For further information and a complete list of the laws relating to drug offenses, please see Title 21 of the U.S. Code of Laws, as amended.

ACTION: Possession of a controlled substance without a valid prescription.

PENALTY: First Offense: Not more than 1 year and/or not less than \$1,000.

Second Offense: Not less than 15 days nor more than 2 years and not less than \$2,500.

Third or subsequent offenses: Not less than 90 days nor more than 3 years and not less than \$5,000.

Statute - 21 U.S.C.A. Section 844 (a)

ACTION: Possession of a mixture or substance which contains cocaine base.

PENALTY: First Offense: If the amount exceeds 5 grams, not less than 5 years nor more than 20 years and/or a fine as prescribed by Title 18 of the U.S. Code.

Second Offense: If the amount exceeds 3 grams, not less than 5 years nor more than 20 years and/or a fine as prescribed by Title 18 of the U.S. Code.

Third Offense: If the amount exceeds 1 gram, not less than 5 years nor more than 20 years and/or a fine as prescribed by Title 18 of the U.S. Code. Statute - 21 U.S.C.A. Section 844 (a)

ACTION: Distribution of controlled substances to persons under the age of 21.

PENALTY: First Offense: Imprisonment (for not less than 1 year) and/or a fine, neither to exceed twice that authorized by 21 U.S.C.A. Section 841 (b)

Second or subsequent offenses: Imprisonment (for not less than 1 year) and/or a fine, neither to exceed twice that authorized by 21 U.S.C.A. Section 841 (b) Statute - 21 U.S.C.A. Section 845

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute controlled substances in or on, or within 1000 feet of the real property comprising a public or private elementary, vocational, secondary school, college, junior college or university, or within 100 feet of a playground, public or private youth center, public swimming pool or video arcade.

PENALTY: First Offense: Imprisonment (for not less than 1 year) and/or a fine, neither to exceed twice that authorized by 21 U.S.C.A. Section 841 (b)

Second or subsequent offenses: Not less than 3 years nor more than life (or 3 times that authorized by an offense, whichever is greater) and/or a fine not to exceed 3 times that authorized by 21 U.S.C.A. Section 841 (b) Statute - 21 U.S.C.A. Section 845a

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute: (a) 1 kilogram or more of a mixture or substance containing a detectable amount of heroin; or (b) 5 kilograms or more of a mixture or substance containing a detectable amount of cocaine; or (c) 50 grams or more of a mixture or substance which contains cocaine base; or (d) 100 grams or more of PCP or 1 kilogram or more of a mixture or substance containing a detectable amount of PCP; or (e) 10 grams or more of a mixture or substance containing a detectable amount of LSD; or (f) 1000 kilograms or more of a mixture or substance containing a detectable amount of marijuana, or 1000 or more marijuana plants regardless of weight; or (g) 100 grams or more of methamphetamine, or 100 grams or more of a mixture or substance containing a detectable amount of methamphetamine.

PENALTY: First Offense: Not less than 10 years nor more than life (if death or serious bodily harm results from the use of such substance, imprisonment shall be for not less than 20 years nor more than life) and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code or \$4,000,000.
Second Offense: Not less than 20 years nor more than life (if death or serious bodily harm results from the use of such substance, imprisonment shall be for life) and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code or \$8,000,000.
Third Offense: Life imprisonment. Statute - 21 U.S.C.A. Section 841 (b) (1) (A)

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute: (a) 100 grams or more of a mixture or substance containing a detectable amount of heroin; or (b) 500 grams or more of a mixture or substance containing a detectable amount of cocaine; or (c) 5 grams or more of a mixture or substance which contains cocaine base; or (d) 10 grams or more of PCP or 100 grams or more of a mixture or substance containing a detectable amount of PCP; or (e) 1 gram or more of a mixture or substance containing a detectable amount of LSD; or (f) 100 kilograms or more of a mixture or substance containing a detectable amount of marijuana, or 100 or more marijuana plants regardless of weight; or (g) 10 grams or more of methamphetamine, or 100 grams or more of a mixture or substance containing a detectable amount of methamphetamine.

PENALTY: First Offense: Not less than 5 years nor more than 40 years (if death or serious bodily injury results from the use of such substance, imprisonment shall be for not less than 20 years or more than life) and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code of \$2,000,000.
Second or subsequent offenses: Not less than 10 years nor more than life (if death or serious bodily injury results from the use of such substance, imprisonment shall be for life) and/or a fine not to exceed the greater of twice that authorized by Title 18 of the U.S. Code or \$4,000,000. Statute - 21 U.S.C.A. Section 841 (b) (1) (B)

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute: (a) 50 kilograms or less of marijuana (except in the case of 50 or more marijuana plants regardless of weight); or (b) 10 kilograms or less of hashish, or 1 kilogram or less of hashish oil.

PENALTY: First Offense: Not more than 5 years and/or a fine not to exceed the greater of that authorized by Title 18 or \$250,000.
Second Offense: Not more than 10 years and/or a fine not to exceed the greater of twice that authorized by Title 18 or \$500,000. Statute - 21 U.S.C.A. Section 841 (b) (1) (D)

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute any controlled substance listed in Schedule I or II (e.g. LSD, heroin, marijuana, opium, morphine) of 21 U.S.C.A. Section 812 (except as provided elsewhere).

PENALTY: First Offense: Not more than 20 years (if death or serious bodily injury results from the use of such substance, imprisonment shall be for not less than 20 years nor more than life) and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code or \$1,000,000.

Second or subsequent offenses: Not more than 30 years (if death or serious bodily injury results from the use of such substance, imprisonment shall be for life) and/or a fine not to exceed the greater of twice that authorized by Title 18 of the U.S. Code or \$2,000,000. Statute - 21 U.S.A. Section 841 (b) (1) (C)

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute any controlled substance listed in Schedule IV of 21 U.S.C.A. Section 812

PENALTY: First Offense: Not more than 3 years and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code or \$250,000.
Second or subsequent offenses: Not more than 6 years and/or a fine not to exceed the greater of twice that authorized by Title 18 of the U.S. Code or \$500,000. Statute - 21 U.S.C.A. Section 841 (b) (2)

ACTION: Manufacture, distribution or possession with intent to manufacture or distribute a controlled substance listed in Schedule V of 21 U.S.C.A. Section 812.

PENALTY: First Offense: Not more than 1 year and/or a fine not to exceed the greater of that authorized by Title 18 of the U.S. Code or \$100,000.
Second or subsequent offenses: Not more than 2 years and/or a fine not to exceed the greater of twice that authorized by Title 18 of the U.S. Code or \$200,000. Statute - 21 U.S.C.A. Section 841 (b) (3)

Be aware that drug laws are subject to change.

TYPES OF DRUGS, MANNERS OF USE AND SIDE EFFECTS

The following is a list of most drugs, the manners of use, and a very brief description of the side effects.

CANNABIS

TYPES: Marijuana (joints, grass, weed, pot, Mary Jane, Tea)
Hashish (Hash, Hash Oil)

MANNER OF USE: Marijuana is smoked in pipes or cigarettes. Hashish is smoked as well. Both can be eaten.

SIDE EFFECTS: Cannabis use will cause faster pulse and heartbeat, bloodshot eyes, and a dry mouth and throat. This may be accompanied by laughter without cause, erratic behavior, lack of coordination, mild hallucinations, short-term memory loss, reduced ability to concentrate and distortion of time/space relationships.
Long-term use adversely affects the lungs, heart and reproductive system. It can also cause motivational problems, short-term memory loss, altered sense of time and reduced concentration and coordination. Cannabis is psychologically addicting. Withdrawal can cause insomnia, hyperactivity and loss of appetite.

DEPRESSANTS

TYPES: Alcohol
Barbituates (red birds, yellow jackets, blue havens, goof balls)
Methaqualone (Quaalude)
Valium, Librium

MANNER OF USE: Depressants are taken orally as pills and can be injected. Alcohol is ingested.

SIDE EFFECTS: Small amounts will make the user calm and relaxed. Larger doses cause sedation, slurred speech, staggering, poor judgment and slow, uncertain reflexes.
Extended use can result in tolerance. These drugs are physically and psychologically addicting; they impair judgment, vision, motor skills and decrease inhibitions. Can cause liver and brain damage, ulcers, heart disease, pancreatitis, diabetes, malnutrition, some cancers and blackouts.
Can cause Fetal Alcohol Syndrome in newborns.

Withdrawal symptoms can range from restlessness, insomnia and anxiety, to delirium, tremors, convulsions and death. AIDS could result from using non-sterile equipment or contaminated solutions when injecting drugs.

STIMULANTS

TYPES: Amphetamines (bennies, pep pills, black beauties, green amps, pink amps, speed)
Methamphetamines (speed, crystal meth)
Cocaine (snow, charlie, coke)
Nicotine, Caffeine

MANNER OF USE: Stimulants are taken orally as pills or liquids, injected, snorted, or smoked.

SIDE EFFECTS: Stimulants cause increased heart and breathing rates and blood pressure, dilated pupils and decreased appetite. They also cause anxiety, moodiness, a dry mouth, talkativeness, sweating, headache, blurred vision, dizziness and sleeplessness.
Long-term use can cause psychological dependence, weight loss (or malnutrition), aggressiveness, delusions, hallucinations and paranoia, and can result in heart failure, brain damage, convulsions and death. Withdrawal can cause fatigue, long periods of sleep, irritability, hunger and depression. AIDS could result from using non-sterile equipment or contaminated solutions when injecting drugs.

NARCOTICS

TYPES: Heroin (horse, smack, H, junk, skag)
Opium, Morphine, Codeine, Methodone, Percodan, Demerol

MANNER OF USE: Opium is usually smoked or eaten. Heroin may be smoked, but is usually injected. Morphine can be smoked or injected. Other narcotics come in a variety of forms including capsules, tablets, syrups, solutions, and suppositories.

SIDE EFFECTS: Narcotics produce feelings of euphoria and tend to relax the user. Users may go back and forth between feeling alert and feeling drowsy. Other effects include restlessness, nausea and vomiting and "pin point" pupils.
Extended use can cause slowed breathing and even death from respiratory failure. When taking large doses, the user cannot be awakened and the skin becomes cold, moist and bluish in color. Powerful psychological and physical addiction can develop rapidly. Withdrawal is painful and physically violent but not life threatening. AIDS could result from using non-sterile equipment or contaminated solutions when injecting drugs.

HALLUCINOGENS

TYPES: LSD (acid, purple haze)
Peyote, Mescaline, Psilocybin, Mushrooms, PCP (angel dust)

MANNER OF USE: All hallucinogens can be taken orally. Some are injected, smoked or snorted.

SIDE EFFECTS: Hallucinogens can cause delusions, hallucinations, poor perceptions of time and space, mental changes and hysteria. Sensations may tend to "cross over" so as to give the user the feeling of "hearing" colors and "seeing" sounds.
The primary danger of hallucinogens is the mental changes they produce. Suicidal tendencies and dangerous behavior are not uncommon among users. Large doses can result in death from convulsions, heart and lung failure and ruptured blood vessels in the brain. AIDS could result from using non-sterile equipment or contaminated solutions when injecting drugs.

INHALANTS

TYPES: Aerosols, Solvents, Anesthetics (nitrus oxide)
Amyl Nitrite (snappers, poppers)
Butyl Nitrite (locker room, rush)

MANNER OF USE:
SIDE EFFECTS:

Volatile Substances (glue, paint, gasoline, etc.)

The vapors of these substances are commonly inhaled.

Initial effects can include light-headedness for a short period of time. Inhalants cause nausea and vomiting, sneezing, coughing, loss of appetite, nosebleeds, lack of coordination, loss of touch with user's surroundings, decreased heart and breathing rates, unconsciousness and death. Long-term use can cause damage to the liver, kidneys, blood and bone marrow. Inhalants can cause death the first or any time used as a result of heart failure, suffocation, depression of the central nervous system until breathing stops completely or from aspiration if vomiting occurs while a user is unconscious.

THE FOLLOWING SECTION MORE CLEARLY DEFINES THE MAJOR HEALTH RISKS ASSOCIATED WITH THE USE OF THE FOUR MOST REPORTED DRUGS OF CHOICE.

ALCOHOL

Alcoholic beverages, beer, wine, wine coolers or distilled spirits require no digestion and are absorbed directly into the bloodstream from the digestive tract. Within approximately three minutes after drinking, alcohol may be found in the brain and all other tissues, organs and body fluids. Alcohol depresses the central nervous system. At low levels, vision, judgment and complex motor skills and behaviors are impaired, making it dangerous to drink and drive. Not only are persons under the influence of alcohol less able to perform the many complex tasks involved in safe driving, they cannot judge their own levels of impairment. Because alcohol decreases inhibitions, users may do things they normally would not do.

Long-term consumption of moderate to large quantities of alcohol can cause cirrhosis of the liver. Heavy drinking may cause serious nervous and mental disorders, including permanent brain damage. Ulcers, heart disease, gastritis, pancreatitis, diabetes, malnutrition and some cancers are also more common among chronic heavy drinkers than among the general population. Heavier users may also experience periods of amnesia called blackouts. During these periods, the person functions, but later cannot remember what he or she has done during this time. Physical addiction to alcohol can occur after many years of heavy drinking or, for some individuals, soon after the first drink. Addicted persons feel that they need alcohol for their brains to function normally, and they experience withdrawal when alcohol use stops. Moderate withdrawal symptoms include craving alcohol, anxiety, weakness, tremors, and perspiration. More severe withdrawal symptoms include nausea, vomiting, seizures, convulsions, hallucinations, and delirium tremors. Severe alcohol withdrawal can be fatal.

Other serious hazards associated with the use of alcoholic beverages are Fetal Alcohol Syndrome (FAS) and other alcohol-related birth defects. Drinking by the mother during pregnancy places the unborn child at risk, affecting the child's development. Conditions seen in FAS children include: (1) mental retardation; (2) a pattern of abnormal facial and body features; and (3) central nervous system abnormalities. Not all infants born to women who drink exhibit abnormal development. "Safe" levels of alcohol use during pregnancy have not been established, and it is currently recommended that pregnant women abstain.

CIGARETTES AND TOBACCO PRODUCTS

There are many known hazards of tobacco use. The primary substances in tobacco responsible for these hazards are nicotine, tar, carbon monoxide and other gases. Nicotine is a highly addictive substance, and is rated by some experts as being as addictive as heroin. Nicotine is absorbed into the bloodstream from the lungs, and stimulates the central nervous system, causing changes including increased blood pressure and heart rate. Tar is the primary cancer producing agent in tobacco, though there are many other cancer causing compounds. Carbon monoxide is absorbed into the bloodstream where it replaces a portion of oxygen in red blood cells, therefore reducing their ability to distribute oxygen to the body.

In South Carolina, over one quarter of all deaths can be attributed to cigarette smoking. Smokers experience twice the rate of coronary heart disease as non-smokers. They are also two to three times more likely than non-smokers to die from the consequences of heart disease. Lung cancer has long been the leading cause of cancer deaths in males, and now replaces

breast cancer as the leading cause of cancer deaths in females. Cigarette smoking is associated with cancers of the mouth, throat, esophagus, and bladder.

Another health risk from smoking is the increase rate of chronic bronchitis and other respiratory infections. Passive smoking has also gained attention in recent years as a health risk. Those who are exposed to the smoke from others' cigarettes on a frequent basis experience reduced lung capacity, higher rates of lung cancer, and a reduced life expectancy, as compared to their non-smoking counterparts who are not exposed regularly to "sidestream" smoke.

Chewing tobacco is another substance used by some employees and students. Although smokeless tobacco users do not face all the health risks that cigarette smokers do, the risk of cancer is quite high. Cancers of the lip, mouth, and throat can develop very quickly among users of smokeless tobacco, sometimes in as few as two to five years.

MARIJUANA

The effects of marijuana use depend upon the percentage of delta-9-tetrahydrocannabinol (THC) present, the method in which the marijuana is ingested and the expectations of the user. Researchers now know marijuana has a strong carcinogenic effect, greater even than smoking tobacco. Users may experience a rapid heart rate and rising blood pressure. Additional undesirable effects include drowsiness, dry mouth, bloodshot eyes and an increase in appetite. High doses can cause confusion and double vision, and some users experience rapid mood changes and panic, although the latter is rare.

Marijuana is not known to be physically addictive, but individuals report that continuous use leads to a reliance on the drug to deal with stress and discomfort. If marijuana or any other drug is used to avoid dealing with difficult situations, the problem has become severe. Research has demonstrated that more than 90% of users of heroin, cocaine and other drugs began with the use of marijuana as their first illicit substance. This should not be interpreted to mean that marijuana directly leads individuals to those drugs. Rather, the use of one illicit substance removes barriers which may then lead individuals to try other illicit drugs.

Heavy smokers of marijuana risk lung damage and cancer as well as damage to the breathing tubes. Lesser doses may cause irritation of the throat and lungs. The influence of marijuana, just as with any other brain altering drug, makes it doubly dangerous for those who choose to drive while "under the influence". Marijuana causes a lack of coordination and a distortion of sensory perceptions, sometimes lasting more than 24 hours. The presence of any mind altering drug tends to impair judgment so that the individual may not notice these deficits as they occur. The most immediate compensation for people who stop marijuana use is a greatly improved memory within three months.

COCAINE

Cocaine occurs in several different forms. Cocaine powder is usually inhaled through the nose, while "crack", a form of freebase cocaine, is usually smoked. Effects of cocaine use on the body include dilated pupils, constricted blood vessels and increases in blood pressure, heart rate, breathing and body temperature. When cocaine is snorted over a period of time, the constrictive effect on blood vessels in the nose can cause cells of its mucus membrane lining to die, resulting in ulceration of the tissue, difficulty breathing, and possible perforation of the septum, the wall dividing the two halves of the nose. Smoking cocaine is the more rapid, dangerous, and potentially fatal way of use. It can cause lung irritation, swollen glands, and soreness in the neck, chest and cheeks. Smoking the drug may also produce confusion, slurred speech, anxiety and serious psychological problems.

Cocaine use has both short-term and long-term effects. Use stimulates the brain's pleasure centers and the user will often prefer the drug to food, sex, family and friends. When the drug-induced euphoria wears off, depression results, causing the user to crave more cocaine. Use can produce strong psychological and a limited degree of physiological addiction. By overstimulating the central nervous system and producing an artificial euphoria, the drug causes a broad range of psychological effects, ranging from acute anxiety to full-blown cocaine psychosis with paranoia and auditory and visual hallucinations. Chronic users can deplete the neurotransmitters in the brain which allow a person to feel pleasure, power and a number of other emotions. When this state of depletion occurs, the user can no longer feel these emotions.

Cocaine's physiological effects may include seizures, heart attacks, and cardiorespiratory collapse leading to sudden death, even in normal, healthy people. Chronic cocaine users may also experience severe mental disorders that can require long-term psychiatric care. Users who inject the drug run a high risk of contracting Hepatitis or AIDS.

REFERRAL and TREATMENT

A problem of alcohol abuse and/or illicit drug use can be successfully treated, provided it is identified in its early stages and referral is made to an appropriate care provider. There is a variety of organizations which can help employees, students and their families to overcome alcohol or drug problems. The following pages list sources of information and referral assistance which may include out-patient counseling, in-patient treatment or self-help groups.

The Directory of South Carolina Alcohol and Drug Abuse Programs can be used to obtain specific information on treatment programs licensed by South Carolina Department of Health and Environmental Control.

STATEWIDE DIRECTORY OF SOUTH CAROLINA ALCOHOL AND DRUG ABUSE PROGRAMS

ABBEVILLE

Abbeville County Commission on Alcohol
and Drug Abuse
P.O.Box 921
111 South Main Street
Abbeville, SC 29620
459-9661 or 459-9662

AIKEN

Aiken Center for Alcohol and Drug Services
214 Newberry Street, Southwest
Aiken, SC 29801
648-5409 or 649-1900

ALLENDALE

Allendale/Hampton/Jasper Commission on Alcohol
and Drug Abuse
P.O.Box 549
Memorial Avenue
Allendale, SC 29810
584-4238

ANDERSON

Anderson/Oconee Alcohol and Drug
Abuse Commission
212 South Main Street
Anderson, SC 29624
260-4168

BAMBERG

Tri-County Commission on Alcohol
and Drug Abuse
Mid Town Office Plaza
Bamberg, SC 29003
245-4360

BARNWELL

Barnwell County Commission on Alcohol
and Drug Abuse
P.O.Box 1042
Barnwell, SC 29812
259-3511

BERKELEY

Berkeley County Commission on Alcohol
and Drug Abuse
109 W. Main Street
P.O.Box 758
Moncks Corner, SC 29461
761-8272
or
109 West View Boulevard
Goose Creek, SC 29445
797-7871

CALHOUN

Tri-County Commission on Alcohol and
Drug Abuse
111 West Bridge Street
St. Matthews, SC 29135
874-2307

CHARLESTON

Charleston County Substance Abuse Commission
P.O.Box 2635
25 Courtenay Drive
Charleston, SC 29403
723-7212

CHEROKEE

Cherokee County Commission on Alcohol
and Drug Abuse
200 West Montgomery Street
Gaffney, SC 29340
489-0247

CHESTER

Hazel Pittman Center
120 Saluda Street
P.O.Box 636
Chester, SC 29706
377-8111

BEAUFORT

Beaufort County Commission on Alcohol
and Drug Abuse
P.O.Box 311
1215 Prince Street
Beaufort, SC 29901
525-7407 or 525-7408

or

P.O.Box 2417
Highway 278
Hilton Head, SC 29928
681-4742

COLLETON

Colleton County Commission on Alcohol
and Drug Abuse
P.O.Box 1037
Black Street
Walterboro, SC 29488
549-9565 or 549-9566

DARLINGTON

Rubicon Counseling Center
510 East Carolina Avenue
Hartsville, SC 29550
332-4156

DILLON

Marion/Dillon County Commission on Alcohol
and Drug Abuse
104 East Harrison Street
Dillon, SC 29536
774-6591

DORCHESTER

Dorchester County Commission on Alcohol
and Drug Abuse
535 North Cedar Street
Summerville, SC 29483
871-4790

EDGEFIELD

Greenwood/Edgefield/McCormick Commission
on Alcohol and Drug Abuse
400 Church Street
Edgefield, SC 29824
637-5388

FAIRFIELD

Fairfield County Substance Abuse Commission
P.O.Box 388
107 North Vanderhorst Street
Winnsboro, SC 29180
635-2335

CHESTERFIELD

Chesterfield County Alcohol and Drug Services
Tri-County Mental Health Center
P.O.Box 471
141 Main Street
Chesterfield, SC 29709
623-2229

CLARENDON

Clarendon County Commission on Alcohol
and Drug Abuse
P.O.Box 361
14 North Church Street
Manning, SC 29102
435-2121

HORRY

Horry County Commission on Alcohol
and Drug Abuse
P.O.Box 136
1004 Bell Street
Conway, SC 29526
248-6291 or 448-1474

JASPER

Lowcountry Commission on Alcohol
and Drug Abuse
P.O.Box 1362
113 East Wilson Street
Ridgeland, SC 29936
726-5996

KERSHAW

Kershaw County Commission on Alcohol
and Drug Abuse
P.O.Box 416
1104 Church Street
Camden, SC 29020
432-6902 or 432-6281

LANCASTER

Lancaster County Commission on Alcohol
and Drug Abuse
P.O.Box 1627
114 South Main Street
Lancaster, SC 29720
285-6911

LAURENS

Laurens County Commission on Alcohol
and Drug Abuse
P.O.Box 843
216 West Laurens Street
Laurens, SC 29360
984-0574

FLORENCE

Florence County Commission on Alcohol
and Drug Abuse
P.O.Box 4881
604 Gregg Avenue
Florence, SC 29502
664-0808

GEORGETOWN

Georgetown County Alcohol and Drug
Abuse Commission
123 Winyah Street
Georgetown, SC 29440
546-6081 or 527-1697

GREENVILLE

Greenville County Commission on Alcohol
and Drug Abuse
3336 Old Buncombe Road
Greenville, SC 29609
242-1781

GREENWOOD

Greenwood/Edgefield/McCormick Commission
on Alcohol and Drug Abuse
1132 Spring Street
Greenwood, SC 29646
227-1001

HAMPTON

Lowcountry Commission on Alcohol
and Drug Abuse
P.O.Box 885
Courthouse Annex
Hampton, SC 29924
943-2880

NEWBERRY

Newberry County Commission on Alcohol
and Drug Abuse
P.O.Box 738
909 College Street
Newberry, SC 29108
276-5690

OCONEE

Anderson/Oconee Alcohol and Drug Abuse
Commission
210 North Second Street
Seneca, SC 29678
882-7563

ORANGEBURG

Tri-County Commission on Alcohol
and Drug Abuse
P.O.Box 1365
897 Russell Street
Orangeburg, SC 29116-1365
536-4900

LEE

Lee County Commission on Alcohol
and Drug Abuse
P.O.Box 302
Lee County Courthouse, Room 300
Bishopville, SC 29010
484-5341, Ext. 51 or 58

LEXINGTON

Lexington/Richland Alcohol and
Drug Abuse Council
134 North Hospital Drive
W. Columbia, SC 29169
796-6460

MARION

Marion/Dillon County Commission on Alcohol
and Drug Abuse
103 Court Street
Marion, SC 29571
423-5610

MARLBORO

Marlboro County Commission on Alcohol
and Drug Abuse
100 West Main Street
Bennettsville, SC 29512
479-8328

MCCORMICK

Greenwood/Edgefield/McCormick Commission on
Alcohol and Drug Abuse
P.O.Box 337
Hammond Avenue Extension
McCormick, SC 29835
465-2631

SPARTANBURG

Spartanburg Alcohol and Drug Abuse
Commission
131 North Spring Street
P.O.Box 1251
Spartanburg, SC 29304
582-7588

SUMTER

Sumter County Commission on Alcohol
and Drug Abuse
P.O.Box 39
115 North Harvin Street
Sumter, SC 29150
775-6815 or 775-2727

UNION

Union County Commission on Alcohol
and Drug Abuse
P.O.Box 844
117 West Main Street
Union, SC 29379
427-1241 or 427-1242

PICKENS

Pickens County Commission on Alcohol
and Drug Abuse
134 North Main Street
Pickens, SC 29671
878-7839

RICHLAND

Lexington/Richland Alcohol
and Drug Abuse Council
P.O.Box 50597
2020 Washington Street
Columbia, SC 29204
256-3100

SALUDA

Saluda County Commission on Alcohol
and Drug Abuse
P.O.Box 157
Corner of Ramage and Butler Streets
Saluda, SC 29138
445-2968

WILLIAMSBURG

Williamsburg County Commission on
Alcohol and Drug Abuse
P.O.Box 506
217 East Brooks Street
Kingstree, SC 29556
354-9113 or 354-7123
or
P.O.Box 636
Corner of Richardson and Main Streets
Hemingway, SC 29554
558-5521

YORK

Keystone
P.O.Box 4437
414 East Main Street
Rock Hill, SC 29731-4437
324-1800

OTHER SOURCES FOR HELP AND SELF-HELP INFORMATION

SC Vocational Rehabilitation
1410 Boston Avenue
West Columbia, SC 29171
822-5387

National Self-Help Clearinghouse
33 West 42nd Street
New York, NY 10036

Alcoholics Anonymous (A.A.)
413 South Church Street
Florence, SC 29503
669-6345
or
3014 Devine Street
Columbia, SC
254-5301

Al-Anon/Alateen
1372 Broadway
New York, NY 10018-0862
or
413 South Church Street
Florence, SC 29503
669-6345

Narcotics Anonymous
P.O.Box 9999
Van Nuys, CA 91409
(818) 780-3951

National Council on Alcoholism
12 West 21st Street, 7th Floor
New York, NY 10010
(212) 206-6770

Office of Substance Abuse
Prevention 5600
Fishers Lane, Room 9A-54
Rockville, MD 20857
(301) 468-2600

Palmetto Center
Post Office Box 5357
I-95 and Highway 52
Florence, SC 29502
662-9378

Bruce Hall
601 Gregg Avenue
Florence, SC 29506
664-3240

Circle Park Family Counseling
601 Gregg Avenue
Florence, SC 29506
665-9349

TOLL-FREE INFORMATION AND REFERRAL SERVICES

1-800-356-9996	Al-Anon
1-800-527-5344	American Council on Alcoholism Helpline
1-800-COCAINE	Cocaine Hotline
1-800-NCA-CALL	National Council on Alcoholism
1-800-942-DIAL	South Carolina Commission on Alcohol and Drug Abuse

Our thanks to Francis Marion University for sharing this information with the school district.