

Signs of Drug Abuse

Physical Signs:

- Loss of appetite, increase in appetite, any changes in eating habits, unexplained weight loss or gain.
- Slowed or staggering walk; poor physical coordination.
- Inability to sleep, awake at unusual times, unusual laziness.
- Red, watery eyes; pupils larger or smaller than usual; blank stare.
- Cold, sweaty palms; shaking hands.
- Puffy face, blushing or paleness.
- Smell of substance on breath, body or clothes.
- Extreme hyperactivity; excessive talkativeness.
- Runny nose; hacking cough.
- Needle marks on lower arm, leg or bottom of feet.
- Nausea, vomiting or excessive sweating.
- Tremors or shakes of hands, feet or head.
- Irregular heartbeat.
- Burns on hands
- Slurred speech
- Change in habits at home; loss of interest in family and family activities.
- Difficulty in paying attention; forgetfulness.
- General lack of motivation, energy, self-esteem, "I don't care" attitude.
- Sudden oversensitivity, temper tantrums, or resentful behavior.
- Moodiness, irritability, or nervousness.
- Silliness or giddiness.
- Paranoia



Behavioral Signs:

- Change in overall attitude/personality with no other identifiable cause.
- Changes in friends; new hang-outs; sudden avoidance of old crowd; doesn't want to talk about new friends; friends are known drug users.
- Change in activities or hobbies.
- Drop in grades at school or performance at work; skips school or is late for school.
- Excessive need for privacy; unreachable.
- Secretive or suspicious behavior.
- Car accidents or extreme wear and tear on car.
- Chronic dishonesty.
- Unexplained need for money, stealing money or items.
- Change in personal grooming habits.
- Possession of drug paraphernalia.
- Parents do not know friends; can't get names
- Begins to associate with an older crowd

(Compiled by Southern Prevention Associates, LLC.)

Where Do Youth Hide the Drugs?



In the house/school:

- 35 mm film canister
- Pockets of clothing in closets/drawers
- Wall and ceiling light fixtures
- Air conditioners/heating vents
- Light switches
- Electrical sockets
- CD/tape cases
- Curtains/blinds
- Trophies
- Bed posts
- Furniture upholstery
- Knife handles
- Closets (taped to wall above door)
- Baseboards (behind, underneath)

Vehicles:

- Dome lights
- Under the spare tire
- Air conditioner vents
- Headrest (in, under, or behind)
- Ashtray (in, under, or behind)

Personal belongings:

- Lipstick tubes
- In mouth (crack/cocaine)
- Wallet, behind photos (LSD)
- Lining of clothes
- Pants
- Tampon cases
- Super glue containers
- Purse lining

Local Prevention Resources:

Lantana McKenley MS,
Prevention Services Coordinator
Baldwin County Mental Health Center
372 South Greeno Road
Fairhope, AL 36532
(W) 990-4233
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Patrice Harris, Intervention Supervisor
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Loxley Satellite Office
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Associates, LLC.)

**What Can
Senior Citizens
Do to Prevent Substance Abuse?**

- Be aware that age-related stresses, such as loss of employment, widowhood, or other bereavement, may put you at risk for increased alcohol consumption. Alert others in your age group to this problem.
- The changing metabolism that comes with aging can make older people more susceptible to the effects of alcohol. Be aware that consuming the same amount of alcohol as in younger years may have greater effects and lead to problems.
- Alcohol problems are compounded by drug use. Do not mix with over-the-counter or prescription drugs. Ask questions of your doctor and your pharmacist regarding alcohol and tobacco use and their possible interaction with prescription medications.
- Volunteer - alternative activities held in schools and communities are in particular need of your skills and experience. Your time and involvement will make a real difference to peers, youth, families, and others.
- Get involved with youth in your community and share your cultural knowledge and wisdom. Encourage their interests, praise their successes, and help them take pride in their heritage.
- Numbers of HIV/AIDS cases are growing among older Americans. Educate yourself and your peers on risky behaviors which can lead to acquiring HIV/AIDS.
- Talk with your family, children, and grandchildren about alcohol, tobacco, and other drug (ATOD) use and the potential health, safety, and legal consequences.
- Take positive steps toward prevention; exercise, support drug-free environments, and get involved in healthy activities.
- Know what to do if you suspect a problem.
- Be a positive role model. Do not engage in any illegal, unhealthy, or dangerous ATOD use practices. Provide an example consistent with your messages to youth.

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What Can COMMUNITIES Do
to
Prevent Substance Abuse ????

- **Make a commitment and state it in writing on products/materials.**
- **Obtain and use prevention materials.**
- **Establish a clear "NO USE" policy for ATOD for all youth activities.**
- **Host appealing ATOD-free alternative activities for youth; encourage parks, schools, and other youth serving entities to do the same.**
- **Host ATOD-free alternative activities for adults to illustrate they can also enjoy activities without the presence of alcohol.**
- **Be aware of the connection between alcohol and other drugs and sexually transmitted diseases.**
- **Teach your members resiliency-building interventions and strategies.**
- **Talk with youth about alcohol, tobacco, and other drugs and listen to their pressures and problems.**
- **Advocate for public policies shown to reduce underage ATOD use and related problems such as lower legal blood alcohol levels (BACs), "use-lose" laws, enforcement of age-of-purchase laws; and restrictions on outdoor advertising of alcohol and tobacco products near or adjacent to youth gathering places.**
- **Provide and supervise "safe havens" or secure ATOD-free areas where youth can gather for social, recreational, and athletic events, particularly in communities that attract ATOD users, gang activity, and drug dealers.**
- **Encourage and support schools to offer student assistance programs, ATOD-specific counseling services, and easy, confidential access to other ATOD helping resources in the community.**
- **Be a positive role model. Do not engage in any illegal tobacco advertising and marketing with youth.**
- **Support proposed public policy changes likely to make your community, your state, and the country a safer, healthier, and positively challenging environment.**
- **Provide lots of love, support, and encouragement and help a child learn to do something well.**

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**.What Can Businesses Do
to
Prevent Substance Abuse ????**

- **Develop and implement a model alcohol/smoke/drug-free workplace policy and fully explain the benefits and procedures to all employees. Educate employees about preventing ATOD problems in the workplace.**
- **Display prominently in the workplace educational information about ATODs and include articles in company newsletters, with paychecks, and in other interoffice communications.**
- **Include awareness messages in your advertising or packaging and display posters in your store front.**
- **Announce that prevention of alcohol, tobacco, and other drug problems has become a major corporate focus and that there is an expectation that everyone will take part in and benefit from this collective effort.**
- **Provide training to managers and supervisors about how to prevent ATOD problems in the workplace. Encourage employees to seek help without feeling guilty, shameful, or fearful of losing their jobs. Learn about employee assistance programs (EAPS) and how you can implement one in your business. Call Center for Substance Abuse's (CSAP's) Workplace helpline: 1-800-843-4971.**
- **Host alcohol-free events, noting your company's commitment to prevent injury or death associated with drinking and driving, especially around holidays.**
- **Contact your local chamber of commerce and suggest holding educational meetings and distributing materials on ATOD-related problems to members.**
- **Provide information to your employees about the connection between alcohol and other drugs and sexually transmitted diseases, including HIV/AIDS, teen pregnancy, domestic violence, crime, and health care costs.**
- **Sponsor prevention programs that benefit employees, their families, and your community. Examples include mentoring programs, parenting training, stress management workshops, courses on health fairs, and workshops on preventing ATOD by children.**
- **Serve as a leader, supporter, or active participant in other community-based efforts to prevent ATOD use by youth.**

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**What Can
Parents, Guardians, or Caregivers
Do to Prevent Substance Abuse?**

- **Establish and enforce clear consistent rules against underage drinking and drug abuse.**
- **Keep alcohol, tobacco products, and prescription drugs out of the reach of children.**
- **Do not store illegal drugs in your home.**
- **Do not use alcohol if you are pregnant, plan to drive or engage in physical activity, take medications or cannot keep your drinking moderate.**
- **BE AWARE of your child's daily activities and friendships.**
- **Know signs and symptoms of drug abuse.**
- **Know resources in the community that are available in case you need more information or support.**
- **Stay in touch with parents of your child's friends and make it clear to them you do not allow alcohol and other drugs present while hosting their children.**
- **Discuss alcohol and tobacco advertising and marketing with youth. Ask what they think about these messages, whether they understand their purpose, and whether they recognize that these messages do not teach the possible harmful effects of using these products.**
- **Support proposed public policy changes likely to make your community, your State, and a country a safer, healthier, and positively challenging environment.**
- **Be a positive role model. Do not engage in any illegal, unhealthy, or dangerous ATOD use practices. Provide an example consistent with your messages to youth.**
- **Provide lots of love, support, and encouragement and help a child learn to do something well.**

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