

## **Circle of Love Academy**

### **Drugs and Alcohol Abuse Prevention Plan (DAAPP)**

**Drug and Alcohol Policy: Circle of Love Academy** prohibits the possession or use of illegal drugs and alcohol on or around its property at any time, except for those areas licensed under the laws of the state of North Carolina. Areas where the use is prohibited include student campus activities, classrooms, school parking lots, roadways, leisure activity areas, and all offices or work areas considered COLA property.

The possession or the attempted or actual sale, furnishing or use of alcohol, or any illegal, dangerous, or controlled drugs on school premises or at any School sponsored event is prohibited. This does not include use or possession of drugs prescribed by a person legally authorized to do so.

### **Drugs, Alcohol and Other Substances**

Substances referred to under this policy include all illegal drugs, alcoholic beverages, and misused legal drugs (both prescription and over the counter). Although alcohol is legal, it is a potentially lethal drug and can be addictive.

- **Marijuana:** Marijuana is a dangerous and illegal drug. It damages the lungs in the same way as cigarette smoke, causes chest pain because of increased heart rate, reduces short-term memory, and affects the reproductive system of males and females. Its chronic use is associated with "a motivational syndrome,"---loss of motivation and interest in school, work, and friends. Marijuana also interferes with coordination, reactions, and judgment. Marijuana is psychologically addictive.
- **Stimulants:** The amphetamines (bennies, dexies, speed), methamphetamines (ice, crystal), and cocaine (coke, blow, flake, snow, crack, rock) fall into this class of drug. These drugs are not harmless. They raise blood pressure and respirations. Sudden death due to cardiac arrhythmias or stroke can occur at any time, even with the first use. Users of stimulants build up tolerance so that more and more of the drug is needed to get the same effect. These drugs can be psychologically and physically addictive.
- **Narcotics:** This class of drugs includes opium, morphine, codeine, and heroin. These drugs are addictive. They are used medically to alleviate pain; but even in this case, must be used cautiously because of the tendency to produce addiction.  
**Sedatives:** Barbiturates like Phenobarbital are the main drugs in the sedative class. As with virtually all classes of drugs, these have definite medical value. They are, however, physically addictive. Sudden withdrawal from Phenobarbital can cause severe problems including convulsions, just as sudden withdrawal from alcohol can produce delirium tremens (DT's) and convulsions in an alcoholic.

- **Psychedelic Drugs:** The major psychedelics are Mescaline, Psilocybin, and LSD. These drugs increase pulse, heart rate, blood pressure, and temperature. They also cause chills, nausea, irregular breathing, confusion, and hallucinations. Frequent users can have flashbacks without taking additional drugs. There is also evidence that LSD can cause permanent genetic damage. Psychedelic drugs are very unpredictable. One "trip" may be good, and another may be disastrous. There is a great danger of bodily injury to self and others.

Students must comply with all state and federal laws regulating alcohol. Alcoholic beverages may not be served or sold at any student- sponsored function. Students being in a state of intoxication on the premises or sponsored or supervised functions (including off-campus functions), internships or academic sponsored programs or activities is prohibited. The school prohibits possession, use, sale, or distribution of any controlled substance, illegal drugs, or drug paraphernalia except as expressly permitted by law. Any influence which may be attributed to the use of drugs shall not in any way limit the responsibility of the individual for the conduct or consequences of his/her actions.

### **Alcohol, Drugs and Narcotics**

The use, possession, or distribution of alcohol, narcotics, amphetamines, barbiturates, marijuana, hallucinogens, and any other dangerous or controlled drugs, not prescribed by a physician, is prohibited on School property or at School sponsored events.

### **Health Risks Associated with the Use of Illicit Drugs and the Abuse of Alcohol**

The use of illicit drugs and the abuse of alcohol can, and in many instances can lead to serious health problems, chemical dependency, deterioration of the quality of life, and, if untreated, early death.

- Cocaine provides a short-lived "high" followed by depression, paranoia, anxiety, guilt, anger and fear. It can cause rapid physical and psychological addiction. In some instances, cocaine may cause a heart attack or sudden death, even on the first use. The dangers of this highly addictive drug and its close derivative, "crack", are evidenced daily through the news media. Overdose of cocaine (or other stimulants) can cause agitation, increase in body temperature, hallucinations, convulsions and possible death.
- Marijuana, like cocaine, provides a short-term high, and like cocaine, is addictive. While the "high" may last only a short time, traces remain in the body for a month or more, inhibiting short-term memory, reducing reaction time and impairing visual tracking. It may also cause an inability to abstract and understand concepts. In some instances, it can depress the immune system, increase the risk of heart attack, contribute to lung diseases, and infertility. Marijuana and other cannabis can cause euphoria, relaxed inhibitions, increased appetite and disoriented behavior. Overdose can cause fatigue,

paranoia and possible death.

- Depressants such as barbiturates, chloral hydrate, benzodiazepines, etc., can cause slurred speech, disorientation and drunken behavior without the odor of alcohol. Overdose can cause shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, and possible death.
- Hallucinogens such as LSD, Mescaline and Peyote, amphetamine variants, etc., can cause illusions and hallucinations, and poor perception of time and distance. Overdose can cause longer, more intense illusionary hallucinatory episodes, psychosis and possible death.
- Narcotics such as opium, heroin, morphine, and codeine can cause euphoria, drowsiness, respiratory depression, constricted pupils and nausea. Overdose of narcotics can cause slow and shallow breathing, clammy skin, convulsions, coma and possible death. Prescription drugs, used improperly, can cause tiredness, or hyperactivity, impaired reflexes, brain damage, and, in some instances, addiction or death.
- Alcohol, used abusively, will impair judgment, result in anxiety, feelings of guilt, depression. Prolonged use may cause liver and heart disease, cancer, and psychological problems and dependency in the form of alcoholism. Alcohol used by pregnant women is the leading preventable cause of mental retardation in children.
- Alcohol consumption, particularly heavier drinking, is an important risk factor for many health problems and, thus, is a major contributor to the global burden of disease. In fact, alcohol is a necessary underlying cause for more than 30 conditions and a contributing factor to many more.

The most common disease categories are entirely or partly caused by alcohol consumption include infectious diseases, cancer, diabetes, neuropsychiatric diseases (including alcohol use disorders), cardiovascular disease, liver and pancreas disease, and unintentional and intentional injury. Knowledge of these disease risks has helped in the development of low-risk drinking guidelines. In addition to the risk of these diseases, alcohol consumption can affect the health of others and cause social harm to the drinker and others, adding to the overall cost associated with alcohol consumption. These findings underscore the need to develop effective prevention efforts to reduce the pain and suffering, and the associated costs, resulting from excessive alcohol use. ([www.niaaa.nih.gov](http://www.niaaa.nih.gov))

NOTE: Drinking alcohol is so much a part of American culture that we take it for granted. We drink at home, at parties, in bars, in restaurants, and at football games. We drink to relax, to break the ice, to celebrate, to show off, and to forget. We often forget that we have a choice - to drink or not to drink. The choice is ours alone, and we alone are responsible for the decision. There are 50 million adults who have chosen not to drink. Alcohol is potent--it affects the brain powerfully and quickly. Alcohol can kill. It is a major factor in motor vehicle accidents, drownings and violent crimes. Alcohol consumption can destroy, ruin careers, breaks up families, and can lead to personal tragedy. Long-term excessive abuse of alcohol increases the

risks of heart disease, liver disease, cancer, brain damage, mental disorders, loss of sexual functions and blood disorders. Alcohol abuse during pregnancy can cause birth defects and other fetal abnormalities. A small minority of us are problem drinkers. Check the list below to see if you fall into this category.

Family, social, job or financial difficulties due to drinking.

- Loss of ability to control drinking.
- "Blackouts" or forgetting what happened while drinking.
- Distressing reactions if drinking is stopped.
- A need to drink increasingly more to get the desired effect.
- Changes in behavior or personality when drinking.
- Getting drunk frequently--more than four times a year.
- Injuring oneself or someone else while intoxicated.
- Breaking the law while intoxicated.
- Starting the day with a drink.

If you know anyone who is not a responsible drinker, or who seems to have a drinking problem, do not be afraid to talk to him/her about it. Show some concern and offer some support while avoiding preaching or criticizing. Discuss the issue when neither of you is drinking. Be prepared

If you know anyone who is not a responsible drinker, or who seems to have a drinking problem, do not be afraid to talk to him/her about it. Show some concern and offer some support while avoiding preaching or criticizing. Discuss the issue when neither of you is drinking. Be prepared to offer alternatives as to what kinds of professional help are available. Wellness Counselors can help by referring individuals with drinking problems to the appropriate agency or support group.

### **Circle of Love Academy Crime Statistics**

Student Right to Know Circle of Love Academy is required to disclose data on crimes committed on campus and is committed to providing students with a safe and secure environment in which to learn.

Circle of Love Academy will produce and make readily available to current and prospective students the graduation rates by posting them on the website ([www.circleofloveacademy.com](http://www.circleofloveacademy.com)). Circle of Love Academy maintains records of all incidents that occur on campus.

## Alcohol and Drugs Violations at Circle of Love Academy

		Alcohol	Drugs
FY 2021		0	0
FY 2022		0	0

### Employee Alcohol and Drug Violations Incidents

<b>Year</b>	<b>Incidents in Workplace</b>	<b>Outcomes</b>
2021	0	
2022	0	

<b>Campus</b>	<b>Phone Number</b>
Circle of Love Academy	919.299.4316

## **Intervention/Prevention Information on preventing drug and alcohol abuse:**

According to the American Academy of Pediatrics, the responsibility to patients and their families regarding the prevention of substance abuse and the diagnosis and management of problems related to substance abuse has increased. The use of tobacco, alcohol, and other drugs is one of the biggest problems facing people today. There are no guarantees that someone you love will not choose to use drugs, but you can influence that decision by:

- ✓ Not using drugs, yourself ✓ Providing guidance and clear rules about not using drugs
- ✓ Spending time with your loved one sharing the good and the bad times

Use the following tips to help guide thoughts and behaviors about drugs:

1. Talk honestly. Don't wait to have "the drug talk" with someone. Make discussions about tobacco, alcohol, and other drugs part of your daily conversation. Know the facts about how drugs can harm. Clear up any wrong information, such as "everybody drinks" or "marijuana won't hurt you." Be clear about personal rules for and legal implications of the use of tobacco, alcohol, and other drugs.
2. Really listen. Encourage questions and concerns about tobacco, alcohol, and other drugs. Do not do all the talking or give long lectures.
3. Help develop self-confidence. Look for all the good things in yourself or someone you care about-- and then tell them (or yourself) how proud you are. If you need to correct, criticize the action, not the person. Praise efforts as well as successes.
4. Help develop strong values. Talk about your personal values.
5. Be a good example. Your own habits and thoughts about tobacco, alcohol, and other drugs make an impression. Your actions speak louder than words.
6. Help deal with peer pressure and acceptance. Discuss the importance of being an individual and the meaning of real friendships. You do not have to do something wrong just to feel accepted. Remind yourself that a real friend will not care if he does not use tobacco, alcohol, and other drugs.
7. Encourage healthy, creative activities. Look for ways to get involved in athletics, hobbies, school clubs, and other activities that reduce boredom and excess free time.
8. Develop positive friendships and interests. Look for activities that you can do together.
9. Know what to do if someone you love has a drug problem. Realize that no one is immune to drugs. Learn the signs of drug use. Take seriously any concerns you hear from friends, family, or other students about possible drug use.
10. Trust your instincts. If you truly feel that something is wrong, it probably is. If there is a problem, seek professional help.

## **ESPYR –Employee Assistance Program**

To take advantage of the EAP, contact Espyr by calling 855-584-3588, or you may securely request services from the website. [www.espyr.com](http://www.espyr.com); The EAP program is free and confidential,

with your right to privacy protected within the bounds of the law. The EAP will not disclose to us who uses the program, so we will not be aware you are using the services unless you choose to inform us.

The EAP offers many services to employees including:

- 24/7 access to services
- A large variety of on-line resources and programs
- No-cost counseling and referral services
- Work/Life services including no-cost consultations with attorneys, financial professionals, child and eldercare services specialists and others

EAP staff and counselors include psychologists, clinical social workers, marriage and family counselors, alcohol and drug counselors, attorneys, financial advisors and other professionals. EAP counselors are licensed mental health professionals. All have a master's degree or doctorate in their field of expertise.

### **Student Assistance Program - ESPYR**

The Student Assistance Program offers extensive online resources to help students with the most common issues and concerns. A student can easily get expert advice on a wide range of topics, gather information and resources, take self-screenings or just learn more [www.espyr.com](http://www.espyr.com) about the offerings.

There is no charge for students to use the services offered. If you are referred to additional services or providers, however, you will be responsible for those costs.

To access, go to [www.espyr.com](http://www.espyr.com) and sign in. To request your password, send an email to [password@espyr.com](mailto:password@espyr.com)

**Get Inclusive:** <https://app.getinclusive.com>

Harassment and discrimination continue to impact our workplaces and our unique experiences as employees. Inasmuch as we need to know what constitutes illegal and inappropriate behaviors, we also need to focus on how our individual and collective efforts can improve workplace culture.

### **Other Resources**

The National Clearinghouse for Alcohol and Drug Information is a website provided by the U.S. Department of Health and Human Services. There are links for different age groups, publications, news, and other resources. Look here for information on issues ranging from date rape drugs to binge drinking to HIV/AIDS prevention. <https://www.urc->

[chhs.com/projects/national-clearinghouse-for-alcohol-and-drug-information-ncadi/](https://chhs.com/projects/national-clearinghouse-for-alcohol-and-drug-information-ncadi/)

**Crime Prevention - National Crime Prevention Council:** <https://www.ncpc.org/>

NCPC provides hands on support to help Americans and their communities prevent crime. It focuses innovative tools — research-driven approaches, best practice tips and a network of nearly 15,000 allies and partners — to create hands-on demonstration programs in schools and neighborhoods, provide training and support for local crime prevention efforts, and distribute easy to use crime prevention tips and resources (in person, and through the media and public service advertising campaigns). NCPC's core strengths include training, convening stakeholders, program development, and public education.

**Alcohol & Drug Abuse Institute, Univ. of Washington, Seattle**

<http://web.archive.org/web/20031208183708/http://depts.washington.edu/adai/> -Get the science behind alcohol and drug abuse. Get the facts not the rumors.

**American College Health Association** <http://www.acha.org/> An organization of college and university health professionals. This is a site that has training and program information that everyone can use.

**FACE Truth and Clarity on Alcohol**

<http://web.archive.org/web/20031208183708/http://www.faceproject.org/> A nationally recognized Alcohol Advocacy, Media Advocacy, and Training Group. FACE works in the Alcohol Education arena promoting Alcohol Awareness and Responsible Alcohol Practices.

**Facts on Tap Alcohol and Your College Experience**

<http://web.archive.org/web/20031208183708/http://www.factsontap.org/> Tips for avoiding abuse of alcohol while at college.

**ForReal.org Marijuana Education for Teens**

<http://web.archive.org/web/20031010200406/http://www.freevibe.com/> Straight forward advice on drug use for teens and young adults.

**Go Ask Alice! Alcohol, Nicotine, and Other Drugs**

<http://web.archive.org/web/20031208183708/http://www.goaskalice.columbia.edu/Cat2.html> Information site from Columbia University on the effects of alcohol, tobacco, and other drug addictions.

**Local Resources**

- ✓ Alcoholics Anonymous 919-735-4221
- ✓ Alcohol & Drug Treatment Center of First Step Recovery 800-510-8401
- ✓ National Substance Abuse Line 800-662-4357