

Corvallis School District Drug and Alcohol Resources

Signs and Symptoms of Drug Use

Signs at Home

- Loss of interest in family activities
- Disrespect for family rules
- Withdrawal from responsibilities
- Verbally or physically abusive
- Sudden increase or decrease in appetite
- Disappearance of valuable items or money
- Not coming home on time
- Not telling you where they are going
- Constant excuses for behavior
- Spending a lot of time in their rooms
- Lies about activities
- Finding the following: cigarette rolling papers, pipes, roach clips, small glass vials, plastic baggies, scorched tinfoil, repeatedly folded small pieces of paper
- Household prescription medications are being used faster than they should be
- Lot of cold preparations in room or schoolbag
- Interest in cleaning supplies and/or smells like chemicals
- Continual wearing of long-sleeved garments particularly in hot weather or reluctance to wear short sleeved attire when appropriate
- Wearing of sunglasses at inappropriate times

Signs at School

- Sudden drop in grades
- Truancy
- Loss of interest in learning
- Sleeping in class
- Poor work performance
- Not doing homework
- Defiant of authority
- Change of attitude towards sports or other extra curricular activities
- Reduced memory and attention span
- Not informing family of teacher meetings, open houses, etc.
- Abrupt change in work habits
- Abrupt change in disciplinary problems
- Association with known substance abusers
- Withdrawal from responsibility
- Unusual flare-up or outbreaks of temper
- Frequent trips to bathroom
- Stealing
- Unusual borrowing of money from friends, teachers, etc.

Emotional and Physical Signs

- Change of friends
- Smells of alcohol or marijuana on breath or body
- Unexplainable mood swings and behavior
- Negative, argumentative, paranoid or confused, destructive, anxious
- Over-reacts to criticism
- Rebellious
- Sharing few if any of their personal problems
- Doesn't seem as happy as they used to be
- Overly tired or hyperactive
- Drastic weight loss or gain
- Unhappy and depressed
- Always needs money, or has excessive amounts of money
- Sloppiness in appearance
- Apathetic and disinterested in life
- Lying and/or unusual secretive behaviors
- Ravenous eating after a night out with friends
- Has red eyes or carries eye drops

Adapted from the following resources: www.teenswithproblems.com/drugabuse.html www.addictions.org/signs <http://parentingteens.about.com>

Steps You Can Take if You Suspect Your Child is Using...

1. Contact school counselor for additional information on your student and/or consultation.
2. Use over-the-counter drug test and/or assessment specialist to determine level of drug use (see back for details).
3. If positive results, contact your insurance to see what treatment programs will be covered.
4. If you don't have insurance, contact Benton County Health Department for appointment (phone numbers on back).
5. If positive results, randomly drug test to see if student has relapsed.

Resources for Assessments, Counseling, and Treatment

Benton County Health Department: 766-6835

- ◆ List of helpful websites to aid in the search of quality information on drug and alcohol prevention
- ◆ www.co.benton.or.us/health/CH/HEd/resources.htm

Catherine Freer: 926-7252

- ◆ Ages 13-18
- ◆ 21 and 51 day therapeutic wilderness treks
- ◆ www.cfreer.com

Discovery Counseling: 752-2703

- ◆ Groups, individuals, families, assessments, and education program
- ◆ Outpatient and intensive outpatient
- ◆ Sliding scale, OHP, and accepts most insurances

ACIST: 766-6763

- ◆ A Community Integrated Service Team with community health specialists committed to supporting school aged children, and their families to enhance the conditions in which they live and learn in a healthy environment.

Alcohol and Other Drugs Mental Health: 766-6763

24 Hour Helpline: 1 (800) 621-1646

Parent Helpline: 1 (800) 345-5044

Youth Line: 1 (800) 621-1646 (3-6 PM, M-F)

Oregon Family Support Network: 1 (800) 323-8571

Benton County Health Department Crisis Line: 1 (888) 232-7192

Children's Farm Home: 758-2722, 320 NW 9th, Street, Corvallis

- ◆ Ages 0-18
- ◆ Residential

YES House: 753-7801, 518 SW 3rd, Corvallis

- ◆ Ages 13-18
- ◆ Assessments, residential, outpatient, and family therapy
- ◆ Sliding scale, accepts most insurances, and OHP
- ◆ www.milestonesrecovery.com

Old Mill Center for Children: 757-8068, 4515 SW Country Club Dr.

- ◆ Ages 0-18
- ◆ Outpatient mental health and family therapy
- ◆ Sliding scale, OHP, and accepts most insurances

Cascade Connections: 924-9600, 425 SW Ellsworth St., Albany

- ◆ Outpatient treatment
- ◆ Outdoor/Adventure therapy
- ◆ Family Therapy

Family Connections: 917-4899 or toll free 1-800-845-1363

Centerpoint Evaluation and Counseling: 752-2703

Alateen: 967-6262

National Drug & Alcohol Treatment Referral Hotline: 1(800) 662-4357

Parent Support: Albany Free From Drug Abuse: 928-4234

Benton County Mental Health Crisis Hotline: 757-2299

Drug Test Detection Tips

- ◆ Drug tests may ask for hair and/or urine samples. Hair samples show long term uses.
- ◆ Some store bought tests can give you immediate results, with the option to send to a lab to validate results.
- ◆ Hair drug tests: it will take approximately 5 days after drug usage until traces of the drug become embedded in a person's hair follicles. That process will continue for approximately 90 days.
- ◆ Urinary drug tests: the best time to determine the presence of drugs is by testing the first urine of the morning, as it is the most concentrated and will yield the most accurate results. The time period drugs will stay in the body depend on factors such as degree of usage, a person's metabolism and individual body weight. These detection periods are applicable to both urinary and saliva drug tests.
- ◆ Professional drug and alcohol centers recommend watching the individual while they are giving the urine sample. Accurate samples can be sabotaged by being diluted with water, substituting another urine sample, or by adding chemicals.

Drug Testing Kits at Your Local Pharmacy

Rite Aid: *First Check Home Drug Tests*

Marijuana: approx. \$11

Marijuana and Cocaine: approx \$17

Safeway: *Peace of Mind*

Marijuana: approx. \$12

Bimart: *(not on shelves, can order for next day)*

Alcohol: approx. \$11

Marijuana: approx. \$12

Marijuana and Cocaine: approx. \$19

Marijuana, methamphetamines, cocaine and opiates: approx. \$30

Order At-Home Drug Tests Online

<http://www.keystosaferschools.com/MaterialsOrderingPg3.htm>

Tobacco, Alcohol, Amphetamine, Barbiturate, Benzodiazepine, Cannabis, Cocaine, Methamphetamine, Methadone, Opiate, and Phencyclidine

<http://www.homehealthtesting.com/urine-drug-tests.htm>

Immediate results and lab confirmation: THC (marijuana, pot, hash), Cocaine (coke, crack), Opiates (heroin, morphine, opium), Amphetamines (speed, uppers), Methamphetamines/mdma (ecstasy, crank), PCP-Phencyclidine (angel dust), Barbiturates (barbs, downers, goofballs, reds).

Prevention

1. Talk with your son/daughter about drugs frequently.
2. Know where your son/daughter is at all times.
3. When your son/daughter goes to a friends house, call ahead to make sure adults will be present and that no alcohol/drugs will be there.