



The Nurse Academy

Drug and Alcohol Abuse Prevention Program (DAAPP)

Annual Information 2024

Purpose

The Nurse Academy (TNA) is dedicated to the safety, health and welfare of its students, faculty and staff. The unlawful use and or abuse of drugs and alcohol can have a negative impact on the safety and well-being of college students and on our TNA educational environment.

The primary purpose of the following guidelines is in support of the Drug and Alcohol Abuse Prevention Program (DAAPP) developed and implemented to prevent the unlawful possession, use, and distribution of drugs and alcohol on campus and at recognized events and activities. The school aspires to educate, call our community to action, help those in need, and be in full compliance with the Drug-Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA).

Guidelines

I. Entities Affected by this Policy

Persons covered by the Drug and Alcohol Abuse Prevention Program (DAAPP) are employees of The Nurse Academy and students who enroll in one or more classes for any type of academic credit except for continuing education units.

II. Standards of Conduct

The Nurse Academy complies with local, state, and federal laws and penalties regarding the unlawful use of drugs and alcohol including the possession of illegal drugs and drug paraphernalia on college premises and the sale or use of alcoholic beverages on TNA premises. (Please see DRUG AND SUBSTANCE ABUSE POLICY)

III. Disciplinary Procedures

The Nurse Academy believes it is the responsibility of all employees and students to report prohibited use or abuse of drugs and alcohol. If a student/employee is suspected of violating the Drug and Substance Abuse Policy of the TNA, the College will perform an investigation to determine the appropriate course of action. An Incident Report (student or employee) detailing alleged violations of the Standards of Conduct by a TNA student/employee will need to be completed to initiate the Disciplinary Actions/Due Process procedures.

IV. Disciplinary Sanctions

Violations of the school Standards of Conduct refer to a student's failure to meet his/her responsibilities and are subject to General Disciplinary Action in accordance with college policy as stated in the TNA Student Handbook and School Catalog.

Sanctions - The School Director has the authority to issue sanction(s) including, but not limited to, the following:

Written reprimand

Loss of privileges/access

Removal from course/s

Warning

Suspension

Expulsion

Termination (employee)

Referral for prosecution (student and/or employee)

V. DAAPP Information Dissemination

Notification of the information contained in the DAAPP is distributed to all enrolled students registered in classes for academic credit in the following methods:

Admissions application notification to all applicants

End of semester notification to all students

Catalog and/or Registration guide

Online student handbook

Notification of the information contained in the DAAPP is distributed to all employees on the first day of employment and annually thereafter.

VI. Program Resources for Individual and Group Counseling

A list of local resources with descriptions of drug and alcohol counseling treatment, rehabilitation or reentry programs available to students are provided below:

Prevention Programs:

Central San Diego County

Central Region Prevention Coalition Social Advocates for Youth (SAY) San Diego

4275 El Cajon Blvd. Ste. 101 San Diego, CA 92105 Tel: (619) 283-9624 ext. 367
Fax: (619) 641-7656 Email: mbaum@saysandiego.org Contact: Mary Baum
Website: www.saysandiego.org/program/alcohol-tobacco-and-otherdrug-prevention-program/centralelegion-prevention-coalition

North Central San Diego County

North City Prevention Coalition Social Advocates for Youth (SAY) San Diego 8755
Aero Dr. Ste. 100 San Diego, CA 92123 Tel: (858) 565-4148 ext. 205 Fax: (858)
565-4178 Email: klenyoun@saysandiego.org Contact: Karen Lenyoun Website:
www.saysandiego.org/program/alcohol-tobacco-and-otherdrug-prevention-program/north-city-prevention-coalition

East San Diego County

East County Community Change Project Institute for Public Strategies
2615 Camino del Rio S. Ste. 300 San Diego, CA 92108
Tel: (619) 476-9100 ext.109 Fax: (619) 476-9104
Email: jmoore@publicstrategies.org Contact: Joyce Moore
Website: www.publicstrategies.org/projects/san-diego

North Inland San Diego County

North Inland Community Prevention Program Mental Health Systems, Inc. (MHS)
12344 Oak Knoll Rd, Ste. C-1 Poway, CA 92064
Tel: (858) 391-9303 Fax: (858) 391-9302
Email: rstark@mhsinc.org Contact: Ron Stark
Website: www.mhsinc.org/listing/north-inland-community-prevention-program-2

North Coastal San Diego County

North Coastal Prevention Collaborative Vista Community Clinic
465 La Tortuga Vista, CA 92081
Tel: (760) 407-1220 ext.7150 Fax: (760) 414-3736
Email: eleary@vistacommunityclinic.org Contact: Erica Leary
Website: www.vistacommunityclinic.org/locations

South San Diego County

South Bay Community Change Project Institute for Public Strategies

2615 Camino del Rio S. Ste. 300 San Diego, CA 92108
Tel: (619) 476-9100 ext.127 Fax: (619) 476-9104
Email: mguillen@publicstrategies.org Contact: Manolo Guillen
Website: www.publicstrategies.org/projects/san-diego

Countrywide Initiatives & Services
Methamphetamine Strike Force (MSF) Center for Community Research
8885 Rio San Diego Dr. Ste. 111 San Diego, CA 92108
Tel: (619) 200-9769 Fax: (619) 919-0027
Email: msf@ccrconsulting.org Contact: Marla Kingkade
Website: www.no2meth.org

Prescription Drug Abuse Task Force (PDATF) Center for Community Research
8885 Rio San Diego Dr. Ste. 111 San Diego, CA 92108
Tel: (619) 200-9769 Fax: (619) 919-0027
Email: pdatf@ccrconsulting.org Contact: Marla Kingkade
Website: www.sandiegorxabusetaaskforce.org

Binge/Underage Drinking Initiative & Alcohol Policy Panel Institute for Public
Strategies
2615 Camino del Rio S. Ste. 300 San Diego, CA 92108
Tel: (619) 476-9100 ext.125
Email: creed@publicstrategies.org Contact: Craig Reed
Website: www.alcoholpolicypanel.org

Other Helpful Resources

Access and Crisis Line 888-724-7240 (TTY: 711)

Community Resource Information & Referrals 2-1-1

County of San Diego Behavioral Health Services (BHS) 619-563-2700

Alcoholics Anonymous (AA) 619-265-8762 (24 hrs)

Narcotics Anonymous (NA) 619-584-1007 (24 hrs)

San Diego County Network of Care www.sandiego.networkofcare.org/mh

County of San Diego Website www.sdcounty.ca.gov

2-1-1 San Diego www.211sandiego.org

Medi-Cal www.medi-cal.ca.gov

Optum San Diego www.optumsandiego.com

It's Up to US www.up2sd.org

For more information or for help with substance use disorder issues, call the:
Access and Crisis Line 888-724-7240 (TTY: 711)

Payment Structure & Forms

Medicare Assistance, Private Pay, Self-Pay

VII. Oversight Responsibility

The school director and financial aid director shall serve as the main contacts that will have oversight responsibility of the Student DAAPP including, but not limited to updates, coordination of information required in the DAAPP, coordination of the annual notification to students, and the biennial review report.

VIII. Assessment of Program Effectiveness and Biennial Report

The school director and financial aid director will review documented infractions of the student conduct policy on an annual basis. The assessment includes reviewing the incident(s) and the outcome(s) to ensure that college policy regarding drug, alcohol and other substance abuse violations and sanctions are imposed and consistently enforced.

The school director and financial aid director will conduct an annual review to determine program effectiveness and implement changes as necessary. The school director and financial aid director will prepare a biennial review report as required to be in full compliance with the Education Department General Administrative Regulations (EDGAR) 34 CFR Part 86.100.

A review of the number of documented cases regarding students of concerns referred through TNA's behavioral intervention team(s) will be gathered for statistical purposes and to ensure prevention and awareness activities are delivered appropriately to all student populations.

Under the leadership of the school director an assessment to measure student perceptions and behavior will be conducted periodically. These data will be analyzed to continuously determine the most appropriate interventions.

IX. Policy History

The DAAPP for students and policy with accompanied guidelines will be reviewed on an annual basis to ensure that it accurately reflects institutional policy, procedures and programs; and to consider expansion of evaluation, prevention, and awareness activities.

X. Related Documents

Drug and Alcohol Abuse Prevention Program (DAAPP) Drug Free Schools and Campuses Regulations (34 CFR Part 86) Drug Free Schools and Communities Act (DFSCA) Administrative Rule, DUG AND SUBSTANCE ABUSE POLICY

XI. Health Risks Associated with Alcohol and Drugs

Alcohol

Alcohol is a legal drug. Nonetheless, it is a depressant and is the leading drug of abuse in America. Use of alcohol may affect judgment and decision-making abilities, slow down the central nervous system and brain function, and reduce coordination and reflex actions. Alcohol use (even low doses) may increase the incidence of a variety of aggressive acts, including physical altercations, threats, and domestic abuse. Higher doses may cause marked impairments in mental functions, severely altering a person's ability to learn and remember information. Very high doses may cause respiratory depression and death. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, also can lead to permanent damage to vital organs such as the brain and the liver.

A 12-oz. can of beer, a 5-oz. glass of wine and a 1.5-oz. shot of hard liquor all contain the same amount of alcohol. Coffee, cold showers and exercise do not speed up the body's ability to metabolize alcohol – only the passage of time will

free the body from the effects of alcohol.

Signs and Symptoms of Abuse

Dulled mental processes

Lack of coordination

Slowed reaction time

Poor judgment

Reduced inhibitions

Alcohol consumption causes a number of marked changes in behavior. Even small amounts alcohol can significantly impair the judgment, reaction time and coordination needed to safely operate equipment or drive a car.

Health Effects of Alcohol

Decreased sexual functioning

Liver cancer, fatty liver, hepatitis, cirrhosis

Increased cancers of the mouth, tongue, pharynx, esophagus, rectum, breast and skin

Kidney disease

Ulcers

Increased acid in the stomach

Insomnia

Gout

Contributes to high blood pressure and strokes

Heart muscle disease or heart failure

Use during pregnancy can cause fetal alcohol syndrome, increased risk of miscarriages, premature births, stillbirths, and low-birth-weight babies;

Increased blood sugar levels which makes diabetes worse;

Increased severity of mental health problems such as bipolar disorder, posttraumatic stress disorder, depression, anxiety, and addiction

Marijuana

Marijuana is a derivative of the cannabis sativa plant and is illegally used for its intoxicating effects and dreamy state of relaxation and euphoria. All forms of marijuana have negative physical and mental effects. Long-term users of marijuana may develop tolerance levels requiring more and more marijuana to achieve the same "high". Prolonged use leads to dependence, and the drug can become the center of users' lives. The active ingredient in marijuana is Delta-9-

Tetrahydrocannabinol, or THC.

Signs and Symptoms of Use

Several regularly observed physical effects of marijuana include:

substantial increase in heart rate

bloodshot eyes

dry mouth and throat

increased appetite

chronic sore throat

Use of marijuana also has mental effects that may include:

impaired or reduced short-term memory and comprehension

altered sense of time

changed sensory perception--sight, smell, hearing, touch

reduced ability to perform tasks requiring concentration and coordination, such as driving a car

Research also shows that people do not retain knowledge when they are “high”.

Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana also can produce paranoia and psychosis.

Health Effects

Emphysema-like symptoms

Respiratory track and sinus infections

Lowered immune system response

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

Inhalants

Inhalants are mood-altering substances that are voluntarily inhaled. Most substances used are commercial and household products, such as solvents and aerosols, which are easily obtained and are not harmful, if used for the purpose intended and as directed. Because they are common products, inhalants often are a young person’s first attempt at “getting high”. Inhalants can severely impair judgment and driving ability. They also cause severe disorientation, visual distortion and confusion. There is evidence that tolerance to the effects of

inhalants develops with continued use, so users need to increase use to obtain the same high. Studies have shown that dependence on inhalants continues even when the user goes on to use other drugs. Inhalants include Nitrous Oxide, laughing gas, propellant aerosol cans, Amyl Nitrite, poppers, snappers in ampules, Butyl Nitrite, rush, bullet, climax, aerosol sprays, aerosol paint cans, containers of cleaning fluid, gasoline, glue and paint thinner.

Signs and Symptoms of Use

Inhaling solvents allows the substance to reach the bloodstream very quickly. The immediate negative effects of inhalants include:

- nausea
- sneezing
- coughing
- nosebleeds
- fatigue
- poor coordination
- loss of appetite

Solvents and aerosol sprays also may decrease heart and respiratory rates. Amyl and Butyl Nitrite cause rapid pulse, headaches and involuntary passing of urine and feces.

Health Effects

- hepatitis
- brain damage
- debilitating effects on the central nervous system
- weight loss
- fatigue
- electrolyte imbalance
- muscle fatigue
- permanent damage to the nervous system

Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or depressing the central nervous system to the point that breathing stops.

Cocaine

Cocaine is the most potent stimulant of organic origin and the most widely used of

the stimulants. Although cocaine has been used in the past as a topical anesthetic, its therapeutic uses have almost been eliminated due to the development of safer anesthetics. Cocaine is a powerfully addictive drug leading to physical and psychological dependence. Cocaine powder is sniffed or snorted. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Cocaine powder can also be injected into the bloodstream when it is mixed with water. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Inhalation of cocaine fumes from freebasing produces effects that are very fast in onset, very intense and momentary in duration. Crack is cocaine that is processed into tiny chips having the appearance of slivers of soap. Crack has become a very popular form of cocaine, since it is inexpensive and relatively easy to use. It is smoked in a pipe or rolled with tobacco in a cigarette.

Signs and Symptoms of Use

dilated pupils

increased pulse rate

elevated blood pressure

insomnia

loss of appetite

tactile hallucinations

paranoia

seizures

anxiety, agitation

periods of increased activity followed by fatigue and depression

wide mood swings

difficulty in concentration

Health Effects

Cocaine stimulates the central nervous system. Its effects include:

dilated pupils

elevated blood pressure

elevated heart rate

elevated respiratory rate

elevated body temperature

death by cardiac arrest or respiratory failure

Other Stimulants

Stimulants are drugs that stimulate the central nervous system and excite bodily activity. Methamphetamine is one of the fastest growing drugs of abuse. These drugs create less intense and less expensive cocaine-like effects in the body.

Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions and paranoia. These symptoms usually disappear when drug use ceases.

Amphetamines can be swallowed in pills or capsules, smoked as “crank” and “ice” or injected. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever or heart failure.

Signs and Symptoms of Use

Mood changes

Impaired concentration

Impaired mental functioning

Swings between apathy and alertness

Restless, anxious and moody behavior.

Health Effects

increased heart and respiratory rates

elevated blood pressure

sweating

headaches

blurred vision

dizziness

sleeplessness and anxiety

rapid or irregular heartbeat

tremors

poor coordination

physical collapse

Physical exertion while using stimulants can be dangerous because of the drugs' effects on the body's temperature-regulating and cardiovascular systems and can cause deaths in otherwise healthy young athletes.

Depressants

A depressant is a drug that depresses the central nervous system, resulting in sedation and a decrease in bodily activity. Depressants, taken as prescribed by

physicians, can be beneficial for the relief of anxiety, irritability, stress and tension. The main classes of medical depressants are barbiturates and benzodiazepines. When regular users suddenly stop taking large doses, they can develop withdrawal symptoms ranging from restlessness, insomnia and anxiety to convulsions and death. Babies born to mothers who abuse depressants during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems also may result. Depressants are known as: barbiturates, downers and tranquilizers, such as Valium, Librium, Equanil, Serax, Tranxene and Zanax.

Signs and Symptoms of Use

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause:

- slurred speech
- staggered walk
- altered perception
- mental clouding and drowsiness
- respiratory depression
- coma and death

Health Effects

- physical and psychological dependence
- tolerance to the drug, leading the user to increase the quantity consumed.

Hallucinogens

Hallucinogenic drugs distort the senses and often produce hallucinations--experiences that depart from reality. Some negative health effects may last six months to a year following prolonged daily use. Phencyclidine (PCP) interrupts the function of the neocortex, the section of the brain that controls the intellect and keeps instincts in check, because the drug blocks pain receptors. Violent PCP episodes may result in self-inflicted injuries. Lysergic acid (LSD), mescaline and psilocybin also are hallucinogens that cause illusions and hallucinations. It is common to have a bad psychological reaction to LSD, mescaline and psilocybin. The user may experience panic, confusion, suspicion, anxiety and loss of control. Delayed effects or flashbacks can occur even after use has ceased.

Signs and Symptoms of Use

impaired concentration
confusion and agitation
muscle rigidity
profuse sweating
a sense of distance and estrangement
muscular coordination worsens and senses are dulled
blocked and incoherent speech
dilated pupils
elevated body temperature
increased heart rate and blood pressure
loss of appetite
sleeplessness
tremors

Health Effects

persistent memory problems
speech difficulties
Mood disorders, such as depression, anxiety and violent behavior
paranoid and violent behavior
hallucinations
convulsions and coma
heart and lung failure

Narcotics

Narcotic analgesics are the most effective compounds used for pain relief. Narcotic analgesics include Opium, Opiates (morphine, codeine, Percodan, heroin and dilaudid) and Opioids (synthetic substitutes such as Vicodin, Darvon, Demerol and methadone). Narcotics can be smoked or eaten (opium), injected, taken orally or smoked (morphine), inhaled, injected or smoked (heroin). Opiates also are known as: heroin, smack, horse, brown sugar and black tar.

Signs and Symptoms of Use

A feeling of euphoria that is often followed by:
drowsiness
nausea and vomiting

constricted pupils
watery eyes and itching
low and shallow breathing
clammy skin
impaired respiration
convulsions
coma
possible death

Health Effects

easy addition
addiction in pregnant women can lead to premature, stillborn or addicted infants who experience severe withdrawal symptoms.

Designer Drugs

Illegal drugs are defined in terms of their chemical formulas, but underground chemists can modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs, which do not meet these definitions. These drugs can be several hundred times stronger than the drugs they are designed to imitate.

Many of the so-called designer drugs are related to amphetamines and have mild stimulant properties but are mostly euphorants. They can produce severe neurochemical damage to the brain. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease, including uncontrollable tremors, drooling, impaired speech, paralysis and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating and faintness.

Psychological effects include anxiety, depression and paranoia. As little as one dose can cause brain damage, and the designer drugs still cause illusions, hallucinations and impaired perception.

Some designer drugs are: Synthetic Heroin White, MPTP (New Heroin), analogs of MDMA (Ecstasy, XTC, Essence), hallucinogens (STP, PMA, EVE) and analogs of PCP.