

ALCOHOL AND DRUG ABUSE

PREVENTION/INTERVENTION PROGRAMS:

(NADA) NATIONAL ACUPUNCTURE DETOXIFICATION ASSOCIATION:

The following individuals/organizations use the NADA 5 point protocol. These five acupuncture points are located on the ears and were chosen based on extensive research and testing. The five points lower electrical resistance and pain sensitivity. They balance the body's energy system, assist the body in healing, and restore the calm inner qualities.

The Phoenix Shanti Group

Phone: 602-279-0008 Web: www.shantiaz.org

Roy Johnston at Native Health-Phoenix

Phone: 602-615-8327

Babak Nayeri-Phoenix

Phone: 602-364-0868

Catherine Paddack-Scottsdale

Phone: 623-566-6120

12-STEP PROGRAMS:

A.A. meetings in Phoenix, Scottsdale and surrounding communities

Phone: 602-264-1341 Web: www.aaphoenix.org

Native American Indian General Service Office of Alcoholics Anonymous US Recovery Information

Phone: 256-247-5887 Web: <http://usrecovery.info/Native-American/index.htm>

Arizona Narcotics Anonymous

Phone: 480-897-4636 Web: www.eva-arizona-na.org

OTHER PREVENTION/INTERVENTION PROGRAMS:

Calvary Rehab- an in-patient and out-patient facility for men and women

720 E. Montebello Avenue, Phoenix, AZ 85014

Phone: 602-279-1468 Web: www.calvarycenter.com

A Sober Way Home- a residential drug and alcohol treatment facility

195 Plaza Drive, Prescott, AZ 86303

Phone: 1-877-917-6237 Web: www.asoberwayhome.org

PIHMA fully supports disciplinary action for misconduct and the enforcement of state and federal laws governing the use of alcohol and the use, abuse, possession or distribution of controlled substances or illegal drugs.

PIHMA College & Clinic

A Drug Free Environment

Included in this pamphlet:

- Drugs & Alcohol: Signs, Symptoms, and Health Effects
- PIHMA Policy & Sanctions
- Drug & Alcohol Abuse Prevention/Intervention Programs

Phoenix Institute of Herbal Medicine & Acupuncture (PIHMA) is committed to establishing a drug-free environment. This pamphlet is intended as an information resource; part of an overall program designed to demonstrate our commitment to a drug free environment.



PIHMA

Phoenix Institute of Herbal Medicine & Acupuncture

COLLEGE & CLINIC

301 East Bethany Home Road, Suite A-100, Phoenix, Arizona 85012
 Web: www.pihma.edu E-mail: info@pihma.edu Phone: 602-274-1885

HEALTH RISKS ASSOCIATED WITH ALCOHOL AND DRUGS

Signs & Symptoms of Abuse	Health Effects
Alcohol	
Dulled mental processing, slowed reaction time, lack of coordination, poor judgment and reduced inhibitions.	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, increased blood sugar levels, making diabetes worse, increased severity of mental health problems.
Marijuana	
Substantial increase in heart rate, bloodshot eyes, dry mouth & throat, increased appetite, chronic sore throat, impaired/reduced short-term memory, altered sense of time, changes in sensory perception, reduced ability to perform tasks involving concentration.	Emphysema-like symptoms, respiratory tract and sinus infections, lowered immune system response.
Narcotics	
A feeling of euphoria that is often followed by drowsiness, nausea and vomiting, constricted pupils, watery/itchy eyes, low and shallow breathing, clammy skin, impaired respiration, convulsions, coma and possible death.	Easy addiction, addiction in pregnancy can lead to premature stillborn, or addicted infants who experience withdrawal symptoms
Inhalants	
Nausea, sneezing, coughing, nosebleeds, fatigue, poor concentration, loss of appetite.	Hepatitis, brain damage, debilitating effects on the central nervous system, weight loss, fatigue, electrolyte imbalance, muscle fatigue, permanent damage to the nervous system.
Cocaine	
Dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, seizures, anxiety, agitation, increased activity followed by fatigue and depression, wide mood swings, difficulty in concentration.	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.
Hallucinogens	

Impaired concentration, confusion and agitation, muscle rigidity, profuse sweating, a sense of distance and estrangement, blocked and incoherent speech, dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness and tremors.

Persistent memory problems, speech difficulties, mood disorders, paranoid and violent behavior, hallucinations, convulsions, coma, heart and lung failure.

PIHMA POLICIES & SANCTIONS

THE PIHMA COMMUNITY IS PROHIBITED FROM:

- **Drugs-** Unlawful manufacture, distribution, dispensation, sale, possession, or use of controlled substances / illegal drugs, or being under the influence of the same, during academic activities, during an assigned clinic shift, during treatment of patients/clients, in any professional capacity, in class, on PIHMA premises, or at any PIHMA-sponsored activity.
- **Alcohol-** Manufacture, distribution, dispensation, possession, use of alcohol, or being under the influence of alcohol during academic activities, during an assigned clinic shift, during treatment of patients/clients, in any professional capacity, or in class. (Possession or use of alcoholic beverages at PIHMA-sponsored activities, not in violation of public policy or professional ethics, may be permitted. Check with the Administration Office regarding authorization.)
- Smoking in PIHMA facilities.

IT'S THE LAW . . .

State Law Governing Alcohol & Possession of a Controlled Substance: The State of Arizona sets 21 as the "legal drinking age"; individuals in violation of this law are guilty of a misdemeanor and may be subject to a fine and imprisonment for up to six months. Also, the Uniform Act Regulating Traffic on Highways prohibits driving while under the influence of intoxicating liquor or drugs (DWI). The punishment for DWI ranges from not less than twenty-four consecutive hours in jail and a fine of not less than two hundred fifty dollars for a first offense to a minimum of six months in jail and revocation of the driver's license for three years upon a third offense. **Illegal Possession of a Controlled Substance:** Title Thirteen, Chapter 34 of the Arizona Revised Statutes lists drug offenses and their penalties. It is against State and Federal law to possess, use, or distribute drugs.

PIHMA DISCIPLINARY SANCTIONS:

Individuals who break Federal and/or State laws will be turned over to the authorities. Disciplinary sanctions will be imposed on students who violate General Conduct Regulations.

Disciplinary sanctions are defined as follows:

Warning. Notice given orally or in writing that any further misconduct may result in more serious discipline. **Suspension.** Separation from PIHMA for a specified period of time. All decisions relating to suspension that are concerned with academic dishonesty are determined by the Academic Dean, who also sets an appropriate amount of time for suspension. **Dismissal.** Permanent separation from PIHMA. All decisions relating to dismissal are to be made by the Review Board; the committee will consider the facts and the severity.

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