

## **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](http://www.shantiaz.org)

#### **Native Health of Phoenix**

Phone: 602-279-5262 Web: [www.nativehealthphoenix.gov](http://www.nativehealthphoenix.gov)

#### **Arizona Department of Health Services**

Phone: 602-542-1025 [www.azdhs.gov](http://www.azdhs.gov)

#### **Catherine Paddack, LISAC**

Phone: 602-302-7860

### **12-STEP PROGRAMS:**

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

Phone: 602-264-1341 Web: [www.aaphoenix.org](http://www.aaphoenix.org)

#### **National International Native American Indian Alcoholics Anonymous**

Phone: 480-789-5320 Web: [www.nai-aa.com](http://www.nai-aa.com)

#### **Arizona Narcotics Anonymous**

Phone: 602-325-4702 Web: [www.arizona-na.org](http://www.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](http://www.calvarycenter.com)

#### **Silver Sands Recovery**-Effective drug and alcohol treatment facility

3636 Crossing Drive, Phoenix, AZ 86305

Phone: 1-888-845-9484 Web: [www.silversandsrecovery.com](http://www.silversandsrecovery.com)

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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**

## **2020**

### **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.



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## HEALTH RISKS ASSOCIATED WITH ALCOHOL AND DRUGS

Signs & Symptoms of Abuse	Health Effects
<b>Alcohol</b>	
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.
<b>Marijuana</b>	
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.
<b>Narcotics</b>	
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
<b>Inhalants</b>	
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.
<b>Cocaine</b>	
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.
<b>Hallucinogens</b>	
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 Chief Academic Officer, 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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