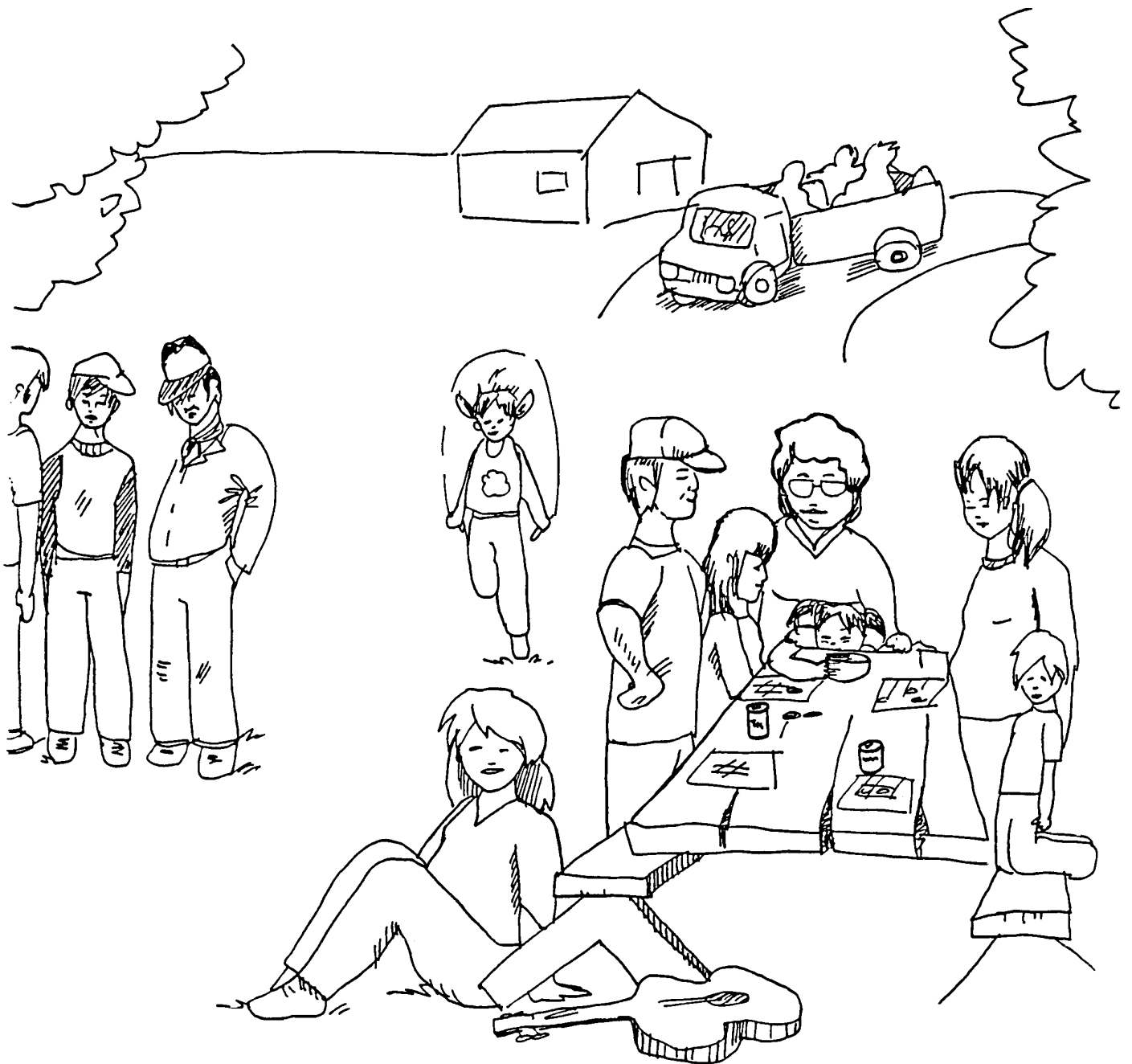


Learning About the Effects of Alcohol and Other Drugs



Learning About the Effects of Alcohol and Other Drugs



Learning About the Effects of Alcohol and Other Drugs

Introduction: Why Talk About Alcohol and Drugs?

- The use and abuse of alcohol and other drugs affects all communities all over the world.
 - As migrant farmworkers, our problems with alcohol and other drugs aren't any bigger than any other community.
 - But, like any community, these things affect some of us.
 - Also, some of us worry about people we know who have problems with alcohol or other drugs.
 - Today we are here to talk about ways in which drugs and alcohol in our community affect all of us.
-

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Thanks to the following people for revision and comments: Marsha Benz, Carlos Chavez, Rigo Gallegos, Jose Garrido, Patrick Proctor, Patti Wren, Florida Camp Health Aides, Texas Colonia Health Workers; Migrant Health Promotion

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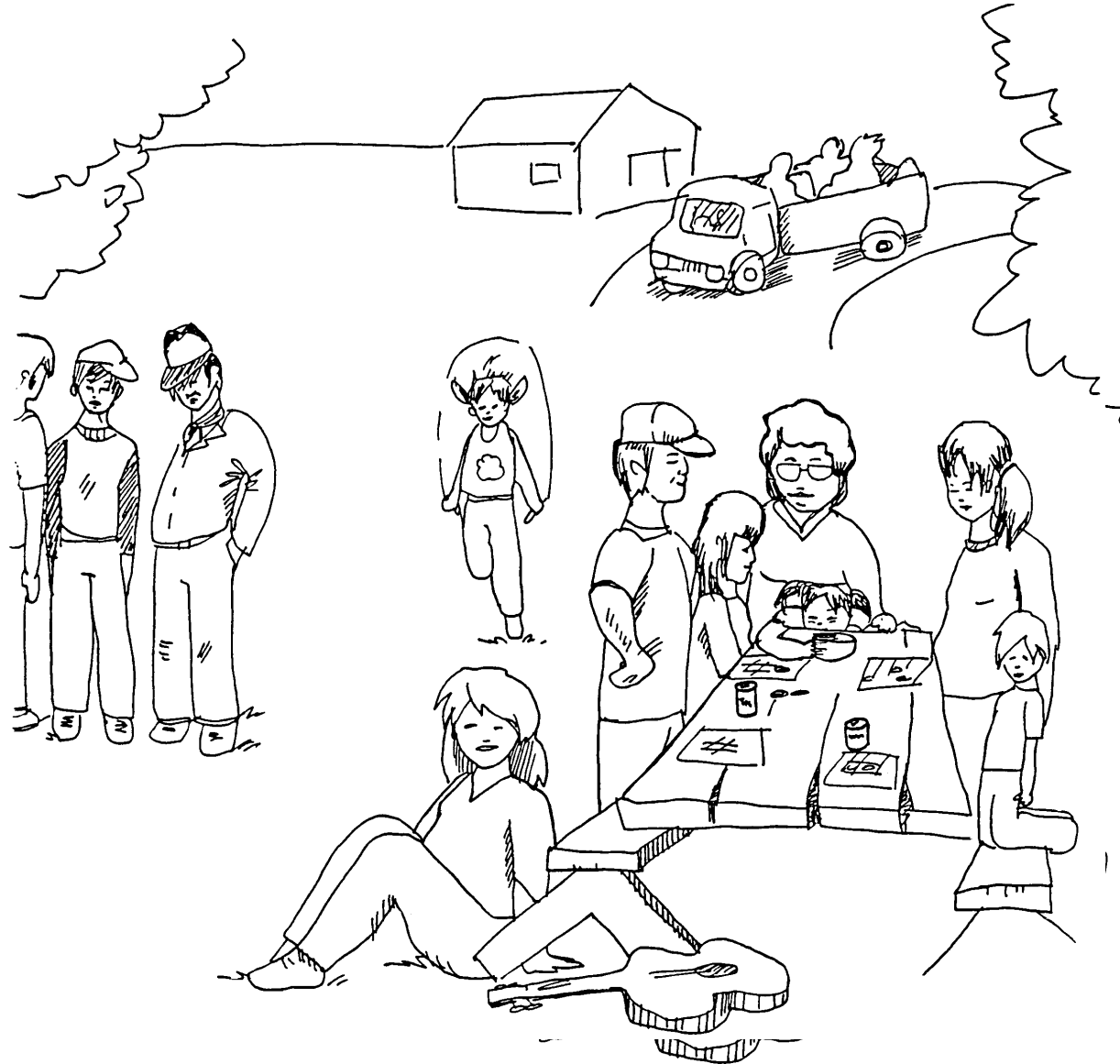
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Learning About the Effects of Alcohol and Other Drugs



What is Alcohol?

There are many different kinds of Alcohol.

These include:

- beer
- wine
- liquor (whisky, grain alcohol, tequila, vodka)

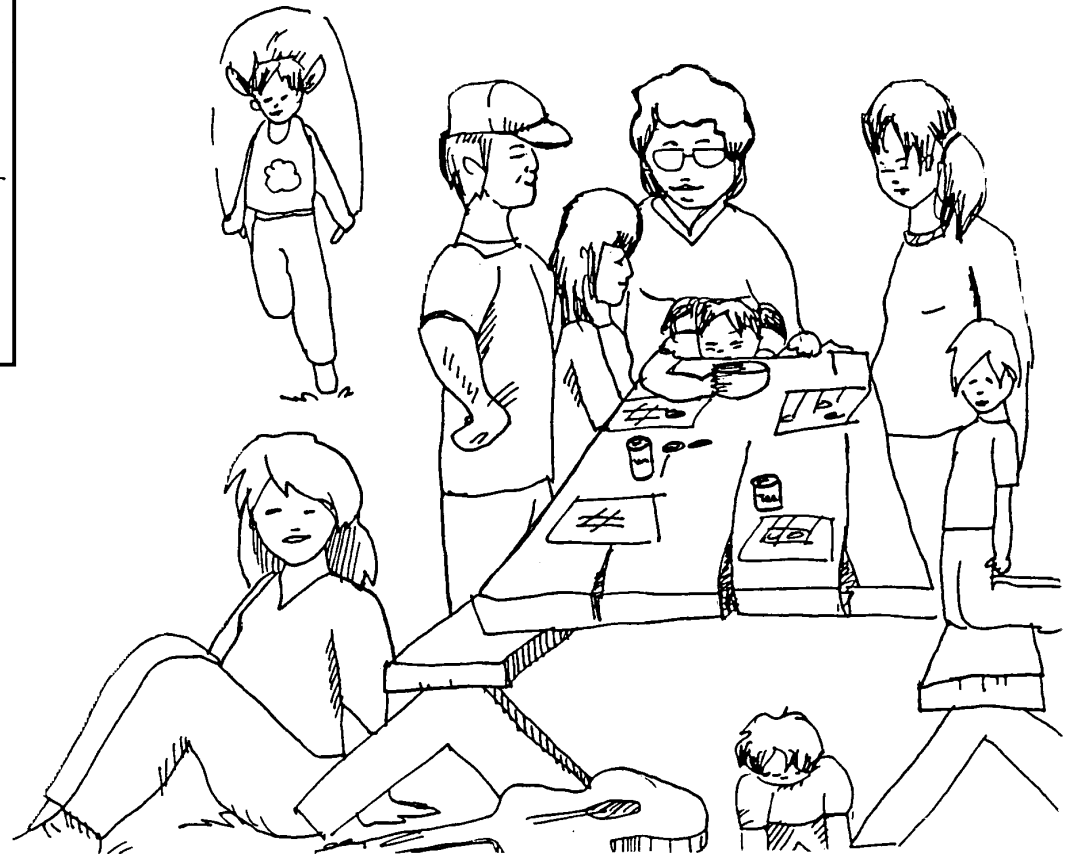
Alcohol is something that people use at celebrations and to relax with friends and family. Many people enjoy drinking because it relaxes them and is a part of community life. Some people do not drink at all.

Drinking can become a problem if people drink too much.

Alcohol can be a problem if:

- someone drinks too much all at one time
or
- someone is addicted.

Alcohol



Effects of Alcohol.

People who are drinking may:

- feel relaxed
- be more talkative and more confident
- talk slowly and be difficult to understand
- have trouble doing simple physical things
- lose their balance
- throw up or feel sick to their stomach
- pass out
- not remember what happened
- have a hangover the next day

Effects of Alcohol.



When is Drinking a Problem?

People sometimes drink too much. Also, people may do dangerous things without thinking when they are drunk. These may include:

- being violent at home with family members
- getting into fights
- driving while drunk
- having sex without a condom
- having sex that you may regret
- passing out or not remembering what happened
- doing things that you usually would not do

Some people become addicted to alcohol. This means they are dependent on alcohol. They may act in the following ways:

- getting drunk to escape problems
- getting drunk alone often
- not meeting their responsibilities
- leaving their family without money
- having alcohol interfere with their daily activities
- not admitting that alcohol is a problem
- always saying that they will quit, but never quitting

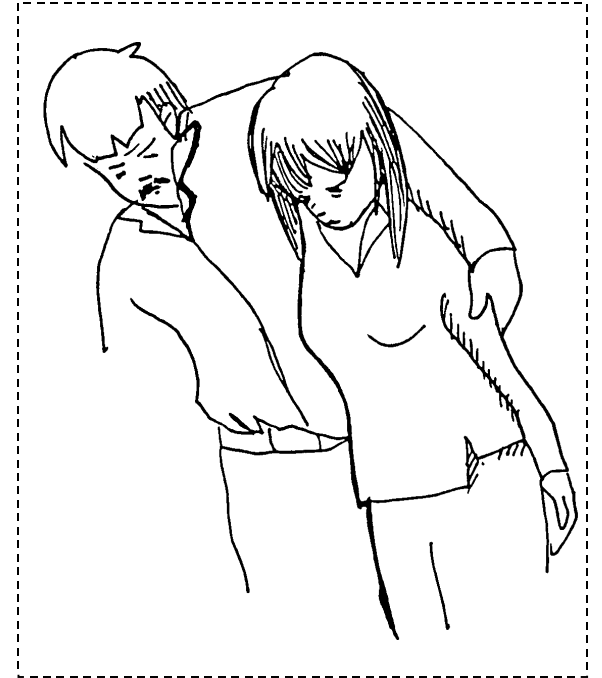
Health Effects

Health problems from drinking too much alcohol for many years include:

- malnutrition
- overweight
- diabetes
- liver disease
- kidney damage
- death

If someone who is addicted tries to stop drinking suddenly, they may shake, have hallucinations, and feel nervous.

When is Drinking a Problem?



What is Marijuana?

These are some common names for marijuana:

weed pot dope grass
bud reefer hash ganja
hierba mota

Do you know other names for marijuana?

Marijuana is usually smoked like a cigarette or in a pipe.

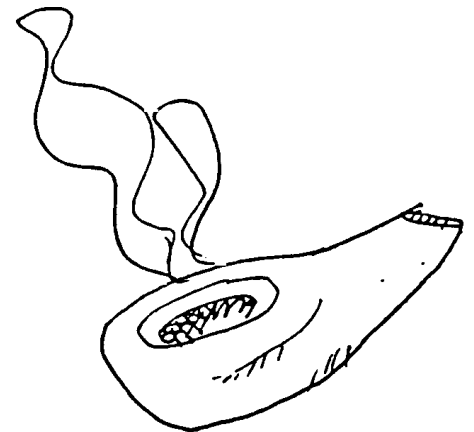
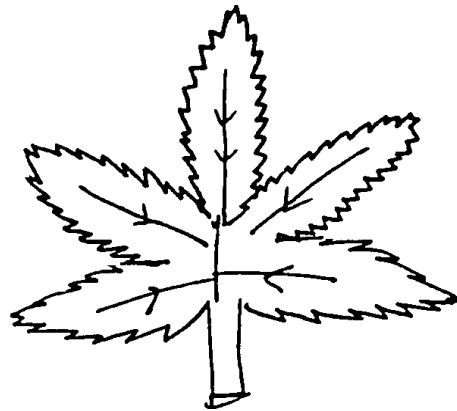
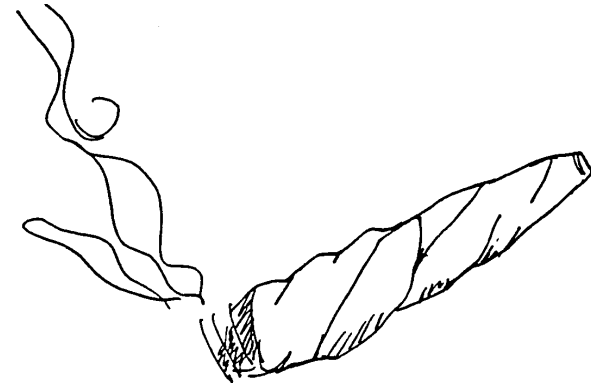
Effects of Marijuana

People who use marijuana may:

- feel relaxed
- feel happy
- get red eyes
- be very hungry
- feel tired
- have trouble doing simple physical things
(like driving a car or using machines)
- not have a good sense of time
- feel panicked or nervous
- forget things easily

Marijuana

weed, pot, mota, grass, dope,
hash, reefer, bud, ganja, hierba,



Effects of Marijuana

Marijuana can have many different effects on people's behaviors.

The most common are forgetting things and laziness.

After time, many people who use pot may lose their motivation.

Effects of Marijuana



What is Cocaine?

Cocaine has many names:

coke	rock	crack
snow	blow	roca

What are names that you have heard of?

Cocaine comes in different forms:

- A white powder that is inhaled through the nose
- The powder can be melted and injected with a needle
- Crack is a concentrated form of cocaine that is smoked.

Effects of Cocaine

People who take cocaine may:

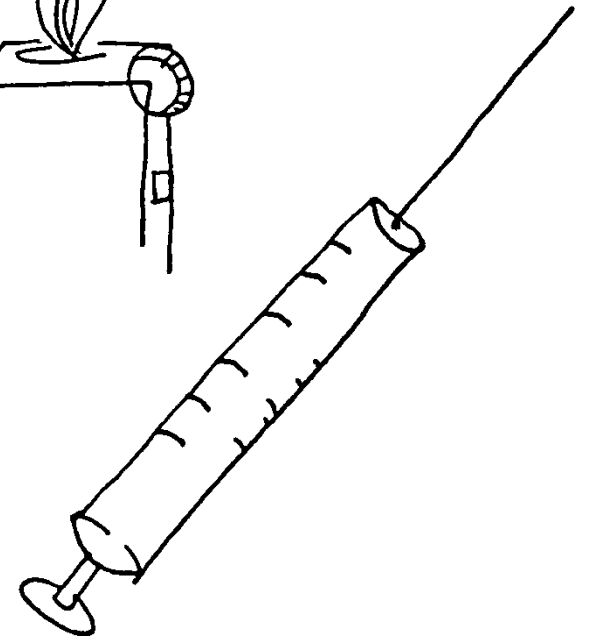
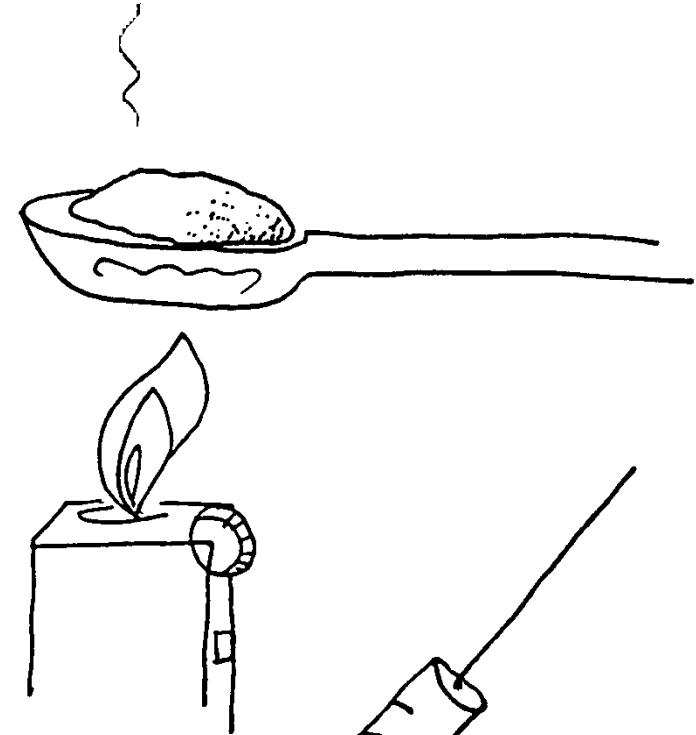
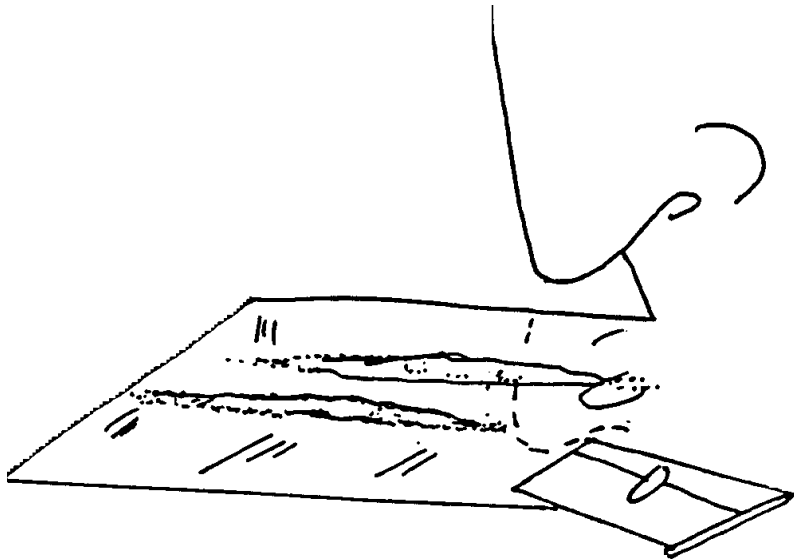
- feel more alert
- feel really good
- not be able to sleep
- not feel hungry
- be overly confident
- have a lot of energy
- feel irritated or excited
- be moody
- feel paranoid

Crack is the most addictive kind of cocaine. It can have some other harmful effects as well, including:

- the lungs fail – you can't breathe
- heart attack
- convulsions (very hard shaking)

Cocaine

coke, blow, snow, crack, rock, roca.



Effects of Cocaine

What is happening to this woman?

- A person taking cocaine may feel and act very sure of themselves. This person relies on cocaine for their confidence. They may lose their confidence when they do not have cocaine.
- When a person is addicted to cocaine, the drug can become more important than anything else. Things that used to make a person happy become less important – for example, family, friends, sex, food, hobbies.
- Cocaine and crack are addictive. People may do extreme things to get more of the drug.
- Also, people may be more likely to have sex they may regret or to share needles when they are using cocaine.

Health Effects of Cocaine

If people use cocaine for a long time, they may:

- lose weight
- feel depressed
- feel paranoid (suspicious of everything)
- have heart problems

If people take cocaine by sharing needles, they can get an infection like hepatitis or HIV (which leads to AIDS)

An overdose can cause:

- convulsions (very hard shaking)
- death

Effects of Cocaine



What is Heroin?

Heroin has many names: smack, scag; junk.

What other names have you heard?

Heroin can be taken in different ways:

- A powder that is inhaled through the nose
- The powder can be melted and injected with a needle.

Effects of Heroin

People who use heroin may:

- feel really good at first
- feel relief from pain
- feel tired and lazy
- breathe slowly
- feel sick to their stomach or throw up
- not be able to sleep
- sweat and have cold, wet skin
- have constipation
- look pale

Heroin is extremely addictive. A person who is addicted needs more and more of the drug to function.

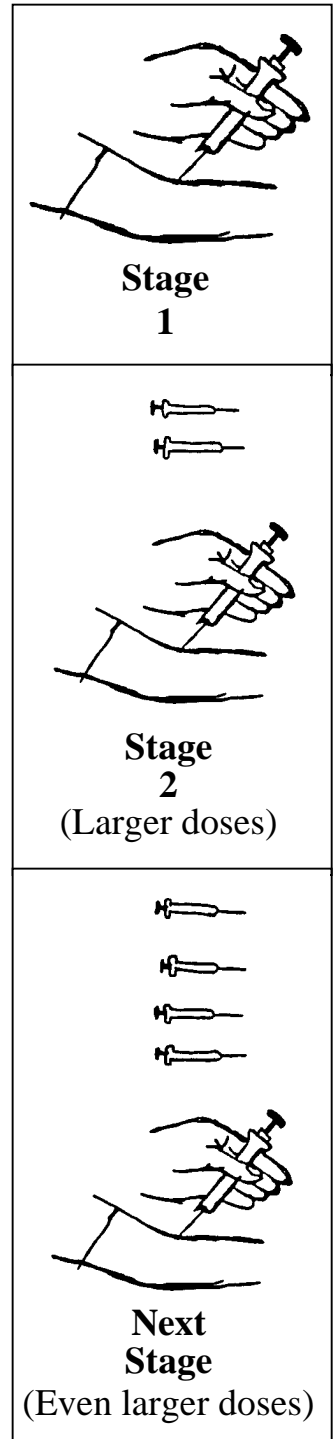
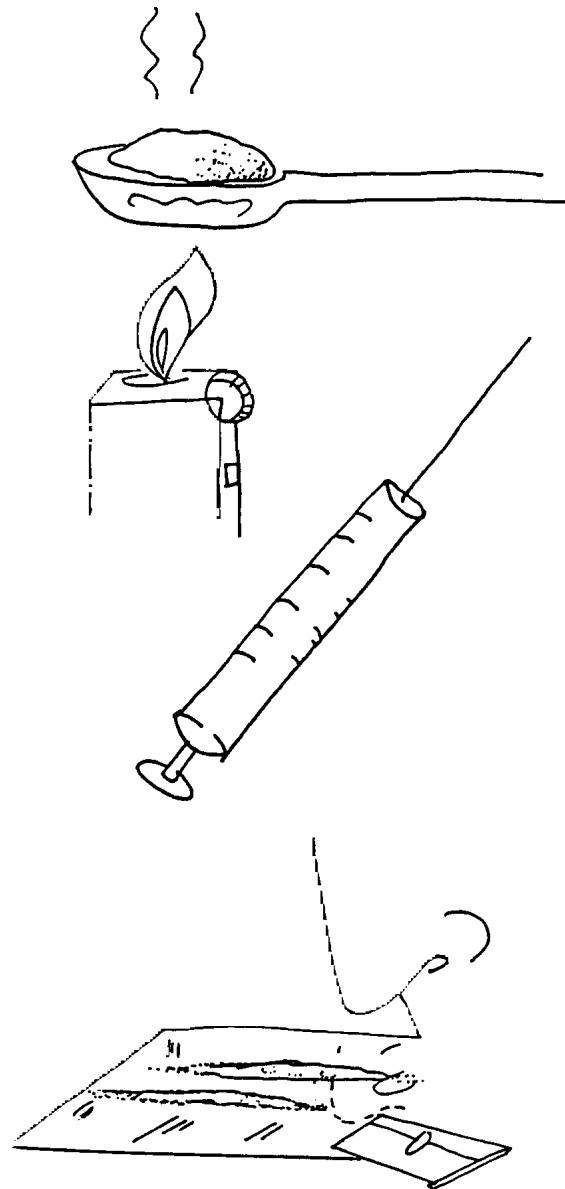
Health Problems:

- death
- infections – AIDS and hepatitis
- heart problems
- sores on skin from injecting

If a pregnant woman uses heroin, she can kill her baby.

Heroin

junk, smack, scag



What is Rohypnol?

Common names for Rohypnol are:

Roachies Roches Rocha Rophies
Roofies Ruffies Ropes Rib

Rohypnol is a prescription medication for sleeping.

Effects of Rohypnol

- Rohypnol causes “blackouts”. This means that when a person is on rohypnol they may not know what they are doing and might forget everything that they did.
- Rohypnol makes a person very relaxed and willing to do things that they normally would not do.
- People can put a rohypnol pill into another person’s drink without them knowing it. Women have been convinced to have sex or even raped while using rohypnol.
- Rohypnol has a very strong effect when used with other drugs. People have died from using Rohypnol with alcohol.
- Other effects include:
 - slurred speech personality change agitation
 - confusion difficulty waking

Rohypnol

roachies, roches, rocha, rophies,
roofies, ruffies, ropes, rib.



There are Other Kinds of Drugs.

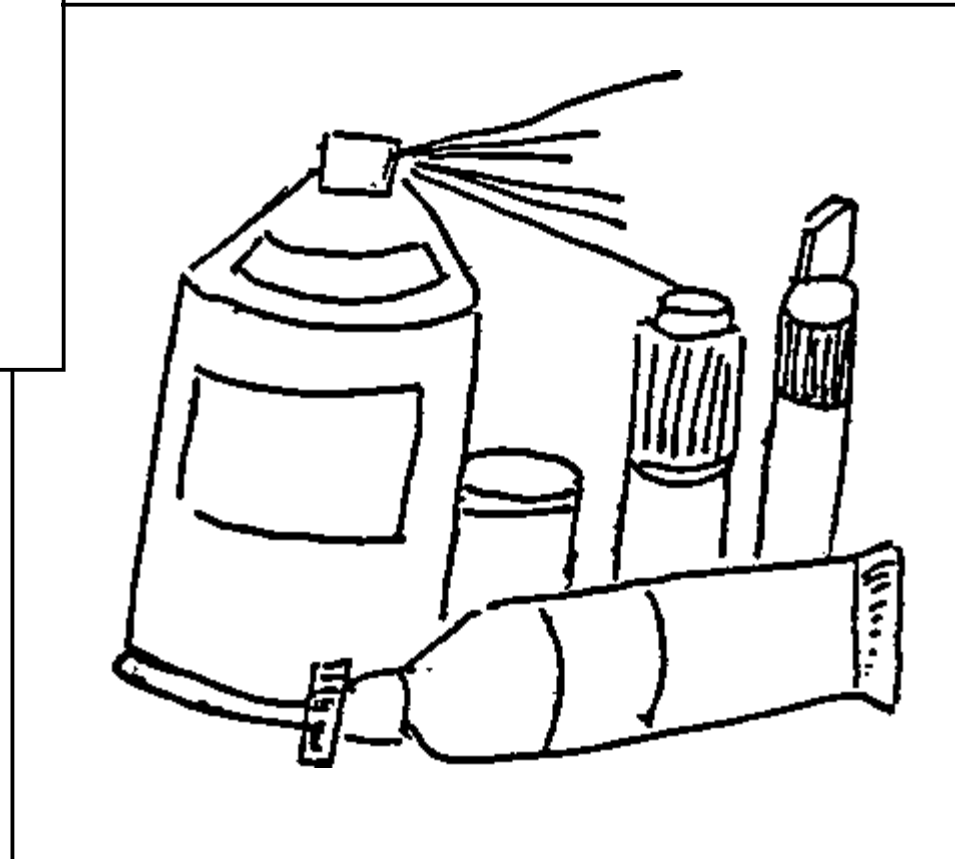
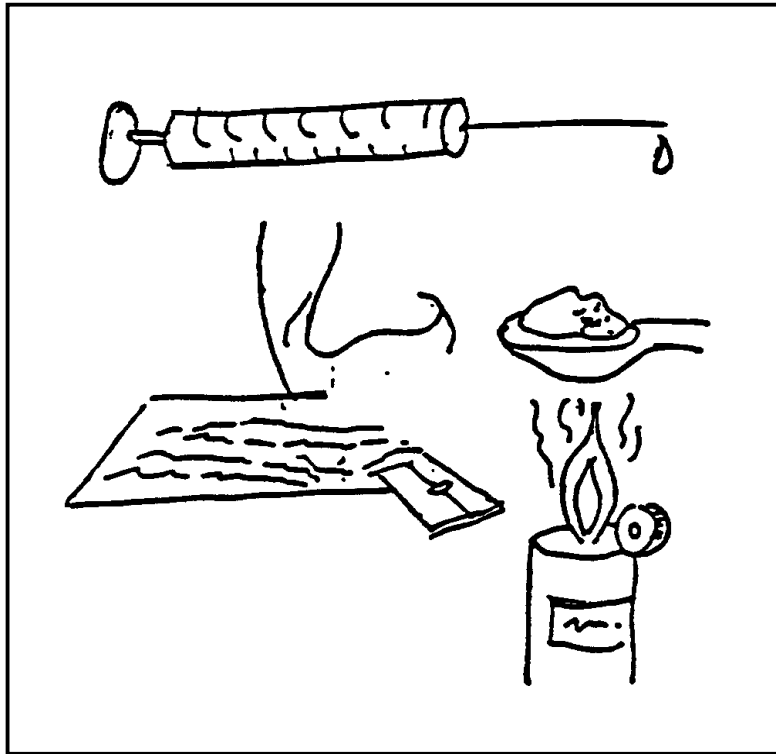
Here are some examples:

- **LSD**
- **Ephedrine**
- **Inhalants (glue, poppers)**
- **Morphine**

These drugs can cause problems that are like the other drugs we have talked about.

Do you know about other drugs?

There are Other Kinds of Drugs.



What Does it Mean to "Be Addicted"?

Some people do not get addicted, but some do. It depends on the person. With some drugs, addiction is very hard to avoid.

When a person is addicted, their body may feel a need for the drug. They may also believe that they need the drug.

Some signs of addiction include:

- Thinking about the drug often or all the time
- Needing the drug to manage stressful situations
- Believing a drug can help you get through the day
- Sacrificing family, money, friends, free time, hobbies to get the drug
- Not being able to control your body without the drug. The body doesn't function normally.
Example: Alcohol addiction leads to anxiety, tremors or shaking, and not being able to sleep.
Example: Heroin addiction can cause tremors, panic, nausea, cramps, and sweating.

Discussion of long-term health problems:

The body cannot tolerate long-term abuse.

Addiction can cause serious health problems. These include:

- depression
- isolation from friends, family and community
- poverty (many addicts spend most or all of their money on drugs)
- arrest and possible imprisonment

Sometimes, addiction kills people.

What Does it Mean to “Be Addicted”?



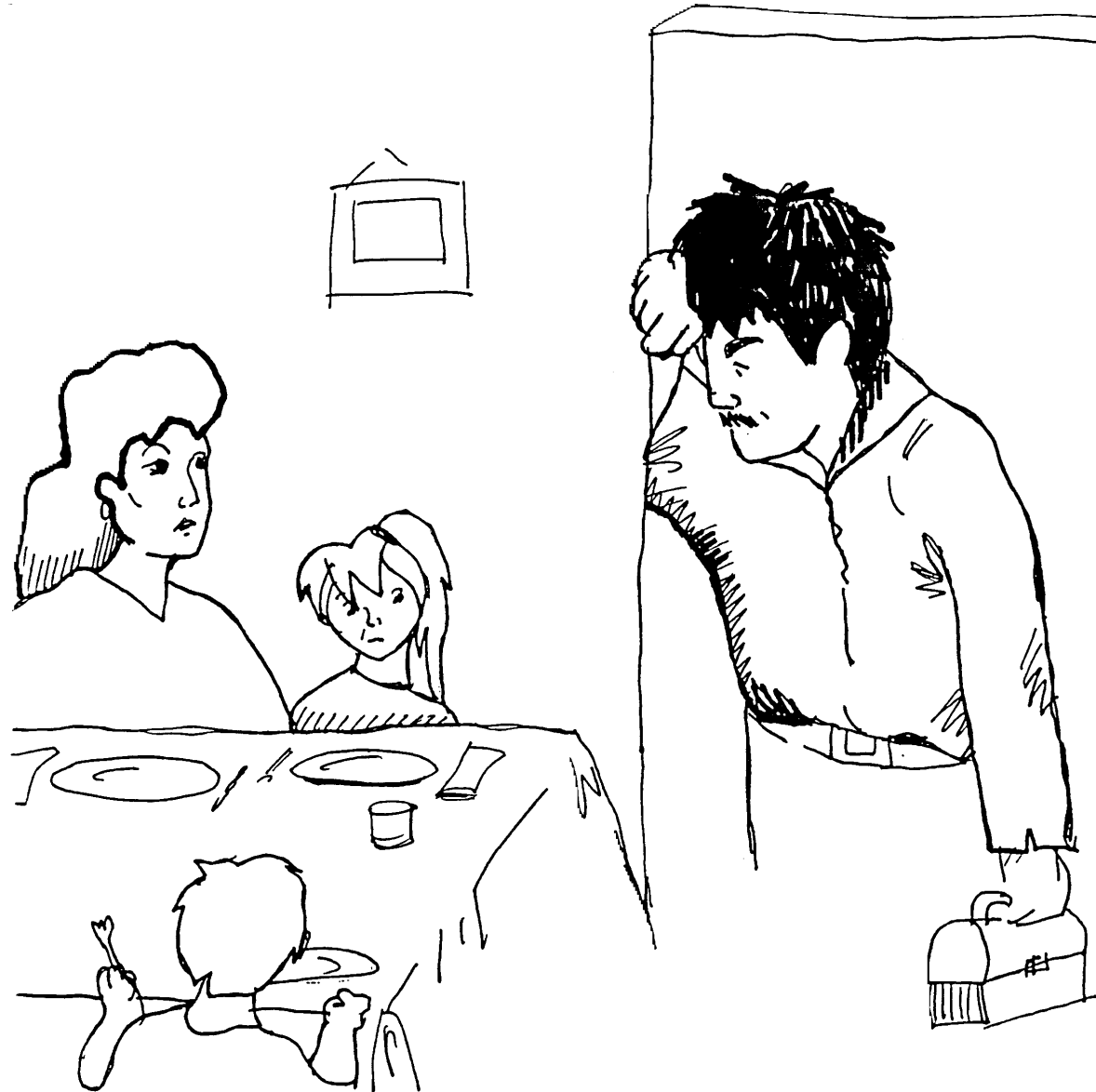
A Family Scene

Discussion:

This is a family. The father has a drinking problem.

- Do you see any signs that this is a problem for this family?
- What kinds of problems could his drinking cause for the family?

A Family Scene



Problems for the Family

Discussion of pictures - When an adult in a family abuses alcohol or drugs, these are some of the problems that can happen:

1. Not enough money to buy what the family needs.

Drugs and alcohol are expensive. If a family member spends money on drugs and alcohol, they may have no money left for the family.

2. Violence in the home.

People who use drugs and alcohol may sometimes abuse people in their family. They can hurt people physically and emotionally.

3. Neglect of family.

The family may not get the attention and time they need. The home will not be a loving environment.

4. Embarrassment for the family.

Both drugs and alcohol can cause a family member to do embarrassing things in public. This is embarrassing for the family.

5. Difficulties for the children.

Children can become confused when a parent acts strangely as a result of drugs or alcohol. A child may feel that they do not really know who their parent is because the parent has changed.

6. Strained relationship between the parents.

If one parent uses drugs or alcohol, the other parent may be upset by this. They may argue a lot.

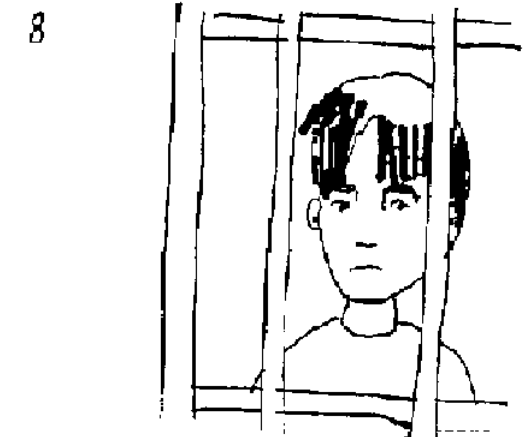
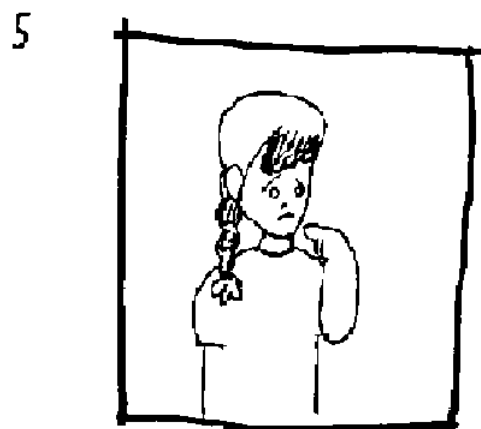
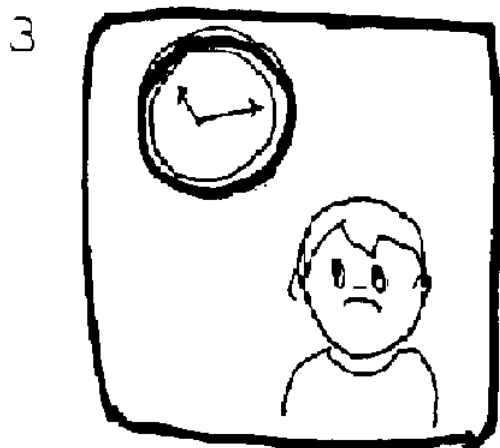
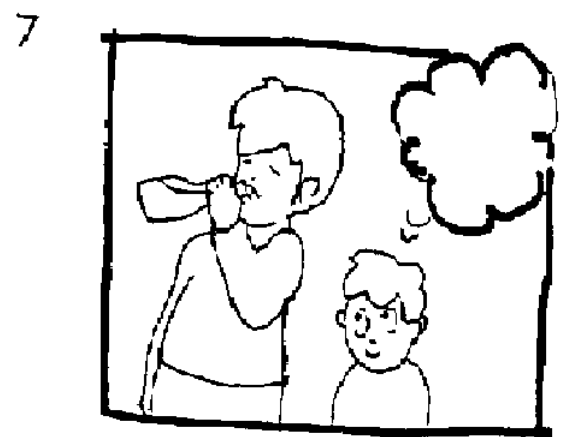
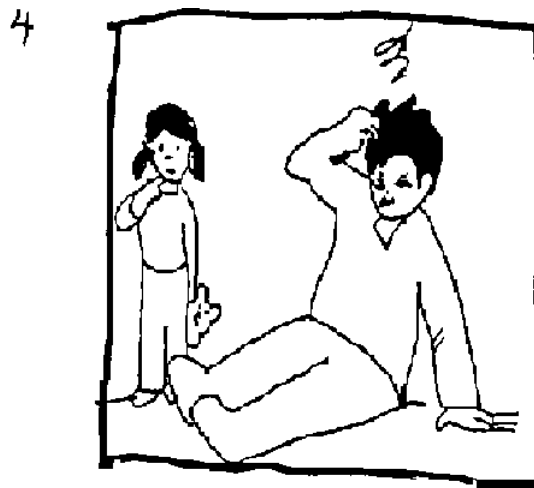
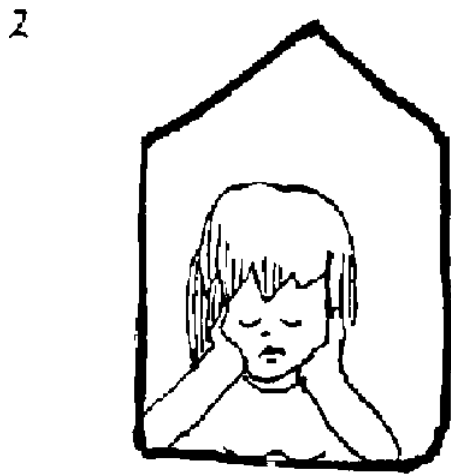
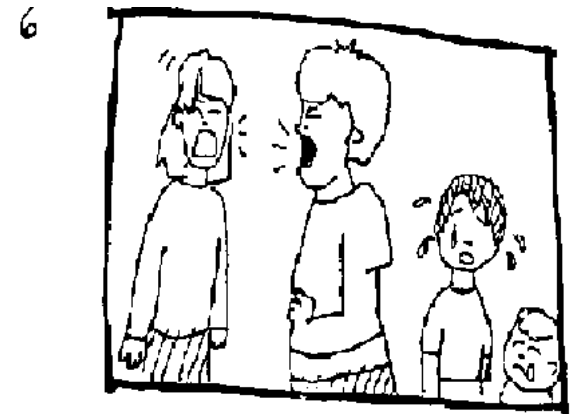
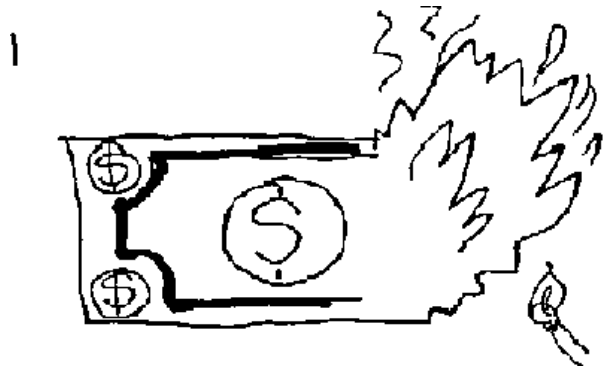
7. Bad example for children.

Children admire adults. When children see parents using drugs or alcohol, they may feel that it is a good idea. The child might start to copy the parent.

8. Arrest and prison.

Alcohol is a legal drug, but most other drugs are illegal. Prison sentences for drugs can be very serious. Driving while drunk is illegal.

Problems for the Family



A Family Scene

Discussion of the Picture:

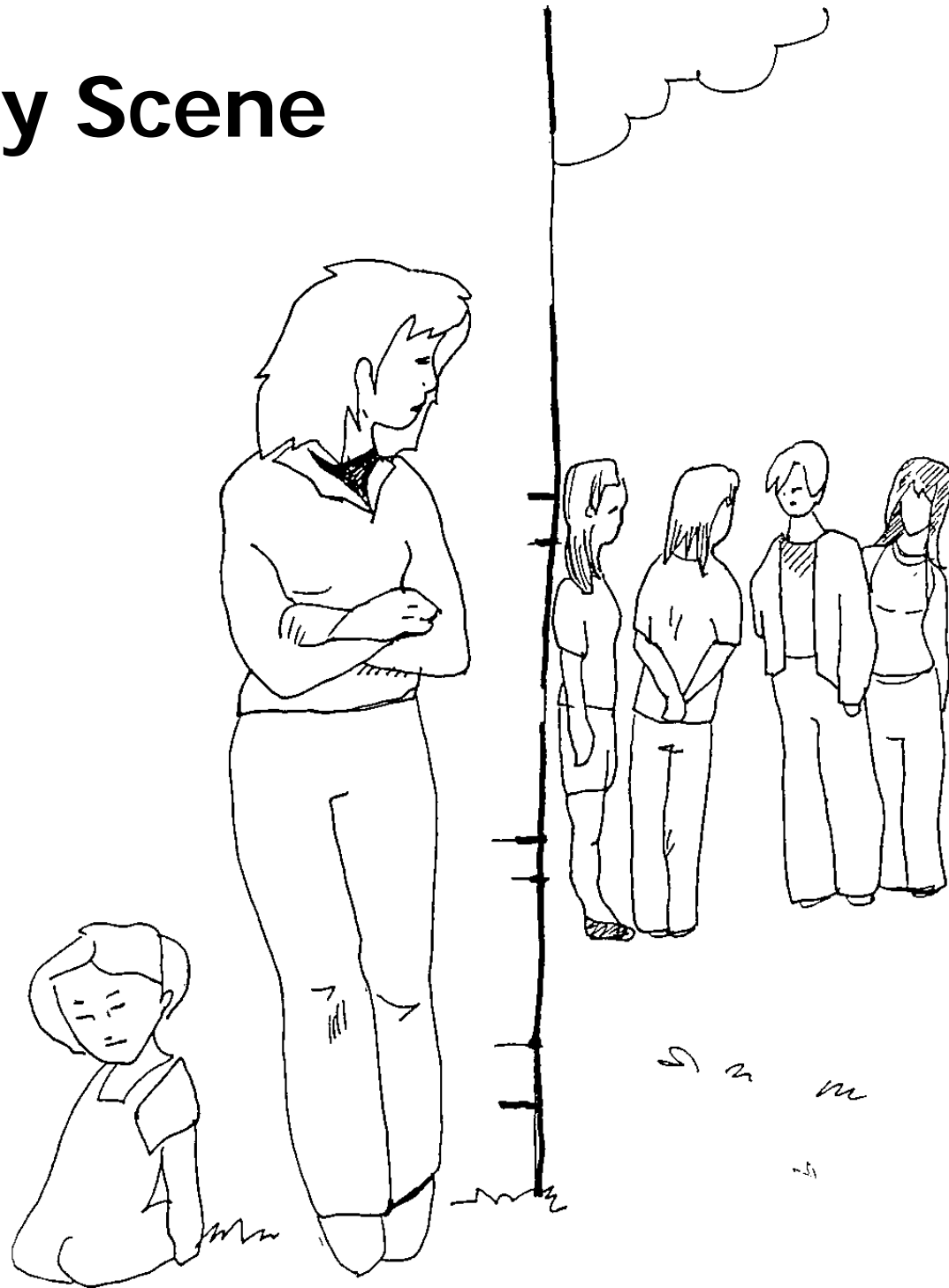
This is a mother watching her daughter talk with her friends.

- What could be going on here?

The mother is worried that her daughter might be using drugs.

- What are possible problems that could happen for the family?

A Family Scene



Problems for the Family

Discussion of pictures - When an adult in a family abuses alcohol or drugs, these are some more problems that can happen:

- 1. Stealing money to buy drugs:** Stealing, even from family members, is one way that people get money for drugs.
- 2. No concentration:** Many drugs make it difficult to pay attention. A person who uses drugs a lot will not want to do a lot except get more drugs.
- 3. No time for the family:** When a person takes drugs, their family becomes less important to them. Friends who help the person get more drugs become more important.
- 4. Overdose, health care costs and death:** Taking too many drugs at one time (overdose) can be very dangerous and can even kill you. Going to the hospital after a drug overdose is expensive. Treatment for addiction is also expensive.
- 5. Making bad decisions about sex can lead to HIV (AIDS), infections, or pregnancy:** A person taking drugs or alcohol may make bad decisions about sex. If a person has sex without using a condom they can get infections like HIV (AIDS), gonorrhea, chlamydia, and hepatitis. A person may also get pregnant without wanting to
- 6. A pregnant woman who uses drugs can harm her baby.**
- 7. Bad example for younger brothers and sisters:** Children admire their older brothers and sisters. They may want to imitate them or be like them.
- 8. Peer pressure:** Friends can make a person feel as though they **MUST** use a drug.

Problems for the Family

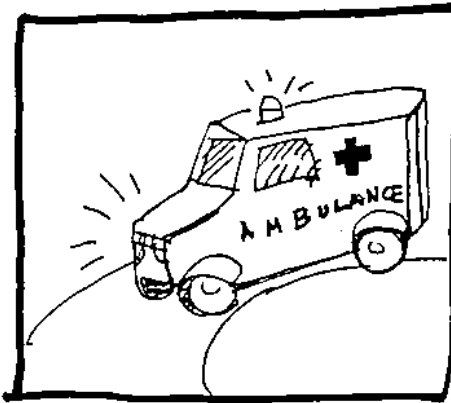
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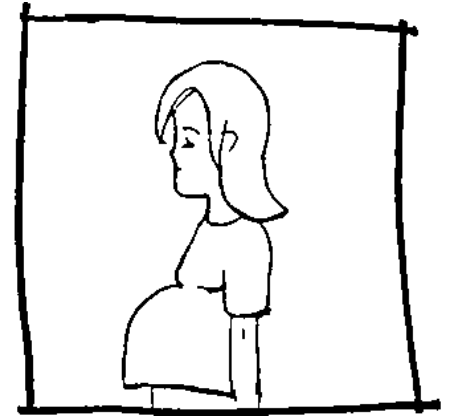
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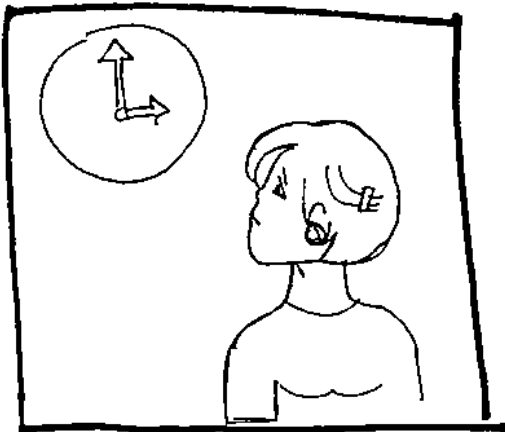
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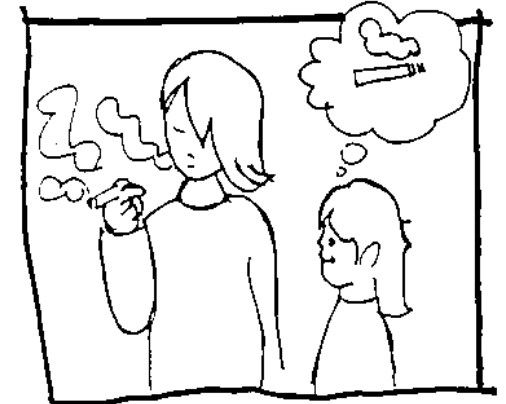
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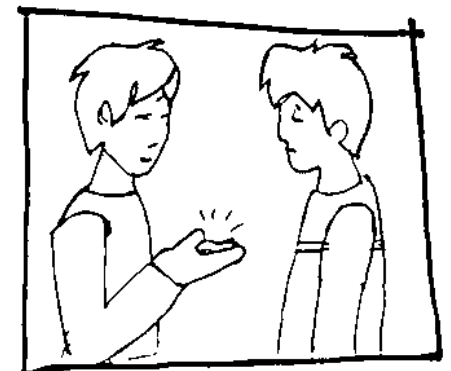
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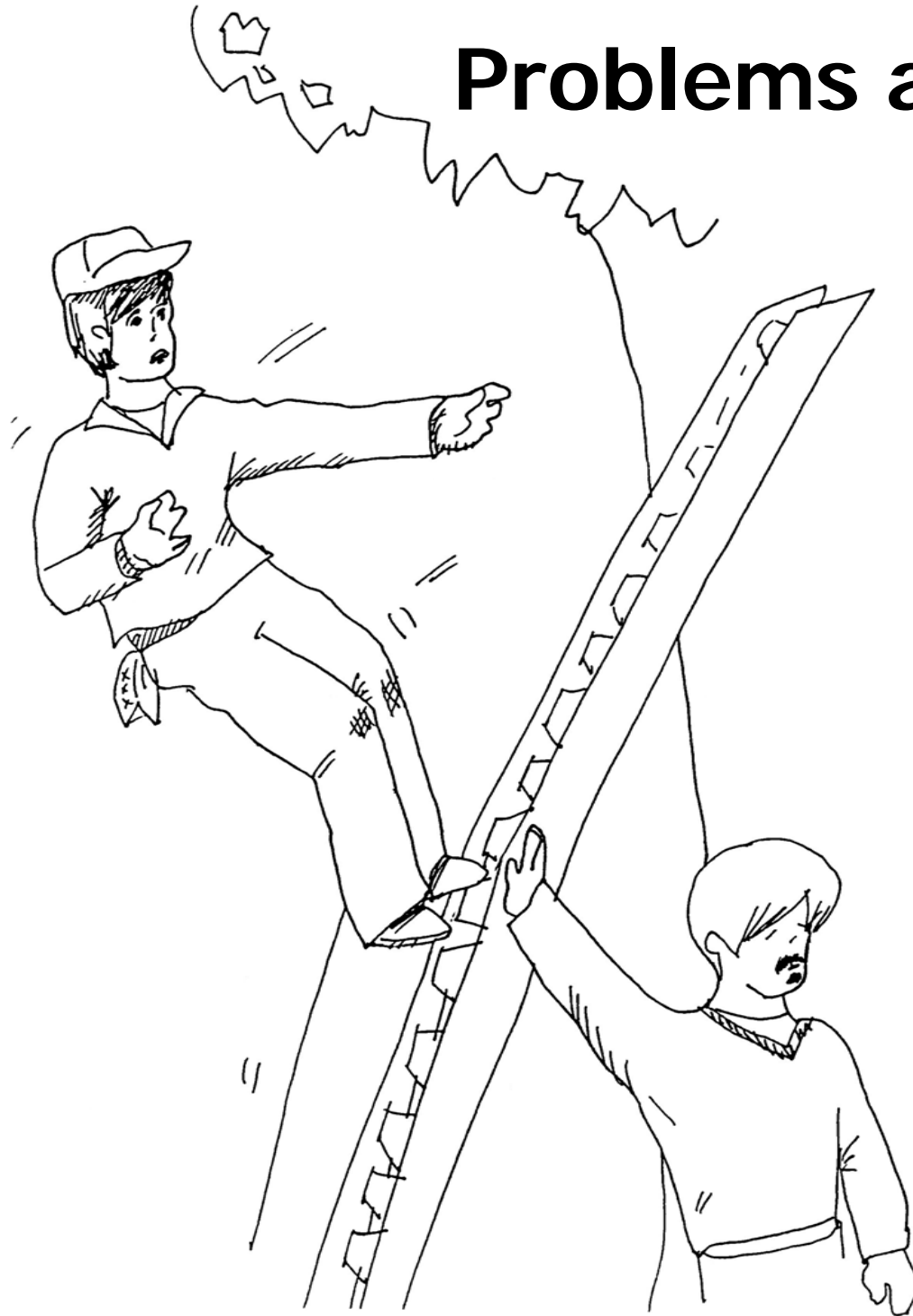
Problems at Work

People who go to work drunk, high, or hung over may:

- have accidents
- get dehydrated or sick from the sun more easily
- do a bad job because they cannot concentrate
- hurt themselves or someone else
- be late for work or miss a lot

If these problems happen a lot, people can lose their jobs.

Problems at Work



Problems in the Community

Discussion of the Picture:

- What are people enjoying here?
- Let's say that the men by the tree are shooting drugs.
 - What problems could happen?
 - How would people feel?
 - What if the kids are watching them?
 - What if the police see them?
 - What if their boss sees them?
- What if people in the truck are driving back to the camp drunk? What might happen?
- What if one of the men by the tree is in a gang? How will this affect other people?
- What if the bingo players get really drunk? What could happen? How will this affect other people?

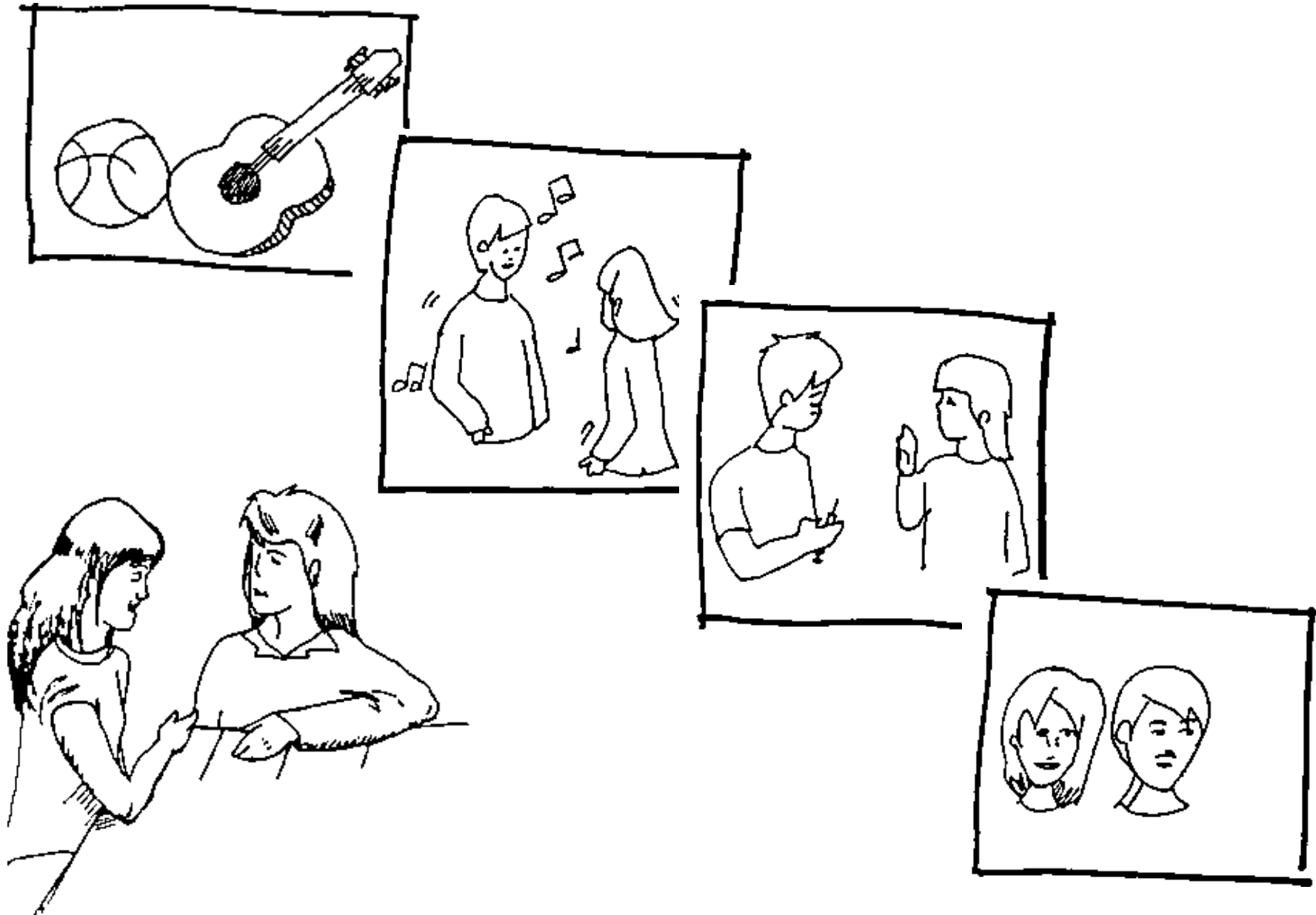
Problems in the Community



How to Avoid Using Drugs or Alcohol

- Find other things you like to do.
- Have fun with other people instead of drinking.
- Avoid situations where you might be pressured to use drugs.
- It is OK to say “no.” Be clear and confident. If necessary, just walk away.
- Feel good about yourself. Be proud of your abilities.
- Make friends who are interested in things other than drugs.
- Spend time with people who care about you and who you trust.

How to Avoid Using Drugs or Alcohol

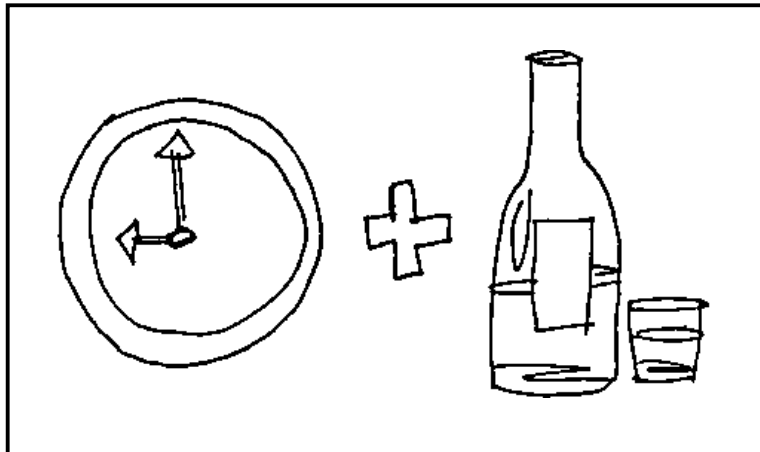
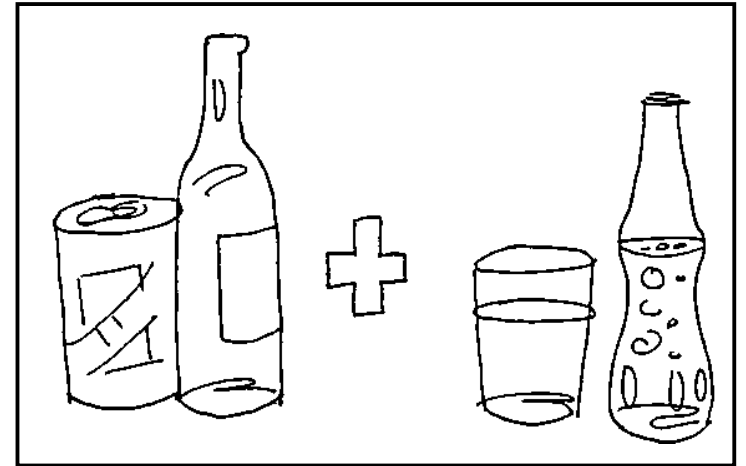
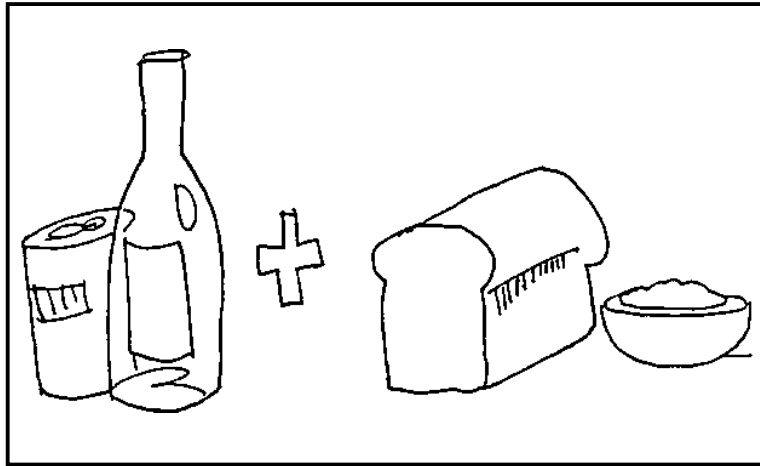


If You Use Drugs and Alcohol, There are Ways to Make it Less Harmful

If you use alcohol:

- Eat before and while you drink.
- Drink water, soda, or juice between alcohol drinks or while you drink alcohol.
- Space out your drinks.
- Set limits. Know when to stop.

If You Use Drugs and Alcohol, There are Ways to Make it Less Harmful



If You Use Cocaine or Heroin:

- Seeking help from friends, family, a clinic, or getting treatment, can help you.
- Don't inject – sniffing and smoking is safer.
- If you inject, use new needles every time.
- Don't share needles – sharing needles can pass infections, including HIV (AIDS).
- If you have no other choice, always clean your needles with bleach.

How to clean needles:

- Pour bleach into a glass.
- Fill the needle with bleach.
- Push the bleach through the needle onto the ground.
- Do this three times.

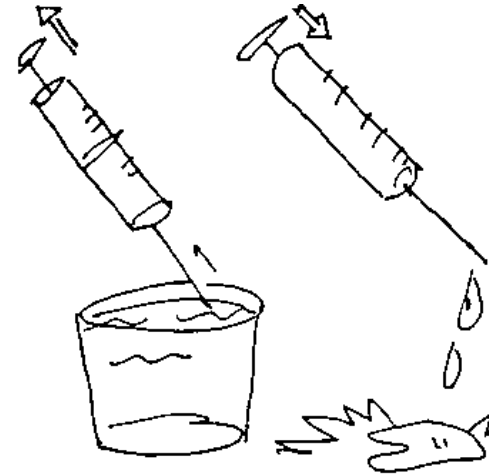
- Fill a glass with water.
- Fill the needle with water.
- Push the water through the needle onto the ground.
- Do this three times.

It is very important to clean the bleach out of the needle with water because bleach can be poisonous.

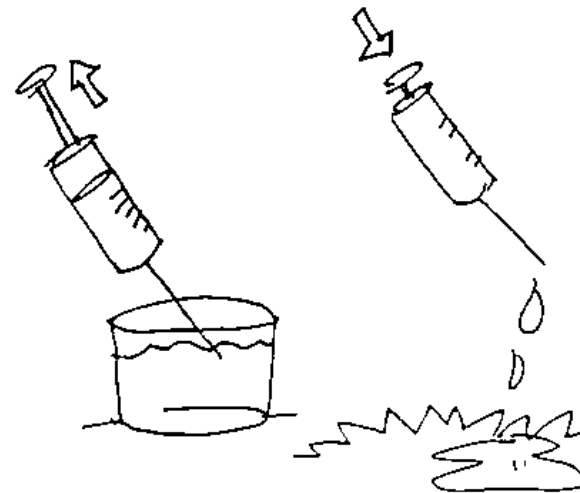
Attention Camp Health Aide:

Cleaning needles has not been proven to be completely safe. This is not the best way to avoid getting HIV (AIDS) and other infections. Cleaning needles should only be used if no other options are possible.

If You Use Cocaine or Heroin:



3 Times



3 Times

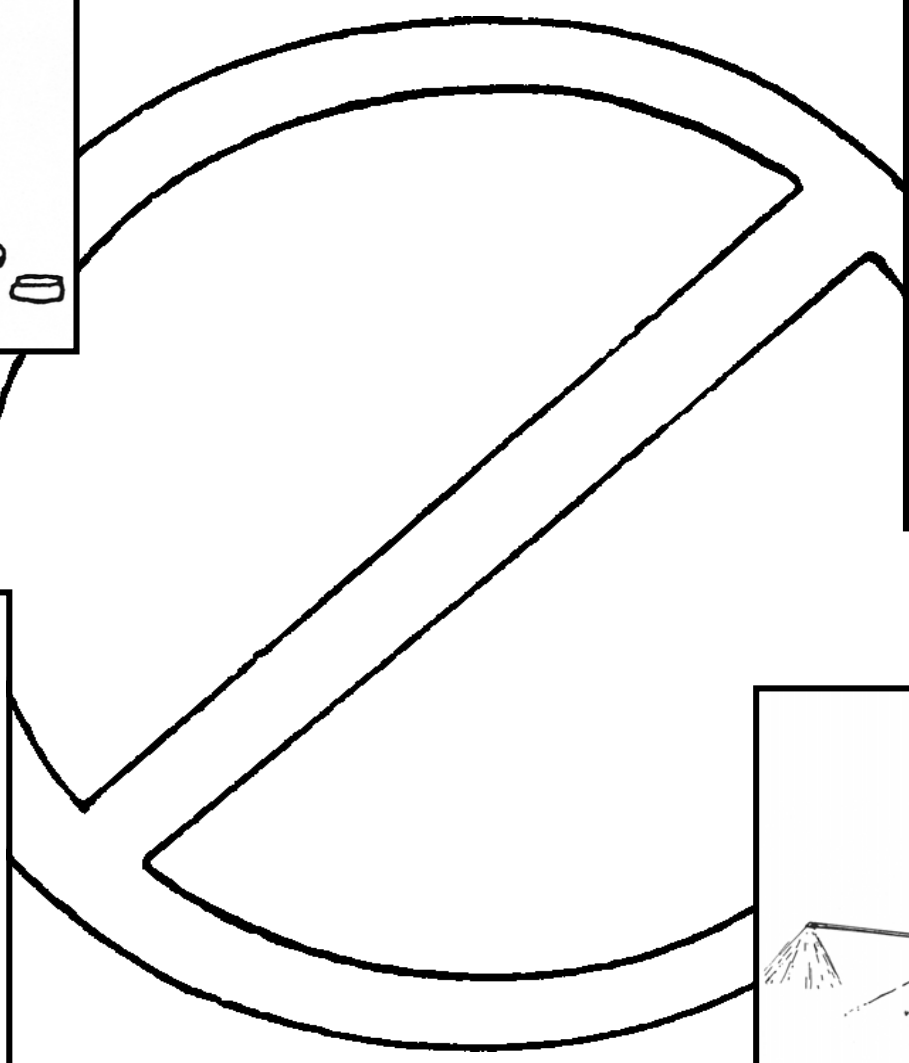
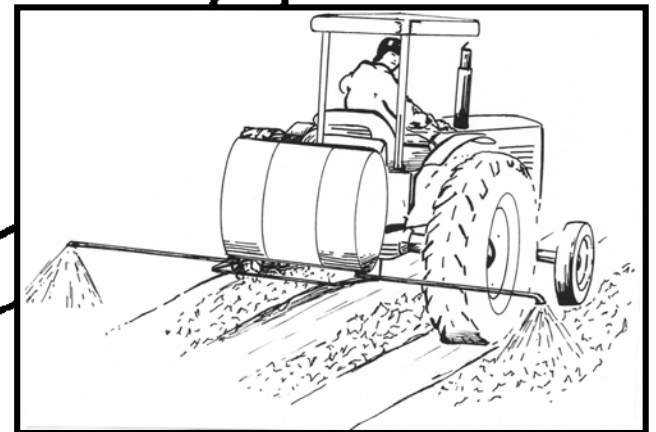
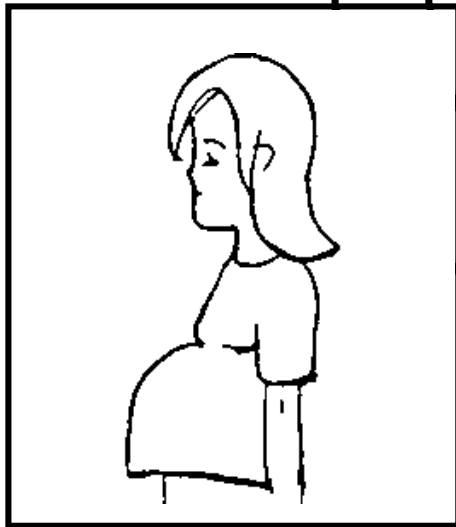
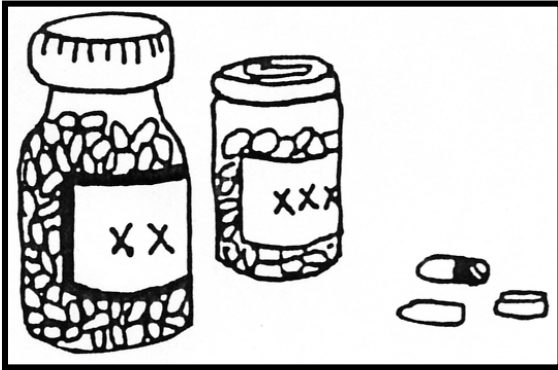
If You Use Drugs and Alcohol

Be Careful:

- Don't use drugs or alcohol if you are taking medicine.
- The effects of drugs and alcohol change if you use more than one at the same time. Avoid using more than one drug or alcohol at one time.
- Do not drive if you have been using alcohol or other drugs.
- Don't use machines if you have been using drugs or alcohol.
- Be aware of what you are doing. When you are drunk or high, you may do things that you will later regret.
- Never use drugs or alcohol if you are pregnant.
- If you use drugs or alcohol, it is safer to have someone with you who is not drinking or doing drugs.

If You Use Drugs and Alcohol

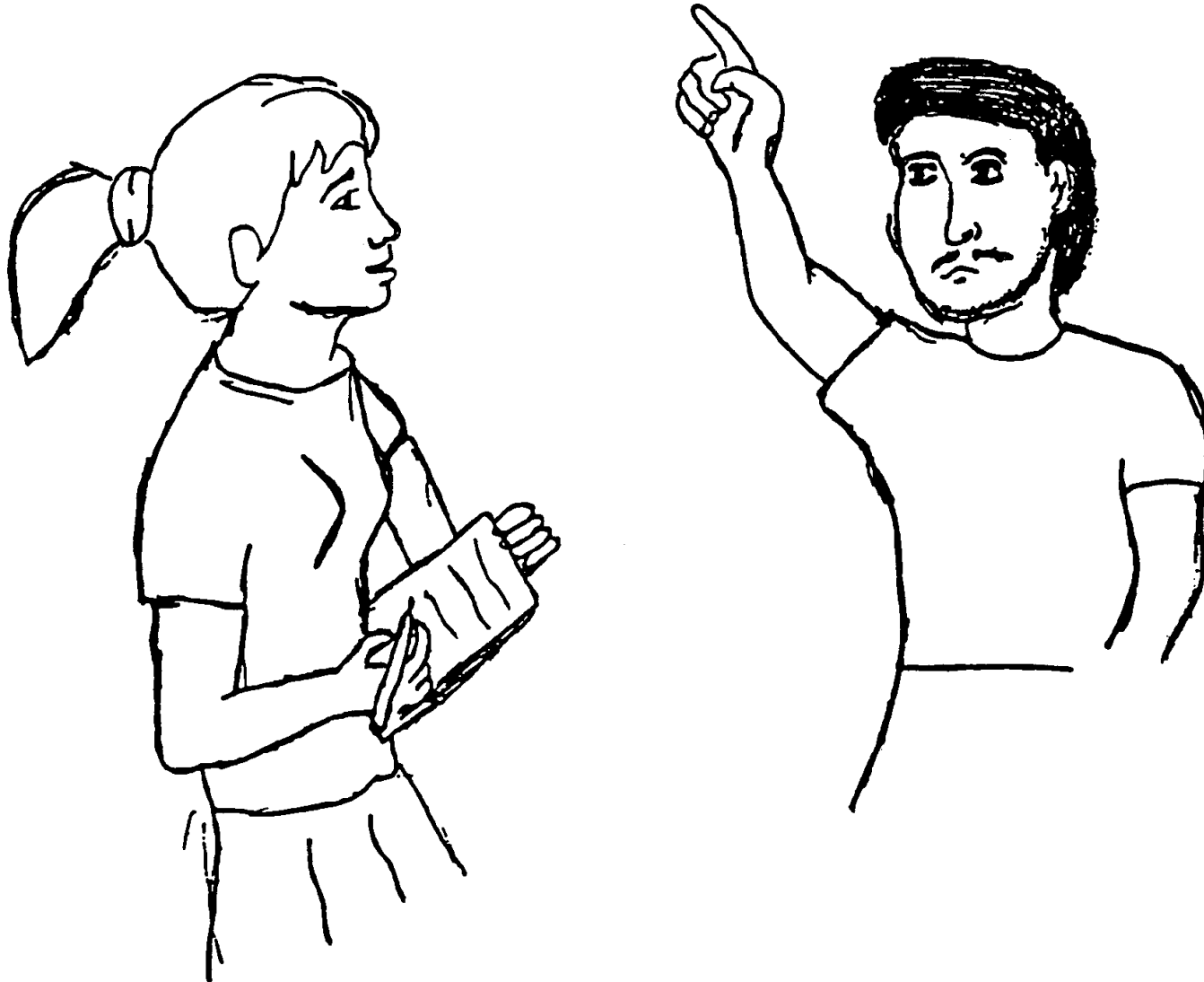
Be Careful:



How Can I Get Help for Myself or for Someone I Care About?

- Talk with your Camp Health Aide.
- Talk with a friend or family member for advice.
- Ask for help at a clinic.
- There may be a treatment program where you are living.

How Can I Get Help for Myself or for Someone I Care About?



If I Want to Help Someone I Care About, What Can I Do?

- Talk to them in a quiet, relaxed place.
- Be calm and understanding. Don't get angry.
- Tell them how their actions make you feel.
- Listen and care. Quitting is very hard.
- If your friend or family member does not quit, it is not your fault.

If I Want to Help Someone I Care About, What Can I Do?

