

The logo for North Central Texas College features a blue swoosh above the text and a red swoosh below it. The text is in a blue, serif font.

NORTH CENTRAL TEXAS COLLEGE

Drug Use & Misuse
Information & Resources for Help
Montague County



NCTC Policy & Procedures

Alcohol and Controlled Substance Abuse

NCTC specifically prohibits the use, possession, sale or distribution of alcoholic beverages and illegal drugs/narcotics/controlled substances on campus.

Violators are subject to the following action(s):

- **Adverse disciplinary action as determined by NCTC within accepted policy.**
- **Prosecution as provided by state statutes.**

The risks of psychological and physiological damage associated with the use of illicit drugs and abuse of alcohol are great and include emotional disorders, impaired learning ability, severe physical pain, permanent brain damage and death. Information and confidential assistance in obtaining counseling, treatment, or rehabilitation is available to all students through the Counseling Center, email counseling@nctc.edu.

Students with alcohol or drug abuse problems are encouraged to take advantage of this referral service.



Substance Abuse Counseling

Helen Farabee Regional
MHMR Center
1720 4th Street
Graham, TX 76450
940-549-4896

Graham Psychological
Associates
617 3rd Street
Graham, TX 76450
940-549-2259

Crisis Hotline:
1-800-621-8504

Substance Abuse Counselor
Laurie Eccleston
940-696-6125



Texas Department of Transportation

#EndTheStreakTX



Since **Nov. 7, 2000**, over **75,000** people have died on Texas roadways.

We've had **21 years** straight of daily deaths on Texas roads.



1,413 people were killed in 2020 in speeding related crashes.

714 pedestrians were killed in 2020 in traffic crashes.



The majority of all deadly crashes are due to mistakes drivers make (e.g., **texting and driving** and **drinking and driving**).

367 people were killed in 2020 in distracted driving crashes.



1 in 4 people were killed in traffic crashes where a driver was under the influence of alcohol in 2020.

1,078 unbuckled people died in 2020 in traffic crashes.



We average **3,571** fatalities each year - the equivalent of **10** jumbo jets full of people.

www.EndTheStreakTX.com



November 7, 2000 was the last
deathless day on Texas roadways.

#EndTheStreakTX



Graham Alcoholics Anonymous (AA) Meetings

First United Methodist Church – McCree Hall
700 3rd Street
Graham, TX 76450
(Enter McCree Hall from Cherry Street)

Thursday at 8:00 p.m.

Sunday at 2:00 p.m.

12 Step Meetings in the Graham Area

<https://mrjcd.com/tp/meetings/>

https://findrecovery.com/aa_meetings/tx/graham/

Narcotics Anonymous Meetings Near Graham, TX



<https://www.na.org>

https://findrecovery.com/na_meetings/tx/graham/

Al-Anon Family Groups Mobile App

What is it?

- Social app for al-anon members to connect to one another
- A new platform for electronic meetings
- A way to connect with al-anon members with private chat
- A place to create and update a digital al-anon journal
- A place to stay informed on the latest information



Stages of Addiction

Stage 1 – Experimentation

Experimentation, defined as the voluntary use of drugs without experiencing any negative social or legal consequences, is often accepted or even encouraged, particularly among young adults. The person using the substance primarily views this instance of getting high or getting drunk as a one-time occurrence, without recognizing that this is exactly what opens the door to the downward spiral of addiction. The individuals who are able to stop using by themselves will do so, while those who believe substance use will continue to make them feel good or solve their problems will progress into the next stage of regular use.

Stage 2 – Regular Use

While some people may be able to engage in the regular use of drugs or alcohol without developing an addiction, the risk for dependence greatly increases during this stage. As does the risk of participating in high-risk behaviors, such as driving under the influence. The occasional drink or drug turns into a common occurrence, like sleeping or brushing your teeth. Substance use just becomes another part of the routine and, before you can step away from use, you're fooled into a false sense of security that it will be easy to quit. Some people during this stage may develop feelings of guilt or shame for their behavior but generally will continue to justify it or make excuses.

Stage 3 – High Risk Use

The line between regular use and high-risk use is a very thin one but usually can be defined as the continued use of drugs or alcohol in spite of severe social or legal consequences. What started out as a temporary form of escape from reality now takes precedence over other facets of your life, and you become either unafraid or unaware of the consequences of your behavior. Cravings become unbearable, and they may drive you to do things you wouldn't normally do just to get your hands on more drugs or alcohol. You may also begin to justify dangerous behaviors, such as operating machinery while high or driving your kids to school while drunk, as necessary undertakings, and your work, relationships, and other obligations suffer as a result.

Stage 4 – Addiction

Once the final stage is reached, you have entered addiction and complete dependency upon the substance. It's no longer a question about whether or not you're addicted to drugs or alcohol. When you don't receive them, your body lets you know in the form of symptoms like shakes, sweats, tremors, and other frantic behavior. You spend most of the time drunk or high, and you don't want anything to stand in the way of it. This is the stage that even if someone tells you that your life depends on stopping your behavior, you can't.

Marijuana Statistics

Addiction Rates

(NIDA) suggests that about **9%** of people who abuse marijuana will develop an addiction to the drug in time.



That risk rises to **17%** if users start a marijuana habit during the teen years.



It rises to **25-50%** in those who use the drug every day.



Teen Usage

Reported Past-Month Use





Graham Community Statistics

Total Drug
Cases Filed: 644

January 1, 2019 to
December 31, 2021

Provided by Graham
Police Department

Total Marijuana
Cases Filed: 205

January 1, 2019 to
December 31, 2021

Provided by Graham
Police Department



At What Point Does Marijuana Use Require Intervention?

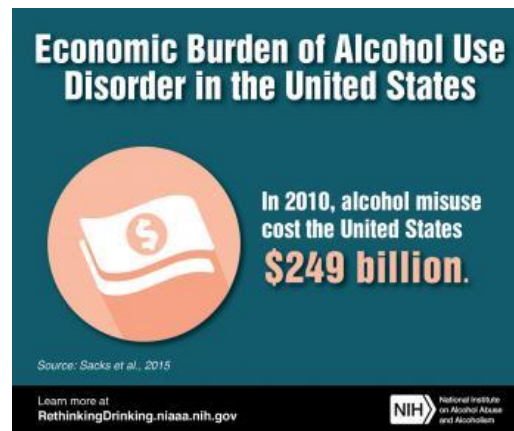
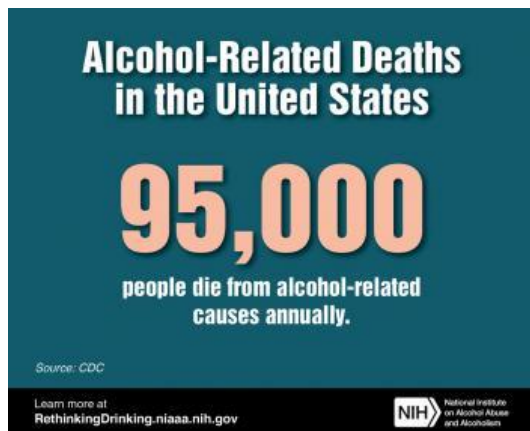
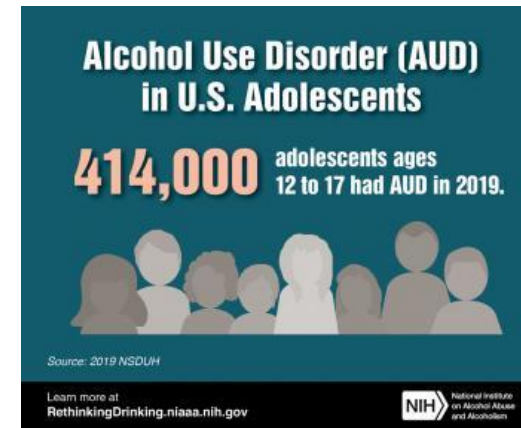
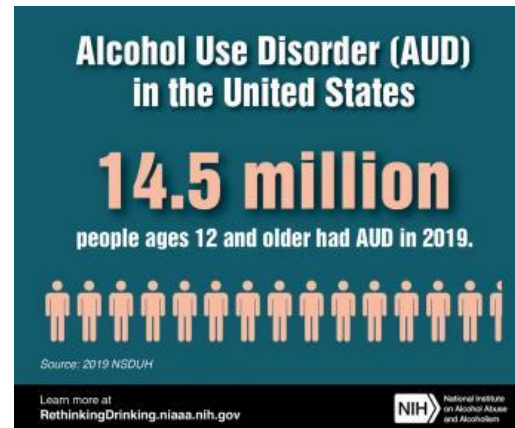
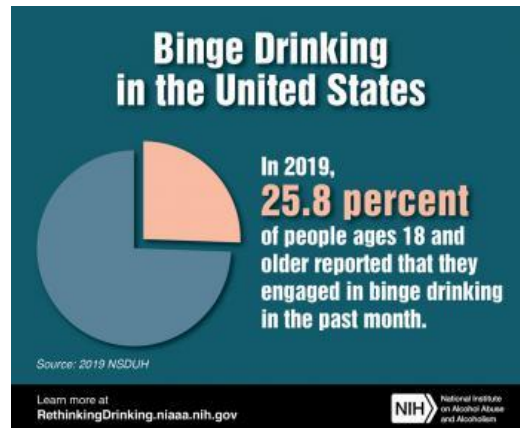
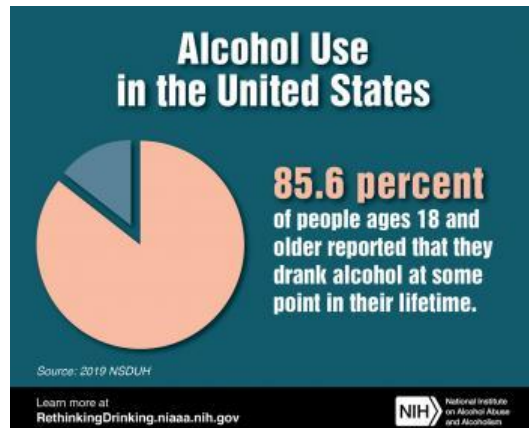
People who use marijuana may claim that the substance is harmless, and in some states, it's legal to use the drug. That means it can be, in some cases, difficult to know when to intervene in the face of marijuana use.

According to Mayo Clinic, these symptoms indicate that a drug addiction is in play:

- Cravings for the drug
- Tolerance for the drug, which leads to higher doses of drugs
- Hoarding the drug
- Spending money that should go to household expenses on drugs
- Cutting back on work, hobbies, or social activities in order to use
- Taking risks while under the influence
- Failed attempts to stop use
- A need to use the drug regularly, either daily or several times per day

It's important to note that people with marijuana addictions aren't weak, bad, or wrong. They have a medical condition that responds to treatment, and they need help in order to recover. Approaching them in a calm and caring manner is a good approach, and that's easier to do when families remember to think of this as an illness.

Alcohol Facts and Statistics



Prescription Drug Misuse

How many people misuse prescription drugs?

Among people aged 12 or older in 2020:

- 5.8% (or about 16.1 million people) reported misusing **any prescription psychotherapeutic drug** in the past 12 months.
- 1.8% (or about 5.1 million people) reported misusing **prescription stimulants** in the past 12 months.
- 2.2% (or about 6.2 million people) reported misusing **prescription tranquilizers or sedatives** in the past 12 months.
- 1.7% (or about 4.8 million people) reported misusing **benzodiazepines** in the past 12 months.
- 3.3% (or about 9.3 million people) reported misusing **prescription pain relievers** in the past 12 months.

How many young students misuse prescription drugs?

Among young people in 2021:

- An estimated 4.4% of 12th graders reported misusing **any prescription drug** in the past 12 months.
- An estimated 3.0% of 8th graders, 2.7% of 10th graders, and 2.3% of 12th graders reported misusing **amphetamines** in the past 12 months.
- An estimated 0.6% of 8th graders, 0.3% of 10th graders, and 0.5% of 12th graders reported misusing **Ritalin** in the past 12 months.
- An estimated 1.8% of 8th graders, 1.6% of 10th graders, and 1.8% of 12th graders reported misusing **Adderall** in the past 12 months.
- An estimated 1.8% of 12th graders reported misusing **sedatives (barbiturates)** in the past 12 months.
- An estimated 1.1% of 8th graders, 1.3% of 10th graders, and 1.2% of 12th graders reported misusing **tranquilizers** in the past 12 months.
- An estimated 1.0% of 12th graders reported misusing **narcotics other than heroin** in the past 12 months.
- An estimated 0.8% of 8th graders, 0.9% of 10th graders, and 0.9% of 12th graders reported misusing **OxyContin** in the past 12 months.
- An estimated 0.6% of 8th graders, 0.5% of 10th graders, and 0.9% of 12th graders reported misusing **Vicodin** in the past 12 months.

Prescription Drug Misuse

Among people aged 12 or older in 2020, an estimated 0.3% (or about 758,000 people) had a prescription stimulant use disorder in the past 12 months.

Source: 2020 National Survey on Drug Use and Health

Among people aged 12 or older in 2020, an estimated 0.4% (or about 1.2 million people) had a prescription tranquilizer or sedative use disorder in the past 12 months.

Source: 2020 National Survey on Drug Use and Health

Among people aged 12 or older in 2020, an estimated 0.8% (or about 2.3 million people) had a prescription opioid use disorder in the past 12 months.

Source: 2020 National Survey on Drug Use and Health

In 2020, approximately 16,416 people died from an overdose involving prescription opioids.

Source: CDC WONDER Database

In 2020, approximately 5,597 people died from an overdose involving antidepressants.

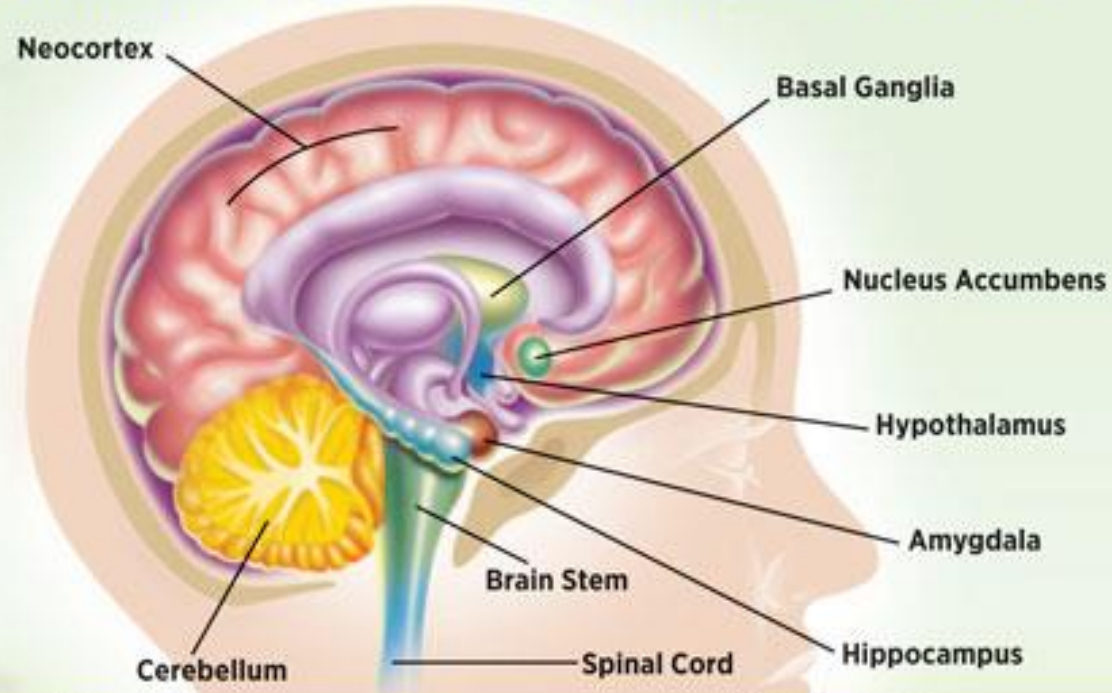
Source: CDC WONDER Database

In 2020, approximately 12,290 people died from an overdose involving benzodiazepines.

Source: CDC WONDER Database

Effects of THC

How does THC affect behavior? *It depends on where the CB receptors are in the brain.*



Brain Structure	Regulates	THC Effect on User
Amygdala	emotions, fear, anxiety	panic/paranoia
Basal Ganglia	planning/starting a movement	slowed reaction time
Brain Stem	information between brain and spinal column	antinausea effects
Cerebellum	motor coordination, balance	impaired coordination
Hippocampus	learning new information	impaired memory
Hypothalamus	eating, sexual behavior	increased appetite
Neocortex	complex thinking, feeling, and movement	altered thinking, judgment, and sensation
Nucleus Accumbens	motivation and reward	euphoria (feeling good)
Spinal Cord	transmission of information between body and brain	altered pain sensitivity

The brain structures illustrated above all contain high numbers of CB receptors



NORTH CENTRAL
TEXAS COLLEGE



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