

MAFES Dawg Tracks

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MISSISSIPPI STATE UNIVERSITY™
MS AGRICULTURAL AND
FORESTRY EXPERIMENT STATION

*Know the Dangers of
Substance Abuse*

Substance abuse in the USA is widespread.. From the abuse of seemingly innocent substance abuse such as marijuana and alcohol to the abuse of street drugs like cocaine and heroin, substance abuse cost individuals substantially, and it cost the nation as a whole.

According to the **United States Department of Health and Human Services:**

- Illicit drug use in the USA costs approximately \$181 billion annually.
- Excessive alcohol use cost the USA approximately \$235 billion annually.

These figures of substance abuse aren't surprising when you consider the high price tag that comes with them for all the health, legal, criminal, and personal issues that often comes in their wake.

In 2012, nearly 24 million Americans, age 12 years and older, had abused an illicit drug per the **National Institute on Drug Abuse.**

- Marijuana is still the most frequently abused drug - with more than 20 million Americans citing use of marijuana in the prior 30 days. (**National Survey on Drug Use and Health**).
- The other alarming fact to me was 8 million people admitted to using marijuana on a near daily basis.
- **Prescription drugs are said to be more abused than illicit drugs.**

How substance abuse can hurt you-

Substance abuse can hurt you in many different ways- Resulting in serious problems at home and at work such as:

- Impaired judgment and the inability to follow safety instructions, both of which can result in accidents or injuries.
- Reduced concentration - leading to poor job performance.
- Loss coordination, resulting in falls or other injuries.
- Health problems ranging from short-term effects as headaches to long-term effects as health problems or death.
- Substance abuse often leads to family problems, including divorce and could even cause you to lose your job.
- It can lead to arguments with co-workers or supervisors, illegal activities such as theft to support the drug habit or other violent behavior.
- If you suspect or know of a person, acquaintance or co-worker, there are resources in our community to help them.

Mississippi State University Policies on Drugs and Alcohol- Policy No.91.119-“Sanctions for Alcohol Offenses” and The other one titled, “Alcohol and Illegal Drugs,” explains in intricate details exactly the University’s policy on these issues such as:

- ✓ The policy disallowing the use of drugs (of any sort, illicit or prescription drugs on university properties anytime, during work or after hours. The penalties for these infractions are explained in detail.
- ✓ The same policy is in effect for alcohol of any type or any time on university properties.
- ✓ The penalties for these infractions are fully explained.
- ✓ The manufacture, sale, or distribution of illegal drugs and alcohol is totally prohibited with the penalties totally explained in these policies.
- ✓ Alcohol or drugs of any sort are not allowed to be stored on any University properties-including lockers or personal cars or trucks.

Warning Signs for Substance Abuse-

- ✓ Substance abuse problems has no boundaries-it can be addicted by a co-worker, supervisor, manager, vender, customer, spouse, child or a friend.
- ✓ Substance abuse can be treated. However, the main problem is a victim or addict seldom won't admit that they have a problem.

Warning Signs of Substance Abuse-

- Frequently missing work or other appointments or being late.
- Noticeable changes in job performance.
- Drinking alcohol or using drugs in the morning.
- Feeling the need to use alcohol or drugs all through the day.
- Being short of money because it was spent on drugs or alcohol.
- Needing more alcohol or drugs to help you make through the day.
- Not caring about your appearance or cleanliness.
- Suddenly being very moody or short-tempered.

Possible Abuse Treatments to Consider-

- Professional help is available to people with substance abuse problems.
- Help is available through support groups such as Alcohol Anonymous and drug treatment centers. Check in the yellow pages or with the police department for assistance in locating a source of help.
- If you suspect a co-worker or other employee to have a problem-be sure to let your supervisor know. Getting help means you just might be saving a person's life.

For more info contact – Leslie Woolington

MAFES /MSU-EXTENSION

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Excerpts: www.gemplers.com

<http://grug.abuse.com/get-the-facts-on-drug-abuse/>

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