



March 16-23: National Inhalant & Poisons Awareness Week

Guam's Community Drug Free Coalitions

► Community Services and Resources, Inc. (Comm- unity Voices)

Coalition Members:

Big Brothers Big Sisters of Guam,
Center for Micronesian Empow-
erment, Inc., Island Girl Power,
Mangilao Mayor's Office, Nema
Congregational Church, TKD
Martial Arts Studio, Guam Public
Library System, Guam Human-
ities Council

► Island Families of Micro- nesia (Partners for Preven- tion)

Coalition Members:

The American Academy of Phy-
sicians, KPRG FM 89.3, UOG
Student Health Center, SDA
Wellness Center, Guam Pub-
lic Libraries, Island Girl Power,
Guam Pacific Resource and
Training Center, Sea Cadets,
Digital Arts Society, Guam Tradi-
tional Oriental Medicine Society,
Youth Congress.

► Pingelapese Guam Organi- zation

► Oasis Prevention Empow- erment Network (OPEN)

Coalition Members:

Agana Mayor's Office, Chalan
Pago Mayor's Office, Dededo
Mayor's Office, Inarajan Mayor's
Office, Mangilao Mayor's Office,
Prison Fellowship-Guam, U.S.S.
Frank Cable, MCV, Guam Min-
isterial Board, OASIS Empow-
erment Center, New Beginnings

► Pa'a TaoTao Tano (Lagu Healthy Families)

Coalition Members:

Sanctuary Incorporated, Guam
Public School System, Dededo
Mayor's Office

► Pacific Abundant Living Ministries, Inc. (Magof Health)

Coalition Members:

Guam Police Department,
Inafa'Maolek, Island Girl Power,
Every Home for Christ, National
Car Rental, DISID, Days Inn,
Guam Public School System—
Secondary Schools, Ironwood
Estates Community Center, Nis-
san Rent-a-car, Pacific Islands
Bible College.

Guam joins the rest
of the United States
in the observance
of National Inhalant & Poi-
sons Awareness Week from
March 16 to 23, highlighting
the national drive to curb
inhalant abuse, especially
among youngsters.

The Department of Men-
tal Health and Substance
Abuse, Prevention and Train-
ing Branch is spearheading
the local campaign billed
"Don't Huff That Stuff."

The campaign is designed
to raise public awareness
about the dangers of inhal-
ant abuse and to empower
the community to take
steps to address the issue.

Guam's "Don't Huff That
Stuff" campaign is patterned
after the National Inhal-
ant Prevention Coalition's
(NIPC) successful preven-
tion campaign that includes
programs involving youth,
schools, media, police de-
partments, health organiza-
tion, village officials and civ-
ics groups among others.

The multi-sectoral par-
ticipation has proven to
be an effective means of
mobilizing communities to
reduce inhalant use. The
coalition's study found that
results from Texas, for ex-
ample, have been remark-
able. Between 1992 and



Sharon Taitano, owner of JS Store, holds up an Inhalant Vendor Sticker to raise awareness of Inhalant prevention on Guam. Representatives from the Dept. of Mental Health & Substance Abuse Prevention and Training Branch distributed Inhalant vendor stickers island wide to local retail stores in 2006.

1994, there was a reduction
of more than 30 percent in
elementary school inhalant
use and a reduction of more
than 20 percent at the high
school level (based on state
agency surveys of more
than 176,000 students). This
translates into over 100,000
students who may have
used inhalants but didn't.

Guam statistics have indicated the tragic impact
of inhalant abuse among local families. The 2005
Youth Risk Behavior Survey reports that current in-
halant use among high school students on Guam
(6.3 percent) is higher than the United States (3.9
percent) and has surpassed the nationwide rates
from 2001 up until 2005.

In 2006, F.B. Leon Guerrero teenage student, who died
Middle School lost a young

MARCH continued on page 7

ABOUT



PEACE

www.peaceguam.org

PREVENTION AND EARLY INTERVENTION ADVISORY COMMUNITY EMPOWERMENT



PEACE Council Members:

Christopher M. Duenas, Department of Youth Affairs, *Chairperson*

Dr. Keith Horinouchi, DrPH, MPH, CNS, Guam Seventh Day Adventist Wellness Center, *Co-Chairperson*

Lola E. Leon Guerrero, Bureau of Statistics and Plans

Allen Ward, LPP Center for Substance Abuse Prevention Center for Substance Abuse Prevention, *Lead Public Health Advisor*

Annette M. David, MD, MPH, FACOEM, Department of Mental Health and Substance Abuse

J. Peter Roberto, Department of Public Health and Social Services

Vincent Quichocho, Guam Memorial Hospital Authority

William Melendez, Jr., Guam Community College

Chief Paul Suba, Guam Police Department

Lieutenant Gerard Baletto, Guam National Guard Counter Drug Program

Anthony Quenga, Guam Youth Congress

Doris LG Tolentino, GPSS Head Start Program

Patrick Wolff, Inafa'Maolek Mediation Center

Senator Frank Blas, Jr., Liheslaturan Guahan (Guam Legislature)

Vice Mayor Louise Rivera, Mayor's Council of Guam

Kasma Aldis, Pohnpeian Family Organization

Agent Antonio Marquez, Regional Drug Enforcement Administration

Judge Elizabeth Barrett-Anderson, Superior Court of Guam

Peter R. Barcinas, University of Guam- Cooperate Extension Services

Rossanna Villagomez-Aguon, US Probation Office

Monique Portusach-Cepeda Ulloa, Youth for Youth LIVE! Guam

Sarah Thomas-Nededog, Sanctuary, Inc.

Jermaine Alerta, Community Representative

Catholic Social Services

Guam Public School System

Mothers Against Drunk Driving

STATE EPIDEMIOLOGICAL WORK GROUP (SEW)

SEW Lead: Annette M. David, MD, MPH, FACOEM

PEACE is a community-based effort established by the Prevention and Training Branch of the Department of Mental Health and Substance Abuse, with guidance by the Governor's PEACE Council and the State Epidemiological Work group.

PEACE strives to:

Raise awareness about the effects of alcohol, tobacco, and other substance abuse on Guam;

Prevent/reduce alcohol, tobacco and other drug use, including underage drinking;

Promote alcohol-free, tobacco-free and other drug-free lifestyles;

Reduce the harmful

outcomes associated with alcohol, tobacco and other drug use;

Build Guam's capacity and infrastructure for establishing and sustaining evidence based substance abuse prevention and early intervention programs that are effective.

PEACE Partnerships

PEACE partners include Guam's Mayors, Vice-mayors and other key leaders who represent the Executive, Legislative, and Judicial Branches of Government, as well as youth and parents in our island community.

Through funds from the SAMHSA's Strategic

Prevention Framework

Department of Mental Health & Substance Abuse Prevention and Training Branch

Prevention and Early Intervention Advisory Community Empowerment

790 Governor Carlos G. Camacho Road

Tamuning, Guam 96913

(671) 477- 9079 thru 83

Fax: (671) 477-9076

www.peaceguam.org

State Incentive Grant, PEACE sub-granted six(6) community drug free coalitions: Community Services and Resources, Inc. (Community Voices), Island Families of Micronesia (Partners For Prevention), Oasis Prevention Empower-

ment Network (O.P.E.N), Pacific Abundant Living Ministries, Inc. (Magof Health), PA'A TAOTAO TANO (Lagu Healthy Families), and Pingelapses Guam Organization. All of the newly established drug free coalitions are working towards a shared vision- one island community committed to promoting healthy lifestyles and healthy choices that are alcohol free, tobacco free, and drug free.

PEACE reaches out to communities by offering alcohol, tobacco and other drug prevention and early intervention tools and resources.

FOR YOUNGSTERS, INHALANTS ARE DRUGS OF CHOICE

Federal Study

Common household items may look innocent, but some of them may lead youngsters to develop a dangerous sniffing habit. Unknown to unsuspecting parents, household products are the drugs of choice for substance-dependent preteens and young teens, according to a federal study released last week.

Data from the U.S. Center for Substance Abuse show that 1.1 million 12-to-17-year-olds acknowledge using inhalants last year.

"Inhalants are everywhere in the house and garage, and parents often do not realize that [products] are not being used for crafts or science projects," Dr. H. Westley Clark,

According to the 2007 survey conducted by the center, 3.4 percent of 12-year-olds reported using an inhalant, while only 1.1 percent tried marijuana, and 2.7 percent took prescription painkillers. Among the 13-year-olds, 4.8 percent admitted to using inhalants, 4 percent have tried marijuana, and 3.9 percent are taking prescription painkillers.

the center's Substance Abuse and Mental Health Statistics director, said in a press statement.

Clark said the center's data also indicate that there are almost 600,000 teenagers start using inhalants annually.

"While the data show that often children move away

from using inhalants as they grow older, they often move on to other illicit drugs," Clark said.

Survey showed that by age 14, inhalant use dropped behind the use of marijuana, painkillers and other drugs.

"Inhalants are a health hazard that can damage the brain, heart, liver, or kidneys," Clark stated, warning parents that inhalants can "cause severe damage and even death."

The federal study found

that 45 percent of teens who used inhalants suffer from psychiatric disorders, compared with 29 percent of teens who used other drugs.

Statistics indicated that teenage girls seem particularly vulnerable to inhalant abuse, as they account for 41 percent of hospital admissions for this specific condition.

Clark advised parents to clearly explain to their children that inhalants are deadly poisons.

For 16- and 17-year-olds who used drugs, 12.4 percent use inhalants and 35.2 percent used painkillers, while 81.4 percent used marijuana and 34.2 percent used other illegal drugs, according to the report. Among 17-year-olds, 59.3 percent of new inhalant users move on to nitrous oxide (laughing gas).



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INHALANT ABUSE HIGHER IN GUAM THAN IN US

The percentage of teenagers huffing dangerous fumes to get high appears to be on the decline in the United States, but not in Guam, where inhalant use is far more prevalent than parents probably realize.

The latest Youth Risk Behavioral Survey (YRBS) showed that the percentage of lifetime inhalant use among high school students in Guam (6.3 percent) is higher than the U.S. (3.9 percent) and surpassed the national average rate from 2001 and 2005.

Between 1995 and 2005, inhalant use among high school students nationwide consistently dropped from 20.3 percent to 12.4 percent.

The downward trend in the rest of the US doesn't reflect in Guam, where the bi-annual rates of inhalant use were erratic for the past 10 years.

In 1995, inhalant use was recorded at 15.1 percent. The figure went up to 18.2 percent in 1997 and dipped to 14.8 percent in 1999. In 2001, inhalant use again increased to 17.2 percent, and went down to 14.9 in 2003. In 2005, inhalant use rate in Guam has slightly decreased to 14.1 percent, but still surpassed the 12.4 percent nationwide rate in the same year.

YRBS also indicates that inhalant use is more prevalent among middle school students than high school students.

Statistics from the Guam Police Department's Juvenile Investigation Section showed that approxi-

mately 20 percent of inhalant use cases were reported in 2006 and are pending investigation.

According to the 2007 Youth Risk Behavior Survey, inhalant use

ed by DMHSA, the average age of first use on Guam is between the ages of 11 and 12 years old.

The Department of Youth Affairs also reported that inhalants are

According to the 2007 Youth Risk Behavior Survey, inhalant use is more common among middle school students. One of 6 (16%) of Guam's middle school youth and one of 7 (14%) of Guam's high school youth reported having tried or have used inhalants.

is more common among middle school students. One of 6 (16%) of Guam's middle school youth and one of 7 (14%) of Guam's high school youth reported having tried or have used inhalants. According to a recent study conduct-

among the most common substances being abused by youngsters involved in court cases. In 2005, about 25 percent (or one in four of youth committed to the DYA facility) reported experimenting with inhalants.

INHALANTS

HARMFUL EFFECTS

- DAMAGE TO BRAIN AND NERVOUS SYSTEM
- NOSE BLEEDS, LOSS OF SMELL
- HEARING LOSS
- IRREGULAR HEARTBEAT
- PAIN IN THE:
 - CHEST
 - MUSCLES
 - JOINTS
- TOXIC EFFECTS TO:
 - LUNGS
 - LIVER
 - KIDNEYS
- BONE MARROW DAMAGE
- ARM OR LEG SPASMS
- SUDDEN DEATH:
 - VOMITING
 - SUFFOCATION

PREVENTION & EARLY INTERVENTION ADVISORY COMMITTEE EMPOWERMENT

Department of MENTAL HEALTH & SUBSTANCE ABUSE

For more information, contact: 477-9079-9083
Or visit us at: www.peaceguam.org
www.healthychoicesguam.org
Funded by Grant #5U79 SP 11183-03 from SAMHSA, Center for Substance Abuse Prevention

IT IS ILLEGAL IN GUAM TO 'HUFF THAT STUFF'

Guam law prohibits the use of aerosol spray product, volatile chemical, substance and other inhalants that release toxic vapors for purposes other than what is identified in the

violation is a minor, he or she can be charged in juvenile court.

But the regulations apply not only to users.

PL 28-25 has expanded the regulations by prohibiting

torch.

The official list was widely distributed to the community in 2006 to increase public awareness and to encourage the community to take action in preventing inhalant use, especially among children and youth.

The fumes from the listed products are considered harmful when inhaled and may cause severe, long term damages to the brain, liver and kidneys or Sudden Sniffing Death Syndrome.

Under the amended law, any person or business entity is liable for petty misdemeanor or if found selling or giving these products to minors.

The law, however, doesn't apply to the inhalation of a prescription or over-the-counter product for medical or dental purposes.

"Proof that a person intentionally or knowingly inhaled, ingested, applied or used a substance in a manner contrary to the directions for use, cautions or warnings on a label of a container of the substance gives rise to a presumption that the person violated (the regulations)," according to Public Law 28-25, authored by former Sen. Larry Kasperbauer.

manufacturer's label instructions.

It is illegal to inhale fumes of these types of product for the purpose of getting high. Possession of these products for illegal use is also prohibited.

The violator faces petty misdemeanor charges. If the

retailers from selling butane and propane products to those under 18.

The Department of Mental Health and Substance Abuse's "Official List of Known Inhalants with Potential Abuse," include butane, butane lighters, butane refills, propane, propane refills and propane

Drug (noun) :

Any substance (inhalants included) that has a physiological effect when introduced into the body, taken for its narcotic or stimulant effects, often illegally.

KNOWLEDGE IS KEY TO PREVENTION!

**"TAKE THE TIME TO LEARN THE EFFECT THAT DRUGS (INHALANTS) HAVE ON OUR YOUTH.
GET INVOLVED AND HELP SAVE SOMEONE'S LIFE TODAY. WE MUST WORK TOGETHER IN REMOVING THE CUSTOMER.
BY DOING SO, THE MANUFACTURERS AND DEALERS WILL HAVE NO BUSINESS.
WHEN SOMETHING HAS NO VALUE, NO ONE WILL PAY FOR IT."**

Joey Lopez, Sr. (October 2003)

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WHAT EVERY PARENT NEEDS TO KNOW ABOUT INHALANT ABUSE

Inhalants are a diverse group of substances that include volatile solvents, gases, and nitrates that can be sniffed, snorted, huffed, or bagged to produce psychoactive effects similar to alcohol intoxication.

This type of drug is inexpensive and accessible. It's in your kitchen, bathroom, office, and garage.

Inhalants provide an instant rush that lasts only about 5 to 15 minutes. In some instances, first use can be fatal. This is called the **"Sudden Sniffing Death Syndrome."**

Medical experts say chronic use of inhalants can cause irreversible physical and mental damage to the brain, heart, liver and kidneys.

Short term effects include depriving the brain, heart and other organs of oxygen. An irregular heart rhythm may develop and cause sudden death, even in healthy children.

Medical studies established

that chronic inhalant users have demonstrated a range of mental disorder, from mild cognitive impairment (such as lack of concentration, poor memory and poor learning ability) to severe dementia.

Deep inhaling of toxic vapors may result in losing touch with one's surroundings, a loss of self control, violent behavior, giddiness, unconsciousness. At higher dosages, they can create hallucinations.

These products can cause an addiction as difficult to treat as addiction to narcotics or cocaine.

Since items that can be abused are within their reach, school-age kids are at risk. But because the intoxicating effect of toxic fumes go away instantly, inhalant abuse is easy to hide from unsuspect-

ing parents.

Experts have listed signs of possible inhalant abuse to look for. Physical signs include slurred speech, drunk, dizzy, or dazed appearance, unusual breath odor, chemical smell on clothing, paint stains on body or face, red eyes and runny nose. Behavioral signs include change in friends or interest, decline in

Street Terms for Inhalants

Air blast
Ames (amyl nitrite)
Amys (amyl nitrite)
Aroma of men (isobutyl nitrite)
Bagging (using inhalants)
Bolt (isobutyl nitrite)
Boppers (amyl nitrite)
Buzz bomb (nitrous oxide)
Climax (isobutyl nitrite)

Discorama
Glading (using inhalant)
Gluey
Hardware (isobutyl nitrite)
Hippie crack
Huff
Huffing (sniffing an inhalant)
Kick

Laughing gas (nitrous oxide)
Medusa
Moon gas
Oz
Pearls (amyl nitrite)
Poor man's pot
Poppers (isobutyl nitrite, amyl nitrite)
Quicksilver (isobutyl nitrite)
Rush (isobutyl nitrite)

Shoot the breeze (nitrous oxide)
Snappers (isobutyl nitrite)
Snorting (using inhalant)
Thrust (isobutyl nitrite)
Toncho (octane booster)
Whippets (nitrous oxide)

school performance, excitability of irritability.

Stocks of empty lighters, spray cans, plastic bags, balloons or rags with chemical odors and empty pressurized whipped cream containers also serve clear warning signs.

For information and referrals, one can call the National Clearinghouse for Alcohol

and Drug Information at 800-729-6686 or the Guam hotline at (671) 647-8333.

Learn more at the Youth for Youth Annual Conference at the Hyatt Regency Hotel on April 18-20, 2008. Call Grace L. Rosadino 477-9079.

TEAM TATLUHA

Don't Huff that Stuff!



Mayor Francisco C. Blas

Stay Clean & Drug Free!

from the



Vice-Mayor Louise Rivera

Tamuning-Tumon-Harmon Mayor's Office

TIPS FOR TEENS

THE TRUTH ABOUT INHALANTS

SLANG - A[GLUE, KICK, BANG, SNIFF, HUFF, HOPPERS, WHIPPETS, TEXAS SHOESHINE

Get the facts...

Inhalants affect your brain. Inhalants are substances or fumes from products such as glue or paint thinner that are sniffed or "huffed" to cause an immediate high. Because they affect your brain with much greater speed and force than many other substances, they can cause irreversible physical and mental damage before you know what's happened.

Inhalants affect your heart. Inhalants starve the body of oxygen and force the heart to beat irregularly and more rapidly—that can be dangerous for your body.

Inhalants damage other parts of your body. People who use inhalants can experience nausea and nosebleeds; develop liver, lung, and kidney problems; and lose their sense of hearing or smell. Chronic use can lead to muscle wasting and reduced muscle tone and strength.

Inhalants can cause sudden death. Inhalants can kill you instantly. Inhalant users can die by suffocation, choking on their vomit, or having a heart attack.

Before You Risk it...

Get the facts. Inhalants can kill you the very first time you use them.

Stay informed. Guam Public Law 28-25: Regulates the sale of Butane, Propane and other inhalants to minors. It is a misdemeanor for any business to sell or transfer butane lighters or butane in any form and propane gas to any person under the age of eighteen (18). Inhalants include a large group of chemicals that are found in such household products as aerosol sprays, cleaning fluids, glue, paint, paint thinner, gasoline, propane, nail polish remover, correction fluid, and marker pens. None of these are safe to inhale—they all can kill you.

Be aware. Chemicals like amyl nitrite and isobutyl nitrite ("poppers") and nitrous oxide ("whippets") are often sold at concerts and dance clubs. They can permanently damage your body and brain.

Know the risks. Chronic inhalant abusers may permanently lose the ability to perform everyday functions like walking, talking, and thinking. Guam Department of Youth Affairs (DYA) reports: Inhalants are one of the most common drugs of abuse among court involved youth. In 2005, 25% (or one in four) of DYAs

youth reported experimenting with inhalants.

Look around you. Rates of lifetime and current inhalant use among Guam youth surpassed the national rates in 2001 and 2003. Current inhalant use among high school students is 6.3% for Guam vs. 3.9% nationwide.

Know the Signs...

How can you tell if a friend is using inhalants? Sometimes it's tough to tell. But there are signs you can look for. If your friend has one or more of the following warning signs, he or she may be using inhalants:

- Slurred speech
- Drunk, dizzy, or dazed appearance
- Unusual breath odor
- Chemical smell on clothing
- Paint stains on body or face
- Red eyes
- Runny nose

What can you do to help someone who is using inhalants? Be a real friend. Encourage your friend to seek professional help. For information and referrals, call the National Clearinghouse for Alcohol and Drug Information at 800-729-6686 or the Guam ??? hotline at 647-8333

Check out the Department of Health and Substance Abuse websites:

www.peaceguam.org
www.healthychoicesguam.org

Continued from page 1

as a result of inhaling a harmful substance.

The student's death brought the grave reality of the risks of inhalants to Guam's front door.

According to NIPC, prevention through education has proven to work against this popular form of substance abuse.

Also part of the campaign is a poster contest themed "Raising Awareness of the Dangers of Inhalant Use," sponsored by PEACE and the Get Healthy Guam Coalition.

The poster contest is open to all middle/high students island-wide. The new deadline to submit posters to the PEACE office in Hagatna has been extended to March 28.

Sanctuary's mission statement is "helping youth and families help themselves." Its vision is that it is a community based organization which exists to improve the quality of life for Guam's youth to promote reconciliation during times of family conflicts, to foster the development of responsible community members, and to advocate for their needs in an effort to preserve family unity, and build the foundation for self sufficiency by providing: 24 hour crisis intervention services; a temporary safe refuge during family conflicts and abuse; supportive counseling for youth and their families; life skill training and education; outreach and prevention programs as well as creative diversion youth development programs."

Sanctuary provides a full continuum of services to youth and families. Being a nonprofit and community based, this public benefit entity plays a vital role in

the community, especially as an alternative to the juvenile justice system. It is also the only group foster home for adolescents and maintains the sole residential treatment program for youth with

*We believe in our youth.
We believe in the power to make things better. We are here 24 hours a day, 7 days a week to help in any way we can.*

substance abuse issues.

36 years ago, Sanctuary was founded because our island needed a program that could support youth and their families through difficult times.

Sanctuary continues to be here for

youth, families, government and private agencies, and neighbors and friends. We have a variety of services to support positive youth development because we want to see young people be safe, happy, and productive.

Where else to get help

DMHSA
Crisis Hotline: (671) 647-8833
Drug & Alcohol Branch (671) 475-5438/39
For Military Families
Air and Family Readiness Center (671) 366-8136
Navy Fleet Family Support Center (671) 333-2056/57

DEADLINE EXTENDED TO MARCH 28, 2008!!

Please submit posters to the PEACE office in Hagatna.

ATTN: ART AND HEALTH TEACHERS
INVITATION TO JOIN POSTER CONTEST
OPEN TO MIDDLE/HIGH SCHOOLS

NATIONAL INHALANT & POISONS AWARENESS WEEK
MARCH 16-23, 2008

Topic: Raising awareness of the DANGERS of Inhalant use

- Requirements:**
- 8x10 poster paper
 - hand drawn
 - Approved drawing materials: markers, colored pencils

Win A FREE Scholarship to this year's 18th Annual YFY Conference!

- Judging:** All posters must be on topic and follow the requirements:
- 20%: Originality
 - 20%: Memorable
 - 20%: Creatively follows the topic requirement
 - 20%: Bold or colorful
 - 20%: Is appealing to teens

Due date: Posters must be turned in by **5pm, March 28th**, at the PEACE office in Hagatna. Please contact Christine Camacho at 477-2301 for any questions or visit www.peaceguam.org. Top posters will be printed in the Marianas Variety the following week and will be displayed at the April 27th E.C. does it! Health Fest at George Washington High school.

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Attention TEACHERS!

LESSON PLAN ON INHALANTS

GOAL: Create awareness about the dangers of inhalants and the laws prohibiting inhalants.

OBJECTIVE: Students will learn the dangers inherent in the use of inhalants and be able to make responsible and educated decisions about substance abuse.

RESOURCES:

- Office of National Drug Control Policy, Drug Policy Clearinghouse, Inhalants, February 2003.
- Public Law 28-25.
- SAMHSA's National Clearinghouse for Alcohol and Drug Information

AREAS OF INQUIRY:

- Definition
- Effects of inhalants
- Commonly abused commercial products
- Damage to the body

SUGGESTED TIME ALLOTMENT: 30 Minutes.

Definition:

An inhalant is any substance that enters the body through the respiratory system. Illegal inhalants are substances that are used for the pur-

pose of becoming under the influence of that substance. The term "inhalants" refers to more than a thousand household and commercial products that can be abused by inhaling them through one's mouth or nose for an intoxicating effect. These products are composed of volatile solvents and substances commonly found in commercial adhesives, lighter fluids, cleaning solvents, and paint products. Their easy accessibility, low cost, and ease for concealment make inhalants one of the first substances abused.

Effects of Inhalants:

The effects of inhalant use resemble inebriation (drunkenness). Upon inhalation, the body becomes starved of oxygen, forcing the heart to beat more rapidly in an attempt to increase blood flow to the brain. The user initially experiences stimulation, a loss of inhibition, and a distorted perception of reality and spatial relations. After a few minutes, the senses become depressed and a sense of lethargy arises as the body attempts to stabilize blood flow to the brain, usually referred to as a "head rush". Users can become in-

toxicated several times over a few hours because of a chemical's short-acting, rapid-onset effect. Many users also experience headaches, nausea, vomiting, slurred speech, loss of coordination and wheezing. Heavy or sustained use of inhalants can cause tolerance and physical withdrawal symptoms within several hours to a few days after use. Withdrawal symptoms may include sweating, rapid pulse, hand tremors, insomnia, nausea, vomiting, physical agitation, anxiety, hallucinations, and grand mall seizures. Indicators of inhalant abuse include paint or stains on the body or clothing, spots or sores around the mouth, red or runny eyes and nose, chemical odor on the breath, a drunken or dazed appearance, loss of appetite, excitability and/or irritability.

Damage To the Body

- Acoustic nerve and muscle: Destruction of cells that relay sound to the brain may cause deafness.
- Blood: Inhibits the oxygen carrying capacity of the blood.
- Bone Marrow: Components containing benzene

have been shown to cause leukemia

- Brain: Damage is also caused to the cerebral cortex and the cerebellum, resulting in personality changes, memory impairment, hallucinations, loss of coordination, and slurred speech.
- Heart: An unexpected disturbance in the heart's rhythm may cause fatal cardiac arrhythmias.
- Lungs: Damaged lungs impair breathing.
- Muscle: Reduced muscle tone and strength.
- Peripheral Nervous System: Numbness, tingling and paralysis.
- Skin: Severe rashes around the nose and mouth.

INTRODUCTION: Stand up. Put your hand on your ears, head, heart, and chest. Show me your muscles. Look at your skin. These are only some of the things that are damaged by using inhalants.

QUESTIONS TO INTRODUCE, DEVELOP, OR CULMINATE ACTIVITY:

- 1) What is an inhalant?
- 2) Can you name some inhalants? (legal and illegal)
- 3) Can you describe how these inhalants make you feel?
- 4) Why do you think some inhalants are illegal?

STUDENTS DEMONSTRATE WHAT THEY HAVE LEARNED: By passing a quiz with a 90% proficiency rate.

CLOSURE:

Public Law 28-25: It is unlawful for a person to inhale, ingest, apply or smell the gases, vapors or fumes of an aerosol spray product, volatile chemical, substance, or other inhalant, that is not used pursuant to the instructions or prescription of a licensed health care provider, or that is not used pursuant to the manufacturer's label instructions, for the purpose of becoming under the influence of such a substance, causing intoxication, euphoria, inebriation, stupefaction or the dulling of that person's brain or nervous system.

GLOSSARY:

- 1) Inhalant
- 2) Intoxication
- 3) Leukemia
- 4) Dependence/ Withdrawal
- 5) Cardiac Arrhythmia
- 6) Volatile chemical

Lesson plan developed by Dawn Reyes, a former Teacher and current Assistant Principal of Inarajan Middle School.

INHALANTS QUIZ

1. All inhalants are illegal. T / F
2. Illegal inhalants are often common household items. T / F
3. Inhalants get into the body through the circulatory system. T / F
4. Inhalants make a person feel drunk, uninhibited and uncoordinated. T / F
5. Inhalants can cause a heart attack. T / F
6. Inhalants are not addictive. T / F
7. You need a lot of money to use inhalants. T / F
8. Common illegal inhalants include glue, gas, and butane. T / F
9. Inhalants affect the heart, the brain, the lungs, the skin and the blood. T / F
10. Vomiting, hallucinations and seizures are withdrawal symptoms of inhalants. T / F
11. Nail polish remover and White-Out are inhalants. T / F
12. Personality changes, loss of memory and slurred speech are signs of brain damage caused by using inhalants. T / F
14. A person who uses inhalants often probably eats a lot. T / F
15. A person who uses inhalants usually has beautiful skin. T / F
16. Inhaling prescription medicine as the doctor ordered is legal. T / F

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Talk to an adult today to help save your tomorrow.



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Sagan Na Homlo, a place to heal. We offer residential and outpatient substance abuse treatment for youth.