

MUNICIPAL ALLIANCE COMMITTEE

HOTLINES & HELPLINES

The phone numbers listed here are sources of help and information on substance abuse or related issues:

ALCOHOL & DRUG ABUSE (24 HOURS)
ACTION HELPLINE & TREATMENT
1-800-675-1127

THE ADDICTION HOTLINE OF NJ (24 HOURS)
1-800-322-5525
OR
1-800-225-0196

CHILD ABUSE (24 HOURS)
1-800-792-8610

CONTACT WE CARE (24 HOURS)
1-908-232-2880

DOMESTIC VIOLENCE HOTLINE OF NJ (24 HOURS)
1-800-572-SAFE (7233)

DRUG ABUSE PROBLEMS (24 HOURS)
1-800-COCAINE

EATING DISORDERS HELPLINE
1-800-624-2268

FAMILY CRISIS INTERVENTION (24 HOURS)
1-908-298-7800

(CONT'D.)

P.O. Box 961
SCOTCH PLAINS, NJ 07076



WHAT IS THE SP-F MUNICIPAL ALLIANCE COMMITTEE (MAC)?

MAC is an organization that is dedicated to providing substance abuse prevention programs, activities, and education in the communities of Scotch Plains and Fanwood.

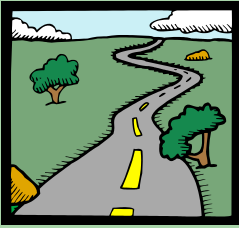
WHO SERVES ON THE SP-F MUNICIPAL ALLIANCE COMMITTEE?

The MAC membership includes representation from the school systems, both public and private, the municipal governments, police, Ministerium, PTA, YMCA, local agencies, e.g. Resolve Community Counseling Center, local organizations, and members of the communities at large.

WHAT DOES THE SP-F MUNICIPAL ALLIANCE COMMITTEE DO?

The following programs and activities have been either fully or partially funded by the MAC through a grant from the Governor's Council on Alcoholism and Drug Abuse. These funds come from Drug Enforcement Demand Reduction (DEDR) moneys, which are fines imposed on convicted drug offenders. An amount equivalent to the grant award must be matched through monetary contributions and donations of time, services and property by the communities of Scotch Plains and Fanwood and their citizens. MAC is also supported from the proceeds of the annual Scotch Plains Mayor's Charity Gala. There are occasional private donations.

- Project Graduation
- "Safety Bug" Driving Simulator
- Middle & High School Handbooks
- Parenting Skills Workshops
- Preschool Parent/Teacher Training
- Coaches' Clinic
- Summer Park Counselor Training
- Teen Events
- Camp Starbright
- Student Leadership Conference
- DARE
- After School Kids Transitional Program
- Teacher Training
- Senior Citizen Prevention Education Luncheons
- Alliance Member Alliance



(CONT'D.)

MORE HOTLINES & HELPLINES

MUHLENBERG
HOSPITAL CRISIS
HOTLINE

1-908-668-2599

OVERLOOK
HOSPITAL CRISIS
INTERVENTION

1-908-522-3586

RESOLVE
COMMUNITY
COUNSELING
CENTER

1-908-322-9180

WOMEN'S
REFERRAL CENTRAL
(24 HOURS)

1-800-322-8092

PREVENTION LINKS
(FOR INFORMATION
AND REFERRAL)

1-732-381-4100

DRUGS AND DRIVING: WHY TAKE THE RISK?

Millions of people take drugs every day and most are unaware that many of these substances affect their driving skills. Alcohol, tranquilizers, marijuana, and a variety of other drugs can affect the mental and physical skills needed for safe driving--even some over-the-counter medicines can affect driving.

The effects of a drug vary significantly from one individual to the next, and even vary in the same individual at different times. The driver's age, sex, weight, emotional state, the amount of drug and when it was taken are all factors that influence the ability to drive safely.

ALCOHOL, a mind-altering drug that works as a sedative, changes the way a person thinks and acts. It affects judgment and coordination, and is a factor in 50 percent of America's highway deaths. In 1981, more than 25,000 Americans died in accidents caused by drunk drivers.

It is well known that alcohol increases the sedative effects of tranquilizers and barbiturates (sleeping pills). Mixing these drugs, on or off the road, is extremely hazardous. Even caffeine, a stimulant in coffee and tea, which is supposed to help the drowsy driver stay alert, cannot make a drunk driver sober. Studies show that caffeine does not improve an inebriated subject's driving. You simply have a wide-awake drunk on your hands.

MARIJUANA is also a mind-altering drug. Its use affects a wide range of skills needed for safe driving--quick thinking and reflexes are slowed, causing drivers difficulty in responding to sudden unexpected events. Also, a driver's ability to "track" (staying in lane) through curves, to brake quickly, and to maintain speed and the proper distance between cars is affected.

Research clearly indicates that normal levels of driving performance are not regained for at least 4-6 hours after smoking a single marijuana cigarette. Drinking alcohol in combination with smoking marijuana greatly increases the risk of accidents.

OVER-THE-COUNTER DRUGS - Nonprescription drugs, such as cold tablets, cough syrups, allergy remedies, etc., purchased over-the-counter may contain antihistamines, alcohol, codeine, and other compounds that can be especially dangerous for drivers. You should read labels and pay attention to warnings (e.g., "may cause drowsiness," "do not operate machinery," "caution against engaging in operations requiring alertness").

If you have any questions about a particular drug or combination of drugs, check with your doctor or pharmacist. It is important that you understand how you personally react to the drug you are using. Ask your doctor if the drugs he or she prescribes can affect your ability to drive.

OTHER DRUGS - LSD, PCP, and other hallucinogens distort judgment and reality, cause confusion and panic, and can produce severe mental problems resulting in strange and violent behavior. Clearly, individuals under the influence of these kinds of drugs should not drive.

DRUGS AND DRIVING (CONT'D.)

TRANQUILIZERS AND OTHER SEDATIVE HYPNOTICS

Tranquilizers are central nervous system depressants (drugs which slow down the body) and help relieve tension and anxiety. Major and minor tranquilizers, such as chlorpromazine (Thorazine) and diazepam (Valium) can have pronounced effects on driving skills.

Studies show that prescribed doses of tranquilizers can affect driving skills by slowing reaction time, interfering with eye-hand coordination and judgment. Warnings that caution against taking these medications while driving are often ignored. Recent research suggests that driving skills are most impaired in the first hour after a tranquilizer is taken.

Flurazepam (Dalmaine) is a widely prescribed sleeping pill. Studies show that this drug accumulates in the body, and the buildup can impair driving skills, even the morning after. Elderly people must be especially careful when driving the day after taking this drug, since the drug remains in the body longer than it does for a younger person.

Other sedative-hypnotic drugs, including barbiturates and Quaaludes, are powerful sedatives that calm people or help them sleep. Sleepy drivers are a hazard on the road. Mixing these drugs with alcohol can double the affects of both and is extremely dangerous.

If your doctor prescribes a tranquilizer or sedative, make it a point to discuss how the drug will affect your ability to drive safely.

STIMULANTS - Amphetamines, cocaine, phenylpropanolamine, ephedrine, and caffeine (often found in cold tablets and cough syrups) stimulate the central nervous system. Small amounts of these drugs generally make people who are tired feel more alert. However, repeated use of stimulants to combat fatigue will result in loss of coordination. Heavy amphetamine use may keep an individual awake and active for long stretches of time, but it will also make the driver edgy, less coordinated, more likely to be involved in a traffic accident.



MAC

IS PARTIALLY FUNDED BY THE GOVERNOR'S COUNCIL ON ALCOHOLISM AND DRUG ABUSE THROUGH UNION COUNTY DEPARTMENT OF HUMAN SERVICES.



WHAT EVERY DRIVER SHOULD KNOW

Driving requires a combination of thought and motor skills, a great deal of common sense, and a concern for the safety of everyone on the road. Safe driving requires an observant eye, a steady hand, and a clear head. By mixing drugs with driving, you are only asking for trouble.

Why take the risk?

For confidential Alcohol and Drug Information and Referral please contact:

Prevention Links
35 Walnut Avenue, Suite 17
Clark, New Jersey 07066
(732) 381-4100

MAC

P.O. Box 961
SCOTCH PLAINS, NJ
07076

FOR INFORMATION
ABOUT MAC,
ITS PROGRAMS OR
ACTIVITIES,
CONTACT:

MAC COORDINATOR
232-0724

OR

SCOTCH PLAINS
MAYOR'S OFFICE
322-6700

OR

FANWOOD
MAYOR'S OFFICE
322-8236.

PTA
CHEMICAL
DEPENDENCY
COMMITTEE



"THINK PURPLE"

SOME S.O.B.E.R. PROM & GRADUATION ANNOUNCEMENTS FROM THE NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE OF UNION CO.

When you drink or use drugs you give up your control. Accidents, addiction, hurting people who love you...the possible consequences are endless, and sometimes permanent. Nobody volunteers to become a drunk driving statistic, driver or passenger. Keep it simple. Keep yourself safe. Celebrate sober.

The prom, graduation, parties and celebrations, time with family and friends, trips down the shore - it's all finally here. There is so much going on! But remember, drinking and driving can kill your social life, even when you're just the passenger. 93% of young people who die in traffic accidents are just passengers. Don't get into a car with someone who has been drinking or using. It's a time for making memories, not becoming one.

Last year at this time I was having the time of my life. Graduation parties, the prom, partying at the shore - it was great!! Or at least what I remember of it. And now 6 months later, I'm HIV positive. Some party. Some great time. I was supposed to have my whole life ahead of me...school, getting married, having a family. The parties I went to were fun, but none of them was worth dying for. It's simple - get high...get high...get stupid...get AIDS. Get it?

HEY, YOU!! YOU WITH YOUR LICENSE! LISTEN UP!!

It's prom time, graduation time, party time, trips to the city and down the shore. It's not the time to lose your license. And there are lots of other things you can lose along with it - a new car, 4 years' tuition at Rutgers, 5 seasons of a summer house down the shore, a year of traveling around the world, a few new wardrobes - anything that you could spend about \$17,000 on instead! One DWI conviction in New Jersey could end up costing you that much. Really! You're smarter than that. It makes sense to stay sober.

