

Drug and Alcohol Fact Sheet

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Prepared By: Departmental Drug Office

Inside DOT Statistics

The Department of Transportation's Federal Employee Drug and Alcohol Testing Program Statistics for the 1st quarter of Fiscal Year 1999, October 1, 1998 – December, 31, 1998:

	<u>TOTAL TESTED</u>	<u># OF POSITIVES</u>
Random Drug	2,075	7
Follow-Up	196	0
Reasonable Suspicion	3	0
Post Accident	24	0
Pre-employment	16	0
FAA Pre-employment	148	0
Voluntary	0	0
Random Alcohol	948	0
CDL Alcohol (CY '98)	1	0
CDL Drug (CY '98)	37	1

The Department of Transportation's Fiscal Year 1999 drug positive rate of .3% is well below the latest published government positive rate of .5%.

“Did You Know?” Korner

- ◆ Depressants include tranquilizers, barbiturates, sedatives, hypnotics and anti-anxiety drugs.
- ◆ When depressants are mixed with alcohol, these drugs have a synergistic effect, which means the effects of each are multiplied. There also may be an increased risk of accidental overdose, which could lead to hospitalization and/or death.
- ◆ In the workplace, a depressant abuser may be impaired in coordination and judgment, thus presenting a risk to other workers when operating machinery; abuse health coverage because of repeated visits to health-care providers for additional prescriptions; and be late or absent more often.

Information Source: Franchise Business Activity Employee Assistance Newsletter

Substance Awareness Facts

Depressants – Common to Use and Abuse

Depressants suppress the central nervous system. Some work to calm the nerves during the day-time, while others are best at producing night-time sleep.

Some prescribed medications by physicians include: Librium, Valium, Xanax, Secanol, Nembutal and Quaalude. Many of these prescriptions are written for short-term use only – for example to help an otherwise healthy patient overcome insomnia or to fight an unusually severe bout of anxiety.

Abuse of these drugs occurs when an individual:

- ◆ takes a prescription in a dose or frequency that exceeds what's been prescribed;
- ◆ sees more than one health-care provider at a time to increase availability of the drug;
- ◆ shares a prescription with a friend or family member; or
- ◆ purchases the drug on-the-street.

Signs and symptoms of depressant use include:

- ◆ feeling of over-relaxation;
- ◆ loss of inhibitions;
- ◆ lack of concentration and/or coordination;
- ◆ drowsiness; and/or
- ◆ slurred speech and confusion.

Signs of withdrawal may include:

- ◆ sweating; tremors; increased blood pressure; heart palpitation; panic attacks, headaches; anxiety; nausea or vomiting; general irritability & depression; & seizures.

Looking For Help – Call:

Narcotics Anonymous: 1-800-896-8896
Parent Resource – PRIDE: 1-800-853-7867
DOT Employee Assistance Program: 1-800-222-0364
FAA Employee Assistance Program: 1-800-234-1EAP

“A Life of Substance Abuse is Life Without Substance”