



2014-2015
SAN CLEMENTE HIGH SCHOOL
VOLUNTARY (RANDOM) DRUG & ALCOHOL
TESTING PROGRAM FORM

REGARDLESS OF YOUR CHOICE TO GIVE CONSENT OR DECLINE TO HAVE YOUR CHILD PARTICIPATE IN THE VOLUNTARY DRUG TESTING PROGRAM AT SAN CLEMENTE HIGH SCHOOL, THIS FORM MUST BE COMPLETED AND SIGNED BY BOTH PARENT/GUARDIAN AND STUDENT. Please indicate your decision to have your student participate (YES) or not participate (NO) in the Voluntary Drug & Alcohol Testing Program at San Clemente High School.

CIRCLE YOUR CHOICE: **YES** **NO**

By circling **YES**, we hereby authorize California Youth Services to collect a urine specimen from my child for drug testing. By circling **NO**, the card will be filed for record keeping purposes only. We understand the drug screen will be private (results never given to school personnel - completely confidential) and provided free of charge during the 2014-2015 school year.

_____	_____	_____
Student Name	Student Signature	Date

		Grade
_____	_____	_____
Parent/Guardian Name	Parent/Guardian Signature	Date
	_____	_____
	Home Street Address	City Zip

Parent/Guardian Home Phone: _____ Work Phone: _____

**THE VOLUNTARY (RANDOM) DRUG & ALCOHOL
TESTING PROGRAM
2014-15
SAN CLEMENTE HIGH SCHOOL**

Dear Parents:

From 2007-2009, according to the California Healthy Kids Survey focusing on Orange County, statistics indicated the following percentage comparison of Orange County ninth and eleventh grade students who have used drugs:

<u>9th Grade</u>		<u>11th Grade</u>	
Cocaine	5%	Cocaine	9%
Marijuana	19%	Marijuana	34%
Alcohol	41%	Alcohol	61%
Pain Killers	10%	Pain Killers	17%

Since drugs are inexpensive, easily available, and widely used, it is obvious that our young people need an excuse to say “NO” when they are “dared” to experiment with drugs throughout their high school years. The aim of the SCHS Voluntary Drug Testing Program is to enlist the aid of the parents to help their children win the fight against drug use.

Drug testing is a proven form of deterrence; military drug use has decreased 77% since the military began testing in 1980. Random testing has been shown to be the most economical method and this program incorporates the latest drug testing information.

Some people worry that parental encouragement to participate in a drug testing program will destroy the trust between the student and his/her parents. **PARENTS HAVE A RESPONSIBILITY TO GUIDE THEIR CHILDREN.** Those parents who involve themselves in our program will be drawing the line on drugs and giving their child a reason to just say “No.”

If the drug test results are positive, handling the situation may be difficult for both the parents and the student. However, if a parent remains “in the dark” of their child’s drug use, the problem can manifest itself and have serious consequences down the road. It is the responsibility of the parents to set boundaries for their children; this program will help accomplish this in a very serious and sensitive area. There are community resources available to help them deal with the problem.

This program is not designed to keep students out of athletics or other school activities. The school will have no knowledge of the results; any problem that may surface will be resolved where it belongs, between the parent and the student.

The Voluntary Drug Testing Program will be explained in detail on the following pages.

SUMMARY PROCEDURE OF VOLUNTARY (RANDOM) URINE TESTING PROGRAM

1. **All applications regardless of support or non-support are to be returned during registration.**
2. Names of students volunteering to be tested will be given directly to California Youth Services (CYS) where they will input all names into their random drug testing software database. The database will be maintained and accessed only by CYS.
3. A representative of California Youth Services will randomly select names throughout the school year for Voluntary (Random) Drug Testing.
4. A site at San Clemente High School will be provided for urine specimen collection.
5. Students will provide the urine specimen in private.
6. The specimen will then be transported to the laboratory following standard "Chain of Custody Procedures."
7. Due to the short time some chemicals are retained in the body, the student will test on the assigned date to assure accuracy. Parents will be notified if student chooses not to be tested.
8. Results of the urinalysis test will be available within 24 hours. Results are strictly CONFIDENTIAL and are never communicated with SCHS or representatives thereof.
 - a. **Negative Result:** Notification of a negative result will be mailed home. California Youth Services will attempt to make contact by phone as well. No contact will be made with SCHS.
 - b. **Positive Result:** Notification of a positive result will be made by a representative from California Youth Services; this will occur after the specimen has been sent to the lab for further testing to confirm the result. No contact will be made with SCHS.
9. Follow-up counseling is available for any student having an illegal substance in his or her urine. Please see the list of available counseling sources in this packet or call the school psychologist for additional information.
10. **All results are confidential**, and you will be given the only copy of the results with the student's name attached.
11. The drug screen will be free of charge during the 2014-2015 school year - regardless of the number of times tested.

REMINDER: No school administrators, teachers, or coaches will have knowledge of the test results. All results are strictly confidential.

DRUGS SCREENED

Complete Drug Testing offers a urine screen specifically configured for abstinence compliance for the most common drugs of abuse including marijuana (THC), cocaine and PCP. The purpose is to offer clinicians and/or drug abuse programs a broad inexpensive means of monitoring for abstinence. Drug classes are detected by Enzyme-immunoassay (EMIT), Radio-immunoassay (RIA) or Gas Chromatography (GC) and reported as “positive” or “none detected.” The amphetamine class is automatically tested for amphetamine and/or methamphetamine. This separation is offered to assure that only potentially abused substances will be reported as “positive,” thus eliminating over the counter indication such as phenylpropionamine (in cough syrup). Confirmation is by an alternate detection method (GC, GC/MS, etc.) for forensic purposes.

Specimen requirement: 25 ml urine

The following drug classes will be analyzed:

Amphetamines (Speed, Uppers, Crystal)	Barbituates (Downers, Sleepers)
Benzodiazepines (Valium)	Cocaine (Snow, Crack)
Ethanol (Alcohol)	Opiates (Heroin, Codeine, Oxycodone)
Phencyclidine (PCP, Angel Dust)	Marijuana (THC, Grass, Pot)

Additionally, again this year (2014-15) we will be adding ALCOHOL TESTING. The test for alcohol is a “biomarker” test that measures Ethyl Glucuronide that the body produces after consuming alcoholic beverages (ethanol). This (EtG) test is also done through urine screening and has the ability to confirm alcohol consumption up to 80 hours after ingestion.

INTERPRETATION OF RESULTS

1. DEFINITION:

Positive and negative results are defined rather than absolute. A sample reported as positive contains the indicated drug at or above the detection level for that drug. A negative sample either contains no drug or contains a drug below the detection level.

2. INTERPRETATION:

A positive result for a drug means that the individual providing the sample ingested the drug at some point in time prior to sample collection. There are several parameters that a positive result cannot resolve including:

- The amount of drug ingested
- The exact time of ingestion
- The route or mode of ingestion (i.e. oral, snorting, intravenous injection, smoking, etc.)
- The frequency of ingestion
- The purity of drug ingested
- Whether ingestion was deliberate, accidental, unknowing, or legitimate.

There are, however, general time frames within which an individual might be expected to produce a positive sample following drug ingestion:

DRUG

TIMEFRAME

Amphetamine	3-5 days
Barbituates (except Phenobarbital).....	3-5 days
Phenobarbital	10-20 days
Cocaine.....	2-5 days
Opiates	2-4 days
Alcohol.....	1-2 days
Phencyclidine.....	7-10 days
Cannabinoids (Marijuana).....	15-45 days

**SUGGESTIONS FOR PARENTS
HOW TO DEAL WITH A POSITIVE DRUG TEST**

MAKE SURE YOU DEAL WITH YOUR FEELINGS

It is not uncommon for parents to experience shock, guilt, anger, disappointment, disbelief and many other emotions when they discover their teen has used drugs.

Be considerate to yourself and your teen by giving yourself the time and space to deal with your feelings. It is best to do so in private, with your spouse, a friend, a minister or someone in the counseling profession. Overly emotional reactions in the presence of your teen only interfere with productive problem solving.

WHEN TALKING WITH YOUR TEEN – LISTEN

You can gain information and insight about your teen without having to agree with him/her. Listen to your teen’s point of view and attitude.

AVOID JUDGMENTAL STATEMENTS

These only give your teen an excuse to tune you out and avoid the issue.

BE CALM

Model appropriate problem solving behavior to your teen. Show how an adult can maturely and reasonably deal with a difficult issue.

DON’T BE MISLED

Don’t easily accept “I only did it once” or “I’ll never do it again.” You can’t help your teen if they easily mislead you.

BOTH PARENTS AGREE ON A PLAN

In two parent homes, both parents should work together to agree on what should be done. If parents cannot agree completely, they should at least support each other in the decision and consistently follow through. Parents who disagree about solutions or who will not support each other in follow-through, can be easily divided by their teen. If this happens, your teen may not get what is needed to deal with the important issues that contributed to his/her drug use.

BE CONSISTENT

Teens who are willing to experiment with drugs also tend to push limits for the excitement and fun of “trying to get away with it.” If parents are inconsistent, teens will test you and easily discover you don’t mean what you say. They will break rules, avoid consequences and continue engaging in nonproductive behaviors.

DON’T MAKE PROMISES YOU CAN’T KEEP

If you set a consequence or plan of action make sure you can willingly and relatively easily follow through. Parents often defeat themselves by setting unreasonable consequences they or their teen cannot be consistent with. If this happens, you and your teen lose. Set a plan of action and do what you say you will do.

WHO CAN HELP

Counseling organizations and therapists in private practice have excellent services to assist families struggling with difficult issues. Support on the backside of a positive drug test is a vital component to a successful program; Complete Drug Testing and San Clemente High School can provide you with (confidential) support programs and counseling. For additional information, contact Dr. Loren O’Conner, SCHS School Psychologist or Complete Drug Testing.

A LOOK AT ALTERNATIVES

The most important point to realize in trying to stop or reduce any negative behavior is that in order to PREVENT something, a person must, at the same time, PROMOTE a positive alternative. A positive alternative is something that meets the need or gives the same effect that the person seeks from drugs or alcohol without the same dangers to health and well being. Simply trying to stop drug abuse without finding a positive pursuit to put in its place will leave a void that makes it all too easy to return to the same old patterns of abuse.

Realistic and workable alternatives are not easy to develop. The alternatives must match the effect desired from the drug. Another point to be stressed is that drug use is a very passive sort of thing; however, alternatives require effort to produce their effects.

Unfortunately, drugs and alcohol give the illusion that one can get something for nothing. Young people who try drugs on a short-term basis, and experience little or no negative effects, mistakenly conclude that “highs” have no strings attached. However, the real danger of drugs and alcohol is that over time, a pattern reaches the stage where the enjoyment of a concert, a date, or other activity, is keyed to using the drug to make it exciting. Dependence does not occur overnight. It is a gradual process that gains momentum with each episode of use.

The following chart shows some examples of desired effects matched to appropriate non-drug alternatives that can be part of a family program.

PHYSICAL ACTIVITIES	-	Desire for physical satisfaction, more energy, etc.
	-	Jogging, family sports, outdoor work, dancing, etc.
SENSORY ACTIVITIES	-	Desire to stimulate sound, touch, taste, need for excitement.
	-	Backpacking, swimming, skiing, visiting parks, ceramics, etc.
EMOTIONAL ACTIVITIES	-	Relief from bad moods, escape from reality.
	-	Counseling, therapy, self-expression through art, music, etc.
INTERPERSONAL ACTIVITIES	-	Acceptance among friends, desire to communicate with others, to be loved.
	-	Family meeting, group therapy, assisting others in distress, friends of both sexes.
SOCIAL ACTIVITIES	-	To find an identity with society and to promote legal, social change.
	-	Volunteer for community projects, school clubs, and church activities.
CREATIVE ACTIVITIES	-	To improve creativity within the areas of art, music, drama, etc.
	-	Attend concerts, plays, take courses in art, music, acting, crafts, writing, ballet, etc.
PHILOSOPHICAL ACTIVITIES	-	To discover meaningful values of life and universe.
	-	Study ethics, morality, family discussions, etc.
COMMUNICATION	-	Take the time to listen to members of your family. <u>Communicating is a must.</u>

YOU MAY WANT TO CLOSE YOUR EYES AND HOPE FOR THE BEST. BUT YOU HAVE TO KNOW THAT PROBLEMS THAT ARE LEFT TO RUN THEIR COURSE RARELY GET RESOLVED. YOU HAVE TO GET INVOLVED. YOUR CHILD'S FUTURE IS AT STAKE.