[MS-0287.005.004.038]

DRUG EDUCATION FOR YOUTH
Hot Line: 297-3339 (San Diego)
722-3339 (North County)

DEFY is a countywide program of drug abuse prevention through education. It is administered by the County of San Diego Department of Public Health. Anyone with a drug-related problem may call at any time, day or night for counseling, referral or information. DEFY has a "no bust" policy. The organization is not involved in any way in law enforcement. All information is kept confidential. Focus of the program during 1970-71 is on young people. The DEFY staff consists of health educators, social workers, community aides, health information specialists and consulting psychiatrists.

COMMUNITY HEALTH EDUCATION

Four community health education teams work throughout the county. Team captains are professional health educators. Other members are young associates and aides, familiar with the communities in which they work and with the drug problem. Some are bilingual in Spanish-English. Team members have "rap" sessions with youth and discussion groups for parents and other adults. A mobile van goes to the beaches and other areas where youth gather.

COUNSELING

Counseling, referral and information concerning drugs is available 24 hours a day, 7 days a week on DEFY's hot line, by dialing 297-3339. The number for North County residents is 722-3339. Social workers man the telephones around the clock. Personal counseling on a walk-in basis is available weekdays from 8:30 a.m. to 8:30 p.m., on weekends from 4 p.m. to 8:30 p.m., or by appointment any time. No medical treatment is given. Those in need of such assistance are transferred to medical and psychiatric treatment centers.

PUBLIC INFORMATION

Press, radio, TV, pamphlets, posters, cards, audiovisual materials, and other media of communication are used by DEFY to inform the public about its services and other community resources, the effects of drug use, and the problems in misuse of drugs.

CONSULTATION ON DRUG ABUSE EDUCATION IN SCHOOLS

DEFY contributes funds toward a full-time drug abuse education curriculum consultant on the staff of the San Diego County Department of Education. DEFY staff provides consultation to school counselors, nurses and other school personnel as requested. A DEFY grant is making possible the development, at the sixth grade level, of an instructional television series on decision making with emphasis on drug use.

COORDINATION

DEFY coordinates with other agencies and groups in San Diego County who also have programs related to drug abuse. Gaps in services countywide are identified and met in cooperation with local communities. Staff assistance is provided by DEFY to some community drug abuse agencies.

RESEARCH AND PROGRAM EVALUATION

A grant from DEFY is supporting a research program to determine patterns of drug abuse in San Diego County and to search for reasons why some youth misuse drugs. The UCSD Department of Psychiatry is doing the research. Ongoing DEFY programs are also evaluated.

DEFY (Drug Education For Youth), County of San Diego Department of Public Health
3067 Fifth Avenue, San Diego, California 92103 (Business Calls: 239-7711, Ext. 407)
516 Fourth Street, Oceanside, California 92054 (Business Calls: 722-4101, Ext. 277)

County of San Diego, Department of Public Health
3067 Fifth Avenue, San Diego, CA 92103
239-7711, Ext. 407

(NOTE TO EDITORS: This is the first in a series of columns concerning drug information which DEFY plans to issue each month during 1971. Purpose is to inform readers of hazards in misuse of drugs, drug research and trends in drug use and abuse. These columns will be provided without charge to companies and organizations which publish house organs and to other interested publication editors as part of the DEFY Public Information Program. It is requested that the DEFY logo be used at the head of the column.)

ARE BARBITURATES ADDICTIVE?

Nearly everyone knows what a barbiturate is. Few people realize how highly ADDICTIVE they are when abused. Physicians prescribe them to relieve anxiety or nervous tension or to induce sleep. This category of drugs includes Seconal or "reds" (Secobarbital sodium), Tuinal (Amobarbital-secobarbital), Phenobarbital and others.

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BARBITURATES — CAN YOU MIX THEM?

Is it dangerous to combine barbiturates or tranquilizers and alcohol? Yes! DON'T mix them. Medical research has proven that alcohol, barbiturates or tranquilizers increase the effect of each other in a way that is impossible to predict. The person who is drunk and takes sleeping pills may not survive. Barbiturates when taken with narcotics, anesthetics and tranquilizers may also be fatal.

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"KICKING" THE BARBITURATE HABIT

Is it possible to "kick" the barbiturate habit? Yes, but NOT SUDDENLY. Barbiturates are physically addicting for chronic abusers. If barbiturate dependence is severe, sudden withdrawal from the drug is an acute medical emergency requiring hospitalization and intensive care. Let a physician advise you. Actually, withdrawal from barbiturates can be more dangerous than from heroin.

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DRUG COUNSELING AND INFORMATION . . .

At DEFY, 3067 Fifth Avenue, San Diego. For instant counseling about drug-related problems or answers to questions about drug identification and effects, walk in or call 297-3339. North County residents call 722-3339. CONFIDENTIALITY assured. DEFY is a program of the County of San Diego Department of Public Health.

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