

## Drug and Alcohol Abuse Prevention Program

Victoria College is committed to maintaining a safe, healthy, lawful and productive working and educational environment. Studies have shown that substance abuse increases the potential for accidents, absenteeism, tardiness, unsatisfactory performance, inefficiency, poor morale and damage to the College's reputation. It is our intent to provide a better place to study and learn through upgrading the mental and physical health of the total College community. To this end, the College prohibits the unlawful manufacture, sale, distribution, dispensation, possession, use or consumption of controlled substances, inhalants, and/or alcohol in the educational environment.

### STUDENT CODE OF CONDUCT

The Student Code of Conduct lists and defines punishable disciplinary offenses applicable to situations that occur on College property or at College sponsored activities.

Item # 3 states: Use, possession, or distribution of alcohol or illegal drugs in violation of the College's regulation on drugs and alcohol or in violation of state or federal law.

### DISCIPLINARY SANCTIONS

#### The Disciplinary Process

Upon receipt of a complaint or information regarding a student's alleged violation of the College's nonacademic misconduct rules, the Vice President of Student Services shall investigate the allegations and determine if the student violated the disciplinary rules. The steps involved in the preliminary investigation and determination of sanctions are detailed in the Victoria College Student Handbook.

#### Sanctions

The Vice President of Student Services shall determine whether a violation of disciplinary rules has occurred and assess an appropriate sanction if necessary. Possible sanctions for violation of disciplinary rules are as follows:

- **Warning** – Student is verbally cautioned that continuance or repetition of specified conduct may be cause for other disciplinary action
- **Reprimand** – A written warning of continuance or repetition of specified conduct. A reprimand becomes part of the student's disciplinary record.
- **Probation** – The student is excluded from participation in privileges or extracurricular College activities. Probation can also include compliance with special conditions, such as counseling. If a student, while on probation, violates any of the terms of the probation or violates the Student Code of Conduct while on campus or in relation to College sponsored activities, the student shall be subject to further disciplinary actions.
- **Suspension** – Forced withdrawal from the College for a specified period of time, including exclusion from classes, termination of student status and all related privileges and activities, and exclusion from the campus if set forth in the notice of suspension. If a student, while on suspension, violates the Code of student Conduct while on campus or in relation to College sponsored activities, the student shall be subject to further disciplinary actions.
- **Dismissal** – Exclusion from the campus and termination of student status for an indefinite period. The conditions of reconsideration for readmission will be specified at the time of the dismissal.

For further information regarding sanctions, please consult the Student Handbook

## PENALTIES UNDER TEXAS LAW

Offense	Minimum Punishment	Maximum Punishment
Manufacture or delivery of controlled substances(drugs) (Health & Safety Code/481.112)**	State jail felony	Imprisonment in the institutional division of the Texas Department of Criminal Justice for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000
Possession of controlled substances (drugs) (Health & Safety Code/481.115-481.119)	State jail felony	Imprisonment in the institutional division of the Texas Department of Criminal Justice for life or for a term of not more than 99 years or less than 15 years and a fine not to exceed \$250,000
Delivery of marijuana(Health & Safety Code/481.120)	Class B misdemeanor	Imprisonment in the institutional division of the Texas Department of Criminal Justice for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$100,000
Possession of Marijuana (Health & Safety Code/481.121)	Class B misdemeanor	Imprisonment in the institutional division of the Texas Department of Criminal Justice for life or for a term of not more than 99 years or less than 5 years, and a fine not to exceed \$50,000
Falsification of drug test results (Health & Safety Code/481.133)	Class B misdemeanor	Class A misdemeanor
Conviction of a felony violation of the control substance act (Transportation Code/521.372)		Suspension of driver's license

Driving While Intoxicated (includes intoxication from alcohol, drugs or both) (Penal Code/49.04)	Class B misdemeanor, with a minimum term of confinement of 72 hours. *If found with open container of alcohol in person's possession, a Class B misdemeanor with a minimum term of confinement of 6 days	Felony of the third degree
Public Intoxication (Penal Code/49.02)		Class C misdemeanor
Purchase of alcohol by a minor(Alcohol Beverage Code/106.02)	Class C misdemeanor	A fine of not less than \$250 or more than \$2,000 and confinement in jail for a term not to exceed 180 days

Consumption of alcohol by a minor(Alcohol Beverage Code/106.04)	Class C misdemeanor	A fine of not less than \$250 or more than \$2,000 and confinement in jail for a term not to exceed 180 days
Possession of alcohol by a minor(Alcohol Beverage Code/106.05)	Class C misdemeanor	A fine of not less than \$250 or more than \$2,000 and confinement in jail for a term not to exceed 180 days
Sale of alcohol to a minor(Alcohol Beverage Code/106.03)		Class A misdemeanor
Driving under the influence by a minor(Alcohol Beverage Code/106.041)	Class C misdemeanor	A fine of not less than \$500 or more than \$2,000 confinement in jail for a term not to exceed 180 days. In addition, court may order minor to perform community service for not less than 40 hours or more than 60 hours.

### PENALTIES UNDER FEDERAL LAW

Offense	Minimum Punishment	Maximum Punishment
Manufacture, distribution, or dispensing drugs(includes Marijuana)(21 USC 844)	A term of imprisonment not more than 1 year, and a minimum fine of \$1,000	A term of life imprisonment without release (not eligible for parole) and a fine not to exceed \$8,000(for individual) or \$20,000 (if other than individual).
Possession of drugs(includes marijuana) (USC 844)	Civil penalty in amount not to exceed \$10,000	Imprisonment for not more than 20 years and not less than 5 years, a fine of not less than \$5,000 plus cost of investigation and prosecution.
Operation of a common carrier under the influence of alcohol or drugs (21 USC 802)		Imprisonment for up to 15 years and a fine not to exceed \$250,000.

#### \*Penal Code additions in the 2007/2008 year

32.15 – It is an offense to possess the identifying information or three or more other people with the intent to defraud or harm.

This is significant to students that become involved in distributing identification to allow underage drinking. In some cases this can be as serious as a first-degree felony.

49.07 – Intoxication assault and 49.08 – Intoxication manslaughter have both been enhanced one degree if the victim is a Peace Officer, Firefighter or Emergency Medical person and it happens in the discharge of their duties.

## **\*\*Health and Safety Code additions in the 2007/2008 year**

481.112 – The manufacture of a substance in penalty group I is enhanced one degree if a person under 18 years of age is on the premises when the manufacturing occurs.

### **Misdemeanors:**

**12.23. Class C Misdemeanor** - An individual adjudged guilty of a Class C misdemeanor shall be punished by a fine not to exceed \$500.

**12.22. Class B Misdemeanor** - An individual adjudged guilty of a Class B misdemeanor shall be punished by:

- (1) A fine not to exceed \$2,000;
- (2) Confinement in jail for a term not to exceed 180 days; or
- (3) Both such fine and confinement.

**12.21. Class A Misdemeanor** - An individual adjudged guilty of a Class A misdemeanor shall be punished by:

- (1) A fine not to exceed \$4,000;
- (2) Confinement in jail for a term not to exceed one year; or
- (3) Both such fine and confinement.

### **Felonies:**

#### **12.35. State Jail Felony Punishment**

(a) Except as provided by Subsection (c), an individual adjudged guilty of a state jail felony shall be punished by confinement in a state jail for any term of not more than two years or less than 180 days.

(b) In addition to confinement, an individual adjudged guilty of a state jail felony may be punished by a fine not to exceed \$10,000.

#### **12.34. Third Degree Felony Punishment**

(a) An individual adjudged guilty of a felony of the third degree shall be punished by imprisonment in the institutional division for any term of not more than 10 years or less than 2 years.

(b) In addition to imprisonment, an individual adjudged guilty of a felony of the third degree may be punished by a fine not to exceed \$10,000.

#### **12.33. Second Degree Felony Punishment**

(a) An individual adjudged guilty of a felony of the second degree shall be punished by imprisonment in the institutional division for any term of not more than 20 years or less than 2 years.

(b) In addition to imprisonment, an individual adjudged guilty of a felony of the second degree may be punished by a fine not to exceed \$10,000.

#### **12.32. First Degree Felony Punishment**

(a) An individual adjudged guilty of a felony of the first degree shall be punished by imprisonment in the institutional division for life or for any term of not more than 99 years or less than 5 years.

(b) In addition to imprisonment, an individual adjudged guilty of a felony of the first degree may be punished by a fine not to exceed \$10,000.

#### **12.31. Capital Felony**

(a) An individual adjudged guilty of a capital felony in a case in which the state seeks the death penalty shall be punished by imprisonment in the institutional division for life without parole or by death. An individual adjudged guilty of a capital felony in a case in which the state does not seek the death penalty shall be punished by imprisonment in the institutional division for life without parole. (b) In a capital felony trial in which the state seeks the death penalty, prospective jurors shall be informed that a sentence of life imprisonment without parole or death is mandatory on conviction of a capital felony. In a capital felony trial in which the state does not seek the death penalty, prospective jurors shall be informed that the state is not seeking the death penalty and that a sentence of life imprisonment without parole is mandatory on conviction of the capital felony.

## ALCOHOL BEVERAGE LAWS FOR MINORS

If a minor purchases, attempts to purchase, possesses, consumes, or misrepresents age in an attempt to purchase alcohol or is found to be publicly intoxicated, the following penalties shall be imposed:

### First Offense:

- Class C misdemeanor: \$0 - \$500
- Alcohol awareness course
- 8 - 12 hours community service
- 30 days driver's license suspension or denial

### Second Offense:

- Class C misdemeanor: \$0 - \$500
- Possible alcohol awareness course
- 20 - 40 hours community service
- 90 days driver's license suspension or denial

### Third Offense (Under 17):

- 180 days driver's license suspension or denial
- Juvenile court-child in need of supervision
- Criminal court-adjudicated as an adult

### Third Offense (17 - Older):

- Class B misdemeanor: \$250-\$2,000 fine
- Confinement in jail up to 180 days
- Possible alcohol awareness course
- 180 days driver's license suspension or denial

\*\*Source: Texas Alcohol Beverage Commission & Texas Department of Transportation

## HEALTH RISKS

### Drug Use

#### Marijuana

**Acute:** Heightened sensory perception; euphoria, followed by drowsiness/relaxation; impaired short-term memory, attention, judgment, coordination and balance; increased heart rate; increased appetite

**Long Term:** Addiction: About 9 percent of users; about 1 in 6 of those who started using in their teens; 25 to 50 % of daily users. Mental disorders: may be a causal factor in schizophreniform disorders (in those with a pre-existing vulnerability); is associated with depression and anxiety.

**In Combination with Alcohol** Magnified tachycardia and effect on blood pressure; amplified impairment of cognitive, psychomotor, and driving performance

**Smoking Related:** Chronic cough; bronchitis; lung and upper airway cancers is undetermined.

#### Cocaine

**Acute:** Dilated pupils; increased body temperature, heart rate, and blood pressure; nausea; increased energy, alertness; euphoria; decreased appetite and sleep.

**High Doses:** Erratic and violent behavior, panic attacks

**Long Term:** Addiction, restlessness, anxiety, irritability, paranoia, panic attacks, mood disturbances; insomnia; nasal damage and difficulty swallowing from snorting; GI problems; HIV

**In Combination with Alcohol** When combined, there is a greater risk of overdose and sudden death than either drug alone.

### **Prescription Stimulants (Abuse)**

**Acute:** Increased alertness, attention, energy; irregular heartbeat, dangerously high body temperature, potential for cardiovascular failure or seizures.

**Long Term:** High doses especially, or alternate routes of administration (e.g., snorting, injecting) can lead to anxiety, hostility, paranoia, psychosis; addiction.

### **Methamphetamine**

**Acute:** Enhanced mood; increased heart rate, blood pressure, body temperature, energy and activity; decreased appetite; dry mouth; increased sexuality; jaw-clenching

**Long Term:** Addiction, memory loss; weight loss; impaired cognition; insomnia, anxiety, irritability, confusion, paranoia, aggression, mood disturbances, hallucinations, violent behavior; liver, kidney, lung damage; severe dental problems; cardiac and neurological damage; HIV, Hepatitis

### **Inhalants**

**Acute:** Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/ delusions; headaches; suffocation; convulsions/seizures; hypoxia; heart failure; coma; sudden sniffing death (butane, propane, and other chemicals in aerosols)

**Nitrites** - Systemic vasodilation; increased heart rate; brief sensation of heat and excitement; dizziness; headache.

**Long Term:** Myelin break down leading to muscle spasms, tremors and possible permanent motor impairment; liver/kidney damage. Addiction - A minority inhale on a regular basis, but among those, some report symptoms of addiction (need to continue using, despite severe adverse consequences).

**Nitrites** - HIV/AIDS and hepatitis; lipid pneumonia

### **Prescription Sedatives, Sleeping Pills, Anxiolytics (Abuse)**

**Acute:** Drowsiness, relaxation; overdose

**Long Term:** Tolerance, physical dependence, addiction

**In Combination with Alcohol:** Slows both heart rate and respiration, which can be fatal

### **Hallucinogens (LSD, PCP, Psilocybin, Salvia, Ketamine)**

#### **LSD**

**Acute :** Elation, depression, arousal, paranoia or panic; impulsive behavior, rapid shifts in emotions; distortions in perception. Increased body temperature, heart rate, blood pressure; nausea; loss of appetite; sweating; dry mouth; jaw-clenching; numbness; sleeplessness; dizziness, weakness, tremors.

**High doses:** Panic, paranoia, feelings of despair, fear of insanity and death.

**Long Term:** Frightening flashbacks, Hallucinogen Persisting Perception Disorder (HPPD). Low addictive potential; however, tolerance does develop

### **Hallucinogens (LSD, PCP, Psilocybin, Salvia, Ketamine)**

#### **Psilocybin**

**Acute:** Relaxation; altered sensory perception; increased energy, heart rate; decreased appetite

**High doses:** Effects similar to LSD, including visual hallucinations, altered perceptions; nervousness, confusion, panic, paranoia Long-term Low addictive potential, however may produce tolerance

### **Salvia**

**Acute:** Short-lived, but intense hallucinations, altered visual perception, mood, body sensations; emotional swings, feelings of detachment from one's body; highly modified perception of external reality and self; sweating

**Long Term:** Unknown addictive potential

### **PCP**

**Acute:** shallow, rapid breathing, increase in heart rate and blood pressure; nausea, blurred vision, dizziness; numbness; slurred speech; confusion; loss of coordination; muscle contractions; analgesia; altered perceptions; feelings of being separated from one's body

**High Doses:** Feelings of invulnerability and exaggerated strength; seizures, coma, hyperthermia

### **Ketamine (similar to PCP)**

**Acute:** Anxiety; agitation; insomnia; euphoria; excitement; slurred speech; blurred vision; irregular heartbeat

**Low Doses:** Nausea; elevated blood pressure; sedation; analgesia; impaired attention; memory and motor function

**Higher Doses:** Immobility; distortions of auditory and visual perceptions; feelings of being separated from one's body and environment; hallucinations; memory problems Long-term Cognitive impairment, including verbal and short-term memory; blurred vision; loss of coordination

**In Combination with Alcohol:** Increased risk of adverse effects

### **MDMA (Ecstasy)**

**Acute:** Euphoria; increased energy, alertness, tactile sensitivity, empathy; decreased fear, anxiety; increased/irregular heartbeat; dehydration; chills; sweating; impaired cognition and motor function; reduced appetite; muscle cramping; teeth grinding/clenching; in rare cases—hyperthermia, rhabdomyolysis, and death. **Long-term:** Impulsiveness; irritability; sleep disturbances; anxiety addiction.

### **Street Opioids (Heroin, Opium)**

**Acute:** Euphoria; warm flushing of skin; dry mouth; heavy feeling in extremities; clouded thinking; alternate wakeful and drowsy states; itching; nausea; depressed respiration

**Long Term:** Addiction; physical dependence; collapsed veins; abscesses; infection of heart lining and valves; arthritis/other rheumatologic problems; HIV; Hepatitis C

B Dangerous slowdown of heart rate and respiration, coma, or death

### **Prescription Opioids (Hydrocodone, Oxycodone, Codeine) Abuse**

**Acute:** Pain relief, drowsiness, nausea, constipation, euphoria—in some.

**Long Term:** Tolerance, addiction

**In Combination with Alcohol:** Dangerous slowing of heart rate and respiration, coma, or death

### **Androgenic Anabolic Steroids (Abuse)**

**Acute:** Headaches, acne; fluid retention (especially in the extremities), gastrointestinal irritation, diarrhea, stomach pains, and an oily skin, jaundice, and hypertension. Infections can develop at the injection site.

**Long Term:** Liver damage; CVD: high blood pressure; increases in LDL ("bad" cholesterol); and decreases in HDL ("good" cholesterol). Cardiac hypertrophy, atherosclerosis.

Source: National Institute on Drug Abuse

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/health-effects>

## **Alcohol Use and Health**

There are approximately 80,000 deaths attributable to excessive alcohol use each year in the United States. This makes excessive alcohol use the 3<sup>rd</sup> leading lifestyle related cause of death for the nation. Excessive alcohol use is responsible for 2.3 million years of potential life lost annually, or an average of about 30 years of potential life lost for each death. In 2006, there were more than 1.2 million emergency room visits and 2.7 million physician office visits due to excessive drinking. The economic costs of excessive alcohol consumption in 2006 were estimated at \$223.5 billion.

### **The Standard Measure of Alcohol**

In the United States, a standard drink is any drink that contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 ounces of regular beer or wine cooler
- 8 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)

### **Definitions of Patterns of Drinking Alcohol**

- Binge drinking – the most common form of excessive alcohol consumption, defined as consuming:
  - For women - 04 more drinks during a single occasion
  - For men – 5 or more drinks during a single occasion
- Heavy drinking – defined as consuming:
  - For women – more than 1 drink per day on average
  - For men – more than 2 drinks per day on average

According to the *Dietary Guidelines for Americans*, if you drink alcoholic beverages, do so in moderation, which is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men. However, there are some persons who should not drink any alcohol, including those who are:

- Pregnant or trying to become pregnant
- Taking prescription or over-the-counter medications that may cause harmful reactions when mixed with alcohol

- Younger than 21
- Recovering from alcoholism or are unable to control the amount they drink
- Suffering from a medical condition that may be worsened by alcohol
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

### Immediate Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following:

- Unintentional injuries, including traffic injuries, falls, drowning accidents, burns and unintentional firearm injuries.
- Violence, including intimate partner violence and child maltreatment. About 35% of victims report that offenders are under the influence of alcohol. Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence. Studies have also shown that alcohol is a leading factor in child maltreatment and neglect cases, and is the most frequent substance abused among these parents.
- Risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault. These behaviors can result in unintended pregnancy or sexually transmitted diseases.
- Miscarriage and stillbirth among pregnant women, and a combination of physical and mental birth defects among children that last throughout life.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.

### Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments and social problems. These include but are not limited to the following:

- Neurological problems, including dementia, stroke and neuropathy
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension.
- Psychiatric problems, including depression, anxiety, and suicide.
- Social problems, including unemployment, lost productivity, and family problems.
- Cancer of the mouth, throat, esophagus, liver, colon, and breast. In general, the risk of cancer increases with increasing amounts of alcohol.
- Liver diseases, including:
  - Alcoholic hepatitis
  - Cirrhosis, which is among the 15 leading causes of all deaths in the United States
  - Among persons with Hepatitis C virus, worsening of liver function and interference with medications used to treat this condition.
  - Other gastrointestinal problems, including pancreatitis and gastritis.

Source: Center for Disease Control and Prevention  
<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

## COUNSELING AND TREATMENT RESOURCES

### Substance Abuse Treatment Centers

#### Treatment Associates- Can call directly

Substance abuse treatment, half-way house

Residential short-term TX (30 days or less), Residential long-term TX (more than 30 days), Outpatient

107 Cozzi Circle (361) 572-3006 or (361) 572- 3007

Victoria, TX 77901

Private pay, insurance, Military insurance (e.g., VA, TRICARE)

#### Billy T. Cattan Recovery Outreach, Inc.

Referral required, initial screening done at MidCoast Family Services

Outpatient, non-profit

Mon. – Thurs. 8:00-12:00 noon & 2:00 – 8:00

Friday 9:00 – 12:00 noon

4011 Halsey

Office: (361)576-HOPE (4673)

Victoria, Tx 77901

Cell: (361) 648-HOPE (4673)

[www.btcro.org](http://www.btcro.org)



**La Hacienda Treatment Center** (Hill Country Area) *Inpatient*

FM 1340, P.O. Box 1

Hunt, TX 78024

800-749-6160

<http://www.lahacienda.com>

Most major insurance, private pay

**Basin Detox Systems, Inc.** (West Texas) – *Detox only, no referral required, Inpatient*

(800-317-7818)

Medicare, traditional Medicaid, private insurance, private pay

Spanish speaking

<http://www.basindetox.com>

**Starlite Drug Rehab & Alcohol Rehabilitation** (Hill Country Area) – *Detox and Rehab Service, No referral required, Adolescents (Boys only) and Adults (Male and Female)*

P.O. Box 317

230 Mesa Verde Dr. East

Center Point, TX 78010

Located approximately 50 miles northeast of San Antonio

(800) 797-6237 – Call for a free consultation

Most major insurance, private pay. NO Medicaid/Medicare

<http://starlite.crhealth.com>

**Mid-Coast Family Services** – *Adults and minors*

Screenings done on a walk-in basis Monday through Thursday at 8:00 a.m., 10:00 a.m. & 1:00 p.m. 3:00 p.m. is saved for out-of-town clients. Client MUST be voluntary and wanting help. After screening, MCFs staff will determine if in-patient or out-patient services are necessary and assist in finding a rehab facility.

*Two forms of identification are required (State ID, Driver License, Social Security Card, etc.)*

120 S. Main St., Suite 310

Victoria, TX 77901

(361) 575-7842

Hotline – (361) 573-4357

<http://www.midcoastfamily.org>

**Alcohol Chemical Treatment**

Outpatient Classes every Monday at 7:30 pm. Classes do not meet requirements for probation.

Free of charge with the exception of a \$20 paperwork processing fee

3402 N. Main St.

Victoria, TX 77901

(361) 573-4726

**Charlie's Place Recovery Center** – *Detox and Rehab Services, Inpatient and outpatient,*

5501 IH 37 (@McBride Lane)

Corpus Christi, TX 78469

(361) 826-5350

Medicaid and CHIP accepted

<http://charliesplaceonline.com>

**Best Recovery Health Care, Inc.** – *Methadone Clinic (Lortab, Heroine, etc.)*

Private pay only

1708 N. Laurent

Victoria, TX 77901

(361) 572-9122

## Alcohol Support Groups

### **Alcoholics Anonymous**                      [www.aa.org](http://www.aa.org)

For meeting information call (866) 672-7029

Victoria, TX 77904

More information available at: [www.aa.org](http://www.aa.org)

### **ACTS program ( Alcohol Chemical Treatment Series)**

Faith base program / Meets Mondays 7:30pm- 8:30pm

3402N Main                      (361)575-4905 / (361)573-4726

Victoria, TX 77901

Offers educational classes on drug and alcohol abuse; \$20.00 initial fee (which can be broken up over time)

### **North Loop Group Alcoholics Anonymous**

*Meets 7:00 p.m. Tuesday*

Holy Family Catholic Church Education Building, Room 201

704 Mallette Drive

Victoria, TX 77904

### **Victoria Women's Meeting of Alcoholics Anonymous**

*Meets Tuesday at 5:30pm*

The Arc Building

2408 N. Navarro

Victoria, TX 77901

### **Non-Smoking Alcoholics Anonymous**

*Meets 8:00 p.m. Monday through Saturday*

1408 E. Santa Rosa (Next to the American Legion Hall)

Victoria, TX 77901

### **Main Stream Group of Alcoholics Anonymous**

*Meets at 12:00 Noon Monday through Saturday*

4011 Halsey St.

Victoria, TX 77901

### **El Nuevo Dia Alcoholic Anonymous**

*Tuesday 6:00pm (Bilingual)*

*Thursday 5:30pm (Bilingual)*

*Saturday noon (English)*

*Sunday 2:00pm (Spanish)*

1010 E. Juan Linn

Victoria, TX 77901

### **Solution Group of Alcoholics Anonymous**

*Meets 8:30 a.m. on Sunday*

1908 N. Laurent, Suite 100

Victoria, TX 77901

### **Christians Against Substance Abuse (CASA)**

*Meets Thursday and Saturday at 7:00pm*

Central Church of Christ, Annex Building

801 E. Airline,

Victoria, TX 77901

Church: (361) 573-9133

Matt Wooton: (361)655-8282

## Al-Anon Support Groups

[www.texas-al-anon.org](http://www.texas-al-anon.org)

Best site for information regarding meetings throughout the area, including Cuero, Yoakum, Edna, Hallettsville, etc.

### **The Keep Coming Back Al-Anon Group**

*Call for meeting times*

Holy Family Catholic Church Education Building  
704 Mallette Drive  
Victoria, TX 77904  
(361) 573-5304

### **Al-Anon Adult Children of Alcoholics**

*Call for meeting times*

Christ the Victor Lutheran Church Library  
202 Stanley  
Victoria, TX 77901  
(361) 575-4363

## Substance Abuse Support Groups

### **Narcotics Anonymous**

*Monday, Wednesday, & Friday at 7:00pm*

St. Mark's United Methodist Church 3310 N. Ben Jordan  
Victoria, TX  
(361)572-5500 – Call for list of all meeting and to verify dates and times

### **Spoken Hearts Narcotics Anonymous (Billy T. Cattan)**

*Saturday 10:30 p.m.*

4011 Halsey  
Victoria, TX 77901  
(361)572-5500

## National Hotlines

### **National Alcoholism and Substance Abuse Information Center**

(800) 784-6776

<http://www.addictioncareoptions.com>

*Live chat and Email*

### **24-Hour Cocaine Hotline**

800-992-9239

### **Be Sober Hotline**

(800) BE-SOBER (800-237-6237)

### **Cocaine Help Line**

(800) COCAINE (800-262-2463)

### **Hope & Help for young people who are the relatives & friends of a problem drinker.**

(800) 344-2666

### **Marijuana Anonymous**

(800) 766-6779

**National Association for Children of Alcoholics**

(888) 55-4COAS (888-554-2627)

**National Drug Abuse Hotline**

(800) 662-HELP (800-662-4357)

<http://www.samhsa.gov/find-help/national-helpline>

**Addiction Treatment Help**

<http://www.recovery.org/browse/victoria-tx/>