



## CITY OF WASILLA

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REQUESTED BY: ADMINISTRATION  
PREPARED BY: CLERK'S OFFICE

### RESOLUTION NO. WR95-45

A RESOLUTION OF THE CITY OF WASILLA, ALASKA APPROVING ALCOHOL AND DRUG ABUSE/DRUG-FREE WORKPLACE POLICY FOR ALL EMPLOYEES.

WHEREAS, WMC 3.10.010(M) allows for the adoption of policies by Council resolution; and

WHEREAS, It is the goal of the City of Wasilla to provide a safe workplace by eliminating the hazards to health and job safety created by alcohol and other drug abuse;

NOW THEREFORE BE IT RESOLVED, that the City of Wasilla adopt Personnel Policy No. 95-03, Alcohol and Drug Abuse/Drug-Free Workplace for all employees.

I certify that a resolution in substantially the above from was passed by a majority of those voting at a duly called and conducted meeting of the governing body of the City of Wasilla this 8th day of January, 1996.

APPROVED:

JOHN C. STEIN, Mayor

ATTEST:

  
MARJORIE D. HARRIS, CMC  
City Clerk

(SEAL)




# CITY OF WASILLA

290 E. HERNING AVE.  
WASILLA, ALASKA 99654-7091

December 27, 1995

Memorandum for: Mayor Stein  
City Council  
Department Heads  
Dick Deuser, City Attorney

From: Ron Stocker, Personnel Manager 

Subject: Personnel Policy 95-03, Alcohol and Drug Abuse/Drug Free Workplace,  
All Employees

The attached revised policy includes revisions recommended by Mr. Deuser (para. K). Additionally, it addresses contractors separately on page 7, and directs language to be included in all future contracts.

Personnel Policy 95-04, Alcohol and Drug Abuse for CDL Drivers approved at the December 11, 1995 City Council meeting, addresses only those requirements dictated by Department of Transportation. This Policy 95-03 is for all employees, including CDL Drivers, and addresses specific City requirements for the following:

- F. Employee and City Requirements for Federal Grants*  
*[Public Law 100-690 Title V, Subtitle D, 41 U.S.C. 701 et seq.]*
- I. Consequences of a Positive Test*
- J. Suspension/Reassignment*
- K. Obligation to Submit to Search*
- L. Confiscation of Prohibited Substance*
- M. Reporting Illegal Activity*
- N. Rehabilitation*
- O. City Not Required to Perform Testing or Examination*
- P. Release of Information*
- Q. Record & Reports*
- R. General*
- S. Overall Program Information and Administration*

Recommend approval of Personnel Policy 95-03, as amended and attached, with Wasilla Resolution 95-45. Please call 745-8378 if I can answer any questions.

# **City of Wasilla**

## ***Personnel Policy No. 95-03 Alcohol and Drug Abuse Booklet***

**All Employees**

**NOTICE: This Booklet is for ALL Employees of the  
City of Wasilla.**

# ***City of Wasilla Policy Receipt and Consent Form***

I hereby acknowledge receipt of The City of Wasilla  
***“Policy Booklet on Personnel Policy No. 95-03  
Alcohol and Drug Abuse”  
All Employees***

I understand the negative effects and serious consequences of drug and alcohol abuse on my personal health and safety, the dangers it could cause my fellow employees the general public and myself. I agree to learn the regulations and the procedures regarding the testing of drug and alcohol.

## **Applicant/Employee--Drug/Alcohol Testing Consent**

I understand that The City of Wasilla Policies prohibit the illegal use, possession, manufacture, distribution, dispensing or sale, while on or off duty, of drugs, narcotics, or other substances which affect alertness, coordination, reaction, response, or safety. The City of Wasilla will comply with the provisions of the Federal Anti-Drug Abuse Act of 1988, the Omnibus Transportation Employee Testing Act of 1991 and other Federal and/or State of Alaska Laws as may be promulgated in the future.

I also understand that The City of Wasilla Policies also require pre-employment drug testing of all applicants selected for employment as a condition of employment. A Positive Drug Test will result in my not being hired by The City of Wasilla. Results are held in confidence and will be released only to officials at The City of Wasilla its contractor Alcohol Drug Test Services and myself.

I also understand that if employed by The City of Wasilla I may be subject to Post-Accident and/or Reasonable Suspicion, Drug/Alcohol testing. A positive test at any time may result in my termination.

Further, I understand that all Drug/Alcohol testing with the exception of pre-employment testing, done by The City of Wasilla, is conducted using the protocols in the U.S. Department of Transportation’s Drug and Alcohol testing procedures found in 49 CFR Part 40.

My signature below constitutes my voluntary consent to provide a Urine and/or Breath sample for pre-employment drug/alcohol analysis and my authorization for disclosure of the results of the drug analysis to officials of the City of Wasilla and Alcohol-Drug Test Services. If I am hired and become an employee of the City of Wasilla my signature below also constitutes my voluntary consent to urine/breath analysis, drug/alcohol tests to be conducted by the City of Wasilla and Alcohol-Drug Test Services.

Since The City of Wasilla’s policies prohibit the possession of controlled substances on their property I also consent to searches of my private vehicle, locker, and/or other possessions while on The City of Wasilla or citizen property.

I further agree to hold harmless from liability, The City of Wasilla and its Medical/Drug/Alcohol Testing Contractors for any issue arising out of the testing.

\_\_\_\_\_  
Name-Printed

\_\_\_\_\_  
Social Security Number

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

**ALL DOT AND/OR CITY OF WASILLA POLICIES AND PROCEDURES PERTAINING TO  
DRUG/ALCOHOL TESTING ARE AVAILABLE AT THE CITY OF WASILLA PERSONNEL OFFICE.**

**To be kept on file by The City of Wasilla**

## ***INTRODUCTION***

The increasing use of alcohol and drugs in the workplace dictates that we have an overall city policy on drug and alcohol abuse for all employees. That policy is included in this booklet.

Please note that although we are testing employees under the overall Alcohol and Drug Abuse/Drug-Free Workplace Policy based on the city's authority under this policy, we believe that the U.S. Department of Transportation(DOT) rules and procedures contained in 49 CFR Parts 40 and 382 Federal Highway Administration (FHWA) are the most comprehensive available. Therefore, these procedures mirror those rules and procedures.

Those employees who are required to have a Commercial Drivers License CDL will be tested under DOT rules and DOT authority and The City of Wasilla rules and authority as applicable, all other employees will be tested under City of Wasilla authority as an employer. DOT rules and procedures are incorporated into the overall policy and procedures as a matter of reference only.

We believe that employers have a responsibility to provide their employees with information on their drug and alcohol program and the rules regarding the testing for alcohol and drugs. This information booklet is intended to provide that information.

## ***PERSON(S) DESIGNATED TO ANSWER QUESTIONS***

As part of the continuing policy to ensure fair and equal treatment of employees, there may be questions and concerns involving our controlled substance and alcohol testing policies and programs. To assist you in understanding the requirements placed on both you, the employee, and the City, the person listed below have been designated to answer your questions regarding alcohol and drug testing programs.

**Marj Harris 373-9065  
Ron Stocker 745-8378**

**City of Wasilla**  
**Personnel Policy No. 95-03**  
**Alcohol and Drug Abuse/Drug-Free Workplace**  
**All Employees**

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# **CITY OF WASILLA**

## ***Personnel Policy No. 95-03***

### ***Alcohol and Drug Abuse/Drug-Free Workplace***

#### **All Employees**

#### **A. INTRODUCTION**

The City of Wasilla (City) values its employees and recognizes each person's need for a safe and healthy work environment. The City has a strong commitment to the health, safety and welfare of its employees, their families, and its citizens. Widely available statistics and information establish that the incidence of drug and alcohol abuse is increasing and that the effect is devastating to lives, business, and the community at large. Employees who use illegal drugs and abuse alcohol tend to be less productive, less reliable, more prone to accidents, and more prone to greater absenteeism resulting in the potential for increased accidents, costs, and risks. The City of Wasilla is concerned because of the potential for abuse among some of its employees which could endanger the safety of other employees and the general public. The City's commitment to maintaining a safe and secure workplace requires a clear policy and supportive programs relating to the detection, and prevention of substance abuse and alcohol misuse by employees.

The violation of this policy, regulations and Federal, State or Local laws may result in severe disciplinary action, up to and including immediate termination, at the City's sole discretion. In the event of a conflict between this policy and those governing DOT employee drug/alcohol testing, the more stringent policy shall apply.

#### **B. GOAL**

It is the goal of the City of Wasilla to provide a safe workplace by eliminating the hazards to health and job safety created by alcohol and other drug abuse. We believe this goal to be in the best interest of our employees, our citizens and the general public.

#### **C. SCOPE**

This policy applies to all employees of The City of Wasilla while on the job and to situations where an individual's off-the-job or off-premises conduct impacts work performance or undermines the public confidence in or harms the reputation of The City of Wasilla.

The City of Wasilla recognizes that involvement with alcohol or other drugs on the job eventually takes its toll on job performance. The City's concern is to ensure that employees report to work in a condition to perform their duties safely and efficiently in the interest of their fellow workers and citizens as well as themselves.

**Employees who are regulated by the U.S. Department of Transportation (DOT) i.e. Commercial Drivers are subject to this policy and Personnel Policy 95-04 covering Federal Highway Administration agency rules and specifically written in accordance with DOT regulations.**

#### **D. POLICY STATEMENT**

The City of Wasilla will not tolerate or condone substance abuse by its employees. It is the policy of the City of Wasilla to maintain a workplace free from alcohol and other drug abuse and its effects. For the purposes of this policy, the workplace includes: City Property, Buildings, Parks and Vehicles. Employees are subject to searches of their personal property located at the workplace.

It is the policy of the City of Wasilla that employees, while at the workplace, shall not engage in the distribution,

dispensing, sale, use, possession, storage, transfer or manufacture of illegal drugs or controlled substances. Employees shall not offer to buy or sell such substances; use alcohol during working hours; or abuse prescribed drugs.

This policy is not intended to restrict the normal use of medications prescribed by a physician. However, employees must explain to their physician the type of work they are engaged in and ask the physician whether the medication could affect the safe performance of their duties. Employees are responsible for reporting this information to their supervisor before starting their next shift.

It is the policy of the City of Wasilla to commit the resources necessary to achieve and maintain a drug-free and alcohol-free environment.

**E. PROHIBITIONS**—An employee shall not:

- \* Report for or remain on duty while having a blood alcohol concentration of 0.040 or greater;
- \* Possess or use alcohol while on the job.
- \* Possess or use controlled substances (drugs);
- \* Report to work within four hours of using alcohol,
- \* Use alcohol for 8 hours following an accident unless the employee has been given a post-accident test or told by a city official they are not subject to a test; or
- \* Refuse to submit to a required alcohol and/or drug test involving post-accident, or reasonable suspicion testing.

**F. EMPLOYEE AND CITY REQUIREMENTS FOR FEDERAL GRANTS [Public Law 100-690 Title V, Subtitle D, 41 U.S.C. 701 et seq.]**

All grantees receiving grants, including cooperative agreements, from any Federal Agency must certify that they will provide a drug-free workplace. Making the required certification has been a precondition of receiving a grant from a Federal Agency since March 18, 1989. Every grantee, except a State or State Agency, is required to make this certification for each grant. State or State Agencies may elect to make a single annual certification to each Federal Agency from which it obtains grants if the Federal Agency has designated a central location for submission.

Employees are required to report to the City Clerk in writing of any criminal drug stature conviction for a violation occurring in the workplace no later than five (5) calendar days after such conviction. If the employee is involved in the administration or execution of a Federal Grant the City shall notify the grantor Federal Agency of the conviction within ten (10) calendar days after receiving notice from the employee. The City will, within 30 calendar days of receiving notice of such a conviction take the following actions: Take appropriate personnel actions against the employee, up to and including termination and/or require the employee to participate satisfactorily in a drug abuse assistance or rehabilitation program approved for such purposes be a Federal, State or local health, law enforcement, or other appropriate agency.

**G. WHEN DRUG AND ALCOHOL TESTS WILL BE CONDUCTED**

The drug test will use urine and the alcohol test will use breath.

<u>Type of Test</u>	<u>Alcohol</u>	<u>Drugs</u>
Pre-Employment	No	Yes
Reasonable Suspicion	Yes	Yes
Post-Accident	Yes	Yes



**1. PRE-EMPLOYMENT TESTING**—Those persons that the City of Wasilla intends to hire may be tested for drug use, prior to employment. A negative test result must be received before the employee performs duties. A positive pre-employment drug test will result in the applicant not being considered for further employment. Pre-employment testing for all employees other than Commercial Drivers will be a screening test only and will not involve a Medical Review Officer. Laboratory results are final.

**2. REASONABLE SUSPICION TESTING**—Reasonable suspicion means that a trained supervisor believes that the employee's appearance or conduct are indicative of the use of alcohol and/or drugs. The actions or observations of the employee must occur while they are on duty or just preceding the work period. The conduct, appearance, or actions of the employee must be observed by a supervisor or City official. The supervisor or official must have received training in detection of probable alcohol and/or drug use. Other factors which may result in reasonable suspicion testing at the sole discretion of the City of Wasilla include, but are not limited to: reports of unsafe work practices or methods, high individual accident experience, excessive absenteeism and/or deteriorating job performance.

In the case of suspected drug use, the employee must be taken immediately to a collection site and a urine sample must be obtained. Employees who are tested for reasonable suspicion will be suspended immediately and without pay or reassigned to another, safer position until the results of the test are received by the City of Wasilla. Reassignments will be made at the sole discretion of the City of Wasilla, whether or not that reassignment results in reduction of pay, working hours, or terms of employment. If the testing is negative, the City may, in its unlimited discretion, compensate the employee, in whole or in part for the period of suspension.

In the case of suspected alcohol use, the breath alcohol test should be done as soon as practicable.

The employee's action that causes the supervisor or official to require the test must be documented and signed by the determining supervisor or official within 24 hours after the behavior is noticed.

**3. POST ACCIDENT TESTING**— In addition to required DOT post-accident criteria for DOT regulated employees all employees are subject to post-accident testing as follows:

- a. When involved in an accident in a City vehicle, including single vehicle accidents.
- b. When involved in any way with an on the job injury resulting in hospitalization or other medical treatment.
- c. When involved in an on-the-job accident or "near miss" which is unexplained; which involves suspicious circumstances; or which results in property damage, personal injury or the potential for such damage or injury.

An employee must supply a urine specimen for drug testing or a breath test for alcohol following the above types of accidents. The supervisor who investigates the accident will determine which employee or employees are to be tested. Employees who are tested post accident may be suspended immediately or reassigned to another, safer position until the results of the test are received by the City of Wasilla. Reassignments will be made at the sole discretion of the City of Wasilla, whether or not that reassignment results in reduction of pay, working hours, or terms of employment. If the testing is negative, the City may, in its unlimited discretion, compensate the employee, in whole or in part for the period of suspension.

**4. RETURN-TO-DUTY AND FOLLOW-UP TESTING**--These tests are required when an employee who has violated the prohibited alcohol conduct standards or tested positive for drugs returns to performing safety-sensitive duties. Follow-up tests are unannounced and at least six tests must be conducted in the first 12 months after a driver returns to duty. Follow-up testing may be extended for up to 60 months following return to duty. The City of Wasilla is under no obligation to keep a driver employed or to rehire a driver who has violated its Alcohol and Drug Abuse Policies. Drivers may be returned to duty or rehired solely at the discretion of the City of Wasilla and only after the driver has complied with DOT requirements at his or her own expense.

## **H. REFUSAL TO BE TESTED**

An employee shall not refuse to submit to post accident, reasonable suspicion, drug or alcohol tests.

## **K. SUSPENSION/REASSIGNMENT**

Pending the results of a City or official investigation of possible violations of this Policy, the City may suspend the employee immediately. The City may also reassign the employee to another position pending the investigation, whether or not that reassignment results in reduction, working hours, or terms of employment.

## **L. OBLIGATION TO SUBMIT TO SEARCH**

As a condition of continued employment, and upon request of the City, employees are required to submit to searches of:

1. Any vehicle, trailer or recreational vehicle at the workplace;
2. Any pocket, package, purse, briefcase, tool box, lunch box, or other container brought to the workplace;
3. All desks, cabinets, or other fixtures, drawers, enclosed spaces, containers, or areas utilized by the employee at the workplace;

## **M. CONFISCATION OF PROHIBITED SUBSTANCE**

The City may, in its sole discretion, take into custody any illegal, unauthorized, evidentiary or prohibited items and may turn them over to the proper law enforcement agencies.

## **N. REPORTING OF ILLEGAL ACTIVITY**

The City may report suspicious or illegal activity of its employees, and solicit, encourage, and cooperate in investigations by law enforcement agencies.

## **O. REHABILITATION**

Employees who are drug or alcohol dependent are encouraged to seek rehabilitation before the dependency results in a violation of this Policy. The City may, in its unlimited discretion, condition an employee's continued employment upon completion of a rehabilitation program within a specified period and at the employee's own expense. The City may, in its unlimited discretion, offer an opportunity for re-employment to employees who have violated this Policy, but have subsequently completed a rehabilitation program approved by the City.

## **P. CITY NOT REQUIRED TO PERFORM TESTING OR EXAMINATION**

Notwithstanding this Policy, the City shall not be required to perform tests or examinations under any circumstances, including but not limited to personal injury, death or property damage involving third parties, except as may otherwise be required by law or DOT rules.

## **Q. RELEASE OF INFORMATION**

All information concerning individual employee test results are considered confidential and will be held in strict confidence by all the City of Wasilla supervisors and managers. Only those supervisors with a direct need to know will be informed.

Except as provided for in DOT rules or other Federal or State rules, regulations or laws, the City of Wasilla will not release individual test results or other personal information.

Individual results from drug tests required by this Policy may be released if the individual tested signs a specific authorization for the release of the results to an identified person, city, or agency.

Individuals tested under this policy may receive results of their test.

**R. RECORDS AND REPORTS.** The City of Wasilla will maintain records and reports required by DOT Regulations and Rules and the City of Wasilla requirements. Additionally, the City will comply with the reporting requirements in Public Law 100-690 Title V, Subtitle D, 41 U.S.C. 701 et seq. (See F. above)

**S. GENERAL**

Employees are encouraged to report unsafe practices and violations of this Policy to management. Employees who fail to report known unsafe practices or violations of this Policy are subject to discipline, including termination. If discipline, testing, examination, or search takes place because of a co-worker's report to the City, the City reserves the right to refuse to disclose the identity of the reporting party to the affected employee or their representative.

**T. OVERALL PROGRAM INFORMATION AND ADMINISTRATION**

The City of Wasilla, Personnel Office may establish a continuing Drug and Alcohol information and awareness program under WMC 3.90, Personnel Safety Program.

The Mayor has overall authority to implement this Policy on Alcohol and Drug Abuse.

**THIS POLICY APPLIES TO ALL EMPLOYEES. COMPLIANCE WITH THIS POLICY IS A TERM AND CONDITION OF EMPLOYMENT. EACH EMPLOYEE AGREES TO COMPLY WITH THIS POLICY BY HIS OR HER CONTINUED EMPLOYMENT WITH THE CITY. ACKNOWLEDGMENT OF RECEIPT AND UNDERSTANDING OF THIS POLICY IS A CONDITION OF EMPLOYMENT.**

**ALL CONTRACTS WITH THE CITY OF WASILLA WILL HAVE THE FOLLOWING PROVISIONS WRITTEN INTO THE CONTRACT: "CONTRACTORS WITH THE CITY OF WASILLA ARE EXPECTED TO COMPLY WITH ALL FEDERAL AND STATE LAWS, RULES AND REGULATIONS PERTAINING TO ALCOHOL AND DRUG ABUSE IN THE WORK PLACE. THE CITY OF WASILLA REQUIRES THAT ALL CONTRACTORS HAVE PROVISIONS SIMILAR TO THOSE CONTAINED IN WASILLA PERSONNEL POLICY 95-03 TO ENSURE A DRUG-FREE WORK PLACE. CONTRACTORS NOT HAVING A SIMILAR COMPANY POLICY MAY ADOPT THE WASILLA PERSONNEL POLICY 95-03 AS THEIR OWN FOR THE DURATION OF THE CONTRACT. THE CITY OF WASILLA RESERVES THE RIGHT TO REQUIRE THAT THE CONTRACTOR CONDUCT ALCOHOL AND/OR DRUG TESTS OF ANY OF THE CONTRACTOR'S EMPLOYEES BASED ON REASONABLE SUSPICION AS DEFINED IN PARAGRAPH "G" OF THE WASILLA PERSONNEL POLICY 95-03. CONTRACTORS NOT COMPLYING WITH THESE PROVISIONS MAY, AT THE DISCRETION OF THE MAYOR, HAVE THEIR CONTRACTS CANCELED."**

Dated this 10th day of January, 1996

APPROVED BY WR 95-45



JOHN C. STEIN, Mayor

# **THE EFFECTS OF ALCOHOL AND DRUGS ON HEALTH, WORK, AND PERSONAL LIFE**

The hazard of misuse of alcohol and illegal drugs extend far beyond the individual user. Impaired employees endanger themselves, fellow workers, and other users of our highways and waterways. Employees with drugs or alcohol in their systems are less productive and more likely to injure themselves or other persons in an accident. Alcohol and drug abusing employees increase the costs related to lost productivity, absenteeism, accidents, loss of trained personnel, theft, and treatment and deterrence programs. Also, medical cost are higher and are passed on to the employer in the form of higher health insurance rates. Alcohol and drug abuse costs both the employer and the employee. Alcohol remains the number one abused drug in this country. Alcohol consumption causes a number of changes in behavior. Even low doses can impair the judgment and coordination required for driving. Low to moderate doses increase the incidence of a variety of aggressive acts. Moderate to high doses cause marked impairment in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressant drugs, much lower doses of alcohol will produce the effects just described. Long-term consumption of large quantities of alcohol can lead to permanent damage to vital organs such as the brain and the liver.

## ***1. SIGNS AND SYMPTOMS OF AN ALCOHOL OR DRUG PROBLEM***

Drugs can show their effects in many different ways. Some of the most noticeable signs of drug abuse are drowsiness, respiratory depression, constricted pupils, nausea, slurred speech, excitement, loss of appetite, poor perception of time and distance, relaxed inhibitions, disoriented behavior, watery eyes, runny nose, chills and sweats, convulsions, apathy, depression, and the use of drug paraphernalia. Some of the signs and symptoms of alcohol misuse are the odor of alcohol, slurred speech, staggering, tremors, vomiting, cramps, delirium, loss of appetite, using arms for balance, leaning against walls and doorways, swaying while maintaining balance, and confusion.

Multiple substance abuse is abuse of more than one drug, either at the same time or over a period of time and it involves any combination of:

- Alcohol
- Prescription drugs
- Over-the-counter drugs
- Illegal drugs

Multiple substance abuse is especially dangerous because different substances interact with each other to produce unexpected effects and dangers. Multiple substance abuse often begins with abuse of a single substance. People who abuse one substance are at a high risk for developing dependence and tolerance for other substances.

## ***2. METHODS OF INTERVENTION FOR SUSPECTED ALCOHOL OR DRUG PROBLEMS***

Alcohol and substance abuse is a complex problem calling for specialized supervision and care. Don't help or aid a person who you think has an alcohol or drug abuse problem. Don't make excuses for them, don't do their work for them, and don't look the other way. The problem is not going to go away. Don't enable the person to continue the alcohol or drug abuse. Leave the treatment and counseling of persons with an abuse problem to the professionals. The DOT regulations require that the person with a problem be evaluated by a Substance Abuse Professional (SAP)—such as, a physician, psychologist, other certified persons with knowledge of abuse and clinical experience in the diagnosis and treatment of alcohol and drug related disorders.

## ***WHERE CAN I GO FOR HELP?***

**For information on where to find treatment for alcohol and other drug problems, the best place to look is in the Yellow Pages under "Alcoholism Information" or "Drug Abuse and Addiction Information." Usually there is a listing of the nearest Council on Alcoholism (or Council on Alcohol and Drug Abuse). These Councils provide information over the phone on the availability of the nearest alcohol treatment programs. Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) may also be listed. Both offer immeasurable help in enabling people to cope with problems with alcohol and other drugs.**

Listed below are sources of help and information:

**National Clearinghouse for Alcohol and Drug Information**

**Monday through Friday**

**1-800-729-6686**

**The National Federation of Parents for Drug-Free Youth**

**Monday through Friday**

**1-800-554-KIDS**

**National Council on Alcoholism**

**7 days a week, 24 hours a day.**

**1-800-622-2255**

**Parents' Resource Institute for Drug Education (PRIDE)**

**Monday through Friday**

**1-800-241-9746**

**Cocaine Helpline**

**Monday through Friday**

**Saturday and Sunday, 12:00 p.m. - 3:00 a.m.**

**1-800-COCAINE**

**Mat-Su Council Substance Abuse Recovery Center**

**376-4000**