

A STUDY ON DRUG ADDICTION AND DRUG ABUSE AMONG YOUTH AT VILLUPURAM RAILWAY STATION IN VILLUPURAM DISTRICT

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Abstract:

Drug addiction is a complex brain disease. It is characterized by compulsive at times uncontrollable, drug craving, seeking and use that persist even in the face of extremely negative consequences. Drug seeking becomes compulsive in large part as a result of the effects of prolonged drug use on brain functioning and thus on behavior. For many people, drug addiction becomes chronic with relapses possible even after long periods of abstinence. The researcher adopted descriptive research design for the study. The Researcher selected fifty respondents and used interview schedule to collect data from the respondents. The researcher find from the study majority of youth have habit of drug addiction and drug abuse in continuous basis.

INTRODUCTION:

Alcohol is a complex health and social issue. There is little doubt that considerable harm is done through its abuse even the alcohol industry accepts this but in moderation drinking alcohol is an acceptable convention utilized by over 2 billion people worldwide. While it is possible, even probable, that if alcohol was “discovered” now it would be banned, prohibition is not on the agenda in South Africa or in most other parts of the world (Muslim dominated countries being the exception). The critical issue then is how does one effectively prevent and control its abuse and minimize the associated harms? This review provides background to questions such as why people consume alcohol, who consumes it, how much and when. It then looks at health impacts (both through direct biological effects and non natural mortality and morbidity) as well as social and psychological impacts.

Definition of Alcoholism:

According to the Random House Dictionary of the English Language (1996), Alcoholism is defined as “a diseased condition due to the excessive use of Alcoholism beverages” (P.35)

According to World Health Organization: "Drug addiction is a state of periodic and chronic intoxication detrimental to the individual and to society, produced by the repeated consumption of a drug (natural or synthetic). Its characteristics include: (1) An overpowering desire or need (compulsion) to continue taking the drug and to obtain it by any means; (2) A tendency to increase the dose; (3) A psychic (psychological) and sometimes a physical dependence on the effects of the drug." This definition of drug addiction includes many drugs which are not within the scope of our study, such as hypnotic and sedative drugs (barbiturates, etc.) alcohol, amphetamine, mescaline (peyote). We are interested primarily in the abuse of the opiate drugs and the synthetic-like opiates, such as heroin, morphine, opium, laudanum dilaudid, codeine, demerol, etc

Alcoholism Types: According to Doncahalan, there are 5 types of alcoholic drinkers of the basis of the frequency of drinking.

- ✓ Rare Users - Who drink once or twice a year?
- ✓ Infrequent users - Who drink once or twice in 2-3 months?
- ✓ Light Drinkers - Who drink once or twice a month?
- ✓ Moderate Drinkers - Who drink 3 or 4 times in a month?
- ✓ Heavy Drinkers - Who drink every day or severe drinks during the day?

Concept of Drug Addiction:

Drug addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use despite harmful consequences to the drug addict and those around them. Drug addiction is a brain disease because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a person's self-control and ability to make sound decisions, and at the same time create an intense impulse to take drugs.

It is because of these changes in the brain that it is so challenging for a person who is addicted to stop abusing drugs. Fortunately, there are treatments that help people to counteract addiction's powerful disruptive effects and regain control. Research shows that combining addiction treatment medications, if available, with behavioral therapy is the best way to ensure success for most patients. Treatment approaches that are tailored to each patient's drug abuse patterns and any concurrent medical, psychiatric, and social problems can lead to sustained recovery and a life without drugs.

Common signs and symptoms of drug abuse

- ✓ Neglecting your responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of your drug use.
- ✓ Drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.
- ✓ Drug use is getting you into legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- ✓ Drug use is causing problems in your relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

Physical warning signs of drug abuse

- ✓ Bloodshot eyes, pupils larger or smaller than usual
- ✓ Changes in appetite or sleep patterns. Sudden weight loss or weight gain
- ✓ Deterioration of physical appearance, personal grooming habits
- ✓ Unusual smells on breath, body, or clothing
- ✓ Tremors, slurred speech, or impaired coordination
- ✓ Behavioral signs of drug abuse
- ✓ Drop in attendance and performance at work or school
- ✓ Unexplained need for money or financial problems. May borrow or steal to get it.
- ✓ Engaging in secretive or suspicious behaviors
- ✓ Sudden change in friends, favorite hangouts, and hobbies
- ✓ Frequently getting into trouble (fights, accidents, illegal activities)

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation; appears lethargic or “spaced out”
- Appears fearful, anxious, or paranoid, with no reason
- Warning Signs of Commonly Abused Drugs
- Marijuana: Glassy, red eyes; loud talking, inappropriate laughter followed by sleepiness; loss of interest, motivation; weight gain or loss.
- Depressants (including Xanax, Valium, GHB): Contracted pupils; drunk-like; difficulty concentrating; clumsiness; poor judgment; slurred speech; sleepiness.

Warning signs of youth drug abuse

- Risk of drug abuse also increases greatly during times of transition, such as changing schools, moving, or divorce.
- The challenge for parents is to distinguish between the normal, often volatile, ups and downs of the teen years and the red flags of substance abuse. These include:
 - Having bloodshot eyes or dilated pupils; using eye drops to try to mask these signs
 - Skipping class; declining grades; suddenly getting into trouble at school
 - Missing money, valuables, or prescriptions
 - Acting uncharacteristically isolated, withdrawn, angry, or depressed
 - Dropping one group of friends for another; being secretive about the new peer group
 - Loss of interest in old hobbies; lying about new interests and activities
 - Demanding more privacy; locking doors; avoiding eye contact; sneaking around

Physical and health warning signs of drug abuse

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds--could be related to snorted drugs (meth or cocaine).
- Changes in appetite or sleep patterns. Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.

- Injuries/accidents and person won't or can't tell you how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.

Behavioral signs of drug abuse

- Drop in attendance and performance at work or school; loss of interest in extracurricular activities, hobbies, sports or exercise; decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Unusual or unexplained need for money or financial problems; borrowing or stealing; missing money or valuables.
- Silent, withdrawn, engaging in secretive or suspicious behaviors.
- Sudden change in relationships, friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (arguments, fights, accidents, illegal activities).

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appearing lethargic or "spaced out."
- Appearing fearful, withdrawn, anxious, or paranoid, with no apparent reason.

RESEARCH METHODOLOGY:

Statement of the Problem: The abuse of drugs by children and young people is common and this has brought serious consequences. A number of deaths occur due to overdoses, accidents, homicides, suicides etc. Mostly the people aged 14 and 30 indulge in drug abuse and in some cases alcohol. Use of drugs also contributes to violent criminal acts, such as assault, rape and theft, theft because when there is no money available with the addicts they steal within the house or else from the neighborhood to buy the needed drugs. Drug abuse also results in HIV/AIDS as the abusers do not care much about the sterilization of syringes.

Importance of the study: The consequence of drug abuse is enormous not only for the addicted persons, but also for the family and the society at large. The family is the most constituent

element of any society. Within the family the mother because the key stakeholder who get affected if her son or daughter become an addict. The presence of an addict in the family disturbs functioning of the family. Hence the role of mother in prevention and treatment intervention for drug users is of very great importance. At the same time the society includes the role of played by different professional from religious, legal, enforcement, education and health sectors. The study also takes into consideration of the views of these professional.

Field of the Study: The study was carried out at Villupuram railway Station and Xavier colony in Villupuram District. The major importance of chosen this place most of the people were affected by drug addiction and drug abuse.

Aim of the study: Drug addiction is a debilitating disease that claims many lives especially the children and youth each year. Most of us are quite aware of the havoc created by this menace in the society. We know many children and youth suffer from the life draining disease of addiction. Whether the addiction is drugs or alcohol we have seen the destructive road the addicts. Once the addict or alcoholic reaches out for help it is vital that help be there.

Objectives of the study:

- To study the social economic condition of the respondents.
- To study duration and method of drug addiction and drug abuse of the respondents
- To know about the common health problems crossed by the respondents.

Operational Definition:-

Drug: Any substance that when taken into the living organism, may modify one or more of its function (WHO).

Addiction: The term addiction is defined as a substance or practice, which is beyond control.

Research design for the Study: The researcher adopts descriptive research design for his study. Descriptive research concerned with describing the characteristics of a particular individual/group. It is also concerned with what and why of a phenomenon. It is involves description and exploration of research problem.

Universe for the Study: It is total number of all units/ items in any field of inquiry, Universe for this study all men Xavier colony and railway station in villupuram district. The researcher used convenient sampling for his studies, it's comes under non probability random sample method. The researcher selected fifty respondents from the population.

Tools for Data Collection:

i. Primary data: Primary data are those which are collected fresh and the first time and thus happen to be original character. The researcher collected primary data from the respondents using quantitative methods. The researcher uses self prepare interview schedule for collection of data from the respondent's for the studies.

ii. Secondary data: It is other hand of the research. Data has already been collected by someone else and which have already been passed through the statistic process. The researcher collected secondary data from journals, books, magazine, newspaper, websites, published research and studies.

DATA ANALYSIS AND INTERPRETATION:

Table N0.01:

Demographic profile of the Respondents

S.No	Respondents Profile	Number (N= 50)	Percentage %
1.	Age		
	1. Below 20	04	08
	2. 21 – 25	16	32
	3. 26 - 30	17	34
	4. Above 31	13	26
2.	Marital Status		
	1. Married	30	60
	2. Unmarried	15	30
	3. Separated	05	10
3.	Educational Status		
	1. Illiterate	15	30
	2. Primary School	20	40
	3. Higher Secondary/ Diploma	10	20
	4. Graduates	05	10
4.	Occupational Status		

	1. Daily Wager / Coolie	27	54
	2. Government Employee	05	10
	3. Private Employee	10	20
	4. Students	08	16
5.	Income		
	1. Below 5000	25	50
	2. 5001 – 10000	15	30
	3. Above 10000	10	20
6.	Family Income		
	1. Below 10000	20	40
	2. 10000 – 15000	25	50
	3. Above 15000	05	10
7.	Types of Family		
	1. Joint Family	35	70
	2. Nuclear Family	15	30
8.	House Types		
	1. Hut	23	46
	2. Tile Roof	17	34
	3. Concrete Roof	10	20
9.	Family Size		
	1. Below 3	15	30
	2. 4 Members	25	50
	3. Above 5	10	20

Table No. 02**Profile of Drug Addiction and Drug Usage**

S.No	Drug Details	Number (N= 50)	Percentage %
1.	Types of Drugs		
	1. Alcohol	25	50
	2. Whitener	12	24
	3. Ganja powder	05	10
	4. Others	08	16
2.	Duration of Drugs		
	1. Less than 2 years	20	40
	2. 2 years to 5 years	15	30
	3. 5 years to 8 years	10	20
	4. 8 and above years	05	10
3.	Reason for Drugs		
	1. Social Habits	10	20
	2. Festival Celebration	20	40

	3. Friends Compulsion	12	24
	4. Personal Interest	07	14
4.	Please of getting Drugs		
	1. Wine shop	25	50
	2. Friends	12	24
	3. Market	05	10
	4. Shop	08	16
5.	Amount Spent to buy Drug per day		
	1. Below 100	10	20
	2. 100 to 150	20	40
	3. 150 to 200	15	30
	4. 200 to 250	05	10
6.	Methods of Drug Consumption		
	1. Drinking	25	50
	2. Injection	05	10
	3. Smoking	15	30
	4. Mouth	05	10
7.	More than one drug at a time		
	1. Yes	45	90
	2. No	05	10
8.	Drug use for certain situation		
	1. Yes	40	80
	2. No	10	20

Table N0.03: Health related Problem

S.No	Health Problem	Number (N= 50)	Percentage %
1.	Physical Health Problem		
	1. Stomach Pain	10	20
	2. Headache	20	40
	3. Body pain	07	14
	4. Nervous shivering	13	26
2.	Psychological Problem		
	1. Lack of appetite	20	40
	2. No Interest	15	30
	3. Sleep loss	10	20
	4. Fight with others	05	10
3.	Mental Problem		
	1. Stress	17	34
	2. Anxiety	19	38
	3. Depression	09	18
	4. Isolation	05	10

4.	Support from family members		
	1. Agree	35	70
	2. Neutral	05	10
	3. Disagree	10	20
5.	Support from Friends		
	1. Agree	35	70
	2. Neutral	06	12
	3. Disagree	09	18
6.	Support from Neighborhood/Relative		
	1. Agree	10	20
	2. Neutral	05	10
	3. Disagree	35	70
7.	Support from Society		
	1. Agree	15	30
	2. Neutral	05	10
	3. Disagree	30	60
8.	Treatment Place		
	1. Govt Hospital	30	60
	2. Private Hospital	15	30
	3. Clinic	05	10
9.	Drug on continuous basis		
	1. Yes	35	70
	2. No	15	30

MAIN FINDINGS:

- After data collection the researcher find major finding from the study. Regarding with demographic profile of the respondents, Thirty four (34%) percent of the respondents belong to age group of 26 to 30 years and got married. In connection to family income of the respondents earn Below Rs.10000 to 15000 per month.
- Fifty (50%) percent of the respondents consumption of alcohol from more than one years, respondents consume alcohol because of festival celebration. Respondents buy alcohol for wine shop and spend average Rs.200 per day.
- Regarding with health related problem of the respondents, respondents suffer from physical, mental and social problem due to alcohol. The respondents go to Govt hospital

for treatment. The majority of the respondents felt that after consuming alcohol society and relative members not respecting them.

SUGGESTION:

The role of the social worker in the holistic development of the community can be seen in different perspective. The society consists of different systems like civil society, the government and different welfare or development agencies. Within the civil society the family becomes the most importance unit. Within the family too there are sub units which are interconnected with the family and to the society at large. When any of the sub-system within the larger system get affected the whole society (system) gets affected. Therefore the drug addiction by an individual (a sub-unit) becomes a deviation of the society and that need to be rectified.

Family as a Primary Source of Prevention and Rehabilitation:

- Fast-paced social, economic and technological changes present a challenge to the stability and influence of the family. The family is often viewed as the basic source of strength providing nurturance and support for its individual members as well as ensuring stability and generation continuity for the community and culture.
- The family is far more complex. In one hand the family may be seen as protecting and sustaining both strong and weak members helping them to deal with stress and pathology while nurturing younger and more vulnerable member. On the other hand the family may be a source of tension ruse. Problems and pathology influencing weaker member in harmful ways including destructive drug use.
- At the same time the family may be viewed as a mechanism for family member to interact with broader social and community groups such as peer groups school work colleges and supervisors person associated with religious institution. Family may be seen as an importance point of intervention-a natural organization unit for transferring and building social and community values.

- The social intervention in this respect is to build up stability of relationship environment and expectation is a powerful force in helping people manages their lives especially importance for children and young adults. In Mize society the classical problem of balancing discipline and control of children with nurturing support to encourage their exploration understand of the world and self-realization may be complicated by substance abuse problem.
- Family factors that may lead to or intensify drug use are thought to include parental absence no discipline failure to communicate on an emotion level chaotic or disturbed member and parental use of drug which provides a negative role model for children.
- The recreation facilities available at home like television other entertain facilities likes indoor games and music instrument could be best utilized to divert the mind of the children and youth .As the children youth are more creative and innovative by nature they need to be encouraged in sport and games and music line. The parents need to be made aware on this and enable them to create a space for the children and youth to spend their time and energy.

Education Plays A Vital Role In Prevention And Rehabilitation Process Of Drug Addiction:

- The initiation to drug usage takes place at high school level which prevents the children to continue the formal steam of education and subsequently they became drop outs. The drop outs are more vulnerable of getting to addiction.
- The present education system needs to be looked into. The student is not able to cape up with. Therefore the people need an educational system which would enrich the innovative mind of the students both in the school as well college level. The social worker would do the advocacy to the people and influence the government to make the curriculum to suite the need of the hour.

- Introduction Of vocational training on various fields like computer, carpentry, sericulture, Horticulture, floriculture, agriculture etc. Would encourage the students to pick up the field interest and quality them. Along with education in the institutions, other supportive system in other setting are also importance for the contributions they make learning and socialization.
- Home workplace and religious institution to make a few are setting for the education of young and old alike. There should be full integration of drug abuse education on prevention treatment and rehabilitation into mainstream institution whether public and private religious or secular.
- The media should be brought within a system which gives more awareness on the harmfulness of the drug abuse and the consequences of it. Here, the community based social worker would act as a catalyst to integrate the educational institution, the church the community and the government.

Legal Measures to Deal with the Problem, of Addiction:

- The number of people who misuse medication or seek psychoactive drug for non-medical use is one of the main findings in the research. A sizeable number of respondents expressed that the addicts get their drugs from pharmacists who occasionally contribute to this problems forsake of profit.
- The pharmacist's lack of professional management of drug and the peddlers who sell illegally manufactured drug are widely made available to the drugs user without doctor's prescription. In this respect the government should have a clear drug policy which controls the legal as well as illegal drugs being used foe addictive purpose.
- Besides having clear drug related policy and public awareness, intelligence, surveillance, interdiction and seizure prosecution and adjudication , sentencing , prisons , probation and parole-all of these measures may need to become socialized to deal with the complexity and volume of drug cases. Special drug courts are needed to be set up.

- The community social worker would lobby with the government and experts explaining the complexity and velocity of the problem and affect policies to reduce addiction and rehabilitate the victims. Therefore, the medical storekeepers should be directed to sell drug only if the buyer has the Doctor's prescription.

Social Workers Intervention on Treatment Process:

- ✓ Treatment and rehabilitation are essential compounds of demand reduction. They should be seen as a means to help person overcome addiction and not a form of punishment. Research has indicated that if treatment, carried out under proper conditions, does change behavior.
- ✓ Treatment provides a necessary foundation for rehabilitation and community reintegration. The setting in which it occurs-community-based, clinic, workplace prison and so on.
- ✓ Successful programmer requires staff, constant management, adequate resource and flexibility to adapt to changing circumstances. Existing primary health care settings and network may have to care for drug abusers.
- ✓ General health workers should receive training to deal with alcohol and drug problem especially in such subjects as rapid assessment, counseling and crisis management of early phases of cases of substance abuse. In planning to prevent relapse, many service are needed, including rehabilitation community services and active follow-up.

CONCLUSION:

Drug Addiction is not just a disease of an individual alone but it is socio-cultural, economic and political problems which need to be carefully dealt with. This disease could not merely treat in the hospital and clinics. Either be in the case of prevention or in the case of treatment or even in the case of rehabilitation, the process has to be community based.

As it is the problem of the society, the society in all mechanisms should become part of the whole process. Its solution requires a kind of system approach involving family, social work professional, medical professional, the church, the government and the law enforcement offices to deliver positive result. The family members, schools and colleges, welfare agencies and government all need to work in one single direction to fight against the evil of drug addiction.

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