

## **Drug Testing – General Information**

**McAllister Institute North Central Teen Recovery Center:** 7625 Mesa College Drive, Ste. 115, San Diego 858-277-4633. Hours for drug testing are 10:30 a.m. to 2:30 p.m. M-F. Please call ahead to schedule. Cost is \$25 and results are available in two days.

**McAllister Institute North Inland Recovery Center:** 620 North Ash Street, Escondido, CA 92027 760-741-7708. *Only for 18 years old and up.* Hours for testing are drop in 9:00 a.m. to 5:30 p.m. M-F. Administers a urine test for 5 substances (including those in the cocaine family, marijuana, amphetamines, alcohol and controlled to test for alterations). Cost is \$35 and results are available for pick up within a few days.

**DAT Management Inc. (A mobile service):** 1-888-749-6559 to schedule an appointment. A mobile service that comes to the home or office same day or within 24 hours. \$50 for instant result “kit test” and \$65 to have it sent in with quantitative number given. Results normally within 24 hours when sent to the lab. The “kit test” does not give a quantitative number, just positive or negative. Written results are provided for both tests.

**Quest Diagnostics:** 15725 Pomerado Rd. #208, Poway, CA 858-451-0994 or 1-888-277-8772 Only with a doctor’s written prescription. The doctor can write on the Rx that he/she wants a standing order for a period of time, or the number of times he/she wants the tests run. Marijuana tests and panel tests available.

**At Home Drug Tests:** Students on Stay-Put contracts are not eligible to do at home drug tests for their Stay-Put contracts, but parents wanting to drug test their teen on their own can go to any pharmacy and get a drug test for as little as \$10. The \$10 drug tests only test for marijuana; for other substances, more expensive and more extensive drug testing is needed. Drug tests that test hair follicles rather than urine tend to be more accurate, but are also more expensive. **Tips for home drug testing:** Since students will hide urine (often obtained from other students), it is wise to have someone in the room when they are taking a urine sample or get the type of drug test that also has a temperature reading on the containers (fresh urine will have a higher temperature). Colored toilet bowl water helps deter students who will attempt to dilute it with toilet water.

Note: *The above information is intended to be a helpful resource. Prices, times and days of operation may change, but are accurate as of the 2018-2019 school year.*

### **INTERNET RESOURCES**

**To find out more about drugs/alcohol abuse**

[www.streetdrugs.org](http://www.streetdrugs.org) – Information on drug testing, specific types of drugs including pictures of what they look like, and other resources.

[www.thecoolspot.gov](http://www.thecoolspot.gov) – Information on alcohol for young teens.

[www.drugabuse.gov](http://www.drugabuse.gov) – Sponsored by the National Institute on Drug Abuse.

[www.samhsa.gov](http://www.samhsa.gov) – Sponsored by the Substance Abuse and Mental Health Services Admin.

[www.theantidrug.com](http://www.theantidrug.com) – Parent resource library. Ebooks and videos available in Spanish, Cambodian, Vietnamese, Chinese, and Korean.

## LOCAL RESOURCES/PROGRAMS

- **Alcoholics Anonymous/Narcotics Anonymous:** [www.aa.org](http://www.aa.org) or [www.na.org](http://www.na.org). They offer a 12 step program and have meetings at different times and places.
- **Aurora Behavioral Health Care:** [www.sandiego.aurorabehavioral.com](http://www.sandiego.aurorabehavioral.com). They offer free assessments and have both residential and outpatient programs available. 11878 Avenue of Industry, San Diego (near Costco in Carmel Mtn.) 888-565-4228.
- **Bridges Recovery Program through Vista Hill:** [www.vistahill.org](http://www.vistahill.org) They offer intensive outpatient programs. 858-514-5101.
- **McAllister Institute Adolescent Outpatient Program:** They offer a 90-day outpatient program 4x/week from 3:30 to 6:30 in addition to residential programs. Costs are based on a sliding scale. 1516 Main St., Ramona, CA, 760-788-6520. Have other locations in El Cajon and San Diego.
- **S.A.F.I.R. through Vista Hill:** – Free weekly meetings/classes for PUSD at Abraxas High School on Tuesday nights from 6:30 to 8:30. 858-521-2841 for more information or see flyer.
- **Scripps Hospital:** [www.scripps.org](http://www.scripps.org) Every Saturday morning at 10:30 they offer free intervention workshops at Scripps in La Jolla. 858-626-4300.
- **Teen Adolescent Placement Services (TAPS):** [www.TAPS411.org](http://www.TAPS411.org) TAPS assists parents with troubled and out-of-control teens. Available 24 hours, call 760-439-2087 or 866-411-8877, located in Oceanside.