Ozark Christian College
Drug and Alcohol Abuse Prevention Policy
(DAAPP)

Introduction
In compliance with the *Drug Free Schools and Communities Acts Amendments of 1989*, Ozark Christian College defines in this policy the lifestyle expectations and requirements for students that relate to the manufacture, possession, use, or distribution of illegal drugs, alcoholic beverages, and tobacco products as well as the abuse of prescription and nonprescription medications.

A. Policy
At Ozark Christian College, maintaining our personal health and mental well-being is an essential part of our commitment to serve Christ. As a demonstration of that commitment, we expect members in the Ozark Christian College community (including employees and all students), while on or off college property, to refrain from the manufacture, possession, use or distribution of illegal drugs, synthetic drugs (K2 and other synthetic cannabinoids, bath salts, or products used in a similar manner), all tobacco and vaping products, and to avoid the abuse of prescription or nonprescription drugs. Additionally, all residential undergraduate students while on or off college property are to refrain from the manufacture, possession, or use of alcoholic beverages. See the Student Community Guidelines (occ.edu/communityguidelines) and Employee Handbook (occ.edu/personnelhandbook) for further details. Specific policies can be found for undergraduate students at occ.edu/student handbook, for online students at occ.edu/olstudenthandbook and for graduate students at occ.edu/seminaryhandbook . OCC Conduct Process for Online Campus and Seminary Students can be found at occ.edu/olconductprocess.

This policy also applies to all guests while visiting our campus or attending college-sponsored events outside of the campus. We believe that this commitment is a responsible way to avoid the alcohol and drug abuse problems that cause such great damage and cost to families and our society.

Parental Notification: Ozark is concerned about students who improperly use alcohol and other drugs and the effects such use may have on their health, academic success, interpersonal relationships, and, ultimately, their future. In accordance with the Family Educational Rights and Privacy Act (FERPA), the college reserves the right to notify the parents/guardians of students under 21 years of age, and the parents/guardians of dependent students, regardless of age, of any incident in which the student is found responsible for violating the college alcohol and drug policy.

Drug Testing Policy
If reasonable cause exists, the college may require a student to participate in testing to determine the use or abuse of drugs. "Reasonable cause" is defined as behavior, conduct, or performance by a student which leads the college to conclude there is the likelihood the student is using or is under the influence of illegal drugs or alcohol. Among the indicators which may be used in evaluating a student's behavior, conduct, or performance include significant changes in class attendance, grades, physical appearance, academic motivation, emotional condition, or legal involvement. Reasonable cause also may be based on information received that a student is using illegal drugs or alcohol. All reasonable cause requests will be directed to the Vice President of Student Affairs. If it is determined that reasonable cause exists to require a student to submit to drug testing, the testing will be completed to protect the health and safety of the student or others, and/or to protect the integrity of the college. In such cases, no advance notice of the drug test should be given to the student. All students, including student-athletes/managers and other students representing the college, are subject to random screenings or targeted selections based upon reasonable cause. See also the OCC Student Covenant at occ.edu/studentcovenant.

A local laboratory will conduct the drug testing using hair, blood, urine, or any other industry-recognized analytical procedures to assure trustworthy and accurate test results. The screening will be administered in a confidential setting witnessed by a designated person of the same sex as the student being tested. The college will pay for the cost of drug testing. Students whose test results are positive will be subject to discipline according to the student conduct process. Failure to participate in a requested drug test will result in disciplinary action, up to and including immediate dismissal from the college.

B. Support Services
Ozark offers support services to students who may be struggling with drug and/or alcohol use. Students needing long-term treatment or therapy are generally referred to professionals off campus. Ozark pays for the first visit and 50% of the next three visits. Students are also encouraged to seek prayer, guidance, and encouragement from the campus minister and members of the faculty and staff.

Off-campus community counseling and treatment, as well as residential care programs are available from the following organizations at a potential cost to students and employees:

- **Lafayette House** (Primarily for women, but offers inpatient and outpatient services)
  1809 South Connor Avenue
  Joplin, MO 64804
  800.416.1772
  lafayettehouse.org/addiction-treatment

- **Ozark Center/New Directions Substance Abuse Unit**
  (Groups, individual therapy and mediation management, in-patient unit for clients to detox, if needed)
  3010 McClelland Boulevard
  Joplin, MO 64801
  417.347.7700

freemanhealth.com/specialty/substance-use-and-addiction

- **The H.O.U.S.E. Inc.**
  24706 State Hwy 171
  Webb City, MO 64870
  417.623.1944
  house-inc.org

- **SAMHSA – Substance Abuse and Mental Health Services Administration**
  National Helpline – 800.662.HELP (4357)
  samhsa.gov/find-help/national-helpline

Additional information about drug and alcohol abuse, health risks, addiction and prevention can be accessed at the National College on Alcohol Abuse and Alcoholism (collegedrinkingprevention.gov) as well as the National College on Drug Abuse (https://nida.nih.gov/ and drugabuse.gov/drugpages/drugsofabuse.html).

C. Consequences for Violations of this Policy
In compliance with our community standards and those of local/state/federal laws, we advise students and employees that the following consequences will occur when the policy is violated:

1. Students or employees who violate city ordinances or state or federal statutes law regarding the manufacture, possession, use, or distribution of illegal drugs, synthetic drugs (K2 and other synthetic cannabinoids, bath salts, or products used in a similar manner), alcoholic beverages, tobacco products or medications may be reported to the legal authorities.

2. Those who violate college standards, city ordinances, or state or federal statutes regarding (a) the manufacture, possession, use, or distribution of illegal drugs, synthetic drugs (K2 and other synthetic cannabinoids, bath salts, or products used in a similar manner), alcoholic beverages or tobacco products or (b) the abuse of medications will be subject to disciplinary action, up to and including discharge for employees and dismissal for students.

3. If found to be in violation of college standards but permitted to continue as a part of the community on probationary status, the student may be subject to mandatory counseling (on or off campus), periodic inspections, and/or supervised, random drug tests at a medical facility over a given period of time. The student will be responsible solely for costs of the drug screens and off-campus counseling.

4. Any member of the Ozark Christian College community who refuses to take a field sobriety test and/or a breathalyzer test, shall be considered to be in violation of the college's standards prohibiting the possession, use, or distribution of alcohol. Reasonable cause for alcohol use/abuse testing is defined above and additionally may include the odor of alcohol on a person's breath, slurred speech, glassy eyes, being unsteady or unstable on a person's feet, and/or similar observations.

5. Any member of the Ozark Christian College community who refuses to submit to a drug test or refuses to provide written consent permitting Ozark Christian College to see the testing results shall be considered to be in violation of the college's illegal drug policy. Reasonable cause for drug testing is defined above and additionally may include, but are not limited to: incoherent, erratic, or violent behavior; repeated tardiness and/or absenteeism; drug-related odors on person, clothing, room or vehicle; sudden unexplainable drop in academic or work performance; possession of drug paraphernalia; previous positive drug screen results; being cited for substance abuse violations by college or municipal authorities; and/or a report that is provided by a reliable and credible source regarding use of illegal substance.

D. Special Obligations of Employees and the College

1. Employer's statement: All college employees are notified hereby that the unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited and that a violation of this prohibition shall result in immediate disciplinary action up to and including discharge.

2. Conditions of employment: As a condition of employment, all college employees must: (1) abide by the terms of the prohibition referred to in the preceding paragraph; and (2) notify the college of any criminal drug statute conviction for a violation occurring in the workplace no later than 5 days after such conviction.

3. Employer's obligations:
    a. Notification of agency—The college will notify the appropriate law enforcement agency within 10 days after receiving the 5-day notice from an employee referred to in the preceding paragraph or upon otherwise receiving actual notice of such a conviction.
    b. Responsive action—Within 30 days of receiving notice from an employee of a criminal drug statute conviction for a violation occurring in the workplace, the college shall, with respect to any employee who is so convicted: (1) take appropriate personnel action against such an employee, up to and including termination; or (2) require such employee to participate satisfactorily in a drug abuse assistance or a rehabilitation program approved for such purposes by a federal, state or local health, law enforcement, or other appropriate agency.

E. Definitions

1. "College activities" are defined as those activities that are sponsored by a college department or are sponsored by a recognized student organization.

2. "College property" is defined as college-owned or leased grounds, facilities, or vehicles.

F. Description of Local, State, and Federal Legal Sanctions

(See also *Missouri Drug Regulations* at: revisor.mo.gov/main/onechapter.aspx?chapter=195 or *Federal Trafficking Penalties* from the U.S. Drug Enforcement Administration at: https://www.dea.gov/sites/default/files/2021-12/Trafficking%20Penalties.pdf

1. Local sanctions—Joplin Municipal Code prohibits the following alcohol-related offenses:
    a. Possession by persons under 21 years of age of any beer, wine, or intoxicating liquor. §10-8 of the Joplin Municipal Code.
    b. Open containers of alcoholic beverages in motor vehicles within the passenger compartment of any motor vehicle that is being operated upon a public way. §10-11 of the Joplin Municipal Code.
    c. Consumption or possession of alcoholic beverages. No person may possess or consume any alcoholic beverage on any business premise except those licensed by the city to sell alcoholic beverages. §10-12 of the Joplin Municipal Code.
    d. Each of the above offenses is punishable by a fine of up to $500 or imprisonment up to 100 days, or both fine and imprisonment. §1-5 of the Joplin Municipal Code.

2. State sanctions—Missouri statutes prohibit the following acts:
    a. Alcohol offenses:
        (1) Purchase or possession by a minor. Any person under 21 years of age who purchases, attempts to purchase, or possesses any intoxicating liquor is guilty of a misdemeanor. R.S.Mo. §311.325. This offense is punishable by a fine of not less than $50 or more than $1,000, nor by imprisonment in the county jail for up to 1 year, or by both jail sentence and fine. R.S.Mo. §311.880.
        (2) Supply intoxicating liquor to any person less than 21 years of age. Any person who shall procure for, sell, give away or otherwise supply intoxicating liquor to any person under the age of 21 years, or any intoxicated person or any person appearing to be in a state of intoxication, or to a habitual drunkard, shall be deemed guilty of a misdemeanor. R.S.Mo. §311.310.
        (3) Any person under 21 years of age who is convicted of any local or state offense involving the use or possession of alcohol will be required to complete an approved alcohol-related education program. R.S.Mo. §577.525.
        (4) Any person under 21 years of age who is convicted of any offense involving the possession or use of alcohol, committed while operating a motor vehicle, or any alcohol-related traffic offense, shall, for the first offense, have his or her license suspended for a period of 90 days, or upon a second conviction of any offense involving the possession or use of alcohol while operating a motor vehicle, will lose his or her driver's license for 1 year. R.S.Mo. §577.500.

    b. Illegal drug offenses:
        (1) Any person who violates this section with respect to any controlled substance is guilty of a Class C felony, punishable by imprisonment for up to 7 years, a fine of up to $5,000, or double the amount of the offender's gain from the crime up to $20,000, or both imprisonment and fine. R.S.Mo. §560.011, 558.011.

(2) Any person under 21 years of age who is convicted of a second offense involving the possession of a controlled substance will have his driver's license revoked for one year. R.S.Mo. §577.500.

(3) Any person over 21 years of age who is convicted of any local or state law involving the possession or use of a controlled substance will have his driver's license revoked for 1 year. R.S.Mo. §577.505.

c. Distribution, delivery, manufacture, or production of a controlled substance.
   (1) It is illegal for any person to distribute, deliver, manufacture, produce, or attempt to distribute, deliver, manufacture, or produce a controlled substance. R.S.Mo. § 195.211.
   (2) Violation of this section with respect to any controlled substance is a Class B felony, punishable by imprisonment for not less than 5 years and not more than 15 years. R.S.Mo. §558.011.

d. Unlawful distribution to a minor.
   (1) It is illegal to distribute or deliver any controlled substance to a person less than years of age, who is also two years younger than the person so delivering. R.S.Mo. §195.212.
   (2) Violation of this section is a Class B felony, punishable by imprisonment for not less than 5 years or more than 15 years. R.S.Mo. §558.011.

e. Distribution of a controlled substance near schools.
   (1) It is illegal to distribute or deliver any controlled substance to a person in or on, or within 2,000 feet of, property comprising a public or private elementary or secondary school, public vocational school, or a public or private junior college or college, or on any school bus. R.S.Mo. §195.214.
   (2) Distribution of a controlled substance within 2,000 feet of schools is a Class A felony, punishable by imprisonment for a term of not less than 10 years and not exceeding 30 years, or life imprisonment. R.S.Mo. §558.011.

f. Trafficking drugs:
   (1) A person commits the crime of trafficking drugs in the first degree if he distributes, delivers, manufactures, produces, or attempts to distribute, deliver, manufacture, or produce:
      (a) More than 30 grams of a substance containing heroin;
      (b) More than 150 grams of a substance containing coca leaves;
      (c) More than 2 grams of a substance that contains a cocaine base;
      (d) More than 500 milligrams of a substance containing LSD;
      (e) More than 30 grams of a substance containing PCP;
      (f) More than 150 grams of any illegal stimulants. R.S.Mo. §195.222 (1986).
   (2) Violation of this law is a Class A felony, punishable by a term of imprisonment for up to life. Violations in excess of the above-described minimums can result in life imprisonment without the possibility of probation or parole. R.S.Mo. §195.222 (1990 Supp.); R.S.Mo. § 558.011.

(3) A person commits the crime of trafficking drugs in the second degree if he possesses or has under his control, purchases or attempts to purchase, or brings into this state:
a) More than 30 grams of a substance containing heroin;
b) More than 150 grams of a substance containing coca leaves;
c) More than 2 grams of a substance that contains cocaine base;
d) More than 500 milligrams of a substance containing LSD;
e) More than 30 grams of a substance containing PCP;
f) More than 30 grams of any illegal stimulants. R.S.Mo. §195.223.

(4) Violation of this law is a Class B felony, punishable by a term of imprisonment of not less than 5 years or more than 15 years. Violation with larger amounts may be a Class A felony, punishable by imprisonment for 10 to 30 years, or life.
R.S.Mo. §195.223 (1990 Supp.); R.S.Mo. §558.011.

(5) Any money found in close proximity to any controlled substance, or anything of value exchanged for a controlled substance, may be forfeited to the state. R.S.Mo. §195.140.

3. Federal sanctions—United States Code prohibits the following acts:
   a. Alcohol offenses: Legal sanctions for the unlawful possession or distribution of alcohol are found primarily in state and local law.

   b. Illegal drug offenses:
      (1) Simple possession. It is illegal for any person to knowingly or intentionally possess a controlled substance unless obtained by a valid prescription. 21 U.S.C. §844.
      (2) Violations of this section are punishable by imprisonment for up to 1 year, a minimum fine of $1,000, or both. After a prior conviction for any drug offense, the violator shall be imprisoned for a term of at least 15 days and not more than 2 years and fined a minimum of $2,500. A third conviction carries a penalty of imprisonment for at least 90 days but no more than 3 years and a minimum fine of $5,000. A person convicted under this subsection for the possession of a mixture or substance which contains cocaine base shall be imprisoned not less than 5 years and not more than 20 years, and fined a minimum of $1,000, if the conviction is a first conviction under this subsection and the amount of the mixture or substance exceeds 5 grams.
      (3) Where a person at least 18 years of age distributes a controlled substance to any person under 21 years of age, or where a person possesses with intent to distribute, distributes, or manufactures a controlled substance in or on, or within 1,000 feet of a public or private elementary, secondary, vocational or public or private college, junior college or college, or playground or housing facility owned by a public housing authority, or within 100 feet of a youth center, public swimming pool or video arcade facility, the punishment shall be twice the maximum punishment provided in 21 U.S.C. 841, which provides in part 1, such person shall be sentenced to a term of imprisonment which may not be less than 10 years or more

than life and if death or serious bodily injury results from the use of such substance shall be not less than 20 years or more than life, a fine not to exceed the greater of that authorized in accordance with the provisions of title 18 or $4,000,000 if the defendant is an individual or $10,000,000 if the defendant is other than an individual, or both.

(4) Any person convicted of a drug offense under these federal laws shall forfeit to the government any property derived from or obtained directly or indirectly as a result of the violation, or any property used to commit or facilitate the violation. 21 U.S.C. §853.

(5) Ineligibility to receive or purchase a firearm. 18 U.S.C. §922(g).

(6) Miscellaneous: Revocation of certain federal licenses and benefits, e.g. pilot licenses, public housing tenancy, are vested within the authority of individual federal agencies.

G. Health Risks Associated with Use of Illegal Drugs; Abuse of Alcohol/Drugs

Description of Health Risks obtained from the National Institute on Drug Abuse, updated April 10, 2025 (drugabuse.gov) (https://nida.nih.gov/research-topics/drugs-a-to-z)

1. **Alcohol:**
    a. Ethyl alcohol or ethanol is an intoxicating ingredient in beer, wine, and liquor. Alcohol consumption causes a number of marked changes in behavior. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol affects every organ of the drinker's body, impairing brain function and motor skills. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol also increases the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments 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 depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.
    b. Repeated abuse of alcohol can lead to dependence and sudden cessation can produce withdrawal symptoms: severe anxiety, tremors, hallucinations, convulsions. Alcohol withdrawal can be life-threatening. Heavy use can lead to permanent damage of vital organs such as the brain and liver, increasing risk of certain cancers, stroke, and liver disease.
    c. Infants and children develop fetal alcohol syndrome (FAS) or have other damage as a result of maternal alcohol intake during pregnancy. In severe cases, children with FAS are born with physical abnormalities and intellectual disability. Central nervous system damage leading to learning problems, lack of impulse control, hyperactivity, and emotional/social difficulties in children can occur with even small amounts of maternal alcohol intake. There is no safe level of alcohol consumption during pregnancy.

2. **Club Drugs:**

Club drugs include GHB, Rohypnol, Ketamine, as well as MDMA (Ecstasy) and methamphetamine. GHB, Rohypnol, and ketamine are central nervous system

depressants which produce intoxicating effects, and at high doses, may result in sleep, coma, seizures, or death. Ecstasy and methamphetamines are central nervous system stimulants, which can produce feelings of increased energy, distortions in sensory and time perception, and can cause liver, kidney, cardiovascular system failure or even death

a. **GHB**, a depressant approved in the treatment of narcolepsy,
b. **Flunitrazepam** (Rohypnol) is chemically similar to prescription sedatives such as Valium and Xanax. The drug is often known as "the date rape drug" due to its ability to sedate and incapacitate victims. It causes confusion, slowed breathing, headache, fainting, tremors, nausea, vomiting, and diarrhea.
c. **Ketamine**, a dissociative anesthetic, mostly used in veterinary practice, produces distortions and feelings of detachment. Health risks include dizziness, sleepiness, respiratory depression, headache, nausea, difficulty speaking, numbness, blurred vision. Long term effects include memory problems, anxiety, depression, and psychosis.
d. **MDMA** (Ecstasy), a synthetic psychoactive drug, has effects similar to stimulants like methamphetamine. It can cause increased heart rate, blood pressure, and body temperature, involuntary jaw clenching, as well as nausea and vomiting. Regular use can lead to poor sleep, decreased appetite, confusion, anxiety, depression, paranoia, memory and attention deficits.
e. **Methamphetamine** is similar in structure to amphetamine. It is highly addictive and causes emotional and cognitive problems in chronic methamphetamine abusers. Taking even small amounts can result in many of the same physical effects as those of other stimulants, such as cocaine or amphetamines, including increased alertness and energy, decreased appetite, increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia. Long-term methamphetamine abuse has many negative health consequences, including extreme weight loss, severe dental problems ("meth mouth"), anxiety, confusion, stroke, heart disease and failure, insomnia, mood disturbances, and violent behavior. Chronic methamphetamine abusers can also display a number of psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects crawling under the skin).

3. **Cocaine:**
   a. Cocaine (and crack, a form of cocaine processed to make a rock crystal—also called "freebase cocaine") is an addictive stimulant drug that produces potentially dangerous physical effects like disturbing heart rhythm, causing strokes, seizures, and bleeding in the brain. In order to sustain the "high," users take increased dosages which easily lead to addiction and can cause increased irritability, panic attacks, paranoia, and psychosis.
   b. With repeated use, cocaine can cause long-term changes in brain functioning and can cause heart attacks, coma, and death. Immediate effects include dilated pupils, constricted blood vessels, elevated blood pressure, heart rate, respiratory rate, and body temperature. Depending on the mode of administration, cocaine use can cause sinus problems, ulcerated mucous

membranes, severe bowel gangrene, as well as increased risk for contracting HIV, hepatitis C, and other blood-borne diseases.

c. Cocaine users can experience psychological and physical dependency..

4. **Hallucinogens:**
   a. **Phencyclidine** (PCP) interrupts the functions of the neocortex and limbic system, the regions of the brain that control the intellect, instinct, and emotional behavior. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movements are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last 6 months to a year following prolonged daily use. Mood disorders--depression, anxiety and violent behavior--also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce convulsions and coma, as well as heart and lung failure.
   b. **Lysergic acid (LSD), Mescaline, and Psilocybin** cause strong emotions and hallucinations. Physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashbacks, can occur even after use has ceased.

5. **Heroin:**
   a. An opioid drug that is synthesized from morphine, heroin is used in ways that deliver the drug to the brain very rapidly which causes extreme health risks and high risk for addiction. Immediate effects include dry mouth, flushed skin, feeling of heaviness in the extremities, and clouded mental function. Regular heroin use deteriorates the white matter of the brain, which may affect decision-making abilities, behavior regulation, and responses to stressful stimuli.
   b. Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis C and HIV. In addition to the effects of the drug itself, street heroin often contains toxic contaminants or additives that can clog blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs.

6. **Inhalants:**

   Many common products—spray paints, markers, glues, and cleaning fluids—contain volatile substances that have psychoactive (mind-altering) properties when inhaled. Most abused inhalants depress the central nervous system in a manner similar toe alcohol. The effects include slurred speech, lack of coordination, euphoria, and dizziness. Inhalant abusers may also

experience light-headedness, hallucinations, and delusions. The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, and fatigue. Solvents and aerosol sprays also decrease heart and respiratory rates and impair judgment. Amyl and butyl nitrates cause rapid pulse, headaches, and involuntary passing of urine and feces. More serious long-term consequences may include liver and kidney damage, hearing loss, bone marrow damage, limb spasms due to damage to myelin, brain damage, and hepatitis.

a. Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops.
b. Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated inhalation of concentrated vapors over time can cause hearing problems, brain damage, liver and kidney damage, and permanently damage the nervous system.

7. **Marijuana:**

a. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol (THC). All forms of cannabis (i.e., Marijuana, Dope, Mary Jane, Pot, Weed) have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth and throat, and increased appetite.
b. When cannabis is smoked, THC rapidly passes from the lungs into the bloodstream, which carries the chemical to the brain and other organs throughout the body. Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.
c. Effects of cannabis use include distorted perceptions, impaired coordination, difficulty with thinking, problem-solving, and disrupted learning and memory, which also reduce the ability to perform tasks requiring concentration and coordination, such as driving a car. Long-term cannabis users generally report lower life satisfaction, poorer mental and physical health, relationship problems, and less academic and career success compared to their peers who came from similar backgrounds.
d. Synthetic marijuana: Sold under many names, “spice” drugs, including K2, fake weed, Yucatan Fire, Skunk, Moon Rocks, and others, have a strong potential for abuse. The Drug Enforcement Administration has designated the five active chemicals most frequently found in Spice as controlled substances. The effects are similar to marijuana but have also been known to produce extreme anxiety, paranoia, and hallucinations.

8. **Prescription Drugs and Cold Medicines:**

Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused—that is, taken for reasons or in ways or doses not intended by a doctor, or taken by someone other than the person for whom they are prescribed.

Taken as intended, prescription and OTC drugs safely treat specific mental or physical symptoms. But when taken in different quantities or when such symptoms aren't present, they may affect the brain in ways very similar to illicit drugs.

a. **Depressants.** The effects of depressants (e.g., Valium, Xanax, Nembutal) are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence causing withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death. Birth defects and behavioral problems may also result.
b. **Opioids.** Opioid pain relievers, such as Vicodin or Oxycontin, attach to the same cell receptors targeted by illegal opioids like heroin. Opioids can produce drowsiness, cause constipation, and—depending upon the amount taken—slow breathing rates. The latter effect makes opioids particularly dangerous, especially when they are snorted or injected or combined with other drugs or alcohol.
c. **Stimulants.** Amphetamines (Adderall), Dextroamphetamine (Dexedrine), and Methylphenidate (Ritalin and Conerta) are central nervous system stimulant prescribed drugs that, when abused, can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, hyperthermia, and decreased appetite. In addition, users may experience sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, physical collapse, and even death. Abuse of stimulant injections causes a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. Persons who use large amounts of stimulants over a long period of time can develop a psychosis that includes hallucinations, delusions, and paranoia. The symptoms usually disappear when drug use ceases.
d. **OTC Drugs.** The most commonly abused over-the-counter drugs are cough and cold remedies containing dextromethorphan. When taken in very high doses, dextromethorphan acts on the same cell receptors as PCP or ketamine, producing similar out-of-body experiences. Dextromethorphan can cause impaired motor function, numbness, nausea or vomiting, and increased heart rate and blood pressure. On rare occasions, hypoxic brain damage—caused by severe respiratory depression and a lack of oxygen to the brain—has occurred due to the combination of dextromethorphan with decongestants often found in the medication.

9. **Steroids (Anabolic):**

Anabolic steroids can be legally prescribed to treat conditions resulting from steroid hormone deficiency. But some athletes, bodybuilders, and others abuse these drugs in an attempt to enhance performance and/or improve their physical appearance.

a. Anabolic steroids work very differently from other drugs of abuse, and they do not have the same acute effects on the brain. The most important difference is that steroids do not trigger rapid increases in the neurotransmitter dopamine,

which is responsible for the rewarding "high" that drives the abuse of other substances.

b. Long-term steroid use can affect some of the same brain pathways and chemicals—including dopamine, serotonin, and opioid systems—that are affected by other drugs, and thereby may have a significant impact on mood and behavior.
c. Abuse of anabolic steroids may lead to aggression, extreme mood swings ("roid rage"), violence, paranoid jealousy, extreme irritability, delusions, and impaired judgment.

10. **Synthetic Cathinones (Bath Salts):**
    a. The term "bath salts" refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant. Reports of severe intoxication and dangerous health effects associated with the use of bath salts have made these drugs a serious and growing public health and safety issue. The synthetic cathinones in bath salts can produce euphoria and increased sociability and sex drive, but some users experience paranoia, agitation, and hallucinatory delirium; some even display psychotic and violent behavior, and deaths have been reported in several instances.
    b. The energizing and often agitating effects reported in people who have taken bath salts are consistent with other drugs like amphetamines and cocaine that raise the level of the neurotransmitter dopamine in brain circuits regulating reward and movement. Common reactions reported for people who have needed medical attention after using bath salts include cardiac symptoms (such as racing heart, high blood pressure, and chest pains) and psychiatric symptoms including paranoia, hallucinations, and panic attacks. Other physical effects include dehydration, breakdown of skeletal muscle tissue, and kidney failure. Intoxication from several synthetic cathinones including MDPV, mephedrone, methedrone, and butylone has proved fatal in several instances.

11. **Tobacco/Nicotine:**

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Exposure to secondhand smoke can cause serious diseases and death.

a. **Cigarettes and other forms of tobacco**—including cigars, pipe tobacco, snuff, and chewing tobacco—contain the addictive drug nicotine. Nicotine is readily absorbed into the bloodstream when a tobacco product is chewed, inhaled, or smoked. Upon entering the bloodstream, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, respiration, and heart rate.
b. Similar to other addictive drugs like cocaine and heroin, **nicotine** increases levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure.
c. **E-Cigarettes.** Although the vapor does not contain the tar responsible for most lung cancer and other lung diseases, it has been shown to contain known carcinogens and toxic chemicals (such as formaldehyde and acetaldehyde), as well as potentially toxic metal nanoparticles from the

vaporizing mechanism. E-cigarette products are not regulated by the FDA, so there are currently no accepted measures to confirm their purity or safety, and the long-term health consequences of e-cigarette use remain unknown. Early evidence suggests that e-cigarette use may not only put users at risk for nicotine addiction but also serve as an introduction to nicotine that could lead to the use of regular cigarettes and other tobacco products.

H. Program Review

The college will conduct a biennial review of the complete program to determine its effectiveness, make changes where necessary and ensure that it is consistently followed. A copy of the Biennial Review is available from the Office of Community Standards upon request.

I. Program Notification

Every student and employee receives a copy of the Alcohol and Other Drug Prevention Policy annually through campus mail, electronic mail, or other notification system of the college. New staff and faculty members are informed of the policy at New Employee Orientation. Additional copies of the program can be obtained from the Office of Community Standards. In addition to the annual notification, students and employees are offered written material including pamphlets and literature on drug and alcohol abuse through the campus health center.

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