



# Drug and Alcohol Abuse Prevention Program

Clarendon College

The purpose of the DAAPP at Clarendon College is to implement a drug prevention program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities. (EDGAR §86.3)

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# I. INTRODUCTION

## **OVERVIEW:**

Clarendon College is the oldest institution of higher education in the Texas Panhandle, having been established in 1898 by the Methodist Episcopal Church, South. Clarendon College operates from a beautiful 107-acre campus on the west edge of Clarendon. Eight rural counties comprise the College's service area. Clarendon College is one of the 50 state-"assisted community colleges in the Texas system and serves approximately 2,200 students annually. The College consists of the main residential campus in Clarendon and branch sites in Pampa, and Childress with a small cosmetology program recently started in Amarillo.

## **PHILOSOPHY OF CLARENDON COLLEGE:**

The faculty, Board of Regents, and administrators at Clarendon College are committed to the concept that our College be an open door to learning. With this goal in mind, we extend an educational opportunity to students of all ages who can profit from instruction. Every effort is made to provide equal access to the educational opportunities offered at Clarendon College without regard to age, gender, color, national or ethnic origin, race, religion, creed, and/or disability. In keeping with this philosophy, Clarendon College recognizes and accepts the responsibility for providing curricula for university-bound students, for students seeking career opportunities in a variety of occupations, and for persons of the community seeking cultural enrichment, short-term skill training, or personal improvement opportunities. The College will seek to achieve these goals within the limits of its legal responsibilities and available fiscal resources.

## **MISSION STATEMENT:**

Clarendon College is a comprehensive community college committed to teaching, learning and providing access to opportunities that assist in the holistic development of its constituents and community.

In pursuit of this mission the College provides academic transfer programs, Career/Technical Education, student services, developmental education programs, continuing education/community service courses through a variety of instructional methodology, including but not limited to: face to face, distance education, and hybrid delivery.

Clarendon College strives to provide diverse cultural enrichment opportunities for our constituents.

## **ACCREDITATION:**

Clarendon College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award associate degrees and certificates. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call (404) 679-4500 for questions about the accreditation of Clarendon College.

## **Equal Opportunity Policy:**

Clarendon College is an equal opportunity community college. It is the policy of Clarendon College not to discriminate on the basis of race, color, religion, gender, sexual orientation, national origin, age, disability, marital status, amnesty, or status as a covered veteran in accordance with applicable federal, state and local laws in its educational and vocational programs, activities or employment. For information about your rights or grievance procedures, contact the Dean of Student Affairs / Athletic Director, Brad Vanden Boogaard (806) 874-4861, BAC-Clarendon Campus), who has been designated the compliance coordinator for Title IX of the Educational Amendments of 1972, as amended, and Title II of the Americans with Disabilities Act and the related regulations.

**PURPOSES:**

The purposes of Clarendon College shall be to provide the following:

- Technical programs up to two years in length leading to associate degrees or certificates
- Occupational programs leading directly to employment in semi-skilled and skilled occupations
- Freshman and sophomore courses in arts and sciences; continuing adult education programs for occupational or cultural upgrading
- Compensatory education programs designed to fulfill the commitment of an admissions policy allowing the enrollment of disadvantaged students
- Continuing program of counseling and guidance designed to assist students in achieving their individual educational goals
- Workforce development programs designed to meet local and statewide needs
- Adult literacy programs and other basic skills programs
- Other purposes as may be prescribed by the Texas Higher Education Coordinating Board or local governing boards, in the best interest of post-secondary education in Texas.

**PURPOSE OF DRUG & ALCOHOL ABUSE PREVENTION PROGRAM (DAAPP):**

The purpose of the DAAPP at Clarendon College is to implement a drug prevention program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities. (EDGAR §86.3)

Clarendon Colleges DAAPP includes the following (EDGAR §86.100):

The annual distribution in writing to each employee, and to each student who is taking one or more classes for any type of academic credit except for continuing education units, regardless of the length of the student's program of study, of—

1. Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities;
2. A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol;
3. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students; and
5. A clear statement that the IHE will impose disciplinary sanctions on students and employees (consistent with local, State, and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct required by paragraph (a)(1) of this section. For the purpose of this section, a disciplinary sanction may include the completion of an appropriate rehabilitation program.

## II. BIENNIAL REVIEW PROCESS

The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) requires Clarendon College to certify implementation of programs to prevent the abuse of alcohol and use or distribution of illicit drugs by its students and employees on College property and as a part of any activities.

The Executive Summary below outlines the comprehensive biennial review that was conducted and completed on August 1, 2017. The Clarendon College Board of Regents reviewed the biennial review at a regular board meeting on December 16, 2017. Copies are maintained by the Executive Vice President of Academic and Student Affairs and the Dean of Student Affairs. Individuals may obtain a copy of the report at no cost by contacting the Dean of Student Affairs' Office at 806-874-3571 Ext. 152. Biennial Review reports are maintained for seven years.

### Biennial Review

Clarendon College will conduct a review of the AOD program on a Biennial Basis during odd numbered years in accordance with the reference: *Complying with the Drug-Free Schools and Campus Regulations – A Guide for University and College Administrators. Pages 13-17*. The next regularly scheduled review will begin at the conclusion of the 2016-2017 academic year.

### EXECUTIVE SUMMARY:

Clarendon College is required to certify, as part of the 1989 amendments to the Drug-Free Schools and Campuses Act, as articulated in Part 86 of the Drug-Free Schools and Campuses Regulations, that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.

As part of the certification process the Biennial Review Team (BRT) was formed to conduct a comprehensive biennial review of AOD programs at Clarendon College. The key findings of this team are listed below.

1. Clarendon College has developed and implemented a Drug and Alcohol Abuse Prevention Program (DAAPP)
  - a. Implementation of the DAAPP utilizing existing framework began in June of 2015.
  - b. BRT recommendations from previous biennial review were used to guide the implementation of the DAAPP.
  - c. The BRT offered a recommendation on making the DAAPP more comprehensive in nature.
2. The BRT found evaluation of the effectiveness of the DAAPP.
  - a. The BRT found a survey of each instructional site for Alcohol and Other Drugs (AOD).
  - b. The DAAPP had goals with measurable objectives.
3. The BRT found the biennial review evaluated the consistency of sanctions imposed for violations of the College's disciplinary standards and codes of conduct;
4. The college distributed a materially complete AOD Program information to academic students and employees.
  - a. The College has been following the framework to distribute the AOD Program information to academic students and employees.
  - b. The BRT offered recommendations to ensure students and employees who arrive after regular notification are provided the information.

The Biennial Review Team made 3 recommendations for the AOD program as part of the Comprehensive Biennial Review. It is the opinion that successful implementation of the 3 recommendations will improve the overall AOD program and support the BRT's finding of compliance with the Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act. The AOD program has been updated to reflect recommendations made by the BRT.

### III. ANNUAL NOTIFICATION

A full text of the Biennial Report is easily available by going to the Clarendon College homepage and clicking on INSIDE CC and following the Drug & Alcohol Abuse Prevention Program 2017.licking on the link at:

<http://www.clarendoncollege.edu/Resources/Admin/DrugAlcoholAbusePreventionProgram2017.pdf>

The CC Office of Student Services will provide a paper copy of the AOD Biennial Report upon request. The request does not have to be made in writing. There will be no charge or fee, nor will the report be included in another document for which you are charged a fee. The report is available to all academic students (including those attending less than full time and those not enrolled in Title IV programs or courses) and all employees. In addition, Clarendon College will make the report available to prospective students or prospective employees upon request.

Prior to the report being published a notification will be sent out before the October 1 requirement to all students and college employees advising the report is completed.

Notification will be made by:

- Campus e-mail
- CC Faculty Portal (on line)
- CC Business Portal (on line)
- CC Student Portal (on line)

For employees and students who begin their association with CC after October 1 put prior to a new annual report notification an announcement will be maintained in a constant format on the CC Faculty Portal, CC Business Portal and the CC Student Portal as well as the new employee handbook.

### IV. STANDARDS OF CONDUCT

#### **Student and Employee Conduct and Responsibilities**

Clarendon College (CC) expects a high standard of conduct from its students and employees. Students and employees are expected to comply with the law, respect proper constitutional authority, and obey Federal, State, Local laws as well as College policies, rules and regulations.

Unacceptable conduct is defined as an action or behavior that is contrary to the best interest of a fellow student or students, the faculty or staff, the College, or the teaching/learning process. Students failing to perform according to established standards may be subject to disciplinary action. Policies, standards, rules and regulations apply to students attending College activities whether the activity takes place on or off campus. Each student and employee shall be responsible for becoming knowledgeable of the contents and provisions of College policies, rules, and regulations concerning student and employee conduct. In some cases, individual programs may have approved policies for student conduct which also apply to student conduct in those programs.

#### **Student Conduct and Prohibited Behavior**

All students shall obey the law, including all federal, state, local and college statutes, show respect for properly constituted authority, and observe correct standards of conduct. In addition to activities prohibited by law, the following types of behavior are prohibited:

- Use of alcoholic or intoxicating beverages and use of drugs not prescribed by a physician.
- The illegal use, possession, transmissions, and/or sale of drugs or narcotics, as those terms are defined by the Texas Controlled Substances Act.
- Scholastic dishonesty, punishable as prescribed by Board policies, shall include, but not be limited to cheating on a test, plagiarism and collusion.
- "Cheating on a test" shall include:
  - Copying from another student's test paper
  - Using test materials not authorized by the person administering the test
  - Collaborating with or seeking aid from another student during a test without the permission from the test administrator.
  - Knowingly using, buying, selling, stealing or soliciting in whole or in part, the contents of a pending test.
  - The unauthorized transporting or removal, in whole or in part, of the contents of a pending test.
  - Substituting for another student, or permitting another student to substitute for one's self, to take a test.
  - Bribing another person to obtain a pending test.
- "Plagiarism" shall be defined as the appropriating, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own written work.
- "Collusion" shall be defined as the unauthorized collaboration with another person in preparing written work for fulfillment of course requirements.
- Violations of the penal Statutes of Texas, or of the United States, occurring on College property or in connection with College-sponsored activities may also constitute violations of the College's rules and regulations when such violations affect the educational process and goals of the College.
- Obstruction or disruption of any authorized College operation or activity. Disorderly conduct shall include any verbal or physical abuse, intimidation, or the subjection of another person to inappropriate, abusive, threatening, or demeaning actions.
- Gambling in any form.
- Hazing with or without the consent of a student; a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to appropriate discipline. Initiations by organizations may include no feature that is dangerous, harmful, or degrading to the student; a violation of this prohibition renders the organization subject to appropriate disciplinary action.
- Failure to comply with a directive from a College administrator, faculty member, or staff member.
- Falsification of admission forms or alteration of student records.
- Unauthorized solicitation.
- Using tobacco or tobacco products inside any College building. No smoking within 20 feet of any building entrance.
- Possession of firearms or any type of weapon unless special authorization has been approved by the administration.
- Holding rallies, demonstrations, or any other form of public gathering without prior approval of the Executive VP of Academic and Student Affairs, or conducting an activity that causes College officials to interrupt their scheduled duties to intervene, supervise, or observe activities in the interest of maintaining order.
- Exhibiting behavior that gives reasonable cause to question, in the opinion of the College, whether the student is able to satisfactorily function in institutional programs or institutional activities in which the student is engaged.
- Interference with teaching, research, administration, or the College's subsidiary responsibilities through "disorderly conduct or disruptive behavior."
- Failure to pay a debt to the College or writing an "insufficient funds" check to the College.
- Disorderly conduct which shall include any verbal or physical abuse, intimidation or the subjection of another person to inappropriate, abusive, threatening or demeaning actions on

property owned or controlled by the College or at College-sponsored functions. Students who behave in a disorderly fashion may be required to leave the premises, withdraw from a club or organization, or withdraw from the College.

- Dressing in a manner which does not observe health and safety regulations and appropriateness to a learning environment. Students shall be informed of special dress requirements for any particular course or program. Students failing to comply with such requirements may be subject to disciplinary action. In cases where a student's dress or hygiene interferes with learning, the appropriate College official shall conduct initial counseling with the student.
- Damaging or destroying College property.
- Sexual assault or harassment which includes any unwanted sexual advances or contact. Violation of such may result in disciplinary action as well as prosecution under state, federal, or local laws.
- Unauthorized access, reconfiguration, modification, copying or misuse of College or other students' computer files, including inappropriate use of e-mail, data or software. Violation may lead to disciplinary action.

### **Employee Ethics**

It is the policy of Clarendon College to apply the highest ethical standards to all members of the College community including the Board of Regents, administration, staff, and faculty in achieving its mission, and in managing its resources efficiently and effectively to reach its goals and objectives. The College seeks to treat each person of the College community as a unique individual and provide a positive, encouraging, and success-oriented environment. College policies and practices that protect the rights and development of each individual in the College community shall be enforced. Protection from unlawful discrimination, including conduct that constitutes sexual harassment, and freedom to develop as a student and/or College employee shall be promoted. The College accepts its responsibilities to its students, to its employees, and to the members of the community. The College is committed to meet these responsibilities with balance, fairness, accountability, and ethical integrity.

### **Employee Conduct Regarding Alcohol and Other Drugs**

All students shall obey the law, including all federal, state, local and college statutes, show respect for properly constituted authority, and observe correct standards of conduct. In addition to activities prohibited by law, the following types of behavior are prohibited:

- Use of alcoholic or intoxicating beverages and use of drugs not prescribed by a physician.
- The illegal use, possession, transmissions, and/or sale of drugs or narcotics, as those terms are defined by the Texas Controlled Substances Act.



## V. SANCTIONS

### Student and Employee Penalties Under Federal Law

| Offense   | Minimum Punishment   | Maximum Punishment   |
|---|--|--|
| Manufacture, distribution of dispensing of illegal drugs  | Imprisonment up to 1 year, minimum fine of \$1,500   | Life imprisonment (no parole) and a fine up to \$8 million (individual) or \$20 million (other)  |
| Possession illegal drugs  | Civil penalty up to \$10,000   | 5 to 20 years imprisonment and fine of at least \$5,000 plus investigation/court costs   |
| Operation of a common carrier under influence of alcohol or drugs                               |  | Imprisonment up to 15 years and a fine up to \$250,000   |
| Unauthorized possession use, distribution or sale of OTC drugs, prescription drugs or inhalants | A prescription drug or OTC drug used for any reason other than a legitimate medical reason and inhalants used illegally are considered "illegal drugs" under the law and carry the penalties described above | A prescription drug or OTC drug used for any reason other than a legitimate medical reason and inhalants used illegally are considered "illegal drugs" under the law and carry the penalties described above |

### Student and Employee Penalties Under State of Texas Law

| Offense  | Minimum Punishment   | Maximum Punishment  |
|--|--|---|
| Manufacture or delivery of controlled substances (drugs) | Texas Department of Corrections (TDC) term of 2 to 10 years or local jail term up to 1 year, and up to \$10,000 fine | TDC life term of 20 to 99 years and up to \$500,000 fine                                  |
| Possession of controlled substances (drugs)              | Up to 180 days in jail and up to \$1,000 fine  | TDC life term of 10 to 99 years and up to \$100,000 fine                                  |
| Possession or delivery of marijuana                      | Up to 180 days in jail and up to \$100 fine  | TDC life term of 10 to 99 years and up to \$250,000 fine                                  |
| Driving while intoxicated (alcohol, drugs or both)       | 72 hours to 2 years in jail and \$100 to \$2,000 fine  | 30 days to 2 years in jail or TDC term of 60 days to 5 years and fine of \$500 to \$2,000 |
| Public intoxication                                      |  | Up to \$200 fine  |

|   |   |  |
|---|---|--|
| Purchase, consumption or possession of alcohol by a minor | Fine of \$25 to \$200                                       | Subsequent violation or offense, fine of \$100 to \$500                                    |
| Sale of alcohol to a minor                                | Fine of \$100 to \$500 or jail term of up to 1 year or both | Subsequent violation or offense, fine of \$500 to \$1,000; jail term up to 1 year; or both |

**Student Penalties Under College Policy or Procedure**

| Offense  | Minimum Punishment  | Maximum Punishment   |
|--|---|--|
| Manufacture or delivery of controlled substances (drugs)                         | Referral to local law enforcement and suspension  | Expulsion  |
| Possession of controlled substances (drugs)                                      | Referral to local law enforcement agency and suspension.  | Expulsion  |
| Possession or delivery of marijuana  | Referral to local law enforcement agency and suspension.  | Expulsion  |
| Driving while intoxicated on campus / college property. (alcohol, drugs or both) | Referral to local law enforcement agency and \$250 - \$500 fine.                                    | Suspension.  |
| Public intoxication  | Fine of \$250, disciplinary probation up to 1 long semester, referral to alcohol education program. | Subsequent violation or offense, fine of \$500 up to suspension. |
| Purchase, consumption or possession of alcohol by a minor                        | Fine of \$250, disciplinary probation up to 1 long semester, referral to alcohol education program. | Subsequent violation or offense, fine of \$500 up to suspension. |
| Sale or delivery of alcohol to a minor   | Referral to local law enforcement. Fine of \$500. Disciplinary probation up to 1 long semester.     | Subsequent violation – suspension.                               |

**Drug-Free Workplace Policy for College Employees**

The policy of the Clarendon College is to provide all students and employees with an environment that is free of substance abuse. The illegal use of controlled substances on Clarendon College campuses or centers subjects the College, its students, and employees to unacceptable risks of accidents, interferes with the learning and working environments, and is inconsistent with the behavior expected of persons associated with the College. The College takes a strong stand against substance abuse and takes the following initiatives to minimize it:

- a. Screening / Testing
- b. Prevention through education.
- c. Rehabilitation through Counseling and referral
- d. Discipline

Clarendon College strictly prohibits the use of intoxicating beverages and/or controlled substances by employees while on college property or while representing the college. State law shall be strictly enforced at all times on all property controlled by the District in regard to the possession and consumption of alcoholic beverages. No employee shall possess, use, transmit, or attempt to possess, use or transmit, or be under the influence of (legal intoxication not required) any of the following substances on any property controlled by the College district.

- Any controlled substance or dangerous drug as defined by law, including but not limited to marijuana, any narcotic drug, hallucinogen, stimulant, depressant, amphetamine or barbiturate, synthetic or otherwise.
- Alcohol or any alcoholic beverage.
- Any abusable glue, aerosol paint, or any other chemical substance for inhalation.
- Any other intoxicant, or mood-changing, mind altering, or behavior-altering drugs.

The transmittal, sale, or attempted sale of what is represented to be any of the above-listed substances is also prohibited under this policy.

An employee who uses a drug authorized by a licensed physician through a prescription specifically for that employee's use shall not be considered to have violated this rule.

### **Screening/Testing**

Drug or alcohol testing of employees shall be administered if there is reasonable suspicion of substance abuse. The College retains the right to screen prospective employees in key employment areas through drug and/or alcohol test. An employee who is determined by testing to be under the influence of a controlled substance, or who is involved in the sale, possession, distribution, purchase, dispensation, manufacture or transfer of controlled substances, as defined by state or federal law, on College property or property under College control will be subject to disciplinary action up to and including termination of employment. Any employee who is convicted of, pleads guilty or nolo contendere, or accepts deferred adjudication to a controlled substance-related violation in the workplace under state or federal laws must notify Human Resources within five days of such a conviction or plea. Failure to notify Human Resources is grounds for suspension and/or termination of employment. Employees who are convicted of, plead nolo contendere, or accept deferred adjudication to such drug related violation and whose employment is not terminated must successfully complete a rehabilitation program approved by the College as a condition of continued employment.

### **Prevention – Education**

Primary emphasis is directed at informing employees of the health risks associated with the use of illicit drugs and alcohol.

### **Discipline**

Employees are not guaranteed chances for rehabilitation should their standards of conduct of job performance drop below tolerable levels. In such cases, and in cases where rehabilitation is referred, disciplinary action could result in termination/dismissal.

### **Rehabilitation – Referral**

Employees with substance abuse problems may, at the College's sole election, be referred to rehabilitation resources (All rehabilitation expenses to be the responsibility of the employee). In any case, employees will be required to uphold normal standards of conduct and performance.

## Substance Abuse Program

Clarendon College strongly believes that the abuse of alcohol and the use of illegal drugs and abuse of other drugs by faculty, staff, and students has a serious effect on their ability to meet the educational goals of the college. Therefore, Clarendon College has implemented a drug education/prevention and assistance program which is available to faculty, staff, and students.

Students wanting confidential assistance from Clarendon College in dealing with a perceived alcohol or chemical substance abuse problems may self-refer for that assistance by making an appointment with the Associate Dean of Enrollment Management 806-874-4837 or the Program Success Coach 806-665-8801.

- Faculty, staff, or other students may wish to counsel a student to seek assistance through a voluntary referral to the Associate Dean of Enrollment Management, if a perceived problem with alcohol or substance abuse exists.
- Students who counsel with the Associate Dean of Enrollment Management may have the opportunity to schedule a screening session with a mental health professional contracted with the College through the Student Assistance Program. The cost of the initial screening session is borne by the Student.
- No record will be regarding the contact with the Associate Dean of Enrollment Management, the referral to an outside agency or actions taken as an outcome of that referral will be entered as part of the student's permanent record.
- A student who is disruptive of the academic process, or ordinary functions of the college, and/or who is verbally or physically abusive to students, faculty, or staff, and who exhibits symptoms which suggest the possibility of alcohol or drug-related causes of this behavior, may receive a referral to the Associate Dean of Enrollment Management.
- The Associate Dean of Enrollment Management will meet with the student, and if in the opinion of the Associate Dean of Enrollment Management should circumstances so indicate, discuss with the student the possibilities for self —referral to seek assistance for any problem of alcohol or drug abuse which may exist. The student will choose whether to seek this assistance which shall be on the same basis as a "Voluntary referral" described above.
- Should the student choose to seek assistance, the College may consider this action as a mitigating circumstance in the deliberations regarding the student's status at the institution due to the alleged violation of the Code of Conduct. The student will complete a self-referral form during the session with the release of the recommendations of the mental health professional conducting the screening to Clarendon College if the student wishes to make such recommendations available to Clarendon College.
- Clarendon College may proceed simultaneously with disciplinary action and the Student Assistance Program Referral if the student has violated the Clarendon College Student Code of Conduct as published, which specifically prohibits the possession or use of drugs or alcohol.
- In addition to the Employee and Student Assistance Programs, there are other resources available to anyone who needs assistance in dealing with a substance abuse problem. The resources include counseling, treatment, and rehabilitation opportunities. Students or employees who have alcohol or substance abuse problem are encouraged to seek immediate assistance.

## VI. HEALTH RISKS

### HEALTH RISKS OF DRUG/ALCOHOL ABUSE AND USE OF INHALANTS

#### Alcohol

- taken orally
- effects include initially stimulating behavior becomes progressively sedated; impedes memory and coordination
- dangers include physical and psychological dependency; impaired coordination and judgment; fatal respiratory or heart failure from consuming large quantities in a short time period; damage to liver, heart, pancreas, brain and nervous system by excessive and continuous consumption; increased likelihood of injury or death from car or equipment accidents

#### Amphetamines

- taken orally, injected or inhaled
- effects include increases in blood pressure and heart and respiratory rates; dilates pupils; decreases appetite and blurs vision
- dangers include dizziness; insomnia; high doses causes loss of coordination, tremors and physical collapse; injection causes sudden increase in blood pressure that can result in stroke, fever or heart failure, false sense of indestructibility, hallucinations and acute anxiety

#### Barbiturates

- taken orally
- affects include relaxed muscles in small doses; large doses cause slurred speech, impaired judgment and coordination and altered perception; even larger doses may lead to respiratory depression, coma and death
- dangers include being highly addictive; withdrawal symptoms include restlessness, insomnia, anxiety, convulsions and death; increased accident risk due to impaired judgment and motor skills

#### Cocaine

- taken by inhaling through nasal passages, injection or smoked
- effects include elevated blood pressure, heart and respiratory rate and temperature; dilated pupils
- dangers include psychological and physical dependency; death caused by heart or respiratory failure; paranoid psychosis; ulceration of nasal passages; injection of drug with unsterile equipment may lead to onset of AIDS or hepatitis

#### Crack Cocaine

- taken by smoking
- effects include dilated pupils; increased pulse rate; elevated blood pressure; leads to insomnia, loss of appetite, paranoia, tactile hallucinations and seizures
- dangers include extreme addiction; death caused by disruption of brain's control of the heart and respiratory functions

#### Inhalants

- effects include nausea, vomiting, dizziness, headaches, lack of coordination and control
- dangers include unconsciousness; cause suffocation and death from respiratory arrest; permanent brain and central nervous system damage may result for long term effects of toxins

#### Marijuana

- taken by smoking in hand-rolled cigarettes or water pipes
- effects include increased heart rate; bloodshot eyes, dry mouth and throat; increased appetite
- dangers include impaired coordination, concentration and memory; paranoia and psychosis; damaged lungs and pulmonary systems; brain damage; safety risks while driving or operating equipment due to impaired judgment and motor skills; depression, self-absorption and confusion

**LSD/PCP**

- taken orally
- effects include severe hallucination; feelings of detachment; incoherent speech; cold hands and feet, crying, laughing and vomiting
- dangers include flashback; suicidal tendencies; brain and chromosome damage; and unpredictable behavior

**Prescription OTC Drugs**

- Health risks vary depending on the type of prescription or OTC drug

**Opiates**

- taken by injection
- effects include impaired judgment, slurred speech and drowsiness
- dangers include physical addiction; overdose can cause coma, shock and depressed respiration or death; withdrawal problems include sweating, diarrhea, fever, insomnia, irritability, nausea, vomiting, muscle/joint pains; abrupt withdrawal may cause death
- injection of illegal opiates is highly associated with AIDS, hepatitis, tetanus and infections of the heart

**Anabolic Steroids**

- taken orally or by injection
- effects include aggression, acne, dizziness, diarrhea, hives and insomnia
- dangers include medical complications including sterility, impotence, liver cancer, heart disease and death

## VII. EDUCATION AND TRAINING PROGRAMS

**Available Education and Training Programs**

The Dean of Student Affairs takes a proactive approach to drug and alcohol education and training. AOD programs begin with the Learning Frameworks class (PSYC 1100 / EDUC 1100) and continue with the College website, special pamphlets, and/or special programs.

Upon request, the Dean of Student Affairs will provide informational seminars and training; speakers are available on a variety of topics including drug and alcohol awareness. Public Service Announcements concerning safety are posted in flyer form as well as published on the electronic message boards around the campuses.

Anyone wishing to request such prevention services, or desiring more information, should contact the Clarendon College Dean of Student Affairs at 806-874-4861.