

COTTEY COLLEGE DRUG AND ALCOHOL PREVENTION PROGRAM

The Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989 require an institution of higher education, as a condition of receiving funds or any other form of financial assistance under any federal program, to certify that it has adopted and implemented a program to prevent the unlawful possession, use, manufacture or distribution of illicit drugs and alcohol by students and employees. As part of its drug and alcohol prevention program for students and employees, every student and employee of Cottey College shall receive an e-mail copy of the program annually. Hard copies of the prevention program can be obtained from the Office of Student Life or the Human Resources Office. Any questions regarding the prevention program should be directed to those offices as well.

STANDARDS OF CONDUCT

The College has a policy of maintaining a drug-free campus/workplace environment. The unlawful manufacture, distribution, possession or use of illicit drugs and alcohol by **students or employees** is prohibited on College property (including cars on campus) and in conjunction with College activities.

DISCIPLINARY SANCTIONS

The College will impose disciplinary sanctions on students and employees who violate the above standards of conduct. Among the disciplinary sanctions which may be imposed on students are: reprimand, probation, loss of privileges, financial penalties, dismissal and referral for prosecution. Among the disciplinary sanctions which may be imposed on employees are: oral warning, written reprimand, suspension, termination and referral for prosecution. The College may require students and employees to satisfactorily complete an appropriate rehabilitation or assistance program.

Furthermore, any violation of local, state and federal laws in conjunction with a student organization activity constitutes a violation of College policy. Violations of policy could result not only in disciplinary action against the individual(s) involved, but also in suspension or loss of College registration.

Employees must abide by the College's drug-free policy as a condition of employment and must notify the director of human resources in writing of any criminal drug statute conviction for a violation occurring in the workplace no later than five calendar days after such conviction.

For students receiving a Pell grant, the Department of Education will impose additional sanctions. To receive a Pell grant, a student must certify that she will not engage in the unlawful manufacture, distribution, dispensation, possession or use of a controlled substance at all times during the period covered by her Pell grant. Even if the student is off campus, away for the weekend, or on a school break, the student has agreed to be drug-free from the first day of classes to the last day of classes for the enrollment period.

A Pell grant recipient convicted of a criminal drug offense resulting from a violation occurring during the period of enrollment covered by the Pell grant must report the conviction, in writing, within ten calendar days of the conviction, to the Director, Grants and Contracts Service, U.S. Department of Education.

If the Department determines that the reported conviction constitutes a violation of the Requirements for Drug-Free Workplace regulations, the Pell grant recipient will be subject to suspension of payments under the grant, suspension or termination of the grant, or suspension or debarment. If debarred, the student will be ineligible for award of any grant from any federal agency for a period of up to five years.

Failure of a Pell grant recipient to report the conviction constitutes a violation of these regulations and is subject to suspension of payments under the grant, suspension or termination of the grant, or suspension or debarment.

USE OF COTTEY COLLEGE FACILITIES

Except as provided herein, the serving of alcoholic beverages on College property with students present is strictly prohibited. College employees who are enrolled in classes on campus are not regarded as "students" in terms of this policy, so long as they are employed on at least a half-time basis and are of legal age to drink alcoholic beverages.

With the exception of B.I.L. Hill Lodge and private residential houses owned by the College, the serving or consumption of alcoholic beverages on College owned property is prohibited under any circumstances. With respect to B.I.L. Hill Lodge, non-student College employees (as qualified above) may, with written permission of the administration of the College, serve wine or beer while using that facility. When wine or beer is served or consumed, the event organizer

assumes the responsibility for assuring compliance with local and state laws concerning the consumption of alcoholic beverages. Under no circumstances shall any alcohol be served to or consumed by minors or others showing evidence of intoxication.

Groups or individuals not members of the Cottey College community who rent facilities of Cottey College will assume complete legal responsibility for their activities with the understanding that in no case will any alcoholic beverage be served or consumed in any facility with the exception of B.I.L. Hill Lodge and any alcoholic beverages served will be restricted to either wine or beer. Under no circumstances shall any alcohol be served to or consumed by minors or others showing evidence of intoxication.

DESCRIPTION OF LOCAL, STATE AND FEDERAL LEGAL SANCTIONS

In addition to the disciplinary sanctions described above for violation of the College's Standards of Conduct regarding drugs and alcohol, there are a variety of applicable local, state, and federal legal sanctions as well. Those sanctions are described below.

Municipal Sanctions

The Municipal Code of the City of Nevada prohibits the following acts:

1. *Purchase or Possession by Minor.* The purchase or attempt to purchase, or the possession of any intoxicating liquor (containing in excess of 3.2% of alcohol by weight) or non-intoxicating beer (having an alcoholic content of more than 1/2 of 1 percent by volume and not exceeding 3.2 percent by weight) by anyone under the age of 21. Section 3-12. Violation of this code is *punishable by a fine of up to \$500, or imprisonment for a period not exceeding three months or both fine and imprisonment.*
Section 1-7.
2. *Consumption of Intoxicating Liquor in Certain Public Places.* No person shall drink intoxicating liquor in any of the following places in the City:
 - a. The halls, corridors, lobbies or public toilets of any public building;
 - b. The lobbies, waiting rooms or public toilets of any hotel or bus station;
 - c. The streets, alleys or other public thoroughfares or in and upon publicly owned land in the City;
 - d. On any premises, public or private, on which the owner has caused to be posted notice advising that the consumption of such intoxicating liquor is forbidden, in a place reasonably conspicuous in terms legible and unequivocal.Sections 23-37. Violation of this code is *punishable by a fine of up to \$500, or imprisonment for a period not exceeding three months or both fine and imprisonment.* Sections 1-7.
3. *Drunkness.* No person within the municipality may enter any schoolhouse or church house in which there is an assemblage of people meeting for a lawful purpose or any courthouse in a drunken or intoxicated and disorderly condition, nor shall any person drink or offer to drink any intoxicating liquors in the presence of such assembly of people or in any courthouse within this state.
Section 23-16. Violation of this code is *punishable by a fine of up to \$500, or imprisonment for a period not exceeding three months or both fine and imprisonment.* Section 1-7.
4. *Driving While Under the Influence of Alcohol or Other Drugs.* A person commits the offense of driving while intoxicated if he/she operates a motor vehicle while in an intoxicated or drugged condition, and commits the offense of driving with excessive blood alcohol content if he/she operates a motor vehicle with eight-hundredths of one percent (.08%) or more by weight of alcohol in his/her blood. Sections 19-47. Violation of Sections 19-47, driving while under the influence of alcohol or other drugs, carries the following penalty: driving while intoxicated - a fine *not less than \$100 nor more than \$500, confinement for not more than 90 days or both such fine and confinement.* Additionally, no person convicted of or pleading guilty to the offense of driving while intoxicated shall be *granted a suspended imposition of sentence on less than two years probation.* Any person convicted of driving with an excessive blood alcohol content shall be *fined not less than \$50 nor more than \$500, confined not more than 90 days, or both such fine and confinement.* Additionally, upon a plea of guilty or a

finding of guilty for the offense of driving while intoxicated or driving with excessive blood alcohol content, the court may order the convicted person to participate in and successfully complete an alcohol or drug-related traffic offender education or a rehabilitation program as described by state law. Sections 19-47(h).

5. *Unlawful Possession of Narcotics.* No person in the City shall sell, give away, use or possess for any purposes whatever any narcotic drug; except that this section shall not apply to a licensed physician, dentist, veterinary surgeon or pharmacist in the practice of his/her profession. Sections 23-43. Violation of this code is *punishable by a fine of up to \$500, or imprisonment for a period not exceeding three months or both fine and imprisonment.* Sections 1-7.

State Sanctions

Missouri statutes prohibit the following acts:

1. *Purchase or Possession by a Minor or Use of Fake ID.* Any person under 21 years of age who purchases, attempts to purchase, or possesses any intoxicating liquor, or who is visibly intoxicated, is guilty of a misdemeanor. Section 311.325, RSMo. It is also unlawful to misrepresent your age to acquire alcohol, to alter an identification card or to have in your possession an altered or reproduced identification card indicating your age to be over 21. Sections 311.320, 311.328 and 311.329, RSMo.

These offenses are *punishable by a fine of not less than \$50 or more than \$1,000, or by imprisonment in the county jail for up to one year, or by both jail sentence and fine.* Section 311.880, RSMo.

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.* Section 577.525, RSMo.

Any person under 21 years of age who pleads to or is found guilty of any offense involving the possession or use of alcohol committed while operating a motor vehicle or any alcohol-related traffic offense or upon a second conviction of any offense involving the possession or use of alcohol, *will lose his/her driving privileges for 90 days*, and any second or subsequent offense under this provision shall *result in the revocation of the driving privileges for one year.* Section 577.500, RSMo.

It is a misdemeanor to enter in a drunken or intoxicated condition or to drink or offer to drink intoxicating liquors in a schoolhouse. Section 574.075, RSMo.

2. *DWI.* Driving while intoxicated is a Class B misdemeanor for the first offense, *punishable by a fine of up to \$500 and/or by imprisonment for a term not to exceed six months.* A second or subsequent conviction is a Class A misdemeanor, *punishable by a fine of up to \$1,000 and/or by imprisonment for a term not to exceed one year.* Sections 577.010, 558.011 and 560.016, RSMo. If a suspended imposition of sentence is granted, at least two years of probation is required. Refusing to submit to a chemical test when requested to do so by a law enforcement officer can result in the revocation of your driving privileges for one year. Section 577.041, RSMo.

3. *Driving with Excessive Blood Alcohol Content.* Operating a motor vehicle with eight-hundredths of one percent (.08%) or more by weight of alcohol is a Class B misdemeanor, *punishable by a fine of up to \$300 and/or imprisonment for a term not to exceed 15 days.* For persons under the age of 21, the threshold Blood Alcohol Content is .02. Sections 302.505, 577.012, 558.011 and 560.016, RSMo.

4. *Persistent and Prior Offenders.* Any person who is found guilty of driving while intoxicated or with excessive blood alcohol content, and is proved to be a "persistent offender," is guilty of a Class D felony, *punishable by fine of up to \$5,000 and/or imprisonment for a term not to exceed five years;* or if proved to be a "prior offender," is guilty of a Class A misdemeanor, *punishable by a fine of up to \$1,000 and/or by imprisonment for a term not to exceed one year.* Punishment must include a minimum of 5 days (10 days for a persistent offender) of imprisonment or 30 days (60 days for a persistent offender) of community service. A "prior offender" is anyone who has been found guilty of one intoxicated-related traffic offenses within five years of each other. A "persistent offender" is anyone who has been found guilty of two intoxicated-related traffic offenses within ten years of each other. Sections 577.023, 558.011, 560.011 and 560.016, RSMo.

5. *Drinking and Driving.* Consuming alcohol while operating a motor vehicle is an infraction, *punishable by a fine of up to \$200.* Sections 577.017 and 560.016, RSMo.

6. *Possession of a Controlled Substance.* It is unlawful for any person to possess or have control of a controlled substance. Section 195.202, RSMo.

Any person who violates this section with respect to any controlled substance except 35 grams or less of marijuana is guilty of a Class C felony, *punishable by imprisonment for up to seven 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.* Sections 560.011 and 558.011, RSMo.

Any person who violates this section with respect to not more than 35 grams of marijuana is guilty of a Class A misdemeanor, *punishable by imprisonment for up to one year, or a fine of up to \$1,000 or both imprisonment and fine.* Sections 560.016 and 588.011, RSMo.

Any person under 21 years of age who is convicted of any offense involving the possession or use of a controlled substance *will have his/her driving privileges suspended for 90 days, and upon any second or subsequent conviction of any offense under this section, the driving privileges will be revoked for one year.* Section 577.500, RSMo.

Any person 21 years of age or older who is convicted of any local or state law involving the possession or use of a controlled substance while operating a motor vehicle *will have his/her driving privileges revoked for one year.* Section 577.505, RSMo.

7. *Distribution, Delivery, Manufacture or Production of a Controlled Substance.* It is illegal for any person to distribute, deliver, manufacture, produce or attempt to distribute, deliver, manufacture or produce, or doses with the intent to do any of the foregoing, a controlled substance. Section 195.211, RSMo.

Violation of this section with respect to any controlled substance except with respect to five grams or less of marijuana is a Class B felony, *punishable by imprisonment for not less than five years and not more than 15 years.* Violation of this section involving five grams or less of marijuana is a Class C felony, *punishable by imprisonment for a term not exceeding seven years and/or a fine not exceeding \$5,000.* Sections 560.011 and 558.011, RSMo.

8. *Unlawful Distribution to a Minor.* It is illegal to distribute or deliver any controlled substance to a person under 17 years of age, who is also two years younger than the person so delivering. Section 195.212, RSMo. Violation of this section is a Class B felony, *punishable by imprisonment for not less than five years or more than 15 years.* Section 558.011, RSMo.

9. *Unlawful Purchase or Transport With a Minor.* It is illegal to knowingly permit a person under the age of 17 to purchase or transport illegally obtained controlled substances. Section 195.213, RSMo. Violation of this section is a Class B felony, *punishable by a term of imprisonment of five to 15 years.* Section 558.011, RSMo.

10. *Distribution of a Controlled Substance Near Schools or Public or Governmental Assisted Housing.* It is illegal to distribute or deliver any controlled substance to a person in or on, or within 1,000 feet of, property comprising a public or private elementary or secondary school, public vocational school, a public or private junior college, college or university, school house or public or governmental assisted housing. Sections 195.214 and 195.218, RSMo.

Distribution of controlled substance near schools or public or governmental assisted housing is a Class A felony, *punishable by imprisonment for a term of not less than ten years and not exceeding 30 years or life imprisonment.* Section 558.011, RSMo.

11. *Trafficking Drugs.* A person commits the crime of trafficking drugs in the first degree if he/she distributes, delivers, manufactures, produces or attempts to distribute, deliver, manufacture or produce:

1. More than 30 grams of a substance containing heroin;
2. More than 150 grams of a substance containing coca leaves;
3. More than 2 grams of a substance which contains a cocaine base;
4. More than 500 milligrams of a substance containing LSD;
5. More than 30 grams of a substance containing PCP;
6. More than 30 kilograms of a substance containing marijuana;
7. More than 4 grams of phencyclidine.
8. More than 30 grams of any material, compound, mixture or preparation which contains any quantity of the following substances having a stimulant effect on the central nervous system:

amphetamine, methamphetamine, phenmetrazine, or the salts, optical isomers and salts of the optical isomers of any of the foregoing.

9. More than 30 grams of any material, compound, mixture or preparation which contains any quantity three, four-methylenedioxymethamphetamine.

Section 195.222, RSMo.

Violation of this law is a Class A felony, *punishable (depending upon the quantity involved and/or the location of the offense) by a term of imprisonment for not less than ten years and up to life without possibility of probation or parole.* Sections 195.222 and 588.011, RSMo. Violations involving larger amounts of the controlled substances may *result in the term of imprisonment being served without the chance of probation or parole.*

A person commits the crime of trafficking drugs in the second degree if he/she possesses or has under his control, purchases or attempts to purchase or brings into this state:

1. More than 30 grams of a substance containing heroin;
2. More than 150 grams of a substance containing coca leaves; cocaine salts and their optical and geometric isomers, and salts of isomers, ecgonine, its derivatives, their salts, isomers and salts of isomers, or any compound, mixture or preparation which contains any quantity of the forgoing substances.
3. More than 2 grams of certain described substances which contains a cocaine base;
4. More than 500 milligrams of a substance containing LSD;
5. More than 30 grams of a substance containing PCP;
6. More than 30 kilograms of a substance containing marijuana or 500 marijuana plants;
7. More than 4 grams of phencyclidine.
8. More than 30 grams of any material, compound, mixture, or preparation which contains any quantity of the following substances having a stimulant effect on the central nervous system: amphetamine, methamphetamine and phenmetrazine, or any of their salts, optical isomers and salts of their optical isomers.

9. More than 30 grams of any material, compound, mixture or preparation which contains any quantity of three, four- methylenedioxymethamphetamine. Section 195.223, RSMo.

Violation of this law is a Class B felony, *punishable by a term of imprisonment of not less than five years or more than 15 years.* Violation with larger amounts of these controlled substances may be a Class A felony, *punishable by imprisonment for a term of ten to 30 years or life.* Sections 195.223 and 558.011, RSMo.

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. Section 195.140, RSMo.

Any room, structure or inhabitable structure which is used for the illegal use of a controlled substance is considered a "public nuisance" and maintaining a public nuisance is a Class C felony, *punishable upon conviction with a term of imprisonment of up to seven years and/or a \$5,000 fine.* The structure is also subject to forfeiture. Sections 195.130, 558.011 and 560.011, RSMo.

Any vehicle, vessel or aircraft that is used in the possession or transportation of a controlled substance may be forfeited to the state and sold at public auction. Section 195.145, RSMo.

12. *Fraudulently Attempting to Obtain Controlled Substance.* It is a Class D felony to fraudulently obtain or attempt to obtain a controlled substance, *punishable upon conviction by a term of imprisonment for up to five years and/or a \$5,000 fine.* Sections 195.204, 558.011 and 560.011, RSMo.

13. *Unlawful Use of Drug Paraphernalia.* It is unlawful to use or possess with the intent to use drug paraphernalia for prohibited purposes. Section 195.233 RSMo. Violation of this section is a Class A misdemeanor *punishable with up to one year in prison and/or \$1,000 fine.* Sections 558.011 and 560.011 RSMo.

14. *Unlawful Delivery or Manufacture of Drug Paraphernalia.* It is unlawful to deliver or manufacture or possess drug paraphernalia. Section 195.235, RSMo. Violation of this section is a Class D felony punishable with up to five years in prison and/or a \$5,000 fine. Sections 558.011 and 560.011, RSMo.

15. *Possession of Imitation Controlled Substance.* It is unlawful to possess an imitation controlled substance. Section 195.241 RSMo. A violation of this section is a Class A misdemeanor, *punishable with one year in prison and/or a \$500 fine.* Sections 558.011 and 560.011 RSMo.

16. *Delivery or Manufacture of an Imitation Controlled Substance.* It is unlawful to deliver, possess with the intent to deliver or manufacture an imitation controlled substance. Section 195.242, RSMo. A violation of this section is a Class D felony, *punishable with up to five years in prison and/or a \$5,000 fine.* Sections 558.011 and 560.011, RSMo.

17. *Advertisement to Promote Sale of Drug Paraphernalia or Imitation Controlled Substance.* It is unlawful to advertise the sale and/or distribution of any drug paraphernalia or imitation controlled substance. Section 195.244, RSMo. A violation of this section is a Class B misdemeanor, *punishable with up to six months in prison and/or a \$500 fine.* Sections 558.011 and 560.11, RSMo.

18. *Possession or marketing of Ephedrine.* It is unlawful to possess any methamphetamine precursor drug with intent to manufacture amphetamine, methamphetamine or any of their analogs. It is also unlawful to market, sell, distribute or advertise any of the forgoing in a manner not approved by the FDA. Violations are a Class D felony. Sections 195.246 and 195.248, RSMo.

19. *Prior Persistent Drug Offenders.* A prior or persistent drug offender is subject to *enhanced terms of imprisonment and/or fines* if convicted of any of the following:

- a. Possession or use of a controlled substance.
- b. The distribution, delivery, manufacture or production of a controlled substance.
- c. The unlawful distribution to or the unlawful purchase or transport of a controlled substance with a minor.
- d. Trafficking any controlled substances.

Sections 195.285, 195.291, 195.292 and 195.295, RSMo. For purposes of these sections, a prior drug offender is one who has previously plead guilty to or has been found guilty of any felony related to controlled substances. A persistent drug offender is anyone who has previously pleaded guilty to or has been found guilty of two or more felonies related to controlled substances. Section 195.275, RSMo.

Federal Sanctions

The United States Code prohibits the following acts:

Manufacture or Distribute. The illegal manufacture or distribution of a controlled substance or a counterfeit controlled substance, or the possession of a controlled substance with the intent to do any of the forgoing carries a penalty, upon conviction, *ranging from not less than ten years to life imprisonment and/or a fine of up to \$4,000,000,* depending upon the quantity of substance involved; whether death or injury results, and whether the offender has prior convictions for drug use. 21 U.S.C. Section 844(a).

Simple Possession. It is illegal for any person to knowingly or intentionally possess an unprescribed controlled substance. Violations are punishable *by imprisonment of up to one year and a fine of not more than \$1000 or both.* 21 U.S.C. Section 844.

Drug paraphernalia. It is unlawful for any person to sell or offer to sell any drug paraphernalia, or to use the mails or any other facility of interstate commerce to transport drug paraphernalia. The violation of this law carries a penalty of *up to three years in prison and/or a fine.* Any drug paraphernalia involved is subject to seizure and forfeiture. 21 U.S.C. Section 863.

If a violator has a history of prior drug related offenses, the punishment imposed can be substantially enhanced.

Civil penalties up to \$10,000 per violation may be assessed against any individual who knowingly possesses a controlled substance as listed in Section 401 (b) (1) (A) of the Controlled Substances Act, where the amount in possession is determined to be a personal use amount. 21 U.S.C. Section 844a. 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 100 feet of a public or private elementary, secondary, vocational or public or private college, junior college or university, or within 100 feet of a playground, youth center, public swimming pool or video arcade facility, the *punishment shall be a term of imprisonment of twice the amount of time and a fine of twice the amount above-provided.* 21 U.S.C. Sections 859, 860.

Any person who attempts to commit any drug offense shall be subject to the same penalties as those prescribed for the offense. 21 U.S.C. Section 846.

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.* Section 853. Even if there is no criminal charge or conviction, a person's property is subject to civil forfeiture

if the property is used to manufacture, process, store or deliver a controlled substance in violation of federal law. 21 U.S.C. Section 881.

Any person who is convicted of any federal or state offense consisting of the distribution of controlled substances *may be ineligible for any and all federal benefits for a minimum of five years for the first conviction; ten years upon a second conviction; and permanently ineligible for a third or subsequent conviction.* 21 U.S.C. Section 862. “Federal benefit” includes any grant, contract, or loan provided by an agency of the U.S. or by appropriated funds of the U.S. 21 U.S.C. 862.

DESCRIPTION OF HEALTH RISKS

Below is information regarding the health risks generally associated with drug and alcohol use and abuse. This is meant to provide an overview, and any questions regarding this information should be directed to health services or the counseling office at Cottey College.

Information courtesy of The National Clearinghouse for Alcohol and Drug Information

Web site <http://ncadi.samhsa.gov/>

Additional information courtesy of the National Institute on Drug Abuse

Web site www.nida.nih.gov

Alcohol-Liquid distilled product of fermented fruits, grains, and vegetables. Alcohol is a depressant that decreases responses of the central nervous system.

Also Known As	Booze, sauce, juice, brew, vino
Possible Abuse Reasons	Relaxation, sociability, cheap high
Possible Effects	Intoxication, sensory alteration, anxiety reduction
Physical Dependence	Possible
Psychological Dependence	Possible
How Used	Oral
Duration	1-4 hours
Withdrawal Symptoms	Sweating, tremors, altered perception, psychosis, fear, auditory hallucinations
<p>Alcohol is often used to enhance the effects of other drugs. As little as two beers/drinks can impair coordination and thinking. Alcohol continues to be the most frequently abused substance among young adults. Excessive drinking can cause liver damage and psychotic behavior.</p>	

Marijuana-Green or gray mixture of dried, shredded flowers and leaves of the hemp plant (*Cannabis sativa*). The main active chemical in marijuana is THC (delta-9-tetrahydrocannabinol).

Also Known As	Pot, grass, joints, roaches, weed, reefer
Possible Abuse Reasons	Relaxation, euphoria
Possible Effects	Euphoria, loss of appetite, impaired memory, loss of coordination, disoriented behavior, psychosis, fluctuating emotions, may cause cancer and irritation to lungs
Physical Dependence	Unknown
Psychological Dependence	Moderate
How Used	Smoked, oral
Duration	2-4 hours
Withdrawal Symptoms	Insomnia, anxiety, flu-like symptoms in heavy users
<p>Most commonly used illegal drug in the United States. Marijuana may impair short-term memory, shorten attention span, and delay reflexes. During pregnancy, marijuana may cause birth defects. Marijuana may cause a fast heart rate, pulse, and lead to breathing problems. Possession of marijuana is illegal in all fifty states. Long-term users may develop psychological dependence and require more of the drug to get the same effect.</p>	

Ecstasy-A synthetic, mind-altering drug that can produce both stimulant and psychedelic effects. This drug is considered a “club drug” meaning it is a drug generally used by young adults at raves (all-night dance clubs) or nightclubs.

Also Known As	MDMA, adam, XTC, X
Possible Abuse Reasons	Fun, stimulating, emotional openness, connection to others, decrease of inhibitions, euphoria
Possible Effects	Nystigmus (eye wiggles), rapidly changing feelings, everything right with the world, reduction of critical and cynical thoughts
Physical Dependence	Unknown
Psychological Dependence	Unknown but has potential to be addicting
How Used	Oral, rarely snorted, rarely injected
Duration	Initial “rush” takes 30-60 minutes 3-4 hours
Withdrawal Symptoms	Drug cravings, frequent/heavy users may have dizziness or vertigo after cessation

Ecstasy is popular at dance parties.
 MDMA may cause a release of emotions the person may be unprepared to deal with.
 Physical symptoms may include muscle tension, teeth clenching, nausea, chills, or sweating.
 MDMA increases heart rate and blood pressure.
 Ecstasy use may cause long-term damage to parts of the brain critical to thought and memory.
 Exposure to MDMA for four days caused brain damage six to seven years later in monkeys.

Crack-The street name given to cocaine that has been processed from cocaine hydrochloride to a free base for smoking.

Also Known As	Rock, freebase rock, crack cocaine, cookies, pony
Possible Abuse Reasons	Carefree feeling, euphoria, relaxation, in control
Possible Effects	All effects are immediate and more intense than cocaine. Quick high, power, overwhelming euphoria feeling
Physical Dependence	High
Psychological Dependence	High
How Used	Smoked
Duration	Initial “rush” lasts 5-10 minutes
Withdrawal Symptoms	Depression, lack of energy, sore muscles, shaking

Crack is almost instantly addictive.
 Repeated use may cause insomnia, hallucinations, seizures, and paranoia.
 There are more hospitalizations per year resulting from crack and cocaine use than any other illicit substance.
 One use can cause a fatal heart attack.

Cocaine-A strong central nervous system stimulant that interferes with the reabsorption process of dopamine, a chemical messenger associated with pleasure and movement. Cocaine is extracted from the leaves of the coca plant.

Also Known As	Coke, dust, snow, blow, flake, C
Possible Abuse Reasons	Carefree feeling, euphoria, relaxation, in control
Possible Effects	Anxiety reduction, sensory alteration Small amounts cause calmness, relaxed muscles Large amounts cause slurred speech, impaired judgment Very large amounts cause coma, death, respiratory depression
Physical Dependence	Possible
Psychological Dependence	High
How Used	Sniffed, injected
Duration	Initial “rush” lasts 15-30 minutes
Withdrawal Symptoms	Insomnia, anxiety, muscle tremors, loss of appetite Abrupt cessation or reduced high dose may cause convulsions, delirium, death

Cocaine use may cause severe “mood swings” and irritability.
 A cocaine high lasts only five to twenty minutes.
 You need more and more cocaine each time you want a “high.”
 A “crash” follows the “high” and includes symptoms of depression, dullness, irritability, and paranoia.
 One use can cause death!

Methamphetamine-A synthetic, addictive stimulant drug that speeds up the central nervous system. Methamphetamine is referred to as “speed” when it is swallowed or sniffed; “crank” when it is injected and “ice” when it is smoked. All forms of methamphetamine are extremely dangerous with a high potential for abuse and dependence.

Also Known As	Speed, crystal, meth, crank
Possible Abuse Reasons	Carefree feeling, euphoria, relaxation, in control, exhilaration
Possible Effects	All effects are immediate and more intense than cocaine Quick high, power, overwhelming euphoria feeling, sense of well-being, intense “high” Uncontrollable movements (twitching), violent behavior, dry, itchy skin, impaired speech Loss of appetite
Physical Dependence	High
Psychological Dependence	High
How Used	Smoked, injected, swallowed, snorted
Duration	Can stay in system 8-24 hours Initial “rush” lasts 5-10 minutes for smoked/ injected 3-5 minutes for snorting 15-20 minutes for swallowed
Withdrawal Symptoms	Severe craving, insomnia, restlessness, mental confusion, depression

Methamphetamine can cause convulsions, heart irregularities, high blood pressure, tremors, severe fatigue. An overdose can cause coma and death. Prolonged abuse can resemble schizophrenia and characterized by paranoia, hallucinations, and formication (delusions of parasites or insects on the skin.) Meth-induced paranoia can result in homicidal or suicidal thoughts. Meth users develop a tolerance quickly, needing more and more to get high. Athletes and students sometimes begin using methamphetamines because of the initial heightened physical and mental performance the drug produces. Meth enables people to work around the clock, often for days. Binge users have gone 3-15 days without sleep.

DESCRIPTION OF SERVICES

ALCOHOL/DRUG ABUSE TREATMENT PROGRAM

Counseling Office, Student Life Center, 2nd Floor Hinkhouse, ext. 2157

The purpose of the Alcohol/Drug Abuse Treatment Program is to promote early identification and intervention and provide a constructive and supportive means of assistance to students who are dependent upon or chronically abusing alcohol or other drugs. It is part of the "Student Assistance Program" which is administered through the Counseling Office. Through the Student Assistance Program, students are provided with an initial assessment with a qualified mental health professional, which will include recommendations for further intervention, if needed.

Alcohol/Drug Abuse Counseling for "Enablers"

Persons with alcohol or other drug abuse problems affect the lives of others, particularly family and friends. Family, friends or suitemates of an alcohol or other drug abuser may try to deny that there is a problem or, if the problem is recognized, "cover" for the individual due to personal affection or a misplaced sense of loyalty. Unfortunately, this "enabling" process does nothing but perpetuate the abuse problem. The process frequently leads to emotional distress because the abuse of alcohol or other drugs continue (or may exacerbate), yet enablers either do not know how or are unwilling to take the necessary steps to force the abuser to deal with his/her problem. Through the Counseling Office in the Student Life Center, confidential counseling is available for students who believe they may have become enablers.

EMPLOYEE ASSISTANCE PROGRAM

Human Resources Office, Main Hall, Ext. 2103

The Office of Human Resources administers the Employee Assistance Program. Referral to and use of the Employee Assistance Program by the College's faculty, staff, spouse, and/or dependent(s) of such member is handled with strict confidentiality between the employee, the administrator, and the mental health provider. Through the program, employees and their dependents are provided a free initial assessment with a qualified mental health professional, which will include recommendations for further intervention, if needed. Once the administrator has made a referral to the program, evaluation, treatment, and financial arrangements are confidential between the mental health provider and the patient. In most cases, the employee's group health insurance will cover a significant portion of the ongoing costs for counseling services. However, if costs are incurred for counseling services that are not covered by insurance or other programs, that cost will be the responsibility of the employee.

EMERGENCY TELEPHONE NUMBERS

Nevada Police 911... or ...448-2710
Nevada Ambulance 911... or ...667-5079
Nevada Fire Department 911... or ...448-2720

Coordinator of Counseling.(weekdays 8 a.m.–5 p.m.).ext. 2157
If no answer call (Allied Mental Health).1-888-628-8843
(leave a voice message)
Or call after hours.....911
Hospital emergency667-3355, ask for ER

Campus Security....(weekdays 8 a.m. - 5 p.m.).....ext. 2155
After hours.....ext. 2222 or 448-4139

AREA TWELVE-STEP MEETINGS

Alcoholics Anonymous

301 South Pine

Sunday	1 p.m.	Discussion	(O)
	7 p.m.	Discussion	(C)
Monday	Noon	Discussion	(O)
	6:30 p.m.	12 x 12	(C)
Tuesday	Noon	Discussion	(O)
	6:30 p.m.	AA Lit	(O)
Wednesday	Noon	Big Book	(O)
	6:30 p.m.	Big Book	(C)
Thursday	Noon	Discussion	(O)
	6:30 p.m.	As Bill Sees It	(O)
Friday	Noon	Discussion	(O)
	8 p.m.	Discussion	(C)
Saturday	Noon	Discussion	(O)
	8 p.m.	Discussion	(O)

(C) Closed meetings are for alcoholics or anyone with a desire to stop drinking

(O) Open meetings

All meetings are non-smoking

For more information call (417) 448-5889 during meeting times or try (417) 667-4232, (417) 667-7105

Al-Anon

301 South Pine

For over 55 years, Al-Anon has been offering strength and hope for friends and families of problem drinkers. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon fellowship.

Monday 6:30 p.m.

Thursday 6:30 p.m.

Celebrate Recovery

First Baptist Church

Celebrate Recovery is a Christ-based group dedicated to helping people recover from their hurts, hang-ups, and habits. It is based on the Twelve-Steps of Alcoholics Anonymous and the Eight Principles from the Beatitudes.

Monday 6-7 p.m. Worship
7-8 p.m. Open Sharing Group

Wednesday 6-7:30 p.m. Step-Study Groups

For more information contact Steve Russ education@nevadafirstbaptist.org

Narcotics Anonymous

In the back of the building one block west of the First Christian Church (church located on the corner of Washington & Austin Street)

Tuesday	7-8 p.m.	(O)
Thursday	7-8 p.m.	(C)
Saturday	6-7 p.m.	(O)

(C) Closed meetings are for addicts or those who feel they may have a drug problem

(O) Open meetings

MENTAL HEALTH PROVIDERS

Allied Mental Health

100 S. Prewitt

Nevada, MO 64772

667-8700

(24-hour emergency line 1-888-628-8843)

Alternatives in Mental Health

1801 W. Austin

Nevada, MO 64772

667-8008

Butler-Davidson Counseling Services

212 N. Main

Nevada, MO 64772

667-9608

Nevada Mental Health Services

815 South Ash

Nevada, MO 64772

667-8352

Pathways Community Behavioral Healthcare, Inc.

320 Mac Boulevard

Nevada, MO 64772

667-2262

Psychiatric Care Services

1600 W. Ashland

Nevada, MO 64772

667-2942

Southwest Missouri Psychiatric Rehabilitation Center

1301 Industrial Parkway East

El Dorado Springs, MO 876-5700

The Wellness Company, Inc.

300 W. Cherry

Nevada, MO 64772

667-4230