

COTTEY COLLEGE DRUG AND ALCOHOL PREVENTION PROGRAM

The mission of the Cottey College Drug and Alcohol Prevention Program is to promote healthy and safe lifestyles free of the abuse of alcohol, tobacco, and other legal and illegal drugs. 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. Within any public building;
 - b. On the streets, sidewalks, alleys or other public thoroughfares or in and upon publicly owned land in the City;
 - c. At any establishment, business, or parking lot open to the public that has not been issued a liquor license;
 - 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 3-40 and 3-41. 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 \$500 and/or imprisonment for a term not to exceed six months. 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 four 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 10 days (30 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 offense within five years. A "persistent offender" is anyone who has been found guilty of two intoxicated-related traffic offenses. 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 forgoing, 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 2,000 feet of, property comprising a public or private elementary or secondary school, public vocational school, a public or private junior college, or college or university. Section 195.214 RSMo.

Distribution of controlled substance near schools 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 8 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 theoptical 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 8 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.

12. *Fraudulently Attempting to Obtain Controlled Substance*. It is a Class D felony to obtain or attempt to obtain a controlled substance through fraud or false statements, *punishable upon conviction by a term of imprisonment for up to four 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 with an intent to deliver drug paraphernalia for prohibited purposes. Section 195.235, RSMo. Violation of this section is a Class D felony *punishable with up to four 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 \$1,000 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 four 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 560.011, 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 foregoing in a manner not approved by the FDA. Sections 195.246 and 195.248, RSMo. Violations are a Class D felony, *punishable with up to four years in prison and/or a \$5,000 fine.* Sections 558.011 and 560.011, 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, 195.295, and 195.296, RSMo. For purposes of these sections, a “prior drug offender” is one who has previously pled 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:

1. *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 foregoing carries a penalty, upon conviction, *ranging from not less than five years to life imprisonment and/or a fine of up to \$20,000,000*, 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 841.
2. *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 at least \$1000 or both.* 21 U.S.C. Section 844.
3. *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.

4. *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 1000 feet of a public or private elementary, secondary, vocational or public or private college, junior college or university, the *punishment shall be a term of imprisonment of twice the amount of time and a fine of twice the amount otherwise provided.* 21 U.S.C. Sections 860. If a

violator has a history of prior drug related offenses, the punishment, the *punishment is thrice the amount of time and a fine three times the amount otherwise provided.*

5. 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.
6. 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.
7. 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 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.

DESCRIPTION OF HEALTH RISKS

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

Information courtesy of:

U.S. Department of Justice Drug Enforcement Administration
Web site: http://www.justice.gov/dea/docs/drugs_of_abuse_2011.pdf
The Missouri Department of Mental Health: Alcohol and Drug Abuse
Web site: [Mental Health - Alcohol & Drug Abuse](#)
National Institute on Drug Abuse
Web site: www.nida.nih.gov
National Institute on Alcohol Abuse and Alcoholism
Web site: [NIAAA Home](#)
U.S. Food and Drug Administration
Web site: [Legislation > Controlled Substances Act](#)

The following charts summarize the health risks for each prohibited class of substances: narcotics, depressants, stimulants, hallucinogens, cannabis, alcohol, and tobacco. The Controlled Substance Act (CSA) is the federal US drug policy under which the manufacture, importation, possession, use and distribution of certain substances is regulated. This federal legislation created five Schedules (classifications). A substance is given a classification based on the following criteria, potential for abuse, current accepted medical use in the United States, and international treaties.

Schedule I substances are those that have the following findings:

- A. The drug or other substance has a high potential for abuse.
- B. The drug or other substance has no currently accepted medical use in treatment in the United States.
- C. There is a lack of accepted safety for use of the drug or other substance under medical supervision.

Schedule II substances are those that have the following findings:

- A. The drug or other substances have a high potential for abuse
- B. The drug or other substances have currently accepted medical use in treatment in the United States, or currently accepted medical use with severe restrictions
- C. Abuse of the drug or other substances may lead to severe psychological or physical dependence.

Schedule III substances are those that have the following findings:

- A. The drug or other substance has a potential for abuse less than the drugs or other substances in schedules I and II.
- B. The drug or other substance has a currently accepted medical use in treatment in the United States.
- C. Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence.

Schedule IV substances are those that have the following findings:

- A. The drug or other substance has a low potential for abuse relative to the drugs or other substances in schedule III
- B. The drug or other substance has a currently accepted medical use in treatment in the United States
- C. Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in schedule III.

Schedule V substances are those that have the following findings:

- A. The drug or other substance has a low potential for abuse relative to the drugs or other substances in schedule IV
- B. The drug or other substance has a currently accepted medical use in treatment in the United States
- C. Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in schedule IV.

Narcotics: Variety of substances that dull the senses and relieve pain. Narcotics are opioids, meaning their derivatives are opium and their semi-synthetic substitutes. The poppy papaver soniferum is the source for all natural opioids. Examples include heroin, Vicodin®, OxyContin®, codeine, morphine, and methadone. The category of narcotics also includes hydromorphone, opium, and oxycodone. Narcotics/opioids are controlled substances vary from Schedule I to Schedule V depending on their medical usefulness, abuse potential, safety, and drug dependence profile. Heroin has no medical use in the US and is illegal to distribute, purchase, or use outside of medical research.

Common Street Names	Smack, Horse, Mud, Brown Sugar, Junk, Black Tat, Oxy, Oxycotton, Sippin Syrup, Purple Drank
Possible Abuse Reasons and Effects	Produce a general sense of well-being by reducing tension, anxiety, & aggression. Can treat pain, suppress cough, cure diarrhea, and put people to sleep
Physical Dependence	Yes, a consequence of chronic opioid use
Psychological Dependence	Yes, after physical need is gone, person may continue to think and talk about drug and use to cope with daily activities
How Used	Swallowed, smoked, sniffed, or injected
Overdose Effects	Constricted (pinpoint) pupils, cold clammy skin, confusion, convulsions, slowed breathing, death
Withdrawal Symptoms	Early withdrawal symptoms include: watery eyes, runny nose, yawning, sweating then worsen to include: irritability, nausea, tremors, vomiting, restlessness, increased heart rate & blood pressure

Stimulants: Drugs that speed up the body’s systems. Stimulants are referred to as uppers and reverse the effects of fatigue on both mental and physical tasks. Prescription drugs in the stimulant category are amphetamines (Adderall®), methylphenidate (Concerta® and Ritalin®) and diet aids including Didrex®, Fastin®, and Adipex P®. Illicit drugs produced are methamphetamines, cocaine, methacathinone. Stimulants do have medically useful in treatment of obesity, narcolepsy, and attention deficit and hyperactivity disorder. Stimulants with no medical use in the United States are considered Schedule I, while other stimulants fall into Schedules II to IV.

Common Street Names	Bennies, Black Beauties, Cat, Coke, Crank, Crystal, Flake, Ice, Pellets, Vitamin R, Skippy, Speed
Possible Abuse Reasons and Effects	Produce a sense of exhilaration, enhance self-esteem, improve mental & physical performance, increase activity, reduce appetite, extend wakefulness for prolonged periods
Physical Dependence	Yes, tolerance in which more & more drug is needed to produce the usual effects develops rapidly
Psychological Dependence	Yes, especially with amphetamine, methylphenidate, methamphetamine, cocaine, & methcathinone
How Used	Pills, smoked, snorted, or injected
Overdose Effects	High fever, convulsions, cardiovascular collapse, & death
Withdrawal Symptoms	Watery eyes, runny nose, yawning, sweating, irritability, nausea, tremors, vomiting,

Depressants: Depressants will put you to sleep, relieve anxiety, and muscle spasms, and prevent seizures. Examples include barbiturates, Valium®, Xanax®, Halcion®, Ativan®, Klonopin®, Rohypnol®

Common Street Names	Barbs, Benzos, Downers, Roofies, Yellows, Nerve pills, GHB, Reds, R2, Liquid X
Possible Abuse Reasons and Effects	Depressant abusers experience euphoria. Can be used to add to another drugs’ high, GHB & Rohypnol are misused to facilitate sexual assault, Rohypnol is not manufactured or marketed in the US
Physical Dependence	Yes, with prolonged use
Psychological Dependence	Yes, with prolonged use
How Used	Pills, syrups, or injected
Overdose Effects	Slows heart rate and breathing enough to cause death
Withdrawal Symptoms	Withdrawal from depressants can be life threatening

Hallucinogens: Substances found in plants and fungi or are synthetically produced for their ability to alter human perception and mood. MDMA or ecstasy tablets are sold in many colors with various logos to attract young people.

LSD is sold in the form of impregnated paper (blotter acid) and imprinted with colorful graphic designs. Many hallucinogens are Schedule I category as they have high potential for abuse and currently no medical use in treatment in the United States.

Common Street Names	Acid, Cubes, Doses, Fry, Mind Candy, Mushrooms, Shrooms, Special K, X, XTC, LSD
Possible Abuse Reasons and Effects	Hallucinogens cause sensory effects including perceptual distortions, distortions of thought associated with time and space, loss of contact with reality. Flashbacks-feelings that replay the effects of using the drugs may occur weeks or years after taking them.
Physical Dependence	Possible, although does not occur as rapidly as other drugs
Psychological Dependence	Possible, although does not occur as rapidly as other drugs
How Used	Orally or smoked
Overdose Effects	Respiratory depression, coma, convulsions, seizures, and death due to respiratory arrest
Withdrawal Symptoms	Flashbacks, psychosis, long-term psychosis, zombie-like state, high blood pressure, aggressive/hostile behavior, rapid heart rate

Marijuana/Cannabis: A mind-altering drug produced by the Cannabis sativa plant. THC is the main ingredient that produces the psychoactive effect. Marijuana is a Schedule I substance but Marinol, a synthetic version of THC, is prescribed for the control nausea and vomiting caused by chemotherapeutic treatment of cancer and to stimulate appetite in AIDS patients is a Schedule III substance

Common Street Names	Aunt Mary, Grass, Hash, Joint, Mary Jane, Pot, Reefer, Smoke, Weed, Yerba, Skunk, Ganja, Dope
Possible Abuse Reasons and Effects	THC produces a relaxed state and may heighten senses. Effects of marijuana on perception & coordination are responsible for serious impairments in learning, associative processes & driving abilities
Physical Dependence	Yes, with long-term regular use
Psychological Dependence	Yes, with long-term regular use
How Used	Smoked or can be mixed with food or brewed as a tea
Overdose Effects	No death from overdose of marijuana has been reported.
Withdrawal Symptoms	Headache, shakiness, sweating, nausea, irritability, restlessness, sleep difficulties, decreased appetite

Alcohol: Ethyl alcohol or ethanol is the intoxicating ingredient found in beer, wine, and liquor. It is a central nervous system depressant rapidly absorbed by the stomach and small intestines into the bloodstream. Intoxication can impair brain function and motor skills. Alcohol abuse is a disease that is characterized by the sufferer having a pattern of drinking excessively despite the negative effects of alcohol on the individual's work, medical, legal, educational, and/or social life.

Common Street Names	Booze, brew, sauce, cold one, vino, hard stuff
Possible Abuse Reasons and Effects	Drinking alcohol can result in feeling of euphoria. New drinkers may use alcohol to cope with stress or problems. Alcohol use is widely promoted and advertised making is socially normal and accepted.
Physical Dependence	Yes, over time. Alcoholism is when you have signs of physical addiction to alcohol and continue to drink, despite problems with physical health, mental health, and social, family, or job responsibilities. Alcohol may control your life and relationships. Alcohol damages every organ in the body with its presence over time.
Psychological Dependence	Yes, alcohol causes us to become convinced that we cannot survive without it.
How Used	Drinking
Overdose Effects	Also called alcohol poisoning, alcohol overdose is critical and sometimes fatal as there is too much ethyl alcohol for the body to metabolize. Even a person that drinks once a year can suffer from alcohol poisoning.
Withdrawal Symptoms	Anxiety, shakiness, seizures, delirium tremens (DTs), confusion irregular heartbeat

Tobacco: Tobacco is often not considered a drug because it is legal and widely advertised, but the nicotine is the drug that makes it addictive and habit forming. Cigarettes, cigars, snuff, and pipe tobacco, all contain nicotine. Nicotine is a poison that is harmful to the body. Tobacco use is the leading preventable cause of disease, disability, and death in the United States.

Common Street Names	Smokes, fag, chew, dip, stix, ciggs, butts
Possible Abuse Reasons and Effects	Nicotine increases the activity of dopamine, a chemical in the brain that elicits pleasurable sensations. Most smokers try their first cigarette by age 18.
Physical Dependence	Yes, most smokers are addicted to nicotine. Long-term brain changes caused by continued exposure to nicotine result in addiction.
Psychological Dependence	
How Used	Smoked and inhaled, chewed, through nicotine patches
Overdose Effects	Nicotine overdose occurs when any form of nicotine is used to excess. Anxiety, dizziness, palpitations, high pulse rate, increased blood pressure, chest pain, seizures, muscle twitches, nausea, or vomiting
Withdrawal Symptoms	Headache, nausea, irritability, anxiety, depression, increased hunger, increased desire for sweets, tobacco cravings, difficulty concentrating

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
After 5 p.m. and weekends contact an RA, Peer Listener, or Hall Director
for assistance in contacting the on-call counselor
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, 417-321-2002, or 417-321-1476.

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
200 S. Alma
Nevada, MO 64772
417-684-2644

Alternatives in Mental Health
1801 W. Austin
Nevada, MO 64772
417-667-8008

Butler-Davidson Counseling Services
212 N. Main
Nevada, MO 64772
417-667-9608

Nevada Mental Health Services
815 South Ash
Nevada, MO 64772
417-667-8352

Pathways Community Behavioral Healthcare, Inc.
320 Mac Boulevard
Nevada, MO 64772
417-667-2262

The Wellness Company, Inc.
300 W. Cherry
Nevada, MO 64772
417-667-4230