

SAN BERNARDINO COMMUNITY COLLEGE DISTRICT DRUG ABUSE POLICY



The San Bernardino Community College District strives to maintain a workplace free from the illegal use, possession or distribution of controlled substances, as defined in the Controlled Substances Act. Students, employees and visitors are subject to applicable legal sanctions under local, state or federal law for the unlawful possession or distribution of illicit drugs and alcohol. Disciplinary action may be imposed on a student for misconduct for the following infractions while attending college classes or college-sponsored events:

- The use, sale or possession of illegal drugs.
- The presence on campus of anyone under the influence of drugs or alcohol.
- The use or possession of alcoholic beverages on college property or at any college-sponsored event.

Illicit drug use and alcohol abuse account for two-thirds of violent behavior, one-half of all injuries, one-third of all emotional difficulties and one-third of all academic problems on college campuses. Students must be aware that substance abuse leads to financial, health, psychological, work, school, and legal problems. Health risks include:

- **ALCOHOL- Physical Effects:** impairs coordination and thinking, contributes to brain, heart, and liver disease, fetal alcohol syndrome, some forms of cancer, reduced life expectancy, addiction. **Overdose:** alcohol poisoning reduced respiratory and heart rate and possible death.
- **COCAINE & CRACK COCAINE- Physical Effects:** severe mood swings and irritability, depression, increased blood pressure and heart rate, excitability and restlessness, false feeling of self-confidence, painful nosebleeds and nasal erosion, quick addiction. **Overdose:** agitation, hallucinations, convulsions. Heart failure and possible death.
- **DEPRESSANTS-** (Barbiturates, Tranquilizers, chloral Hydrate) **Physical Effects:** Slurred speech, impaired judgment, and loss of motor coordination. **Overdose:** (compounded if used with alcohol) respiratory depression, clammy skin, dilated pupils, weak rapid pulse, coma, and possible death.
- **HALLUCINOGENS-** (PCP), Angel Dust, Love boat, LSD, Acid, Green/Red Dragon, Mescaline, Peyote, Psilocybin, Designer Drugs, Ecstasy, PCE) **Physical Effect:** Increase in blood pressure, heart rate and blood sugar, possible muscle rigidity, rapid changing feelings, depression, anxiety, violent behavior, & a distorted perception of time. Once use may cause irreversible brain damage. **Overdose:** convulsions, coma, heart/lung failure, ruptured blood vessels in the brain, and possible death.

- **INHALANTS-** (glue, paint thinner, hairspray, gasoline, correction fluid, marking pens, laughing gas) **Physical Effect:** loss of muscle control, slurred speech, drowsiness, excessive secretions from the nose and watery eyes, brain damage and damage of lung cells. **Overdose:** excessive fatigue, increased pulse, loss of consciousness and possible death.
- **MARIJUANA- Physical Effects:** increased appetite, loss of sex drive and reduced fertility, may cause heart and lung (contains more than 400 chemicals) damage, diminished immune system, impairs judgment and relaxes inhibitions, loss of motivation and purpose, impaired memory, a short attention span and delayed reflexes, heavy psychological dependence.
- **NARCOTICS-** (Opium, Morphine, Codeine, Heroin, Dilaudid) **Physical Effects:** loss of appetite, sniffles, watery eyes, cough, nausea, drowsiness, low raspy speech, decreased pulse, respiratory depression, constricted pupils. **Overdose:** slow-shallow breathing, clammy skin, convulsions, coma and death.
- **STEROIDS-** (Anabolic (male hormone), Cortical, Estrogenic (female hormone) **Physical Effects:** severe acne, rashes, stunted growth, sexual function problems, women develop masculine traits and increased hair growth, behavioral changes, aggressiveness ("road rages"), cholesterol increases, heart disease, liver tumors, cataracts, and possible death.
- **STIMULANTS-** (Cocaine, Amphetamines, Met amphetamines, Phenmerazine, Methylphenidate, Ice) **Possible Effects:** decreased appetite, blurred vision, dizziness, a feeling of restlessness, anxiety, delusion, increased heart and respiratory rates, increased blood pressure, high doses can cause rapid or irregular heart rate, dilated pupils, **Overdose:** agitation, increase in body temperature, hallucination, convulsions, heart failure and possible death.

Are you at risk for a substance abuse related problem? If you answer yes to one or more of the following, there is a problem.

1. Have you blacked out after using drugs or alcohol?
2. Have you been arrested during or after you were drinking or using drugs?
3. Do you drink or use drugs to get wasted?
4. Has someone close to you, talked with you about your alcohol or drug usage?
5. Does a family member have an alcohol or other drug problem, or had one in the past?

Resources for Help:

Student Health Center.....(909) 384-4495
 Counseling Center.....(909) 384-4404
 Alcoholics Anonymous Meeting Referrals.....(909) 825-4700
 Narcotics Anonymous Meeting Referrals.....(909) 883-2519
 Office of Alcohol and Drug Programs (OADP) Treatment Services.....(909)387-7677
 National Database of Drug and Alcohol Treatment
 Email: www.samhsa.gov