

DRUG FREE INSTITUTION OF HIGHER EDUCATION POLICY & INFORMATION

Seward County Community College Board of Trustees recognizes that the abuse of alcohol and the use of controlled substances constitute a hazard to a positive learning environment. Realizing that alcohol and other drug abuse has become an epidemic in our society. Seward County Community College is firmly committed to an educational program for employees and students, which provides information that reinforces and promotes healthy responsibility within the community; and the social, emotional, ethical and physical well-being of all members of the academic community. Because the abuse of alcohol and other drugs is a problem that is not associated with a singular socioeconomic group or age level, Seward County Community College will not tolerate violation of any part of the Drug Free Institution of Higher Education Policy by any employee or student.

Employee:

It is the policy of Seward County Community College that the unlawful manufacture, distribution, dispensing, possession or use of controlled substances is prohibited in its workplace or as a part of any Seward County Community College Activities. Any full or part-time officer or employee of the College, including Administrators, Faculty, Exempt and Non-exempt staff and students, found to be illegally manufacturing, distributing, dispensing, possessing or using controlled substances at (the workplace of) SCCC shall be subject to disciplinary action in accordance with applicable policies of the State of Kansas and the Board of Trustees. Officers and employees are reminded that illegal manufacture, distribution, dispensing, possession or use of controlled substances may also subject individuals to criminal prosecution. As a condition of employment, all employees will abide by the terms of this policy statement and any employee convicted of, or aware of any other employee(s) convicted or violation of any criminal drug statute will notify the President or his/her designee, no later than five days after the conviction. For purposes of this policy “conviction” means a finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violations of the Federal or State criminal drug statutes.

The term “controlled substance” as used in this policy means those substances included in Schedules I through V of section 202 of the Controlled Substances Act and as further defined by regulation at 21 CFR 1208.11 through 1308.15 (a listing of controlled substances will be maintained in the human resources office and at other appropriate locations on campus). The term does not include the use of a controlled substance pursuant to a valid prescription or other uses authorized by law. This policy will be distributed annually to all employees. Concerning the use of alcohol, any alcohol consumption on the SCCC campus is strictly prohibited. Consumption of alcohol at official off-campus-SCCC activities must be approved, in advance, by the President. SCCC will not permit or condone the consumption of alcohol at such events by any individual under the age of 21. When an employee is found to be in violation of this policy the employee may be subject to penalties up to and including termination by the President with final approval by the Board of Trustees. The Seward County Community College Board of Trustees reserves the right to require an employee to satisfactorily complete, at the employee’s expense, assessment and/or treatment in an accredited rehabilitation program before being allowed to return to work. Appropriate action will be taken within thirty (30) days of SCCC’s notice of a conviction or violation of this policy.

Students:

The Seward County Community College Board of Trustees strictly prohibits the unlawful manufacture, distribution, dispensing, possession or use of a controlled substance or alcohol by any student on the SCCC premises or as part of any SCCC activities. Violation of this policy will result in immediate disciplinary action that may include: reprimand, probation, suspension or expulsion from Seward County Community College or other sanction detailed in the Student

Handbook. As a part of disciplinary action, Seward County Community College reserves the right to require a student to satisfactorily complete, at the student's expense, assessment and/or treatment in an accredited rehabilitation program before consideration will be given for re-admission.

Students enrolled at Seward County Community College are expected to conduct themselves as responsible individuals in observing college regulations and the Student Code of Conduct, as well as state and federal laws. Students are subject to the jurisdiction of the college during their period of enrollment and the college reserves the right to take disciplinary action against those students who do not follow college regulations and the Student Code of Conduct as well as state and federal laws that pertain to the college.

Student Code of Conduct: (as related to drugs and alcohol)

The Seward County Community College Student Code of Conduct is an important component of a college atmosphere conducive to academic and social development. Students are expected to take responsibility for their actions and observe the rights of others. The conduct of each student is an important indication of character and the highest standards of honesty, integrity and morality are desirable qualities that are expected.

In the Student Code of Conduct, the topic of Drugs and Alcohol is addressed. Violations may subject the student to disciplinary actions as indicated in **Sanctions**. The violation may be reported to the appropriate law enforcement agency. The Student Code of Conduct is considered to be in effect on all Seward County Community College Campus sites including student housing, in college vehicles and at all college-sponsored events.

1. Alcoholic Beverages - No student shall consume, possess or provide to a minor any alcoholic beverages, beer, or wine on campus, in college owned vehicles, in student housing, at any college sponsored event, either on or off campus. Kansas State Laws prohibits the possession and consumption of any kind of alcohol on campus.
2. Tobacco Products - As an educational community concerned for the health of its members, Seward County Community College supports a tobacco-free environment. Use of tobacco products in any building owned or operated by the college, in any vehicle owned or leased by the college, or at any college sponsored event or activity held in any building on or off campus is prohibited except in designated areas. Smoking and/or use of tobacco in student housing is permitted only in designated areas outside of the building.
3. Illegal Drugs - Seward County Community College supports the enforcement of the State of Kansas Laws and Federal Laws on controlled substances. The possession, use, manufacture or sale of illegal drugs on campus, in college owned vehicles, in student housing, at any college sponsored event, either on or off campus is prohibited. Violators will be reported to law enforcement agencies.

College Sanctions:

The following sanctions may be imposed for violations:

1. Admonition/Reprimand - a written warning that a violation of the Student Code of Conduct has occurred and that further instances of misconduct may result in additional disciplinary action.
2. Administrative Withdrawal from Courses - withdrawal from course(s) initiated by a college administrator as a result of inappropriate behavior by the student.
3. Restrictions/Requirements - specified loss of privileges and/or specific conditions to be performed or completed by the student.

4. Restitution - full and complete reimbursement for damage, destruction, or misappropriation of property of Seward County Community College or other students or persons. The restitution may involve a form of service, financial payment, or other compensation. Failure to make arrangements for restitution within the specified time may result in additional sanctions.
5. Community Service Work - work projects to improve the college or community.
6. Hold on Student Records - the college reserves the right to “hold” student records based on failure to follow regulations, behavior misconduct or failure to pay financial obligations to the college. A “hold” on student records may prevent further enrollment in courses, receiving grades, transcripts, and/or diplomas, or participating in campus activities.
7. Assessment of a Monetary Fine - student can be assessed a fine for various violations including, but not limited to, violation of traffic regulations, failure to follow student housing regulations, or library fines, etc.
8. Cancellation of Scholarships - institutional scholarships and grants are awarded based on the assumption that students are in good standing. Seward County Community College reserves the right to cancel institutional financial aid for violation of the Student Code of Conduct.
9. Suspension - termination of a student’s enrollment from the college for a specified period of time; suspension from student housing can be imposed for non-compliance of housing regulations and/or failure to observe Student Code of Conduct. Conditions of readmission may be specified at the time of suspension.
10. Expulsion - a permanent severance of a student’s enrollment and/or severance from college housing. A record of such action is made on the student’s permanent record in the Registrar’s Office. A student who is expelled from college and/or student housing is typically not allowed to re-enter either.

Sanctions may be imposed in combinations; sanctions outlined above are not all inclusive of possible disciplinary actions by Seward County Community College. Involvement and reporting to appropriate law enforcement agencies may occur. Parental involvement may be appropriate in certain circumstances.

Alcohol and Other Drugs Policy for Student Groups Traveling Off Campus:

SCCC is committed to maintaining a safe and healthy living and learning environment free from alcohol and chemical abuse. Students should understand the importance of maintaining a healthy environment within the student organizations to which they belong. When student groups represent SCCC at college-sponsored activities off campus, or when students make visits as part of classes off campus, they have the responsibility of being positive representatives of the college. The SCCC alcohol and drug policy applies to conduct that occurs on the campus premises, at SCCC sponsored programs and activities, and to off-campus conduct that adversely affects SCCC and/or the pursuit of its objectives.

The “group leader” is defined as the faculty or staff member responsible for the group, such as the instructor, advisor, coach, or director. The group leader is expected to follow the same guidelines as the group. The group leader of each student group will meet with the organization to clarify the approach the group will take on the use and abuse of alcohol and other drugs. The Student Code of Conduct will be reviewed to all members. Drinking and drug use are illegal and will not be tolerated. Any member who provides alcohol to a student or is found to be in possession of illegal drugs will be subject to disciplinary action.

State & Federal Sanctions:

Federal and state sanctions for illegal possession of controlled substances range from up to one year imprisonment and up to \$100,000 in fines for a first offense, to three years imprisonment and \$250,000 in fines for repeat offenders. Additional penalties include forfeiture of personal property and the denial of federal student aid benefits. Under federal laws, trafficking in drugs such as heroin or cocaine may result in sanctions up to and including life imprisonment for a first offense involving 100 gm or more. Fines for such an offense can reach \$8 million. First offenses involving lesser amounts, 10-99 gm, may result in sanctions up to and including 20 years imprisonment and fines of up to \$4 million. A first offense for trafficking in marijuana may result in up to five years imprisonment and fines up to \$500,000 for an offense involving less than 50 kg, and up to life imprisonment and fines up to \$8 million for an offense involving 1,000 kg or more.

The State of Kansas may impose a wide range of sanctions for alcohol-related violation. For example, driving while intoxicated (blood alcohol content of .10 or more) may result in a \$700 fine, 90 days in jail, and/or revocation of driver's license for 30 days. Possession of alcohol under age 21 or use of false identification to purchase alcohol results in \$100 fine. Furnishing alcohol to persons under 21 is punishable by up to a \$3,000 fine and/or one year imprisonment.

For a comprehensive summary of the criminal penalties in Kansas for the use, possession and sales of controlled substances go to the Web page address <http://www2.potsdam.edu/hansondj/StateAndLocalLaws/KS.html#>.

For a comprehensive summary of Federal criminal penalties for drug use and sales, go to the following web site: www.dea.gov/agency/penalties.htm

Referrals:On Campus:

The Counseling Office and/or Human Resources Office at Seward County Community College refer students and/or employees to the following for initial screening and/or treatment.

Off Campus:

Southwest Guidance Center 620-624-8171
333 W. 15th
Liberal, KS 67901

Al-Anon and Ala-Teen
www.al-anon.alateen.org
www.kansas-al-anon.org
888-425-2666

Narcotics Anonymous
www.narcotics.com/na-meeting
800-407-7195

Family Alcohol and Drug Services
316 W 7th St
Liberal KS 67901
620-626-4508

Alcohol and Drug Counseling Services
504 N Kansas Ave, Suite A-5
Liberal KS 67901
620-626-4500

Alcohol and Drug Abuse (24 Hour Access Helpline)
800-299-6317

Health Risks (Information for student handbook & All Saints Day Packets)

(The information presented below was referenced from the Center for Health & Wellness)

Alcohol:

Alcohol is a central nervous system depressant and toxin, affecting the body in much the same way as opiates, barbiturates, and tranquilizers. It is the most widely used and abused mind-altering drug in the world today.

- Alcohol affects your brain. Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and blackouts.
- Alcohol affects YOUR brain differently. The National Institute for Mental Health reports that brain maturation continues into the late teens and early 20's, leaving a unique vulnerability to heavy, ongoing alcohol use.
- Alcohol affects your body. Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for life-threatening diseases.
- Alcohol affects your self-control. Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, like having unprotected sex. Furthermore, 90% of all acquaintance rapes occur when one or both people have been drinking.
- Alcohol can kill you. Drinking large amounts of alcohol can lead to a coma or even death. Alcohol consumption by college students is linked to at least 1,400 student deaths and 500,000 unintentional injuries each year (National Institute on Alcohol Abuse and Addiction).
- Alcohol can hurt you, even if you are not the one drinking. If you are around people who are drinking, you have an increased risk for injury. At the very least, you may have to deal with friends who are sick, out of control, or unable to care for themselves.
- Know the risks. Mixing alcohol with medications or illicit drugs is extremely dangerous. Specifically, mixing opiate pain medications with alcohol can result in a depressed respiratory and heart rate. This can be fatal.
- Know the law. It is illegal to buy or possess alcohol if you are than 21.

Marijuana:

Marijuana is derived primarily from the leaves and flowers of the hemp plant, *Cannabis sativa*. It contains more than 400 chemicals, including THC (tetrahydrocannabinol), the mood-altering chemical responsible for marijuana's mind-altering effects. While THC can act as both a stimulant and a depressant, some first-time users claim to experience no effects at all. Marijuana is now the most frequently used illicit drug in the United States, (when excluding the underage use of alcohol).

When smoked, the effects of marijuana last two to three hours. When ingested in foods, the effects may last up to 24 hours and are very difficult to predict or control. Because it is stored in fatty tissue, THC can be detected in the body up to 30 days after its use.

- Depression, anxiety, and personality disturbances are all associated with marijuana use. Marijuana compromises the ability to learn and remember information. Therefore, the more you use marijuana, the more likely you are to fall behind in accumulating intellectual, job, or social skills.
- Marijuana's adverse impact on memory and learning can last for days or weeks. In a study of 129 college students, researchers found that among heavy users, those who smoked the drug at least 27 of the preceding 30 days, critical skills related to attention, memory, and learning were significantly impaired, even after they had not used the drug for 24 hours.
- Long-term marijuana use is addictive for some people; that is, they use the drug compulsively even though it often conflicts with family, school, work, and recreational activities. According to the Office of National Drug Control Policy, of the 7 million Americans suffering from illegal drug dependence or abuse, 60% of abusers are dependent on marijuana.
- Marijuana contains more than 50% carcinogenic tars than tobacco and can cause severe lung damage. The fact that users hold marijuana smoke in their lungs for as long as possible means that the potential for damage is greatly increased. Sore throats, bronchitis, emphysema, and lung cancer are found in heavy users, as is a decreased immunity to viral infection.
- Marijuana is hard to stop. Along with craving, withdrawal symptoms can make it hard for long-term marijuana smokers to stop using. People trying to quit report nervousness, irritability, sleep disruption, anxiety, and upset stomach. They also display aggression on psychological tests, peaking approximately one week after last using the drug.
- There are legal consequences. Despite changing laws related to the decriminalization for possession of marijuana, any amount of use or possession is still illegal.

Prescription Drug Abuse:

Abuse of prescription and over-the-counter drugs is at an all-time high. To clarify, prescription drugs are drugs prescribed by a doctor or other health care provider and over-the-counter includes medicines found in any pharmacy, like cough syrup, diet pills, vitamin supplements, and herbal remedies. Abuse has become quite common on college campuses. Commonly abused classes of medications include: opiates (Percocet), central nervous system depressants (Valium), and stimulants (Adderall).

A 2009 report from The National Survey on Drug Use and Health showed the following:

- Full-time college students were twice as likely as their counterparts not enrolled in college full-time to have used the stimulant medication Adderall non-medically in the past year.
- Full-time college students who were abusing Adderall were 3 times more likely to have used marijuana in the past year and 8 times more likely to have abused cocaine.
- Nearly 90% of full-time college students abusing Adderall in the past year were 3 times more likely to be weekly heavy alcohol users.

You can become dependent on these medications. Misuse of any drug can lead to dependence. Stimulant drugs, when used incorrectly, can have negative effects: addiction, paranoia, anxiety, irregular heartbeat, headaches, and even hallucinations are possible side effects. Opioid painkillers are also highly addictive and when taken in high doses slow your breathing down and can result in passing out. Mixing medications is dangerous. Mixing Adderall with over-the-counter medications, like cold medications containing decongestants, is risky. Equally dangerous is mixing pain medications or tranquilizers with alcohol.

Tobacco:

Smoking rates on college campuses have fallen to their lowest rate since 1980. In 2006, about 1 in 5 college students smoked, according to a report by the American Lung Association. In addition, there are increased services available for students ready to quit (1-800-TRY-TO-STOP). The following is what we know about tobacco and smoking:

- Cigarette smoke contains more than 4,800 chemicals, 69 of which are known to cause cancer. Smoking is directly responsible for approximately 90% of lung cancer deaths and approximately 80–90% of COPD (emphysema and chronic bronchitis) deaths.
- The list of diseases caused by smoking includes: chronic obstructive pulmonary disease (COPD); coronary heart disease; stroke; acute myeloid leukemia; pneumonia, periodontitis; and bladder, esophageal, laryngeal, lung, oral, throat, cervical, kidney, stomach, and pancreatic cancers. Smoking is also a major factor in a variety of other conditions and disorders, including slowed healing of wounds, infertility, and peptic ulcer disease.
- Tobacco advertising specifically targets young people to encourage them to begin a lifelong addiction to smoking. In fact, 90% of adults who smoke started by the age of 21, and half of them became regular smokers by their 18th birthday.
- Secondhand smoke involuntarily inhaled by nonsmokers from other people's cigarettes is classified by the U.S. EPA as a known human (Group A) carcinogen, responsible for approximately 3,400 lung cancer deaths and 46,000 heart disease deaths in adult nonsmokers annually in the United States.
- Nicotine is an addictive drug, which when inhaled in cigarette smoke reaches the brain faster than drugs that enter the body intravenously. Smokers not only become physically addicted to nicotine; they also link smoking with many social activities, making smoking a difficult habit to break.

Quitting smoking often requires multiple attempts. Using counseling or medication alone increases the chance of a quit attempt being successful; the combination of both is even more effective. There are seven medications approved by the FDA to aid in quitting smoking. Nicotine patches, nicotine gum, and nicotine lozenges are available over-the-counter, and a nicotine nasal spray and inhaler are currently available by prescription. Bupropion SR (Zyban) and varenicline tartrate (Chantix) are non-nicotine pills. Talk to your clinician if you are curious about any of these medications