

DOUGLAS EDUCATION CENTER

DRUG AND ALCOHOL ABUSE PREVENTION STUDENT CONDUCT POLICY (2018)

STUDENT DRUG AND ALCOHOL ABUSE PREVENTION POLICY

POLICY STATEMENT

In compliance with the Drug-Free Schools and Communities Act of 1989, Douglas Education Center has established the following policy to ensure a drug – free learning environment.

Douglas Education Center prohibits students from the unlawful manufacture, distribution, dispensation, possession, sale or use of alcohol or a controlled substance, or being under the influence of the same while at the institution or while attending or participating in school related activities on or off school grounds.

POLICY DISSEMINATION

All new students receive the **DRUG AND ALCOHOL ABUSE PREVENTION POLICY** during the enrollment process. A copy of the policy is also distributed to continuing students via personal email during the fall semester. Students may also obtain a copy of the policy at any other time by contacting the Education Department.

SCHOOL SANCTIONS

The following sanctions will be imposed on a student in violation of the policy regarding use, possession, or being under the influence.

- **FIRST INFRACTION** – The student will be advised by the Education Department/Primary Campus Security Authority to voluntarily seek professional counseling.
- **SECOND INFRACTION** – The student will be advised by the Education Department/Primary Campus Security Authority to continue voluntary professional counseling. Alternatively, the student may choose to attend an in-patient treatment program.
- **THIRD INFRACTION** – The student will be administratively withdrawn from Douglas Education Center.

The following sanctions will be imposed on a student in violation of the policy regarding the selling or trafficking of controlled substances.

- **FIRST INFRACTION** – Immediate administrative withdrawal and referral to the proper authorities for prosecution.

Douglas Education Center reserves the right, in extreme cases, to immediately dismiss any student in violation of this policy, the above outlined procedure notwithstanding. Douglas Education Center further reserves the right to refer students to proper legal authorities for prosecution.

LEGAL SANCTIONS

Douglas Education Center may refer students to the proper local, state or federal law enforcement agency for arrest and prosecution for violations of drug and alcohol laws. A

summary of state, federal, and local sanctions, if applicable, is below. While Douglas Education Center has exercised prudent judgment in compiling legal sanctions, it should not be construed to be all-inclusive. Legal sanctions are presented for informational purposes only and do not represent legal advice. Students are encouraged to read the attached information carefully.

Federal Penalties and Sanctions for Illegal Possession of a Controlled Substance

21 U.S.C. 844(a)

1st conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.

After 1 prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$250,000, or both.

After 2 or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fined at least \$5,000 but not more than \$250,000, or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

- (a) 1st conviction and the amount of crack possessed exceeds 5 grams.
- (b) 2nd crack conviction and the amount of crack possessed exceeds 3 grams.
- (c) 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.

21 U.S.C. 853(a)(2) and 881(a)(7)

Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1 year imprisonment. (See special sentencing provisions re: crack.)

21 U.S.C. 881(a)(4)

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. 844a

Civil fine of up to \$10,000 (pending adoption of final regulations).

21 U.S.C. 853a

Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses.

18 U.S.C. 922(g)

Ineligible to receive or purchase a firearm.

Miscellaneous

Revocation of certain Federal licenses and benefits, e.g. pilot licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies.

Note: These are only Federal penalties and sanctions. Additional State penalties and sanctions may apply.

HEALTH RISKS

Douglas Education Center has included information on the health risks of using and abusing drugs and alcohol. Please see the attached information.

NARCOTICS—Uses and Effects

Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
Heroin	<p>Physical dependence is a consequence of chronic opioid use, and withdrawal takes place when drug use is discontinued.</p> <p>Use can create psychological dependence. Long after the physical need for the drug has passed, the addict may continue to think and talk about using drugs and feel overwhelmed coping with daily activities.</p>	<ul style="list-style-type: none"> Euphoria Drowsiness Slowed breathing or "respiratory depression" Constricted pupils Nausea 	<ul style="list-style-type: none"> Slow and shallow breathing Clammy skin Convulsions Coma Confusion Extreme drowsiness Constricted pupils Possible death 	<ul style="list-style-type: none"> Yawning Loss of appetite Irritability Tremors Panic Cramps Nausea Runny nose Chills and sweating Watery eyes Depression Vomiting Increased heart rate and blood pressure
Morphine				
Codeine				
Hydrocodone				
Hydromorphone				
Oxycodone				
Methadone and LAAM				
Fentanyl and analogs				
Other Narcotics				

DEPRESSANTS—Uses and Effects

Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
Chloral Hydrate	<p>Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment.</p> <p>Long-term use of depressants produces psychological dependence and tolerance.</p>	<ul style="list-style-type: none"> Vomiting Slurred speech Disorientation Drunken behavior without odor of alcohol Amnesia 	<ul style="list-style-type: none"> Shallow respiration Clammy Skin Dilated pupils Weak and rapid pulse Coma Possible death 	<ul style="list-style-type: none"> Anxiety Insomnia Tremors Delirium Convulsions Possible death
Barbituates				
Benzodiazepines				
Glutethimide				
Other Depressants				

STIMULANTS—Uses and Effects

Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
Cocaine	<p>Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs.</p>	<ul style="list-style-type: none"> Increase alertness Euphoria Increased pulse rate and blood pressure Excitation 	<ul style="list-style-type: none"> Agitation Increased body temperature Hallucinations Convulsions Cardiovascular collapse Possible death 	<ul style="list-style-type: none"> Depression Anxiety Drug craving Extreme fatigue
Amphetamine/ Methamphetamine				
Methylphenidate				
Other Stimulants				

STIMULANTS—Uses and Effects				
Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
		<ul style="list-style-type: none"> • Insomnia • Loss of appetite • Paranoia 		

CANNABIS—Uses and Effects				
Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
Marijuana	Long term, regular use can lead to physical dependence and withdrawal following discontinuation, as well as psychic addiction or dependence.	<ul style="list-style-type: none"> • Impaired judgment • Euphoria • Relaxed inhibitions • Increased appetite • Disorientation • Cancer risk 	<ul style="list-style-type: none"> • Fatigue • Paranoia • Possible psychosis 	<ul style="list-style-type: none"> • Occasional reports of insomnia • Hyperactivity • Decreased appetite
Tetrahydrocannabinol				
Hashish and hashish oil				

HALLUCINOGENS—Uses and Effects				
Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
LSD	Unknown	<ul style="list-style-type: none"> • Illusions and hallucinations • Altered perception of time and distance • Increased heart rate • Dilated pupils 	<ul style="list-style-type: none"> • Longer, more intense "trip" episodes • Psychosis • Respiratory depression • Convulsions • Coma • Possible death 	<ul style="list-style-type: none"> • Unknown
Mescaline and peyote				
Phencyclidines and analogs				
Other hallucinogens				

ANABOLIC STEROIDS—Uses and Effects				
Drugs	Dependence potential	Possible effects	Effects of overdose	Withdrawal syndrome
Testosterone (Cypionate, Enanthate)	Unknown	<ul style="list-style-type: none"> • Virilization • Acne • Testicular atrophy • Gynecomastia • Aggressive behavior • Edema 	<ul style="list-style-type: none"> • Unknown 	<ul style="list-style-type: none"> • Possible severe depression
Nandrolone (Decanoate, Phenpropionate)				
Oxymethalone				

Alcohol Use and Health

Excessive alcohol use led to approximately 88,000 deaths and 2.5 million years of potential life

lost (YPLL) each year in the United States from 2006 – 2010, shortening the lives of those who died by an average of 30 years.^{1,2} Further, excessive drinking was responsible for 1 in 10 deaths among working-age adults aged 20-64 years.

The Standard Measure of Alcohol

In the United States, a standard drink is any drink that contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

- 12-ounces of beer (5% alcohol content).
- 8-ounces of malt liquor (7% alcohol content).
- 5-ounces of wine (12% alcohol content).
- 1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

Definitions of Patterns of Drinking Alcohol

Excessive drinking includes heavy drinking, binge drinking, and any drinking by pregnant women or people younger than age 21.

- Binge drinking, the most common form of excessive alcohol consumption, is defined as consuming
 - For women, 4 or more drinks during a single occasion.
 - For men, 5 or more drinks during a single occasion.
- Heavy drinking is defined as consuming
 - For women, 8 or more drinks per week.
 - For men, 15 or more drinks per week.

Most people who binge drink are not alcoholics or alcohol dependent.

According to the *Dietary Guidelines for Americans*, if you drink alcoholic beverages, do so in moderation, which is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men. However, there are some persons who should not drink any alcohol, including those who are

- Pregnant or trying to become pregnant.
- Taking prescription or over-the-counter medications that may cause harmful reactions when mixed with alcohol.
- Younger than age 21.
- Recovering from alcoholism or are unable to control the amount they drink.
- Suffering from a medical condition that may be worsened by alcohol.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

Short-Term Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following—

- Injuries, including traffic injuries, falls, drownings, burns, and unintentional firearm injuries.

- Violence, including intimate partner violence and child maltreatment. About 35% of victims report that offenders are under the influence of alcohol. Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence. Studies have also shown that alcohol is a leading factor in child maltreatment and neglect cases, and is the most frequent substance abused among these parents.
- Risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault. These behaviors can result in unintended pregnancy or sexually transmitted diseases.
- Miscarriage and stillbirth among pregnant women, and a combination of physical and mental birth defects among children that last throughout life.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.

Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments and social problems. These include but are not limited to—

- Neurological problems, including dementia, stroke and neuropathy.
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension.
- Psychiatric problems, including depression, anxiety, and suicide.
- Social problems, including unemployment, lost productivity, and family problems.
- Cancer of the mouth, throat, esophagus, liver, colon, and breast. In general, the risk of cancer increases with increasing amounts of alcohol.
- Liver diseases, including—
 - Alcoholic hepatitis.
 - Cirrhosis, which is among the 15 leading causes of all deaths in the United States.
 - Among persons with Hepatitis C virus, worsening of liver function and interference with medications used to treat this condition.
- Other gastrointestinal problems, including pancreatitis and gastritis.

From Centers for Disease Control and Prevention (CDC).

VOLUNTARY TREATMENT, COUNSELING, OR REHABILITATION

Douglas Education Center encourages any student who feels that he/she may have a problem with drugs or alcohol to seek treatment, counseling, or rehabilitation. Students are encouraged to meet with the Education Department or the Primary Campus Security Authority, in strictest confidence, for assistance in locating the appropriate source of help. Douglas Education Center will make every effort to work with any student who voluntarily seeks treatment, to assist them in completing their course of study.

Brochures and information on alcohol and drug use and abuse are located in the Student Lounge. Students are encouraged to take this information and share it with others.

SUBSTANCE ABUSE TREATMENT CENTER

When a substance abuse problem is suspected, a referral to SPHS can be initiated by the student or Douglas Education Center. Seeking help for a substance abuse problem will not jeopardize a student's education, rights, security, or confidentiality.

For assessment, information, counseling, referral and follow-up services, the following can be contacted:

SPHS Behavioral Health
2 Eastgate Ave., Suite 102
Monessen, PA 15062
(724) 684-6489

Alcoholics Anonymous, Greater Pittsburgh
(724) 489-0740

BIENNIAL REVIEW

The Education Department and the Primary Campus Crime Authority will review the **DRUG AND ALCOHOL ABUSE PREVENTION POLICY** at least once every two years, to determine effectiveness and institute modifications as necessary.

For more information about graduation rates, median debt of students who completed the programs, and consumer information, please visit: www.dec.edu/consumerinfo