

**SUBSTANCE
ABUSE
EDUCATION
AND
POLICIES**

MISSION1

POLICIES AND PROCEDURES

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SUBSTANCE ABUSE EDUCATION OFFICE

AT AACC Back cover

Mission

Anne Arundel Community College's substance abuse education program, through education of students and employees, works to prevent alcohol and drug abuse by creating a campus environment where substance abuse is not accepted. Sponsored programs foster awareness of the effects and consequences of alcohol and drug use and/or abuse. The program also coordinates support services for students and employees who choose to confront an alcohol or drug program.

POLICIES AND PROCEDURES

→ Drug and Alcohol Policy

Anne Arundel Community College is committed to providing and maintaining an environment for students, faculty and staff that is drug-free, healthful, safe and secure. Faculty, staff and students are expected and required to report each day in an appropriate mental and physical condition, free of any illegal drugs and alcohol, and capable of fulfilling their daily duties. The college supports all local, state and federal laws related to drugs and alcohol abuse, including, but not limited to, the Drug-Free Workplace Act and the Drug-Free Schools and Campuses Act.

Although the college recognizes drug and alcohol dependency as an illness and a major health program affecting society, it also recognizes drug and alcohol use as a potential health, safety and security problem. The college is committed to the education of students, faculty and staff regarding substance abuse prevention, detection and treatment and for this purpose has established a substance abuse education process.

The unlawful possession, use, manufacture, distribution and/or solicitation of a controlled substance is prohibited. The unauthorized possession, consumption and distribution of alcoholic beverages on college-controlled property or as part of any college-authorized activity is prohibited.

Faculty, staff and students who violate this policy shall be subject to appropriate disciplinary action, up to and including dismissal in accordance with college policies and procedures, and also may be subject to criminal prosecution.

→ Heroin and Opioid Addiction and Prevention Policy

Anne Arundel Community College is committed to promoting personal wellness and responsibility and recognizes that heroin and opioid addiction is an illness of increasing concern within our state and nation. For this reason and in accordance with state law the college shall (a) provide all incoming full-time students in-person awareness training which they shall be required to attend, unless such in-person training is impracticable, in which case such training shall be conducted electronically; (b) provide all incoming students with additional educational resources on heroin and opioid addiction and prevention; (c) obtain and store on campus naloxone or other overdose-reversing medication; (d) provide training for campus police and/or other designated personnel on overdose symptom recognition, medication; and (f) offer instruction in substance use disorders, effective treatment for substance use disorders, and pain management to students enrolled in the physician assistant program. The requirements contained in (a) and (c) above do not apply to any off-campus locations.

→ Educational Statement

In keeping with its central mission of teaching, AACC presents a substance abuse education program aimed at preventing alcohol abuse and illegal drug use. Educational efforts include lectures, presentations, demonstrations and distribution of literature on substance abuse prevention. The college encourages students, faculty and staff to participate. In general, the program teaches participants about the incompatibility of the abuse of alcohol or the use of illegal drugs with achieving a healthy and productive life within the community.

→ Guidelines for Discipline

Students, faculty and staff are responsible as citizens for knowing about and complying with the provisions of federal, state and local law regarding illegal substances and alcohol. Any member of the college community who violates the law may be subject to both criminal and civil prosecution and punishment as well as college disciplinary proceedings.

THE OFFICE OF COMMUNITY STANDARDS (OSC) is responsible for advancing student growth and development by promoting campus civility, mutual respect and student accountability. The office is also tasked with reviewing, investigating and resolving all allegations of nonacademic student misconduct and violations of the Code of Student Conduct. For information, or to request a presentation, contact us at **410-777-2766** or **OCS@aacc.edu**.

HUMAN RESOURCES EMPLOYEE GUIDELINES – Employees in violation of AACC's Drug and Alcohol Policy are required to successfully complete counseling session with the college's Employee Assistance Program (EAP). Employees who refuse to complete the mandatory EAP program, or who violate the policy a second time, will be recommended for termination.

→ Procedures for Enforcement

Every member of the college community has a responsibility to enforce the Drug and Alcohol policy. When a student, faculty or staff member is suspected of abusing alcohol or misusing drugs, the Department of Public Safety and Police should be contacted.

LEGAL SANCTIONS STATUTES

Md. Ann. Code § 5-601 (possession of drugs in general)
Md. Ann. Code § 5-602 (possession of drugs with intent to distribute)

STATUTORY DEFINITION OF THE OFFENSE

A PERSON MAY NOT

Possess or administer to another a controlled dangerous substance, unless obtained directly or by prescription or order from an authorized provider acting in the course of professional practice; or

Obtain or attempt to obtain a controlled dangerous substance, or procure or attempt to procure the administration of a controlled dangerous substance by: fraud, deceit, misrepresentation or subterfuge; The counterfeiting or alteration of a prescription or a written order; the concealment of a material fact; the use of a false name or address; falsely assuming the title of or representing to be a manufacturer, distributor, or authorized provider; or making, issuing, or presenting a false or counterfeit prescription or written order.

DRUG POSSESSION PENALTIES (EXCLUDING MARIJUANA)

Possession of any controlled substances besides marijuana (any amount) is a misdemeanor, punishable by up to four years in prison and a fine (marijuana) of up to \$25,000. The actual charge and penalties upon conviction are generally based on the amount of a given drug and the defendant's criminal record. Note: Possession of excessive amounts, suggesting the intent to distribute, may be charged as a felony (see below).

POSSESSION WITH INTENT TO DISTRIBUTE GENERAL SENTENCING GUIDELINES

- **SCHEDULE I AND II (HEROIN, COCAINE, ETC.)**
Up to 20 years in prison and/or fine of up to \$25,000.
- **LSD, PCP AND OTHER HALLUCINOGENICS:**
Up to 20 years in prison and/or fine of up to \$20,000.
- **DRUGS OTHER THAN SCHEDULE I OR II SUBSTANCES:**
Up to five years in prison and/or a fine of up to \$15,000. Mandatory minimum five-year prison sentence and a fine of up to \$100,000 for possession of the following amounts (§ 5-612):

Marijuana - 50 pounds | Cocaine - 448 grams | Crack cocaine - 50 grams
Opium, morphine, heroin, etc. - 28 grams | LSD - 1,000 dosage units
PCP - 16 ounces | Methamphetamine - 448 grams

MARIJUANA POSSESSION PENALTIES

LESS THAN 10 GRAMS: civil offense; \$100 fine (second offense: \$250 fine; third or subsequent offense: \$500 fine).

10 GRAMS OR MORE (BUT LESS THAN 50 POUNDS): misdemeanor; up to one year in jail and/or fine of up to \$1,000. Fifty pounds or more: felony; up to five years in prison and/or a fine of up to \$100,000.

HEALTH RISKS

ALCOHOL

Beer, Wine, Distilled Spirits

SHORT-TERM

acts on mood and emotions, relaxation, confusion, disrupts balance between reasoning and judgment, depression, anxiety, decreased alertness, stupor, unconsciousness

LONG-TERM FROM EXCESSIVE USE

tolerance, psychological dependence, physical dependence, kidney and liver failure, weight gain, blackouts, impotence, psychosis, ulcers, malnutrition, delirium, tremors, death

AMPHETAMINES

Benzedrine, Dexedrine, Methedrine, Preludin, Speed, Ice, Crystal, Glass, Eskatrol, Ritalin, Ecstasy

SHORT-TERM

increased alertness, excitation, euphoria, decreased appetite, restlessness, rapid speech, irritability, insomnia, paranoia, stomach disorders, physically and psychologically addictive

LONG-TERM

tolerance, hardening of the arteries, mood swings, anxiety, hallucinations, sleep deprivation, severe malnutrition

ANABOLIC STEROIDS

Synthetic Testosterone, Roids

SHORT-TERM

cellular development of body and muscle tissue, mood elevation or depression, altered sex drive, increased aggressive behavior, may stunt growth, retention of sodium and fluids, stroke, severe acne

LONG-TERM

jaundice, increased chance of heart disease, liver damage, high blood pressure, endocrine imbalance. **MALES:** can enlarge breasts, decrease testicular size and function, decrease sperm production. **FEMALES:** menstrual irregularities, masculinizing effects, change in the genitals

ANTIDEPRESSANTS - A

Tricyclics (Elavil, Tofranil, Sinequan, Norpramin, Pamelor, Amitril) and Serotonin Uptake Inhibitors (Paxil, Prozac, Zoloft)

SHORT-TERM

relieves anxiety and depression, temporary impotence, nausea, slowed heart beat, decreased breathing rate, weight loss, headaches, apathy, depressed emotions

LONG-TERM

appear to be depressed, apathy, lethargy, insomnia, irregularities of heartbeat, sweating, dizziness, altered appetite, seizures, disturbed vision, altered sexual desire, overdose can cause death

ANTIDEPRESSANTS - B

Monoamine Oxidase Inhibitors, MAO Inhibitors (Nardil, Parnate, Marplan, Phenazine)

SHORT-TERM

hypertensive crisis, rapid pulse, headaches

LONG-TERM

glaucoma, weight gain, sleep disturbances, fatigue, weakness, tremors, dry mouth, constipation

ANTIDEPRESSANTS - C	
<i>Antimanic (Lithium)</i>	
	lethargy, thirst, hand tremors, increased urination, weight gain
ANTIPSYCHOTICS	
<i>Thorazine, Compazine, Stelazine, Mellaril, Haldol, Trilafon, Sparine, Vesprin, Prolixin</i>	
SHORT-TERM	reduced anxiety, depression, restricted motor movement, slowed processing and responses to stimulation
LONG-TERM	overdose can cause death
BARBITURATES	
<i>Chloral Hydrate, Doriden, Nembutal, Phenobarbital, Seconal, Tuinal, Amytal, Pentothal</i>	
SHORT-TERM	sedative-hypnotic effects, relaxation, euphoria, decreased alertness, drowsiness, impaired coordination, slurred speech, stupor, hangover, high doses depress breathing, heart rate, temperature and muscular coordination, increased anxiety, depression, mood swings
LONG-TERM	physical and psychological dependence, excessive sleepiness, confusion, irritability, severe withdrawal, convulsions, depressed breathing and body functions, death
CAFFEINE	
<i>Coffee, Cola, Tea, No-Doz, Vivarin, Cocoa Beans</i>	
SHORT-TERM	increased alertness, accelerated heart rate, increased blood pressure, upset stomach, restlessness, insomnia
LONG-TERM	nervousness, mental confusion, irritability, muscle twitches, increased tolerance, increased heart rate, breast lumps in women
CANNABIS	
<i>Hashish, Marijuana, Hash Oil, Grass, Pot, Reefer, Hemp, THC, Delta 9THC, Sinsemilla</i>	
SHORT-TERM	euphoria, mild hallucinogen, distortions in perception, increased heartbeat, increased appetite, bloodshot eyes, may create a psychological dependence, interferes with memory and intellectual performance, impaired concentration, dry mouth, mild hypnotic, exaggerated mood and personality
LONG-TERM	irritation of respiratory tract leading to lung disease, fatigue, hormonal changes, psychosis, antimotivational syndrome, impaired reproduction, birth abnormalities

COCAINE	
<i>Coke, Crack, Snow, Rock, Blow, Toot</i>	
SHORT-TERM	constriction of arteries, increased release of adrenalin, increased blood pressure and heart rate, risk of seizures, disruption and overstimulation of body's chemical balance, euphoric rush, paranoia, muscle tremors, memory lapses, mental confusion, hallucinations, miscarriage, stroke, runny or stuffy nose if snorted, feeling of things crawling under the skin, dilated pupils, chronic insomnia, irritability, depression, psychosis
LONG-TERM	insomnia, agitation, severe emotional depression, extreme lethargy, inability to feel pleasure, lack of energy and motivation, feeling of impending death, damage to nasal septum when snorting, extreme weight loss, damage to heart and blood vessels, convulsions, respiratory arrest, death
HALLUCINOGENS	
<i>Psychedelics, LSD, PCP, Mescaline, Peyote Cactus, Scopolamine, Psilocybin, Mushrooms, STP, Serenity, Peace Pill, MDA, MDMA Ecstasy, DMT, Businessman's Special, Belladonna, Nutmeg, Mace, Special or Super K</i>	
SHORT-TERM	nausea, vomiting, dizziness, sweating, may exaggerate unstable tendencies, intensifies or distorts visual stimuli, hallucinations
LONG-TERM	flashbacks, altered states of consciousness, suppressed judgment and reason, stimulated visual perception and degree of euphoria
INHALANTS	
<i>Glue, Paint Thinner and Removers, Correction Fluid, Gasoline, Laughing Gas (Nitrous Oxide), Formaldehyde, Aerosol Sprays, Anesthetics, Ether, Amyl Nitrate, Organic Nitrates, Solvents</i>	
SHORT-TERM	relaxation, hypersensitivity, impaired judgment, violence, reduced muscle reflex control, rapid heartbeat, impaired coordination, headache, nausea, visual disturbance, euphoria, depression, slurred speech, unsteady gait, drowsiness, irritability, excitement, impulsiveness
LONG-TERM	delirium with confusion, hallucinations, drowsiness, stupor, brain damage, lung and kidney damage, blood and bone marrow alteration, death
NICOTINE	
<i>Cigarettes, Pipe, Cigars, Snuff, Chewing Tobacco, Nicotine Gum, Nicotine Patch</i>	
SHORT-TERM	constricted blood vessels, raised heart rate and blood pressure, decreased appetite, increased alertness, partially deadened senses of taste and smell, irritated lungs, dry mouth, relaxation
LONG-TERM	lung damage, heart irregularities, cancer, hypertension, nervousness, irritability, headaches, fatigue, insomnia, physiological and physical addiction

OPIATES

Opium, Codeine, Morphine, Heroin, Dilaudid, Percodan, Methadone, Hycodan, Demerol, Talwin, LAAM

SHORT-TERM	stimulation, sense of detachment, depression, pin-point pupils, vomiting, nausea, drowsiness, inability to concentrate, slowed breathing and pulse, dry skin and itching, euphoria, mental clouding
LONG-TERM	tolerance, dependence, physical and/or psychological addiction, chronic skin rash, itching, insensibility and unconsciousness, hepatitis, heart and lung abnormalities, ulcers, abscesses, kidney failure, premature labor, stillbirth, addiction of the fetus and baby, loss of sexual desire, death

SYNTHETIC DRUGS

Synthetic Marijuana (K2 or Spice), Salvia, Bath Salts

SHORT-TERM	severe agitation and anxiety, nausea, vomiting, tachycardia (fast, racing heartbeat), elevated blood pressure, tremors and seizures, hallucinations, dilated pupils
LONG-TERM	psychological and physical addiction, heart attacks, panic attacks, suicidal and other harmful thoughts and/or actions

TRANQUILIZERS

*Sedatives/Hypnotics, Librium, Equinol, Miltown, Valium, Xanax, Ativan, Halcion, Klonopin, Serax, Dalmane, Doriden, Placidyl, Noctec, Vistaril, Rohypnol**

**Known as the "date rape drug," this tasteless sedative, when slipped into drinks, causes an intense, drunk-like effect lasting up to eight hours. Street name "Roofies."*

SHORT-TERM	calming, depressed emotions, relaxation, lowered inhibitions, reduced intensity of physical sensations, drowsiness, loss of body heat, reduced muscular coordination, sleep, blurred vision, dizziness, stupor, tolerance
LONG-TERM	age-dependent tolerance, blood-cell destruction, jaundice, anxiety attacks, insomnia, agitation, abdominal cramps, seizures, delirium, uncontrolled heartbeat, coma, death

EXCESSIVE ALCOHOL USE

WHAT IS EXCESSIVE ALCOHOL USE?



WHAT IS CONSIDERED A "DRINK"?

U.S. STANDARD DRINK SIZES



88,000 DEATHS PER YEAR

\$\$\$
249 BILLION ECONOMIC COST

HOW DOES EXCESSIVE DRINKING AFFECT US?

VIOLENCE, INJURIES, AND MOTOR VEHICLE CRASHES

CHRONIC CONDITIONS SUCH AS CANCER, HEART DISEASE, AND HIGH BLOOD PRESSURE

RISKY SEXUAL BEHAVIORS, UNINTENDED PREGNANCIES, MISCARRIAGE AND STILLBIRTH

BINGE DRINKING IS THE MAIN PROBLEM

OVER 90% OF EXCESSIVE DRINKERS BINGE DRINK

1 IN 6



MORE THAN 38 MILLION U.S. ADULTS BINGE DRINK

BINGE DRINKERS DO SO ABOUT 4 TIMES A MONTH



BINGE DRINKERS AVERAGE 8 DRINKS PER BINGE



MOST PEOPLE WHO BINGE DRINK ARE NOT ALCOHOL DEPENDENT OR ALCOHOLICS

IF YOU CHOOSE TO DRINK, DO SO IN MODERATION



NO ONE SHOULD BEGIN DRINKING OR DRINK MORE FREQUENTLY BASED ON POTENTIAL HEALTH BENEFITS

UP TO 1 DRINK A DAY FOR WOMEN



UP TO 2 DRINKS A DAY FOR MEN



DON'T DRINK AT ALL IF YOU ARE UNDER AGE 21, PREGNANT OR MAY BE PREGNANT, OR HAVE HEALTH PROBLEMS THAT COULD BE MADE WORSE BY DRINKING

FOR MORE INFORMATION
WWW.CDC.GOV/ALCOHOL



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FINDING HELP IN ANNE ARUNDEL COUNTY

→ *Treatment*

Safe Stations – If you are struggling with substance use or other mental health challenges, you can get help immediately. Go to any Annapolis or county police or fire station at any time and ask for help for any substance. No legal action will be taken against you!

Anne Arundel County Crisis Response – **410-768-5522** for help 24/7

Substance Abuse and Mental Health Services Hotline – **800-985-5990**

Maryland Hotline – **800-422-0009**

Maryland Behavioral Health Treatment Locator:

<https://bha.health.maryland.gov/Pages/Index.asp>

AA County Department of Health: **410-222-0100**

→ *Support*

County Department of Health Free Narcan Training: **410-222-7076**

Alcoholics Anonymous: **410-268-5441**

Alanon: **410-766-1984**

Narcotics Anonymous: **800-317-3222**

Naranon: www.area14naranon.com

Smart Recovery: www.smartrecovery.org

ADDITIONAL RESOURCES FOR RECOVERY SUPPORT AND HOUSING

AACC Substance Abuse Education Office and Collegiate Recovery Center: **410-777-2480**



Anne Arundel Community College Substance Abuse Education Office

SUBSTANCE ABUSE EDUCATION OFFICE

101 College Parkway SUN 120

Arnold, MD 21012-1895

For an appointment call **410-777-2480** or
email bamays@aacc.edu

NARCAN/NALOXONE TRAINING

AACC Substance Abuse Education Office offers free training and certification on the use of intranasal naloxone, a medicine to reverse an opioid overdose and prevent death. Call **410-777-2480** for information.

COLLEGIATE RECOVERY CENTER LOUNGE, SUN 217

The CRC is a student lounge offering fellowship and support for those in or seeking recovery.

The CRC also offers open hours for friends and family affected by a loved one's substance use. Call **410-777-2480** for hours and information.

PEERS (PREVENTION, ENGAGEMENT, EDUCATION AND RECOVERY SUPPORT)

Peer Health Student Club. Call **410-777-2480** for information.

AACC TOBACCO PREVENTION AND CESSATION OFFICE

Student Union Room 120. Call **410-777-2480** for information.

AACC STRESSLESS ROOM

20 minutes in a private room with soft lighting, stress management resources and an electric Zero Gravity, Shiatsu Massage Chair Student Union Room 120. Call **410-777-2480** for information.