

Drug Prevention Program

The purpose of the Drug and Alcohol Abuse Prevention regulations (<http://bit.ly/2F6ko00>), is to implement section 22 of the Drug-Free Schools and Communities Act Amendments of 1989 (<https://www.congress.gov/bill/101st-congress/house-bill/3614>), which added section 1213 to the Higher Education Act. These amendments require that, as a condition of receiving funds or any other form of financial assistance under any Federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a drug prevention program. The most recent NWCCD report can be found within the compliance section of the NWCCD website at: <http://www.sheridan.edu/wp-content/uploads/2015/12/DAAP-2015-2016.pdf>

In compliance with 34 Code of Federal Regulations, Part 86, the Vice President of Student Affairs releases the following notification regarding:

- standards of conduct;
- descriptions of appropriate sanctions for violation of federal, state, and local law and campus policy;
- a description of health risks associated with alcohol and other drug use; and
- a list of available treatment programs.

NWCCD will impose disciplinary sanctions on students and employees in accordance with the policies and procedures referenced below.

- I. *Procedure 5075.2: Student Code of Conduct* is located at <http://www.sheridan.edu/about/board/policy/>. Specifically, Section 8 addresses alcohol and other drugs procedures and resources. More specifically, *Procedure 3015.1: Alcoholic Beverages in District Facilities* and *Procedure 5330.2: Alcohol & Other Drugs in the Residence Halls* outline the alcohol and other drug procedures for the District address alcohol and other drugs on NWCCD campuses.
- II. A list and descriptions of appropriate sanctions for student violations of federal, state, and local law and campus policy are located in Section 7.N of *Procedure 5075.2: Student Code of Conduct* (<http://www.sheridan.edu/wp-content/uploads/2018/08/5075.2-Student-Code-of-Conduct.pdf>).
- III. *Policy Series 3019: Drug Free Campus*: In summary, this procedure states that the sale, use or possession of illegal drugs (controlled substances), on District premises or during working hours, including break or meal periods, or working under the influence of illegal drugs, is strictly prohibited. Any employee or student violating this policy may be referred to drug counseling programs, drug rehabilitation programs, or employee

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assistance programs and may be disciplined, up to and including dismissal for the first offense.

- IV. *Policy Series 3019.1: Drug-Free Awareness Program*: In summary, this procedure outlines the responsibility of the District to establish a drug-free awareness program to inform employees and students about the dangers of drug use and abuse and the penalties that may be imposed for violation of drug use and abuse.
- V. *Policy Series 3018: Smoke-Free Campus*: In summary, this procedure explains that smoking is prohibited in all campus buildings, on all District property, including District-owned vehicles. This has been interpreted to include vaping. Employees or students violating this policy are subject to disciplinary actions in accordance with District procedures (see Employee Handbook for employees and *Procedure 5075.2: Student Code of Conduct* for students).

HEALTH RISKS

The health risks of alcohol cited here were retrieved from <https://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body> and those related to drugs were retrieved from Drugs of Abuse: A DEA Resource Guide. 2017 Edition. US Department of Justice. https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf Retrieved 10/20/2017 and <https://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs-charts>

- I. Alcohol - Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here’s how alcohol can affect your body:
 - a. Brain: Alcohol interferes with the brain’s communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.
 - b. Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including cardiomyopathy – stretching and drooping of heart muscle; arrhythmias – irregular heart beat; stroke; and high blood pressure. Research does also show that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.
 - c. Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including steatosis, or fatty liver; alcoholic hepatitis; fibrosis; and cirrhosis.
 - d. Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.
 - e. Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the mouth, esophagus, throat, liver, and breast.
 - f. Immune System: Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink

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too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

II. Drugs - Most drugs of abuse can alter a person's thinking and judgment, leading to health risks, including addiction, drugged driving and infectious disease. Most drugs could potentially harm an unborn baby; pregnancy-related issues are listed in the chart below for drugs where there is enough scientific evidence to connect the drug use to specific negative effects.

Drug Class	Risk of Dependence	Possible short-term effects	Possible long-term effects	Effects of overdose
Narcotics	High potential for abuse	Euphoria; warm flushing of skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate.	Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia.	Can be fatal; constricted pupils, cold clammy skin, confusion, convulsions, extreme drowsiness, and slowed breathing
Depressants	Low potential for abuse	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing, euphoria, drowsiness, decreased anxiety, confusion, memory loss, hallucinations, excited and aggressive behavior, nausea, vomiting, unconsciousness, seizures, slowed heart rate and breathing, lower body temperature, coma, death.	Unknown	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death
Stimulants	High potential for abuse	Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up	Heart problems, psychosis, anger, paranoia.	High fever, convulsions, and cardiovascular collapse may precede death

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		breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart failure; seizures.		
Drug Class	Risk of Dependence	Possible short-term effects	Possible long-term effects	Effects of overdose
Hallucinogens	High risk of dependence	Sensory Effects <ul style="list-style-type: none"> • Hallucinations, including seeing, hearing, touching, or smelling things in a distorted way or perceiving things that do not exist • Intensified feelings and sensory experiences (brighter colors, sharper sounds) • Mixed senses (“seeing” sounds or “hearing” colors) • Changes in sense or perception of time Physical Effects <ul style="list-style-type: none"> • Increased energy and heart rate • Nausea 	Persistent Psychosis <ul style="list-style-type: none"> • Visual disturbances • Disorganized thinking • Paranoia • Mood disturbances Hallucinogen Persisting Perception Disorder (HPPD) <ul style="list-style-type: none"> • Hallucinations • Other visual disturbances (such as seeing halos or trails attached to moving objects) • Symptoms sometimes mistaken for neurological disorders (such as stroke or brain tumor) 	Respiratory depression, coma, convulsions, seizures, and death due to respiratory arrest, may be fatal
Cannabis	High potential for abuse	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and	Mental health problems, chronic cough, frequent respiratory infections.	No deaths have been reported in the United States

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		memory; hallucinations; anxiety; panic attacks; psychosis.		
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Drug Class	Risk of Dependence	Possible short-term effects	Possible long-term effects	Effects of overdose
Steroids	Abuse may lead to moderate or low physical dependence or high psychological dependence.	Mood and behavioral effects; <u>Boys</u> : early sexual development, acne, and stunted growth <u>Adolescent girls and women</u> : permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and lengthening of the clitoris <u>Men</u> : shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer <u>Both</u> : high cholesterol levels, acne, fluid retention, and liver damage	Same and Short Term Effects	Steroids are not associated with overdoses. The adverse effects a user would experience develop from the use of steroids over time
Inhalants	High potential for abuse	Slight stimulations, feeling less inhibition, or loss of consciousness; intoxication and other effects similar to alcohol including slurred speech, inability to coordinate movements, euphoria, and dizziness; drowsy for several hours and experience a lingering headache	Weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs; irregular and rapid heart rhythms and lead to heart failure	Loss of consciousness or death

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			and death within minutes	
Tobacco	High risk for dependence	Increased blood pressure, breathing, and heart rate.	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia	No reports of death due to overdose

V. Available Treatment Programs

Sheridan Area Resources		
Northern Wyoming Mental Health Center (NWMHC) 1221 W. 5th St. Sheridan, WY 82801 (307) 674-7702	Sheridan County Hospital 1401 W 5th St, Sheridan, WY 82801 (307) 672-1000	Piedmont Addiction Recovery Practice 425 W. Loucks St. Sheridan, WY 82801 (307) 672-2468
Mountain's Edge Counseling 406 W. Loucks St. Sheridan, WY 82801 (307) 673-4647	Volunteers of America – The Gathering Place 360 District Meadows Dr. Sheridan, WY 82801 (307) 673-2510	Volunteers of America – WYSTAR 3322 Strahan Parkway Sheridan, WY 82801 (307) 672-2044
VA Hospital 1898 Fort Rd. Sheridan, WY 82801 (307) 672-3473	Alcoholics Anonymous www.area76wyaa.org (307) 672-6257	Cornerstone Church Celebrate Recovery 4351 Big Horn Avenue Sheridan, WY (307) 672-8126
Gillette Area Resources		
Volunteers of America 1299 Raymond St Gillette, WY 82718 307-682-8505	Campbell County Memorial Health Behavioral Health Services 501 S Burma Ave Gillette, WY 82718 307-688-5000 www.ccmh.net	Clear Creek Counseling 801 E 4 th St, Suite 14D Gillette, WY 82718 307-686-9422

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