

Federal Drug-Free Schools and Campuses Regulations [Edgar Part 86]

Annual Notification – Fall 2018

Alcohol and Drug Policies

LLCC is committed to promoting the health and safety of its campus community through a program of alcohol education and the implementation of relevant policies. The college enforces all local laws regarding the possession, use and sale of alcoholic beverages, including those prohibiting the consumption of alcoholic beverages by persons under the age of 21 on campus and at college-sponsored activities.

LLCC is in compliance with the federal Drug-Free Schools and Communities Act of 1989. Each year, LLCC renews its commitment to the letter and spirit of that law with an information letter to students and employees. The college does not condone violations of laws proscribing possession; use or sale of alcoholic beverages; and possession, use, sale, manufacture or distribution of illegal drugs. Members of the LLCC community should know that violation of the laws concerning illegal drugs may lead to disciplinary action, which may include revocation of privileges or suspension or expulsion from the college in order to protect the interests of the college and the rights and safety of others. LLCC's Alcohol, Tobacco and Other Drugs Policy as well as LLCC's Student Conduct Policy, which specify the prohibitions of and the penalties for violations, are available in the Student Planner and College Catalog. The Student Planners are available in the Student Life Office, and the College Catalog and LLCC Board Policy are available online at www.llcc.edu.

The possession or use of illegal substances or the unauthorized possession or use of alcoholic beverages at the college or at any college-sponsored activity is prohibited. Failure to comply with standards of student conduct will result in

disciplinary action which may include, but is not limited to, permanent expulsion from the college and a referral made for prosecution

Alcohol, Tobacco and Other Drugs Policy (1.11)

Pursuant to the Smoke Free Campus Act (110 ILCS 64), smoking and the use of tobacco products as defined by the Act is prohibited on any College owned or operated property. Smoking and the use of tobacco products as defined by the Act is only permissible in a personal vehicle. All smoking material must be extinguished and disposed of inside the vehicle.

The unlawful manufacture, distribution, dispensation, possession or use of a controlled substance is prohibited in and on College owned or controlled property. The use or possession of alcohol while on College owned or controlled property is prohibited, except in relation to LLCC functions, LLCC Foundation functions, or other special functions as authorized by the president.

Involvement in the unauthorized possession and/or use, distribution, and/or sale of illegal drugs or alcohol or the inappropriate use of tobacco products on LLCC property or at LLCC functions shall result in disciplinary action up to and including expulsion/termination and referral for prosecution.

Health risks associated with use and/or abuse of alcohol and other drugs

Substance abuse not only affects the user, but often directly affects family, friends, school and work relationships. Often times, abusers will have health and/or legal problems, and conflicts at home, work or school. Abusers will also have a higher probability of accidents. An abuser may be the major cause in domestic violence, along with sexual and child abuse in the family. Their behavioral habits affect loved ones' safety and quality of life. School or work situations can be unpleasant or even dangerous. Substance abuse endangers one's mind and body and the results can lead to permanent damage. Overall, substance abuse can cause impaired vision, slower reaction time, lessened concentration, poor judgment and coordination. It is a known fact that substance abuse ruins not only the abuser, but also those around them.

Alcohol

Alcohol is the most commonly abused depressant drug. Absorbed directly into the bloodstream, alcohol affects every part of the body. The drinking of alcohol produces many behavioral changes in the user. Consuming even small amounts impairs judgment, reflexes and coordination. Moderate consumption causes impairment of higher mental functions such as loss of concentration and slurred speech. It may also cause the user to become physically ill. Very high levels of consumption will cause unconsciousness, respiratory depression and may lead to death. When alcohol is combined with other drugs, only small amounts are needed to produce any of the previously mentioned effects. Repeated use of alcohol can lead to dependence or addiction. Sudden cessation of alcohol use can produce withdrawal symptoms, including anxiety, tremors, hallucinations and seizures. The sudden withdrawal from alcohol can cause life-threatening situations. Prolonged or chronic use of alcohol leads to permanent damage of the brain and liver.

Cocaine and crack

Cocaine stimulates the central nervous system. It has immediate effects on the body including dilating the pupils and raising blood pressure, respiratory and heart rate and temperature. In some cases the user will have a runny nose. Chronic use may lead to ulcerations of the mucous lining to the nose. Tolerance to cocaine develops quickly and produces psychological and physical addiction. Crack or freebase rock is extremely addictive and users feel the effects within seconds. The effects are similar to cocaine, but also include insomnia, decrease in appetite, tactile hallucinations, paranoia and seizures. Cocaine or crack if used in large amounts can be fatal, causing sudden death by respiratory or cardiac arrest.

Inhalants

Types of inhalants include nitrous oxide (laughing gas), amyl nitrate (poppers), butyl nitrate (rush), chlorohydrocarbons (aerosol spray) and hydrocarbons (solvent). The initial effects of inhalants are negative. Any of them can cause

nausea, coughing, sneezing, nosebleed, lack of coordination, loss of appetite and fatigue. Aerosol and solvents cause decrease in heart and respiratory rate and impair judgement. Amyl and butyl nitrate increase heart rate, produce headaches and involuntary loss of bladder and bowel control. Prolonged usage may result in brain damage or hepatitis, a disease of the liver. The use of large amounts or deeply inhaling vapors several times in a short time period may cause disorientation, aggressive or violent behavior, unconsciousness and even death. High concentrations can cause suffocation. Chronic use may produce muscle ache or weakness, electrolyte imbalance, weight loss and general fatigue. Long-term effects of sniffing vapors may be permanently damaging to the brain and nervous system.

Narcotics

Demerol, darvon, codeine, morphine, heroin, methadone and opiates are some examples of narcotics. A feeling of euphoria is initially produced by narcotics, followed by drowsiness, nausea and possibly vomiting. Constricted pupils, watery eyes and itching are symptoms experienced by users. Overdose may produce slow, shallow breathing, clammy skin, seizures, coma and death. Users develop a tolerance rapidly and dependence is likely. Sharing contaminated needles and syringes may cause hepatitis and/or endocarditis and lead to HIV infections and AIDS.

Cannabis

Some types of cannabis include marijuana, THC and hashish. All forms of cannabis have negative physical and mental effects on users. Extremely rapid heart rate, bloodshot eyes, dry mouth and throat, and increased appetite are regularly observed physical effects. The use of cannabis may alter sense of time, reduce comprehension and short-term memory, decrease the ability to perform tasks requiring concentration and coordination. Marijuana can also cause paranoia and psychosis. Research shows that “high” students do not retain knowledge as well. The long-term effects of using cannabis may be

psychological dependence and the user will require more of the drug to achieve the desired effect.

Stimulants

Types of stimulant drugs include amphetamines and methamphetamines. The effects of stimulants are heart and respiratory rate increase, elevated blood pressure, dilated pupils and decrease in appetite. Other symptoms that may be present include sweating, headache, blurred vision, dizziness, sleeplessness and anxiety. Further symptoms may develop with high levels of stimulants. These include extremely rapid or irregular heart rate, tremors, lack of coordination and possible physical collapse. If injected, amphetamines will cause a sudden rise in blood pressure that may result in high fever, stroke or heart failure. Other physical effects reported by users are feelings of restlessness, anxiety and being moody. If amphetamines are used in large amounts for long periods, the user may develop hallucinations, delusions or paranoia.

Depressants

Included in this category are barbiturates, methaqualone and tranquilizers. Depressants in many ways have similar effects on the body as alcohol. In small doses the user will feel calm and relaxed. If a moderate amount is taken, perception will be altered, speech will slur and the user will/may have a staggered walk. An overdose can cause respiratory depression, unconsciousness and death. When combined with alcohol the effects of depressants are compounded, and the risk factor is greater. Depressants are both physically and psychologically addicting. When used regularly, a tolerance is built up thereby leading to more frequent use and larger quantities.

Hallucinogens

Hallucinogens include PCP, LSD, mescaline and peyote. Phencyclidine (PCP) interrupts the function of the section of the brain that controls intellect and instincts. Pain receptors are blocked because of PCP effects and the user will inflict injury to themselves. Body movements are slowed, muscle coordination

is decreased and all senses are dulled. The ability to speak is decreased if not blocked completely. Chronic users report permanent memory and speech problems, lasting from six months to a year following use of the drug. Mood disorders, depression, anxiety, paranoia, violent behavior and hallucinations will occur. Large amounts may produce seizures, respiratory or cardiac arrest, coma and death. Lysergic acid (LSD) and mescaline cause hallucinations. Effects on the body are dilated pupils, elevated temperature, increased heart rate and blood pressure, decreased appetite, insomnia and tremors. Sensation and feelings can make rapid changes. Confusion, suspicion, anxiety, panic or loss of control can happen at any time. These episodes, known as “flashbacks” occur for long periods even after use of the drug has ceased.

Anabolic steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone, testosterone. When used in combination with a muscle building program and diet, these steroids contribute to increased body weight and strength. There are multiple side effects from their use ranging from acne to some types of cancer and include a wide variety of physical and psychological problems. In male users the drug can cause withered testicles, impotence or sterility. In females, irreversible masculine traits can develop such as breast reduction and sterility. Either sex may develop aggressive behavior and/or depression. Some of these symptoms will surface early in steroid use. While others may not appear until later such as heart attack and stroke. Signs of steroid use include rapid weight and mass gain. Behavioral changes, jaundice (yellow appearing skin), red or purple spots on the body, unexplained darkening of the skin, trembling, swelling of the legs or feet and persistent unpleasant breath odor.

Determining who is at risk

The following are a few signs and symptoms possible with alcohol and other drug involvement:

- Change in school or work attendance or performance
- Alteration of personal appearance
- Mood swings or attitude changes
- Withdrawal from family and personal contacts
- Association with alcohol and other drug using peers
- Unusual patterns of behavior
- Defensive attitude concerning alcohol and other drugs
- Ask yourself, do you
- Drink or take drugs in order to face problems?
- Spend money on alcohol or drugs that should be used for food, housing or other necessities?
- Drink or take drugs in the morning to start your day?
- Not meet home or work responsibilities as a result of drinking or taking drugs?
- Notice personality changes when drinking or taking drugs?
- Frequently get drunk or take drugs?
- Have accidents and/or problems with law enforcement or the legal system as a result of drinking or taking drugs?
- Break promises to drink less or not at all or to reduce frequency or amount of drug usage?
- Experience withdrawal symptoms as a result of not drinking or taking drugs?
- Think about drinking or taking drugs and plan your next episode?
- Hide alcohol or other drugs at home or work?
- Have blackouts, not being able to remember what happened while drinking or taking drugs?
- When drinking or taking drugs, do you check to see if you will have enough to get through the day or week?

Drug and Alcohol Use: State Laws

In Illinois, it is against the law to sell or deliver alcohol to anyone under 21, or to any intoxicated person [235 ILCS 5/6-16]. Violations can result in fines of up to \$1,000 and one year in jail. It is also illegal for a person under 21 to present false identification in an attempt to purchase alcohol. On-campus violations are strictly enforced by the LLCC Police, and additional penalties may be imposed:

- The secretary of state is authorized to suspend or revoke without a hearing the driver's license or instruction permit of a person under 21 who has purchased or attempted to purchase alcohol from a duly licensed establishment or who has consumed alcohol on licensed premises.
- Local liquor commissioners have the duty to report to the secretary of state any conviction for a violation of the Liquor Control Act, or a similar provision of a local ordinance, prohibiting a person under 21 from purchasing, accepting, possessing, or consuming alcohol and prohibiting the transfer or alteration of identification cards, the use of the identification card of another or a false or forged identification card, or the use of false information to obtain an identification card.
- The secretary of state is authorized to suspend or revoke the driver's license or learner's permit of any person convicted of violating any of the prohibitions list above or similar provisions of local ordinances. Substantial penalties exist in Illinois for the operation of a motor vehicle by a driver with a blood or breath alcohol concentration of .08 or greater. Arrests are also possible at lower alcohol levels if driving is impaired. The first offense can result in a \$1,000 fine, incarceration for up to one year, and suspension or revocation of the offender's driver's license. Subsequent offenses entail penalties of significantly greater severity. Transporting open alcohol containers in a motor vehicle is also punishable under Illinois law.
- Possession and delivery of illicit drugs are prohibited in Illinois through the Cannabis Control Act [740 ILCS 40/0.01 et seq.] and the Controlled Substances Act [720 ILCS 570/100 et seq. and 720 ILCS 570/401 et seq.]. Penalties vary with the amount of the drug confiscated; the type of drug found; the number of previous offenses by the individual; and whether the individual intended to manufacture, sell, or use the drug. A first-time conviction of possession of a controlled substance can result in a one- to three-

year prison sentence, plus a fine of up to \$15,000. More severe penalties may be imposed for conviction of class 2, 3, or 4 felonies involving manufacture or deliver to a minor. Vehicles used with knowledge of the owner in the commission of any offense prohibited by the Cannabis Control Act or Controlled Substances Act can be seized by the government, and all ownership rights are forfeited.

Drug and Alcohol Use: Federal Laws

Under federal sentencing guidelines, federal courts can sentence simple-possession first offenders to one year in prison and a \$100,000 fine. Penalties for subsequent convictions are significantly greater [21 U.S.C. 844(a)]. A sentence of life imprisonment can result from a conviction for possession of a controlled substance that results in death or bodily injury. Possession of more than five grams of cocaine can trigger an intent-to-distribute penalty of 10 to 16 years in prison [U.S.S.G.S 2D2.1(b)(1)].

Prevention and Education

Through the Office of Advising, Counseling, and Career Services; Compliance and Prevention; Student Life Office; LLCC Police Department; and other departments and offices, a variety of individual and community educational programs and interventions designed to prevent and reduce alcohol and other drug use/abuse are offered to the LLCC Community. As mandated by the Drug-Free Schools and Campuses Act, LLCC's drug and alcohol policies are distributed and made available to all students, staff, and faculty on an annual basis and during every even year, a biennial review of the comprehensive alcohol and other drug program is conducted. For more information concerning current program, interventions, and policies, contact Shelby Bedford, Compliance and Prevention Coordinator, at Shelby.Bedford@llcc.edu or 217.786.4682.

Tips to Avoid Dangerous Drinking:

- Have no more than one drink per hour.
- Eat before you drink.
- Alternate alcoholic drinks with non-alcoholic drinks, preferably water.
- Watch and cover your drink at all times.
- Never leave your drink unattended.
- Do not drink and drive.

Available Resources and Support

Abuse of alcohol and drugs can have a dramatic impact on professional, academic, and family life. LLCC, therefore, encourages members of the community who may be experiencing difficulty with drugs or alcohol to attend programs or to contact one of the following resources:

- LLCC Advising, Counseling and Career Services Office 217-786-2224
- National Cocaine Hotline 1-800-262-2463
- Alcohol Abuse 24-Hour Hotline 1-800-444-9999
- Triangle Center, Springfield 217-544-9858
- Memorial Counseling Associates 217-788-4065
- Illinois Institute for Addiction Recovery 217-726-6611
- Gateway Foundation 1-877-505-HOPE (4673)