

Drug and Alcohol Abuse Prevention Program

DEFINITIONS

Controlled Substances: Drugs and other substances controlled or regulatory by state or federal laws because of the potential for abuse.

Under the Influence: Presence of illegal drugs and/or alcohol in the body.

Illegal Drugs: Includes controlled substances which are not legally obtained and any drugs including prescriptions or over the counter medications that are used in a manner over than prescribed.

CoxHealth Systems premises: Includes the College campus as well as all buildings, grounds, and facilities operated by and affiliated with Cox-Health Systems.

STATEMENT OF POLICY

Lester L. Cox College of Nursing and Health Sciences is an affiliate of Cox Health Systems, and it is the objective of both CoxHealth Systems and Cox College to maintain a drug-free environment for both students and employees. A copy of the Cox-Health System's policy on drug and alcohol in the workplace is available to all students upon request.

The unlawful possession, use, or distribution of a controlled substance is prohibited on all property of Cox College or CoxHealth Systems. The possession, use, or distribution of alcohol is prohibited on Cox College premises or any premises of Cox-Health Systems. The transfer, sale, or use of alcohol or illegal drugs while on Cox Health Systems premises could result not only in disciplinary action against the individual(s) involved, but also may result in legal prosecution.

Lester L. Cox College of Nursing and Health Sciences accepts only a high standard of professional integrity. Students are expected to remain drug free and in a suitable physical and mental condition for the learning

environment.

Drug screening will be performed on all students who are enrolled in nursing or other educational programs affiliated with CoxHealth Systems. Any students suspected of being under the influence while enrolled at Cox College will be removed from the College environment, and an evaluation will be done, which may include drug testing.

Pre-enrollment drug testing:

Directions for drug screening will be sent to all students who will be matriculating into nursing or health sciences programs of the College or any educational program affiliated with CoxHealth Systems. After notification, the student has 48 hours to report with a picture ID for drug testing. Individuals who are unwilling or unable to complete the screening in this time frame will be ineligible for matriculation based upon failure to complete the screening. All test results are forwarded to the President of Cox College who notifies the student of positive test results. If a positive screen is received, the offer for matriculation is withdrawn, and the policy for positive testing is implemented. The student may request a review of the findings. Individuals who test positive and request a retest can, at their own expense, have the specimen sent to any NIDA-certified lab of their choice. A retest is performed on the same specimen. Students may be asked to provide a medical evaluation by a licensed physician based on the findings of the drug screening.



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DESCRIPTION OF SERVICES

Drug-Free Awareness Program

As part of an ongoing educational effort to eliminate drug and alcohol use by students, Cox College's Drug-Free Awareness Program includes information about the dangers of alcohol and drug abuse, the effects on school and job performance, and interventive techniques. This program also includes the availability of treatment and counseling for students who voluntarily seek assistance and integrating the student back into the workplace/classroom.

Student Health Services

Cox College's student health services program is a referral service coordinated by the Dean of Student Services. Students can consult with faculty and instructors, the Academic Dean, the Dean of Student Services, staff within the Student Success Services Center, the counselor, and other College personnel. The College employs a counselor on a part-time basis, who is available to students at no cost. College personnel are able to refer students to the

to the appropriate community services available for counseling and treatment. Information on alcohol and substance abuse can be found in the Student Success Services Center. Each student at Cox College may see the College Counselor for a total of six one-hour visits, free of charge. After that time, the Counselor will refer the student to an appropriate agency such as the Murney Clinic. The Murney Clinic operates on a sliding-fee scale which enables the Clinic to be affordable for most College students.

LOCAL LEGAL SANCTIONS

Local Sanctions

Springfield City Code prohibits the following acts:

Alcohol Offenses:

- a) *Possession by minors* under 21 years of age of any beer, wine, or intoxication liquor (G.O. No. 1199, Section 1)
- b) *Open containers of Alcoholic Beverages in Motor Vehicles* within the passenger compartment of any motor vehicle which is being operated upon a public way. (G.O. No. 3951, Sections 1 & 2)
- c) *Possession, sale, or consumption of alcoholic beverages in certain public places.* No person shall

sell, give away, purchase, or dispense any intoxicating liquors on public streets or alleyways, nor may any person possess or consume any alcoholic beverage in any city park. No person shall sell, purchase, dispense, or possess any alcoholic beverages on school property, shopping mall, or in Spring Park. (G.O. No. 2892, Section 1)

- d) *Consumption or possession of alcoholic beverages.* No person may possess or consume any alcoholic beverage on any business premise except those licensed by the city to sell alcoholic beverages. (G.O. No. 2879, Section 1)

e) *Driving while intoxicated.*

- f) *Simulated drugs or simulated controlled substances.* No person may sell, offer to sell, deliver, or give away any product which is identified in any way as, but is not a controlled substance or which claims to simulate the effects of a controlled substance. (G.O. No. 3259, Section 1)

Description of health risks on the back page was obtained from *What Works: Schools Without Drugs. U.S. Dept. of Education, 1989.*

STATE LEGAL SANCTIONS

Missouri Statutes prohibits the following acts:

Alcohol Offenses

- a) *Purchase or possession by a minor.* Any person under 21 years of age who purchases, attempts to purchase, or possesses any intoxicating liquor is guilty of a misdemeanor. R.S.Mo. Section 311.325 (1986)
- This offense is punishable by a fine of not less than \$50.00 or more than \$1000.00, or by imprisonment in the county jail for up to 1 year, or by both jail sentence and fine.* R.S.Mo. Section 311.880 (1986)

Any person under 21 years of age who is convicted of any local or state offense involving the use or possessions of alcohol will be required to complete an approved alcohol-related education program. R.S.Mo. Section 577.525 (1990)

Any person under 21 years of age who is convicted of any offense involving the possession or use of alcohol, committed while operating a motor vehicle, or any alcohol-related traffic offense, or upon a second conviction of any offense involving the possession or use of alcohol may be punished as follows: 1st offense: 90-Day Suspension; 2nd Offense and thereafter: loss of his/her driver's license for 1 year. R.S.Mo. Section 577.500 (1990)

Illicit Drug Offenses

- a) *Possession of a controlled substance.* It is unlawful for any person to possess or have control of a controlled substance. R.S. Mo. Section 195.202 (1990 Supplement)

Any person who violates this section with respect to any controlled substance except 35 grams or less of marijuana is guilty of a Class C felony, punishable by imprisonment for up to 7 years, a fine of up to \$5,000.00, or double the amount of the offender's gain from the crime up to \$20,000, or both imprisonment or fine. R.S.Mo. Sections 560.011 and 558.011 (1986)

Any person who violates this section with respect to not more than 35 grams of marijuana is guilty of a Class A misdemeanor, punishable by imprisonment and fine. R.S. Mo. Sections 560.016 and 558.011 (1986)

Any person under 21 years of age who is convicted of any local or state law involving the possession or use of a controlled substance will have his driver's license suspended for 90 days on the 1st offense and for 1 year on offenses thereafter. R.S.Mo. 577.508 (1990 Supplement)

- b) *Distribution, delivery, manufacture, or production of a controlled substance.* It is illegal for any person to distribute, deliver, manufacture, produce, or attempt to distribute, deliver, manufacture, or produce a controlled substance. R.S.Mo. Section 195

(1990 Supplement)

Violation of this section with respect to 5 grams or less of marijuana is a Class B felony, punishable by imprisonment for not less than 5 years and not more than 15 years. R.S.Mo. Section 560.011 (1986)

- c) *Unlawful distribution to a minor.* It is illegal to distribute or deliver any controlled substance to a person younger than 17 years of age, who is also two years younger than the person so delivering. R.S. Mo. Section 195.212 (1990 Supplement)

Violation of this law is a Class B felony, punishable by a term of imprisonment of not less than 5 years or more than 15 years. Violation with larger amounts may be a Class A felony, punishable by imprisonment for a term of 10 to 30 years or life. R.S.Mo. Section 195.223 (1990 Supplement); R.S.Mo. Section 558.011 (1986)

- d) *Distribution of a controlled substance near schools.* It is illegal to distribute or deliver any controlled substance to a person in or on, or within 2,000 feet of property comprising a public or private elementary or secondary school, public vocational school, or a public or private junior college, college, or university. R.S.Mo. Section 195.214 (1990)

Distribution of a controlled substance near schools is a Class A felony, punishable by imprisonment for a term of not less than

elementary or secondary school, public vocational school, or a public or private junior college, college, or university. R.S.Mo. Section 195.214 (1990)

Distribution of a controlled substance near schools is a Class A felony, punishable by imprisonment for a term of not less than 10 years and not exceeding 30 years, or life imprisonment. R.S.Mo. Section 558.011

- e) *Trafficking Drugs.* A person commits the crime of trafficking drugs in the 1st degree if he/she distributes, delivers, manufactures, produces, or attempts to distribute, deliver, manufacture, or produce:

- More than 30 grams of a substance containing heroin
- More than 150 grams of a substance containing coca leaves
- More than 2 grams of a substance which contains a cocaine base
- More than 500 milligrams of a substance containing LSD
- More than 30 grams of a substance containing Phencyclidine (PCP)
- More than 30 kilograms of a substance containing marijuana
- More than 150 grams of any illegal stimulants

R.S.Mo. Section 195.222 (1991 Supplement)

STATE SANCTIONS, CONT'D.

Violation of Section 195.222 is a Class A felony, punishable by a term of imprisonment for up to life without the possibility of probation or parole. R.S.Mo. Section 195.222 (1990 Supplement); 558.011 (1986)

A person commits the crime of trafficking drugs in the second degree if he possesses or has under his control, purchases or attempts to purchase, or brings into this state:

- More than 30 grams of a substance containing heroin
- More than 150 grams of a substance

containing coca leaves

- More than 2 grams of a substance which contains a cocaine base
- More than 500 milligrams of a substance containing LSD
- More than 30 grams of a substance containing Phencyclidine (PCP)
- More than 30 kilograms of a substance containing marijuana
- More than 150 grams of any illegal stimulants

Program Review

The College will conduct a biennial review of the program to determine its effectiveness, make changes whenever necessary, and ensure that it is consistently followed.



THE USE OF COCAINE CAN CAUSE DEATH BY CARDIAC ARREST OR RESPIRATORY FAILURE.

Alcohol and Drug-Free Environment and Policy

Students of the College are subject to the Drug-Free Schools policy. Students suspected of being under the influence will be removed from the College environment, placed on temporary suspension, and an evaluation will be done, which may include drug testing. Reasonable suspicion may be drawn from observable phenomena, abnormal conduct, and reports, information, or evidence.

Copies of this policy will be given to students during College orientation, available in the Student Success Services Center, and posted on the College Web site.

FEDERAL LEGAL SANCTIONS

The United States Code prohibits the following acts:

Illicit Drug Offenses

a) *Simple Possession.* It is illegal for any person to knowingly or intentionally possess a controlled substance, unless such substance was obtained directly or pursuant to a valid prescription or order from a licensed health care giver. 21 U.S.C. Section 844

Violations of this section are punishable by imprisonment for up to 1 year, a minimum fine of \$5,000.00, or both. After a prior conviction(s), the sentence shall be a term of imprisonment of not more than 2 years, a fine of not more than \$10,000.00, or both.

Civil penalties up to \$10,000.00 per

violation may be assessed against any individual who knowingly possesses a controlled substance as listed in Section 401 (B) (1) (A) of the Controlled Substance Act, where the amount in possession is determined to be a personal use amount. 21 U.S.C. Section 844

Where a person at least 18 years of age distributes controlled substance to any person under 21 years of age, or where a person possesses with the intent to distribute, intent to distribute, or manufactures a controlled substance in, on, or within 1000 feet of a playground, youth center, public swimming pool, or video arcade facility, the punishment shall be a term of imprisonment of twice the amount of time and a fine of twice

the amount above provided. 21 U.S.C. Section 845.845a

Any person convicted of a drug offense under these federal laws shall forfeit to the government any property derived from or obtained directly or indirectly as a result of the violation. 21 U.S.C. Section 852.

Any person who is convicted of any federal or state offense consisting of the distribution of controlled substances may be ineligible for any and all federal benefits for a minimum of 1 year. 21 U.S.C. Section 853a



LIVE FREE...
DRUG FREE.

OFF-CAMPUS COMMUNITY SERVICES

Off-campus community counseling and treatment services are available from the following organizations:

- Burrell Center: 1300 Bradford Parkway, Springfield, MO; 269-5400. 24-hour Crisis Service: 862-6555
- Carol Jones Recovery Center for Women: 2411 West Catalpa, Springfield, MO; 862-3455
- Cox-North Center for Addictions: 1423 North Jefferson, Springfield, MO; 269-2273
- MSU (Counseling and Testing Center): 901 South National, Springfield, MO; 836-5116
Murney Clinic: 1322 South Campbell, Springfield, MO; 865-8943
- Ozarks Counseling Center: 1515 E. Battlefield, Suite A, Springfield, MO; 869-9011
- St. John's Regional Health Center (Marian Center): 1235 East Cherokee, Springfield, MO; 885-3088
- Sigma House: 800 South Park Ave., Springfield, MO; 862-3339

Treatment fees may be covered by insurance, sliding-scale fees, pre-determined fees, self-pay, or free of charge. Please contact the individual agency to discuss payment policies and options.

For more information on this or other policies, please contact:

Lester L. Cox
College of Nursing and Health Sciences

Student Success
Services Center

1423 N. Jefferson
Springfield, MO 65802

417-269-3225
studentservices@coxcollege.edu

Penalties for Violations

Violations of the foregoing standards and policies listed in this brochure can result in disciplinary action up to and including discharge for employees and dismissal for students and referral for prosecution. Violations of these standards by students will be considered a violation of the Student Conduct Code and may result in dismissal, probation/suspension or imposition of a lesser sanction. Sanctions may also include referrals for appropriate rehabilitation.

HEALTH RISKS

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouses and child abuse. Moderate to high doses of alcohol causes marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawals can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk of becoming alcoholics.

Cannabis

All forms of cannabis have negative physical and mental effects. Several regularly observed physical effects of cannabis are a substantial increase in the heart rate, bloodshot eyes, a dry mouth, and increased appetite.

Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis.

Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the

hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

Inhalants

The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgment. Amy and butyl nitrate causes rapid pulse, headaches, and involuntary passing of urine or feces. Long-term use may result in hepatitis or brain damage.

Deeply inhaling the vapors or using large amounts over a short period of time may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops.

Long-term use can cause weight

loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeatedly sniffing the concentrated vapors over time can permanently damage the nervous system.

Cocaine

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases.

Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Cocaine can produce psychological and physical dependency, which causes users to feel that they cannot function without the drug. Additionally, a tolerance to the drug develops quickly.

Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures.

HEALTH RISKS AND DANGERS OF DRUG USAGE

Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure.

In addition to the physical effects, users report feelings of restlessness, anxiety, and moodiness. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. The symptoms usually disappear when drug use ceases.

Depressants

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of drugs, thereby increasing the risks.

The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging

from restlessness, insomnia, and anxiety to convulsions and death.

Babies born to mothers who abuse depressants during pregnancy may be physically dependent on drugs and show withdrawal symptoms shortly after they are born. Birth defects and behavioral problems may also result.

Hallucinogens

Phencyclidine (PCP) interrupts the functions of the neurocortex, the section of the brain that controls intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries.

The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movements are slowed down. Muscular coordination worsens, and senses are dulled. Speech is blocked and incoherent.

Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last six months to a year following prolonged daily use. Mood disorders, depression, anxiety, and violent behavior may also occur. In later stages or chronic use, users often exhibit paranoia and violent behavior and may experience hallucinations. Large doses may produce convulsions and coma, as well as heart and lung failure.

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors.

Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety,

and loss of control. Delayed effects and/or flashbacks can occur even after use has ceased.

Narcotics

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possibly death. Tolerance to narcotics develops rapidly, and dependence is likely. The use of contaminated syringes may result in diseases such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

Designer Drugs

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate.

Many of the so-called designer drugs are related to amphetamines and have mild stimulant properties but are mostly euphoricants. They can produce severe neurochemical damage to the brain. The narcotic analogs can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.