



# **Southwestern Community** **College District**

## **Drug Abuse and Alcohol** **Prevention Program (DAAPP)**

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The Drug Free Schools and Campuses Regulations (34 CFR Part 86) of the Drug-Free Schools and Communities Act (DFSCA) require an Institution of Higher Education (IHE) such as Southwestern Community College District (SDCCD), to certify that it has implemented programs to prevent the abuse of alcohol and use, and /or distribution of illicit drugs both by SDCCD students and employees either on its premises and as a part of any of its activities. At a minimum, an IHE must annually distribute the following in writing to all students and employees:

- I. Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
- II. A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol;
- III. A description of the health risks associated with the use of illicit drugs and alcohol abuse;
- IV. A description of any drug or alcohol counseling, treatment, or rehabilitation or reentry programs that are available to employees or students; and
- V. A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct or law.

#### **I. Standards of Conduct**

##### **A. Employees**

Southwestern College, in compliance with the Drug-Free Workplace Act (41 U.S.C. 701) and the Drug Free Schools and Communities Act (20 U.S.C. 1145g), adopted a Governing Board policy and procedure 3550 entitled, "Drug –Free Environment and Drug Prevention Program"

According to this procedure, the unlawful manufacture, distribution, dispensation, possession or use of a controlled substance or alcohol on property owned or controlled by the College or as part of any College sponsored program off campus is prohibited, except as noted within the policy. Sanctions for violating this policy are outlined in Administrative procedure 3550 Drug –Free Environment and Drug Prevention Program.

The full version of the current Governing Board Policy and Procedure can be found at: <http://swccd.edu/index.aspx?page=955>

## B. Students

Students attending Southwestern College are held responsible to our Standards of Student Conduct. In addition to local, state and federal laws, Governing Board Administrative Procedure 5500- Standards of Student Conduct prohibits:

### Illegal or Unauthorized Possession/Use of Alcohol and Drugs

This includes the unauthorized use, possession, manufacturing or distribution of illegal drugs, controlled substances, look-alike drugs, narcotics or alcoholic beverages or being under the influence of the same. Prohibited conduct includes the use of a prescription drug if the prescription was not issued to the student and sniffing toxic vapors.

Sanctions for violating this standard of conduct are outlined in Disciplinary Action - Step VI. below.

A full version of Administrative procedure 5500 –Standards of Student Conduct - can be found at <http://swccd.edu/modules/showdocument.aspx?documentid=4938>

## II. Legal Sanctions

The Southwestern College Police Department enforces all federal and state laws and local ordinances.

### A. Federal

Federal law provides criminal and civil penalties for unlawful possession or distribution of a controlled substance. Under the Controlled Substance Act, as well as other related federal laws, the penalties for controlled substance violations include but are not limited to: incarceration, fines, potential for the forfeiture of property used in possession or to facilitate possession of a controlled substance (which may include homes, vehicles, boats, aircrafts and any other personal or real property), ineligibility to possess a firearm, and potential ineligibility to receive federal educational benefits (such as student loans and grants). 21 U.S.C. Section 812 U.S Code

### B. State

The State of California has numerous laws regulating the possession and use of controlled substances and alcohol. As an example, under current California state law,

“a person shall not knowingly or intentionally possess or distribute a controlled substance.” If an individual is found guilty of a violation of the state law, they may be subject to large fines and imprisonment. California Health and Safety Code Section 11350-11356.5

A minor (defined as a person under the age of 21) may not “purchase or attempt to purchase alcoholic liquor, consume or attempt to consume alcoholic liquor, possess or attempt to possess alcoholic liquor, or have any bodily alcohol content.” Violations of the law may subject the individual to fines, participation in a substance abuse program, imprisonment, community service hours, and/or out of pocket expenses related to required substance abuse screenings. Business and Professions Code 25662 BP / Vehicle Code 13202.5 VC

The State of California laws can be found at  
<http://leginfo.legislature.ca.gov/faces/codes.xhtml>

### C. Local

The City of Chula Vista and City of San Diego ordinances include but are not limited to: consumption in public places, possession and use of alcohol by minors, uncapped liquor in passenger compartments of vehicles, and all substance abuse ordinances. Sanctions could range from a civil infraction with attached fines to probation, rehabilitation, or even imprisonment. A full version of the city ordinances can be found at: <http://leginfo.legislature.ca.gov/faces/codes.xhtml>. Business and Professions Code 25662 BP / Vehicle Code 13202.5 VC

## III. Health Risks

According to the National Institute of Drug Abuse (NIDA), the following are risks associated with drugs and alcohol abuse.<sup>1</sup>

### A. Drug Abuse

The following is a list of the most frequently used drugs and the risks associated with their use.

#### 1. Cannabinoids (marijuana & hashish)

Known risks are “cough, frequent respiratory infections, possible mental health decline, and addiction.”

#### 2. Opioids (heroin & opium)

Known risks are “constipation, endocarditis, hepatitis, HIV, addiction, and fatal overdose.”

3. Stimulants (cocaine, amphetamine & methamphetamine)

Known risks are “weight loss, insomnia, cardiac or cardiovascular complications, stroke, seizures, and addiction.” Specific risks associated with cocaine use include “nasal damage from snorting.” Specific risks associated with methamphetamine use include “severe dental problems.”

1 Information regarding health risks associated with drug abuse was obtained from the National Institute of Drug Abuse (NIDA) website at:  
<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs> (website last visited on 1/21/14.)

4. Depressants (barbiturates, benzodiazepines & sleep medications)

Known risks are lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol.

5. Club Drugs (MDMA-methylene-dioxy-methamph-etamine [also known as:

Ecstasy, Adam, clarity, Eve, lover's speed, peace, uppers]; Flunitrazepam [also known as: Rohypnol: forget-me pill, Mexican Valium, R2, roach, Roche, roofies, roofinol, rope, rophies]; GHB [also known as: Gamma- hydroxybutyrate: G, Georgia home boy, grievous bodily harm, liquid ecstasy, soap, scoop, goop, liquid X])

Known risks are “sleep disturbances, depression, impaired memory, hyperthermia, addiction.” Risks specific to GHB are “unconsciousness, seizures, and coma.”

6. Dissociative Drugs (Ketamine [also known as: Ketalar SV: cat Valium, K, Special K, vitamin K]; PCP and analogs [also known as: Phencyclidine: angel dust, boat, hog, love boat, peace pill]; Salvia divinorum [also known as: Salvia, Shepherdess's Herb, Maria Pastora, magic mint, Sally-D]; Dextrometh- orphan (DXM) [also known as: cough and cold medications: Robotripping, Robo, Triple C]).

Known risks are “anxiety, tremors, numbness, memory loss, and nausea.”

7. Hallucinogens (LSD [also known as: Lysergic acid diethylamide: acid, blotter, cubes, microdot yellow sunshine, blue heaven]; Mescaline [also known as: buttons, cactus, mesc, peyote]; Psilocybin [also known as: Magic mushrooms, purple passion, shrooms, little smoke])

Known risks are “flashbacks and Hallucinogen Persisting Perception Disorder.”

8. Other Compounds (Anabolic steroids [also known as: Anadrol, Oxandrin, Durabolin, Depo-Testosterone, Equipoise: roids, juice, gym candy, pumpers]; Inhalants [also known as: Solvents (paint thinners, gasoline, glues); gases (butane, propane, aerosol propellants, nitrous oxide); nitrites (isoamyl, isobutyl, cyclohexyl): laughing gas, poppers, snappers, whippets])

Known risks for anabolic steroids are “hypertension, blood clotting and cholesterol changes, liver cysts, hostility and aggression, acne, (in adolescents) premature stoppage of growth, (in males) prostate cancer, reduced sperm production, shrunken testicles, breast enlargement, (in females) menstrual irregularities, and development of beard and other masculine characteristics.” For inhalants, the known risks are “cramps, muscle weakness, depression, and memory impairment, damage to cardiovascular and nervous systems, unconsciousness, and sudden death.”

#### B. Prescription Drug Abuse

Commonly abused classes of prescription drugs include opioids (for pain), central nervous system (CNS) depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy). The use of prescription medications by anyone other than the prescribed individual is illegal and dangerous. Known health risks for inappropriate or illegal use include those listed above for these drug categories.

#### C. Nicotine Abuse

Nicotine can be found in cigarettes, cigars, bidis, and smokeless tobacco (snuff, spit tobacco, chew). Known health risks include chronic lung disease, cardiovascular disease, stroke, cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and acute myeloid leukemia; adverse pregnancy outcomes, and addiction.

#### D. Alcohol Abuse

Known health risks include increased risk of injuries, violence, fetal damage (in pregnant women), depression, neurologic deficits, hypertension, liver and heart disease, addiction, and fatal overdose.

“Alcohol affects every organ in the drinker's body and can damage a developing fetus. Intoxication can impair brain function and motor skills; heavy use can increase risk of certain cancers, stroke, and liver disease. Alcoholism or alcohol dependence is a diagnosable disease characterized by a strong craving for alcohol, and/or continued use despite harm or personal injury. Alcohol abuse, which can lead to alcoholism, is a

pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work.”

#### IV. Drug and Alcohol Programs

##### A. Employees

- The College offers an Employee Assistance Program (EAP) which provides confidential and accessible support to any employee who may be seeking counseling, assessment and/or treatment options.
- The EAP is a benefit is paid for by the College and accessible 24 hours a day, seven days a week.

##### **Southwestern College EAP**

###### With Benefits

Optum Behavioral Health  
888-625-4809

###### No Benefits

MHN  
800-977-7594

- Substance abuse needs are also covered by all medical plans offered by Southwestern College. Employees pay only their plan's deductible or co-pay for all treatment services.
- Leaves of Absence. Southwestern College offers leaves covered under the Family and Medical Leave Act and those not covered by the Act. Employees may work with Southwestern College's Human Resources department to request a leave to participate in treatment, and the reason for the leave is maintained confidentially. Leaves may be full leaves, meaning the employee is entirely absent from work, or the employee may take intermittent leave of absence. Leaves are coordinated through and documented by the employee's treatment provider.
- The Southwestern College Counseling and Career Center webpage offers a Free Alcohol Screening tool.

## B. Students:

- An email is sent to all students enrolled in credit courses each semester from the Dean of Students Services Office covering a variety of topics around safety, rights and responsibilities.
- The Southwestern College Personal Wellness Services offers a confidential Free Alcohol Screening tool by appointment.
- Information on Substance abuse services and treatment are distributed each semester during the College's Health Fair attended by a number of community service agencies.
- Through the Southwestern College Personal Wellness Services, students have access to licensed Therapists on campus for confidential screening/consultation, brief interventions and referrals to community agencies. These services are paid for through student health service fees.
- The Personal Wellness Services also offers "Dangerous Additions: Why You Don't Want to Go There" workshops. These workshops are offered twice a semester for the purpose of education, prevention and referral.
- Student athletes are presented with general information during their Orientation about alcohol/drug use, as well as resources if they find themselves struggling with abuse.

## Local Community Resources

The following drug and alcohol related services and resources are available through local agencies:

- Detoxification Services: Detoxification is a service for adults intended to help them manage the physical process of withdrawal from substances more comfortably. The goal is to prepare a person for continued treatment for a substance use or co-occurring disorder.
- Outpatient Services: Individual and/or group-oriented counseling services for individuals, typically on the basis of scheduled appointments of an hour or more at a community agency.
- Residential Treatment Services: Organized system of comprehensive services in a facility setting for individuals with a substance use disorder. A course of



treatment will vary according to need, and the focus is on acquiring the skills and resources needed to transition to ongoing community-based care and recovery.

- Methadone: Counseling, case management and methadone dosing services along with precisely measured doses of methadone to help individuals with longer histories of opiate use. The program helps individuals manage cravings, reduce the risks they might otherwise take (or present to others) and engage in a process of recovery.
- Specialized Treatment Services:
  - Recovery Management: Long-term community-based treatment and recovery coaching for men and women with chronic and unstable substance use disorders, family focused treatment and case management services for women with a substance use disorder who also have responsibility for children.

The following training, programs, resources, counseling, treatment, rehabilitation or reentry programs are available to employees and/or students as described below.

Local Community resources and agencies available to students and employees include, but are not limited to:

#### Crisis Lines

Access & Crisis Line San Diego. County	888- 724-7240	<a href="http://www.up2sd.org">http://www.up2sd.org</a>
Kaiser Crisis Line	800-900-3277	
Tri West Behavioral Health Crisis Line	866-284-3743	
VA Crisis Line	800-273-8255	
National Drug and Alcohol Treatment Referral Center	800-622-2255	
211 San Diego Information & Referral Service	800-227-0997 or 211	<a href="http://www.211sandiego.org">http://www.211sandiego.org</a>

#### Outpatient & Community Based Substance Abuse Services

Alcoholics Anonymous	619-265- 8762	
Narcotics Anonymous	619-584-1007	
ALANON	619-296-2666	
Smart Recovery	858-546-1100	<a href="http://www.smartrecovery.org">http://www.smartrecovery.org</a>

(alternative to AA)	(option 2)	d.org
Practical Recovery (Smart Recovery & collaborative addiction treatment)	1-800-977-6110	<a href="http://www.practicalrecovery.com">http://www.practicalrecovery.com</a>
South Bay Recovery (McAllister Institute)	(619) 691-8164	
MITE South Bay Regional Recovery Center (RRC)	(619) 691-8164	Mon - Thu

### Hospital Based Services

Alvarado Parkway Institute Behavioral Health System	(619) 465-4411	
Sharp Healthcare Chemical Dependency Recovery Services: Sharp McDonald Center	858-637-6920 or 1-800-734-3477	
Sharp Mesa Vista Hospital	858-694-8434 or 1-800-696-6899	
Scripps Healthcare	1-800-382-4357	<a href="mailto:treatment.program@scrippshealth.org">treatment.program@scrippshealth.org</a> .
UCSD Health System Bridge to Recovery	(619) 542-4166	
Veteran Administration Services VA Health Care System (La Jolla)	(800) 331-8387	
Veteran Administration Mission Valley Outpatient Clinic	800-331-8387	
Veteran Administration (VA) Health Resource Center	(877) 222- 8387	<a href="http://www.va.gov">www.va.gov</a>

### V. Consequences for Violations

Violation of this prohibition will result in the College District taking appropriate action and imposing applicable legal sanctions under local, State, or Federal law for unlawful possession or distribution of illicit drugs and alcohol, up to and including termination of employment for employees, expulsion and/or other discipline of students, loss of and ineligibility for financial aid for students, and referral to federal, state, local and/or campus law enforcement for criminal law citation, arrest and/or prosecution of both employees and students, and/or as permitted by law, may require satisfactory participation in programs, including but not limited to an alcohol or drug abuse assistance or rehabilitation program.

Students: The Dean of Student Services or designee handles matters that require disciplinary action at Southwestern College. The concept of progressive discipline will be utilized in all cases, taking into consideration the severity of the incident, the number of times the student has been referred to the conduct system, etc. The following sanctions may be imposed by the College for general misconduct:

1. Verbal warning by a College official of violation and possible consequences if misconduct continues.
2. Written reprimand from an authorized College official.
3. Disciplinary probation – A period of observation and review of conduct during which the student must demonstrate compliance with District policy and procedure. Terms of this probationary period will be determined at the time probation is imposed.
4. Disciplinary suspension – The student has temporary loss of student status for a specified length of time.
5. Expulsion – Act of terminating a student's status and enrollment at Southwestern College. The student may no longer participate in any Southwestern College activity or be on Southwestern College property owned, operated, leased, or maintained for any purpose.
6. Other Sanctions – Other sanctions may be imposed instead of, or in addition to, specific sanctions listed in this section. These may include, but are not limited to: recommendations for counseling, establishment of mandatory behavior conditions/contract-signing stating agreed-upon behavior expectations for continued enrollment or reenrollment; loss of access to college computers and/or network; a specific project designed to assist the student in better understanding the overall impact of his or her behavioral infraction; a contract of terms for restitution of damages/stolen property before enrollment is continued and/or records are released; restricted participation in extra-curricular activities or interscholastic or leadership positions, or community service.
7. Withdrawal Agreement – In certain cases where a student's behavior and continued enrollment may adversely affect his or her well-being, the College and the student may agree to discontinue the student's attendance at Southwestern College for a specified amount of time and agree to conditions for re-enrollment to the College. In such instances, both the designated official and the student will sign a written agreement.
8. Loss of Recognition – Southwestern College student organizations may lose recognition and will be deprived of the use of College resources, the use of the

College's name, and the right to participate in College or campus-sponsored activities. This loss of recognition may be for a specific period of time or for an indefinite period of time until all conditions are met.

## VI. Notification of the DAAPP

### A. Employee Notification

Notification of the information contained in the DAAPP is distributed to all current employees of the college on an annual basis via a staff/faculty email.

A hard copy of the DAAPP is included in each New Employee Welcome Packet. The DAAPP is also available for review online at <https://www.swccd.edu/index.aspx?page>

### B. Student Notification

Notification of the information contained in the DAAPP is distributed to all currently enrolled students each semester via email. Queries are run to ensure all late-starting students also receive a copy of the notification.

The DAAPP is also available for review online. It can be accessed at:

Financial Aid Consumer Information <http://swccd.edu/index.aspx?page=1084>

Health Services & Personal Wellness <http://swccd.edu/index.aspx?page=2882>

Students' Right to Know <http://www.swccd.edu/index.aspx?page=309>

## VII. Oversight Responsibility

The Dean of Student Services and the Director of Human Resources shall serve as the main contacts that will have oversight responsibility of the DAAPP including, but not limited to: updates, coordination of information required in the DAAPP, and coordination of the annual notification to employees and students and the biennial review. The Drug Free Schools and Campus Regulation Task Force has been established to assist with these responsibilities. This team provides a report to the President's Cabinet annually.

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i Significant portions of this document were used/revised with permission from the DAAPP created by Grand Rapids Community College.