

# Drug and Alcohol Abuse Prevention Program

South Dade Technical College (SDTC) is committed to providing a safe and healthy learning environment for all our faculty, staff, and students. Our institution recognizes that the improper use of alcohol and drugs will interfere with the school's mission and vision by negatively affecting the health and safety of our faculty, staff, and students. South Dade Technical College (SDTC) has a vested interest in enforcing rules to prohibit the unlawful use, possession, and distribution of alcohol and drugs.

All faculty, staff, and students are governed by district policy, federal, state, and local laws. They will be held accountable for any illegal use or possession of alcohol and drugs. It is the responsibility of all faculty, staff, and students to be aware of these laws. Employees, students, and campus visitors may not unlawfully manufacture, consume, possess, sell, distribute, transfer or be under the influence of alcohol, drugs, or other controlled substances on school property, while driving a school vehicle or while otherwise engaged in any school activity or business.

Any person taking prescription drugs or over-the-counter medication is personally responsible for ensuring that while taking such drugs or medications, he or she is not a safety risk to themselves and others while on school property, while driving a school or privately owned vehicle on campus, or while otherwise engaged in any school related activity. It is illegal to misuse prescription medication, thru the continued use of the medication when the prescription is no longer valid, using prescribed drugs contrary to the prescription, and giving or selling prescribed drugs to another person.

## Alcohol and Drug Prevention Strategies / Support

South Dade Technical College (SDTC) uses the dissemination of information, group, and individual counseling to discourage and bring awareness to the harmful consequences of alcohol abuse and drug use. Our school guidance counselors and District Office of Employee Assistance staff offer general guidance and referrals to Alcohol/drug abuse community agencies to our faculty, staff, and students with alcohol or other drug-related problems.

These include:

- Providing individual and group education, prevention, and awareness activities.
- Providing individual counseling sessions.
- Providing group peer counseling sessions.
- Creating a health-promoting environment throughout the school.
- Enforcing district policies and local, state, and federal laws to address the dangers of alcohol and drug use.
- Providing early intervention and referral to community agencies for rehabilitation and treatment.

## Health Risks

The abuse of alcohol and use of drugs increases the risk for several health-related and other medical, behavioral and social problems. Below is a general description of the health risks associated with alcohol and drug use.

**ALCOHOL** Can cause short term effects such as loss of concentration and judgment; slowed reflexes; disorientation leading to higher risk of accidents and problem behavior; long term effects include risk of liver and heart damage, malnutrition, cancer and other illnesses; can be highly addictive to some persons.

**AMPHETAMINES** Can cause short term effects such as rushed, careless behavior and pushing beyond your physical capacity, leading to exhaustion; tolerance increases rapidly; long term effects include physical and psychological dependence and withdrawal can result in depression and suicide; continued high doses can cause heart problems, infections, malnutrition and death.

**CANNABIS** Can cause short term effects such as slow reflexes; increase in forgetfulness; alters judgment of space and distance; aggravate pre-existing heart and/or mental health problems; long term health effects include permanent damage to lungs, reproductive organs and brain function; Can interfere with physical, psychological, social development of young users.

**COCAINE** (crack) Can cause short terms effects such as impaired judgment; increased breathing, heart rate, heart palpitations; anxiety, restlessness, hostility, paranoia, confusion; long term effects may include damage to respiratory and immune systems; malnutrition, seizures and loss of brain function; highly addictive.

**DESIGNER DRUGS/SYNTHETIC CANNABINOIDS** (bath salts, K2, spice) Can cause short term effects such as elevated heart rate, blood pressure and chest pain; hallucinations, seizures, violent behavior and paranoia; may lead to lack of appetite, vomiting and tremor; long-term use may result in kidney/liver failure, increased risk of suicide and death.

**HALLUCINOGENS** (PCP, LSD, ecstasy, dextromethorphan) can cause extreme distortions of what's seen and heard; induces sudden changes in behavior, loss of concentration and memory; increases risk of birth defects in user's children; overdose can cause psychosis, convulsions, coma and death. Frequent and long-term use can cause permanent loss of mental function.

**INHALANTS** (nitrous oxide, amyl nitrite, butyl nitrite, chlorohydrocarbons, and hydrocarbons) Can cause short term effects such as nausea, dizziness, fatigue, slurred speech, hallucinations or delusions; may lead to rapid and irregular heart rhythms, heart failure and death; long-term use may result in loss of feeling, hearing and vision; can result in permanent damage to the brain, heart, lungs, liver and kidneys.

**OPIATES/NARCOTICS** (heroin, morphine, opium, codeine, oxycodone, china white) Can cause physical and psychological dependence; overdose can cause coma, convulsions, respiratory arrest and death; long term use leads to malnutrition, infection and hepatitis; sharing needles is a leading cause of the spread of HIV and hepatitis;

**SEDATIVES** Can cause reduced reaction time and confusion; overdose can cause coma, respiratory arrest, convulsions and death; withdrawal can be dangerous; in combination with other controlled substances can quickly cause coma and death; long term use can produce physical and psychological dependence; tolerance can increase rapidly.

**TOBACCO** (cigarettes, cigars, chewing tobacco) can cause diseases of the cardiovascular system, smoking being a major risk factor for a myocardial infarction (heart attack), diseases of the respiratory tract such as Chronic Obstructive Pulmonary Disease (COPD) and emphysema, and cancer, particularly lung cancer and cancers of the larynx and mouth; nicotine is highly addictive.

## **Penalties / Disciplinary Sanctions**

The use, illegal possession and distribution of alcohol and drugs increase the risks for behavioral, social, and legal problems resulting in penalties, disciplinary action, and other legal penalties.

Violations of federal, state, or local laws and school district polices related to the use, illegal possession, and illegal distribution of alcohol and drugs may result in misdemeanor or felony convictions accompanied by the imposition of legal sanctions, which include, but are not limited to, the following:

- Suspension or dismissal from school
- Suspension or termination from employment
- Required attendance at substance abuse education or treatment program
- Fines as determined under local, state, or federal laws
- Loss of driving privileges
- Imprisonment, including up to life imprisonment, for possession or trafficking in drugs
- Forfeiture of personal and real property
- Denial of federal benefits such as student financial aid

## **Procedures for Biennial Review of Drug and Alcohol Abuse Prevention Program**

South Dade Technical College (SDTC) will conduct a biennial review of its Drug and Alcohol Abuse Prevention program in accordance to *668.14 (c) Title 34 Code of Federal Regulations (CFR) Part 86, Subpart B* to ensure compliance with *Title IV of the Higher Education Act (HEA) program*. The school's program must also be in compliance with *School Board of Miami-Dade County Florida Bylaws and Policies* regarding *Drug Free*

*Schools and Work Place.* School Board Bylaws and Policies can be accessed at [www.dadeschools.net](http://www.dadeschools.net).

The biennial review will be assigned and conducted by the assistant principal responsible for the Office of Student Services. This office will review all counselors' logs to determine the number of students requesting assistance with drug or alcohol abuse or related problems. They will also review all teacher student referrals to the administration for violations to the Post-Secondary Code of Student Conduct related to drug or alcohol abuse or related issues.

The school will also participate in the District's Red Ribbon Campaign on drug and alcohol abuse that is held every year. This is a national campaign that is considered a best practice in addressing drug and alcohol abuse. Under the direction of the Activities Director, the school will display posters and materials throughout the school as part of the campaign. Guest speakers will be invited to address students on the dangers of drug and alcohol abuse.

Drug abuse prevention materials and information will be readily available in the Office of Students Services for students to read and take as appropriate. Materials are provided to schools by the District's Office of Student Services that also provides a list of community based organizations and agencies that support the drug and alcohol abuse initiatives of our schools.

A survey will be developed to assess student's and employee's opinion on the effectiveness of the school's drug and alcohol abuse prevention program. Survey's will be analyzed and shared with students and faculty.

Based on the analysis of the survey and recommendations from students, faculty, staff and administrators, revisions and updates to the school's Drug and Alcohol Abuse Prevention program will made.

The assistant principal and his staff will also conduct research to identify and review evidence based intervention programs and publications that can support the school's effort to establish an effective alcohol and drug prevention program. Research and studies provided by the *Substance Abuse and Mental Health Services Administration*, the *National Institute on Drug Abuse*, *The Rand Corporation's Drug Policy Research Center Brief on the Benefits of School-Based Drug Prevention Programs*, and other targeted prevention approaches to select and implement best practices.

Faculty and staff referrals to the Employee Assistance Program (EAP) are confidential and the school cannot determine how many employees were referred and/or submitted self-referrals for assistance. Employees are provided the Faculty and Staff Handbooks that delineates and addresses School Board Policy on drug and alcohol abuse and provides access to the Employee Assistance Program (EAP). Information on the EAP can be accessed at <http://pers.dadeschools.net/eap/Employees.asp>.