



GARRETT COLLEGE PROCEDURE/POLICY ENFORCEMENT

Procedure Title: Drug and Alcohol Procedure/ Policy Enforcement

Procedure #: 2024A

Subject Area: General College Operations

Applicable Policy#: 2024

Related Policies and/or Procedures: *Student Code of Conduct, HR Manual, 2001- Tobacco Policy, 2011- Alcoholic Beverages at Events Held on Garrett College Property, 2022- Amnesty in Emergency Situations, NEW- Heroin and Opioid Prevention and Education*

HISTORY:

-Date drafted: 5/18/2017

Recommended by: Security/Shelley Menear-Federal and State Mandated

-Governance Review:

- Committee: FF&SC Date: 5/18/2017
 - *If multiple committee review, list committees:* [Click here to enter text.](#)
- College Council: Yes N/A Date: 7/12/2017
- Executive Council: Yes N/A Date: 7/12/2017
- Board of Trustees: Yes N/A Date: 7/18/2017

-Date Approved/In Effect: 7/18/2017

-Review Required/Compliance: Yes No

- *If yes, review schedule:* [Click here to enter text.](#)
- *If other, please specify:* [Click here to enter text.](#)

-Date Revised: [Click here to enter a date.](#)

PROCEDURE:

I. Commonly Abused Substances and Health Risks:

The list below is not a comprehensive list of substances nor their effects. The list is provided to illustrate potential impacts to the health and well-being of the user. Many effects are dependent upon the type and amount of substance abused, as well as, the length of abuse.

a. Alcohol:

- i. Types:
 1. Beer, wine, distilled spirits, liquor, powdered alcohol
- ii. Nicknames:
 1. “booze”, “juice”
- iii. Effects
 1. Short-term: acts on mood and emotions, relaxation, confusion, disrupts balance between reasoning and judgement, depression, anxiety, decreased alertness, stupor, unconsciousness.
 2. Long-term: tolerance, psychological dependence, physical dependence, kidney and liver failure, weight gain, blackouts, impotence, psychosis, ulcers, malnutrition, delirium, tremors, death.



- b. Amphetamines:
 - i. Types:
 1. Bensedrine, Dexedrine, Methedrine, Preludin, Eskatrol, Ritalin, Ecstasy/ MDMA, Methamphetamine
 - ii. Nicknames:
 1. “Speed”, “ice”, “crystals”, “glass”, “E”, “Molly”, “Skittles”, “Kiddie Coke”, “upper”, “bennies”.
 - iii. Effects:
 1. Short-term: increased alertness, excitation, euphoria, decreased appetite, restlessness, rapid speech, irritability, insomnia, paranoia, stomach disorders, physically and psychologically addictive.
 2. Long-term: tolerance, hardening of the arteries, mood swings, anxiety, hallucinations, sleep deprivation, severe malnutrition.
- c. Anabolic Steroids:
 - i. Types:
 1. Synthetic testosterone, Oxymetholone, Methenolone
 - ii. Nicknames:
 1. “Roids”, “gym candy”, “Arnolds”, “pumpers”.
 - iii. Effects:
 1. Short-term: cellular development of body and muscle tissue, mood elevation or depression, altered sex drive, increased aggressive behavior, may stunt growth, retention of sodium and fluids, stroke, severe acne.
 2. Long-term: jaundice, increased chance of heart disease, liver damage, high blood pressure, endocrine imbalance.
 3. Males: can enlarge breasts, decrease testicular size and function, decrease sperm production.
 4. Females: menstrual irregularities, masculinizing effects, changes in the genitals.
- d. Antidepressants:
 - i. Types:
 1. Tricyclics, serotonin uptake inhibitors, MAO inhibitors, antimanic; Prozac, Zoloft, Paxil, Wellbutrin
 - ii. Nicknames: “Happy Pill”, “Poor Man’s Cocaine”.
 - iii. Effects:
 1. Dependent upon the type of antidepressant.
 2. Short-term: relieves anxiety and depression, temporary impotence, nausea, slowed heartbeat, decreased breathing rate, weight loss, headaches, apathy, depressed emotions, hypertensive crisis, rapid pulse.
 3. Long-term: appear to be depressed, apathy, lethargy, insomnia, irregularities of heartbeat, sweating, dizziness, altered appetite, seizures, disturbed vision, altered



sexual desire, glaucoma, weight gain, sleep disturbances, fatigue, weakness, tremors, dry mouth, constipation, overdose can cause death.

e. Antipsychotics:

i. Types:

1. Thorazine, Compazine, Stelazine, Haldol

ii. Nicknames: None

iii. Effects:

1. Short-term: reduced anxiety, depression, restricted motor movement, slowed processing, and responses to stimulation.
2. Long-term: overdose can cause death.

f. Barbiturates:

i. Types:

1. Chloral Hydrate, Phenobarbital, Doriden, Seconal

ii. Nicknames: “Downers”, “purple hearts”, “blue devils”, “reds”

iii. Effects:

1. Short-term: sedative/hypnotic effect; relaxation; euphoria; decreased alertness; drowsiness; impaired coordination; slurred speech; stupor; hangover; high doses depress breathing, heart rate, temperature, and muscular coordination; increase anxiety; depression; mood swings.
2. Long-term: physical and psychological dependence, excessive sleepiness, confusion, irritability, severe withdrawal, convulsions, depressed breathing and body functions, death.

g. Cannabis:

i. Types:

1. Hashish, marijuana, THC

ii. Nicknames: “Hash”, “weed”, “bud”, “grass”, “reefer”.

iii. Effects:

1. Short-term: euphoria, mild hallucinations, distortions in perception, increased heartbeat, increased appetite, bloodshot eyes, may create a psychological dependence, interferes with memory and intellectual performance, impaired concentration, dry mouth, mild hypnotic, exaggerated mood and personality.
2. Long-term: irritation of the respiratory tract leading to lung disease, fatigue, hormonal changes, psychosis, antimotivational syndrome, impaired reproduction, birth abnormalities.



GARRETT COLLEGE
PROCEDURE/POLICY ENFORCEMENT

- h. Cocaine:
 - i. Types: N/A
 - ii. Nicknames:
 - 1. “Coke”, “crack”, “snow”, “rock”, “blow”.
 - iii. Effects:
 - 1. Short-term: constriction of arteries, increased release of adrenaline, increased blood pressure and heart rate, risk of seizures, disruption and overstimulation of body’s chemical balance, euphoric rush, paranoia, muscle tremors, memory lapses, mental confusion, hallucinations, miscarriage, stroke, runny or stuffy nose (if snorted), feelings of things crawling under the skin, dilated pupils, chronic insomnia, irritability, depression, psychosis.
 - 2. Long-term: insomnia, agitation, severe emotional depression, extreme lethargy, inability to feel pleasure, lack of energy and motivation, feeling of impending death, damage to nasal septum (if snorted), extreme weight loss, damage to heart and blood vessels, convulsions, respiratory arrest, death.
- i. Hallucinogens:
 - i. Types:
 - 1. Psychedelics, LSD, PCP, Mushrooms, MDMA, Ecstasy
 - ii. Nicknames:
 - 1. “Acid”, “tabs”, “shrooms”, “angel dust”.
 - iii. Effects:
 - 1. Short-term: nausea, vomiting, dizziness, sweating, may exaggerate unstable tendencies, intensifies or distorts visual stimuli, hallucinations.
 - 2. Long-term: flashbacks, altered states of consciousness, suppressed judgement and reason, stimulated visual perception and degree of euphoria.
- j. Inhalants:
 - i. Types:
 - 1. Glue, paint thinner and remover, gasoline, nitrous oxide, aerosol sprays, solvents
 - ii. Nicknames: “Huff”, “whippets”, “nitrous”.
 - iii. Effects:
 - 1. Short-term: relaxation, hypersensitivity, impaired judgement, violence, reduced muscle reflex control, rapid heartbeat, impaired coordination, headache, nausea, visual disturbance, euphoria, depression, slurred speech, unsteady gait, drowsiness, irritability, excitement, impulsiveness.



2. Long-term: delirium with confusion, hallucinations, drowsiness, stupor, brain damage, lung and kidney damage, blood and bone marrow alteration, death.
- k. Nicotine:
- i. Types:
 1. Cigarettes, pipe, cigars, snuff, chewing tobacco, nicotine gum, nicotine patch
 - ii. Nicknames:
 - iii. Effects:
 1. Short-term: constricted blood vessels, raised heart rate and blood pressure, decreased appetite, increased alertness, partially deadened senses of taste and smell, irritated lungs, dry mouth, relaxation.
 2. Long-term: lung damage, heart irregularities, cancer, hypertension, nervousness, irritability, headaches, fatigue, insomnia, physiological and psychological addiction.
- l. Opiates:
- i. Types:
 1. Opium, Codeine, Morphine, Heroin, Fentanyl
 - ii. Nicknames: “H”, “smack”, “dope”, “oxy”, “vikes”, “percs”, “black stuff”.
 - iii. Effects:
 1. Short-term: stimulation, sense of detachment, depression, pin-point pupils, vomiting, nausea, drowsiness, inability to concentrate, slowed breathing and pulse, dry skin and itching, euphoria, mental clouding.
 2. Long-term: tolerance, dependence, physical and/or psychological addiction, chronic skin rash, itching, insensibility and unconsciousness, hepatitis, heart and lung abnormalities, ulcers, abscesses, kidney failure, pregnancy issues, loss of sexual desire, death.
- m. Tranquilizers:
- i. Types:
 1. Sedatives, hypnotics, Valium, Xanax, Ativan, Rohypnol, Ketamine
 - ii. Nicknames:
 1. “Roofies”, “Special K”, “Xannies”.
 - iii. Effects:
 1. Short-term: calming, depressed emotions, relaxation, lowered inhibitions, reduced intensity of physical sensations, drowsiness, loss of body heat, reduced muscular coordination, sleep, blurred vision, dizziness, stupor, tolerance.



GARRETT COLLEGE
PROCEDURE/POLICY ENFORCEMENT

2. Long-term: age-dependent tolerance, blood-cell destruction, jaundice, anxiety attacks, insomnia, agitation, abdominal cramps, seizures, delirium, uncontrolled heartbeat, coma, death.
- II. Related Policies or Procedural Items
 - a. Alcoholic Beverages at Events on College Property (#2011)
 - b. Tobacco Policy (#2001)
 - c. Amnesty in Emergency Situations (#2022)
 - d. Heroin and Opioid Prevention and Education (NEW)
 - III. Consequences/ Disciplinary Action
 - a. Students
 - i. Financial Aid:

If a student has been convicted of any criminal offense under any federal or state law involving the possession or sale of a controlled substance, he/she will be ineligible to receive any grant, loan, or work assistance under Title IV during the period from the date of conviction and through the interval specified below:

 - Possession of Illegal Drugs: 1st offense- one year from date of conviction; 2nd offense- two years; 3rd+ offense- indefinite period.
 - Sale of Illegal Drugs: 1st offense- two years from date of conviction; 2nd+ offense- indefinite period.
 - ii. Disciplinary Action:

Students found responsible for a drug or alcohol violation, on or off College property, are subject to sanctions outlined by the Student Code of Conduct (Policy #4001). Sanctions can include, but are not limited to, educational actions, probation, removal from housing, suspension, or expulsion.
 - b. Employees
 - i. Disciplinary Action:

Employees found responsible for a drug or alcohol violation on or off College property are subject to disciplinary actions outlined by the Human Resources Manual. Actions can involve, but are not limited to, suspension with or without pay, attending a substance abuse program, or termination.
 - c. Criminal or Civil Charges

Violating local, state, and/or federal laws as they relate to alcohol or drug use can have criminal and/or civil implications. Court costs, fines, and jail time are just a few of the penalties one can face for violations of the law. More information can be obtained about Maryland law as it relates to “Controlled Dangerous Substances, Prescriptions, and Other Substances” by visiting the [2016 Maryland Code, Criminal Law-Title 5](#).



GARRETT COLLEGE
PROCEDURE/POLICY ENFORCEMENT

IV. Education and Awareness

a. Educational Programming

Throughout the year, the College collaborates with the Garrett County Health Department to offer a variety of educational and awareness programs and activities for students and employees about alcohol and drugs.

b. Assessment

In collaboration with the Garrett County Health Department and the Maryland Collaborative to Reduce College Drinking and Related Problems, Garrett College collects information through surveys, which in turn is utilized to guide policymaking and programming.

V. Resources

a. County Medical Resources:

Garrett County Health Department
Behavioral Health Center- Substance Abuse
1025 Memorial Drive; Oakland, MD 21550
301-334-7670

Garrett Regional Medical Center
251 N 4th St; Oakland, MD 21550
301-533-4000

b. Local Residential Treatment:

The Massie Unit (Adult): Thomas B. Finan Center
Country Club Road; Cumberland, MD 21502
301-777-2285

c. Hotlines:

Al-Anon Family Group Meeting Information Hotline
Phone: 1-800-356-9996

Alcohol & Drug Helpline
Phone: 1-800-821-4357

Alcohol Information & Referral
Phone: 1-800-252-6456

Alcoholics Anonymous Hotline
Phone: 410-663-1922

American Lung Association in Maryland
Phone: 1-800-586-4872/443-451-4950



GARRETT COLLEGE
PROCEDURE/POLICY ENFORCEMENT

Drug Alcohol Treatment Center
Phone: 1-800-274-2042

Narcotics Anonymous Hotline
Phone: 1-800-317-3222

National Council on Alcoholism and Drug Dependence
Phone: 1-800-622-2255

Smoking Stops Here Hotline
Phone: 1-800-784-8669

Substance Abuse and Mental Health National Helpline- Treatment
Referral Routing Service
Phone: 1-800-662- HELP (4357)/1-800-487-4889 (TTY)

- d. Employee Only
Employee Assistance Program (EAP) - Deer Oaks
Phone: (866) 327—2400
Website: www.deeroaks.com