

# Alcohol & Drugs Get in The Way!

## ON-SITE Campus Resources:

**Counseling**  
Mid City Campus  
Magnolia Building  
Room 126  
225.216-8643

**Human Resources**  
Mid City Campus  
Governors Building  
Room 100  
225.216-8268

**Student Affairs**  
Mid City Campus  
Bienvenue Student Center  
Room 109  
225.216-8247

*In compliance with the Drug-Free Schools and Communities Act Amendment of 1989, Public Law 101-226, BRCC is committed to providing a drug-free learning environment. The unlawful manufacturer distribution, sale, possession, or use of illicit drugs or alcohol at BRCC is prohibited. Each student is responsible for behavior that does not adversely affect safety, health, or the learning process of him/herself or others. Use of drugs and/or alcohol on the BRCC campus will be cause for disciplinary action.*

## How to Help

### Warning Signs

If you know someone who has problems related to drinking alcohol or other drug use, you are not alone. You don't have to be an expert to know if your friend has a problem. If she/he has these kinds of troubles related to alcohol or other drugs, your friend may need to talk with someone.

Here are some warning signs to watch for:

#### Does He or She:

- Try to hide his/her drinking or other drug use?
- Not remember what happened while he or she was using drugs or drinking?
- Have problems in job or school performance?
- Take physical risks, like driving, biking, or swimming, while intoxicated?
- Avoid talking about drinking or drug use, except to brag about how much was drunk or how high he or she got?
- Think about "getting high" a lot?
- Limit friends to those who drink or use drugs a lot?
- Seem unable to have a good time or to party unless alcohol or drugs are available?
- Say he or she sometimes "needs" a drink or drug?
- Get angry when you mention your concerns and deny that there is anything wrong?
- Have a history of alcohol or other drug problems in the family?

### Online Resources

BRCC Drug & Alcohol Abuse Prevention Program Resources can be found at [mybrcc.edu/daapp](http://mybrcc.edu/daapp).

### LOCAL/NATIONAL Resources:

Alcoholics Anonymous	225.930-0026
Al-Anon	225.924-0029
Baton Rouge Area Alcohol and Drug Center	225.925-5365
BR Drug Treatment Center	225.341-8208
Crisis Intervention Hotline	225.927-7495
National Crisis Hotline	800.662-4357



201 Community College  
Baton Rouge, LA 70806

866.217-9823



[mybrcc.edu](http://mybrcc.edu)

## Employee Drug & Alcohol Abuse Policy & Prevention Program

## Drug and Alcohol-Free Environment

Baton Rouge Community College recognizes the drug and alcohol dependency to be an illness and major health problem. The College also classifies drug usage and abuse as a potential safety and security problem. An alcohol prevention program is administered through the BRCC Human Resources and Student Affairs office to include education, self-appraisal activities, and referral to community resources. A College Counselor is also available to assist students in accessing referral for treatment and ongoing follow-up through community resources.

Baton Rouge Community College will provide a drug-and alcohol-free environment for its employees and students. No employee or student will unlawfully manufacture, distribute, possess or use a controlled substance or alcohol on the campus. A controlled substance is defined according to Title 21 USC Section 821 (Schedules 1-IV) as now enacted or subsequently amended.

Baton Rouge Community College Human Resources Policy No. 214, Drug-Free Workplace, states that the unlawful use, abuse, manufacture, distribution, dispensation, possession or being under the influence of a controlled or illegal substance while at work, on call, on duty, or engaged in BRCC business is prohibited as is the possession and/or consumption of alcohol in the workplace. Workplace shall include any location on BRCC property in addition to any location from which an individual conducts BRCC business while such business is being conducted. Without reference to any sanctions which may be assessed through criminal justice processes, violators of this policy, including refusal to submit to drug testing when properly ordered to do so, will be subject to BRCC disciplinary action up to and including termination of employment. Alcohol misuse is prohibited extending to 1) use of alcohol on the job; 2) use of alcohol during the four hours before performance of safety-sensitive and security-sensitive functions; and 3) having a prohibited alcohol concentration level in the individual's blood system while on the job. The use of drugs/medications prescribed by a licensed physician is permitted provided that it will not affect the employee's work performance. BRCC reserves the right to have a licensed physician of its own choice determine if the use of a prescription drug/medication produces effects which may impair the employee's performance or increase the risk of injury to the employee or others. If such is the case, BRCC reserves the right to suspend the work activity of the employee during the period in which the employee's ability to safely perform his/her job may be adversely affected by the consumption of such medication.

## Federal Legal Sanctions

Through its Federal Sentencing Guidelines, the federal government regulates the discretionary penalties against drug possession and trafficking that federal judges may use in sentencing offenders of federal drug statutes. Under these guidelines, courts can sentence a person for up to six years for unlawful possession of a controlled substance, including the distribution of a small amount (less than 250 grams) of marijuana. A sentence of life imprisonment can result from a conviction of 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 10-16 years in prison under 18 USC 2d2 1(b)(1). State penalties vary based upon the amount in possession, previous convictions, etc. Penalties may range up to 20 years. City ordinances also prohibit the consumption of alcohol in public areas.

DRUG TYPE	NAME (SLANG)	IMMEDIATE EFFECTS	COMPLICATIONS/LONG-TERM EFFECTS
<b>STIMULANTS (uppers): Increase alertness, energy, physical activity, and feelings of well-being (caffeine and nicotine are also considered stimulants)</b>			
<b>Amphetamines</b>	ADHD medications (e.g., Adderall, Ritalin) Provigil, diet pills (e.g., Dexedrine, Ephedrine) MDMA (Ecstasy) Methamphetamine (meth, speed, crystal, ice, crank)	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat.	Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.
<b>Cocaine</b>	Cocaine powder (blow, snow), freebased coke (crack, rock)	Brief euphoria, increased energy, intense exhilaration.	Tremors, nasal bleeding and inflammation, toxic psychosis, seizures, damage to nasal septum and blood vessels, death from overdose (heart or respiratory failure).
<b>DEPRESSANTS (downers): Decrease body processes such as breathing, heartbeat, and brain activity</b>			
<b>Alcohol</b>	Beer, wine, liquor, some medicines	Muscle relaxation; intoxication; depression; impaired motor control, memory, and judgment.	Dehydration, hangover, obesity, impotence, psychosis, ulcers, malnutrition, liver and brain damage, delirium tremens ("DTs"), death; overdose or mixing with other depressants can cause respiratory failure.
<b>Tranquilizers</b>	Valium, Librium, Equanil, Miltown, Thorazine, Rohypnol (roofies, roach, rope)	Relief of tension and anxiety, drowsiness.	Hangover, menstrual irregularities, increases or decreases effect of other drugs, destroys blood cells, jaundice, coma, death; especially dangerous with alcohol.
<b>Barbiturates</b>	Nembutal, Amytal, Seconal, Phenobarbital (barbs, reds, yellows)	Euphoria, relief of anxiety, loss of inhibition, muscle relaxation, loss of motor control, drowsiness.	Lethargy, hangover, blurred vision, nausea, depression, seizures, excessive sleepiness, confusion, severe withdrawal sickness; can be fatal if mixed with alcohol or other depressants.
<b>Narcotics</b>	Heroin (dope, smack), Morphine, Opium (hop), Codeine, Methadone, Demerol	Euphoria, drowsiness, painkiller	Respiratory and circulatory depression, dizziness, vomiting, sweating, dry mouth, lowered libido, lethargy, constipation, weight loss, temporary sterility and impotence, severe withdrawal sickness, stupor, death.
<b>Inhalants</b>	Solvents (paint thinners, gas), amyl/butyl nitrate (poppers), gases (butane, propane, nitrous oxide, aerosol propellants), glue	Lowered blood pressure, relaxation of sphincter muscles, feeling of heightened sexual arousal.	Headache; dizziness; accelerated heart rate; nausea; nasal irritation; cough; lost erection; hallucinations; damage to liver, kidney, bone marrow, and brain; death.
<b>Gamma Hydroxy Butyrate</b>	GHB, GBL (G, GBH, Georgia Home Boyz, liquid X)	Confusion, drowsiness, memory loss, disorientation.	Vomiting, delusions, hallucinations, seizures, respiratory distress, loss of consciousness, slowed heart rate, lowered blood pressure, coma; especially dangerous with alcohol.
<b>OTHER DRUGS</b>			
<b>Cannabis</b>	Marijuana (weed, pot, bud, herb, indica, sativa), Hashish (hash), Keef	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Impaired driving ability, possible lung damage, reduced sperm count and motility, damage from impure dose.
<b>Hallucinogens</b>	LSD (acid), MDA psilocybin (mushrooms), Peyote, DMT, STP, Ketamine (K ,Special K)	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Depression, high blood pressure, physical exhaustion after use, psychosis ("freaking out"), exaggerated body distortion, fears of death, paranoia, amnesia, flashbacks, adverse drug reaction, respiratory arrest.
<b>SYNTHETIC DRUGS</b>			
<b>Cannabimimetic Substances</b>	Mimics Marijuana, Spice, K2 Bliss, Spice Gold, Black Mamba	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Acute anxiety or paranoia, panic attacks, feeling of alienation/ disassociation from the world, hallucinations, constant coughing, tremors or seizures.
<b>Cathinomimetic Substances</b>	Mimics Meth, Bath Salts, Bliss , Cloud 9, Blue Silk, Ivory Wave, White Lightning, Zeus 2	Acts as a CNS stimulant: seizures, violent behavior, euphoria, chest pain, hallucinations, excitation, decreased appetite/sleep, insomnia, restlessness,	Kidney failure, liver failure, increased risk of suicide, long term mental illness, self-mutilation, death.
<b>Methoxyphenethyamine Substances</b>	Mimic LSD & Ecstasy, Smile	Euphoria, increased alertness, excitation, decreased appetite, insomnia ,foaming at the mouth, restlessness, rapid heartbeat	Intense aural and visual hallucinations, nausea, vomiting , anxiety, panic attacks. Could cause fatal dehydration, arrhythmia and stroke. Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage,seizures, death.

Adapted from American College of Health Brochure 'Drug Use and You'/ Synthetic Drugs submitted by M.A. Parston.