

We're Here to Help

Columbus State Community College constantly strives to provide the best product, services, and environment for its students and employees. This college is committed to a drug and alcohol-free campus. In recognition of problems associated with substance use/abuse, Columbus State provides a program designed to promote a healthy and responsible life-style.

It has long been recognized that an ounce of PREVENTION is worth a pound of cure. In this case, PREVENTION means taking the steps necessary, direct or indirect, to avoid substance use/abuse. The counseling Center at Columbus State offers a variety of services from which you can benefit. These services are designed to increase awareness, prevent substance abuse problems, or assist those experiencing difficulties. **All campus services described to you in this pamphlet are available to you free of charge.**

Prevention Services

The Counseling Center offers the following services at no cost to you. These services are confidential and anonymity will be maintained.

EDUCATION AND INFORMATION

Resources on drug and alcohol-related topics are available in the form of pamphlets, reading lists, and presentations.

INFORMATIONAL TOPICS INCLUDE:

(1) types and effects of drug/alcohol use; (2) co-dependency issues and self-esteem; (3) drunk driving; (4) family effects of drinking or using drugs; (5) stress management and coping; (6) domestic violence prevention; (7) social skills; and (8) parenting.

COUNSELING AND REFERRAL

Short-term counseling for substance abuse or related issues is available. **COUNSELING IS FREE OF CHARGE AND CONFIDENTIAL.** If counseling of a longer duration is necessary, a referral can be made to a resource within the community.

CRISIS INTERVENTION

When an immediate substance abuse problem exists, help is available through the Counseling Center. Assistance

will be provided on an individual basis (medical assistance, counseling, and/or referral).

FAMILY PROGRAM

A variety of services focusing on parenting and family issues are provided. Topics include: (1) awareness of healthy family characteristics, (2) recognizing signs and symptoms of drug and alcohol abuse, (3) self-esteem building, (4) relationship building, (5) various ways to influence healthy behavior, and (6) positive parenting to promote drug-free children.

SUPPORT GROUPS

Anonymous support groups exist on and off campus for drug-related concerns. They include: Alcoholics Anonymous (AA); Narcotics Anonymous (NA); Al-Anon (for family members of drug/alcohol users); and Adult Children of dysfunctional families groups. Find out times and meeting places by calling 287-5416.

Columbus State Community College Statement of Drug and Alcohol Abuse

Columbus State values the health and safety of its students and employees and supports local, state and federal laws concerning drugs. The Code of Student Conduct Policy No. 7-12, and Policy No. 3-18, Separation from Employment, include as prohibited behaviors:

[T]he unauthorized use, distribution, or possession of drugs or alcohol on campus or off campus at college sponsored events, **and**

[D]isruptive or disorderly behavior including intoxication or indecent conduct and disruptive behavior.

Students/employees in violation of the Code of Conduct will be subject to the Conduct Code Procedure as outlined in the Student or Employee Handbook: sanctions could include suspension or expulsion. Students/employees who violate the Conduct Code are also subject to arrest and prosecution under applicable local, state, or federal laws. Information regarding state laws and sanctions can be found in Chapter 2529 of the Ohio Revised Code, available in the Educational Resources Center (ERC) and in your local public library.

The use of illicit drugs and the abuse of alcohol carry significant social, physical, and emotional health risks. Users may suffer damage to key body organs such as the

heart, liver, kidneys, and central nervous system. Drugs can kill the user, and the use of drugs and alcohol during pregnancy may cause birth defects or death of unborn babies. Drug users may experience difficulties with concentration and memory that impair learning. They can exhibit mood swings, impaired judgement, isolation, and depression, all of which can contribute to impaired driving, injuries, accidents, domestic or random violence, and sexual assault. Drugs can be instrumental in the deterioration of family units and the breakdown of friendships and other support systems.

Columbus State is committed to providing students and employees with drug and alcohol education, counseling, and

referral for treatment or rehabilitation. The college's Coordinator of Mental Health and Drug Prevention Counseling Services (287-5416) can provide resources and assistance to individuals who use drugs or alcohol, and to others whose lives are affected by family members or friends who are users.

The drug prevention professionals in the Counseling Center can help you choose a local agency which meets your needs or can answer any specific questions you might have. Please call them at 287-5416.

Substance Abuse Symptom Checklist

If you, your friend(s), or someone in your family is involved with substance abuse, the consequences can be either obvious or subtle. You (or others you are concerned about) can answer the following questions to see what kind of patterns of drug use may exist. (Since alcohol is a drug, these two words can be used interchangeably.) Circle yes or no to the following questions:

- | | | | |
|---|-----|--|-----|
| 1. Do I ever have problems at work or school such as attendance or grades/performance due to drinking/drug use? | Y N | 9. Have I ever driven while under the influence of alcohol or drugs? | Y N |
| 2. Have I ever gotten into arguments or physical fights while under the influence of alcohol or drugs? | Y N | 10. Does it take more alcohol or drugs now to get me high than in the past? | Y N |
| 3. Have I ever used more alcohol or drugs than I intended? | Y N | 11. Do I ever justify or rationalize my use of alcohol/drugs? | Y N |
| 4. Have I ever felt guilty about using alcohol or drugs? | Y N | 12. Do I use alcohol/drugs to get my day started? | Y N |
| 5. Have I ever been uncomfortable in social situations where I did not have alcohol or drugs? | Y N | 13. Do I wish I wouldn't use alcohol or drugs, but do anyway? | Y N |
| 6. Have I ever had trouble remembering what I did at a party where I drank or used drugs? | Y N | 14. Have I ever been depressed, angry, or lonely during periods of alcohol use? | Y N |
| 7. Do I plan things around alcohol/drugs? | Y N | 15. Have I ever experienced problems in my life from alcohol/drug use? | Y N |
| 8. Do I get upset when my supply of alcohol or drugs is cut off or used up? | Y N | 16. Have I ever used alcohol/drugs to the point where someone has disapproved of it? | Y N |
| | | 17. Do I tend to drink alone? | Y N |
| | | 18. Have I ever used alcohol or drugs to keep from worrying? | Y N |
| | | 19. Have I ever craved alcohol or drugs? | Y N |
| | | 20. Do I get irritated when someone wants to discuss my alcohol/drug use? | Y N |

If you have answered "Yes" to any of these questions on the checklist, you may have a substance use problem. Please talk with someone, or call the Counseling Center (287-2668)

Federal Trafficking Penalties

CSA	PENALTY		Quantity	DRUG	Quantity	PENALTY	
	2nd Offense	1st Offense				1st Offense	2nd Offense
I and II	Not less than 10 years. Not more than life. If death or serious injury, not less than life. Fine of not more than \$4 million individual, \$10 million other than individual.	Not less than 5 years. Not more than 40 years. If death or serious injury, not less than 20 years, or more than life. Fine of not more than \$2 million individual, \$5 million other than individual.	10-99 gm pure or 100-999 gm mixture	METHAMPHETAMINE	100 gm or more pure, or 1 kg or more mixture	Not less than 10 years. Not more than life. If death or serious injury, not less than 20 years, or more than life. Fine of not more than \$4 million individual, \$10 million other than individual.	Not less than 20 years. Not more than life.
			100-999 gm mixture	HEROIN	1 kg or more mixture		
			500-4,999 gm mixture	COCAINE	5 kg or more mixture		
			5-49 gm mixture	COCAINE BASE	50 gm or more mixture		
			10-99 gm pure or 100-999 gm mixture	PCP	100 gm or more pure or 1 kg or more mixture		
			1-10 gm mixture	LSD	10 gm or more mixture		
			40-399 gm mixture	FENTANYL	400 gm or more mixture		
10-99 gm mixture	FENTANYL ANALOGUE	100 gm or more mixture					
	Drug	Quantity	1st Offense	2nd Offense			
	Others ¹	Any	Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual, \$5 million not individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual.			
III	All (Includes Anabolic Steroids) ²	Any	Not more than 5 years. Fine not more than \$250,000 individual, \$1 million not individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual.			
IV	All	Any	Not more than 3 years. Fine not more than \$250,000 individual, \$1 million not individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual.			
V	All	Any	Not more than 1 year. Fine not more than \$100,000 individual, \$250,000 not individual.	Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual.			

1 - Law does not include Marijuana, Hashish, or Hashish Oil. 2 - As of 2-27-94

Federal Trafficking Penalties - Marijuana

As of January 1, 1996

Quantity	Description	1st Offense	2nd Offense
1,000 kg or more mixture; or 1,000 or more plants	Marijuana Mixture containing detectable quantity*	Not less than 10 years, not more than life. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$4 million individual, \$10 million other than individual.	Not less than 20 years, not more than life. If death or serious injury, not more than life. Fine not more than \$8 million individual, \$20 million other than individual.
100 kg to 1,000 kg. mixture; or 100-999 plants	Marijuana Mixture containing detectable quantity*	Not less than 5 years, not more than 40 years. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$2 million individual, \$5 million other than individual.	Not less than 10 years, not more than life. If death or serious injury, not more than life. Fine not more than \$4 million individual, \$10 million other than individual.
50 to 99 kg. mixture, or 50-99 plants	Marijuana	Not less than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual, \$5 million other than individual.	Not less than 30 years. If death or serious injury, not more than life. Fine \$2 million individual, \$10 million other than individual.
Less than 50 kg. mixture.	Marijuana		
10 kg. or more	Hashish	Not more than 5 years. Fine not more than \$250,000, 1 million other than individual.	Not more than 10 years. Fine \$500,000 individual, 2 million other than individual.
1 kg. or more	Hashish Oil		

*Includes Hashish and Hashish Oil

(Marijuana is a Schedule I Controlled Substance)

Effective July 1, 2000 - HEA 484(r) SUSPENSION OF ELIGIBILITY FOR DRUG-RELATED OFFENSES

Effective July 1, 2000 students convicted of any drug offense under any Federal or State law involving the possession or sale of a controlled substance shall not be eligible to receive any grant, loan, or work assistance during the period beginning on the date of such conviction and ending after the interval specified in the following table.

Suspension of Eligibility Periods

Conviction of **possession** of a controlled substance
First Offense = 1 year, Second Offense = 2 years, Third Offense = Indefinite

Conviction of **sale** of a controlled substance
First Offense = 2 years, Second Offense = Indefinite

Students who have lost eligibility may resume eligibility status before the end of the ineligibility period if the student meets specific criteria involving completion of an approved drug rehabilitation program that includes unannounced drug tests or if the student's conviction is reversed, set aside, or otherwise rendered nugatory. (See HEA § 484(r) Suspension Of Student Eligibility For Drug-Related Offenses).

Where to Turn for Help

Alcoholics Anonymous	253-8501
Al-Anon	253-2701
Alcohol and Drug Abuse Hotline	228-HOPE (4673)
FirstLink referral agency	221-2255
Center for the Treatment of Eating Disorders	846-2833
CHOICES for Victims of Domestic Violence	224-4663
Cocaine Hotline	1-800-COCAINE (262-2463)
Columbus Health Department, Alcoholism and Drug Abuse Services	645-7306
Columbus Area Mental Health Center	252-0711
Columbus Community Hospital	437-5200
CompDrug, Inc.	224-4506
Columbus State Counseling and Advising Services	287-2668
Drug Overdose or EMERGENCY	911
Emergency Mental Health Situations	276-2273
Harding Hospital	885-0746
Hope Hotline	228-4673
Maryhaven, Inc.	445-8131
Narcotics Anonymous (NA)	252-1700
Netcare Access (for crisis)	276-2273
North Central Mental Health Services	299-6600
Parkside Lodge of Columbus	471-1601
Poison Control Center	228-1323
Pregnancy (call FirstLink)	221-2255
Riverside Hospital	566-5000
Suicide Prevention	221-5445
Talbot Hall-Ohio State Universities Hospital-East	257-3760
For other kinds of help, call FirstLink	221-2255

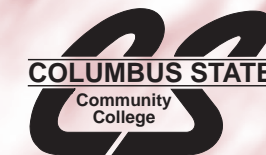
For more assistance or information regarding Columbus State's Alcohol and Other Drug Prevention Program, contact Mark Querry, Ph.D., OCPs, Psychologist and Coordinator of Mental Health and Drug Prevention Counseling Services at Columbus State Community College.

Union Hall, Room 048, 550 East Spring Street, Columbus, Ohio 43215
Telephone: (614) 287-5416, or 1-800-621-6407, ext. 5416

Electronic Mail: mquerry@csc.edu

Alcohol
& Other
Drug

PREVENTION



Union Hall, Room 048