

Consumer Information & Campus Security

Drug & Alcohol Prevention Program
October 1, 2017



DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

The College participates in the FSA programs and must provide to its students, faculty, and employees information to prevent drug and alcohol abuse, and it must also have a drug and alcohol prevention program.

POLICY REGARDING DRUGS AND ALCOHOL

Midstate College has adopted the following standard of conduct effective October 1, 1990, for all students and employees in accordance with the Department of Education, the Final Regulations: Drug-Free Schools and Campuses.

The unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on College property or as a part of College activities is prohibited.

Any violation of this standard of conduct will result in disciplinary actions being taken, such actions being expulsion from College, termination of employment, referral for prosecution, if applicable, and/or requiring completion of an appropriate rehabilitation program.

- ❖ All students sign a statement verifying they understand the above statement during the application process through Admissions, and the form is placed in their student file.
- ❖ All employees sign a statement verifying they understand the above statement during the hiring process through Human Resources, and the form is placed in their personnel file.

AWARENESS PROGRAMS AND RESOURCES

Awareness programs are provided through speaker presentations, health fairs, Wellness & Health Initiative Program (WHIP), State of Illinois DUI display, and a partnership with the Peoria Addiction Recovery Center.

UnityPoint Health - Methodist|Proctor

Illinois Institute for Addiction Recovery (Peoria Addiction Recovery Center)

5409 N. Knoxville Avenue

Peoria, IL 61614

www.unitypoint.org

Office: 309.691.1055

Toll-free: 800.522.3784

Fax: 309.689.8604

Brittany Ott, MS, CADC

Cell: 309.212.8349

brittany.ott@unitypoint.org

Anyone that needs assistance with addiction may contact Brittany Ott directly. Brittany is the College's direct contact and will assist anyone that needs help. If you do not feel comfortable going into the Center, she will meet you on-campus. The Center not only assists those with drug and alcohol addiction but other addictions as well, such as gambling, food, sex, Internet, video gaming, shopping/spending, and chronic pain w/addiction. Brittany provides student and personnel seminars on addiction.

The Illinois Institute for Addiction Recovery provides several programs through its Peoria center including: Adult Program, Adolescent and Young Adult Program, Inpatient Treatment, Addiction Day Treatment, Outpatient Rehabilitation, Continuing Care, Extended Care, Early Intervention, Family Programs, and Alternative Therapies.

Addiction Information & Treatment Centers

Emergency Response Service	671.8084
Lifeway Adolescent Chemical	800.543.3929
Drug Abuse Help Line	800.662.HELP
Alcoholics Anonymous	676.2145
IL Alcohol & Drug Evaluation Services	692.6277
White Oaks Center/Chemical Dependence	692.6900
Peoria Area Intergroup Association	673-1456
Cocaine Alcohol Abuse	1.800.888.9383 (24hr Hotline)
Illinois Drug & Alcohol Rehab	1.888.565.6401 (24/7 Hotline)

National Hotline Numbers

800.COCAINE

800.662.HELP (cocaine abuse treatment ctrs)

800.241.9746 (National Drug Abuse Hotline)

800.SAY.NO.TO (National Clearinghouse for Alcohol and Drug Abuse)

SUBSTANCE CATEGORIES**Alcohol (at .08 Blood Alcohol Concentration & Above)**

Impaired motor abilities; reduced judgment; sleepiness; increased sexual desire but reduced ability to perform; nausea, vomiting; liver disorders–alcoholic hepatitis, alcoholic cirrhosis; cancer of the - tongue, mouth, throat, esophagus, liver, breast; fetal alcohol syndrome (most common symptom is mental retardation).

Cannabis Marijuana Hash/Hash Oil THC

Diminished-short term memory, motivation & cognition, coordination & concentration, oral communication, reaction time; anxiety & panic reactions; carcinogenic elements in smoke; damaged lungs & respiratory system.

Cocaine (includes Crack Cocaine)

Increased likelihood of risk taking; seizures; sleeplessness; paranoia; irregular heartbeat; can cause sudden death by stroke or heart failure, even in young users; cocaine psychosis (paranoia & hallucinations); ulceration of mucous membranes in the nose; sexual dysfunction; during pregnancy can cause severe physical & emotional problems in babies.

Depressants, Tranquilizers, Barbiturates, Methaqualone

Dangerous effects when mixed with alcohol; calmness & relaxed muscles; slurred speech, staggering gait, loss of motor coordination; altered perceptions; respiratory depression which can result in coma or death; disruption of normal sleep cycle; during pregnancy - birth defects, brain tumors in children; tolerance develops severe withdrawal symptoms; physical & psychological dependence.

Other Stimulants (Excluding Cocaine), Amphetamines, Methamphetamines

Increased heart & respiratory rates; elevated blood pressure; decreased appetite; headaches; blurred vision; dizziness; sleeplessness; anxiety; amphetamine psychosis - violent behavior, hallucinations, delusions, paranoia; drug tolerance & dependency; mood swings; ulcers; mental confusion.

Psychedelics, LSD, Mescaline, Psilocybin, Phencyclidine (PCP), MDMA (Ecstasy), MDA

Distorted sense of distance, space and time; blockage of pain sensations; nausea, vomiting & diarrhea; severe mood disorders, panic depression, anxiety; greater suggestibility & feelings of invulnerability; unpredictable reactions if drugs are “cut” with impurities; tolerance after (3-4 daily doses--higher doses are required to produce same effects).

Narcotics, Opium, Morphine, Codeine, Thebaine, Heroin, Methadone, Darvon, Demerol

Feeling of euphoria followed by drowsiness; nausea & vomiting; respiratory depression; central nervous system depression; use of unsterile needles promotes - AIDS, hepatitis B, endocarditis (infection in the heart); women dependent on opiates have multiple pregnancy complications - spontaneous abortions, still births, anemia, diabetes.

LAWS REGARDING ALCOHOL AND DRUGS**State of Illinois**

In addition to the Federal laws, the State of Illinois has its own laws dealing with controlled substances.

Alcohol:

Under age consumption and/or possession –misdemeanor, 30 days to 1 year and/or \$500 to \$1000 fine
DUI \$100 to \$1000 fine, possible confinement 48 yrs. to 1 year

Marijuana:

2.5 grams or less – 30 days maximum, \$500 fine
2.5 to 10 grams – 6 months maximum, \$500 fine
10-30 grams – 1 year maximum, \$1000 fine
30-500 grams – 1 to 3 years, \$1000 fine
500 grams or more – 2 to 5 years, \$150,000 fine

All other narcotics:

Felony – amount possessed will determine penalty – 1 to 30 years, \$1000 to \$200,000 fine

Federal

Federal law penalizes the unlawful manufacturing, distribution, use, sale, and possession of controlled substances. The penalties vary based on many factors, including the type and amount of the drug involved and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport, or conceal a controlled substance; the denial of professional licenses or Federal benefits, such as student loans, grants, and contracts; successful completion of a drug treatment program; community service; and ineligibility to receive or purchase a firearm. Federal law holds that any person, who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. See the Federal Controlled Substances Act at 21 USC 800.

ALCOHOL AND OTHER DRUGS - ABUSE AND EFFECTS

Physical

- ❖ Increased heart rate and skin temperature
- ❖ Loss of muscle control leading to slurred speech
- ❖ Hangover miseries: fatigue, nausea, headache
- ❖ Falls, cuts and bruises are common results of alcohol abuse
- ❖ Automobile accidents are one of the most common causes of death and serious injury for young people. Victims may include bystanders as well as the drinkers themselves. Even a single binge can have long-lasting consequences.

Psychological

- ❖ Impaired judgment (of space, time, etc.)
- ❖ Impaired thinking and reasoning processes; poor concentration
- ❖ Loss of inhibitions: exaggerated feelings of anger, fear, anxiety, etc.
- ❖ Heavy Drinking (frequent drinking to intoxication over an extended period) can have serious consequences. For example:
 - ❖ Alcoholism
 - ❖ Damage to brain cells
 - ❖ Malnutrition
 - ❖ Increased risk of cirrhosis, ulcers, heart disease, heart attack, and cancers of liver, mouth, throat, and stomach
 - ❖ Degeneration of muscle and bone
 - ❖ Blackouts and memory loss
 - ❖ Hallucinations
 - ❖ Poor concentration
 - ❖ Personality disorders, increased tension, anger, and isolation
 - ❖ "DTs" (delirium tremens) - shaking, hallucinations, etc., - due to withdrawal from alcohol

Additional signs of an alcohol or other drug abuse problem in various aspects of your life:

- ❖ Physical: Your eating habits become poor, memory loss and/or blackouts will occur, and you become more susceptible to illness.
- ❖ Emotional: You will develop moody and aggressive behavior towards others and experience relationship problems.
- ❖ Intellectual: Reality will become distorted; all your difficulties become someone else's fault, and you try to rationalize that your alcohol and other drug usage is not part of the problem. Paranoia may develop with prolonged use of alcohol and other drugs.
- ❖ Social: You profess that the only "good party" offers ample amounts of your drug of choice, and you will not attend a non-alcoholic/drug free function without using beforehand.
- ❖ Occupational: You are willing to risk job loss by using at work or coming to work under the influence.

Warning signs of a drinking problem:

- ❖ Denial: Lies about drinking, minimizing number of drinks, avoids reference to drinking.
- ❖ Loss of Control: Repeated promises "to be more careful" or "to cut down." Gets drunk when intending to stay sober.
- ❖ Drinking to feel normal, drinking to cope, escape, solve problems, or to feel better.

- ❖ **Increased Tolerance or Frequency:** Begins drinking earlier in the week and can drink a large amount before visible signs occur.
- ❖ **Decreased Tolerance:** Drinking capacity drops. Now takes less alcohol to achieve drunkenness.
- ❖ **Neglects Responsibilities:** Absenteeism, late for class, work, meetings, or appointments. Fails to meet financial and personal responsibilities (academic, job, interpersonal, extra-curricular, etc.).
- ❖ **Susceptible to Accidents & Illness:** Alcohol lowers immune system resistance so more likely to catch cold and/or other viral and bacterial infections, especially STD's.
- ❖ **Gulps or Sneaks Drinks:** Drinks alone, or drinks quickly to achieve desired effect.
- ❖ **Reliance on a Drink to Start the Day:** Shakes in the morning after drinking.
- ❖ **Drinking Causes Problems:** Repeated use despite negative consequences; hangovers, relationship problems, financial/legal problems.
- ❖ **Preoccupation with Drinking:** Won't go to a party unless alcohol is there, leaves when alcohol is gone.
- ❖ **Personality Changes when Drinking:** Likely to become aggressive and potential for violence increases. If down or depressed, a person may become suicidal.

PROCEDURES FOR DISTRIBUTION OF CONSUMER INFORMATION

The Midstate College Consumer Information, Campus Security Report, and Drug and Alcohol Prevention Program annual disclosures are provided through the following methods:

- ❖ The Director of Student Affairs will maintain and facilitate the distribution of consumer information to all students and all employees in cooperation with the Director of Admissions and the Director of Human Resources.
- ❖ Current students and employees receive an email notification each fall with a link to the updated Consumer Information Handbook and the Student Handbook. The email notification includes the option to have a copy of the Handbook(s) mailed to them directly.
- ❖ Each term new students are informed during orientation of the availability of the Consumer Information & Campus Security Handbook and Student Handbook. The information includes the option to have a copy of the Handbook(s) mailed to them directly.
- ❖ Prospective students receive a Consumer Information & Campus Security notice as part of their meeting with an Admissions Representative. The notice supplies information on how to obtain a copy of the Consumer Information & Campus Security Handbook.
- ❖ Prospective employees receive a Consumer Information & Campus Security notice as part of their interview with the Human Resources department. The notice supplies information on how to obtain a copy of the Consumer Information & Campus Security Handbook.
- ❖ Additional notifications for obtaining information on the Consumer Information and Campus Security Reports are found in the College catalog, College website at: <http://midstate.edu/admissions/consumer.php>, and the display racks throughout the campus.
- ❖ Information on how to request and/or view consumer and security information is located and maintained in the following locations:
 - ❖ The Consumer Information & Campus Security Handbook
 - ❖ The Midstate College Student Handbook
 - ❖ The Employee Handbook
 - ❖ The Midstate College Catalog
 - ❖ The publications and consumer disclosures sections of Midstate College's website
 - ❖ Notices are placed in the display racks throughout the campus

BIENNIAL REVIEW OF DRUG AND ALCOHOL PROGRAM

A Biennial Review is conducted (in the odd years) in order to measure the effectiveness of the College's drug prevention program and to ensure consistent treatment in its enforcement of its disciplinary sanctions.

Reporting Official

The reporting official for the Midstate College Drug and Alcohol Prevention Program (DAAPP) is the Director of Student Affairs.

Research Methods and Data Analysis Tools

- ❖ Data regarding any Midstate College student or employee violations of the DAAPP will be gathered and analyzed from the Midstate College Annual Security Report, the Director of Student Success, and the Director of Human Resources.
- ❖ The Daily Crime Log and Security Incident Reports are utilized to determine on-campus crimes which include drug and alcohol violations. Midstate utilizes the Peoria Police Department website to monitor and record crimes that occur within the designated area surrounding the campus that have been reported to the local police.
- ❖ Midstate College Director of Student Success will provide the Director of Student Affairs any reports of disciplinary reviews and sanctions for drug and alcohol violations.
- ❖ Midstate College Director of Human Resources will provide the Director of Student Affairs any reports of disciplinary reviews and sanctions for drug and alcohol violations.
- ❖ Factors that affect the Colleges zero drug and alcohol violations:
 - ❖ No on-campus housing provided
 - ❖ Average age of students is 34
 - ❖ Alcohol is not typically permitted at campus events. The College may sponsor an event where alcohol is served with the stipulation that the event is catered through a local caterer/third party vendor who provides the license, bartender, and carding.

The number of drug and alcohol-related violations and fatalities that occurred on the College campus or as part of any of the College's activities and that are reported to campus officials and any sanctions imposed for said violations are as follows:

Drug and Alcohol-Related Violations and Fatalities								
Crime	2015				2016			
	Dir SS	HR	Security	Peoria	Dir SS	HR	Security	Peoria
Drug Abuse Violation	0	0	0	0	0	0	0	0
Liquor Law Violation	0	0	0	0	0	0	0	0

Sources: Student Success/Human Resources/Campus Security/City of Peoria (within 1000 feet of the Midstate College Property)

Procedures for Completing the Biennial Review

- ❖ Annually, the Director of Student Affairs will review all consumer information required and the distribution thereof.
- ❖ The Director of Student Affairs will update information provided in the Midstate College Student Handbook and Consumer Information & Campus Security Handbook which includes Campus Security reports and the DAAPP Biennial Review findings.
- ❖ Conduct a biennial review (odd years) in order to measure the effectiveness of the College's drug prevention program and to ensure consistent treatment in its enforcement of its disciplinary sanctions.
- ❖ The Director of Student Affairs will prepare a report of findings and maintain its biennial review report and supporting materials and make them available to the Department and interested parties upon request.

Midstate College Drug and Alcohol Review Program Findings

Effectiveness of Drug and Alcohol Prevention Program for 2015-2016:

The effectiveness of a College's prevention program is measured by tracking the number of drug- and alcohol-related disciplinary actions, treatment referrals, and incidents recorded by campus security or other law enforcement officials.

There are multiple factors that contribute to Midstate College's zero violation/sanction data. The demographics of a non-traditional adult learner; the average age of 34; 86% of the population is over the age of 25; no student housing (100% commuter base); and no student sponsored activities that allow for the presence of alcohol. These factors make it improbable for the College to evaluate whether or not our prevention program is effective in reducing drug and alcohol violations since there are no violations or sanctions to evaluate. At this time the College has no choice but to conclude that the measures that are being taken are effective for the College campus, including the consistency of sanctions imposed for violations of its disciplinary standards and codes of conduct related to illicit drugs and alcohol abuse. At this time no areas were identified requiring improvement or modification.

Submitted August 16, 2017 - Director of Student Affairs

DRUG-FREE WORKPLACE REQUIREMENTS FOR CAMPUS-BASED COLLEGES

Midstate College employees receive the same materials and procedures as provided to the students (see above.) The College's Drug-Free Policy is signed by all employees upon hire, and the documentation is placed in their personnel file. The policy includes information on prohibited unlawful activities, sanctions against employees for violations of these policies, and any possible criminal action.

CAMPUS HEALTH POLICY

Midstate College's health policy states that anyone that has a fever, has been vomiting, or has any contagious illness such as flu, chicken pox, meningitis or pertussis, etc. is to stay at home. Anyone who is diagnosed with MRSA or has been recently treated for MRSA may not attend functions or classes on the Midstate College campus until he or she brings in a note from his/her doctor on letterhead stating that he or she is not likely to infect peers in a classroom or the workplace. The Dean of Academics will notify instructors when the student will be returning to class. While on-campus, the individual must keep the skin area and drainage covered with a dressing and clothing. Anyone who is in contact with any person who has MRSA should practice good hand washing techniques.

The College has disposable thermometers and facemasks available to all students and employees; they are available in the main office (102), Student Affairs office (212), Allied Health department (204),

Midstate College campus provides hand sanitizer dispensers by the doors in every classroom, restroom, and several common areas. Kleenex is also provided in the classrooms. Please consider some basic courtesy for the students and Midstate personnel by utilizing these items. Cover your mouth in your elbow when coughing, and wash your hands to prevent the spread of viruses. College personnel may request that anyone wear a facemask if coughing and may request anyone have their temperature taken. These methods are in place in order to assist in ensuring campus health and safety. Anyone that comes to campus and has a fever or is contagious will be asked to leave until they are better.

The maintenance and cleaning staff have a regular routine in place for disinfecting the facilities; however, it is the responsibility of everyone to ensure a healthy environment.

Severe Illness / Influenza Epidemic

If there is an unusual incidence of illness or an epidemic or pandemic are declared.

1. Stay home if you are ill. Notify your supervisor or instructor immediately, and check in every day that you are ill and unable to come to work or class.
2. See your doctor for vaccination and medication information.
3. Cover your mouth when sneezing or coughing.
4. Wash your hands frequently.
5. Drink plenty of fluids, take vitamins, and get plenty of rest.
6. If able, be prepared to work from home for several consecutive days.

Medical Emergencies / Accidents

Complete an incident report form with the main office should you observe an action which results in injury or emergency on College property or during a College-sponsored function. Use the following guidelines in an emergency situation:

Midstate Personnel

- Step 1: Have someone call 911;
- Step 2: Stay Calm;
- Step 3: DO NOT Move the ill/injured person;
- Step 4: Notify Security (1180), Student Affairs office (2120), or main office (1020);
- Step 5: Midstate personnel stay with ill/injured person;
- Step 6: Dismiss other students from class and clear room;
- Step 7: Go to the ill/injured person and check: breathing, heartbeat, bleeding, consciousness, feel for pulse
- Step 8: If ill/injured person can respond:
 - What happened? Do you have diabetes, epilepsy, or low blood pressure?
 - Is there pain? Has this happened before? How do you feel now? Does the person need to be covered?
- Step 9: Wait for emergency services.