



# ALCOHOL AND DRUG ABUSE EDUCATION

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In accordance with the Drug Free Schools and Campuses Drug Prevention Program Certification, Midland College has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on school premises or as a part of any of its activities. Midland College recognizes that drug and alcohol abuse is a persistent social and health problem of major proportion in our society. Members of the college community, as members of the greater society, may have social, environmental and personal characteristics which could foster such abuse. Midland College is committed to taking positive steps to address drug and alcohol abuse through education, treatment and enforcement.

## Standards of Conduct

### Alcohol

Midland College prohibits possession and consumption of alcoholic beverages in public places on campus except where authorized.

The College strictly enforces the state law that prohibits the possession and consumption of alcohol by those under the age of 21.

### Controlled Substances (Drugs)

Midland College requires that all students and employees be in compliance with all local, state and federal laws regarding controlled substances to include, but not limited to their use, sale, possession or manufacture.

## Early Warning Signs

### *You may have a problem with alcohol if...*

- > you are difficult to get along with when drinking
- > you drink because you're depressed
- > you drink to relax or to cope with life problems
- > you drink until "dead drunk" at times
- > you don't recall some drinking episodes, have blackouts
- > you hide liquor
- > you lie about your drinking
- > you neglect to eat when drinking
- > you want a drink "the morning after," an eye-opener
- > others have complained about your drinking
- > you have wanted to "cut down" on drinking and have not been able to do so
- > you have felt guilty about your drinking

### *Signs and symptoms of alcohol or other drug dependence*

- > **Tolerance:** using more of the same substance to achieve the desired effect
- > **Withdrawal:** When stopping use of a substance, unwanted physiological symptoms are present; i.e., shakiness, anxiety, vomiting, excessive sweating, etc.
- > **Loss of control:** using more of a substance than intended, despite planning to use less
- > Desire to stop and can't
- > Neglecting other activities that are important because of the use of substances
- > **Preoccupation with substances:** The substance takes up more time, energy and focus.
- > Continued use despite negative consequences.

## Health Risks of Alcohol & Drugs

Drug and alcohol use, misuse and abuse are complex behaviors with many determinants at both the cultural and individual levels. Awareness of the effects of any drug/alcohol is imperative for an individual's well-being or survival.

### Alcohol

- > Acts as a central nervous system depressant, affects mood, dulls the senses and impairs coordination, reflexes, memory and judgment.
- > More serious effects may be damage to the liver, kidney, pancreas and brain.
- > It is the leading cause of death among individuals 15-24 years of age.
- > On the average, heavy drinkers shorten their life spans by approximately ten years.

### Marijuana

- > Prolonged use can lead to physical dependence. Withdrawal symptoms include anxiety, restlessness, depression, irritability and overall negative mood states, disrupted sleep, decrease in food intake and possible aggressive behavior. Prolonged use and increased tolerance can lead to severe psychological dependence and psychotic episodes.
- > An immediate increase in heart and pulse rate may cause an acute panic anxiety reaction.
- > Overdose may result in seizures, heartstops, coma or death.
- > May cause short-term memory loss.

### Opiates

- > Highly susceptible to physical dependence.
- > May cause infections of the skin, liver, heart and lungs.
- > Depress the respiratory centers in the brain and can cause death resulting from respiratory depression.

### Tobacco

- > May cause shortness of breath, nagging cough and heart difficulties.
- > Long-term effects may be emphysema, bronchitis, heart disease and cancer.

## Midland College Sanctions

All employees and students are expected and required to obey the law, to comply with Midland College rules and with directives issued by an administrative official in the course of his/her authorized duties. Employees and students are expected to observe standards of conduct appropriate for an academic institution.

When the Standards of Conduct regarding alcohol and drugs are violated, Midland College will impose, at a minimum, the following disciplinary action:

- A. admonition and warning
- B. formal written warning
- C. loss of privileges
- D. formal disciplinary probation
- E. suspension
- F. dismissal

Specific information regarding more stringent sanctions is available in the *Midland College Policy Manual, Employee Handbook and Catalog and Student Handbook*.

College-imposed sanctions are additional to any legal actions taken by local, state or federal authorities.

## Legal Sanctions

Employees and students found in violation of any local, state or federal law regarding the use, possession or distribution of alcohol or other drugs (as defined by the Texas Health and Safety Code, Subtitle C Substance Abuse Regulations and Crimes) will receive the full legal penalty in addition to any appropriate College disciplinary action.

### Most Common Legal Violations and Associated Consequences

#### Alcohol

- > Minors convicted for possession or consumption of alcoholic beverages may be subject to fines not to exceed \$500 depending on the number of previous convictions.
- > Convictions for selling to minors or making alcohol available to minors may subject individuals to a fine not to exceed \$4,000 and/or to a maximum of one year in jail.
- > Convictions for Driving While Intoxicated may subject individuals to fines and to a jail term ranging from days to years. Fines and jail terms escalate with subsequent offenses.

#### Controlled Substances (Drugs)

Sanctions upon conviction for possession, distribution or manufacture of controlled substances range from fines to probations to imprisonment. Amounts of fines, terms of probation or years of imprisonment are generally contingent upon the circumstance and amounts of drugs in possession, sale, distribution or manufacture.

## Services Available to Employees and Students

Midland College strives to provide students, faculty and staff with a confidential source of help when dealing with drug or alcohol abuse or addiction problems.

Information is available in the Midland College Behavioral Health Center. Please contact the department chair of Alcohol and Drug Abuse Counseling program at (432) 685-4729.

Midland College promotes activities and programs with student support to focus campus attention on the problem of drug and alcohol abuse.

The Student Life Office coordinates projects and events to focus attention on the dangers of drug and alcohol abuse and with the problems of dependency, such as the following:

- > Mandatory Alcohol Awareness Programs for all residence hall students
- > Risk Management training for clubs and organizations
- > Mocktail parties
- > Educational activities and publications

## Campus Information Sources

Additional information both on the effects of specific drugs and alcohol and drug counseling resources in the Midland area and surrounding areas is available in the Alcohol and Drug Abuse Counseling office. Counseling is available on the main campus to those in need.

### Alcohol and Drug Abuse Counseling Program

Abell-Hanger Science Faculty Building – Room 175  
(432) 685-4729

### Midland College Behavioral Health Center

Midland College Main Campus  
Abell-Hanger Science Faculty Building – Room 176  
(432) 686-4277

### Human Resources Office

Pevehouse Administration Building  
(432) 685-4532

### Director of Counseling

Scharbauer Student Center  
(432) 685-4505

### Student Life Office

Scharbauer Student Center  
(432) 686-4828



Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individuals have been designated to handle inquiries regarding the non-discrimination policies:

### Tana Baker

Title IX Coordinator/Compliance Officer  
3600 N. Garfield, SSC 242  
Midland, TX 79705  
(432) 685-4781  
[tbaker@midland.edu](mailto:tbaker@midland.edu)

### Natasha Morgan

Director Human Resources/Payroll  
3600 N. Garfield, PAD 104  
Midland, TX 79705  
(432) 685-4534  
[nmorgan@midland.edu](mailto:nmorgan@midland.edu)

For further information on notice of non-discrimination, visit

<http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> or call 1 (800) 421-3481.