

## Cocaine/Crack

Cocaine is an extremely addictive stimulant. The intense euphoria is short-lived and prompts users to use again and again. Some users spend hundreds or thousands of dollars on cocaine and crack each week and will do anything to support their habit. Even first time users may experience seizures or heart attacks, which can be fatal. Overdoses can be lethal.

### Physical risks associated with using ANY amount of cocaine and crack:

- increases in blood pressure, heart rate, breathing rate and body temperature
- heart attacks, strokes, and respiratory failure
- hepatitis or AIDS through shared needles
- brain seizures
- reduction of the body's ability to resist and combat infection

### Psychological risks:

- violent, erratic and paranoid behavior
- hallucinations and “coke bugs” – a sensation of imaginary insects crawling over the skin
- confusion, anxiety and depression
- loss of interest in food
- “cocaine psychosis” – losing touch with reality, loss of interest in friends, family, sports, hobbies and other activities.

## Hallucinogens

Hallucinogenic drugs are substances that distort the perception of objective reality. The most well known hallucinogens include PCP, LSD or acid, or mushrooms. Under the influence of hallucinogens, the senses of direction, distance and time become disoriented. These drugs can produce unpredictable, erratic, and violent behavior in users that sometimes leads to serious injuries and death. The effect of hallucinogens can last for 12 hours. Hallucinogens worsen any pre-existing emotional problems.

### Physical risks associated with using hallucinogens:

- increased heart rate and blood pressure
- sleeplessness and tremors
- lack of muscular coordination
- sparse, mangled and incoherent speech
- decreased awareness of touch and pain that can result in self-inflicted injuries
- convulsions
- coma
- heart and lung failure

### Psychological risks associated with using hallucinogens:

- a sense of distance and estrangement
- depression, anxiety and paranoia
- violent behavior
- confusion, suspicion and loss of control
- flashbacks
- behavior similar to schizophrenic psychosis
- catatonic syndrome whereby the user becomes mute, lethargic, disoriented and makes meaningless repetitive movements.

## Narcotics (opium, morphine, codeine, heroin)

Narcotics are used medically to relieve pain. Narcotics are also used inappropriately for their mood-altering effects and are both physically and psychologically addictive. Death can occur from overdose.

### Physical risks of narcotics use:

- infection of the heart valves
- skin abscesses
- congested lungs
- liver disease
- tetanus
- anemia

## Marijuana

Marijuana is the most widely used illicit drug in the United States and tends to be the first illegal drug teens use. Marijuana has more than 400 different chemical compounds and contains even more cancer-causing agents than are found in tobacco.

### Short-term effects of using marijuana:

- sleepiness
- difficulty keeping track of time, impaired or reduced short-term memory
- reduced ability to perform tasks requiring concentration and coordination, such as driving a car.
- increased heart rate
- bloodshot eyes
- dry mouth and throat
- decreased social inhibitions
- paranoia, hallucinations

### Long-term effects of using marijuana:

- enhanced cancer risk
- decrease in testosterone levels for men; also lower sperm counts and difficulty having children
- increase in testosterone levels for women; also increased risk of infertility
- diminished or extinguished sexual pleasure
- psychological dependence requiring more of the drug to get the same effect

## Referrals

Horizons Mental Health Center  
1600 N Lorraine, Suite 202  
Hutchinson, KS 67502  
620-694-1099

National Council on Alcoholism and Drug  
Dependence, 800-622-2255

Julie Lehman (ext. 8238) and Dan Harrison  
(ext. 8159), Campus Counselors

Mirror, Inc.  
130 E. 5th, Newton, KS 67114  
316-283-6743

Prairie View  
1901 E 1st St, Newton, KS 67114  
800-992-6292



## *Alcohol and Drug Policy*

***Our Mission:*** *Hesston College, the two-year college of Mennonite Church USA, educates and nurtures each student within Christ-centered community, integrating thought, life, and faith for service to others in the church and the world.*

Hesston College, as an institution receiving federal financial aid for students in attendance, has adopted policies for prohibiting the use of alcohol and illicit drugs by students and employees in compliance with the federal laws and regulations of the U.S. Department of Education. In addition, Hesston College has adopted and implemented an alcohol and illicit drug prevention program. As part of this program, Hesston College is required to provide the following information annually to all students and employees.

Hesston College prohibits the possession, use/consumption or distribution of illicit drugs and alcohol by students. Hesston College prohibits the possession, use/consumption or distribution of illicit drugs and alcohol by employees on Hesston College property or as part of any of its activities.

STUDENTS who violate the terms of this policy may be reported to the appropriate law enforcement officials and may be subject to one or more of the following sanctions:

1. Placement on Lifestyle Accountability and Support (LAS)
2. Financial, work or other penalties, as appropriate
3. Suspension
4. Dismissal

For further information on these sanctions, please reference the Hesston College Student Handbook.

Students subject to these penalties will be afforded all due process rights to which they are entitled by law or under current policies affecting student discipline. In addition to the above sanctions, a student may be required to meet with a campus counselor. In lieu of suspension or expulsion, a student may be required to complete a drug or alcohol abuse education or treatment program as a condition of continued enrollment. The cost of completing such a program will be the responsibility of the student.

EMPLOYEES of the college who violate the terms of this policy may be reported to the appropriate law enforcement officials and may be subject to one or more of the following sanctions:

1. Verbal and/or written reprimand
2. Short term suspension with pay
3. Short term suspension without pay
4. Long term suspension without pay
5. Required participation in a drug and alcohol education, treatment, counseling, or rehabilitation program
5. Termination or dismissal from employment

Prior to applying sanctions under this policy, employees will be afforded all due process rights to which they are entitled under their contracts. Nothing in this policy is intended to diminish the rights of the college to take any other disciplinary action, which is provided for in college policies. If it is agreed that an employee should enter into and complete a drug education or rehabilitation program, the cost of such program will be the responsibility of the employee.

EMPLOYEES must notify their supervisor in writing if convicted for a violation of a criminal drug statute occurring in the workplace no more than five calendar days after the conviction.

## ***Summary of State and Federal Laws Concerning Alcohol and Other Drugs***

### **Under Federal Law:**

Simple possession of controlled substances is punishable on a first offense by up to one year in prison and/or a fine up to \$1,000.

A first conviction for distribution of narcotics or controlled substances to a person under 21 years of age may result in a sentence of 20 years to life in prison and/or a \$2,000,000 fine.

The distribution and/or manufacture of narcotics or controlled substances in or near schools, colleges, playgrounds, community centers and video arcades is also punishable by imprisonment from 20 years to life and/or a fine of \$2,000,000.

### **Under Kansas state statutes:**

Possession of alcoholic liquor/cereal malt beverage by a person 18-20 years of age is a Class C Misdemeanor, punishable by confinement up to one month and/or a minimum fine of \$200 and maximum fine of \$500, probation and a driver's license suspension. The person may also be requested to submit to a State approved rehabilitation/educational awareness program and/or perform 40 hours of community service.

Furnishing alcoholic beverages/cereal malt beverage to a minor may lead to imprisonment up to six months and/or a minimum fine of \$250 to a maximum fine of \$1,000 and probation.

Possession of certain controlled substances is punishable on a first offense with imprisonment of not more than one year and/or a fine of not more than \$2,500.

Possession with intent to sell narcotics may lead, on a first conviction, to imprisonment for not less than three or more than twenty years and/or a fine of not more than \$15,000. A second conviction may result in life imprisonment. Personal and real property used in connection with drug trafficking may be seized by the state.

## ***Health Effects of Alcohol and Other Drugs***

### **Alcohol**

Alcohol is "legal" but it is a drug just the same. Alcohol kills more people and causes more diseases and social problems than all the other drugs put together. Drinking alcohol can lead to an addiction. On average, alcoholics' lives are shortened by 12 years because of drinking.

#### **Short-term effects of alcohol use include:**

- distorted vision, hearing and coordination
- altered perceptions and emotions
- impaired judgment

#### **Long-term effects of heavy alcohol use include:**

- vitamin deficiencies
- stomach ailments
- skin problems
- sexual impotence
- liver damage
- heart and central nervous system damage
- memory loss

### **Methamphetamine (a.k.a speed, meth, crank, crystal)**

This is a group of drugs that increases alertness and physical activities. Amphetamine overdose can cause cardiac arrhythmia, convulsions, coma, and death. Amphetamines are psychologically and physically addictive.

#### **The effects of methamphetamines include:**

- increased heart rate and blood pressure
- increased wakefulness; insomnia
- increased physical activity
- decreased appetite
- respiratory problems
- extreme anorexia
- hypothermia, convulsions, cardiovascular problems, which can lead to death
- irritability, confusion, tremors
- anxiety paranoia, or violent behavior
- can cause irreversible damage to blood vessels in the brain, producing strokes