

PREVENTION PROGRAM REGARDING ILLICIT DRUGS AND ALCOHOL ABUSE

Standards of Conduct

Controlled Substances: The consumption, possession, or distribution of controlled substances is prohibited on College property and at any College-related program or activity. Prescription and over-the-counter drugs are permitted only when taken in a standard dosage or according to a physician's prescription.

Alcohol: State law prohibits individuals under 21 years of age from possessing, consuming, or serving alcoholic beverages. Therefore, no student under the age of 21 may possess, consume, or serve alcohol while on campus or at any College-related program or activity. Additionally, San Jacinto College (College) is designated as an alcohol-free institution. Therefore, students who are 21 and older are prohibited from consuming, possessing, serving, and/or using alcohol on campus or at any College-related program or activity, except as may be authorized by College Policy VII.7002.A (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-Alcohol-Usage-at-Events-on-College-Property.pdf#search=College%20Policy%20VII7002A>). The restrictions on alcohol apply to all employees, students, visitors, volunteers, contractors, and vendors. This Policy also applies to individuals and groups that rent or lease any facilities that are designated as College Property.

For additional information on College standards regarding alcohol and controlled substances, please see College Policy VII.7002.A (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-Alcohol-Usage-at-Events-on-College-Property.pdf#search=College%20Policy%20VII7002A>).

Employees and students who receive College funds for travel may not use the funds to buy alcoholic beverages even if they are of legal age to purchase alcohol.

For more information on College standards of conduct regarding alcohol and controlled substances, please see:

1. Policy VII.7002.A, Alcohol Usage at Events on College Property (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-Alcohol-Usage-at-Events-on-College-Property.pdf#search=College%20Policy%20VII7002A>);
2. Procedure VII.7002.A.a, Alcohol Usage at Events on College Property (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-a-Alcohol-Usage-at-Events-on-College-Property.pdf#search=College%20Policy%20VII7002A>);
3. Procedure VII.7002.A.b, Alcohol Usage in College Programs (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-b-Alcohol-Usage-in-College-Programs-SLT.pdf#search=College%20Policy%20VII7002A>);
4. The Student Handbook (<https://publications.sanjac.edu/student-handbook/>) and Code of Student Conduct (<https://publications.sanjac.edu/student-handbook/code-student-conduct/>) (applicable to all students); and
5. The Athlete Handbook (applicable to student athletes).

These publications are available on the College's website at www.sanjac.edu (<http://www.sanjac.edu>).

Prevention of Alcohol Abuse and Substance Abuse

The policy of San Jacinto College is to provide all students and employees with an environment that is free of substance abuse. The illegal use of controlled substances on College campuses subjects the College, its students, and employees to unacceptable risks of injury, interferes with the learning and working environments, and is inconsistent with the behavior expected of persons associated with the College.

The College firmly supports remedial assistance and, when necessary, disciplinary action for those individuals who violate conduct expectations, including those related to the use, possession, distribution or possession for purposes of distribution, of any controlled substances or illegal drugs on College property or at College-sponsored activities at off-campus locations.

In addition to College disciplinary consequences, individuals are subject to arrest and criminal prosecution.

Health Risks

Alcohol Abuse

Alcohol is a primary and continuous depressant of the central nervous system. Impairment of judgment and of recently learned, complex and finely tuned skills begins to occur at blood alcohol concentrations as low as 0.025 percent. These impairments are followed by the loss of more primitive skills and functions, such as gross motor control and orientation at concentrations in excess of 0.05 percent. Alcohol in moderate doses impairs nearly every aspect of information processing, including the ability to abstract and conceptualize, the ability to use large numbers of situational cues presented simultaneously, and the cognitive ability to determine meaning from incoming information. Alcohol consumption can therefore promote action on impulse without full appreciation of, or concern about, the potential negative consequences of such action.

Chronic long-term effects of heavy drinking over a period of years can result in brain damage, cancer of the mouth, esophagus, or stomach, heart disease, liver damage resulting in cirrhosis, alcoholic hepatitis, and cancer of the liver, peptic ulcer disease, and possible damage of the adrenal and pituitary glands. Prolonged, excessive drinking can shorten one's life span by 10-12 years.

Illicit Drugs/Controlled Substances

Illicit drugs include narcotics, such as heroin or methamphetamine; depressants, such as GHB or alcohol; stimulants, such as cocaine or methamphetamine; hallucinogens, such as PCP, LSD, or mescaline; cannabis such as marijuana or hashish; inhalants, such as nitrous oxide, amyl nitrate (poppers) or various hydrocarbon solvents; and designer drugs, such as methamphetamine (Ecstasy) or meperidine (Demerol).

See the charts below for grouped listings of Commonly Abused Drugs (depressants, stimulants, opioids (or narcotics), cannabinoids, hallucinogens, inhalants, and other compounds). The charts include some commercial and street names as well as some short-term and long-term effects.

Anabolic Steroids and Growth Hormones

Anabolic steroids and growth hormones are for medical use only. State law prohibits the possession, dispensing, delivery, or administering of an

anabolic steroid or growth hormone in any manner not allowed by state law.

State law provides that bodybuilding, muscle enhancement, or increasing muscle bulk or strength through the use of an anabolic steroid by a person who is in good health is not a valid medical purpose. Only a medical doctor may prescribe an anabolic steroid or human growth hormone for a person. A violation of state law concerning anabolic steroids or human growth hormones is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Corrections.

Disciplinary and Legal Sanctions

Students, regardless of age, determined to be in violation of College policy, procedures, or regulations pertaining to controlled substances, including alcohol, are subject to severe disciplinary penalties, including permanent suspension from the College. When such violations also constitute violations of public law, charges also may be filed by the College for prosecution by the appropriate law enforcement agency. Convictions under public law are punishable by fines, imprisonment, or both. The penalties described in this handbook are subject to change depending on the adoption of new laws by the Texas Legislature or the US Congress.

This notice is provided in accordance with the provisions of HB 1507, 71st Legislature, State of Texas.

Commonly Abused Drugs

Depressants

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Gamma-Hydroxybutyrate (GHB)	Commercial Names: Sodium Oxybate, Xyrem®: G, Gamma-oh, GEEB, Georgia Home Boy, Gina, Goop, Grievous Bodily Harm, Liquid Ecstasy, Liquid X, Scoop, Soap.	Euphoria, drowsiness, nausea, vomiting, confusion, memory loss, unconsciousness, slowed heart rate and breathing, lower body temperature, seizures, coma, death
Barbiturates	Pentobarbital Nembutal®: barbs, dolls, phennies, red/blue birds, tooties, yellows, yellow jackets	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing
Benzodiazepines	alprazolam (Xanax®), chlorodiazepoxide (Librium®), diazepam (Valium®), lorazepam (Ativan®), triazolam (Halicon®): Benzos, Downers, Poles, Tranks, Totem, Z-bars, V's, Yellow/Blue Z's, Zannies	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing

Alcohol	Beer, wine, liquor	Reduced anxiety, feeling of well-being, lowered inhibitions, slowed pulse and breathing, lowered blood pressure, poor concentration/fatigue, confusion, impaired coordination, memory of events, judgment; addiction, slurred speech, disorientation, drunken behavior, respiratory depression and arrest; death
Sleep Medications	Eszopiclone (Lunesta®), zaleplon (Sonata®), zolpidem (Ambien®): Forget-me pill, Looney Bar, Mexican Valium, R2, Roche, Tic-Tacs, Sleepeasy, Symphony, Zombie flip	Drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing

Stimulants

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Amphetamine	Amphetamine (Adderall®): Addys, Bennies, Beans, Black Beauties, Crosses, Hearts, Ivy League Drug, Pep Pills, Speed, Truck Drivers, Uppers	Short-term effects: Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures. Long-term effects: Heart problems, psychosis, anger, paranoia.
Caffeine	NoDoz®, Vivarin®; Redbull® and other commercial brand drinks	Increased heart rate, blood pressure, metabolism; feelings of exhilaration, energy, increased mental alertness/rapid or irregular heart beat; reduced appetite, weight loss, heart failure, nervousness, insomnia, dizziness, irritability, nausea, and euphoria

Cocaine	Cocaine hydrochloride topical solution (low dose anesthetic used in certain medical procedures): Blow, Bump, C, Coke, Crack, Dust, Flake, Nose Candy, Rock, Snow, Sneeze, Sniff, Toot, White Rock, (with heroine: Speedball)	Short-term effects: Narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma. Long-term effects: Loss of sense of smell, nosebleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss; lung damage from smoking.	Methamphetamine	Desoxyn®: Crank, Chalk, Crystal, Dunk, Gak, Ice, Meth, Pookie, Quartz, Rocket Fuel, Scooby Snax, Speed, Trash, (With cocaine: Croak, Shabu), (With MDMA: Hugs and Kisses, Party and Play (P&P)	Short-term effects: Increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat. Long-term effects: Anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems ("meth mouth"), intense itching leading to skin sores from scratching.
Khat	Abyssinian Tea, African Salad, Catha, Chat, Kat, Oat	Short-term effects: Euphoria, increased alertness and arousal, increased blood pressure and heart rate, depression, paranoia, headaches, loss of appetite, insomnia, fine tremors, loss of short-term memory. Long-term effects: Gastrointestinal disorders such as constipation, ulcers, and stomach inflammation; and increased risk of heart attack.	Methylphenidate	Methylphenidate (Concerta®, Ritalin®): Diet Coke, JIF, Kiddie Coke, MPH, R-Ball, RPop, Skippy, Study Buddies , The Smart Drug, Vitamin R	Short-term effects: Increased alertness, attention, energy; increased blood pressure and heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. High doses: dangerously high body temperature and irregular heartbeat; heart disease; seizures. Long-term effects: Heart problems, psychosis, anger, paranoia.
			Nicotine	Cigarettes/Cigars: Butts, Cancer sticks, Ciggys, Cigs, Coffin nails, Smokes, Stogies, Stokes, (Cigar hollowed out with marijuana added: Blunt), (Vaping: Cig-A-Like, EHookah, E-Juice, JUULing, vape pens, mods)	Short-term effects: Increased blood pressure, breathing, and heart rate. Exposes lungs to a variety of chemicals. Vaping also exposes lungs to metallic vapors created by heating the coils in the device. Long-term effects: Greatly increased risk of cancer, especially lung cancer when smoked, and oral cancers when chewed; chronic bronchitis; emphysema; heart disease; leukemia; cataracts; pneumonia.

Loperamide (Over-the-Counter)	Imodium®, an OTC medication for diarrhea; Lope dope, Poor man's methadone	Short-term effects: Controls diarrhea symptoms. In high doses, can produce euphoria. May lessen cravings and withdrawal symptoms of other drugs. Long-term effects: Unknown
Synthetic Cathinones ("Bath Salts")	Bath Blow, Bloom, Blue Silk, Bubbles, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Salting, Scarface, Vanilla Sky, White Lightning, Wicked X	Short-term effects: Increased heart rate and blood pressure; euphoria; increased sociability and sex drive; paranoia, agitation, and hallucinations; violent behavior; sweating; nausea, vomiting; insomnia; irritability; dizziness; depression; panic attacks; reduced motor control; cloudy thinking. Long-term effects: Death.

Hydrocodone	Hydrocodone or dihydrocodeinone (Vicodin®, Norco®, Zohydro®, and others); Vikes, Veeks, Idiot Pills, Scratch, 357s, Lemonade, Bananas, Dones, Droco, Lorries, With valium and vodka: Triple V	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
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Hydromorphone	Hydromorphone (Dilaudid®) D, Dillies, K4, Needle Candy	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
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Kratom	Herbal Speedball, Biak-biak, Ketum, Kahuam, Thang, Thom	Short-term effects: Nausea, dizziness, itching, sweating, dry mouth, constipation, loss of appetite. Low doses: increased energy, sociability, alertness. High doses: sedation, euphoria, decreased pain. Long-term effects: Anorexia, weight loss, insomnia, skin darkening, constipation. Hallucination and paranoia with long-term use at high doses.
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Meperidine	Meperidine (Demerol®); Demmies, Pain Killer	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
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Methadone	Methadone (Dolophine®, Methadose®); Amidone, Biscuits, Fizzies, Jungle Juice, Maria, Wafer. With MDMA: Chocolate Chip Cookies	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
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Opioids (Narcotics)

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Codeine	Captain Cody, Coties, Schoolboy, (With soft drinks/candy: Lean, Sizzurp, Purple Drank), (With hypnotic sedatives: Doors & Fours, Loads, Pancakes and Syrup)	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
Fentanyl	Actiq®, Duragesic®, Sublimaze®: Apache, Blonde, Blue Diamond, Snowflake, Humid, Jackpot, Murder 8, Tango and Cash, TNT, White Ladies, (With heroin: Birria), (With heroin pills: Facebook)	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
Heroin	Brown sugar, Chiva Dope, H, Horse, Junk, Skag, Skunk, Smack, White Horse, (With OTC nighttime cold medicine: Cheese), (With Marijuana: ABomb)	Short-term effects: Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate. Long-term effects: Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease.

Morphine	Morphine (Duramorph®, MS Contin®); Dreamer, First Line, Joy Juice, Morpho, Miss Emma, Monkey, White Stuff, Mister Blue, Unkie	Short-term effects: Euphoria; dry mouth; itching; nausea; vomiting; analgesia; slowed breathing and heart rate. Long-term effects: Collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease.
Oxycodone	Oxycodone (OxyContin®, Percodan®, Percocet®, and others)	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.
Oxymorphone	(Opana®); Biscuits, Blue Heaven, Blues, Mrs. O, O Bomb, Octagons, Stop Signs	Short-term effects: Pain relief, drowsiness, nausea, constipation, euphoria, slowed breathing, death. Long-term effects: Increased risk of overdose or addiction if misused.

Cannabinoids

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Marijuana	Various brand names in states where the sale of marijuana is legal; 420, Blunt, Bud, Doobie, Dope, Ganja, Grass, Green, Herb, Joint, Mary Jane, Pot, Reefer, Sinsemilla, Skunk, Smoke, Stinkweed, Trees, Weed. Hashish: Boom, Gangster, Hash, Hemp. Concentrates: Budder, Crumble, Shatter, Wax. In food: Edibles. Added to hollowed out cigar: Blunt	Short-term effects: Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety. Long-term effects: Mental health problems, chronic cough, frequent respiratory infections.
Synthetic Cannabinoids	Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, K-2, Moon Rocks, Solar Flare, Skunk, Smacked, Spice, Yucatan, Zohai	Short-term effects: Increased heart rate; vomiting; agitation; confusion; hallucinations, anxiety, paranoia; increased blood pressure. Long-term effects: Unknown.

Hallucinogens

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Ayahuasca	Aya, Hoasca, Vine, Yage	Short-term effects include strong hallucinations, altered visual and auditory perceptions and increased heart rate. Long-term effects may include possible changes to the serotonergic and immune systems.
Dimethyltryptamine (DMT)	Businessman's Special, DMT, Dimitri	Short-term effects: Intense visual hallucinations, depersonalization, auditory distortions, and an altered perception of time and body image, usually peaking in about 30 minutes when drunk as tea. Physical effects include hypertension, increased heart rate, agitation, seizures, and dilated pupils. Long-term effects: Unknown.
Ketamine	Ketalar®, a surgical anesthetic. Spravato™ (esketamine), prescribed for treatment resistant depression used under strict medical supervision. Ketaset, a surgical anesthesia used by veterinarians. Cat Valium, K, Lady K, Special K, Vitamin K	Short-term effects: Problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion; loss of memory; raised blood pressure; unconsciousness; dangerously slowed breathing. Long-term effects: Ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.

Lysergic acid diethylamide (LSD)	Acid, Blotter, Boomers, Cid, Golden Dragon, Looney Tunes, Lucy Mae, Microdots, Tabs, Yellow Sunshine	Short-term effects: Rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness; loss of appetite; tremors; enlarged pupils. Long-term effects: Frightening flashbacks (called Hallucinogen Persisting Perception Disorder ^{HPPD}); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.	Phencyclidine (PCP)	Angel Dust, Embalming fluid, Hog, Rocket Fuel, Sherms. Mixed with marijuana: Zoom	Short-term effects: Delusions, hallucinations, paranoia, problems thinking, a sense of distance from one's environment, anxiety. Low doses: slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement. High doses: nausea; vomiting; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; seizures, coma, and death. Long-term effects: Memory loss, problems with speech and thinking, loss of appetite, anxiety.
Mescaline	Big Chief, Buttons, Cactus, Mescalito	Short-term effects: Enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement. Long-term effects: Unknown	Psilocybin	Little Smoke, Magic Mushrooms, Purple Passion, Sacred Mush, Sewage Fruit, Shrooms, Zoomers	Short-term effects: Hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness. Long-term effects: Risk of flashbacks and memory problems.
MDMA (methylenedioxy – methamphetamine)	Adam, E, X, XTC, Beans, Candy, Ebomb, Thizz, Love Drug, Molly, Rolls, Skittles, Sweets, Vitamin E or X	Short-term effects: Lowered inhibition; enhanced sensory perception; increased heart rate and blood pressure; muscle tension; nausea; faintness; chills or sweating; sharp rise in body temperature leading to kidney failure or death. Long-term effects: Long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness; less interest in sex.	Salvia	Sold legally in most states as Salvia divinorum; Chia seeds, Diviner's Sage, Magic Mint, Sally-D, Ska Pastora	Short-term effects: Short-lived but intense hallucinations; altered visual perception, mood, body sensations; mood swings, feelings of detachment from one's body; sweating. Long-term effects: Unknown.

Inhalants

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Amyl Nitrite	Air blast, Aimies, Bullets, Laughing gas, Moon gas, Oz, Poppers, Snappers, Snotballs, Toilet Water, Whippets, Whiteout	<p>Short-term effects: Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking.</p> <p>Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.</p> <p>Long-term effects: Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.</p> <p>Nitrites: increased risk of pneumonia.</p>

Nitrous Oxide	Laughing gas, balloons, Whippets	<p>Short-term effects: Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking.</p> <p>Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.</p> <p>Long-term effects: Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.</p> <p>Nitrites: increased risk of pneumonia.</p>
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Solvents

Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid, paint thinners, gasoline, glues

Short-term effects: Confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/delusions; headaches; sudden sniffing death due to heart failure (from butane, propane, and other chemicals in aerosols); death from asphyxiation, suffocation, convulsions or seizures, coma, or choking.

Nitrites: enlarged blood vessels, enhanced sexual pleasure, increased heart rate, brief sensation of heat and excitement, dizziness, headache.

Long-term effects: Liver and kidney damage; bone marrow damage; limb spasms due to nerve damage; brain damage from lack of oxygen that can cause problems with thinking, movement, vision, and hearing.

Nitrites: increased risk of pneumonia.

Other Compounds

Substance: Category and Name	Examples of Commercial and Street Names	Intoxication Effects/Potential Health Consequences
Anabolic Steroids	Nandrolone (Oxandrin®), oxandrolone (Anadrol®), oxymetholone (Anadrol-50®), testosterone cypionate (Depo-testosterone®)	Short-term effects: Builds muscles, improved athletic performance. Acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin, infection. Long-term effects: Kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger ("roid rage"); extreme irritability; delusions; impaired judgment.
Dextromethrophan (DXM)	Various (many brand names include "DM"); Poor Man's PCP, Robo, Robotripping, Skittles, Triple C	Short-term effects: Cough relief; euphoria; slurred speech; increased heart rate and blood pressure; dizziness; nausea; vomiting. Long-term effects: Unknown.
Sedative (Rohypnol®)	Flunitrazepam, Rohypnol®; Circles, Date Rape Drug, Forget-Me Pill, La Rocha, Mexican Valium, Mind	Short-term effects: Drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate. Long-term effects: Unknown.

College Penalties for Students

General Disciplinary Procedure

Section 3.9 of the Code of Student Conduct addresses the subject of drugs and alcohol. The College will investigate all reported violations and will exercise professional judgment in the imposition of sanctions in accordance with the College's prescribed disciplinary procedures. Students may receive College sanctions, criminal sanctions, or both.

Disciplinary sanctions include, but are not limited to, counseling/education, reprimand, probation, suspension, or expulsion.

Alcohol

The use, possession, or distribution of alcohol by any person under the age of 21 is strictly prohibited on College property and College-related activities. The use, possession, or distribution of alcohol by a person who is 21 or older also is strictly prohibited on College property and College-related activities, except as may be authorized by College Policy VII.7002.A (<https://www.sanjac.edu/about/policies-procedures/VII-7002-A-Alcohol-Usage-at-Events-on-College-Property.pdf#search=College%20Policy%20VII7002A>). Unlawful alcohol consumption and distribution by students, such as under-age drinking, and public intoxication, are prohibited at any official, College-sponsored activity regardless of location.

Controlled Substances

The unlawful use, possession, or distribution of controlled substances by any person on College property is strictly prohibited. The College's policy also applies to students participating in off-campus activities when the activity itself, or the student's participation, is under the sponsorship of the College or a student organization recognized by the College. Prescription and over-the-counter drugs are permitted only when taken in a standard dosage or according to a physician's prescription.

Counseling, Treatment, & Rehabilitation

In recognition of the increasing societal problems related to alcohol and substance abuse, education has been, and will continue to be, the primary focus of the College's efforts. Providing honest, factual information through organized educational programs will assist individuals in making reasonable decisions regarding the use of chemical substances. This includes information about illegal substances and their effects, and about the establishment of responsible drinking behavior for those who choose to use alcoholic beverages.

Students who desire confidential assistance from the College in dealing with a perceived or possible alcohol or chemical substance abuse problem may self-refer for that assistance by making an appointment with a counselor in the Center for Advising, Career, and Transfer office. Although the College does not conduct treatment or rehabilitation programs, College counselors are equipped to facilitate referrals to appropriately qualified, community providers of treatment programs.

Resources

General Resources

Bay Area Council on Drug and Alcohol
800-510-3111

<https://www.bacoda.org/>

Residential Treatment and Hospitals

Bay Area Recovery Center
281-884-3761

www.bayarearecovery.com (<http://www.bayarearecovery.com>)

Memorial Hermann Prevention and Recovery Center
832-779-5318

<https://www.memorialhermann.org/services/specialties/parc> (<https://www.memorialhermann.org/services/specialties/parc/>)

Support Groups

Alcoholics Anonymous

713-686-6300

www.aahouston.org (<http://www.aahouston.org>)

Narcotics Anonymous

713-661-4200

www.hascona.com (<http://www.hascona.com>)

City of Houston Ordinances (*Not All-Inclusive*)

Offense	Minimum Punishment	Maximum Punishment
Possession, provision, sale, barter, production, manufacture, or distribution of any illicit synthetic drug		Fine not to exceed \$2,000
Offering, displaying, marketing, or advertising for sale any illicit synthetic drug		Fine not to exceed \$2,000
Purchasing with the intent to provide, sell, barter, produce, manufacture, or distribute any illicit synthetic drug		Fine not to exceed \$2,000
Failure to publicly display or label herbal incense		Fine not to exceed \$2,000
Solicitation to purchase or acquire a controlled substance, controlled substance analogue, dangerous drug, or volatile chemical	Fine not less than \$100	Fine not to exceed \$2,000

Penalties Under Texas Law (*Not All-Inclusive*)

Offense	Minimum Punishment	Maximum Punishment
Possession of salvia divinorum	Class A misdemeanor. Fine not to exceed \$4,000, confinement in jail not to exceed 1 year	Confinement in jail term of five-99 years and fine not to exceed \$50,000
Manufacturer, delivery, or intent to deliver of controlled substance (drugs)	Confinement in state jail for 180 days to two years and fine not to exceed \$10,000	Life imprisonment or term of 15-99 years and fine not to exceed \$250,000
Possession of controlled substance (drugs)	Confinement in jail not to exceed 180 days and/or a fine not to exceed \$10,000	Life imprisonment or term of 10 to 99 years and fine not to exceed \$250,000
Delivery of marijuana	Confinement in jail not to exceed 180 days and/or fine not to exceed, \$2,000	Life imprisonment or term of 10-99 years and fine not to exceed \$100,000
Possession of marijuana	Confinement in jail not to exceed 180 days and/or not to exceed \$2,000	Life imprisonment or term of five-99 years and fine not to exceed \$50,000

Driving while intoxicated (includes intoxication for drugs and/or alcohol) – does not include assault or manslaughter while driving intoxicated	Confinement in jail 72 hours-180 days and/or fine not to exceed \$2,000; suspension of driver's license for 90 days to one year	Imprisonment of two-10 years; fine upward of \$6,000 or more; suspension of driver's license for one to two years
Public intoxication	No minimum punishment listed	Fine not to exceed \$500
Possession of alcoholic beverage in motor vehicle	No minimum punishment listed	Fine not to exceed \$500
Purchase, consumption, or possession of alcohol by a minor	Fine not to exceed \$500	Confinement in jail not to exceed 180 days and/or fine of \$250-\$2,000
Sale of alcohol to minor	No minimum listed	Confinement in jail not to exceed one year and/or fine not to exceed \$4,000
Manufacturer, distribution, or dispensing drugs (includes marijuana)	Imprisonment up to 2 years, and fine of not more than \$10,000	Life imprisonment. Fines can reach \$100,000 or more
Possession of drugs (including marijuana)	Imprisonment of not more than one year, and a fine of \$4,000	Imprisonment of 2 to 20 years; certain offenses can result in fines in excess of \$50,000
Operation of a common carrier under the influence of alcohol or drugs	No minimum listed	Imprisonment for up to 15 years; fine up to \$250,000 for an individual

Penalties Under Federal Law (*Not All-Inclusive*)

Offense	Minimum Punishment	Maximum Punishment
Manufacturer, distribution, or dispensing drugs (includes marijuana)	Imprisonment up to 20 years and fine of not more than \$5,000,000	Life imprisonment; fines can reach up to \$10 million
Possession of drugs (including marijuana)	Imprisonment of not more than one year, and an associated fine	Imprisonment; certain offenses can result in fines in excess of \$500,000
Operation of a common carrier under the influences of alcohol or drugs	No minimum listed	Imprisonment of not more than 5 years or fine up to \$10,000