

## DRUG FREE CAMPUS

As students and employees, you should be aware that illicit drug use and alcohol abuse may lead to financial, health, psychological, work, school and legal problems. College of the Canyons presents these facts to make you aware of the dangers of abuse of illicit drugs and alcohol.

## HEALTH RISKS

The following are commonly abused drugs and their associated health risks:

### Alcohol

- Brain, heart, liver disease
- Fetal alcohol syndrome
- Some forms of cancer
- Addiction
- Reduced life expectancy
- Death from severe overdoses causing respiratory and heart shutdown

Alcohol is involved in two-thirds of violent behavior, one-half of all injuries, one-third of all emotional difficulties and one-third of all academic problems on college campuses. The use of alcohol is detrimental to athletic and academic skills, and impairs concentration, judgment and body coordination.

### Marijuana

- Breast enlargement in men
- Increased appetite
- Loss of motivation and purpose
- Heavy psychological dependence
- Loss of sex drive and reduced fertility
- May cause heart and lung damage
- Insomnia for up to 6 months after quit using

### Cocaine

- Excitability and restlessness
- False feeling of self-confidence
- Painful nose bleeds and nasal erosion
- Quick addiction
- Depression
- Easy overdose leading to heart failure
- Crack babies
- Behavior leading to exposure to the AIDS virus and syphilis

### Stimulants

- Loss of appetite
- Insomnia
- High distractibility
- Anxiety and severe depression
- Suicidal tendencies, anger, violence, and psychotic or criminal behavior

In addition to the above, opiates, depressants, deliriants, hallucinogens and tobacco have significant health risks.

Tobacco use is the leading preventable cause of disease and premature death in the United States. Tobacco use causes more deaths each year than alcohol use, car crashes, suicide, AIDS, homicide, and illegal drug use combined. Save your health and your money: schedule a free appointment with the tobacco cessation counselor at the Student Health and Wellness Center (661)362-3259.

Therapeutic drugs, when used for medical treatment, can have beneficial and predictable results. Drugs used for non-medical reasons can cause serious physical and psychological problems.

## APPLICABLE LEGAL SANCTIONS

Laws and regulations forbidding substance abuse include the Federal Controlled Standards Act, the California State Business and Professional Code, and the California State Penal Code.

Legal sanctions may be taken against you if you are

- Driving under the influence of any drug,
- In possession of illegal drugs or controlled substances,
- Using a false I.D. to obtain alcohol,
- Obtaining or providing alcohol for people under legal age,
- Giving prescription drugs to others,
- Selling any drug or controlled substance.

## Santa Clarita Community College District Board Policy

In accordance with Public Law 101-226 DRUG-FREE SCHOOLS AND COMMUNITIES ACT AMENDMENT OF 1989, the Board of Trustees of Santa Clarita Community College District prohibits the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on college property and as part of any college-sponsored or sanctioned activity.

Any student or employee in violation of this policy is subject to disciplinary action up to, and including, expulsion from college or termination from employment and referral for prosecution for violations of the standard of conduct.

The decision to take disciplinary action in any such instance rests with the Board of Trustees after consideration of the recommendation of the chancellor of the college.

# DRUG-FREE CAMPUS

## COLLEGE OF THE CANYONS RESOURCES

### Valencia

#### Student Health and Wellness Center

(661) 362-3259

### Canyon Country

#### Student Health and Wellness Center

(661) 476-3812

## OFF-CAMPUS RESOURCES

### National Council on Alcoholism and Drug Dependence of Santa Clarita

24460 Lynons Avenue  
Santa Clarita, CA 91321  
(661) 299-2888

### National Alcohol Hotline

800-ALCOHOL

### Cocaine Anonymous (CA)

(818) 760-8402

### Narcotics Anonymous (NA)

(661) 299-5599

### Alcoholics Anonymous

(661) 250-9922

### Substance Abuse and Mental Health Services Administration

(800) 662-HELP(4357)

Personal health insurance policies may have their own treatment or referral services.