

## **Drug and Alcohol Abuse Prevention Information**

### **Policy:**

Indian Bible College is committed to having a campus and workplace that are free of the illegal or abusive use of drugs and alcohol. As an institution of higher education, the College recognizes the need to establish a drug and alcohol awareness program to educate faculty, staff and students about the dangers of drug and alcohol abuse. This policy is implemented in compliance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989.

The sale, offer to sell, purchase, use, transfer, possession and/or manufacture of illegal drugs and alcohol, are strictly prohibited on IBC property where dorms and family housing units are located, this also includes parking lots and other non-work-related areas. This applies to staff and students. As stated in the IBC Student Handbook, "Possession or use of prohibited items may result in immediate dismissal from the college."

As mandated by federal regulation, the College compiles a biennial review of the College's alcohol and drug policy and initiatives.

### **Medical Marijuana and New Changes to Arizona's Marijuana Laws:**

Although Arizona state law permits the medical and recreational use of marijuana federal laws prohibit marijuana use, possession, and/or cultivation at educational institutions and on the premises of other recipients of federal funds. The use, possession, or cultivation of marijuana for recreational or medical purposes is therefore not allowed in any IBC housing or any other IBC property; nor is it allowed at any College related event or activity on or off campus. Sanctions for violations related to marijuana will be consistent with all other illegal drugs and substances.

### **Health Risks:**

There are definite health risks associated with the abuse of alcohol and drugs. Alcohol or any other drug used in excess over time can produce illness, disability, and death. The health consequences of substance abuse may be immediate and unpredictable, such as cardiac arrest with cocaine use, or more subtle and long term, such as liver deterioration associated with the prolonged use of alcohol. In addition to health-related problems, other concerns relating to substance abuse include the following:

- People who abuse alcohol and other drugs often have erratic lifestyles which interfere with sleep, nutrition, and exercise
- Alcohol and substance use and abuse may lead to financial difficulties, domestic violence, deterioration of the family structure, motor vehicle accident injuries, and reduced job performance
- Repeated abuse of alcohol can lead to dependence

The following are descriptions of dangerous drugs:

- Alcohol is a potentially addictive drug of significant physical and psychological consequence. Alcohol is a central nervous system depressant that affects all neurological functions. At relatively low levels it affects one's judgment and decision-making, and at higher levels it impairs the functioning of one's vital organs and can result in a coma or death. Alcohol is an irritant to the gastrointestinal tract and moderate over-indulgence ordinarily results in nausea, vomiting, and diarrhea. In addition to these significant physical consequences, there are a number of less obvious consequences to alcohol use. For example, the effects of alcohol on sleep have been well documented. Consuming several drinks before bedtime has been found to decrease the amount of REM (rapid eye movement) or dreaming sleep. The consequences of being deprived of REM sleep are impaired concentration and memory, as well as anxiety, tiredness, and irritability. Additionally, research has demonstrated that alcohol tends to decrease fear and increase the likelihood that an individual will accept risks. This lack of inhibition and judgment is a major contributor to the extraordinarily high percentage of serious accidents and accidental deaths related to alcohol use. Prolonged and excessive use of alcohol usually causes progressively more serious erosion of the gastrointestinal tract lining ranging from gastritis to ulcers and hemorrhage. Damage to the pancreas is frequent among those who have used alcohol. Interestingly, while 10% of the adult population is estimated to be addicted to beverage alcohol, (i.e., they are alcoholics), this 10% of the population comprises 35% of those hospital in-patients who receive major surgery in any given year. Alcoholism is the third major killer in the United States, second to heart disease and cancer, and acute alcohol intoxication is the second leading cause of death by poisoning.
- Marijuana (cannabis) (nicotina glauca) is a drug that impairs memory, perception, judgment, and hand-eye coordination skills. The tar content in cannabis smoke is at least 50% higher than that of tobacco and thus smokers run the added risk of lung cancer, chronic bronchitis, and other lung diseases. Recently, the medical community has diagnosed the existence of an AA motivational syndrome that affects moderate to chronic users and includes symptoms of loss of energy, motivation, effectiveness, concentration, ability to carry out long-term plans, and performance in school and work.
- LSD (Lysergic Acid Diethylamide) is a semi-synthetic drug regarded as a hallucinogenic. Short-term effects of this drug are generally felt within an hour of consumption and may last from two to 12 hours. Physiologically the user experiences increased blood pressure, rise in body temperature, dilated pupils, rapid heartbeat, muscular weakness, trembling, nausea, chills, numbness, loss of interest in food, and hyperventilation. Fine motor skills and coordination are usually impaired, as are perception, thought, mood, and psychological processes. Long-term effects may include flashbacks, weeks and even months after taking the drug, mental illness, prolonged depression, anxiety, psychological dependence, and suicidal thoughts.
- PCP (Phencyclidine Hydrochloride) is a white crystalline powder that was originally used as a local anesthetic, but due to extreme side effects, was discontinued in 1967. In humans, PCP is a difficult drug to classify in that reactions may vary from stupor to euphoria and resemble the effects of a stimulant, depressant, anesthetic, or hallucinogen. Short-term effects include hyperventilation, increase in blood pressure and pulse rate, flushing and profuse sweating, general numbness of the extremities, and muscular in coordination. At higher doses it causes nausea, vomiting, blurred vision, loss of balance, and

disorientation. It produces profound alteration of sensation, mood and consciousness, and can cause psychotic states in many ways indistinguishable from schizophrenia. Large doses have been known to cause convulsions, permanent brain damage, and coma.

- Psilocybin is a hallucinogenic drug occurring naturally in about 20 species of Mexican mushrooms and is also produced synthetically. It is a white powder made of fine crystals and distributed in tablet, capsule, or liquid form. Shortly after taking psilocybin, a user may experience increased blood pressure, rapid heartbeat, a rise in body temperature, dry mouth, dilated pupils, and some degree of agitation or excitement. This is followed by a decrease in the ability to concentrate or stay in touch with reality. (Hallucinations, as well as altered perceptions of time and space, may occur.) The effects are usually shorter lasting than those of LSD, yet the dangers are very similar.

- Cocaine is a naturally occurring stimulant drug which is extracted from the leaves of the cocoa plant. Cocaine is sold as a white translucent crystalline powder frequently cut to about half its strength by a variety of other ingredients including sugars and cleaning powders. It is one of the most powerfully addictive drugs in use today. Short-term effects of cocaine include constricted peripheral blood vessels, dilated pupils, increased heart rate and blood pressure. It also causes appetite suppression, pain indifference, possible vomiting, visual, auditory, and tactile hallucinations, and occasionally paranoia. Long-term effects include nasal congestion, collapse of nasal septum, restlessness, irritability, anxiety, and depression. Overdoses or chronic use may result in toxicity which includes symptoms of seizures followed by respiratory arrest, coma, cardiac arrest, and/or death.

- Cocaine Free-Base or Crack is the result of converting street cocaine to a pure base by removing the hydrochloric salt in many of the “cutting” agents. The end result is not water soluble, and therefore, must be smoked. It is much more dangerous than cocaine because it reaches the brain in seconds, and the intensified dose results in a sudden and intense physical reaction. This response lasts a few minutes and is followed by deep depression, loss of appetite, difficulty in sleeping, feeling revulsion for self, and worries and obsessions about getting more crack. Consequently, users often increase the dose and frequency of use resulting in severe addiction that includes physical debilitation and financial ruin. Physiologically, seizures followed by respiratory arrest and coma or cardiac arrest and death may accompany long-term use.

- Amphetamines are central nervous system stimulants that were once used medically to treat a variety of symptoms including depression and obesity. They may be taken orally, sniffed, or injected into the veins. Short-term effects disappear within a few hours and include reduction of appetite, increased breathing and heart rate, raised blood pressure, dilation of pupils, dry mouth, fever, sweating, headache, blurred vision and dizziness. Higher doses may cause flushing, rapid and irregular heartbeat, tremor, loss of coordination, and collapse. Death has occurred from ruptured blood vessels in the brain, heart failure, and very high fever. Psychological effects include increased alertness, postponement of fatigue, a false feeling of well-being, restlessness, excitability, and a feeling of power. Long-term effects include drug dependence and the risk of drug induced psychosis. Withdrawal includes extreme fatigue, irritability, strong hunger, and deep depression that may lead to suicide.

### **Drug and Alcohol Counseling:**

The College encourages any students or employees who may have problems with the use of alcohol or drugs, which are beyond the clergy care provided by the Student Life department and College Administrators, to seek professional advice and/or treatment. The following prevention/intervention programs are available in or around the greater Flagstaff area:

- FMC Behavioral Health Services - Provides psychiatric and substance abuse services including inpatient hospitalization, intensive outpatient and emergency services. In-patient services 928-214-3937, out-patient services 928-213-6415, website <https://www.nahealth.com/behavioral-health-and-psychiatry/contact-behavioral-health-services/>
- The Guidance Center - Provides inpatient and outpatient substance abuse services and emergency services. 2187 N. Vickey Street, Flagstaff, AZ. 527-1899 [www.tgcaz.org/](http://www.tgcaz.org/)
- Native Americans for Community Action (NACA) - Provides counseling services for substance abuse. Website has links to statewide resources – click on links. 1500 E. Cedar Ave., Suite 26, Flagstaff: 928-773-1245 <https://nacainc.org/>
- 12 Steps Groups - Alcoholics Anonymous - (928) 699-4287 [www.flagstaffaa.org/](http://www.flagstaffaa.org/)
- Native American Indian General Service Office of Alcoholics Anonymous (NAIGSOAA) <https://www.naigso-aa.org/>
- Adult Children of Alcoholics World Service Organization (ACAWSO) - 562-595-7831 [www.adultchildren.org/](http://www.adultchildren.org/)
- Narcotics Anonymous - World Service Office: 1-818-773-9999 Flagstaff: 928-255- 4655 [arizona-na.org/](http://arizona-na.org/)

#### Outside Flagstaff:

- Alcoholics Anonymous - [www.aa.org/](http://www.aa.org/)
- Al-anon - 1-888-425-2666 [al-anon-az.org/](http://al-anon-az.org/), 928-214-6080 (voicemail)
- Department of Health and Human Services—Indian Health Services - Phoenix: 602-364-5179 Tucson 520-295-2405. [www.ihs.gov/findhealthcare](http://www.ihs.gov/findhealthcare)
- AZ Dept of Health Services - <https://www.azdhs.gov/index.php> Tribal Liaison - <https://www.azdhs.gov/director/tribal-liaison/index.php>
- SAMHSA - Substance Abuse and Mental Health Services Administration - United States Department of Health and Human Services. Substance Abuse Treatment Facility Locator <https://findtreatment.samhsa.gov/>

**Sanctions:**

Local, state, and federal laws make illegal use of drugs and alcohol serious crimes. Conviction can lead to imprisonment, fines and assigned community service. Additionally, sanctions will be imposed on students or employees who violate the College drug and/or alcohol policies. Sanctions may include suspension or expulsion for students and, for employees, corrective action up to and including immediate termination of employment and referral for criminal prosecution.

Additional information about employee sanctions may be found in the Staff Handbook.

Additional information about student sanctions may be found in the Student Handbook.

**Federal State, and Local Alcohol and Drug Laws:**

The College will impose sanctions (consistent with local, State, and Federal law) upon all faculty, staff and students who violate the standards of conduct set forth in this policy. Such sanctions may include required completion (at the faculty, staff members, or students' own expense) of an appropriate rehabilitation program chosen by the College, referral for prosecution, probation, suspension or expulsion of students and suspension or termination of faculty and staff members. Arizona revised statutes make it unlawful:

1. For a person under the age of twenty-one years, to buy, receive, have in possession or consume spirituous liquor. A.R.S. 4-241.
2. For a person to buy for resale, sell or deal in spirituous liquors in this state without first having procured a license duly issued by the Arizona State Liquor Board. A.R.S. 4-244(1)
3. To consume spirituous liquor in a public place, thoroughfare or gathering as set forth in A.R.S. 4-244(20).
4. For any person to serve or to furnish spirituous liquor to an intoxicated or disorderly person, or for any person to allow or to permit an intoxicated or disorderly person to come into or to remain at an event where spirituous liquor is being served or consumed. A.R.S. 4-244(14).
5. For a person to operate a motor vehicle on any highway while consuming spirituous liquor. A.R.S. 4-244(21).
6. To conduct drinking contest, or to sell or provide to a person an unlimited number of spirituous liquor beverages during any set period of time for a fixed price or to provide more than two spirituous liquor beverages to one person at one time for that person's consumption as set forth in A.R.S. 4-244(23).
7. To sell or give liquor to underage person; illegally obtaining liquor by underage person; violation; classification; definitions A.R.S. 4-241

## DRUG AND ALCOHOL ABUSE PREVENTION INFORMATION

### Arizona Criminal Penalties Marijuana (A.R.S. 13-3405 and A.R.S. 36-2853 added November 2020)

Quantity	Activity	Penalty
If under 21 years of age, greater than 1 oz but not more than 2 ½ oz	Possession, Transport or use	1 <sup>st</sup> offense: Civil penalty 2 <sup>nd</sup> offense: Petty offense 3 <sup>rd</sup> offense: Class 1 misdemeanor
If over 21 years of age, greater than 1 oz but not more than 2 ½ oz	Possession or use	1 <sup>st</sup> offense: Petty offense
Greater than 2 ½ oz but less than 2 lbs	Possession or use	Class 6 felony
2 lbs but less than 4 lbs	Possession or use	Class 5 felony
4 lbs or more	Possession or use	Class 4 felony
Less than 2 lbs	For sale	Class 4 felony
2 lbs but not more than 4 lbs	For sale	Class 3 felony
More than 4 lbs	For sale	Class 2 felony
Less than 2 lbs	Produce	Class 5 felony
2 lbs but not more than 4 lbs	Produce	Class 4 felony
More than 4 lbs	Produce	Class 3 felony
Less than 2 lbs	Transport, import	Class 3 felony
2 lbs or more	Transport, import	Class 2 felony

Ref. Grand Canyon University, <https://www.gcu.edu/sites/default/files/media/documents/academics/Consumer-Information/drug-alcohol-abuse-prevention-information-2022-v1.pdf>