

## We're Here to Help

Columbus State Community College constantly strives to provide the best product, services, and environment for its students and employees. This college is committed to a drug and alcohol-free campus. In recognition of problems associated with substance use/abuse, Columbus State provides a program designed to promote a healthy and responsible life-style.

It has long been recognized that an ounce of PREVENTION is worth a pound of cure. In this case, PREVENTION means taking the steps necessary, direct or indirect, to avoid substance use/abuse. The Advising and Counseling Center at Columbus State offers a variety of services from which you can benefit. These services are designed to increase awareness, prevent substance abuse problems, or assist those experiencing difficulties. **All campus services described to you in this pamphlet are available to you free of charge.**

## Prevention Services

The Advising and Counseling Center offers the following services at no cost to you. These services are confidential and anonymity will be maintained.

### EDUCATION AND INFORMATION

Resources on drug and alcohol-related topics are available in the form of pamphlets, reading lists, presentations, and websites.

### INFORMATIONAL TOPICS INCLUDE:

(1) types and effects of drug/alcohol use; (2) co-dependency issues and self-esteem; (3) drunk driving; (4) family effects of drinking or using drugs; (5) stress management and coping; (6) domestic violence prevention; (7) social skills; and (8) parenting.

### COUNSELING AND REFERRAL

Short-term counseling for substance abuse or related issues is available. **COUNSELING IS FREE OF CHARGE AND CONFIDENTIAL.** If counseling of a longer duration is necessary, a referral can be made to a resource within the community.

### CRISIS INTERVENTION

When an immediate substance abuse problem exists, help is available through the Advising and Counseling Center.

Assistance will be provided on an individual basis (medical assistance, counseling, and/or referral).

### FAMILY PROGRAM

A variety of services focusing on parenting and family issues are provided. Topics include: (1) awareness of healthy family characteristics, (2) recognizing signs and symptoms of drug and alcohol abuse, (3) self-esteem building, (4) relationship building, (5) various ways to influence healthy behavior, and (6) positive parenting to promote drug-free children.

### SUPPORT GROUPS

Anonymous support groups exist on and off campus for drug-related concerns. They include: Alcoholics Anonymous (AA); Narcotics Anonymous (NA); Al-Anon (for family members of drug/alcohol users); and Adult Children of dysfunctional families groups. Find out times and meeting places by calling 287-5416.

## Columbus State Community College Statement of Drug and Alcohol Abuse

Columbus State values the health and safety of its students and employees and supports local, state and federal laws concerning drugs. The Code of Student Conduct Policy No. 7-12, and Separation from Employment, Policy No. 3-18, include as prohibited behaviors:

[T]he unauthorized use, distribution, or possession of drugs or alcohol on campus or off campus at college sponsored events, *and*

[D]isruptive or disorderly behavior including intoxication or indecent conduct and disruptive behavior.

Students/employees in violation of the Code of Conduct will be subject to the Conduct Code Procedure as outlined in the Student or Employee Handbook: sanctions could include suspension or expulsion. Students/employees who violate the Conduct Code are also subject to arrest and prosecution under applicable local, state, or federal laws. Information regarding state laws and sanctions can be found in Chapter 2529 of the Ohio Revised Code, available in the Educational Resources Center (ERC) and in your local public library.

The use of illicit drugs and the abuse of alcohol carry significant social, physical, and emotional health risks. Users may suffer damage to key body organs such as the heart, liver, kidneys, and central nervous system. Drugs

can kill the user, and the use of drugs and alcohol during pregnancy may cause birth defects or death of unborn babies. Drug users may experience difficulties with concentration and memory that impair learning. They can exhibit mood swings, impaired judgement, isolation, and depression, all of which can contribute to impaired driving, injuries, accidents, domestic or random violence, and sexual assault. Drugs can be instrumental in the deterioration of family units and the breakdown of friendships and other support systems.

Columbus State is committed to providing students and employees with drug and alcohol education, counseling,

and referral for treatment or rehabilitation. The college's Coordinator of Mental Health and Drug Prevention Counseling Services (287-5416) can provide resources and assistance to individuals who use drugs or alcohol, and to others whose lives are affected by family members or friends who are users.

The drug prevention professionals in the Advising and Counseling Center can help you choose a local agency which meets your needs or can answer any specific questions you might have. Please call them at 287-5416.

## Substance Abuse Symptom Checklist

If you, your friend(s), or someone in your family is involved with substance abuse, the consequences can be either obvious or subtle. You (or others you are concerned about) can answer the following questions to see what kind of patterns of drug use may exist. (Since alcohol is a drug, these two words can be used interchangeably.) Circle yes or no to the following questions:

1. Do I ever have problems at work or school such as attendance or grades/performance due to drinking/drug use? Y N
2. Have I ever gotten into arguments or physical fights while under the influence of alcohol or drugs? Y N
3. Have I ever used more alcohol or drugs than I intended? Y N
4. Have I ever felt guilty about using alcohol or drugs? Y N
5. Have I ever been uncomfortable in social situations where I did not have alcohol or drugs? Y N
6. Have I ever had trouble remembering what I did at a party where I drank or used drugs? Y N
7. Do I plan things around alcohol/drugs? Y N
8. Do I get upset when my supply of alcohol or drugs is cut off or used up? Y N

9. Have I ever driven while under the influence of alcohol or drugs? Y N
10. Does it take more alcohol or drugs now to get me high than in the past? Y N
11. Do I ever justify or rationalize my use of alcohol/drugs? Y N
12. Do I use alcohol/drugs to get my day started? Y N
13. Do I wish I wouldn't use alcohol or drugs, but do anyway? Y N
14. Have I ever been depressed, angry, or lonely during periods of alcohol use? Y N
15. Have I ever experienced problems in my life from alcohol/drug use? Y N
16. Have I ever used alcohol/drugs to the point where someone has disapproved of it? Y N
17. Do I tend to drink alone? Y N
18. Have I ever used alcohol or drugs to keep from worrying? Y N
19. Have I ever craved alcohol or drugs? Y N
20. Do I get irritated when someone wants to discuss my alcohol/drug use? Y N

**If you have answered "Yes" to any of these questions on the checklist, you may have a substance use problem. Please talk with someone, or call the Advising and Counseling Center (287-2668)**

## Federal Trafficking Penalties

| CSA                 | PENALTY                                                                                                                                                                                     |                                                                                                                                                                                                                      | Quantity                                                                                                            | DRUG                                                                                                                | Quantity                                     | PENALTY                                                                                                                                                                                                            |                                             |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|
|                     | 2nd Offense                                                                                                                                                                                 | 1st Offense                                                                                                                                                                                                          |                                                                                                                     |                                                                                                                     |                                              | 1st Offense                                                                                                                                                                                                        | 2nd Offense                                 |
| I<br>and<br>II      | Not less than 10 years. Not more than life.<br><br>If death or serious injury, not less than life.<br><br>Fine of not more than \$4 million individual, \$10 million other than individual. | Not less than 5 years. Not more than 40 years.<br><br>If death or serious injury, not less than 20 years, or more than life.<br><br>Fine of not more than \$2 million individual, \$5 million other than individual. | 10-99 gm pure or 100-999 gm mixture                                                                                 | METHAMPHETAMINE                                                                                                     | 100 gm or more pure, or 1 kg or more mixture | Not less than 10 years. Not more than life.<br><br>If death or serious injury, not less than 20 years, or more than life.<br><br>Fine of not more than \$4 million individual, \$10 million other than individual. | Not less than 20 years. Not more than life. |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 100-999 gm mixture                                                                                                  | HEROIN                                                                                                              | 1 kg or more mixture                         |                                                                                                                                                                                                                    |                                             |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 500-4,999 gm mixture                                                                                                | COCAINE                                                                                                             | 5 kg or more mixture                         |                                                                                                                                                                                                                    |                                             |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 5-49 gm mixture                                                                                                     | COCAINE BASE                                                                                                        | 50 gm or more mixture                        |                                                                                                                                                                                                                    |                                             |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 10-99 gm pure or 100-999 gm mixture                                                                                 | PCP                                                                                                                 | 100 gm or more pure or 1 kg or more mixture  |                                                                                                                                                                                                                    |                                             |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 1-10 gm mixture                                                                                                     | LSD                                                                                                                 | 10 gm or more mixture                        |                                                                                                                                                                                                                    |                                             |
|                     |                                                                                                                                                                                             |                                                                                                                                                                                                                      | 40-399 gm mixture                                                                                                   | FENTANYL                                                                                                            | 400 gm or more mixture                       |                                                                                                                                                                                                                    |                                             |
| 10-99 gm mixture    | FENTANYL ANALOGUE                                                                                                                                                                           | 100 gm or more mixture                                                                                                                                                                                               |                                                                                                                     |                                                                                                                     |                                              |                                                                                                                                                                                                                    |                                             |
| Drug                | Quantity                                                                                                                                                                                    | 1st Offense                                                                                                                                                                                                          | 2nd Offense                                                                                                         |                                                                                                                     |                                              |                                                                                                                                                                                                                    |                                             |
| Others <sup>1</sup> | Any                                                                                                                                                                                         | Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual, \$5 million not individual.                                                             | Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual. |                                                                                                                     |                                              |                                                                                                                                                                                                                    |                                             |
| III                 | All (Includes Anabolic Steroids) <sup>2</sup>                                                                                                                                               | Any                                                                                                                                                                                                                  | Not more than 5 years. Fine not more than \$250,000 individual, \$1 million not individual.                         | Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual. |                                              |                                                                                                                                                                                                                    |                                             |
| IV                  | All                                                                                                                                                                                         | Any                                                                                                                                                                                                                  | Not more than 3 years. Fine not more than \$250,000 individual, \$1 million not individual.                         | Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual. |                                              |                                                                                                                                                                                                                    |                                             |
| V                   | All                                                                                                                                                                                         | Any                                                                                                                                                                                                                  | Not more than 1 year. Fine not more than \$100,000 individual, \$250,000 not individual.                            | Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individual. |                                              |                                                                                                                                                                                                                    |                                             |

1 - Law does not include Marijuana, Hashish, or Hashish Oil.

### Any other CSA I, CSA II or 1 gram or more of Flunitrazepam

|                          |                                                                                                                      |
|--------------------------|----------------------------------------------------------------------------------------------------------------------|
| Drug:                    | Others (law does not include marijuana, hashish or Hashish oil)                                                      |
| Quantity:                | Any.                                                                                                                 |
| 1 <sup>st</sup> Offense: | Not more than 20 years. If death or serious injury, not less than 20 years, not more than life.                      |
| 2 <sup>nd</sup> Offense: | Not more than 30 years. If death or serious injury, life. Fine \$2 million individual, \$10 million not individuals. |

### CSA III or 30-99 grams of Flunitrazepam

|                          |                                                                                              |
|--------------------------|----------------------------------------------------------------------------------------------|
| Drug:                    | All (includes anabolic steroids as of 2-27-91)                                               |
| Quantity:                | Any                                                                                          |
| 1 <sup>st</sup> Offense: | Not more than 5 years. Fine not more than \$250,000 individual, \$1 million not individual.  |
| 2 <sup>nd</sup> Offense: | Not more than 10 years. Fine not more than \$500,000 individual, \$2 million not individual. |

### CSA IV

|                          |                                                                                             |
|--------------------------|---------------------------------------------------------------------------------------------|
| Drug:                    | All.                                                                                        |
| Quantity:                | Any.                                                                                        |
| 1 <sup>st</sup> Offense: | Not more than 3 years. Fine not more than \$250,000 individual, \$1 million not individual. |
| 2 <sup>nd</sup> Offense: | Not more than 6 years. Fine not more than \$500,000 individual, \$2 million not individual. |

### CSA V

|                          |                                                                                            |
|--------------------------|--------------------------------------------------------------------------------------------|
| Drug:                    | All.                                                                                       |
| Quantity:                | Any.                                                                                       |
| 1 <sup>st</sup> Offense: | Not more than one year. Fine not more than \$100,000 individual, \$250,000 not individual. |
| 2 <sup>nd</sup> Offense: | Not more than 2 years. Fine not more than \$200,000 individual, \$500,000 not individual.  |

\* Trafficking includes the manufacturing, distribution, or dispensing of, or possession with intent to manufacture, distribute, or disperse a controlled substance.

Effective July 1, 2000 - HEA 484(r)

## SUSPENSION OF ELIGIBILITY FOR DRUG-RELATED OFFENSES

**Effective July 1, 2000** students convicted of any drug offense under any Federal or State law involving the possession or sale of a controlled substance shall not be eligible to receive any grant, loan, or work assistance during the period beginning on the date of such conviction and ending after the interval specified in the following table.

### Suspension of Eligibility Periods

Conviction of **possession** of a controlled substance  
 First Offense = 1 year, Second Offense = 2 years, Third Offense = Indefinite

Conviction of **sale** of a controlled substance  
 First Offense = 2 years, Second Offense = Indefinite

Students who have lost eligibility may resume eligibility status before the end of the ineligibility period if the student meets specific criteria involving completion of an approved drug rehabilitation program that includes unannounced drug tests or if the student's conviction is reversed, set aside, or otherwise rendered nugatory. (See HEA § 484(r) Suspension Of Student Eligibility For Drug-Related Offenses).

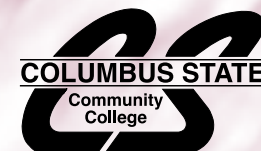
## Where to Turn for Help

|                                                                |                 |
|----------------------------------------------------------------|-----------------|
| Alcoholics Anonymous                                           | 253-8501        |
| Al-Anon                                                        | 253-2701        |
| Alcohol and Drug Abuse Hotline                                 | 221-2255        |
| FirstLink referral agency                                      | 221-2255        |
| CHOICES for Victims of Domestic Violence                       | 224-4663        |
| Substance Abuse Hotline                                        | 1-800-662-4357  |
| Columbus Health Department, Alcoholism and Drug Abuse Services | 645-7306        |
| Columbus Area Mental Health Center                             | 252-0711        |
| CompDrug, Inc.                                                 | 224-4506        |
| Columbus State Advising and Counseling Services                | 287-2668        |
| <b>Drug Overdose or EMERGENCY</b>                              | <b>911</b>      |
| <b>Emergency Mental Health Situations (NETCARE)</b>            | <b>276-2273</b> |
| Harding Hospital                                               | 885-0746        |
| Maryhaven, Inc.                                                | 445-8131        |
| Narcotics Anonymous (NA)                                       | 252-1700        |
| <b>Netcare Access (for crisis)</b>                             | <b>276-2273</b> |
| North Central Mental Health Services                           | 299-6600        |
| Woods at Parkside of Columbus                                  | 471-1601        |
| Poison Control Center                                          | 228-1323        |
| Pregnancy (call FirstLink)                                     | 221-2255        |
| Riverside Hospital                                             | 566-5000        |
| <b>Suicide Prevention</b>                                      | <b>221-5445</b> |
| Talbot Hall-Ohio State Universities Hospital-East              | 257-3760        |
| For other kinds of help, call FirstLink                        | 221-2255        |

For more assistance or information regarding Columbus State's Alcohol and Other Drug Prevention Program, contact Mark Querry, Ph.D., Psychologist and Coordinator of Mental Health and Drug Prevention Counseling Services at Columbus State Community College.

Aquinas Hall, Room 116, 550 East Spring Street, Columbus, Ohio 43215  
 Telephone: (614) 287-5416, or 1-800-621-6407, ext. 5416

Electronic Mail: mquerry@cscce.edu



**Aquinas Hall, Room 116**

*Alcohol  
& Other  
Drug*

**PREVENTION**