We’re here to help.

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

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. Counseling Services at Columbus State offers a variety of services from which you can benefit. These services are designed to increase awareness, prevent substance abuse problems, and assist those experiencing difficulties.

All campus services described to you in this pamphlet are available to registered students free of charge.

PREVENTION SERVICES

Counseling Services offers the following 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. Specific topics include: types and effects of drug/alcohol use, co-dependency issues and self-esteem, drunk driving, family effects of drinking or using drugs, stress management and coping, domestic violence prevention, social skills and parenting.

COUNSELING AND REFERRAL

Short-term counseling for substance abuse or related issues is available. COUNSELING IS FREE OF CHARGE AND CONFIDENTIAL for all registered students. If counseling of a longer duration is necessary, a referral can be made to a resource within the community. Employees who suspect they have a substance abuse problem can utilize MATRIX, which is an employee assistance program.

It is free for full-time employees and fee-based for other employees. MATRIX provides counseling services for various types of issues such as drug and alcohol as well as other mental/behavioral health issues. The contact information is: 614-475-9500 and the website is www.matrixpsych.com.

CRISIS INTERVENTION

When an immediate substance abuse problem exists, help is available through Counseling Services. Assistance will be provided on an individual basis.

FAMILY RESOURCES

Counseling and psycho-education focusing on parenting and family issues is provided. Topics include: awareness of healthy family characteristics, recognizing signs and symptoms of drug and alcohol abuse, self-esteem building, relationship building, various ways to influence healthy lifestyle. Assistance will be provided on an individual basis.

SUPPOR GROUPS

Anonymous support groups exist both on and off campus for alcohol and other drug-related concerns. They include: Alatics Anonymous (AA), Narcotics Anonymous (NA), and Al-Anon (for family members of users) off campus. On campus, Counseling Services offers a Recovery Support Group. Meeting times and locations can be accessed online at www.aa.org, www.na.org, al-anon.alateen.org, and csc.edu/counseling.

Substance Use Disorder Symptom Checklist

If you or someone you know is abusing substances, the consequences can be either obvious or subtle. Results from the following questions may indicate a need for help with a substance use disorder. Check “yes” or “no.”

Do you ever give up important social, occupational or recreational activities because of your substance use? [ ] N
Do you continue to use, even when it puts you in danger? [ ] N
Do you continue to use, even when you know you have a physical or psychological problem that could have been caused by or made worse by your substance use? [ ] N
Do you ever need to use more of the substance to get the effect you want? [ ] N
Do you experience physical or psychological discomfort when you do not use the substance, which can be relieved by taking more of the substance? [ ] N
Do you ever use the substance in larger amounts or for a longer period of time than you intended to? [ ] N
Do you ever want to cut down or stop using the substance but not manage to do so? [ ] N
Do you spend a lot of time getting, using or recovering from use of the substance? [ ] N
Do you ever experience cravings and urges to use the substance? [ ] N
Due to your substance use, do you struggle to do what you should do at work, home or school? [ ] N
Do you continue to use, even when it causes problems in relationships? [ ] N

Checklist items were developed based on substance use criteria found in the Diagnostic and Statistical Manual of Mental Disorders, 5th Ed. (DSM-5).

If you answer “yes” to 2 or more of the above symptoms, you may have a substance use problem. Please talk to a healthcare professional or call Counseling Services at 287-2818.

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 activities:• The use, possession or transportation of substances
• Disruptive or disorderly behavior including intoxication or inebriation and conduct and disruptive behavior
Students/employees in violation of the Conduct Code 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 Columbus State Library 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, injury, accidents, domestic violence, and sexual assault. Drugs can lead to 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 and alcohol, and to others whose lives are affected by family members or friends who are users.

The drug prevention professionals in the 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 287-2818.
Drug Convictions & Federal Student Aid

In general, if you are convicted of a drug-related felony or misdemeanor that took place while you were receiving Federal Student Aid, you will become ineligible to receive further aid for a specified period of time upon conviction. That length of time depends on the type and number of convictions you have had for drug-related offenses committed while you were receiving aid. The law recognizes two broad categories of drug offense: “possession of illegal drugs” and “sale of illegal drugs.”

<table>
<thead>
<tr>
<th>Substances</th>
<th>Quantity</th>
<th>Penalty</th>
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<tbody>
<tr>
<td>Cocaine</td>
<td>500-4999 gm mixture</td>
<td>First Offense: Not less than 10 yrs. and not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs., and not more than 30 yrs. Fine $2 million if an individual, $10 million if not an individual. second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine of not more than $5 million if an individual, $25 million if not an individual.</td>
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<tr>
<td>Cocaine Base</td>
<td>20-279 gm mixture</td>
<td>First Offense: Not less than 6 months and not more than 1 yr. If death or serious bodily injury, life imprisonment. Fine: not more than $100,000 if an individual, $500,000 if not an individual. Second Offense: Not more than 10 yrs. If death or serious bodily injury, life imprisonment. Fine: not more than $1 million if an individual, $5 million if not an individual.</td>
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<tr>
<td>Fentanyl</td>
<td>40-309 gm mixture</td>
<td>First Offense: Not less than 6 months and not more than 1 yr. If death or serious bodily injury, life imprisonment. Fine: not more than $100,000 if an individual, $500,000 if not an individual. Second Offense: Not less than 10 yrs., and not more than 15 yrs. If death or serious bodily injury, life imprisonment. Fine: not more than $2 million if an individual, $10 million if not an individual.</td>
</tr>
<tr>
<td>Fentanyl Analogue</td>
<td>10-99 gm mixture</td>
<td>First Offense: Not less than 6 months and not more than 1 yr. If death or serious bodily injury, life imprisonment. Fine: not more than $100,000 if an individual, $500,000 if not an individual. Second Offense: Not less than 10 yrs., and not more than 15 yrs. If death or serious bodily injury, life imprisonment. Fine: not more than $2 million if an individual, $10 million if not an individual.</td>
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<tr>
<td>Heroin</td>
<td>100-999 gm mixture</td>
<td>First Offense: Not less than 6 months and not more than 1 yr. If death or serious bodily injury, life imprisonment. Fine: not more than $100,000 if an individual, $500,000 if not an individual. Second Offense: Not less than 10 yrs., and not more than 15 yrs. If death or serious bodily injury, life imprisonment. Fine: not more than $2 million if an individual, $10 million if not an individual.</td>
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<tr>
<td>LSD</td>
<td>1-9 gm mixture</td>
<td>First Offense: Not less than 6 months and not more than 1 yr. If death or serious bodily injury, life imprisonment. Fine: not more than $100,000 if an individual, $500,000 if not an individual. Second Offense: Not less than 10 yrs., and not more than 15 yrs. If death or serious bodily injury, life imprisonment. Fine: not more than $2 million if an individual, $10 million if not an individual.</td>
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<tr>
<td>Methamphetamine</td>
<td>5-49 gm pure or 50-459 gm mixture</td>
<td>First Offense: Not more than 5 yrs. If death or serious bodily injury, not less than 20 yrs., and not more than 30 yrs. Fine $2 million if an individual, $10 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual.</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>50-499 gm pure or 500 gm or more mixture</td>
<td>First Offense: Not more than 5 yrs. If death or serious bodily injury, not less than 20 yrs., and not more than 30 yrs. Fine $2 million if an individual, $10 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual.</td>
</tr>
<tr>
<td>PCP</td>
<td>20-99 gm pure or 100-999 gm mixture</td>
<td>First Offense: Not more than 5 yrs. If death or serious bodily injury, not less than 20 yrs., and not more than 30 yrs. Fine $2 million if an individual, $10 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual.</td>
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Where to turn for help:

- **Alcoholics Anonymous**
  - 253-8501
- **CHOICES for Victims of Domestic Violence**
  - 224-7200
- **Columbus Area Mental Health Center**
  - 252-0711
- **Columbus Health Department, Alcoholism and Drug Abuse Services**
  - 645-7306
- **Columbus State Counseling Services**
  - 287-2818
- **CompDrug, Inc.**
  - 224-4506
- **Drug Overdose or EMERGENCY**
  - 911
- **HandsOn Central OH referral agency**
  - 221-2255
- **Harding Hospital**
  - 885-0746
- **Maryhaven, Inc.**
  - 445-8131
- **Narcotics Anonymous (NA)**
  - 252-1700
- **Netcare Access (for crisis)**
  - 276-2273
- **North Central Mental Health Services**
  - 299-6600
- **Riverside Hospital**
  - 566-5000
- **Suicide Prevention**
  - 221-5445
- **Telbat Hall (OSU-East)**
  - 257-3760
- **The Woods at Parkside**
  - 471-2552