

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 our 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 behavior, and positive parenting to promote drug-free children.

SUPPORT GROUPS

Anonymous support groups exist both on and off campus for alcohol and other drug-related concerns. They include: Alcoholics 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?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you continue to use, even when it puts you in danger?	<input type="checkbox"/> Y	<input type="checkbox"/> 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?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you ever need to use more of the substance to get the effect you want?	<input type="checkbox"/> Y	<input type="checkbox"/> 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?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you ever use the substance in larger amounts or for a longer period of time than you intended to?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you ever want to cut down or stop using the substance but not manage to do so?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you spend a lot of time getting, using or recovering from use of the substance?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you ever experience cravings and urges to use the substance?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Due to your substance use, do you struggle to do what you should at work, home or school?	<input type="checkbox"/> Y	<input type="checkbox"/> N
Do you continue to use, even when it causes problems in relationships?	<input type="checkbox"/> Y	<input type="checkbox"/> N

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

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 behaviors:

- The unauthorized use, distribution, or possession of drugs or alcohol on campus or off campus at college sponsored events.
- Disruptive 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 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, injuries, accidents, domestic or random 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 or 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.

FEDERAL TRAFFICKING PENALTIES FOR SCHEDULE I, II, III, IV, AND V

except Marijuana

Substance	Quantity	Penalty	Substance	Quantity	Penalty
II Cocaine	500-4999 gm mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	Cocaine	5 kg or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
II Cocaine Base	28-279 gm mixture		Cocaine Base	280 gm or more mixture	
IV Fentanyl	40-399 gm mixture		Fentanyl	400 gm or more mixture	
I Fentanyl Analogue	10-99 gm mixture		Fentanyl Analogue	100 gm or more mixture	
I Heroin	100-999 gm mixture		Heroin	1 kg or more mixture	
I LSD	1-9 gm mixture		LSD	10 gm or more mixture	
II Methamphetamine	5-49 gm pure or 50-499 gm mixture		Methamphetamine	50 gm or more pure or 500 gm or more mixture	
II PCP	10-99 gm pure or 100-999 gm mixture	PCP	100 gm or more pure or 1 kg or more mixture		
Substance/Quantity		Penalty			
Any Amount Of Other Schedule I & II Substances		First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 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.			
Any Drug Product Containing Gamma Hydroxybutyric Acid					
Flunitrazepam (Schedule IV) 1 Gram					
Any Amount Of Other Schedule III Drugs		First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.			
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)		First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.			
Any Amount Of All Schedule V Drugs		First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.			

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.”

Offense	Possession of Illegal Drugs	Sale of Illegal Drugs
First	1 year of ineligibility from date of conviction	2 years of ineligibility from date of conviction
Second	2 years of ineligibility from date of conviction	Indefinite period of ineligibility*
Third or more	Indefinite period of ineligibility*	Indefinite period of ineligibility*

*Under the law, an indefinite period of ineligibility continues unless your conviction is overturned or otherwise rendered invalid or you meet one of the two early reinstatement requirements specified above.

For more information, please call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243).

Where to turn for help:

- Alcoholics Anonymous 253-8501
- Al-Anon 253-2701
- 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
- Talbot Hall (OSU-East) 257-3760
- The Woods at Parkside 471-2552

FEDERAL TRAFFICKING PENALTIES FOR MARIJUANA, HASHISH, AND HASHISH OIL, SCHEDULE I SUBSTANCES

Substance	Quantity	Penalty
Marijuana	1,000 kg or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual. Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana	100 to 999 kg marijuana mixture or 100 to 999 marijuana plants	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual. Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.
Marijuana	50 to 99 kg marijuana mixture, 50 to 99 marijuana plants	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than 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 other than an individual.
Hashish	More than 10 kg	
Hashish Oil	More than 1 kg	
Marijuana	less than 50 kg marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish	10 kg or less	
Hashish Oil	1 kg or less	

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

Alcohol & Other Drug Prevention