



## Drug and Alcohol Free Campuses

In keeping with the requirements of the US Department of Education's Drug Free Schools and Communities Act (1989), Northwest Vista College and the Alamo Colleges District presents the following information to all of its students:

1. Northwest Vista College and the Alamo Colleges District standards of conduct regarding the possession, use, and distribution of alcohol and drugs.
2. Northwest Vista College and the Alamo Colleges District disciplinary sanctions for students in violation of the standards of conduct.
3. A description of the legal sanctions under local, state, and/or federal law.
4. A description of the health risks associated with drug and alcohol abuse.
5. A description of the drug and alcohol counseling and treatment resources available to Northwest Vista College and Alamo Colleges District students.

### Special Acknowledgement

The following sections provide further information, research, and resources regarding district policy, state law, and alcohol and substance abuse. The format and research were developed and conducted by the Austin Community College District. Relevant district-specific information, web-links, and references to local resources have been modified accordingly to the Alamo Colleges District and its service areas. Special thanks to the Austin Community College District for sharing their guidance and knowledge.

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## Alamo Colleges District Student Code of Conduct

District, State and Federal Regulations regarding alcohol and drug use can be found in the Northwest Vista College online course catalog, under the heading “Drug-Free Schools and Communities Act Amendments of 1989”, or click the following link: [District, State and Federal Regulations](#)

Northwest Vista College, Alamo Colleges District policy, and state law prohibit the possession of illicit drugs and drug paraphernalia on college premises. District Board Policies F.4.5 (Alcohol and Drug Use) and F.4.2 (Student Code of Conduct) also prohibit the possession, sale, or use of alcoholic beverages on Alamo Colleges District premises.

Alcohol and Drug Use (see [F.4.5](#) and [F.4.5Ex](#)):

- a. The use of intoxicating beverages shall be prohibited on College District Property or at College District Sponsored Activities; provided, however, that with the prior consent of the Board, the provisions herein may be waived with respect to any specific affair that is sponsored by the College District. State law shall be strictly enforced at all times on all property controlled by the College District in regard to the possession and consumption of alcoholic beverages.
- b. No Student shall possess, use, transmit, or attempt to possess, use, or transmit or be under the influence of (legal intoxication not required) any of the following substances on College District Property or at a College District Sponsored Activity, function or event at all times: Any controlled substance or dangerous drug as defined by law, including, but not limited to, marijuana, any narcotic drug, hallucinogen, stimulant, depressant, amphetamine, or barbiturate.

## Sanctions

### Disciplinary Sanctions under the Student Code of Conduct

The general disciplinary procedures for student violations of the student standards of conduct are outlined in [F.4.2.2 \(Procedure\) Non-Academic Misconduct Disciplinary Process of the Student Code of Conduct](#). In cases of student violations of the Drug and Alcohol Free Campus policy, the Chief Student Affairs Officer or designee will have the authority to issue sanction(s) including, but not limited to, the following:

- Administrative Hold
- Admonishment (oral or written reprimand)
- Bar Against Readmission
- Community/College Service
- Disciplinary Probation
- Educational Enrichment (for example, self-help workshops, seminars, counseling)
- Expulsion
- Restitution
- Suspension of privileges/access
- Disciplinary suspension

In addition to these academic sanctions, certain violations of the student standards of conduct may require referral for criminal and legal prosecution. These sanctions are described in the next section.



Legal Sanctions under Federal Law for the Unlawful Possession or Distribution of Controlled Substances

Table with 3 columns: OFFENSE, MINIMUM PUNISHMENT, MAXIMUM PUNISHMENT. Rows include Manufacture, distribution, or dispensing drugs and Possession of drugs.

Additionally, federal penalties and sanctions for illegal possession of a controlled substance can include:

- Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1-year imprisonment.
• Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.
• Civil fine of up to \$10,000.
• Denial of federal benefits such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses.
• Ineligible to receive or purchase a firearm.
• Revocation of certain Federal licenses and benefits, e.g. pilot's licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies.

For more information, please visit the United States Drug Enforcement Administration website: http://www.justice.gov/dea/druginfo/ftp3.shtml

Legal Sanctions under State Law for the Unlawful Possession or Distribution of Controlled Substances

Provided is a list of the core legal sanctions imposed by the State of Texas. This list is not intended to be a complete list of offenses and penalties. Instead, it summarizes the severe penalties that flow from drug and alcohol abuse.

Table with 3 columns: OFFENSE, MINIMUM PUNISHMENT, MAXIMUM PUNISHMENT. Rows include Manufacture or delivery of controlled substances, Possession of controlled substances, and Delivery of.



PENALTIES UNDER TEXAS LAW		
Marijuana	180 days, and a fine not to exceed \$2,000 or both	not more than 99 years or less than 10 years, and a fine not to exceed \$100,000
Possession of Marijuana	Confinement in jail for a term not to exceed 180 days, and a fine not to exceed \$2,000 or both	Confinement in TDC for life or for a term of not more than 99 years or less than 5 years, and a fine not to exceed \$50,000
Driving Under the Influence of Alcohol	FIRST OFFENSE: Maximum fine of \$500; 20 to 40 hours community service related to education about or prevention of misuse of alcohol; 60 or 120 day suspension of driver's license.  SECOND OFFENSE: Maximum fine of \$500. 40 to 60 hours community service related to education about or prevention of misuse of alcohol; 120 or 240 day suspension of driver's license.	THIRD OFFENSE: Fine not less than \$500 or more than \$2,000; confinement in jail for term not to exceed 180 days or both the fine and the confinement; 180-day or 1 year suspension of driver's license.  An offense under this section is not a lesser included offense under Section 49.04, Penal Code. (DWI).
Public Intoxication		A fine not to exceed \$500
Purchase of alcohol by a minor	Fine of not less than \$25.00 nor more than \$500	Varies with age and number of offenses
Consumption of alcohol by a minor	Fine of not less than \$25.00 nor more than \$500.00  FIRST OFFENSE: Maximum fine of \$500; 8 to 12 hours of community service; 30-day suspension of driver's license.	Varies with number of offenses  THIRD OFFENSE: Fine not less than \$250 or more than \$2,000; confinement in jail for term not to exceed 180 days or both fine and confinement; 180-day suspension or driver's license.
Possession of alcohol by a minor	SECOND OFFENSE: Maximum fine of \$500; 40 to 60 hours of community service; 60-day suspension of driver's license.	
Furnishing alcohol to a minor	Fine not to exceed \$2,000; confinement in jail for term not to exceed 180 days; or both such fine and confinement.	

## Health Risks of Drug Abuse

### Medical Consequences of Drug Abuse

From the [National Institute on Drug Abuse](#)

Drug addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn affect human behavior. Once addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking and use.

The impact of addiction can be far reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged use; however, some may occur after just one use.



### HIV, Hepatitis and Other Infectious Diseases

Drug abuse not only weakens the immune system but is also linked to risky behaviors like needle sharing and unsafe sex. The combination greatly increases the likelihood of acquiring HIV-AIDS, hepatitis and many other infectious diseases.

#### Drugs that can lead to HIV, Hepatitis and other infectious diseases:

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- [Heroin](#)
- [Cocaine](#)
- [Steroids](#)
- [Methamphetamine](#)

### Cardiovascular Effects

Researchers have found a connection between the abuse of most drugs and adverse cardiovascular effects, ranging from abnormal heart rate to heart attacks. Injection drug use can also lead to cardiovascular problems such as collapsed veins and bacterial infections of the blood vessels and heart valves.

#### Drugs that can affect the cardiovascular system:

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- |                             |                                   |                                           |
|-----------------------------|-----------------------------------|-------------------------------------------|
| • <a href="#">Cocaine</a>   | • <a href="#">LSD</a>             | • <a href="#">Nicotine</a>                |
| • <a href="#">Heroin</a>    | • <a href="#">Marijuana</a>       | • <a href="#">PCP</a>                     |
| • <a href="#">Inhalants</a> | • <a href="#">MDMA</a>            | • <a href="#">Prescription Stimulants</a> |
| • <a href="#">Ketamine</a>  | • <a href="#">Methamphetamine</a> | • <a href="#">Steroids</a>                |
|                             | •                                 |                                           |

### Respiratory Effects

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Drug abuse can lead to a variety of respiratory problems. Smoking cigarettes, for example, has been shown to cause bronchitis, emphysema and lung cancer. Marijuana smoke may also cause respiratory problems. The use of some drugs may also cause breathing to slow, block air from entering the lungs or exacerbate asthma symptoms.

#### Drugs that can affect the respiratory system:

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- |                             |                                        |
|-----------------------------|----------------------------------------|
| • <a href="#">Cocaine</a>   | • <a href="#">Marijuana</a>            |
| • <a href="#">GHB</a>       | • <a href="#">Nicotine</a>             |
| • <a href="#">Heroin</a>    | • <a href="#">PCP</a>                  |
| • <a href="#">Inhalants</a> | • <a href="#">Prescription Opiates</a> |
| • <a href="#">Ketamine</a>  |                                        |
| •                           |                                        |



## Gastrointestinal Effects

Among other adverse effects, many drugs of abuse have been known to cause nausea and vomiting soon after use. Cocaine use can also cause abdominal pain.

### Drugs that can affect the gastrointestinal system:

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- [Cocaine](#)
- [GHB](#)
- [Heroin](#)
- [LSD](#)
- [MDMA](#)
- [Nicotine](#)
- [Prescription Opiates](#)

## Musculoskeletal Effects

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Steroid use during childhood or adolescence, resulting in artificially high sex hormone levels, can signal the bones to stop growing earlier than they normally would have, leading to short stature. Other drugs may also cause severe muscle cramping and overall muscle weakness.

### Drugs that can affect the musculoskeletal system:

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- [Inhalants](#)
- [MDMA](#)
- [PCP](#)
- [Steroids](#)

## Kidney Damage

Some drugs may cause kidney damage or failure, either directly or indirectly from dangerous increases in body temperature and muscle breakdown.

### Drugs that can cause kidney damage:

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- [Heroin](#)
- [Inhalants](#)
- [MDMA](#)
- [PCP](#)

## Liver Damage

Chronic use of some drugs, such as heroin, inhalants and steroids, may lead to significant damage to the liver.

### Drugs that can cause liver damage:

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- [Heroin](#)
- [Inhalants](#)
- [Steroids](#)



## Neurological Effects

All drugs of abuse act in the brain to produce their euphoric effects; however some of them also have severe negative consequences in the brain such as seizures, stroke, and widespread brain damage that can impact all aspects of daily life. Drug use can also cause brain changes that lead to problems with memory, attention and decision-making.

### Drugs that can cause neurological problems:

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- [Cocaine](#)
- [GHB](#)
- [Inhalants](#)
- [Marijuana](#)
- [MDMA](#)
- [Methamphetamine](#)
- [Nicotine](#)
- [Prescription Stimulants](#)
- [Rohypnol](#)

## Mental Health Effects

Chronic use of some drugs of abuse can cause long-lasting changes in the brain, which may lead to paranoia, depression, aggression, and hallucinations.

### Drugs that can cause mental health problems:

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- [Cocaine](#)
- [Inhalants](#)
- [Ketamine](#)
- [Marijuana](#)
- [MDMA](#)
- [Methamphetamine](#)
- [Prescription Stimulants](#)

## Hormonal Effects

Steroid abuse disrupts the normal production of hormones in the body, causing both reversible and irreversible changes. These changes include infertility and testicle shrinkage in men as well as masculinization in women.

### Drugs that can cause hormonal problems:

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- [Steroids](#)

## Cancer

Cigarette smoking is the most preventable cause of cancer in the U.S. Smoking cigarettes has been linked to cancer of the mouth, neck, stomach, and lung, among others. Smoking marijuana also exposes the lungs to carcinogens and can cause precancerous changes to the lungs similar to cigarette smoke.

### Drugs that may cause cancer:

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- [Marijuana](#)
- [Nicotine](#)



ALAMO  
COLLEGES

NORTHWEST VISTA COLLEGE

- [Steroids](#)



## Prenatal Effects

The full extent of the effects of prenatal drug exposure on a child is not known, however studies show that various drugs of abuse may result in premature birth, miscarriage, low birth weight, and a variety of behavioral and cognitive problems.

### Drugs that may have adverse prenatal effects:

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- [Cocaine](#)
- [Heroin](#)
- [Inhalants](#)
- [Marijuana](#)
- 
- [MDMA](#)
- [Methamphetamine](#)
- [Nicotine](#)

## Other Health Effects

In addition to the effects various drugs of abuse may have on specific organs of the body, many drugs produce global body changes such as dramatic changes in appetite and increases in body temperature, which may impact a variety of health conditions. Withdrawal from drug use also may lead to numerous adverse health effects, including restlessness, mood swings, fatigue, changes in appetite, muscle and bone pain, insomnia, cold flashes, diarrhea, and vomiting.

### Drugs that have global adverse health effects:

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- [Cocaine](#)
- [Heroin](#)
- [Inhalants](#)
- [Marijuana](#)
- [MDMA](#)
- 
- [Methamphetamine](#)
- [Nicotine](#)
- [Prescription CNS Depressants](#)
- [Prescription Opiates](#)
- 
- [Prescription Stimulants](#)
- [Steroids](#)

## Mortality

Drug-related deaths have more than doubled since the early 1980s. There are more deaths, illness, and disabilities from substance abuse than from any other preventable health condition. Today, one in four deaths is attributable to alcohol, tobacco, and illicit drug use.

## Health Risks of Alcohol Abuse

### Medical Consequences of Alcohol Abuse

From the [Centers for Disease Control and Prevention](#)

There are approximately 80,374 deaths attributable to excessive alcohol use each year in the United States.<sup>1</sup>This makes excessive alcohol use the 3rd leading lifestyle-related cause of death for the nation.<sup>2</sup>Additionally, excessive alcohol use is responsible for 2.3 million years of potential life lost (YPLL) annually, or an average of about 30 years of potential life lost for each death. In the single year 2005, there were more than 1.6 million hospitalizations<sup>3</sup>and more than 4 million emergency room visits<sup>4</sup>for alcohol-related conditions.



## The Standard Measure of Alcohol

In the United States, a standard drink is any drink that contains 0.6 ounces (13.7 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12-ounces of regular beer or wine cooler.
- 8-ounces of malt liquor.
- 5-ounces of wine.
- 1.5-ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

## Definitions of Patterns of Drinking Alcohol

- Binge drinking
  - For women, 4 or more drinks during a single occasion.
  - For men, 5 or more drinks during a single occasion.
- Heavy drinking
  - For women, more than 1 drink per day on average.
  - For men, more than 2 drinks per day on average.

**Excessive drinking** includes heavy drinking, binge drinking or both.

Most people who binge drink are not alcoholics or alcohol dependent.<sup>5</sup>

According to the Dietary Guidelines for Americans, if you drink alcoholic beverages, do so in moderation, which is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men.<sup>6</sup> However, there are some persons who should not drink any alcohol, including those who are

- Pregnant or trying to become pregnant.
- Taking prescription or over-the-counter medications that may cause harmful reactions when mixed with alcohol.
- Younger than age 21.
- Recovering from alcoholism or are unable to control the amount they drink.
- Suffering from a medical condition that may be worsened by alcohol.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

## Immediate Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following:

- Unintentional injuries, including traffic injuries, falls, drownings, burns, and unintentional firearm injuries.<sup>7</sup>
- Violence, including intimate partner violence and child maltreatment. About 35% of victims report that offenders are under the influence of alcohol.<sup>8</sup> Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence.<sup>8</sup> Studies have also shown that alcohol is a leading factor in child maltreatment and neglect cases, and is the most frequent substance abused among these parents.<sup>9</sup>
- Risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault. These behaviors can result in unintended pregnancy or sexually transmitted diseases.<sup>10, 11</sup>



- Miscarriage and stillbirth among pregnant women, and a combination of physical and mental birth defects among children that last throughout life.<sup>12, 13</sup>
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.<sup>14</sup>

## Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments and social problems. These include but are not limited to:

- Neurological problems, including dementia, stroke and neuropathy.<sup>15, 16</sup>
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension.<sup>17</sup>
- Psychiatric problems, including depression, anxiety, and suicide.<sup>18</sup>
- Social problems, including unemployment, lost productivity, and family problems.<sup>19, 20</sup>
- Cancer of the mouth, throat, esophagus, liver, colon, and breast.<sup>21</sup> In general, the risk of cancer increases with increasing amounts of alcohol.
- Liver diseases, including-
  - Alcoholic hepatitis.
  - Cirrhosis, which is among the 15 leading causes of all deaths in the United States.<sup>22</sup>
  - Among persons with Hepatitis C virus, worsening of liver function and interference with medications used to treat this condition.<sup>23</sup>
  - Other gastrointestinal problems, including pancreatitis and gastritis.<sup>24, 25</sup>

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# Snapshot of Annual High-Risk College Drinking Consequences

## A Snapshot of Annual High-Risk College Drinking Consequences

From the [National Institute on Alcohol Abuse and Alcoholism](#)

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

- **Death:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes ([Hingson et al., 2009](#)).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol ([Hingson et al., 2009](#)).
- **Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking ([Hingson et al., 2009](#)).
- **Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape ([Hingson et al., 2009](#)).
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex ([Hingson et al., 2002](#)).
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall ([Engs et al., 1996](#); [Presley et al., 1996a, 1996b](#); [Wechsler et al., 2002](#)).
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem ([Hingson et al., 2002](#)), and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use ([Presley et al., 1998](#)).
- **Drunk Driving:** 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol ([Hingson et al., 2009](#)).
- **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol ([Wechsler et al., 2002](#)).
- **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage ([Wechsler et al., 1995](#)).
- **Police Involvement:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking ([Wechsler et al., 2002](#)), and 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence ([Hingson et al., 2002](#)).
- **Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking ([Knight et al., 2002](#)).



## Drug and Alcohol Counseling and Treatment Resources

If you are concerned about your drug or alcohol use...

The Alamo Colleges have staff counselors who can help you find the appropriate counseling and treatment resources if needed. All counseling services at Alamo Colleges are **confidential**. For more information about these and other counseling services, contact one of the campus counseling centers:

Campus Counseling Centers	
Campus	Phone Number
Northeast Lakeview College	(210)486-5496
Northwest Vista College	(210)486-4466
Palo Alto College	(210)486-3333
St. Philip's College	(210)486-2117
San Antonio College	(210)486-0333

The following is a list of organizations, agencies and centers in the San Antonio area that provide referrals, counseling, or treatment for alcohol and/or drug dependence and/or abuse. Students can contact these agencies directly for more information or meet with an Alamo Colleges counselor to discuss which resources are best suited for their needs. More information about these agencies can also be found on the [United Way of San Antonio and Bexar County resource database](#).

### Support Groups

[Alcoholics Anonymous - Central Service Office of San Antonio](#)

(210)821-6325  
(210)822-4491 Fax/TDD Line

[Esperanza Area Narcotics Anonymous](#)

(210)434-0665 or (800)221-9091  
(888)600-6229 Spanish Line

[South Central Texas Area Cocaine Anonymous](#)

(210)232-6382



## Treatment Resources

### [Alpha Home](#)

Outpatient services and residential rehab for women ONLY.  
419 E. Magnolia St.  
San Antonio, TX 78212  
210-735-3822

Joint Base San Antonio Substance Abuse Program  
4178 Petroleum Dr., Bldg. 3528R  
San Antonio, TX  
210-808-2534 or 210-808-2584  
210-539-9589 or 210-539-9567

### [Lifetime Recovery](#)

96 Crossroads Blvd.  
San Antonio, TX 78201  
Phone: (210) 734-6362, ext 8102  
210-633-0201

### [Rise Recovery: Palmer Drug Abuse Program](#)

Counseling, group meetings, chemical-free activities and retreats.  
210-227-2634

### [The Center for Health Care Services Substance Abuse Treatment Services](#)

Detox, opioid treatment, public sobering unit, intensive outpatient programs.  
210-261-1250

## Websites

[Bexar County Substance Abuse Resources Directory](#)  
<http://bexarlist.com>

[The San Antonio Council on Alcohol and Drug Abuse](#)  
<http://sacada.org>

[National Institute on Drug Abuse](#)  
<http://www.drugabuse.gov>

### **Note Regarding Off-Site Links:**

Links to non-Alamo Colleges District organizations are provided solely as a service to our users. These links do not constitute an endorsement of these organizations or their programs by the Alamo Colleges District, and none should be inferred. The Alamo Colleges District is not responsible for the content found at these links.