

## Mission Statement

The mission of our AWC Alcohol, Other Drugs and Violence Prevention Program (AODV) is to educate, support and encourage students and staff to make healthy choices concerning the use of alcohol and other drugs while promoting a safe, healthy and learning-conducive environment.

## How to Help

### Warning Signs

If you know someone who has problems related to drinking alcohol or other drug use, you are not alone. You don't have to be an expert to know if your friend has a problem. If she/he has these kinds of troubles related to alcohol or other drugs, your friend may need to talk with someone.

Here are some warning signs to watch for:

### Does He or She

- Try to hide his/her drinking or other drug use?
- Not remember what happened while he or she was using drugs or drinking?
- Have problems in job or school performance?
- Take physical risks, like driving, biking, or swimming, while intoxicated?
- Avoid talking about drinking or drug use, except to brag about how much was drunk or how high he or she got?
- Think about "getting high" a lot?
- Limit friends to those who drink or use drugs a lot?
- Seem unable to have a good time or to party unless alcohol or drugs are available?
- Say he or she sometimes "needs" a drink or drug?
- Get angry when you mention your concerns and deny that there is anything wrong?
- Have a history of alcohol or other drug problems in the family?

## Resources:

Alcoholics Anonymous	(928) 782-2605
Al-Anon	(928) 783-2011
Catholic Community Services	(928) 314-9400
Crossroads Mission	(928) 783-9362
Cenpatico Behavior Health	(866) 495-6738
24-Hour Crisis Line	(866) 495-6735

# Alcohol & Drugs Get in the Way!



## Alcohol, Drug, & Violence Prevention Program

AWC Health Services  
P.O. Box 929  
Yuma, AZ 85366

Phone: **(928) 344-7602**

Fax: **(928) 344-7723**

*In compliance with the Drug-Free Schools and Communities Act Amendment of 1989, Public Law 101-226, AWC is committed to providing a drug-free learning environment. The unlawful manufacture, distribution, sale, possession, or use of illicit drugs or alcohol at AWC is prohibited. Each student is responsible for behavior that does not adversely affect safety, health, or the learning process of him/herself or others. Use of drugs and/or alcohol on the AWC campus will be cause for disciplinary action.*

Gamma Hydroxy Butyrate

ARIZONA WESTERN COLLEGE

Tranquilizers

Narcotics

Alcohol

Inhalants

Cocaine

Amphetamines

Cannabis

Hallucinogens

## Student Alcohol & Drug-Free Policy & Prevention Program

[www.azwestern.edu](http://www.azwestern.edu)

## Drug and Alcohol-Free Environment

Arizona Western College recognizes the drug and alcohol dependency to be an illness and major health problem. The College also classifies drug usage and abuse as a potential safety and security problem. An alcohol prevention program is administered through the AWC Health Services office to include education, self-appraisal activities, and referral to community resources. A Behavioral Health Coordinator is also available to assist students in accessing referral for treatment and ongoing follow-up through community resources.

Arizona Western College will provide a drug-and alcohol- free environment for its employees and students. No employee or student will unlawfully manufacture, distribute, possess or use a controlled substance or alcohol on the campus. A controlled substance is defined according to Title 21 USC Section 821 (Schedules 1-IV) as now enacted or subsequently amended.

The Arizona Western College Student Code of Conduct prohibits drug and alcohol related behavior. Violations of this policy will result in disciplinary action, which may include but is not limited to probation, suspension, termination, or expulsion and referral for prosecution. Additionally, residence hall students found in violation of this policy may lose further privilege to living in on campus residences. Specifically, Article 2 of Prohibited Conduct states, 'An individual shall not possess, sell, offer to sell, purchase, offer to purchase, use or transfer illegal drugs, drug paraphernalia or alcohol; or be under the influence of alcohol, drugs or medication (except as prescribed by a physician and used in accordance with the prescription).' The term "drug" includes any narcotic, dangerous drug, steroid, vapor releasing toxic substance, marijuana, controlled substance (imitation or otherwise) as defined by law. The term "medication" means any substance that is available legally by prescription only. Students involved in alcohol and for drug related incidents with AWC Campus Police will be cited in accordance with Arizona state laws and referred to appropriate authorities for prosecution.

## Federal Legal Sanctions

Through its Federal Sentencing Guidelines, the federal government regulates the discretionary penalties against drug possession and trafficking that federal judges may use in sentencing offenders of federal drug statutes. Under these guidelines, courts can sentence a person for up to six years for unlawful possession of a controlled substance, including the distribution of a small amount (less than 250 grams) of marijuana. A sentence of life imprisonment can result from a conviction of possession of a controlled substance that results in death or bodily injury. Possession of more than five grams of cocaine can trigger an "intent to distribute" penalty of 10-16 years in prison under USSG 2d2 1(b)(1). State penalties vary based upon the amount in possession, previous convictions, etc. Penalties may range up to 20 years. City ordinances also prohibit the consumption of alcohol in public areas.

DRUG TYPE	NAME (SLANG)	IMMEDIATE EFFECTS	COMPLICATIONS/LONG-TERM EFFECTS
<b>STIMULANTS</b> (uppers): Increase alertness, energy, physical activity, and feelings of well-being (caffeine and nicotine are also considered stimulants)			
Amphetamines	ADHD medications (e.g., Adderall, Ritalin) Provigil, diet pills (e.g., Dexedrine, Ephedrine) MDMA (Ecstasy) Methamphetamine (meth, speed, crystal, ice, crank)	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat.	Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.
Cocaine	Cocaine powder (blow, snow), freebased coke (crack, rock)	Brief euphoria, increased energy, intense exhilaration.	Tremors, nasal bleeding and inflammation, toxic psychosis, seizures, damage to nasal septum and blood vessels, death from overdose (heart or respiratory failure).
<b>DEPRESSANTS</b> (downers): Decrease body processes such as breathing, heartbeat, and brain activity			
Alcohol	Beer, wine, liquor, some medicines	Muscle relaxation; intoxication; depression; impaired motor control, memory, and judgment.	Dehydration, hangover, obesity, impotence, psychosis, ulcers, malnutrition, liver and brain damage, delirium tremens ("DTs"), death; overdose or mixing with other depressants can cause respiratory failure.
Tranquilizers	Valium, Librium, Equanil, Miltown, Thorazine, Rohypnol (roofies, roach, rope)	Relief of tension and anxiety, drowsiness.	Hangover, menstrual irregularities, increases or decreases effect of other drugs, destroys blood cells, jaundice, coma, death; especially dangerous with alcohol.
Barbiturates	Nembutal, Amytal, Seconal, Phenobarbital (barbs, reds, yellows)	Euphoria, relief of anxiety, loss of inhibition, muscle relaxation, loss of motor control, drowsiness.	Lethargy, hangover, blurred vision, nausea, depression, seizures, excessive sleepiness, confusion, severe withdrawal sickness; can be fatal if mixed with alcohol or other depressants.
Narcotics	Heroin (dope, smack), Morphine, Opium (hop), Codeine, Methadone, Demerol	Euphoria, drowsiness, painkiller.	Respiratory and circulatory depression, dizziness, vomiting, sweating, dry mouth, lowered libido, lethargy, constipation, weight loss, temporary sterility and impotence, severe withdrawal sickness, stupor, death.
Inhalants	Solvents (paint thinners, gas), amyl/butyl nitrate (poppers), gases (butane, propane, nitrous oxide, aerosol propellants), glue	Lowered blood pressure, relaxation of sphincter muscles, feeling of heightened sexual arousal.	Headache; dizziness; accelerated heart rate; nausea; nasal irritation; cough; lost erection; hallucinations; damage to liver, kidney, bone marrow, and brain; death.
Gamma Hydroxy Butyrate	GHB, GBL (G, GBH, Georgia Home Boyz, liquid X)	Confusion, drowsiness, memory loss, disorientation.	Vomiting, delusions, hallucinations, seizures, respiratory distress, loss of consciousness, slowed heart rate, lowered blood pressure, coma; especially dangerous with alcohol.
<b>OTHER DRUGS</b>			
Cannabis	Marijuana (weed, pot, bud, herb, indica, sativa), Hashish (hash), Keef	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Impaired driving ability, possible lung damage, reduced sperm count and motility, damage from impure dose.
Hallucinogens	LSD (acid), MDA psilocybin (mushrooms), Peyote, DMT, STP, Ketamine (K, Special K)	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Depression, high blood pressure, physical exhaustion after use, psychosis ("freaking out"), exaggerated body distortion, fears of death, paranoia, amnesia, flashbacks, adverse drug reaction, respiratory arrest.
<b>SYNTHETIC DRUGS</b>			
Cannabimimetic Substances	Mimics Marijuana, Spice, K2 Bliss, Spice Gold, Black Mamba	Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat	Acute anxiety or paranoia, panic attacks, feeling of alienation / disassociation from the world, hallucinations, constant coughing, tremors or seizures.
Cathinomimetic Substances	Mimics Meth, Bath Salts, Bliss, Cloud 9, Blue Silk, Ivory Wave, White Lightning, Zeus 2	Acts as a CNS stimulant: seizures, violent behavior, euphoria, chest pain, hallucinations, excitation, decreased appetite/sleep, insomnia, restlessness,	Kidney failure, liver failure, increased risk of suicide, long term mental illness, self-mutilation, death.
Methoxyphenethylamine Substances	Mimic LSD & Ecstasy, Smile	Euphoria, increased alertness, excitation, decreased appetite, insomnia, foaming at the mouth, restlessness, rapid heartbeat	Intense aural and visual hallucinations, nausea, vomiting, anxiety, panic attacks. Could cause fatal dehydration, arrhythmia and stroke. Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, seizures, death.

*Adapted from American College of Health Brochure 'Drug Use and You' / Synthetic Drugs submitted by M.A. Parston.*