

Inhalants (glue, paint thinner, aerosol sprays, anesthetics) cause relaxation, visual hallucinations, severe mood swings, hypersensitivity, impaired judgment, violence, reduced muscle reflex control, rapid heartbeat, impaired coordination, headache, nausea, euphoria, depression, slurred speech, drowsiness, irritability, excitement, and impulsiveness. Personal dangers include delirium, brain, lung, and kidney damage, heart failure, suffocation, blood and bone marrow alteration and death

Nicotine (cigarettes, pipe, snuff, chewing tobacco, nicotine gum, nicotine patch) causes blood vessels to constrict, raises heart rate and blood pressure, decrease appetite, increases alertness, partially deadens the senses of taste and smell, and irritates the lungs. Nervousness, irritability, headaches, fatigue, and insomnia are other side effects. Personal dangers include lung, oral, and throat cancer, heart irregularities.

Resources

Students may obtain assistance and support from the SVCC counseling staff. The staff serves as an internal referral source for substance abuse related problems.

KSB Hospital The Recovery Center

735 N. Galena Avenue
Dixon, IL 61021
(815) 285-0061

AL-ANON

For locations of meetings call one of the following:
Sterling 1-800-452-7990 (24 hours answering service)
Morrison (815) 772-4386 or 772-4574

Drug and Alcohol Abuse Hotline

1-800-223-3272

Alcoholics Anonymous

For locations of meetings, call one of the following:
Sterling 1-800-452-7990 (24 hour answering service)
Dixon (815) 288-1616
Fulton (815) 589-3936
Morrison (815) 772-2781
Spanish (815) 626-7842 or (815) 626-1655

CGH Medical Center

100 E. LeFevre
Sterling, IL 61081
(815) 625-0400

Lutheran Social Service of Illinois

1247 N. Galena Avenue 1901 1st Avenue
Dixon, IL 61021 Sterling, IL 61081
(815) 288-6655 (815) 626-7333

Prevention Resource Center

822 South College Street
Springfield, IL 62704
1-800-252-8951

Rockford Memorial Addiction Center

Sterling/Rock Falls Clinic
1503 1st Avenue
Rock Falls, IL 61071
(815) 626-2800

Rosecrance Center

1505 N. Alpine Road
Rockford, IL 61100
(815) 399-5351
1-800-383-5351

Sinnissippi Centers, Inc.

325 Illinois Route 2
Dixon, IL 61021
(815) 284-6611

SVCC provides equal opportunity and affirmative action in education and employment for all qualified persons regardless of race, color, religion, national origin, ancestry, age, gender, marital status, disability, military status or unfavorable discharge from military service.

Substance	Amount	Penalty
Heroin Cocaine Morphine Peyote Barbiturates Amphetamines LSD, PCP Quaaludes	15-200 Grams The amounts are the same for all the drugs. 100-399 Grams The amounts are the same for all of the drugs.	Class 4 Felony, 1-3 year jail time. Fine equal to street value of the drugs. Special Class X Felony Minimum 9 years-Maximum 40 years Fine for all of these Super Class X Felonies. Equal to street value of the drug.
Marijuana	2.5 Grams 10 Grams 2.5 - 10 Grams	Possession Only Less than 2.5 grams \$500 fine Class C misdemeanor Class B misdemeanor, jail time and \$1,000 Possession, Delivery or Intent to Deliver Class A misdemeanor. Up to 364 days in jail.

Drug Prevention

The Policy and Programs of

Relating to the illicit use of drugs and alcohol by the college community

Drug Prevention

Drug and Alcohol Policy

Sauk Valley Community College is committed to providing and maintaining an environment for faculty, staff and students that is drug-free, healthy, safe, and secure. Students and employees are expected to conduct themselves in a manner which serves credit to themselves, the College and community. The College supports all local, state and federal laws related to drug and alcohol abuse, including but not limited to the Drug-Free Workplace Act and the Drug-Free Schools and Campuses Act.

The unlawful manufacture, distribution, dispensation, possession or use of alcohol or a controlled substance is prohibited in and on Sauk Valley Community College's owned and controlled property. This prohibition applies to all students, staff and visitors.

Disciplinary Actions and Enforcement Procedures

Students and staff determined to have violated the policy are subjected to disciplinary action. For students, this action may include suspension or expulsion and removal of any financial aid. For staff, this action may include dismissal or participation in an employee assistance program or a substance abuse assistance program. While the College recognizes a violation of its alcohol and drug policy as a serious breach of College standards and/or conduct, it also recognizes alcohol and drug dependence as an illness. Every member of the college community has a responsibility to enforce the alcohol and drug policy. When students, faculty, or staff members are suspected of abusing alcohol or misusing drugs, they should be encouraged to seek assistance through a substance abuse assistance program or a rehabilitation program.

Legal Sanctions

The possession, use, or distribution of illicit drugs is prohibited by Federal Law. Strict penalties are provided for convictions, including mandatory prison

terms for many offenses. The following information, although not complete, is an overview of state penalties for first convictions. All penalties are doubled for any subsequent drug convictions. State laws in Illinois may vary from, but do not supercede, Federal laws.

Health Risks

Health risks associated with the use of illicit drugs and the abuse of alcohol. Anything that alters mental processes can hurt anyone. Drugs can:

- ◆ Make you feel able to handle tasks that are too much for you. Or make you careless and likely to forget important safety steps you need to take.
- ◆ Throw off your sense of time, space, and distance. This is especially dangerous when operating machinery or driving.
- ◆ Cause lateness and absenteeism, increasing the workload of co-workers.
- ◆ Cause crime at the place of work or study, including theft of your personal property to finance someone else's drug habit.
- ◆ Cause major errors in what we do, risking harm to ourselves and others.

Using drugs isn't a game. There are real consequences, both legal and health related.

Specific Danger Illegal and Dangerous

Marijuana (pot, grass, weed, Mary Jane, reefer) impairs short-term memory, alters sense of time, and impairs swift reactions, concentration, and coordination, for at least 4-6 hours. The effects are

worse if you use alcohol. Personal dangers of marijuana include damage to lungs, reproductive organs and brain functions.

Cocaine

(coke, snow, freebase, crack, rock) causes a temporary feeling of almost superhuman power; impairs judgment and decision making ability; emotional problems, mood swings, lack of dependability, and workplace crime. Cocaine is expensive and typically addicts steal to cover the cost. Side effects of cocaine include respiratory and immune system damage, malnutrition, seizures, loss of brain function, high blood pressure, heart attacks and irregular heart beat.

Heroin (junk, H, horse) can cause total disinterest in workplace safety or in anything else except drugs, making such a person dangerous and a weak link in any team. The high cost of addiction leads to workplace crime, dirty needles, other paraphernalia, and the spread of disease, personal productivity and relationships to overdose-caused coma and death. Heroin is ALWAYS addictive even in small amounts. Withdrawal is difficult and painful.

Hallucinogens (PCP, LSD, MDMA, ecstasy, designer drugs) These "mind-blowing" drugs make the user hallucinate (see or hear things that aren't really there). The drugs vastly distort what is seen and heard so that dangerous situations are caused or overlooked. Sudden, bizarre changes in behavior can include attacks on others. "Rebound" effects such as loss of concentration and memory or behavior problems may occur when the dose has worn off. Frequent use can cause permanent loss of mental function.

Anabolic Steroids (synthetic testosterone, roids) affect the cellular development of body and muscle tissues, create mood elevations or depression, alter sex drive, and increase aggressive behavior, may stunt growth, causes retention of sodium and fluids, stroke, or severe acne. Personal dangers include increased chances of heart disease, liver damage, and high blood pressure.

Legal but Dangerous

The drugs listed below are not against the law but their use may be, for example: taking prescription drugs without a prescription. Illegal or not, these substances can cause dangers in the classroom and workplace. Most of these drugs are banned by employers.

Alcohol is a depressant which affects the body by slowing down the central nervous system. Alcohol impairs the brain's ability to use self-control and impairs memory by disrupting the transfer of information into long-term memory. Consumption of alcohol increases the likelihood of injury or death resulting from vehicle accidents.

Amphetamines (speed, uppers) can make you rush around wildly and carelessly, pushing yourself beyond your normal physical capacity, increased alertness, excitation, euphoria, and decreased appetite. Cause restlessness, rapid speech, irritability, insomnia, paranoia, and stomach disorders. They are both physically and psychologically addictive.

Sedatives (downers) slow your mental processes and reflexes and are very dangerous in any position requiring alertness. Personal dangers of abusing these "legal" substances range from disrupting relationships to serious health problems including liver and kidney damage.