

LSD (d-lysergic acid diethylamide)

Street Names: Acid, Boomers, Yellow Sunshines, Cid, Doses, Trips, Blotter, and Window Panes

Use of LSD produces hallucinations, generalized panic and anxiety, confusion, and suspicion. Flashbacks can occur even after the user has stopped taking the drug.

Methamphetamine

Street Names: Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, and Glass

Methamphetamine, the "poor-man's" cocaine, is a central nervous system stimulant. Use can lead to memory loss, aggressive behavior, violence, psychotic and paranoid behavior, and potential cardiac and neurological damage. Users may suffer a significant loss in the brain's ability to use dopamine. Injection of the drug can lead to a higher risk of infectious diseases, especially, hepatitis, HIV, and AIDS.

PCP (Phencyclidine)

Street Names: Angel Dust, Crystal, Hog, Supergrass, Killer Joints, Ozone, Wack, Embalming Fluid, and Rocket Fuel

PCP is a highly addictive hallucinogen that has anesthetic properties. Users often become agitated, delusional, and irrational while recovering from the drug's anesthetic effects. Users may become violent and/or suicidal and should not be left alone.

At low to moderate doses, physiological effects of PCP include a slight increase in breathing rate and a more pronounced rise in blood pressure and pulse rate. Respiration becomes shallow, and flushing and profuse sweating occur. Generalized numbness of the extremities and muscular incoordination also may occur. Psychological effects include distinct changes in body awareness, similar to those associated with alcohol intoxication. Use of PCP among adolescents may interfere with hormones related to normal growth and development as well as with the learning process.

At high doses of PCP, there is a drop in blood pressure, pulse rate, and respiration. This may be accompanied by nausea, vomiting, blurred vision, flicking up and down of the eyes, drooling, loss of balance, and dizziness. High doses of PCP can also cause seizures, coma, and death (though death more often results from accidental injury or suicide during PCP intoxication). Psychological effects at high doses include illusions and hallucinations. PCP can cause effects that mimic the full range of symptoms of schizophrenia, such as delusions, paranoia, disordered thinking, a sensation of distance from one's environment, and catatonia. Speech is often sparse and garbled.

People who use PCP for long periods report memory loss, difficulties with speech and thinking, depression, and weight loss. These symptoms can persist up to a year after cessation of PCP use. Mood disorders also have been reported. PCP has sedative effects, and interactions with other central nervous system depressants, such as alcohol and benzodiazepines, can lead to coma or accidental overdose

Use of any "Club Drug" in combination with other drugs, especially alcohol, may be fatal.

Where to Go For Help

Students who are in a crisis situation, need personal counseling, or who need information about drug or alcohol related problems may request help by contacting the Licensed Professional Counselor in the Office of Student Support Services at 682-7520. This counselor will provide short-term assistance and referral services. Several agencies in the Oklahoma City area provide drug and alcohol counseling and assistance in overcoming chemical dependency.

HOTLINE

Reach Out Referral Hotline..... 1-800-522-9054

V/TDD for deaf or hearing-impaired

Drug and Alcohol Referral.....271-2444

North Care Center.....272-0660

V/TDD for deaf or hearing-impaired

Drug Recovery Community Health.....424-4347

Norman Alcohol and Drug

Treatment Center (NADTC)..... 321-4880, Ext. 6624

Oklahoma City/County

Crisis Intervention Center522-8100

The above agencies provide services on a sliding-scale basis.

HOSPITAL TREATMENT PROGRAMS

Veterans Administration Hospital.....270-0501

Alcohol Treatment Program - services are provided on a sliding-scale or at no cost to eligible veterans.

Norman Regional Hospital..... 307-1000, Ext. 5000

Chemical Dependency Unit - services provided for a fee.
Variety of therapies.

St. Anthony Hospital.....272-7240

Care Unit - services provided for a fee.
Inpatient, outpatient and aftercare program.

Alcoholics Anonymous.....524-1100

EMPLOYEES

Employee Assistance Program (EAP).....840-0231

Services may be accessed through your health insurance benefit by contacting:

Aetna Behavior Health..... 1-800-424-5661

If emergency, let the person know that urgent care is needed. You may also contact your primary care physician for assistance.



OCCC

Oklahoma City Community College

7777 South May Avenue

Oklahoma City, OK 73159-4444

An equal opportunity institution

Learning
About Your
**drug
alcohol and
tobacco**
Free College

OKLAHOMA CITY
COMMUNITY COLLEGE

COLLEGE COMMITMENT

Oklahoma City Community College recognizes its responsibility to educate the College community about drug, alcohol and tobacco abuse. In meeting this responsibility, the College provides not only educational opportunities, but also assistance through support services. Crisis counseling, referral services, seminar offerings, and health information are available to students.

Disciplinary actions will be taken against any student found to be possessing, using, or distributing illicit drugs or alcohol on College property or as part of any College activity. This document lists some of the federal, state and local penalties for drug use and alcohol abuse and the health risks associated with not only drug and alcohol, but also tobacco use. College policies concerning penalties of on-campus use of alcohol, drugs and tobacco may be found in the Student Handbook and in the college, policies and procedures, which can be accessed at *www.occc.edu/policy/pp.html*—for employees, No. 1014 and for students, No. 5001. The following information is provided in compliance with The Drug Free Schools and Communities Act Amendment of 1989 (Public Law 101-226).

PENALTIES

Students and employees are reminded that local, state and federal laws provide for a variety of legal sanctions and penalties for the unlawful possession or distribution of illicit drugs and alcohol. These sanctions include, but are not limited to, incarceration and monetary fines.

The Federal Controlled Substances Act provides penalties ranging from ten years to life and/or fines from \$4 million to \$20 million for unlawful distribution or possession with intent to distribute a controlled substance. For unlawful possession of a controlled substance, a person is subject to up to 20 years of imprisonment and/or fines of \$5000. Any person who unlawfully distributes a controlled substance to an individual under twenty-one years of age may be subject to substantial penalties based upon specific violations as set forth in these Federal statutes. These penalties may include punishment by up to twice the term of imprisonment and a fine otherwise authorized by law.

Oklahoma law provides that any person convicted of distributing, dispensing, or possessing with intent to manufacture, distribute, or dispense, a controlled dangerous substance or a counterfeit substance shall be guilty of a felony and may be imprisoned up to life and fined up to \$100,000 depending on the type of controlled substance involved. Subsequent convictions shall be punishable by twice the imprisonment and fine otherwise authorized.

Any person convicted of knowingly or intentionally possessing marijuana shall be guilty of a misdemeanor and may be imprisoned up to one year. Subsequent convictions are felonies and are punishable by imprisonment up to 10 years.

Under Oklahoma law, any person convicted of using or possessing drug paraphernalia to plant, cultivate, grow, harvest, conceal, inject, or otherwise introduce into the human body a controlled dangerous substance is guilty of a misdemeanor punishable by imprisonment up to 1 year and/or a fine up to \$1,000.

The local ordinances of Oklahoma City also provide for prohibitions relating to illicit drugs and alcohol. Generally, these local ordinances are similar in content to State law.

The section entitled, "Drug and Alcohol: Student Sanctions, Information and Procedure" described earlier in the Student Handbook, specifies that students abusing drugs or alcohol and/or in violation of the Student Conduct Code, will be referred to the Director of Student Relations for disciplinary action.

State Law has amended in 2002 prohibits public smoking in all buildings owned or operated by the state and within 25 feet of the entrance or exit of such buildings.

HEALTH RISKS

There are many health risks associated with drug, alcohol and tobacco use. Some of these risks are listed below.

ALCOHOL AND THE BODY

Mouth, Larynx, Esophagus

Alcohol irritates the lining of the throat and esophagus. Heavy use of alcohol is associated with cancer of the larynx (voice box).

Stomach and Intestines

Alcohol irritates the lining of the stomach and can result in gastric or duodenal ulcers. In the small intestine, alcohol blocks absorption of vitamins and minerals essential for good nutrition.

Bloodstream

Most alcohol (95%) is absorbed through the lining of the stomach and small intestines causing irritation to the linings of these organs, slowing circulation which deprives tissues of oxygen, slowing the ability of white blood cells to destroy bacteria and slowing the clotting ability of blood platelets.

Pancreas, Liver, Heart

Alcohol irritates the cells of the pancreas and can lead to hemorrhagic pancreatitis. Pancreatitis can destroy the pancreas and create a lack of insulin. Alcohol inflames and destroys the cells of the liver and causes inflammation of the heart muscle.

Bladder and Kidneys

Alcohol inflames the linings of the bladder. In the kidneys, alcohol causes an increased loss of fluids.

Sex Glands

Swelling of the prostate gland interferes with the ability of the male to perform sexually. It also interferes with the ability of the partners in a sexual relationship to achieve full satisfaction.

Reproduction

Alcohol consumption is the third leading cause of mental retardation in infants. Medical experts now recommend that NO alcohol be consumed during pregnancy.

Brain and Central Nervous System

Alcohol may produce lack of coordination, confusion, disorientation, stupor, anesthesia, coma, and finally death. Even in small amounts alcohol is especially dangerous when combined with barbiturates, tranquilizers, muscle relaxants, sleeping pills, or narcotics. It should not be consumed when taking antihistamines, motion sickness pills and many other over-the-counter and prescription medications.

TOBACCO AND THE BODY

Mouth, Larynx, Esophagus

Smokers have three times as many cavities as nonsmokers. Tobacco, both smoked and smokeless, is the leading cause of cancers of the cheeks, gums, palate, tongue and lips. Smokers lose their teeth at a rate three times greater than nonsmokers. A one pack-a-day smoker increases his/her chances of cancer of the esophagus by as much as 500%.

Stomach, Heart

Peptic ulcers are twice as high in smokers as nonsmokers. Nicotine from any source causes secretion of excessive amounts of gastric acids and delays healing of ulcers. Nicotine is a powerful constrictor of small arteries leading to insufficient oxygen supply to the heart and possible heart attacks.

Pancreas, Bladder, Kidneys

Smokers have a 100% increased risk of developing cancer of the pancreas, three times the risk of bladder cancer, and a 50% greater rate of kidney cancer. Carcinogens absorbed from cigarette smoke and smokeless tobacco are concentrated and excreted in the urine. The bladder and the kidneys are in constant contact with these cancer-causing chemicals.

Bronchioles, Lungs

Smoking causes the lungs and bronchioles to be inflamed and congested. Chronic bronchitis predisposes smokers to emphysema, an incurable lung disease. Emphysema is characterized by stretching and breaking of the tiny air sacs of the lungs, making them useless for breathing. Cigarette smokers are ten times more likely to die of lung cancer than nonsmokers.

Reproduction

Smoking more than 1/2 pack daily is associated with higher incidence of infertility in women. Babies born to women who smoke are lighter and smaller than those born to nonsmokers. This is important because birth weight is a predictor of infant health. Women who take birth control pills and who smoke are at a greater risk for cancer.

Brain

Strokes are generally caused by a combination of high blood pressure and smoking and are the third leading cause of death in the U.S. Nicotine from any source constricts blood vessels and restricts oxygen supply.

PRESCRIPTION MEDICATIONS

A growing trend among recreational drug users is the use and abuse of prescription drugs. Many of these drugs are designed to release small doses of their active ingredients over an extended period of time. Abusers try to find ways to circumvent this time-release process so that they get a massive dose all at once. They may also combine various drugs to get an intense combination of reactions (the "Skittles" method). The danger is that these medications are highly toxic and may be lethal if used inappropriately. Abusers often believe that these drugs are not dangerous because they are prescribed by doctors. However, when taken in too high a dose or in combination with other drugs, they may be more dangerous than some illegal drugs. Prescription medications should only be used by the person for whom they were prescribed and according to the directions on the package. Use by any other person or in any other manner is illegal.

MARIJUANA/OTHER ILLEGAL DRUGS AND THE BODY

Eyes, Skin

Marijuana smokers may have inflamed watery eyes and develop wrinkled skin due to irritants present in smoke. Cocaine users have increased sensitivity to light, see fuzzily, see “floaters,” have double vision or image distortion.

Mouth, Larynx, Esophagus

Marijuana contains 50% more tar than tobacco and 400 other identified chemicals. Using 3 - 5 marijuana joints a week equals smoking 16 cigarettes daily. Smoking is associated with gum disease, loss of teeth, cancer of the cheeks, gums, palate, tongue, lips, larynx and esophagus.

Heart

Smoking one marijuana joint may cause increases in heart rate and blood pressure by as much as 50%. Cocaine increases heart rate and blood pressure. Temperature rises and arteries constrict, causing restricted blood flow to the heart and possible heart attack.

Bladder, Kidneys

Concentration of tars, carcinogens, and chemicals from marijuana in the kidneys and bladder is associated with cancers in these organs. Cocaine use causes inflammation and breakdown of small and medium arteries in the kidneys and gastrointestinal tract.

Bronchioles, Lungs

Marijuana is a respiratory irritant that causes sore throats and chronic coughs. Use of crack or cocaine may cause the respiratory system to fail.

Reproduction

The gonads, ovaries and testicles are high fat organs which absorb and hold more of the active ingredient in marijuana (THC) than most other cells of the body. Males experience lowered testosterone levels, levels essential for development of secondary male characteristics. Users may experience impotency and infertility, pregnancy complications, and changes in sexual characteristics. Cocaine users have babies addicted at birth.

Brain/Central Nervous System

Marijuana use may result in poor transmission of nerve impulses. The result is impairment of speech, comprehension, memory and sleep. Cocaine stimulates the central nervous system causing restlessness, tremors, and convulsions. Cocaine alters normal electrical activity of the brain which can result in seizures or convulsions similar to epilepsy.

CLUB DRUGS AND THE BODY

The term "club drugs" refers to a wide variety of drugs often used at all night dance parties (raves), nightclubs, and concerts. These drugs have gained popularity due to the misconception that they are less harmful and less addictive than mainstream drugs.

MDMA (3,4-methylenedioxymethamphetamine)
***Street Names:** *Ecstasy, XTC, E, X, Adam, eccy, clarity, essence, doctor, insight**

MDMA affects the brain by destroying serotonin producing neurons and possibly by interfering with the brain's ability to use serotonin. This interferes with the brain's ability to regulate aggression, moods, sexual activity, sleep, and pain sensitivity. MDMA can destroy the brain cells which use dopamine resulting in motor disturbances similar to those seen in Parkinson's disease.

The drug has stimulant and mildly hallucinogenic effects on users and creates a hyperthermic condition which may be fatal if left untreated.

Ketamine

***Street Names:** *K, Special K, and Cat Valium**

Ketamine produces physical effects similar to phencyclidine (PCP). Use of the drug can cause delirium, amnesia, depression, long-term memory and cognitive difficulties, and fatal respiratory problems. Due to its disassociated effect, it may be used as a date-rape drug.

GHB (Gamma Hydroxybutyrate)

***Street Names:** *Liquid Ecstasy, Soap, Easy Lay, Georgia Home Boy, Grievous Bodily Harm, Liquid X, and Goop**

GHB is a central nervous system depressant. Low doses may cause drowsiness, dizziness, nausea, and visual disturbances. Higher doses may cause unconsciousness, seizures, severe respiratory depression, and coma. Because it is easily concealed in drinks, GHB may be used in the commission of sexual assaults because it renders the victim incapable of resisting and may cause memory problems that can complicate case prosecution.

GBL (Gamma Butyrolactone)

GBL is synthesized by the body to produce GHB. Ingesting this drug, even in small quantities, may produce a severe physical reaction. GBL increases the effects of alcohol often causing respiratory distress, seizures, coma, and death.

Rohypnol (Flunitrazepam)

***Street Names:** *Roofies, Rophies, Roche, Forget-me Pill, Circles, Mexican Valium, Rib, Roach-2, Roopies, Rope, Ropies, Ruffies, and Roaches**

Rohypnol is most commonly known as a date-rape drug because one of the significant effects of the drug is anterograde amnesia. In addition, Rohypnol often causes decreased blood pressure, drowsiness, visual disturbances, dizziness, confusion, gastrointestinal disturbances, and urinary retention.