



UNIVERSITY of HAWAII*
KAUA'I
COMMUNITY COLLEGE

Kauai Community College

Drug and Alcohol Abuse Prevention Program (DAAPP)

- I. **Effective Date**
January 1st, 2020
- II. **Office of Primary Responsibility**
Kauai Community College (KAUA'I CC) Chancellor's Office
- III. **KAUA'I CC Position Assigned with Oversight**
Vice Chancellor of Student Affairs (VCSA)
- IV. **Purpose**
KAUA'I CC is committed to providing and maintaining a safe, healthy and productive environment for Students, Employees, and Visitors, free from hazards associated with Drug and Alcohol abuse in accordance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of 1989. This program is also intended to ensure compliance with The University of Hawaii Executive Policy (EP 11.201, Illegal Drugs, Alcohol and Substance Abuse).

University of Hawaii Policy on Illegal Drugs and Alcohol Abuse:

The University expects its employees and students to carry out their responsibilities free of intoxication by any illegal drugs or alcohol. Employees and students are not permitted to manufacture, distribute, possess, use, dispense or be under the influence of illegal drugs as prohibited by state and federal law, at University-sponsored or approved events or on University property or in buildings used by right University for education, research and recreational programs. The University expects lawful behavior by employees and students, during their presence on University premises and at University events. Within the constraints of its mission, the University encourages cooperation with law enforcement agencies in enforcing statutes regarding the use of illegal drugs.

The University of Hawaii Executive Policy (EP 11.201) recognizes that substance abuse is a complex problem that is not easily resolved solely by

personal effort and may require professional assistance and/or treatment. Employees and students with substance abuse problems are encouraged to take advantage of any available diagnostic, referral, counseling and prevention services. Therefore, campus, community and drug and alcohol educational resources will be made available to students and employees.

V. Goals

Through consistent enforcement of sanctions, awareness and prevention trainings, counseling, campus support services and referrals to community resources and services, KAUA'I CC will maintain a safe, healthy and productive environment for students, employees and visitors, free from hazards associated with drug and alcohol abuse in accordance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act of L 989 and the University of Hawaii Executive Policy EP 11.201. The target number of violations per year is ZERO, but no more than 1% of the total number of appropriate employees and student's headcount for the Fall semester.

VI. Sanctions

Employees and students who violate the policy will be subject to disciplinary sanctions, including, but not limited to, expulsion, or termination.

A. Sanctions for Students

The UH Student Conduct Code may be found in the [UH Executive Policy, EP 7.208](#). Sanctions which may be imposed on violators of the alcohol and drug related sections of the UH Student Conduct Code include:

- 1. Written Warning** - A notice in writing to the student that the student is violating or has violated institutional regulations and a copy of the warning letter is placed in the student's disciplinary file.
- 2. Probation** - Probation is for a designated period of time (which may include the remainder of their enrollment at KAUA'I CC) and includes the probability of more severe disciplinary sanctions if the student is found to violate any institutional regulation(s) during the probationary period. This sanction may require the student to meet with the VCSA (or his or her designee) upon request.
- 3. Loss of Privileges** - Denial of specified privileges for a designated period of time.
- 4. Restitution** - Compensation for loss, damage, or injury. This may take the form of appropriate service and/or monetary or material replacement.
- 5. Discretionary Sanctions** - Work assignments, essays, service to KAUA'I CC, Community Service or other

related discretionary or educational related assignments.

- 6. KAUA'I CC No Contact Orders** - No unnecessary contact between the Respondent and the Complainant, witnesses, or other individuals (when appropriate).
- 7. Suspension** - Separation of the student from KAUA'I CC for a definite period of time (usually 1 year or less) after which the student is eligible to return. Conditions for readmission may be specified. Suspensions may be effective immediately or deferred.
- 8. Dismissal** - Separation of the student from KAUA'I CC for more than 1 year. The student may be eligible for return. Conditions for readmission may be specified. Dismissals will be effective immediately unless otherwise stated.
- 9. Expulsion** - Separation of the student from KAUA'I CC permanently. Expulsions will be effective immediately, unless otherwise stated.
- 10. Revocation of Admission and/or Degree** - Admission to or a degree awarded from KAUA'I CC may be revoked for fraud, misrepresentation, or other violation of KAUA'I CC standards in obtaining the degree, or for other serious violations committed by a student prior to graduation

B. Sanctions for Employees

The sanctions for employees in bargaining units 1 will be in accordance with the drug and alcohol testing provisions contained within the collective bargaining agreements. For all other employees, progressive discipline will be in accordance with the employee's applicable collective bargaining agreement: possible sanctions may include disciplinary action ranging from reprimand to termination, and may include suspension without pay, disciplinary reassignment, disciplinary transfer, and demotion.

C. Federal Sanctions

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500-499 grams mixture	<p>First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p>Second Offense: Not less than 10 yrs., and not more than life, if death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	5 kgs or more mixture	<p>First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p>Second Offense: Not less than 20 yrs., and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p>2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>
Cocaine Base (Schedule II)	28-279 grams mixture		280 grams or more mixture	
Fentanyl (Schedule II)	40-399 grams mixture		400 grams or more mixture	
Fentanyl Analogue (Schedule I)	10-99 grams mixture		100 grams or more mixture	
Heroin (Schedule II)	100-999 grams mixture		1 kg or more mixture	
LSD (Schedule I)	1-9 grams mixture		10 grams or more mixture	
Methamphetamine (Schedule II)	5-49 grams pure or 50-499 grams mixture		50 grams or more pure or 500 grams or more mixture	
PCP (Schedule II)	10-99 grams pure or 100-999 grams mixture		100 gm or more pure or 1 kg or more mixture	

PENALTIES		
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	First Offense: Not more than 20 yrs. If death or serious injury, not less than 20 years, or no 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.
Flunitrazepam (Schedule IV)	1 gram	
Other Schedule III drugs	Any amount	First Offense: Not more than 10 years. If death or serious injury, not more than 15 years. Fine not more than \$500,000 if an individual, \$1 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.
All other Schedule IV drugs	Any amount	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 not an individual.
Flunitrazepam (Schedule IV)	Other than 1 gram or more	
All Schedule V drugs	Any amount	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.

D. State of Hawaii Sanctions

Under the Hawai'i Penal Code, crimes are of 3 grades according to their seriousness: felonies, misdemeanors and petty misdemeanors.

- **Class A felony:** fine not exceeding \$50,000 and/or an indeterminate term of imprisonment of 20 years without possibility of suspension of sentence or probation.
- **Class B felony:** fine not exceeding \$25,000 and/or imprisonment of not more than 10 years.
- **Class C felony:** fine not exceeding \$10,000 and/or imprisonment of not more than 5 years.
- **Misdemeanor:** fine not exceeding \$2,000 and/or imprisonment of not more than 1 year.
- **Petty misdemeanor:** fine not exceeding \$1,000 and/or imprisonment

of not more than 30 days. §706-640,659,660,663, H.R.S.

In addition, promoting (possessing, distributing and manufacturing) drugs (including marijuana) and intoxicating compounds can result in a Class A, B or C felony, misdemeanor or petty misdemeanor. §712-1241-1250, H.R.S.

Consuming or possessing intoxicating liquor while operating a motor vehicle or moped is fined not more than \$2,000 or imprisonment of not more than 30 days, or both. §291-3.1, H.R.S.

Consuming or possessing intoxicating liquor while a passenger in a motor vehicle is a petty misdemeanor. §291-3.2, H.R.S.

A person commits the offense of promoting intoxicating compounds if the person knowingly breathes, inhales or drinks any intoxicating compound or any other substance for the purpose of inducing a condition of intoxication, stupefaction, depression, giddiness, paralysis or irrational behavior, or in any manner changing, distorting or disturbing the auditory, visual or mental processes; or sells, offers, delivers or gives to any person under 18 years of age, unless upon written order of such person's parent or guardian, any intoxicating compound or any substance which will induce an intoxicated condition when the seller, offeror or deliver or knows or has reason to know that such compound is intended for use to induce such a condition. This offense is a misdemeanor. §712-1250, H.R.S.

A person commits the offense of promoting intoxicating liquor to a person under the age of 21 if the person recklessly sells, offers, influences the sale, serves, delivers or gives a person under the age of 21 intoxicating liquor; or permits a person under the age of 21 to possess intoxicating liquor while on property under his control. This offense is a misdemeanor. §712- 1250.5, H.R.S.

VII. Drug and Alcohol Testing

Employee Random Testing - United Public Workers (UPW), Bargaining Unit 01 employees are subject to random alcohol and controlled substances testing. Test is intended to keep the workplace free from hazards resulting from the use of alcohol and controlled substances.

- Employees are notified of test, time, and location. Tests are conducted during work time.
- Employee presents a picture identification card to test site, if employee does not have an identification, the supervisor or management will escort employee to the test site.

Employee Reasonable Suspicion Testing - UPW, Bargaining Unit 01 and HGEA, Bargaining Unit 03 & 04 employees are subject to reasonable suspicion alcohol and controlled substance testing. This alcohol and drug testing are intended to keep the workplace free from hazards of the use of alcohol and controlled substances.

- Employees shall be subject to random testing, when a trained supervisor determines that reasonable suspicion exists. Supervisor shall have another witness

observe the employee, before directing the employee to submit to an alcohol and or controlled substance test.

VIII. Campus Drug and Alcohol Awareness Campaign -- Health Risks, Treatment and Resources

A. Health Risks: See Appendix A

B. Drug and Alcohol Awareness Training:

At least once a year and preferably during the Fall semester, KAUA'I will have a drug and/or alcohol prevention presentation open to all staff, faculty and students. This training will be organized by the KAUA'I Professional Development Coordinator in conjunction with the Vice Chancellor of Administrative Services Office. Documentation such as training materials and sign up lists will be archived for biennial review data and as evidence of the training.

C. Campus Resources:

Kauai Community College promotes an alcohol and drug free campus environment. Educational materials regarding risks related to substance and alcohol use are available at the [Campus Wellness Center](#) and Student Life building for students and employees.

Kaua'i CC Counseling

Kaua'i CC students dealing with drug and/or alcohol problems are encouraged to seek help through community resources listed below. [Individual counselling](#) is available on-campus for students who need assistance with substance or alcohol issues and possible referrals.

Employee Assistance Program

KAUA'I CC employees dealing with drug and/or Alcohol problems are encouraged to seek help either through their own resources or through the University's Employee Assistance Program (EAP). This program provides confidential, short-term, professional counseling services to employees who may be experiencing personal problems that are affecting job performance. Eligible employees may receive up to a maximum of 3 hours of free counseling. All regular, temporary and exempt employees, casual hires and 89-day hires are eligible for EAP services. [WorkLife Hawai'i](#) has been contracted to provide EAP services through a voluntary program that permits employees to seek help on their own.

KAUA'I CC Wellness Program

KAUA'I CC Committee on Health and Wellness promotes a healthy environment for faculty, staff, students and community. The Committee on Health and Wellness promotes and encourages employees and students to make small changes so they can enjoy healthy and happy lives. This committee hosts an annual health fair that promotes wellness and includes information on drug and alcohol prevention.

KAUA'I CC Care Team

The KAUA'I CC Care Team is an interdisciplinary group of KAUA'I CC professionals that meet on a regular basis to discuss and implement proactive strategies for supporting individual students identified by their level of need. This forum enables the campus to support individual students in a more comprehensive and holistic manner. The team works to provide a coordinated and streamlined response to students who need access to services such as counseling, mental health support, and behavioral health support. This proactive approach to identify and address safety concerns on campus is based on recommendations made by A Higher Education Mental Health Alliance (HEMHA) and the JED Foundation.

ULifeLine

ULifeLine is a confidential online resource center, where college students can seek mental health support. ULifeLine is a project of The Jed Foundation, a leading organization working to protect the emotional health of America's college students, and was developed with input from leading experts in mental health and higher education.

Alcoholics Anonymous

The KAUA'I CC Mental Health Counselor will coordinate Alcoholics Anonymous (AA) meetings on campus. This resource is available for students, employees and members of the community.

D. Community Resources

Ahu Waiwai

(808) 651-2247

www.ahuwaiwai.com

Provides assessments, education, Intensive Outpatient Treatment (IOP) to include group and adjunctive individual counseling.

E Ala Ho

(808) 245-5914

www.childandfamilyservice.org/programs/ealahou/

A Level I outpatient program provided by Child and Family Service for mothers or pregnant women with histories of drug and/or alcohol use. Provides assessments and referrals as well as individual and group support.

McKenna Recovery Center (Ke Ala Pono)

(808) 246-0663

www.mckennarecoverycenter.com

McKenna recovery Center is a private, comprehensive Level II Intensive Outpatient accredited addiction treatment center. Services include oral and urine drug testing, blood labs, assessment and treatment for substance use and co-occurring psychiatric

disorders, group and adjunctive individual counseling, medical detoxification for alcohol, opioids and benzodiazepines and medication assisted recovery programs as appropriate.

Women in Need

(808) 486-1996

www.winhi.org

Women in Need (WIN) serves women who have been through domestic violence, homelessness, substance abuse, and incarceration. Provides drug testing, assessments, referrals, sober living and Intensive outpatient treatment for both genders to include group and individual counseling.

Malama Pono Health Services

(808) 246-9577

www.mphs.kauai.org

Malama Pono Health Services provides a multitude of services from women's wellness and reproductive health care to testing and treatment for sexually transmitted diseases, case management and support services for HIV/AIDS clients, smoking cessation, transgender services, parenting programs, and more.

IX. Program Effectiveness

The KAUA'I CC Drug and Alcohol Program will be assessed based on several evidence based metrics:

1. Employee disciplinary sanctions imposed
2. Student disciplinary sanctions imposed
3. Annual Clery Report statistics
4. Campus Security incidents
5. Referrals for counseling or treatment
6. Employee random drug and alcohol testing results
7. Number of students, staff and faculty attending the KAUA'I CC Drug and/or Alcohol training sessions
8. Number of approved campus events that alcohol will be served

X. Biennial Review

On every odd numbered year (eg. 2021, 2023), KAUA'I CC will conduct a biennial review to assess the effectiveness of its DAAPP and any changes needed will be implemented into the program. Another function of this review is to ensure the College is consistently enforcing the disciplinary sanctions for violating the standards of conduct.

The DAAPP biennial review will be conducted by a committee comprised of a broad representation of campus constituents that have a stake in promoting the health and safety of the campus community. This biennial review will assess the current KAUA'I CC Drug and Alcohol Abuse Prevention Program and Procedures and identify strengths, weaknesses and strategies for continuous improvement.

A. Committee Membership

The Biennial Review Committee is composed of the following members:

Vice Chancellor for Administrative Services
Vice Chancellor for Student Affairs
Compliance Coordinator
Chief of Security
Health and Wellness Committee Representative
Student Life Coordinator
Human Resources Director
Mental Health Counselor
Title IX/Equal Employment Opportunity Coordinator
Kauai Drug Court Representative
**Additional campus representation as appropriate

B. Materials Reviewed

- Official Notice to Employees and Students Regarding Drug-Free Workplace Policies
- KAUA'I CC General Catalog policies related to drug and alcohol use on campus and the sanctions imposed for failure to comply
- UH Executive Policy 11.201- "Illegal Drugs, Alcohol and Substance Abuse"
- Annual Security Report
- KAUA'I CC website
- Employee Handbook policies related to drug and alcohol use by KAUA'I CC employees and the sanctions imposed for failure to comply
- Various resources available to students and employees regarding drug and alcohol abuse
- Incident reports related to possible infractions of the drug and alcohol policy, in compliance with FERPA
- Federal, state and local law
- The EDGAR Part 86 publication, "Complying with the Drug-Free Schools and Campuses Regulations"
- Appendix A
- Student Handbook

XI. Distribution of the UH Official Notice to Employees and Students Regarding Drug-Free and Alcohol-Free Workplace Policies and the CC DAAPP Procedures

The following procedure was developed to ensure KAUA'I CC is compliant with the DFSCA distribution requirement. This procedure ensures active delivery of UH Annual Notice and the DAAPP disclosure materials to every member of the campus community. Delivery will be made to all students who enroll for academic credit and to all employees, regardless of when they are enrolled or hired, and irrespective of the duration of enrollment or employment. The distribution includes both the KAUA'I CC DAAPP and the UH Official Notice to Employees and Students Regarding Drug-Free and Alcohol-Free Workplace Policies.

1. Campus Website:

- <https://kauai.hawaii.edu/daapp/>

2. UH Broadcast Email

- The UH Official Notice to Employees and Students Regarding Drug-Free and Alcohol-Free Workplace Policies sent annually to all current faculty, staff and students by the UH System Office on or around October 1st.
- The KAUA'I CC DAAPP will be sent to all faculty and staff by the KAUA'I CC Human Resource Director and to all students by the KAUA'I CC Registrar on or around October 2nd. A copy of the emails will be archived for evidence of distribution.
- The UH Official Notice and the KAUA'I CC DAAPP will be sent two additional times a year to all students by the KAUA'I CC Registrar after the census date of the spring and summer terms. A copy of the email will be archived for evidence of distribution.

3. New Employee Orientation Email

- The UH Official Notice and the KAUA'I CC DAAPP will be sent by the KAUA'I CC Human Resource Director to all new faculty and staff on the date of appointment. A copy of the email will be archived for evidence of distribution.

4. Printed Copies

- All new employees will receive printed copies of the UH Annual Notice and the KAUA'I CC DAAPP which will be included in all new hire packets.
- Employees may request printed copies from the KAUA'I CC Human Resource Office by contacting (808) 984-3204
- Students may request printed copies from the Office of the Vice Chancellor of Student Affairs by contacting (808) 984-3267

XII. Approvals

Kaua'i Community College Chancellor

Date

Appendix A

Health Risks

Alcohol's Effects on the Body

Excerpted from *National Institute on Drug Abuse, Alcohol's Effects on the Body*.
<http://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body>.

Drinking too much on a single occasion or over time, can take a serious toll on your health. Here's how alcohol can affect your body:

Brain: Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heartbeat
- Stroke
- High blood pressure

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Immune System: Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single

occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Drug's Effects on the Body

Excerpted from the 2017 Edition of *Drugs of Abuse, DEA Resource Guide*.

https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf

Cocaine: A powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Short term health risks include narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke, seizure, coma. Long term health risks include loss of sense of smell, nose bleeds, nasal damage and trouble swallowing from snorting; infection and death of bowel tissue from decreased blood flow; poor nutrition and weight loss from decreased appetite.

Heroin: An opioid drug made from morphine, a natural substance extracted from the seed pod of the Asian opium poppy plant. Short term health risks include euphoria; warm flushing of the skin; dry mouth; heavy feeling in the hands and feet; clouded thinking; alternate wakeful and drowsy states; itching; nausea; vomiting; slowed breathing and heart rate. Long term health risks include collapsed veins; abscesses (swollen tissue with pus); infection of the lining and valves in the heart; constipation and stomach cramps; liver or kidney disease; pneumonia.

Ketamine: A dissociative drug used as an anesthetic in veterinary practice. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. Short term health risks include problems with attention, learning, and memory; dreamlike states, hallucinations; sedation; confusion and problems speaking; loss of memory; problems moving, to the point of being immobile; raised blood pressure; unconsciousness; slowed breathing that can lead to death. Long term health risks include ulcers and pain in the bladder; kidney problems; stomach pain; depression; poor memory.

LSD: A hallucinogen manufactured from lysergic acid, which is found in ergot, a fungus that grows on rye and other grains. LSD is an abbreviation of the scientific name lysergic acid diethylamide. Short term health risks include rapid emotional swings; distortion of a person's ability to recognize reality, think rationally, or communicate with others; raised blood pressure, heart rate, body temperature; dizziness and insomnia; loss of appetite; dry mouth; sweating; numbness; weakness; tremors; enlarged pupils. Long term health risks include frightening flashbacks (called Hallucinogen Persisting Perception Disorder [HPPD]); ongoing visual disturbances, disorganized thinking, paranoia, and mood swings.

Marijuana: Marijuana is made from the hemp plant, *Cannabis sativa*. The main psychoactive (mind-altering) chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. Short term health risks include enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; hallucinations; anxiety; panic attacks; psychosis. Long term health risks include mental health problems, chronic cough, frequent respiratory infections.

MDMA (Ecstasy/Molly): A synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is an abbreviation of the scientific name 3,4-methylenedioxymethamphetamine. Short term health risks include lowered inhibition; enhanced sensory perception; confusion; depression; sleep problems; anxiety; increased heart rate and blood pressure; muscle tension; teeth clenching; nausea; blurred vision; faintness; chills or sweating; sharp rise in body temperature leading to liver, kidney, or heart failure and death. Long term health risks include long-lasting confusion, depression, problems with attention, memory, and sleep; increased anxiety, impulsiveness, aggression; loss of appetite; less interest in sex.

Mescaline (Peyote): A hallucinogen found in disk-shaped “buttons” in the crown of several cacti, including peyote. Short term health risks include enhanced perception and feeling; hallucinations; euphoria; anxiety; increased body temperature, heart rate, blood pressure; sweating; problems with movement.

Methamphetamine: An extremely addictive stimulant amphetamine drug. Short term health risks include increased wakefulness and physical activity; decreased appetite; increased breathing, heart rate, blood pressure, temperature; irregular heartbeat. Long term health risks include anxiety, confusion, insomnia, mood problems, violent behavior, paranoia, hallucinations, delusions, weight loss, severe dental problems (“meth mouth”), intense itching leading to skin sores from scratching.

PCP: A dissociative drug developed as an intravenous anesthetic that has been discontinued due to serious adverse effects. Dissociative drugs are hallucinogens that cause the user to feel detached from reality. PCP is an abbreviation of the scientific name, phencyclidine. Short term health risks include delusions, hallucinations, paranoia, problems thinking, a sense of distance from one’s environment, anxiety. Low doses can cause slight increase in breathing rate; increased blood pressure and heart rate; shallow breathing; face redness and sweating; numbness of the hands or feet; problems with movement.

High doses can cause lower blood pressure, pulse rate, breathing rate; nausea; vomiting; blurred vision; flicking up and down of the eyes; drooling; loss of balance; dizziness; violence; suicidal thoughts; seizures, coma, and death. Long term health risks include memory loss, problems with speech and thinking, depression, weight loss, anxiety.

Prescription Opioids: Pain relievers with an origin similar to that of heroin. Opioids can cause euphoria and are often used non-medically, leading to overdose deaths. Short term health risks include pain relief, drowsiness, nausea, constipation, euphoria, confusion, slowed breathing, death.

Prescription Sedatives (Tranquilizers, Depressants): Medications that slow brain activity, which makes them useful for treating anxiety and sleep problems. Short term health risks include drowsiness, slurred speech, poor concentration, confusion, dizziness, problems with movement and memory, lowered blood pressure, slowed breathing.

Prescription Stimulants: Medications that increase alertness, attention, energy, blood pressure, heart rate, and breathing rate. Increased alertness, attention, energy; increased blood pressure and

heart rate; narrowed blood vessels; increased blood sugar; opened-up breathing passages. Short term health risks include dangerously high body temperature and irregular heartbeat; heart failure; seizures. Long term health risks include heart problems, psychosis, anger, paranoia.

Psilocybin: A hallucinogen in certain types of mushrooms that grow in parts of South America, Mexico, and the United States.

Short term health risks include hallucinations, altered perception of time, inability to tell fantasy from reality, panic, muscle relaxation or weakness, problems with movement, enlarged pupils, nausea, vomiting, drowsiness.

Long term health risks include risk of flashbacks and memory problems.

Rohypnol® (Flunitrazepam): A benzodiazepine chemically similar to prescription sedatives such as Valium® and Xanax®. Teens and young adults tend to abuse this drug at bars, nightclubs, concerts, and parties. It has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims. Short term health risks include drowsiness, sedation, sleep; amnesia, blackout; decreased anxiety; muscle relaxation, impaired reaction time and motor coordination; impaired mental functioning and judgment; confusion; aggression; excitability; slurred speech; headache; slowed breathing and heart rate.

Steroids (Anabolic): Man-made substances used to treat conditions caused by low levels of steroid hormones in the body and abused to enhance athletic and sexual performance and physical appearance. Short term health risks include headache, acne, fluid retention (especially in the hands and feet), oily skin, yellowing of the skin and whites of the eyes, infection at the injection site. Long term health risks include kidney damage or failure; liver damage; high blood pressure, enlarged heart, or changes in cholesterol leading to increased risk of stroke or heart attack, even in young people; aggression; extreme mood swings; anger (“roid rage”); paranoid jealousy; extreme irritability; delusions; impaired judgment.