



**Drug Free Schools and Campuses Act  
Biennial Report 2022 – 2024**

**Prepared By: Sarah S. Patterson  
Dean of Students**

## **Introduction to Drug-Free Schools & Campuses Regulations and Compliance Guidelines**

The Drug-Free Schools and Colleges Act Amendments of 1989, Public Law 101-226, requires that, as a condition of receiving funds or any other form of financial assistance under any deferral program, and institution of higher education (IHE), state education agency (SEA), or local educational agency (LEA) must certify that it has adopted and implemented a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.

In order to be able to certify its compliance with the regulations, an IHE such as New Mexico Junior College (NMJC), must adopt and implement a drug prevention program that includes the following:

1. Annually notify each employee and student, in writing, of standards of conduct; a description of appropriate sanctions for violation of federal, state, and local law and campus policy; a description of health risks associated with alcohol and other drug (AOD) use; and a description of available treatment programs.
2. Develop a sound method for distributing annual notification information to every student and staff member each year.
3. Prepare a biennial review on the effectiveness of its AOD programs and the consistency of sanction enforcement.
4. Maintain its biennial review on file, so that, if requested to do so by the U.S. Department of Education, the campus can submit it.

The law further requires that the institution conduct a biennial review of its program with the following objectives:

- Determining the effectiveness of the policy and implementing changes to the alcohol and other drug programs if they are needed; and
- To ensure that the sanctions developed are enforced consistently.

## **Drug & Alcohol Awareness**

Information regarding the use/abuse of drugs and alcohol by employees and students is provided pursuant to public law 101-226, The Drug Free Schools and Colleges Act Amendments of 1989.

The health and well-being of NMJC students and employees are of utmost importance. NMJC recognizes that the use of illicit drugs and/or the abuse of alcohol is a persistent health problem of major proportion affecting our society physically, mentally, and socially. Illicit drug use and/or alcohol abuse can adversely affect an individual's personal life, safety, health, and mental or physical performance.

It is the intent of NMJC to provide students and employees with pertinent information related to illicit drug use and/or alcohol abuse in an effort to prevent such abuse.

As a recipient of federal funds, NMJC is obligated to inform all students and employees that the possession, use or distribution of illicit drugs and alcohol on its property or as part of any of its activities is prohibited, and is a violation of policy. Students who violate the prohibition will be subject to appropriate disciplinary action.

NMJC is committed to promoting and maintaining a work and academic environment that is free from illegal alcohol and drug use and abuse, in accordance with all federal, state, and local laws.

Students, employees and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs synthetic cannabis/spice/ recreational or medical cannabis or engaging in improper self-medication while on College property or conducting College business. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

This alcohol/drug policy is not designed to punish people for seeking rehabilitation. All information about those individuals who voluntarily avail themselves of drug or alcohol counseling or rehabilitation services will remain confidential. Seeking counseling or rehabilitation will not be used as a basis of disciplinary action or be used against an individual in any way.

College employees and students who violate the alcohol/drug policy may be informed about and referred to services to assist them in determining whether they are abusing drugs and alcohol or are chemically dependent. If a problem is found to exist, the individual may be referred to resources to assist him/her in overcoming the drug or alcohol abuse pattern.

The College will review its Alcohol and Drug Abuse Prevention Program every 2 years to determine its effectiveness and implement changes to the program as needed, and to ensure that the disciplinary sanctions applied by the College are consistently enforced. The last review was during 2024.

## **Alcohol and Drug Use**

Drug and alcohol use, misuse, and abuse are complex behaviors with many outcomes at both the cultural and the individual levels. Awareness of the dangerous effects of drug/alcohol use is imperative for an individual's well-being or survival. Negative consequences of drugs/alcohol may be exhibited through: physical dependence (the body's learned requirement of a drug for functioning) or psychological dependence (the experiencing of persistent craving for the drug and/or a feeling the drug/alcohol is a requirement for functioning).

Abuse of any drug/alcohol whether licit or illicit may result in marginal to marked, temporary to permanent physical and/or psychological damage, even death. Since many of the illicit drugs are manufactured and sold illegally, their content varies and may contain especially harmful

ingredients or amounts. Regardless of the types of drugs/alcohol utilized, a perceived need for the continued use is likely to ensue, resulting in dependence. Dependence on drugs and/or alcohol alters the user's psychological functioning. The acquisition of drugs and alcohol becomes the primary focus of the drug dependent individual and often results in reduced job performance and jeopardized family and other interpersonal relationships. Criminal behavior is frequently the means for financing a drug habit. Behavior patterns often include violence and assault as the individual becomes increasingly drug/alcohol dependent. Social and psychological alienation and medical problems increase as the abuser becomes entrapped in drug/alcohol dependence. For more information on drug/alcohol counseling and referrals, please contact the Counseling Office or the Office of Human Resources at NMJC.

### **Student Handbook/Student Code of Conduct**

Section V of the Student Handbook explains the NMJC Drug and Alcohol Policy starting on page 42. The Student Code of Conduct (the Code) details the violation and disciplinary process for students and student organizations. Disciplinary action may be imposed on a student whose conduct violates the Code. It can be found in the Student Handbook, starting on page 30:

[New Mexico Junior College Student Handbook 2024-2025](#)

### **Current Policy**

New Mexico Junior College is an alcohol/drug free institution. All infractions dealing with alcohol/drugs will be handled in a timely manner through the NMJC discipline process. New Mexico Junior College Officials reserve the right to notify the appropriate law enforcement agency concerning any violation of local or state law for students or employees.

Students, employees and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs/synthetic cannabis/spice or engaging in improper self-medication while on College property or conducting College business. This includes recreational and legal marijuana. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

### **Drug and Alcohol Abuse Prevention Committee**

#### Members

- Sarah Edelbrock, Dean of Students – Chair
- Dianne Marquez, Dean of Arts & Sciences
- Amy Coombes, Director of Human Resources
- Cyndi Stephenson, Counselor
- Candace McTizic-Garcia, Chief of Campus Safety
- AJ Cordova, Coordinator of Student Activities and Intramurals
- Eric Garcia, Residence Life Director
- Deron Clark, Athletic Director

- Derika Addis, Student Resource Coordinator
- David Buckingham, VP of Student Services – ex-officio

#### Committee Meeting Dates/E-mails

- April 22, 2022 - Drug & Alcohol Climate Survey sent via e-mail
- September 15, 2022 – in person meeting
- November 11, 2023 – in person meeting
- April 5, 2023 – Drug & Alcohol Climate Survey sent via e-mail
- November 7, 2024 - in person meeting
- February 2, 2024 - in person meeting
- February 6, 2024 – e-mail with regional/national statistics
- February 9, 2024 – met with the NMJC Residential Housing Association
- March 13, 2024 - Drug & Alcohol Climate Survey sent via e-mail
- August 9, 2024 - in person meeting

#### Campus Annual Notifications

- January 18, 2022 annual notification to campus community
- September 30, 2022 annual notification to campus community
- April 4, 2023 annual notification to campus community
- August 23, 2023 annual notification to campus community
- February 2, 2024 annual notification to campus community
- October 1, 2024 annual notification to campus community

### 2022 – 2024 Statement of AOD Goals

1. Keep administering the drug and alcohol climate survey each Spring to establish a baseline and track improvement as a campus as a whole – **Completed**.
2. Increase the number of student and employee educational and prevention activities on campus - **Completed**.
3. Add employee resources to the Human Resources and Alcohol and Drug Prevention website from the Behavioral Health Services resources for employees - **Completed**.

### 2024 – 2026 Statement of AOD Goals

1. Bring outside presenters in like the Arrive Alive, Lea County DWI program and the simulator.
2. Use RHA/SGA and other clubs to talk to students and provide peer education.
3. Collaborate with Athletics when having events to increase turnout numbers and participation.

### Current and Future Strategies

From 2022 to 2024, NMJC focused on implementing a comprehensive approach for the Drug-Free Schools and Campuses Act. This initiative brought together a diverse group of key employees committed to the health and safety of both students and staff. They held regular meetings to assess and respond to the campus environment.

Individual support services were provided by Counseling and Accommodation Services, the Dean of Students, Campus Safety, and related personnel. These services included educational sessions on the health impacts of alcohol and drug (AOD) use, emotional support through personal counseling, intervention for breaches of the Student Code of Conduct, and necessary measures taken by Campus Safety.

Health promotion and substance abuse support initiatives were rolled out across various departments, including Counseling and Accommodations, Student Life, and Housing. Faculty also had access to counseling and psychological resources through Behavioral Health Resources.

Understanding that employees may encounter stress, trauma, or other life challenges that impact their personal and work lives, NMJC offers Behavioral Health Resources as a confidential avenue for support. These services are available online and in person as part of the NMJC benefits package.

In addition to enhancing awareness of drug and alcohol issues, these resources aim to decrease absenteeism, reduce workers' compensation claims, cut healthcare costs, and minimize accidents and grievances. NMJC strives to improve its capacity to handle safety and security concerns, increase employee productivity and engagement, and lower costs associated with turnover.

Environmental initiatives carried out by NMJC staff included media campaigns, educational programs, events promoting driving safety, and access to relevant rehabilitative support groups. All events were designed to be alcohol-free, fostering a culture of drug- and alcohol-free behaviors. These strategies aim to engage the campus community in creating lasting changes that reduce or prevent AOD use while providing individuals with the necessary support to make positive lifestyle choices.

## **Current Policies, Sanctions, and Supportive Resources**

### **Policies and Statements**

Standards of conduct prohibiting the unlawful possession, use, or distribution of drugs or alcohol:

1. [Section III of the Student Handbook, NMJC Student Code of Conduct, 2.a, 2.b, 2.c., 2.d., and 2.e., pg. 30.](#)
2. [NMJC Drug and Alcohol Policy, Student Handbook, Section V, pgs. 42-52.](#)
3. [NMJC Employee Handbook, 7.3 Drug-and Alcohol-Free Environment, pgs. 64-65 and 7.11 Criminal Reporting, pgs. 67-68.](#)
4. [NMJC Drug and Alcohol Prevention website](#)

### **NMJC Sanctions**

NMJC will impose sanctions for failure to maintain standards of conduct regarding illicit drug use and/or alcohol abuse as may apply to students and/or employees consistent with local,

state and federal law, up to and including expulsion from school or termination of employment and referral of violations of the standards of conduct.

### **Student Code of Conduct**

The Dean of Students has authority to sanction as seen fit for any violation of the Student Code of Conduct involving Drugs and Alcohol. For more information on the disciplinary process, go to the Code of Student Conduct.

The Family Educational Rights and Privacy Act (FERPA), permits colleges and universities to inform the parents/guardians of students less than 21 years of age when their son/daughter has been found in violation of college alcohol and drug regulations.

### **Possible College Sanctions**

- Educational assignments
- Oral or written Reprimand
- Restrictions
- Restitution
- Disciplinary Probation
- Loss of College Housing privileges
- Suspension
- Expulsion
- Notification of Law Enforcement

### **Employee Policy and Resources**

Employees can find information regarding NMJC's policy and resources for employees in the new Employee Handbook:

- Section 3.3 Benefits: Behavioral Health Resources, pg. 19
- Section 7.3 Workplace Safety: Drugs-and -Alcohol-Free Environment, pgs. 64-65
- Section 7.11 Workplace Safety: Criminal Record Reporting, pgs. 67-68

[NMJC Employee Handbook.pdf](#)

### **Federal and State Laws**

#### **[New Mexico Legal Sanctions for Possession/Consumption of Alcohol by a Minor](#)**

Possession/consumption of alcohol by persons not 21 years of age violates New Mexico law, and can be punishable by up to six (6) months in the county jail and a \$500 fine.

#### **[New Mexico Legal Sanctions for Driving Under the Influence](#)**

Alcohol abuse is subject to penalties specified by the Liquor Control Act. A DWI (Driving While Under the Influence) conviction can result in a fine up to \$1,500 and/or imprisonment up to 364

days for a 1st offense, prosecution for vehicular homicide, and/or license revocation and vehicle impoundment.

### [New Mexico Legal Sanctions for Controlled Substances](#)

The New Mexico Legislature has enacted numerous laws concerning possession and trafficking of controlled substances. The most abused controlled substances are marijuana, cocaine, heroin, LSD, and methamphetamines. Fines and prison sentences vary according to the quantity of drugs involved and whether first or repeat offense.

Fines for possession of marijuana range from not less than \$50 to \$5,000. Prison sentences range from fifteen (15) days to eighteen (18) months. The fine for trafficking marijuana is \$5,000; prison sentences for trafficking range from eighteen (18) months to three (3) years.

The fine for possession of cocaine and heroin is \$5,000, and the prison sentence is eighteen (18) months. Fines for trafficking cocaine and heroin range from \$10,000 to \$15,000. Prison sentences for trafficking are nine (9) years for a first offense and eighteen (18) years for a repeat offense.

The fine for possession of LSD and amphetamines is \$1,000 and the prison sentence is up to one (1) year. Trafficking LSD and amphetamines carry a fine of \$5,000 and a prison sentence of three (3) years.

### [New Mexico Recreational Cannabis Regulation](#)

The [Cannabis Regulation Act](#) makes the recreational use of marijuana legal in New Mexico for individuals above the age of 21. From June 29, 2021, residents of legal age can purchase, possess, consume, and give away to other adults up to 2 ounces (56 grams) of marijuana flower, 16 grams of concentrate, and 800 milligrams of edibles.

### [Federal Legal Sanctions](#)

Federal trafficking penalties for methamphetamine, heroin, cocaine, PCP, LSD, Fentanyl, and Fentanyl Analogue vary depending on the quantity of drugs involved and whether the offense is the first or a repeat offense. Prison sentences range from five (5) years to life. Fines for trafficking in these drugs range from \$2 million to \$8 million. Federal trafficking penalties for marijuana range from ten (10) years to life. Fines for trafficking in these drugs range from \$2 million to \$8 million.

### **Campus Interventions/Programming 2022-2024**

Since the 2020-2022 report, NMJC has successfully resumed its regular programming events without restrictions that had previously been imposed by COVID-19. During that period, in-person events and the presence of outside vendors for programming focused on prevention were significantly impacted.



To educate students about alcohol and drug prevention and promote responsible drinking, Student Activities, Residence Life, and the NMJC Residential Housing Association organized the following programming activities:

### Red Ribbon Week

October 27, 2022

Student Activities (Game Room) / Housing - Students gathered to learn and spread alcohol awareness with mocktails, drunk goggles, and an obstacle course. They were given information cards with BAC tables.

- Housing provided mocktails that evening

### Casino Night

March 30, 2023

Student Activities, Housing, & RHA (BAC Student Lounge) - Provide information and statistics related to Alcoholism and Gambling and their correlation. Having access to treatment and the providers available in our area.

- Fun event with alcohol free event
- Snacks & sodas/Gatorade/water
- No monetary entry required
- Large student body involvement

### Spa Night

Saturday, April 29, 2023

Student Activities, Housing, & RHA - Spa Night is to encourage a de-stress night for finals with mocktails and facials.

- Destress event for finals
- “Kit” with drink/glasses to show actual drink sizes in ounces
- Provide students with mocktails
- Facials and nail painting

### Pizza & Painting

Tuesday, October 12, 2023

Student Activities (BAC Student Lounge) – Invited Bobby Clark to instruct a painting event – a sober and educational version of “Sip and Paint” events.

- Sparkly Grape juice w/champagne glasses.
- Discussed safe alcohol consumption.
- Students ate pizza and had instructor led painting.
- Engaged in a fun activity and were able to take home a complete art work or finish art work in Game Room after event in days to follow.

### Red Ribbon Week

October 23 – 26, 2023

Student Activities - Arrest Round-up - Terri Holloman, Richard Miller, Rachel Janzen, Bobby Clark and Talon the Mascot

Arresting Security Officers: Felts, Duran, and Garcia - Faculty & Staff “detainment” to bring awareness to drug and alcohol abuse.

- Each day, a member of NMJC was “detained” for a “silly” reason in the middle of class or public setting (such as lunch time).
- This was live streamed on Instagram and a bail was set for them.
- “Bail” was a ticket for a drawing that was for various prizes.
- This event was to raise awareness that drugs and alcohol can ruin your life, and everyone finds out about it – and news spreads like wildfire.

### Casino Night

Tuesday, November 7, 2023

Student Activities, Housing, & RHA (BAC Student Life -Provide information and statistics related to Alcoholism and Gambling and their correlation. Having access to treatment and the providers available in our area.

- Fun event with alcohol free event
- Snacks & sodas/Gatorade/water
- No monetary entry required
- Large student body involvement

### RHA - SPA Night

Monday, November 27, 2023

Residence Life, RHA, & Student Activities (at Housing) - Virgin drinks to be served to attendees such as: mimosas.

- Facials
- Painting nails

### Spring Semester Drug & Alcohol Abuse Prevention Standing Committee

February 6, 2023

The committee invited two outside groups to join us in discussion as well as members of the RHA.

- Collect feedback from our students regarding their observations of drug and alcohol use in Housing, and solicit their suggestions for prevention strategies.
- Invited external experts to present national and regional statistics on substance abuse and discuss current trends in drug and alcohol use.

### Student Focus Group

February 9, 2024

Invited several students from RHA to participate in a focus group.

- Asked their opinion why they believed some students drank or used drugs.
- Solicited intervention ideas on drug and alcohol prevention strategies.
- Polled their opinion on if they thought there was an alcohol and drug problem in Housing.

## Casino Night

March 5, 2024

Student Activities, Housing, & RHA - Provide information and statistics related to Alcoholism and Gambling and their correlation. Having access to treatment and the providers available in our area.

- Fun event with alcohol free event
- Snacks & sodas/Gatorade/water
- No monetary entry required
- Large student body involvement

## St. Patrick's Day – Happy Hour

March 15, 2024

Student Activities & Housing (Cafeteria) - Provided information and demonstrated what a drink of alcohol is equivalent to compared to what students thought it was.

- Student Life set up an “Open Bar” with a person to serve the drinks as the students requested how they would like their mocktail to be prepared.
- Different size drinks were accurately set up according to ounces per beer mug, wine glass, shot glass, and whiskey glass along with their typical alcohol content.
- A mocktail menu was also placed on the “Open Bar” with specialty St. Patrick's Day themed drinks.
- Students were able to play music bingo, a regular event that is also usually hosted at the casino locally. Prizes consisted of NMJC merchandise.

## **Student Violation Statistics 2022-2024**

The statistics below is information that has been pulled from **Maxient** software which is NMJC's Student Conduct tracking software. January 2020 NMJC purchased an online educational sanctioning and informational training through **SafeColleges** now called **Vector Solutions**. This new system allows for the students to complete the sanctioning assignment anywhere and can be tracked easier for completion rates.

**Academic Year 2022 - 2023**      28 alcohol violations / 2 drug violations / 22 Completers of Online Alcohol/Drug Training

**Academic Year 2023 – 2024**      36 alcohol violations / 2 drug violations / 34 Completers of Online Alcohol/Drug Training

## **Effectiveness of Strategies**

During the reporting period of 2022–2024, NMJC experienced an increase in alcohol violations compared to 2020–2022, while drug violations decreased significantly by 60%. The committee attributes the rise in alcohol violations to the lifting of post-COVID restrictions that affected housing residents from 2020 to 2022. Drug violation rates have returned to levels consistent with pre-COVID times, and the legalization of recreational marijuana use in New Mexico has not significantly impacted usage rates.

In the academic year 2023–2024, additional educational initiatives were implemented, including mandatory online alcohol and drug education courses for all athletes to complete for the Spring semester. The Residential Housing Association (RHA) also engaged in peer education efforts. After discussions, RHA decided to conduct door-to-door outreach in the housing community, distributing postcards that outlined NMJC’s policies, potential sanctions for violations, and health risks related to substance abuse. Peer mentoring will continue, as it received positive feedback.

Moreover, special attention was given to raising awareness of available resources for NMJC employees. Two links were added to the Drug-Free Schools webpage:

- The new Employee Handbook
- Behavioral Health Resources

The results of our Drug and Alcohol survey provided insights into the use and perceptions of substances on campus, establishing a three-year data baseline for analysis. The committee noted strong participation from a diverse range of students, contributing valuable input reflective of the entire student body. Respondents included individuals across various demographics, such as age, enrollment status (full-time/part-time), class standing (freshman/sophomore), residency (resident/non-resident), state affiliation (in-state/out-of-state/international), and gender. Key findings can be accessed on the [NMJC Drug and Alcohol Prevention](#) website, with some highlights summarized below:

- 96.91% of respondents knew that NMJC has a drug and alcohol policy.
- 93.21% of respondents believe NMJC is concerned about prevention of drugs and alcohol use.
- 95.06% of respondents answered “0” to the average number of alcoholic drinks consumed in a week period.
- 94.38% of respondents answered “No” to does the social atmosphere at NMJC promote alcohol use?
- 95.65% of respondents answered “No” to does the social atmosphere at NMJC promote drug use?
- 96.25% of respondents said they feel safe on campus.

## **Training Efforts**

### Webinar on “Preventing Drug Use Among College Students”

Hosted by Vector Solutions and presented by Rich Lucey, Senior Prevention Program Manager, Drug Enforcement Administration.

May 2, 2024

- Dean of Students & Residence Life Staff attended – 4 in total
- Certificate of Completion

Mr. Lucey provided the following helpful links:

[www.campusdrugprevention.gov](http://www.campusdrugprevention.gov) – DEA’s website for professionals working to prevent drug misuse among college students, launched in July 2017

#### Publications

[\*Prevention with Purpose: A Strategic Planning Guide for Preventing Drug Misuse Among College Students\*](#)

[\*Supplemental Resources to the Prevention with Purpose Strategic Planning Guide\*](#)

[\*Prevention with Purpose: A Resource for Campus Health/Counseling Center Administrators\*](#)

[\*Prevention with Purpose: A Resource for Campus Police and Public Safety Personnel\*](#)

[\*Prevention with Purpose: A Resource for Community and Technical Colleges\*](#)

[\*Prevention with Purpose: A Resource for Engaging Student-Led Organizations\*](#)

[\*Prevention with Purpose: A Resource for Faculty Members\*](#)

[\*Prevention with Purpose: A Resource for Presidents and Senior Administrators\*](#)

[\*Prevention with Purpose: A Resource for Student Affairs Professionals\*](#)

[\*Prevention with Purpose: Considering Culture Throughout the Strategic Prevention Framework\*](#)

[\*Prevention with Purpose: Promoting Shared Responsibility Using a Collective Impact Framework\*](#)

[\*Prevention with Purpose: Working with Community Coalitions\*](#)

#### Fact Cards

[\*What You Should Know About Cannabis Use Among College Students\*](#)

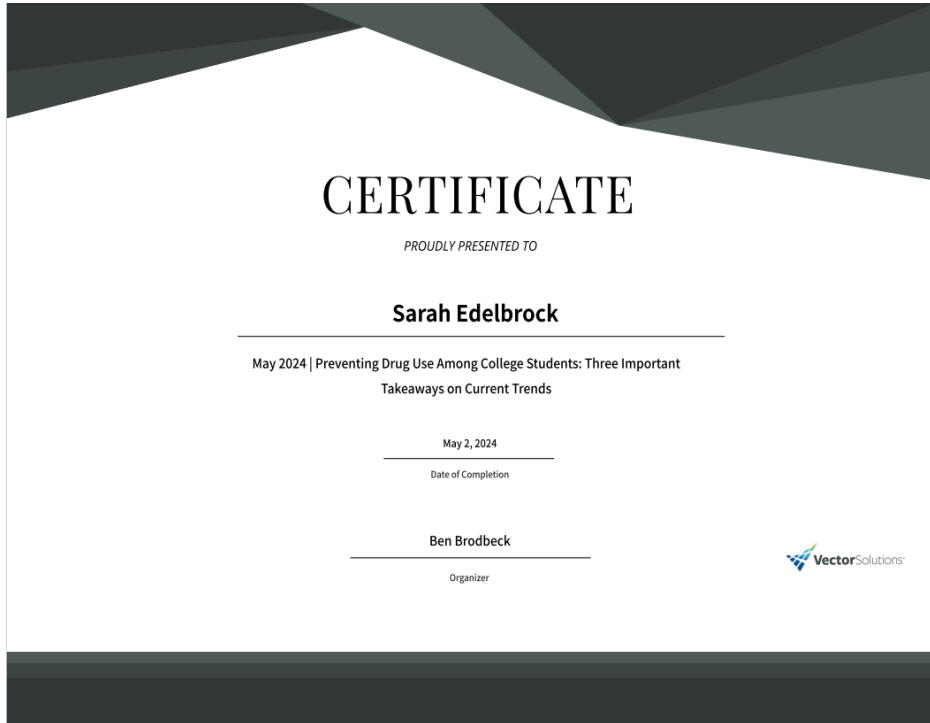
[\*What You Should Know About Impaired Driving Among College Students\*](#)

[\*What You Should Know About Prescription Drug Misuse Among College Students\*](#)

[Red Ribbon Week Campus Video PSA Contest](#), conducted each fall in collaboration with our partners at SAMHSA’s Center for Substance Abuse Prevention

## Supporting Documentation

### Webinar Completion



### Drug & Alcohol Climate Survey Notifications

GC Wed 4/27/2022 4:00 PM  
Geni Cavanaugh  
NMJC Student Drug & Alcohol Campus Climate Survey

To: Student Distribution List  
Cc: Sarah Edelbrock  
You forwarded this message on 4/29/2022 11:29 AM.  
This message was sent with High importance.

Students!  
Please consider participating in this short anonymous survey : NMJC Student Drug & Alcohol Campus Climate  
Please click on this graphic or the link below.  
Thanks for your consideration!

<https://www.surveymonkey.com/r/7RZSCXM>

**Geni Cavanaugh**  
Director of Communications  
1 Thunderbird Circle  
Hobbs, New Mexico 88240  
Phone: 575.492.2781

**NMJC**  
New Mexico Junior College  
Promoting Success through Learning  
NMJC.EDU



Fri 4/14/2023 11:31 AM

Sarah Patterson

FW: Drug & Alcohol Climate Survey

To: Student Distribution List

From: Sarah Patterson

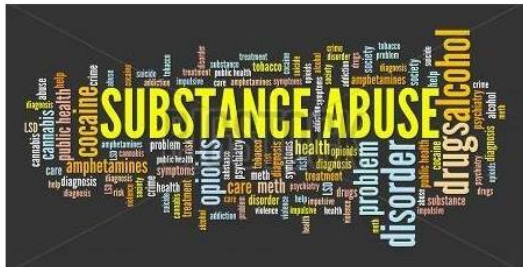
Sent: Wednesday, April 5, 2023 8:22 AM

To: Student Distribution List <StudentDistributionList@nmjc.edu>

Subject: FW: Drug & Alcohol Climate Survey

Students,

Please consider participating in this short anonymous survey: **NMJC Student Drug & Alcohol Campus Climate**  
Please click on this graphic or the link below. Thanks for your consideration!



<https://www.surveymonkey.com/r/BFVIG2Z>



Wed 3/13/2024 11:08 AM

Sarah Edelbrock

Drug and Alcohol Climate Survey

To: Student Distribution List

Dear Students,

Please take a moment of your time to take a quick survey on your drug and alcohol use. This information will be used to determine what proactive steps NMJC can take to aid in the prevention of alcohol and drug abuse. Please go to the link below:

<https://www.surveymonkey.com/r/8RSCZ8V>

Thank you!

SSE

**Sarah Edelbrock**

Dean of Students

1 Thunderbird Circle

Hobbs, New Mexico 88240

Phone: 575.492.2575 • Cell: 575.390.9430


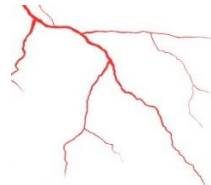


New Mexico Junior College

Promoting Success through Learning

NMJC.EDU

Red Ribbon Week Programming Event



OCTOBER 23 - 26  
NMJC STUDENT LIFE  
**RED RIBBON WEEK**

**Living a drug and alcohol free life.**

**MONDAY  
10/23**

**“Red Ribbon KICK OFF”  
Wear RED**

*Live  
Drug free*

**TUESDAY  
10/24**

**“Peace Out to Drugs”  
Wear Peace Signs or Tie-Dye**

For any questions,  
call/email:  
  
**Mari McCoy**  
575.492.2580  
mmccoy@nmjc.edu

**WEDNESDAY  
10/25**

**“Team-Up Against Drugs”  
Wear your favorite jersey.**

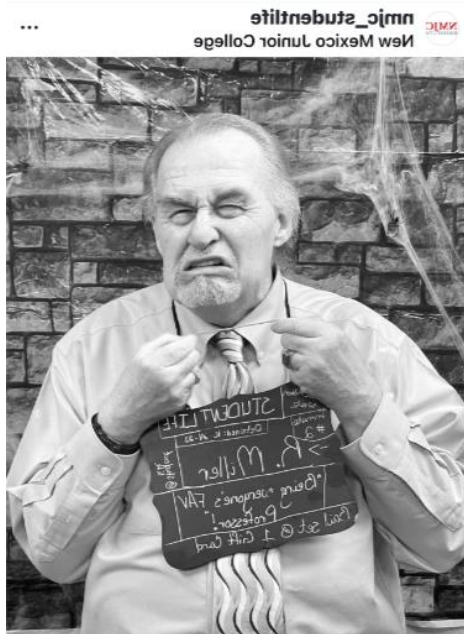
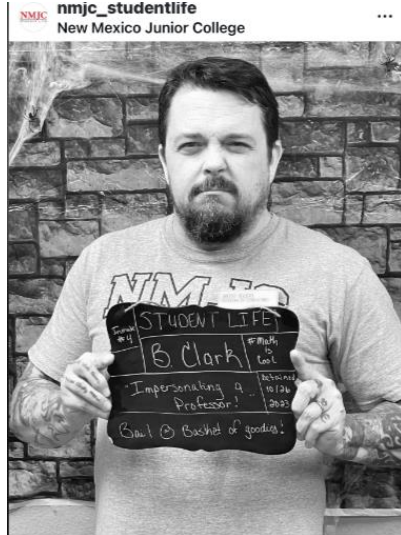
**THURSDAY  
10/26**

**“Put a Cap On Drugs”  
Wear a hat/beanie.**





# “Arrested” Faculty, Staff, and Mascot for Red Ribbon Week



## Peer education postcard distributed to Resident Students by RHA

### NMJC DRUG and ALCOHOL POLICY

Students, employees and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs / synthetic cannabis/spice or engaging in improper self-medication while on College property or conducting College business. Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

#### Possible College Sanctions:

- » Educational assignments
- » Oral or written Reprimand
- » Restrictions
- » Restitution
- » Disciplinary Probation
- » Loss of College Housing privileges
- » Suspension
- » Expulsion
- » Notification of Law Enforcement

**NMJC**

New Mexico Junior College

Promoting Success through Learning

### HEALTH RISKS of DRUGS and ALCOHOL



#### ALCOHOL

Increased risk of liver cancer, cirrhosis of the liver, and heart disease; Adverse reactions when combined with many medications, including over-the-counter drugs; Overdose resulting in respiratory failure; Impaired concentration and coordination; Risk of permanent nerve damage from long-term abuse.



#### CRACK / COCAINE

Addiction; Heart attack; Stroke; Respiratory failure; Brain seizures; Hepatitis or AIDS through sharing needles; Decreased ability to combat infections; Violent, erratic or paranoid behavior; Anxiety, depression; Cocaine psychosis.



#### MARIJUANA


Lowered sperm counts and decreased testosterone in men; Increased testosterone levels in women; Enhanced cancer risk; Impaired short-term memory; Psychological dependence.



#### HALLUCINOGENS

Sleeplessness and tremors; Convulsions; Heart and lung failure; Depression, anxiety and paranoia; Violent behavior.

# Employee Resources added to the Drug Free Schools website

 Fri 8/9/2024 12:02 PM  
Maria Juarez  
RE: Goals  
To Sarah Edelbrock  
You replied to this message on 8/9/2024 12:07 PM.


Done

### Resources

- [Alcohol and Drug Use](#)
- [Student Violations](#)
- [NMJC Sanctions](#)
- [NMJC Employees - 3.3 Behavioral Health Resources](#)
- [Federal and State Legal Sanctions](#)
- [Health Risks Associated with](#)

**Maria R. Juarez**  
Human Resource Specialist  
1 Thunderbird Circle  
Hobbs, New Mexico 88240  
Phone: 575.492.2793 | Fax: 575.492.2796  
Cell: 575.390.3024



 Fri 8/9/2024 12:02 PM  
Maria Juarez  
RE: Goals  
To Sarah Edelbrock  
You replied to this message on 8/9/2024 12:07 PM.

ABOUT ▾ ADMISSION ▾ PROGRAM OF STUDY CURRENT STUDENT

Home > Resources > Student Handbook > Drug Free Schools a

### Reports

- [Biennial Report 2020-2022](#)
- [Biennial Report 2018-2020](#)
- [Biennial Report 2016-2018](#)
- [Student Handbook](#)
- [College Catalog PDF](#)
- [Drug & Alcohol Task Force Committee Minutes](#)
- [Drug and Alcohol Climate Survey 2022](#)
- [Employee Handbook](#)

### Contact Information

**Sarah Edelbrock**  
Dean of Student Services  
Ben Alexander Student Center, Room 116  
email: sedelbrock@nmjc.edu  
Phone: 575.492.2575

## Drug Free Sc

Information regarding t public law 101-226. The NMJC students and the and/or the abuse of alc mentally, and socially. I health, and mental or p It is the intent of NMJC: abuse in an effort to pr As a recipient of federa distribution of illicit dru violation of policy. Stud federal requirement an her immediate supervis NMJC is committed to p alcohol and drug use ar

**NMJC Alcohol and Dru**  
Students, employees ar under the influence of i while on College proper policy is subject to both proceedings by the Coll

This alcohol/drug policy

## Email with Statistical Information and Trends



Tue 2/6/2024 8:16 AM

Sarah Edelbrock

Drug & Alcohol Abuse Prevention Committee

To Amy Coombes; Cyndi Stephenson; David Buckingham; Dennis Kelley; Dereka Addis; Deron Clark; Dianne Marquez; Eric Garcia; Mari McCoy

Cc lila@leacountycdc.org; zachary.starrett@ranchatdovetree.com

All,

I thought I would share this with everyone:

Good Afternoon Sarah,

I tested positive for Covid and will be unable to attend tomorrow's meeting. Below is some information on College student substance use stats:

<https://cosap.unm.edu/unm-norms/unm-student-lifestyles-survey-.html>

<https://evaluationspecialists.com/wp-content/uploads/2021/02/UNM-NM-Statewide-Report-2020.pdf>

According to the Addiction Center of America :The drugs most commonly abused by college students include:<sup>1,2,6</sup>

**Marijuana.** Past-year and past-month abuse of marijuana are highest among people aged 21-22. Vaping marijuana is highest among people in their early 20's.

**MDMA (ecstasy), LSD, and other psychedelic or hallucinogenic drugs.** These drugs have gained popularity in recent years, with many students using them out of curiosity, to have the overall psychedelic experience, or to escape. Micro-dosing, the act of using small doses of hallucinogens to achieve a slight effect, has also increased among college students in recent years.

**Stimulant medications, such as dextroamphetamine (Adderall), that are often called "study drugs".** Students may use study drugs to help them stay awake or to enhance their ability to focus and study for exams. Adderall use in college can be very detrimental and eventually lead to dependence or addiction.

**Cocaine.** One study showed that more than 20% of college students were exposed to opportunities to use cocaine in the past year.

**Painkillers and opioids.** A high percentage of young adults between the ages of 18-25 suffer from prescription painkiller abuse, or prescription opioid abuse, in college; this is also a significant cause of unintentional death and injury among people in this age range.

At the Community Drug Coalition we offer Intensive Outpatient Programming that involves 8 hours of group therapy, 1 hour of individual therapy and 1 hour of services with our Certified Peer Support Worker, per week. We also offer individual, couple and family substance abuse counseling. We offer Narcan training and Narcan to any business, organization or individual that needs it. All of these services are free of charge.

With all of that being said, the substances that we are seeing the most trouble with, locally, in teens are Marijuana and Fentanyl. Marijuana is being sold to underage people in several pot shops and due to the division they are under, if a complaint is submitted, they are shut down for a few days and then allowed to reopen; no lasting consequence. We have also had a couple of marijuana rings busted where adults are buying the marijuana and then having students sell it in schools for them.

Fentanyl is being mixed with other substances such as cocaine and methamphetamines. If there is a weak product, the dealer will cut the substance with fentanyl to make it more potent, as it is a very cheap product. Please read the following article: <https://www.washingtonpost.com/nation/2022/03/12/west-point-cadets-overdose-fentanyl/>

Please let me know if you need any more information or if there is anything I can help with. My apologies for my absence.

Best Regards,

LILA SERRANO, LSAA

Executive Director

Community Drug Coalition of Lea County

## Student and Employee Notification



Fri 9/30/2022 6:57 PM

Sarah Patterson

Annual Drug Free Schools and Campuses Act Notification

To all; Adjunct Faculty; Student Distribution List

You forwarded this message on 4/4/2023 3:19 PM.

New Mexico Junior College (NMJC) recognizes that the use of illicit drugs and/or the abuse of alcohol is a persistent concern of major proportion affecting our society and an individual's personal life, safety, health, and mental or physical performance.

At NMJC the use or distribution of illicit drugs and/or alcohol on its property, or as part of any of its activities, is prohibited and is a violation of policy. Any member of the NMJC community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws as well as disciplinary proceedings by NMJC.

The following information related to drug and alcohol use can be found in the [NMJC Student Handbook](#) (pages 40 – 51)

- NMJC policy and standards of conduct related to drugs and alcohol;
- penalties for drug or alcohol related offenses;
- sanctions under local, state and federal law;
- counseling, and treatment resources available in the community and on campus;
- a listing of health risks associated with alcohol or drug use;
- and an alcohol and drug abuse self-assessment questionnaire.

For more information related to employees, please review the [NMJC Employee Handbook](#) in the NMJC portal.

For NMJC's comprehensive drug and alcohol prevention strategy view [Drug Free Schools and Campuses Report](#) (pgs. 133-137).

Further information or a printed version of the handbook can be obtained in the office of the NMJC Dean of Students or Vice President for Student Services, located in the Ben Alexander Building.

### Sarah Patterson

[Dean of Students](#)

1 Thunderbird Circle

Hobbs, New Mexico 88240

Phone: 575.492.2575 • Cell: 575.390.9430

**NMJC**

New Mexico Junior College

*Promoting Success through Learning*

[NMJC.EDU](#)



Tue 4/4/2023 3:20 PM

Sarah Patterson

FW: Annual Drug Free Schools and Campuses Act Notification

To Student Distribution List

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**Sarah Patterson**

Dean of Students

1 Thunderbird Circle

Hobbs, New Mexico 88240

Phone: 575.492.2575 • Cell: 575.390.9430



New Mexico Junior College

*Promoting Success through Learning*

[NMJC.EDU](http://NMJC.EDU)



Wed 8/23/2023 1:07 PM

Cathy Mitchell

Annual Drug Free Schools and Campus Act Notification

To all; Adjunct Faculty

You forwarded this message on 2/27/2024 11:15 AM.

*Note: Although New Mexico has legalized recreational marijuana, Federal law has not changed, and marijuana still remains classified as a Schedule I drug. As a result, regardless of state and local law changes, institutions of higher education are expected to continue to abide by the Drug-Free Schools and Campuses Act (Edgar Part 86) by maintaining policies that prohibit marijuana possession, use, or distribution by students, staff, and faculty. Even medical marijuana is not permitted under federal law. An institution that knowingly permits the possession, use, or distribution of marijuana is at risk of losing, and even having to repay federal funding, such as Federal Pell Grants.*

NMJC recognizes that the use of illicit drugs and/or the abuse of alcohol or marijuana is a persistent concern of major proportion affecting our society and an individual's personal life, safety, health, and mental or physical performance. At New Mexico Junior College:

- a. Students, employees, and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs/cannabis /synthetic cannabis/spice or engaging in improper self-medication while on College property or conducting College business. This includes all school-sponsored, activities, events, or trips.
- b. Alcoholic beverages, marijuana, or illicit drugs shall not be consumed or transported in any College vehicle, or any vehicle being used for College business. The use or operation of a motor vehicle while under the influence of alcohol, marijuana, or illegal drugs, or the impairment to any degree of an individual's ability to safely perform the activity in question because of the use of alcohol or drugs (prescribed or not) is strictly prohibited.

Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws as well as disciplinary proceedings by the College. See further information in the NMJC [Employee Handbook](#).

The following information related to drug and alcohol use can be found in the NMJC Student Handbook ([https://www.nmjc.edu/resource\\_service/student\\_handbook/index.aspx](https://www.nmjc.edu/resource_service/student_handbook/index.aspx))

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Cathy Mitchell, M.Ed.  
Vice President for Student Services  
[A Thunderbird Circle](#)  
[Hobbs, New Mexico 88240](#)  
Phone: 575.492.2761 Cell: 575.631.6999

**NMJC**

New Mexico Junior College  
*Promoting Success through Learning*  
[WWW.NMJC.EDU](http://WWW.NMJC.EDU)

**From:** David Buckingham <dbuckingham@nmjc.edu>

**Sent:** Friday, February 2, 2024 4:41 PM

**To:** All-NMJC <All-NMJC@nmjc.edu>; Adjunct Faculty <AdjunctFaculty@nmjc.edu>; StudentDistributionList\_Test <StudentDistributionList@nmjc.edu>

**Subject:** FW: Annual Drug Free Schools and Campus Act Notification

*Note: Although New Mexico has legalized recreational marijuana, Federal law has not changed, and marijuana still remains classified as a Schedule I drug. As a result, regardless of state and local law changes, institutions of higher education are expected to continue to abide by the Drug-Free Schools and Campuses Act (Edgar Part 86) by maintaining policies that prohibit marijuana possession, use, or distribution by students, staff, and faculty. Even medical marijuana is not permitted under federal law. An institution that knowingly permits the possession, use, or distribution of marijuana is at risk of losing, and even having to repay federal funding, such as Federal Pell Grants.*

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*New Mexico Junior College (NMJC) does not discriminate on the basis of race, color, religion, national origin, ancestry, sex (including pregnancy, childbirth, and related medical conditions), sexual orientation (including perceived sexual orientation), gender identity, marital status, spousal affiliation, disability (physical or mental), serious medical condition, age (40 and older), genetic information or veteran status or any other legally protected categories, classes or characteristics. NMJC is committed to ensuring persons of all these protected classes will have access to NMJC's programs, facilities, and employment.*

*Inquiries regarding compliance may be directed to:*

*Vice President for Student Services*

*575-492-2761*

*NMJC Ben Alexander Student Center*

*1 Thunderbird Circle, Hobbs, New Mexico 88240*

## Drug and Alcohol Climate Survey Results

### [2022, 2023 and 2024 Climate Survey Results](#)

## Drug and Alcohol Addiction Resources

### **Pannell Library**

HV 5278 .M55 2005

Controlling your drinking, Miller, William R. & Munoz, Ricardo F.

HV5292 .A393 2004

Altering American consciousness:the history of alcohol and drug use in the United States, 1800-2000, Acker, Caroline Jean



HV 5825 .B87 2011

Drug Abuse: Its Natural History and Clinical Treatment, Burt, Marvin R.

HV 5825 .D7793 2008

Drugs and justice: seeking a consistent, coherent, comprehensive view, Battin, M. Pabst

HV 5825 .R484 2012

Blowing Smoke: Rethinking the War on Drugs, Reznicek, Michael J.

HV 5831 .C2 S54

Beautiful boy: a father's journey through his son's meth addiction, Sheff, David.

RC 564.5 .W65 W66 2006

Women under the influence, Columbia University. National Center on Addiction and Substance Abuse.

RC 564.68 .D365 2006

Addiction and mood disorders: a guide for clients and families, Daley, Dennis C.

### **e-Books**

HV 4998 .H54 2002 EB

High anxieties [electronic resource]: cultural studies in addiction Brodie, Janet Farrell.

HV 4998.G73 1999 EB

Coming clean [electronic resource]: overcoming addiction without treatment, Granfield, Robert

HV 5000 .C2 R48 2003 EB

Responding to the oppression of addiction [electronic resource]: Canadian social work perspectives, Csiernik, Rick.

HV 5053 .A436 2002 EB

Alcohol and violence [electronic resource]: epidemiology, neurobiology, psychology, and family issues, Galanter, Marc.

HV5068.D781999EB

Drunkard's progress [electronic resource]: narratives of addiction, despair, and recovery, Crowley, John William

HV 5068 .M36 2004 EB

Goodbye, Mr. Wonderful [electronic resource]: alcoholism, addiction and early recovery, McCully, C. B.

HV 5132 .C47 2000 EB

Children of addiction [electronic resource]: research, health, and public policy issues, Fitzgerald, Hiram.

HV 5801 .S733 2002 EB

Stages and pathways of drug involvement [electronic resource]: examining the gateway hypothesis, Kandel, Denise B.

RC 552 .R44 E53 2000 EB

Loving him without losing you [electronic resource]: how to stop disappearing and start being yourself, Engel, Beverly.

RC 563.4 .D78 2003 EB

Drug addiction [electronic resource]: a medical dictionary, bibliography, and annotated research guide to Internet references, Parker, Philip M.

RC 564 .G384 2001 EB

The orchestration of joy and suffering [electronic resource]: understanding chronic addiction, Gerwe, Corinne F.

RC 564 .P784 2002 EB

The psychodynamics of addiction [electronic resource], Weegmann, Martin.

RC 564 .P855 2004 EB

Psychosocial treatments [electronic resource], McCance-Katz, Elinore F.

RC 565 .R43 2003 EB

Recent developments in alcoholism. Vol. 16, Research on alcoholism treatment: methodology, psychosocial treatment, selected treatment topics, research priorities [electronic resource], Galanter, Marc.

RC 568 .O58 B37 2003 EB

Basic and clinical science of opioid addiction [electronic resource], Kuntze, Marcus F.

RM 315 .C66 2003 EB

Comite de Expertos de la OMS en Farmacodependencia WHO Expert Committee on Addiction-Producing Drugs

### **Community Resources**

The following programs or organizations are currently providing information and/or services for individuals needing assistance as a result of the use of illicit drugs and/or the abuse of alcohol:

#### **Alcoholics Anonymous (575) 397-7009**

Alcoholics Anonymous is a support group for recovering alcoholics, and is also adaptable to persons recovering from other forms of dependencies. Al-A-Teen is a group for teenagers of relatives who drink; and Al-A- Non is a group for family members of those who drink. Spanish-speaking and non-smoking AA meetings are available. Call any time for information regarding place and time of meetings and/or assistance. There is no charge for participation in AA.

#### **Community Drug Coalition (575) 391-1301, P.O. Box 5403, Hobbs, NM 88240**

The Community Drug Coalition of Lea County is a 501c 3, non-profit organization established by local community leaders and private citizens to combat the growing drug problem in Hobbs and Lea County, New Mexico. The CDC began as a grass roots effort to combat drugs, and is comprised of a broad spectrum of community leaders, private citizens and volunteers.

#### **Guidance Center of Lea Co., Inc. (575) 393-3168, 24-hour (575) 393-6633, 920 W. Broadway, Hobbs, NM 88240**

The Guidance Center provides 24-hour crisis intervention services, which include marriage, family, child, individual, and alcohol/drug counseling, as well as psychological testing and assessment. Narcotics Anonymous meeting information is also available. The cost is based on

individual's ability to pay.

**Lea Regional Mental Health Services, (575) 492-5000, Box 3000, 5419 Lovington Highway, Hobbs, NM 88240**

Lea Regional Mental Health Services treat acute mentally ill patients and drug/alcohol abuse when secondary to mental illness. Patients are referred to appropriate facilities for additional rehabilitation. Payment may be made through appropriate insurance.

**Palmer Drug Abuse Program, 397-6333 or (575) 397-6237, 200 E. Snyder, Hobbs, NM 88240**

The Palmer Drug Abuse Program provides substance abuse counseling for individuals twelve (12) years through twenty-five (25) years of age. Family counseling is also available. PDAP counselors are available and on call. There is no charge for the service.

**Self-Assessment:  
An Alcohol and Drug Abuse Questionnaire\***

The following list of questions is important to consider in assessing your own use of alcohol and other drugs. If you answer YES to more than three of these questions (or are concerned about someone you know), you should seek help.

- | Yes | No  |     |                                                                                                                                                |
|-----|-----|-----|------------------------------------------------------------------------------------------------------------------------------------------------|
| ___ | ___ | 1.  | Have you ever cut classes in order to drink or use drugs or because of the after effects?                                                      |
| ___ | ___ | 2.  | Do you drink or use drugs while studying?                                                                                                      |
| ___ | ___ | 3.  | Have you ever done poorly on an exam or assignment because of drinking or using drugs?                                                         |
| ___ | ___ | 4.  | Have friends or family ever told you that you drink too much or complained about your drug use?                                                |
| ___ | ___ | 5.  | Have you ever lost a friend or has a relationship suffered from your drinking or drug use?                                                     |
| ___ | ___ | 6.  | Have you ever done or said anything while drinking or using drugs that you later regretted?                                                    |
| ___ | ___ | 7.  | Do you urge friends to drink or use drugs so that you won't stand out?                                                                         |
| ___ | ___ | 8.  | Have you begun to associate with a heavier drinking group of friends or a group that uses drugs?                                               |
| ___ | ___ | 9.  | Have you ever been hurt while drinking or using drugs?                                                                                         |
| ___ | ___ | 10. | Have you ever awakened after drinking or using drugs and wondered what happened the night before?                                              |
| ___ | ___ | 11. | Do you ever feel guilty about your use of alcohol or other drugs?                                                                              |
| ___ | ___ | 12. | Do you drink or use drugs to forget your problems?                                                                                             |
| ___ | ___ | 13. | Do you drink or use drugs to feel more confident?                                                                                              |
| ___ | ___ | 14. | Have you ever been broke or gone into debt because you spent money on alcohol or other drugs?                                                  |
| ___ | ___ | 15. | Have you ever destroyed or damaged property while drinking?                                                                                    |
| ___ | ___ | 16. | Do you ever drive while drinking or using drugs?                                                                                               |
| ___ | ___ | 17. | Have you ever been in trouble with College authorities because of alcohol /drug use or because of something you did while under the influence? |
| ___ | ___ | 18. | Do you use more than you planned?                                                                                                              |
| ___ | ___ | 19. | Do you ever have difficulty stopping once you've started drinking or using drugs?                                                              |
| ___ | ___ | 20. | Do you find yourself drinking or using drugs when you first wake up?                                                                           |
| ___ | ___ | 21. | Do you drink or use drugs while alone?                                                                                                         |

\*Courtesy of Dartmouth College; permission to reproduce.

## Signs and Symptoms of Abuse Associated with the Use of Drugs and Alcohol

<b>TYPES &amp; MOST COMMON DRUGS OF ABUSE</b>	<b>GENERAL CONSEQUENCE OF ABUSE DRUGS OF ABUSE</b>
<u>STIMULANTS</u>	<p>Moderate dosages cause increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, and dietary loss of appetite.</p>
Caffeine Nicotine Products	<p>Overdose can cause agitation, increase in body temperatures, hallucinations, convulsions, and possible death. Sudden withdrawal can cause apathy, long periods of sleep, irritability, depression, disorientation, hallucinations, convulsions, and possible death.</p>
Cocaine	<p>Symptoms include a false sense of well-being and energy causing the user to tend to push his/her body faster and further than it is meant to go. Users can experience a severe “crash” or physical and mental breakdown after the drugs wear off. Overdose symptoms include restlessness, tremor, muscle twitches, rapid breathing, confusion, hallucinations, panic, aggressiveness, muscle pain or weakness, and dark- colored urine. Other symptoms include nausea, vomiting, diarrhea, stomach pain, uneven heartbeats, light-headedness, fainting, seizures (convulsions), or coma. Continued use decreases natural feelings of hunger causing extreme weight loss. Negative effects can include disturbed sleep patterns, hyperactivity, delusions of power, irritability, insomnia, anxiety, and paranoia. In some cases, convulsions have led to death.</p>
Methamphetamine	<p>Symptoms include euphoria, relaxed inhibitions, increased appetite, and disoriented behavior. Marijuana impairs judgment, reduces reaction time and coordination. Overdoses can cause fatigue, paranoia, and possible psychosis. Withdrawal can cause insomnia, hyperactivity, and decreased appetite.</p>
<u>MARIJUANA</u>	<p>Moderate dosages can cause negative effects that are not noted in marijuana users such as agitation and vomiting. Use can also cause psychosis in a higher manner than with use of cannabis. Adverse health effects associated with its use include seizures, hallucinations, paranoid behavior, agitation, anxiety, nausea, vomiting, racing heartbeat and elevated blood pressure. Users can also suffer from effects of withdrawal symptoms similar to those associated with withdrawing from the use of narcotics.</p>
Hashish	
<u>SYNTHETIC CANNABIS</u>	
Spice	
Amazing J's	
Game Over	
Herbal Incense	

DEPRESSANTS, NARCOTICS, & OPIATES

Codeine  
Heroin  
Opium  
Morphine  
Methadone

PSYCHEDELIC DRUGS

LSD (lysergic acid)  
Mescaline  
PCP (phencyclidine)

INHALENTS

Gasoline & Kerosene  
Glues & Organic Cements  
Aerosol Propellants  
Lighter Fluids  
Lacquer & Varnish  
Thinners

ALCOHOL

Beer  
Wine  
Liquor

HUMAN GROWTH HORMONE

HGH & Other Steroids

Moderate dosages cause euphoria, drowsiness, respiratory depression, constricted pupils and nausea. Overdose can cause slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Sudden withdrawal results in watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills and sweating, cramps, and nausea.

NOTE: Depressants combined with alcohol can result in magnified negative effects.

Moderate dosages can result in illusions, hallucinations, and poor perception of time and distance. Overdose can result in longer, more intense "trip" episodes, psychosis and possible death.

Moderate dosages cause excitement, euphoria, giddiness, loss of inhibitions, aggressiveness, delusions, depression, drowsiness, headache, and nausea. Overdose can cause loss of memory, confusion, unsteady gait, and an erratic heartbeat and pulse are possible. Sudden withdrawal results in insomnia, decreased appetite, depression, irritability, and headache. Death can result from suffocation.

Alcohol depresses the central nervous system. Initial effect may relax and gives a mild feeling of euphoria. It also impairs judgment, while reducing reaction time and coordination. Prolonged abuse may produce brain atrophy and dysfunction. Very large quantities and/or prolonged abuse may result in death. Sudden withdrawal by an alcoholic may produce serious problems such as delirium tremors.

NOTE: Alcohol in combination with other depressants can result in magnified negative effects.

Prolonged use of HGH for achieving weight loss, increasing mass, and reversing the signs of aging, often leads to side effect that involve muscle and joint pain, abnormal bone growth, tissue edema, and altered glucose metabolism. Other side effects include Carpal tunnel syndrome, swelling in arms and legs, excess body hair, and enlargement of breast tissue in men. There is also an increased risk for diabetes, heart enlargement, liver damage, hardening of the arteries, and hypothyroidism.