



**Drug Free Schools and Campuses Act
Biannual Report 2016 – 2018**

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

The Drug-Free School and Communities 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 Communities Act Amendments of 1989.

Although every effort is made to update and present current information in this booklet, some information may be dated at the time of printing.

NMJC students and their health and welfare are of serious concern. 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 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, the College is obligated to inform all students 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. It is also a federal requirement and a College policy that, as a condition of employment, any student worker will notify his or her immediate supervisor within five (5) days of conviction of a criminal drug offense occurring in the workplace.

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 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 2016.

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 drug/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 drug/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 at your campus.

Student Code of Conduct

The Student Code of Conduct details the rules and regulations for students and student organizations. Disciplinary action may be imposed on a student whose conduct violates the Code. It can be found in the NMJC Catalog and Student Handbook, starting on page 58:

[New Mexico Junior College Catalog & Student Handbook 2017-2018](#)

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.

Statement of AOD Goals

1. Promote resources for drug and alcohol education, intervention, and rehabilitation through programs, events, and individualized outreach.
 - Promote the use of on campus counselors to provide drug and alcohol information or referral to community resources.

- Educate students, employees, and faculty about drugs and alcohol, including institutional and federal regulations, the health risks of abuse, and options for support and rehabilitation.
2. Establish periodic review of policies and actions needed to comply with institutional and federal regulations while meeting the unique needs of each campus.
 3. Increase collaboration between departments and campuses to promoting responsible behaviors related to alcohol and drug use more effectively meet AOD goals.

Current and Future Strategies

The 2016-2018 reporting period for this Drug Free Schools and Campuses Act report utilized a blend of individual, group, and campus level interventions, unfortunately key employees on the Drug and Alcohol Committee either changed roles or are no longer at NMJC. This transitional period with new key members will affect this report in documenting information and may impact data needed in this report. Also, because of a computer hack in 2017, NMJC is missing data and information.

Individual approaches have included one-on-one intervention and guidance by Counseling and Accommodation Services, Dean of Students, Campus Security and Safety, and affiliated supportive staff. These interventions may include education on the health consequences of AOD use; individual counseling to provide emotional support for circumstances that may prompt AOD use as a coping mechanism; conduct redirection in the case of violations of the Student Code of Conduct; and applicable correction by campus security personnel.

Overall health promotion and substance abuse support programs are delivered through a number of departments, including Counseling and Accommodations Office, Student Life and Housing. Counseling and psychological services are available to faculty employees through the Employee Assistance Program (EAP).

Environmental approaches used by NMJC staff have included media campaigns, educational events, driving safety awareness events, and guidance into applicable rehabilitative support groups. All events are alcohol-free, which encourages the “normalization” of alcohol- and drug-free behaviors. These approaches strive to galvanize the campus community to generate structural and system changes that will reduce or prevent AOD use, a tactic used in conjunction with persuading individuals to modify their behavior while supporting them with the resources to successfully do so.

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 IX of the NMJC Student Judicial System, A.2. and A.3, pg. 49.](#)
2. [NMJC Alcohol/Drug Agreement for Students, Section IX of the NMJC Student Judicial System, pgs. 51-56.](#)
3. [NMJC Drug Free Schools and Communities, Section X, pgs. 57-64.](#)
4. [NMJC Employee Handbook, Policy # 219, pg. 40 and the Drug-Free Workplace Policy and](#)

[Program, pgs. 132-137.](#)

ALCOHOL VIOLATIONS

FIRST OFFENSE:

1. A fine in the amount of \$250 placed on student's account.
2. Student must complete the alcohol awareness course (available at Testing Center). If not completed by the end of the semester, a hold will be placed on the student's transcript until completed.

Note: Fine removed if alcohol awareness course is completed within one week (7 days) of charged violation

SECOND OFFENSE:

1. Any student found to be in violation of this policy will be placed on Probated Suspension. A disciplinary hearing will be initiated unless the student opts out of the hearing. Should a student not appear for the hearing, the 2nd offense will automatically be upheld.
2. If the discipline is upheld by the Disciplinary Committee, the student will be asked to vacate student housing within 24 hours. Any student on probated suspension will only be allowed to come on campus to attend classes. Any further violation of campus policy will result in immediate suspension. NMJC will notify parents / legal guardian, by phone, if student is less than 21 years of age. If parents / legal guardian cannot be reached by telephone, a notification of violation, eviction and suspension, if applicable, will be sent by mail.
3. A student on probated suspension who has any Code of Conduct violation will be automatically suspended for a minimum of one calendar year. At the completion of the one calendar year, the student may re-enroll for classes.

DRUG VIOLATIONS

FIRST OFFENSE:

1. All students will be placed on Probated Expulsion. A disciplinary hearing will be initiated by the NMJC Disciplinary Official unless the student opts out of the hearing.
2. If the discipline is upheld by the Disciplinary Committee, the student who resides in student housing will be asked to vacate student housing within 24 hours. Any student on probated expulsion will only be allowed to come on campus to attend classes. Any further violation of campus policy will result in immediate expulsion. NMJC will notify parents/legal guardian, by phone, if student is less than 21 years of age. If parents/legal guardian cannot be reached by telephone, a notification of violation, eviction, and expulsion, if applicable, will be sent by mail.
3. A student on probated expulsion who has any further Student Code of Conduct violation will be automatically expelled for a minimum of one calendar year. At the completion of the one calendar year, the student may petition the Vice President for Student Services / Vice President for Instruction (in cases of academic infractions) and request permission to take classes. The decision of whether the student is allowed to come back and take classes rests solely with that particular Vice President.

POSSIBLE DISCIPLINARY SANCTIONS

1. Educative Sanctions - Papers, counseling, alcohol/drug evaluations, tasks or series of tasks that are educational in nature and/or serve to benefit the group or community at large.
2. Reprimand - (a) Oral reprimand- An oral disapproval issued to the student by a person designated in the decision; (b) Written reprimand- A statement of disapproval prepared by a designated person and delivered to the student in writing.
3. Restrictions - as appropriate to the violation.
4. Restitution - Compensation for loss or damage incurred to the College, or a member/guest of the College community.
5. Probated Suspension- Notice that further violations of the Student Code of Conduct, as specified, will result in immediate and automatic suspension. The period of probated suspension will be specified in the decision.
6. Suspension- Temporary severance of the student's relationship with New Mexico Junior College, entirely or in part, for a specified period of time, without further action unless the student appeals. The period of time for the suspension is to be specified in the decision. After the specified time, the student is eligible to reenroll.
7. Probated Expulsion- Notice that further violations of the Student Code of Conduct, as specified in the decision, will result in immediate and automatic expulsion. The period of probated expulsion is to be specified in the decision.
8. Expulsion- Severance of the student's relationship with New Mexico Junior College for a specified period of time, without further action unless the student appeals (Only by the authority of the Vice President for Student Services or the Vice President for Instruction, in cases of academic infractions). In order to return to NMJC, the student must first appeal to the appropriate Vice President in writing. This will take place only after the specified period of time has passed.
9. Notification of Law Enforcement – In all cases of battery or domestic violence, NMJC will notify the appropriate law enforcement agencies.

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.

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 carries a fine of \$5,000 and a prison sentence of three (3) years.

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.

Drug and Alcohol Addiction Resources

Pannell Library

HV 5278 .M55 2005

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

HV 5292 .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

Drugaddiction [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? |

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Consequences of Abuse Associated with the Use of Drugs and Alcohol

TYPES & MOST COMMON DRUGS OF ABUSE	GENERAL CONSEQUENCE OF ABUSE DRUGS OF ABUSE
<p data-bbox="207 396 367 426"><u>STIMULANTS</u></p> <p data-bbox="207 457 423 525">Caffeine Nicotine Products</p> <p data-bbox="207 573 305 602">Cocaine</p> <p data-bbox="207 762 443 791">Methamphetamine</p>	<p data-bbox="678 411 1479 516">Moderate dosages cause increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, and dietary loss of appetite.</p> <p data-bbox="678 564 1484 709">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> <p data-bbox="678 758 1500 1241">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>
<p data-bbox="207 1268 358 1297"><u>MARIJUANA</u></p> <p data-bbox="207 1304 305 1333">Hashish</p>	<p data-bbox="678 1293 1490 1476">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>
<p data-bbox="207 1499 472 1528"><u>SYNTHETIC CANNABIS</u></p> <p data-bbox="207 1535 391 1675">Spice Amazing J’s Game Over Herbal Incense</p>	<p data-bbox="678 1524 1500 1820">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>

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.

Campus Interventions 2016-2018

The following list of events group together the strategic initiatives of all varieties. Future strategies will be planned and executed based upon a holistically blended approach customized to the needs of NMJC's student population. The list represents what data NMJC could retrieve from our campus website and calendar found by our Director of College Relations. NMJC believes there were more events and educational efforts, but can not prove it because of the change of personnel and missing data from the computer breach.

- October 3-4, 2016, "Maze of Life" event
- Oct 2017 – DV Awareness month
- March 5, 2018 – Arrive Alive Tour with drug and alcohol booths
- April 5, 2018 – Health Fair
- October 2017 – Domestic Violence Awareness month

Student Violation Statistics 2016-2018

The statistics below is information that has been pulled from the NMJC Campus Security and Safety Department. It is unknown how many of these were cleared or what sanctions were imposed of students who were found to of violated the NMJC Code of Student Conduct. As stated earlier, there were changes in personnel and data has been lost do to a computer hack in 2017. Normally, NMJC would attempt to educate students on alcohol and drugs by having them watch a video and take a quiz over the information and put them on probated suspension.

2016 / 18 alcohol violations / 7 drug violations

2017 / 15 alcohol violations / 5 drug violations

2018 / 20 alcohol violations / 0 drug violations

In the Fall of 2018, NMJC began using Maxient to keep student conduct data. This system should help NMJC track violations, sanctions, and completions of cases.