Alcohol & Drugs Get in The Way!

ON-SITE
Campus Resources:

Counseling
Mid City Campus
Magnolia Building
Room 126
225.216-8643

Human Resources
Mid City Campus
Governors Building
Room 100
225.216-8268

Student Affairs
Mid City Campus
Bienvenue Student Center
Room 109
225.216-8247

In compliance with the Drug-Free Schools and Communities Act Amendment of 1989, Public Law 101-226, BRCC is committed to providing a drug-free learning environment. The unlawful manufacture, distribution, sale, possession, or use of illicit drugs or alcohol at BRCC is prohibited. Each student is responsible for behavior that does not adversely affect safety, health, or the learning process of him/herself or others. Use of drugs and/or alcohol on the BRCC campus will be cause for disciplinary action.

How to Help

Warning Signs
If you know someone who has problems related to drinking alcohol or other drug use, you are not alone. You don’t have to be an expert to know if your friend has a problem. If she/he has these kinds of troubles related to alcohol or other drugs, your friend may need to talk with someone.

Here are some warning signs to watch for:

Does He or She:

• Try to hide his/her drinking or other drug use?
• Not remember what happened while he or she was using drugs or drinking?
• Have problems in job or school performance?
• Take physical risks, like driving, biking, or swimming, while intoxicated?
• Avoid talking about drinking or drug use, except to brag about how much was drunk or how high he or she got?
• Think about “getting high” a lot?
• Limit friends to those who drink or use drugs a lot?
• Seem unable to have a good time or to party unless alcohol or drugs are available?
• Say he or she sometimes “needs” a drink or drug?
• Get angry when you mention your concerns and deny that there is anything wrong?
• Have a history of alcohol or other drug problems in the family?

Online Resources
BRCC Drug & Alcohol Abuse Prevention Program Resources can be found at mybrcc.edu/daapp.

LOCAL/NATIONAL Resources:

- Alcoholics Anonymous 225.930-0026
- Al-Anon 225.924-0029
- Baton Rouge Area Alcohol and Drug Center 225.925-5365
- BR Drug Treatment Center 225.341-8208
- Crisis Intervention Hotline 225.927-7495
- National Crisis Hotline 800.662-4357

Employee Drug & Alcohol Abuse Policy & Prevention Program

201 Community College
Baton Rouge, LA 70806
866.217-9823
mybrcc.edu
## Drug and Alcohol-Free Environment
Baton Rouge Community College recognizes the drug and alcohol dependency to be an illness and major health problem. The College also classifies drug usage and abuse as a potential safety and security problem. An alcohol and drug awareness program is administered through the BRCC Human Resources and Student Affairs office to include education, self-appraisal activities, and referral to community resources. A College Counselor is also available to assist students in accessing referral for treatment and ongoing follow-up through community resources.

Baton Rouge Community College will provide a drug and alcohol-free environment for its employees and students. No employee or student will unlawfully manufacture, distribute, possess or use a controlled substance or alcohol on the campus. A controlled substance is defined according to Title 21 USC Section 821 (Schedule 1-V) as new or subsequently amended.

### COMPLICATIONS/LONG-TERM EFFECTS
- **Depression**, high blood pressure, physical exhaustion after use, psychosis
- **Lethargy**, hangover, blurred vision, nausea, depression, seizures, excessive sleepiness, confusion, severe withdrawal sickness; can be fatal if mixed with alcohol or other depressants.
- **Nervousness**, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.

### DRUG AND ALCOHOL FREE ENVIRONMENT

<table>
<thead>
<tr>
<th>DRUG TYPE</th>
<th>NAME (SLANG)</th>
<th>IMMEDIATE EFFECTS</th>
<th>COMPLICATIONS/LONG-TERM EFFECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amphetamines</td>
<td>ADHD medications (e.g. Adderal, Ritalin)</td>
<td>Muscle relaxation; intoxication; depression; impaired motor control, memory, and judgment.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Cocaine powder (blow, snow), freebased coke (crack, rock)</td>
<td>Brief euphoria, increased energy, intense exhilaration.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Alcohol</td>
<td>Beer, wine, liquor, some medicines</td>
<td>Muscle relaxation; intoxication; depression; impaired motor control, memory, and judgment.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Tranquilizers</td>
<td>Valium, Librium, Equanil, Miltown, Thorazine, Rophynol (roffies, rock, rope)</td>
<td>Relief of tension and anxiety, drowsiness.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>Nembutal, Amytal, Seconal, Phenobarbital (bars, reds, yellows)</td>
<td>Euphoria, relief of anxiety, loss of inhibition, muscle relaxation, loss of motor control, drowsiness.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>Nembutal, Amytal, Seconal, Phenobarbital (bars, reds, yellows)</td>
<td>Euphoria, relief of anxiety, loss of inhibition, muscle relaxation, loss of motor control, drowsiness.</td>
<td>Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, sexual impotence, seizures, death.</td>
</tr>
<tr>
<td>Inhale</td>
<td>Solvents (paint thinners, gas), amyl/butyl nitrate (poppers), gases (butane, propane, nitrous oxide, aerosol propellants), glue</td>
<td>Lowered blood pressure, relaxation of sphincter muscles, feeling of heightened sexual arousal.</td>
<td>Headache; dizziness; accelerated heart rate; nausea; nasal irritation; cough; lost erection; hallucinations; damage to liver, kidney, bone marrow, and brain; death.</td>
</tr>
<tr>
<td>Gamma Hydroxy Butyrate</td>
<td>GHB, GBL, (G, GBH, Georgia Home Boy, liquid X)</td>
<td>Confusion, drowsiness, memory loss, disorientation.</td>
<td>Vomiting, delusions, hallucinations, seizures, respiratory distress, loss of consciousness, slowed heart rate, lowered blood pressure, coma, especially dangerous with alcohol.</td>
</tr>
<tr>
<td>Cannabis</td>
<td>Marijuana (weed, pot, bud, herb, indica, sativa), Hashish (hash), Keef</td>
<td>Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat.</td>
<td>Impaired driving ability, possible lung damage, reduced sperm count and motility, damage from impure dose.</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>LSD (acid), MDA psilocybin (mushrooms), Peyote, DMT, STP, Ketamine (K, Special K)</td>
<td>Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat.</td>
<td>Depression, high blood pressure, physical exhaustion after use, psychosis (&quot;freaking out&quot;), exaggerated body distortion, fear of death, paranoia, amnesia, flashbacks, adverse drug reaction, respiratory arrest.</td>
</tr>
</tbody>
</table>

### OTHER DRUGS

<table>
<thead>
<tr>
<th>Drug</th>
<th>Description</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cannabis</strong></td>
<td>Marijuana</td>
<td>Federal Legal Sanctions:</td>
</tr>
<tr>
<td><strong>Hallucinogens</strong></td>
<td>LSD (acid), MDA psilocybin (mushrooms), Peyote, DMT, STP, Ketamine (K, Special K)</td>
<td>Federal Legal Sanctions:</td>
</tr>
</tbody>
</table>

**SYNTHETIC DRUGS**

<table>
<thead>
<tr>
<th>Substance</th>
<th>Description</th>
<th>Immediate Effects</th>
<th>Long-term Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cannabinoid</strong></td>
<td>Mimics Marijuana, Spice, K2 Bliss, Spice Gold, Black Mamba</td>
<td>Euphoria, increased alertness, excitation, decreased appetite, insomnia, restlessness, rapid heartbeat.</td>
<td>Acute anxiety or paranoia, panic attacks, feeling of alienation/disassociation from the world, hallucinations, constant coughing, tremors or seizures.</td>
</tr>
<tr>
<td><strong>Cannabinoid</strong></td>
<td>Mimics Meth, Bath Salts, Bliss, Cloud 9, Blue Silk, Ivory Wave, White Lightening, Zeuz 2</td>
<td>Acts as a CNS stimulant: seizures, violent behavior, euphoria, chest pain, hallucinations, excitation, decreased appetite/sleep, insomnia, restlessness,</td>
<td>Kidney failure, liver failure, increased risk of suicide, long term mental illness, self-mutilation, death.</td>
</tr>
<tr>
<td><strong>Methoxyphenethylamine</strong></td>
<td>Mimic LSD &amp; Ecstasy, Smiley</td>
<td>Euphoria, increased alertness, excitation, decreased appetite, insomnia, foaming at the mouth, restlessness, rapid heartbeat.</td>
<td>Intense aural and visual hallucinations, nausea, vomiting, anxiety, panic attacks. Could cause fatal dehydration, arrhythmia and stroke. Nervousness, paranoia, hallucinations, dizziness, tremors, malnutrition, insomnia, skin disorders, delusions, violent or psychotic moods or behaviors, decreased mental ability or permanent brain damage, seizures, death.</td>
</tr>
</tbody>
</table>

Adapted from American College of Health Brochures Drug Use and You/ Synthetic Drugs submitted by M.A. Forsten.