



Drug-Free Schools and Campuses Regulations [Edgar Part 86]

Biennial Review 2024

Academic Years: 2022-2023 and 2023-2024

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Purpose of Report

The purpose of this Report is to comply with the Drug-Free Schools and Campuses Regulation (EDGAR Part 86). Institutions of Higher Education (IHE) that receive federal funds or financial assistance are required to maintain programs that prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its campuses and at college-sponsored activities and events.

To comply with this Regulation, Central Community College (CCC) is required to conduct Biennial Reviews of its Drug and Alcohol Abuse Prevention Program (DAAPP) to determine their effectiveness, determine the consistency of sanction enforcement, and implement any necessary changes.

Further, the Regulations require CCC to annually distribute the following written information to all current students and employees:

- The standards of student and employee conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol
- A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol
- Statements of the health risks associated with the use of alcohol and other drugs
- A description of any drug or alcohol counseling, treatment, rehabilitation or reentry programs that are available to students or employees
- An explicit statement articulating that the institution will impose sanctions on students and employees for violations of the standards of conduct, along with a description of those sanctions which could include expulsion or termination of employment and referral for prosecution.

Overview

Central Community College is a multi-campus community college serving a 25-county area in central Nebraska — approximately 14,000 square miles with a population of more than 300,000. The central administration is located in Grand Island. Three main campuses are located in Columbus, Grand Island and Hastings. Residence Halls are located on the Columbus and Hastings campuses. Educational centers are located in Holdrege, Kearney, Lexington and Ord. CCC is committed to maintaining a healthy and safe community through its policies and procedures and through comprehensive education and intervention efforts on alcohol and other drugs.

Biennial Review Process

The Vice President of Student Success and Enrollment Management is the administrator responsible for ensuring completion of the biennial review of the DAAPP and associated supporting documents. The Director of Counseling and Prevention Education Services has prepared the current report using data and information gathered from Student Services and Human Resources departments with the assistance of the Prevention Education Taskforce. The Taskforce was implemented in the Fall of 2022 as recommended by the Biennial Review of 2020.

Central Community College relies upon input from multiple departments and disciplines to provide data, feedback, suggestions and critiques of the College's DAAPP and related efforts to address alcohol and drug use and abuse.

Alcohol and Drug Abuse Prevention Programs and Resources

Central Community College is committed to preventing the illegal possession, use and sale of alcohol and drugs by students and employees on college premises or as part of college-sponsored or college-sanctioned activities. The college has developed programs to provide services related to alcohol and drug abuse including dissemination of informational materials, educational programs, counseling services, referrals and college disciplinary actions.

Program Goals

CCC strives to ensure that all of our students and employees have a valuable educational experience in a healthy environment. One way to maintain such an environment is to promote an alcohol and drug abuse free campus community. As such, Central Community College provides ongoing education and resources on alcohol and drug abuse for our students and employees.

CCC also provides an effective prevention program for students and staff, including positive social marketing to enhance the students' educational experience on campus by utilizing several evidence-based strategies designed to limit alcohol and drug abuse within its community and activities. These include:

- Vector Solutions (SafeColleges) - Online platform has alcohol and drug abuse prevention courses that stimulate change in student attitudes and behavior by presenting students with the many risks of abusing alcohol and/or drugs and detrimental effects that these can have on their lives.
- Year One College Behavioral Profile and College Behavioral Profile were customized for CCC in the Spring of 2024 and will be made available in the Fall of 2024 for Counseling staff to utilize with students as prevention and intervention instruments.
- Trainings- Alcohol and drug abuse is covered at the beginning of the academic year at New Student Orientations, Resident Assistance training and Athlete Orientation. Employees are offered trainings through Biz Library and Vector Solutions to educate and warn of health risks associated with alcohol and drug abuse.
- Student Life provides numerous activities throughout the academic year that are alcohol and drug free options such as game nights, dances, cultural celebrations, and intramural sports.
- Posters and bathroom stall stories are displayed throughout the academic year in designated areas around CCC campuses and centers that promote awareness of the risks associated with drug and alcohol consumption.

Policy development and Enforcement

Alcohol and Other Drug policies are developed and enforced on- and off-campus through the following means:

- DUI laws are enforced on and off campus by appropriate law enforcement agencies;
- Disciplinary sanctions for violations of campus AOD policies are enforced;

- Students who receive citations off campus for underage drinking or distribution of alcohol to minors are held accountable through the campus student conduct process; and
- The Division of Student Success regularly communicates with local law enforcement and community members regarding off-campus incidents and concerns about students' behavior and safety.

Program Elements:

The following educational programs were offered at CCC for 2022-2023 and 2023-2024.

PROGRAM	DELIVERY	CONTENT/PURPOSE	YEAR(S) COMPLETED
Alcohol Awareness Week	Student Activity Informational table and signage	Provide students and employees statistics on alcohol use and abuse and provide local and national resources for help	Annually College wide
Awareness Posters and Bulletin Boards	Posters on Campus and Centers	Alcohol and Drug related statistics, health risks and resources for help.	Annually College wide
Area Substance and Alcohol Abuse Prevention	Informational table and signage	Information on alcohol abuse, referral sources and some state and national statistics. Challenging College Alcohol Abuse social norming campaign collects and puts current local usage statistics in front of students and community.	Annually College wide
Alcohol Trivia Night	Student Activity	Prevention and harm-reduction program focusing on teaching students about alcohol safety, BAC, disputing myths, and identifying the signs of alcohol poisoning.	Fall 2022, 2023 Columbus
Casino Night	Student Activity	Alcohol alternative programming with information on addiction and gambling prevention.	Spring 2023, 2024 Columbus and Hastings Campus

Escape Room	Student Activity	Alcohol alternative late night programming during Welcome Week.	Fall 2023 Columbus Campus
First Year Residential Experience	Student Activity	Alcohol safety, date rape, theft, social media, driving on campus, Title IX and Counseling Services	Fall 2022, 2023 Hastings and Columbus Campus
Halloween Dance & Spring Formal/Prom	Student Activity	Alcohol alternative programming, students were provided alcohol free dance with music.	2022, 2023 Columbus Campus 2022, 2023 Hastings Campus
Husker Football Tailgate	Student Activity	Alcohol alternative programming, students were provided food and opportunity to connect while viewing the Husker football game.	Fall 2023 Columbus Campus
Late Night @ Central	Student Activity	Alcohol alternative student programming usually correlating to a high-risk holiday or night of the week (Thursday Nights, Sober Night, Talent Show, Laser Tag, Corn Hole Tournament, Movie Night, End of Semester)	2022-2024 Hastings Campus
NARCAN Training	Campus Activity	Emergency responsiveness for overdose of an opioid.	College wide
Paint and Sip Party	Student Activity	Students sampled mocktails, received harm reduction Rex Checks Cards, and snacks while creating artwork.	Fall 2023- Columbus Campus Spring 2024- Hastings Campus
Raider Crawl	Student Activity	Four different "bar" stations with a specialty mocktail at each location focused on increasing smart decision-making or harm reduction challenge for students.	Spring 2024 Columbus Campus

Recovery Support Group	Group Counseling, Students	Support group for students focused on substance use recovery with licensed mental health counselor.	2022, 2023 Virtually College wide
Safe Spring Break	Student Activity	A pre-spring break event to provide general information about alcohol, drugs, and personal safety related to spring-time activities and spring break	2022, 2023 Hastings Campus
Soup*er Bowl party	Student Activity	Alcohol alternative programming during superbowl Sunday.	Spring 2024 Columbus Campus
Stall Stories	Informational Signage	Informational signage displayed in restroom and monitors on prevention and awareness topics: alcohol, substance use, recovery, and support.	Various Months 2022, 2023, 2024 College wide
Spring Wellness Fair	Student Activity and Tabling	Informational tables and activities by various providers from the community focused on improving wellness. CCC provided AOD information, Rex Checks, No MIP cards, and scavenger hunt.	Spring 2023, 2024 Columbus Campus
Safe Drug Disposal	Tabling	Safe drug disposal kits provided to students.	Spring 2023- Hastings and Columbus Campus
Therapy Dog Night	Student Activity	Therapy and comfort dogs were available during late night finals for students to de-stress.	Spring 2023 Hastings Campus
Vaping/Nicotine Awareness	Tabling	Information and referrals regarding nicotine, vaping facts, and self-report measures regarding behavior.	Spring 2024- Hastings and Columbus Campus
What's a Drink?	Student Activity	Students challenged themselves to pour	Fall 2023 Hastings and Grand Island Campus

		accurately different alcoholic beverages and provided information on BAC. Rex Check Cards and No MIP cards provided.	
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Alcohol and Drug Prevention Resources

The Employee Assistance Program through Continuum, is available for all full-time employees and for part-time employees who regularly work 20+ hours per week. Employees may receive up to six free sessions for themselves and immediate family members, per calendar year.

At the start of the 2020-2021 academic year, CCC internalized their counseling services. CCC Counseling Services is now staffed with licensed mental health counselors that can provide education and counseling opportunities for all CCC students. In addition to individual and group counseling, the Counseling Services Department is responsible for prevention programming, to include alcohol and drug education and awareness. Counselors are also able to provide alcohol and drug psychoeducation sessions to students who violate the Code of Student Conduct.

CCC serves a 25 county area, therefore, we have worked to develop an active community resource guide that provides drug and alcohol treatment and helpline information for students who choose not to utilize our counseling services.

The CCC Code of Student Conduct contains information about policies, protocol, and disciplinary sanctions for drug and alcohol violations.

Annual Security Reports are made available online and on each campus.

Annual Distribution Procedures

Annually, employees and students are made aware of the Drug and Alcohol Abuse Prevention Program at CCC, via their individual email account. The email includes a link to the CCC webpage that outlines our DAAPP in detail. The DAAPP references employee policy links and the link to the Code of Student Conduct as well. This notification is done each semester. Drug and Alcohol information and possible sanctions are set forth in the CCC Student handbook and in the Residence Life Handbook. The policy is discussed during new student orientations, with new and transferring students and their families. Participants also receive compliance information, such as FERPA and the Annual Security Report.

Enforcement Analysis

Enforcement of the College’s policies and procedures concerning alcohol and drug use lies primarily with Student Services and Human Resources. CCC’s adjudication and enforcement process for students with conduct violations for alcohol and drugs are outlined in the CCC Code of Student Conduct and Community Standards, with collegewide oversight by the Vice President of Student Success and Enrollment Management. The Senior Director of Human Resources is responsible for employee conduct violations related to alcohol and drugs.

The table below summarizes sanctions imposed for student incidents involving alcohol and drugs that were reported to college personnel. There were no official employee conduct violations related to alcohol and drugs during the review period covered by this report.

2022-2023	Alcohol	Drug	Alcohol & Drugs	TOTAL
Community Service	1	0	0	1
Fines	0	0	0	0
Probation	0	0	0	0
Psychoeducation	0	0	0	0
Warning	1	0	0	1
Multiple Sanctions	18	0	0	18
Unadjudicated	4	14	1	19
			TOTAL	39

2023-2024	Alcohol	Drug	Alcohol & Drugs	TOTAL
Community Service	1	0	0	1
Fines	1	0	1	2
Probation	0	0	0	0
Psychoeducation	0	0	0	0
Warning	0	0	0	0
Multiple Sanctions	8	7	2	17
Unadjudicated	1	12	1	14
			TOTAL	34

Counselors provide alcohol and drug psychoeducation sessions to students who violate the Code of Student Conduct. Employees are referred to services through the employee assistance program or other appropriate resource.

Enforcement Consistency Analysis

In all student situations involving a violation of the Code of Student Conduct for alcohol and drug offenses, the Vice President of Student Success and Enrollment Management reviews recommended sanctions and gives final approval to ensure consistency across the college for the particular level of offense. This system for sanction review ensures consistency by the College, regardless of the offending students' race, ethnicity, gender, or other protected category or the offending students' involvement in any particular student activity or athletic program.

Outcomes from Last Review

An important aspect of the Drug Free Schools and Communities Act (DFSCA) is the requirement that Colleges and Universities closely examine their Alcohol and other Drugs (AOD) program on a biennial basis. In the last biennial review, CCC listed several recommendations to be accomplished during the biennium. The items outlined below are the recommendations along with objective updates:

Recommendation 1:

CCC will continue to work in identifying and securing internal and external resources to enhance the quality of our alcohol and drug programs, particularly investing in those that are evidence-based and have demonstrated effectiveness in reducing alcohol and drug use.

This objective was met, Counseling and Prevention Education Services received a minigrant from Nebraska Collegiate Prevention Alliance (NECPA) in Fall of 2022. NECPA works collaboratively to develop strategies for reducing and preventing high-risk drinking and substance use among Nebraska college students. These funds assisted in sponsoring print materials (No MIP, Rex Checks Cards) and programs focused on harm reduction and smart decision making strategies. Part of the funds also sponsored a part time intern who focused on creating presentations and bulletin board materials for Residence Assistance to utilize through out the year.

Recommendation 2:

CCC will adopt a program framework and work to revamp our programming. The programming will include more effective survey opportunities to determine needs of our student populations that may be unique to their locations/demographics.

This objective was partially met, in the Spring of 2024 Counseling and Prevention Education Services were awarded another minigrant from NECPA. These funds were allocated to provide technology updates, support for the implementation of the Nebraska Assessment of College Health Behaviors (NACHB) Survey, licensing and customization for the Year One College Behavior Profile and College Behavior Profile, as well as alternative programming. NACHB survey was intended to assess the alcohol and drug attitudes and behaviors of students at CCC. The questions sought information about personal attitudes and behaviors (e.g. drinking, sexual and illegal behaviors) and the choices student make. This data will assist the College in assessing trends of these behaviors on campus over time. To ensure confidentiality, individual responses will not be accessible to CCC faculty, staff and administrators, but rather de-identified survey responses will be made available to facilitate the purposes of the survey. The data from the survey is intended to make it possible to research trends of these behaviors on campus over time. This is the first administration of the NACHB survey, and it is scheduled to be administrated every other year.

Recommendation 3:

CCC will partner with county prevention programs in developing strong data collection surveys on use and alcohol and drug perceptions.

This objective remains ongoing as we continue to participate and explore ways of connecting with our local prevention programs.

Recommendation 4:

CCC will begin utilizing the alcohol and drug modules of Vector Solutions more consistently to provide additional education to student populations.

This objective remains ongoing, the creation of a Director of Student Development provides an opportunity for consistency in utilization across the college.

Recommendation 5:

The utilization of the task team consistently throughout the year, in reviewing and evaluating programs. The team will also help ensure the procedures developed to complete the biennial review every two years are followed.

This objective was partially met with the continued existence of a team. Development of team goals and consistent utilization remains ongoing.

Program Strengths and Weaknesses

Strengths:

- Counseling and Prevention Education Services have created consistency in services across the college ensuring active and passive programming that speaks to a variety of AOD concerns.
- We promote individual success and health throughout the academic year by providing awareness materials and resources to the college community about alcohol and drug abuse.
- Increased participation in Nebraska Collegiate Prevention Alliance have assisted with accessing data and funds to direct more impactful programming.
- The development of a formal, diverse task team that included representation across CCC locations. This year the team assisted in reviewing and evaluating program as well as the the biennial review.
- Surveying and data gathering was began and implemented during the 2022-2024 reporting years.

Weaknesses:

- There is inconsistency with types of education and awareness events and materials available.
- Formal program framework needs to be implemented to address identified needs identified in NACHB Report.
- Survey and data impletemented were student focused, we may not have enough information from employee survey to address needs.
- Lack of social norming campaigns.
- Need for continued tracking of student and employees attitude and behaviors around alcohol and other drugs as well as use of self-help and/or refferrals.

Recommendations

Central Community College is in the process of improving its alcohol and drug prevention awareness efforts. We have identified several challenges to be addressed during the 2025-2026 reporting period. The following program recommendations have been identified, and progress on these recommendations will start immediately.

Recommendation 1:

CCC will continue to work in identifying and securing internal and external resources to enhance the quality of our alcohol and drug programs, particularly investing in those that are evidence-based and have demonstrated effectiveness in reducing alcohol and drug use.

Recommendation 2:

CCC will continue to adopt a program framework and work to revitalize our programming by utilizing the NACHB data report from Spring of 2024.

Recommendation 3:

CCC will partner with county prevention programs in developing strong data collection surveys on use and alcohol and drug perceptions.

Recommendation 4:

CCC will utilize the alcohol and drug modules of Vector Solutions and the College Behavioral Profile systematically with students to ensure appropriate education and support for intervention for students.

Recommendation 5:

The utilization of the task team consistently throughout the year, in reviewing and evaluating programs. The team will also help ensure the procedures developed to complete the biennial review every two years are followed.



CENTRAL COMMUNITY COLLEGE
Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Alcohol and Other Drug Prevention Certification

The undersigned certifies that it has adopted and implemented an alcohol and other drug prevention program for its students and employees that includes the following:

1. The annual distribution to each employee, and to each student who is taking one or more classes of any kind of academic credit except for continuing education units, regardless of the length of the student’s program of study, of:

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities
- A description of the applicable legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol
- A description of any drug or alcohol counseling, treatment or rehabilitation or re-entry programs that are available to employees and students
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with state and federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct. A disciplinary sanction may include the completion of an appropriate rehabilitation program.

2. A biennial review by the institution of its alcohol and other drug prevention comprehensive program to:

- Determine its effectiveness and implement changes to its comprehensive alcohol and other drug prevention program and policies, if they are needed
- Ensure that its disciplinary sanctions are consistently enforced.

Central Community College
3134 W. Highway 34
Grand Island, NE 68802

Matthew Gotschall

Printed Name of the College President

Signature of the College President

12/23/2024
Date

47-0494188

IRS Employer Identification Number

308-398-7300

Telephone Number

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DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

Annual Notification

Central Community College (CCC) is committed to maintaining drug-free campuses. Under the Drug Free Schools and Communities Act (DFSCA), as an Institution of Higher Education (IHE), we have implemented programs to prevent the abuse of alcohol and use, and/or distribution of illicit drugs both by CCC students and employees either on its premises and as a part of any of its activities. This annual notice includes the following information:

1. Standards of conduct that clearly prohibits the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees;
2. A description of the legal sanctions under local, state and/or federal law for the unlawful possession or distribution of illicit drugs and alcohol;
3. A description of the health risks associated with the use of illicit drugs and alcohol abuse;
4. A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees and students; and
5. A clear statement that the institution will impose sanctions on students and employees and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct or law.

1. Standards of Conduct

Employees

Central Community College complies with the Drug-Free Workplace Act (41 U.S.C. 701) and the Drug Free Schools and Communities Act (20 U.S.C. 1145g). Definitions and accompanying procedures of sanctions may be found for employees at <https://meeting.sparqdata.com/Public/Organization/CCC>.

Students

Students that attend Central Community College are expected to uphold and abide by certain standards of behavior that are included in the CCC Code of Student Conduct. In addition to local, state and federal laws, our Student Code of Conduct prohibits unlawful possession, use, or distribution of illicit drugs and alcohol by students on the College's property or as part of any of its officially recognized activities.

Potential sanctions for violations of drug and alcohol standards are outlined in Section 5 of this document. A full description of all CCC's student sanctions can be found within Section 9 of the Code of Student Conduct located at <https://www.ccnneb.edu/globalassets/documents/student-life/policies-and-procedures/codeofstudentconduct.pdf>.

2. Legal Sanctions

Central Community College enforces all federal and state laws and local ordinances.

Federal

Federal law states that possession, use or distribution of illicit drugs is prohibited. Strict penalties are imposed for drug convictions, including mandatory prison terms for many offenses. Penalties increase significantly when use of the illicit drugs results in death or serious bodily injury.

Consequences for drug possession, paraphernalia and/or trafficking may result in any of the following punishments by the court of law:

- Prison up to 40 years
- Fines up to \$20 million (individuals)
- Fines up to \$75 million (groups)
- Loss of school loans, grants, contracts and license, forfeiting personal property, real estate

Federal law penalties are imposed for the following drug offenses:

- Cocaine
- Cocaine Base
- Fentanyl
- Fentanyl Analogue
- Hashish
- Hashish Oil
- Heroin
- LSD
- PCP
- Flunitrazepam (schedule IV)
- Schedule III Drugs
- Schedule IV Drugs
- Schedule V Drugs
- Marijuana
- Marijuana Mixture/Marijuana Plants
- Any drug product containing Gamma Hydroxybutyric Acid

For a more For a more detailed list of Federal offenses and sanctions please visit, <https://www.deadiversions.usdoj.gov/21cfr/21usc/index.html>, Part D: Offenses and Penalties.

State

The State of Nebraska has numerous laws regulating the possession and use of controlled substances and alcohol. The penalty for simple possession, manufacturing, distribution, delivery, dispensation, possession with intent to manufacture, distribute, deliver or dispense is as follows for the illicit drugs listed below.

- Up to life imprisonment

- Fines up to \$10,000

Nebraska illicit drugs:

- Anabolic Steroids
- Hashish/Concentrated Cannabis
- Marijuana/Synthetically produced Cannabinoids
- Methamphetamine/"Meth"/"Speed"
- Heroin
- Cocaine/Base Cocaine "Crack Cocaine"
- Phencyclidine/"PCP"/"Angel Dust"
- Lysergic Acid Diethylamide/"LSD"
- Fentanyl/"China White"
- "Exceptionally Hazardous Drugs"
- Schedule I/II/III drugs not classified as "Exceptionally Hazardous Drugs"
- Any controlled substance classified as Schedule IV or V

Other Nebraska Laws include minor in possession, procuring alcohol, consumption on public property, driving while intoxicated, crimes involving minors, tax provisions, state penalties and sanctions for illegal possession of controlled substances, property forfeiture, being under the influence of any controlled substance for unauthorized purpose, drug paraphernalia offenses, imitation controlled substances and controlled substance analogue.

The full Nebraska Revised Statute 28-401 can be found at <https://nebraskalegislature.gov/laws/statutes.php?statute=28-401>.

Local

The following CCC locations apply City Ordinances in line with Nebraska State Law:

- Columbus
- Grand Island
- Hastings
- Holdrege
- Kearney
- Lexington
- Ord
- Platte County

In addition, Hastings applies City Ordinances for tobacco and Columbus for minor in consumption.

3. Health Risks

According to the National Institute of Drug Abuse (NIDA), the following are risks associated with drugs and alcohol abuse. A list of commonly used drugs and thorough information about the drugs can be found on the National Institute on Drug Abuse at <https://www.drugabuse.gov/drug-topics/commonly-used-drugs-charts>.

Drugs may come with commercial names, common forms, common routes of use and street names. All of these drugs have possible short-term, long-term and other health-related effects.

Drug Abuse

The following is a list of commonly used drugs and the risks associated with their use.

1. Marijuana (Cannabis, Hashish)- Known risks include enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety; other mental health problems; chronic cough; frequent respiratory infections.
2. Over-the-counter Cold/Cough Medicines (Dextromethorphan or DMX)- Known risks include increased blood pressure; sweating; slurred speech; poor motor control; stomach pain; extreme panic; paranoia; anxiety and aggression.
3. Central Nervous System Depressants (Barbiturates, Xanax, Ativan, Ambien)- Known risks include drowsiness; slurred speech; poor concentration; confusion; dizziness; lowered blood pressure; slowed breathing
4. Steroids (Anabolic/Andreno-genic)- Known risks include kidney damage or failure; high blood pressure; enlarged heart, or increased risk of stroke or heart attack; aggression; extreme mood swings; delusions; impaired judgment.
5. Inhalants (Acetone, nitrous oxide, spray paint, canned air)- Known risks include confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition; lightheadedness; hallucinations/delusions; headaches; heart failure; liver and kidney damage; brain damage.
6. Hallucinogens (PCP, LSD, ketamine)- Known risks include confusion; dizziness; nausea; vomiting; hallucinations; dangerous changes in blood pressure, heart rate, respiration and body temperature; anxiety; paranoia; extreme panic; aggression.
7. Stimulants (Cocaine, methamphetamine, amphetamines, Adderall)- Known risks include increased heart rate and blood pressure; decreased appetite; abdominal pain and nausea; panic attacks; paranoia; increased risk of heart attack, stroke, seizure or coma.
8. Tobacco (Cigarettes, cigars, vaping, smokeless tobacco)- Known risks include increased blood pressure, breathing and heart rate; increased risk of cancer; chronic bronchitis; emphysema; heart disease; leukemia; pneumonia.
9. Synthetic Cathinones (Bath salts)- Known risks include increased heart rate and blood pressure; euphoria; paranoia; agitation; hallucinations; violent behavior; nausea; vomiting; depression; panic attacks.

Prescription Drug Abuse

Prescription drugs include opioids, central nervous system depressants and stimulants. The use of prescription medications by anyone other than the prescribed individual is illegal and dangerous. Known risks are listed above under Central Nervous System Depressants and Stimulants.

Alcohol Abuse

Alcohol effects vary from person to person. This depends on a variety of factors, including, how much you drink, how often you drink, your age, health status, etc. Alcohol impairs brain functioning and motor skills. If use continues over time, it increases the risk of heart, liver and pancreas damage. There is also strong evidence of an association between alcohol drinking and several types of cancer.

The National Institute on Alcohol Abuse and Alcoholism provides additional information regarding health risks, along with information about mixing alcohol with certain medications. Their webpage is <https://www.niaaa.nih.gov/>.

4. Drug and Alcohol Programs

CCC encourages employees and students to seek help with substance use/abuse problems or concerns. There are many programs, resources, support and treatment options available to our employees and CCC students.

Counseling Services

The Employee Assistance Program, through Continuum, is available for all full-time employees and for part-time employees who regularly work 20+ hours per week. All enrolled students can utilize CCC Counseling Services. EAP and Counseling Services offer short-term confidential counseling and problem solving, in addition to assessing the situation and referring employees or students to proper resources.

Employee Assistance Program- Continuum: 800-755-7636 (up to 6 free sessions per employee and immediate family member per calendar year).

CCC Counseling Services- 402-562-1244 (confidential, professional counseling services provided by CCC Counselors are free to all currently enrolled students). Information about our CCC counseling services can be found on our webpage here <https://www.cccneb.edu/counseling>.

Programming Activities

To further educate and prevent alcohol and drug use, CCC offers prevention activities throughout the year. Student Life, Residence Life, the Athletic Department and Counseling Services offer:

- Alcohol-Free Activities
- Drug and Alcohol Awareness Campaigns
- Athlete Orientation
- Behavioral Intervention Teams
- Prevention Education Materials
- Prevention Training Modules
- Resident Assistant Training
- Residence Hall Orientations
- Specific Drug and Alcohol Prevention Activities
- Student Code of Conduct Policies and Procedures Overview

Drug and Alcohol Testing Policy

Pursuant to the Drug-Free Workplace Act and the Drug-Free Schools and Communities Act, Central Community College will require drug and alcohol tests for employees and students in circumstances where reasonable suspicion exists.

Central Community College promotes a drug free campus and drug free athletic programs and requires all student-athletes to be potential participants in a random drug testing program. It is the purpose of CCC's random drug testing and education program to:

- Educate student-athletes about the possible consequences of illegal drug use.
- Prevent drug use and any negative consequences that come from drug use.
- Assist in providing resources for counseling to students who have specific needs.

Student-athletes must complete and sign the consent form for random drug testing prior at the beginning of the fall semester and prior to any athletic competition and will be subject to random testing throughout the course of the academic year. For details related to drug testing of CCC student-athletes please refer to the CCC Athletic Handbook.

Local Resources

The following drug and alcohol related services and resources are available through the CCC 25-county area.

National Drug Helpline: 866-236-1651
SAMHSA's National Helpline: 800-662-4357
Alcoholics Anonymous: 877-226-3632
Nebraska Family Helpline: 888-866-8660
Nebraska Tobacco Quitline: 800-784-8669

Seekers of Serenity Place

402-564-9994
4432 Sunrise Place
Columbus, NE 68601
www.4bhs.org/SOS/

Seekers of Serenity Place provides detoxification and short-term residential treatment for substance abuse. The program includes 24 hours of therapeutic interventions per week. Relapse prevention work is done with each individual and education is provided to the family and significant others about chemical dependency, tools for recovery, and coping with challenges of having a loved one with an addiction.

Friendship House

308-382-0422

406 W Koenig St.

Grand Island, NE 68801

www.thefriendshiphouse.net/residential-services

The Friendship House is a Halfway House Residential Program that provides a therapeutic living environment for adult men recovering from substance abuse as they transition to the next phase of their recovery. The program includes room and board, weekly individual and group counseling, 24-hour on-site support and counseling and accountability to community-based supports. Friendship House also offers outpatient counseling services to individuals of all ages.

Grand Island VA Medical Center

308-382-3660

2210 North Broadwell Avenue

Grand Island, NE 68803

www.nebraska.va.gov/locations/Grand_Island.asp

The Grand Island VA Medical Center provides residential substance abuse treatment. The clinic also has outpatient mental health and medical services available to veterans.

St. Francis Alcohol and Drug Treatment Center

308-398-5427

2112 W Faidley Ave.

Grand Island, NE 68803

www.chihealth.com/st-francis/services/behavioral-care.html

This treatment center offers residential and outpatient treatment services for substance use disorders. Programs include individual, group, and family counseling, as well as education sessions. Once in-patient treatment is completed, the individual will transition to intensive, individualized and family outpatient treatment.

The Bridge

402-462-4677

907 South Kansas

Hastings, NE 68901

www.thehastingsbridge.com

The Bridge offers long term residential treatment for women struggling with substance abuse. The program lasts approximately 12 months. Treatment focuses on relapse prevention, continued problems and/or continued use and promoting eventual reintegration into the community.

Horizon Recovery Center & Counseling

402-462-2066

835 South Burlington Ave. Suite 115

Hastings, NE 68901

www.reviveinc.org

Horizon Recovery Center provides clean and sober living spaces for individuals participating in alcohol and drug rehabilitation and counseling treatment programs. They also provide intensive outpatient treatment, outpatient individual counseling, relapse prevention outpatient program, life skills classes and substance abuse assessments.

5. Disciplinary Sanctions

CCC will impose sanctions on students and employees for violation of alcohol and drug policies and standards of conduct (consistent with federal, state and local laws).

For employees, one or more of the following actions may be taken:

- Referral to the Employee Assistance Program for evaluation to determine the appropriate level for treatment;
- Participation in a drug rehabilitation program;
- Disciplinary action, up to and including termination of employment and referral for prosecution.

For students, one or more of the following sanctions may be imposed:

- Verbal or written warning from an authorized College official regarding a violation.
- Disciplinary probation to include a period of observation and review of conduct during which the student must demonstrate compliance with College standards. Terms of the probationary period are determined at the time probation is imposed.
- Suspension which would result in a temporary loss of student privileges or student status for a specified length of time.
- Other sanctions or conditions may be imposed instead of, or in addition to the specific sanctions in this section. These may include, but are not limited to, referral to Counseling Services or an appropriate drug/alcohol treatment program, community service, fines, housing dismissal, and referral to law enforcement agencies.

Drug-Free Workplace Policy

The College affirms its responsibility and commitment to maintain a drug-free workplace. The College prohibits the unlawful manufacture, distribution, dispensing, possession, or use of controlled substances on College property or while conducting College business off College premises. The College Board of Governors require strict compliance to the Drug-Free Schools and Communities Act Amendment of 1989, Public Law 101-226, as the same may from time to time be amended.

Drug-Free Workplace Procedure

An employee needing help with drug dependency is encouraged to seek assistance (either through their health insurance plan or whatever is appropriate). An employee voluntarily seeking such help shall not receive any type of reprimand and no mention of the issue shall appear in the employee's personnel record.

The College shall notify, as required by law or government regulation, any of its federal contracting or granting agencies of any criminal convictions of employees for illegal drug activity in the workplace within ten (10) working days of learning about the conviction. The term conviction means a finding of guilt (including a plea of nolo contendere) or imposition of sentence or both by any judicial body charged with the responsibility to determine violation of the federal or state criminal drug statutes.

All employees, as a condition of employment, shall report to their immediate supervisor any criminal drug conviction within five (5) working days after the conviction. This requirement is mandated by the Drug Free Workplace Act of 1988.

An employee violating this procedure or convicted of a criminal drug offense in the workplace is subject to appropriate personnel or disciplinary action to include satisfactory participation in a drug rehabilitation program and/or termination.

Board Adopted 5/15/14

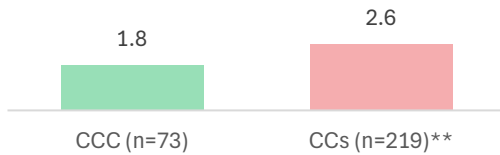
Cabinet Adopted 4/2/14

Nebraska Assessment of College Health Behaviors

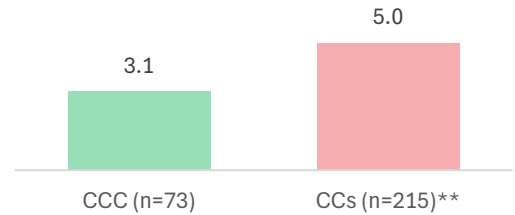


2024 Survey Comparisons: Community Colleges

CCC students had fewer **drinks per occasion** compared to peers



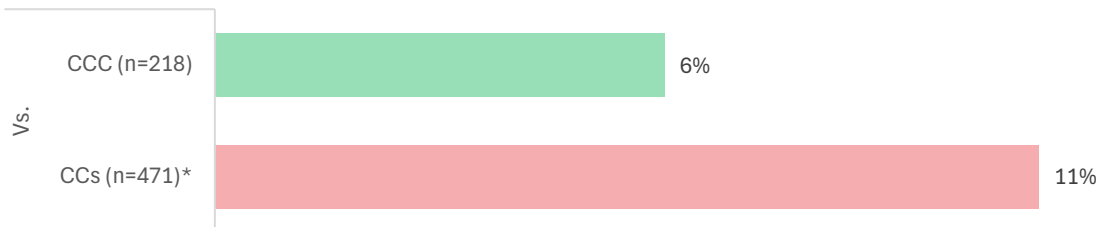
CCC students had fewer **drinks per week** compared to peers



CCC students were more likely to typically **consume alcohol** at bars/restaurants, but less likely to consume alcohol at social gathering or friend's house

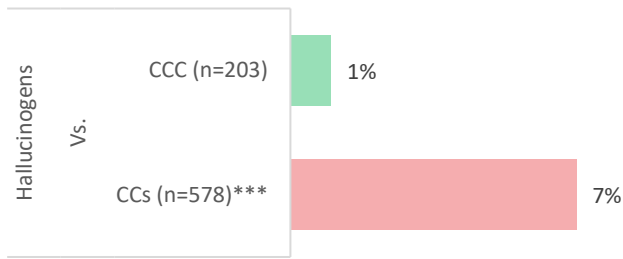


CCC students were less likely to **use alcohol or drugs to help them feel more comfortable with a sexual partner** compared to peers

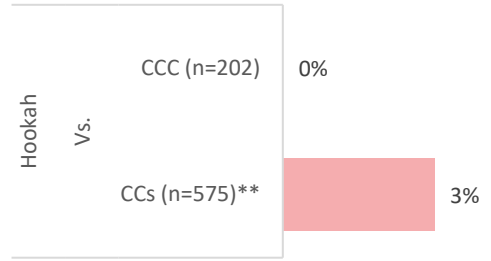


Community Colleges: Central Community College, Metropolitan Community College, Northeast Community College, Southeast Community College, & Western Nebraska Community College

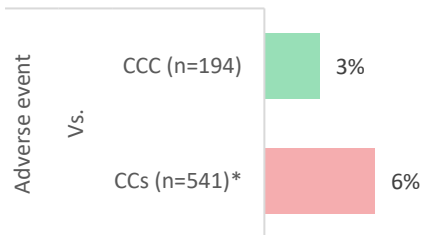
CCC students were less likely to use **hallucinogens** compared to peers



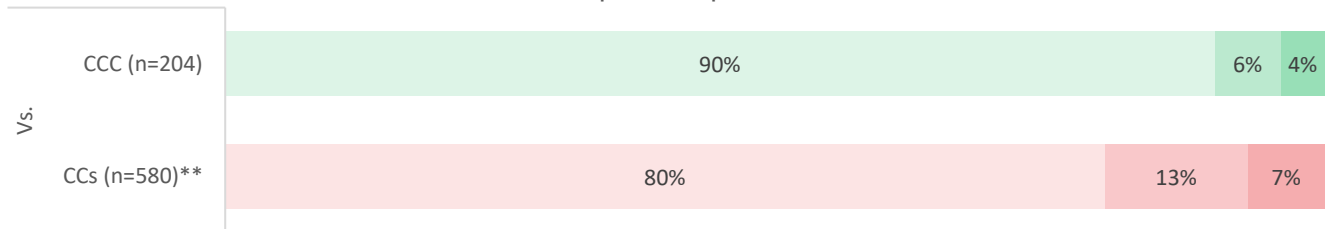
CCC students were less likely to use **hookah** compared to peers






CCC students were less likely to cite adverse events but more likely to have family as a **main sources of stress** compared to peers



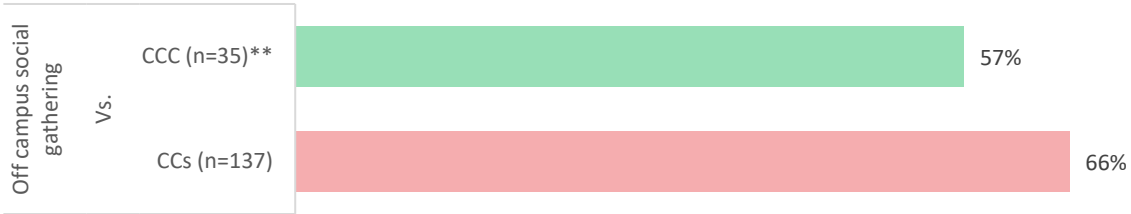
CCC students were more likely to have never used **delta-8** compared to peers



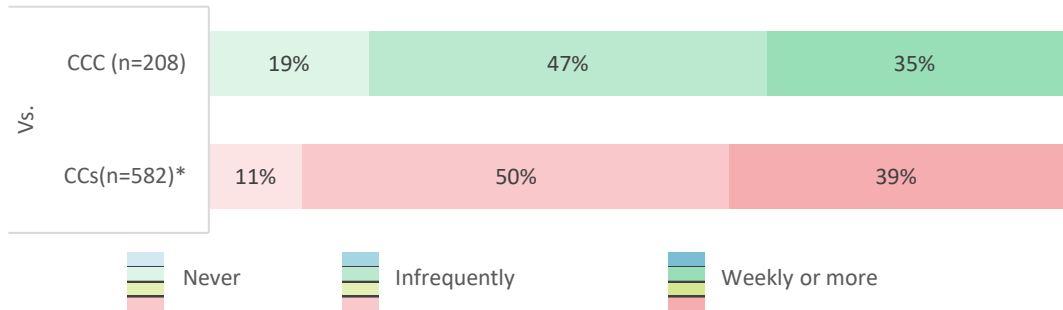
 Never
  Infrequently
  Weekly or more



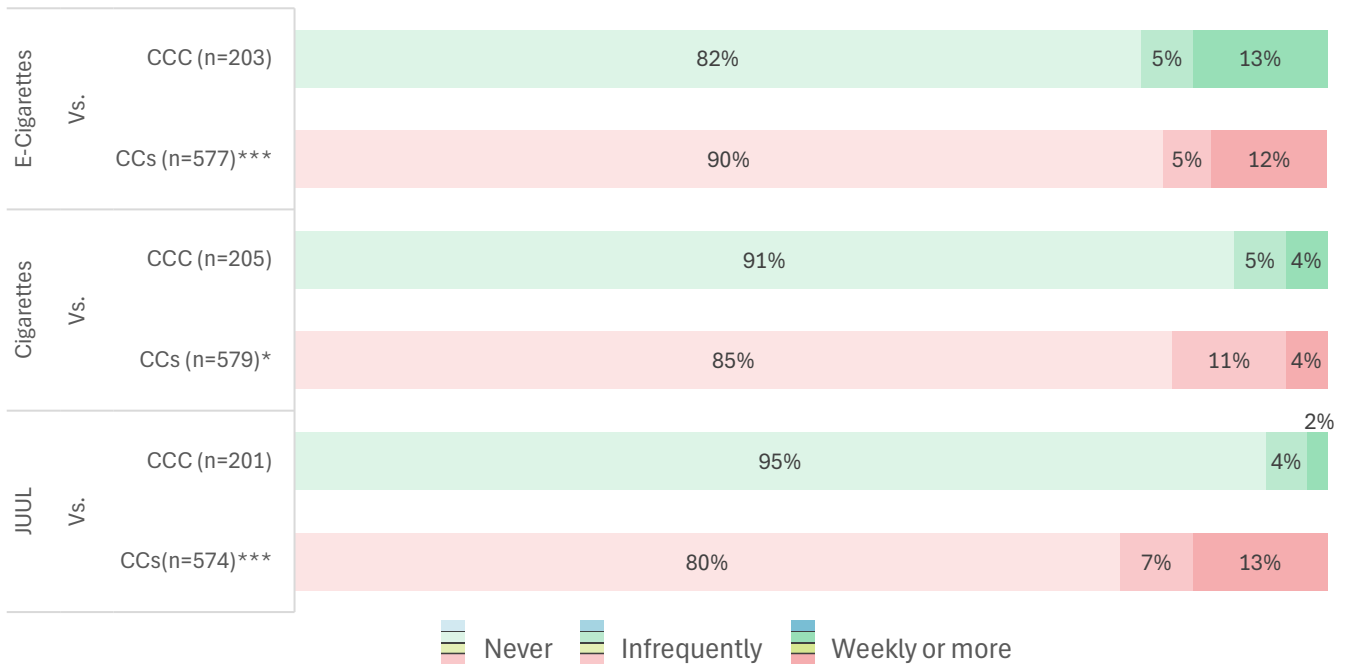
CCC students were less likely to **use marijuana at a social gathering or friend's house** in the past year compared to peers



CCC students differed from peers in **perceptions of peer marijuana use**



CCC students were less likely to have never used **e-cigarettes**, but were more likely to have never used **cigarettes** or **JUUL**



*p<.05, **p<.01, ***p<.001

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