



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.cccneb.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 detailed list of Federal offenses and sanctions please visit, <https://www.deadiversion.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, Counseling and Prevention Education Services and Human Resources offer:

- Alcohol-Free Activities
- Drug and Alcohol Awareness Campaigns
- Athlete Orientation
- Behavioral Intervention Teams
- Narcan Training and Narcan Kits
- 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.

Narcan Initiative

Narcan initiative began in 2022 to address opioid overdoses. CCC makes naloxone (brand name Narcan) kits accessible to the campus community and trains staff on how to administer it.

Naloxone (Narcan) kit Availability

Community Locations: Hard-case kits are placed in high-traffic areas at all CCC locations, next to automated external defibrillators (AEDs).

Accessibility for students:

Additional kits in Ziploc bags are in the following locations on the Columbus, Grand Island, and Hastings Campuses:

- Food and Hygiene pantries
- Counseling Services Offices
- Veterans and Military Resource Centers
- Student residence halls

Kearney Center:

- Veterans and Military Resource Center
- Food and Hygiene pantry

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.