

JOHN A GUPTON COLLEGE
GUIDE TO THE
DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

The goal of John A. Gupton College (“College”) is to provide an educational opportunity for funeral service students and to see that each student meets his or her educational goals. The abuse of alcohol and the use of illegal drugs by any member of the College community are incompatible with the College’s goal.

In order to provide a healthy environment and in compliance with the Drug-Free Schools and Communities Act of 1989, Gupton College has established these policies on alcohol and other drugs. The Department of Education requires colleges of higher education to conduct a drug and alcohol abuse prevention program for students and employees. John A. Gupton College notifies students and employees annually of the dangers and penalties of drug and alcohol abuse as well as the availability of counseling and treatment options.

CONDUCT

The John A. Gupton College student and employee conduct policy strictly prohibits the unlawful possession, use, or distribution of alcohol and drugs. Students and employees are prohibited from College-owned or controlled property while under the influence of any kind of intoxicant or drugs with the exception of those prescribed by a physician. It is unlawful to sell, furnish or provide alcohol to a person under the age of 21. Possession of alcohol by anyone under the age of 21 is also illegal. Possession, sale, manufacture or distribution of any controlled substance is illegal under both state and federal law. Violators of the law are subject to criminal prosecution, disciplinary sanction, and fines or imprisonment. John A. Gupton College notifies students annually of the dangers and penalties of drug and alcohol abuse as well as the availability of counseling, treatment, and rehabilitation or re-entry programs.

DEFINITION OF ALCOHOL OR DRUG VIOLATIONS

The possession of alcohol or drugs refers to holding, no matter the duration, alcohol or illegal drugs/controlled substances in one’s hand, on one’s clothing, purse, book bag, automobile, apartment, or other personal belonging. Use of drugs is referred to as the act of ingesting, inhaling, eating, drinking or any other means of ingestion of a controlled substance into the body. Drug or alcohol distribution refers to sharing of controlled substances with others. Drug sales refer to the exchange of money or compensation for illegal drugs or controlled substances. Facilitating the use or possession of a controlled substance means allowing others to possess, consume, or use illegal or controlled substances in your presence. Violations refer to the possession, use, or facilitating the possession/use of alcohol or illegal drugs.

SANCTIONS FOR STUDENTS AND EMPLOYEES

All policies and regulations of the Student Handbook may apply to all students. Students found to be in violation of the College's alcohol and drug policy will be referred to the Academic Affairs Committee ("Committee"). The Committee will meet with parties involved and decide appropriate sanctions. Information regarding disciplinary sanctions is found in the Student Handbook on pages 28, the Student Guide to Financial Aid page 13-14 and the web site www.guptoncollege.edu. These sanctions depending on the situation may include probation, suspension or expulsion. The College will fully cooperate with federal, state, and local authorities providing assistance that could lead to prosecution. The College may make recommendations of professional counseling or require mandatory alcohol or drug abuse programs.

Employees must abide by the College's alcohol and drug policy. Employees found guilty of a crime in violation of this policy must notify the institution within five (5) days after conviction. The sanctions depending on the situation may include warning, probation, suspension or termination of employment.

Students suspended for violation of the College's alcohol and drug policy should be aware of the impact on the following:

1. Financial Obligation does not go away;
2. Student Financial Aid and/or Scholarships;
3. Apartment Facility;
4. Veterans Benefits;
5. Class Withdrawals; and
6. Others.

For Pell Grants, federal guidelines mandate that students receiving Pell Grants are not permitted to conduct unlawful activities related to controlled substances during the period covered by the grant. There are federal financial aid penalties for drug violations. Under the Higher Education Opportunity Act, students convicted of illegal drug violations can be denied financial aid in addition to other legal penalties.

If a student has been convicted of possessing or selling illegal drugs and indicates that on his financial aid application (FAFSA), then the College must determine if his conviction affects his eligibility for aid. For possession or the sale of illegal drugs, a student loses eligibility for federal financial aid for a period determined by law. Failure to accurately answer the questions on the FAFSA application could subject the student to fines, imprisonment or both.

John A. Gupton College will abide by local, state and federal sanctions regarding unlawful possession of drugs and the consumption of alcohol. For information about state penalties, including fines and imprisonment for the illegal use of controlled substances, *see* T.C.A. § 39-17-401, *et seq.* Local ordinances provide their own penalties for drug and alcohol violations. The College will take all appropriate action in cooperating with local authorities. *See also* “Legal Sanctions” page 16 of the Student Guide to Financial Aid.

FEDERAL AND STATE LAW PENALTIES

Various federal and state laws prohibit the illegal use, possession, manufacture, sale, or distribution of drugs and alcohol. The laws provide for serious penalties upon their violation, including imprisonment, fines, and/or forfeitures.

FEDERAL LAW

Federal law prohibits the illegal manufacture, distribution, possession with intent to distribute, and simple possession of controlled substances, including but not limited to heroin, morphine, cocaine, phencyclidine (PCP), lysergic acid diethylamide (LSD), hashish, marijuana, and controlled stimulants and depressants, including, but not limited to, amphetamines and barbiturates.

The penalties for such offenses include imprisonment and/or fines; the severity of the penalty depends upon such factors as the nature and amount of the controlled substance at issue. Penalties may be compounded for repeat offenses and for distribution of controlled substances to persons under 21 years of age and/or within certain distance of schools, including colleges and universities.

Federal penalties, 21 U.S.C. § 844(a):

- First conviction: up to one year imprisonment and fined at least \$1,000, but not more than \$100,000 or both.
- After one prior drug conviction: at least fifteen days in prison, not to exceed two years, and fined at least \$2,500, but not more than \$250,000 or both.
- After two or more prior drug convictions: at least ninety days in prison, not to exceed three years and fined at least \$5,000, but not more than \$250,000, or both.
- Special sentencing provision for possession of crack cocaine: mandatory at least five years in prison, not to exceed twenty years and fined up to \$250,000, or both, if: (a) first conviction and the amount of crack possessed exceeds five grams; (b) second crack conviction and the amount of crack possessed exceeds three grams; (c) third or subsequent crack conviction and the amount of crack possessed exceeds one gram.

21 U.S.C. §§ 853(a)(2) and 881(a)(7): Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if the offense is punishable by more than one year imprisonment.

21 U.S.C. § 881(a)(4): Forfeiture of vehicles, boats, aircraft, or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. § 884(a): Civil fine of up to \$10,000 (pending adoption of final regulations).

21 U.S.C. § 883(a): Denial of federal benefits, such as student loans, grants, contracts, and professional commercial licenses, up to one year for first offense, up to five years for second and subsequent offenses.

18 U.S.C. § 922(g): Ineligible to receive or purchase a firearm.

For more information about federal penalties and sanctions for the illegal use of controlled substances, *see* 21 U.S.C. § 841 *et seq.* *See also*, the Drug Enforcement Administration’s notice of penalties: <http://www.justice.gov/dea/druginfo/ftp3.shtml>.

STATE LAW

State law prohibits the illegal possession and/or sale of regulated substances such as heroin, cocaine, LSD, and marijuana, and preparations, compounds, or mixtures containing such substances. State law further prohibits the illegal possession and/or sale of narcotics, hallucinogens, stimulants, or depressants. State law also prohibits the sale, possession, and manufacture of drug paraphernalia.

The penalties for such offenses include imprisonment and/or fines. The severity of the penalty depends upon such factors as the nature and the amount of the controlled substance at issue. Penalties may be compounded for repeat offenses and for delivery or sale of regulated substances to minors and on school grounds.

State law also establishes penalties of imprisonment and/or fines for minors (persons under 21) who falsely represent their age for the purpose of obtaining alcoholic beverages for themselves or other minors, and for persons who sell or provide such beverages to minors. Serious penalties may also be imposed for alcohol-related traffic offenses. The State of Tennessee prohibits the following acts and prescribes the corresponding penalties:

1. Persuading, enticing, or sending a person under 21 years of age to purchase alcoholic beverages or buying an alcoholic beverage for one under the age of 21 is punishable by up to 11 months and 29 days in prison and a \$2,500.00 fine.

2. It is illegal to be intoxicated in public. Such behavior can result in up to 30 days in jail and/or a \$50.00 fine.
3. Consuming alcohol on the premises of an elementary, junior high, or high school is punishable by up to 30 days in jail and/or a \$50.00 fine.
4. Driving under the influence of an alcoholic beverage or drug is punishable by a jail term of up to 11 months and 29 days, a \$1,000 fine, and loss of driving privileges for one year for the first offense to a \$10,000.00 fine and ten years in prison for the third offense.
5. Killing another person while driving a vehicle under the influence of alcohol or drugs can result in a three to fifteen year sentence, a fine of up to \$10,000.00 and the loss of one's license to drive for up to ten years.
6. It is illegal to possess or manufacture an illicit drug or controlled substance with the intent to sell or deliver to another. Depending on the type of substance and its quantity, such an act is punishable by up to life in prison and a \$500,000.00 fine.
7. The simple possession or casual exchange of an illicit drug or controlled substance is subject to a jail term of up to 11 months and 29 days and a \$2,500.00 fine. If two or more prior convictions are present, the possible sentence increases to six years in prison and a \$3,000.00 fine.
8. The casual exchange of even small amounts of an illicit drug or controlled substance with a minor can result in a penalty of up to life in prison and a \$500,000.00 fine.
9. Inhaling, selling, giving or possessing glue, paint, gas aerosol, or gas for an unlawful purpose is punishable by a jail term of 11 months and 29 days to six years and a fine of up to \$3,000.00.
10. It is illegal to sell or buy any item, which is represented to be an illicit drug or controlled substance. Such an act is punishable by up to six years in prison and a \$3,000.00 fine.
11. It is illegal to sell, deliver, or possess the seed of jimsonweed on the premises of any elementary, junior high, or high school. The penalty for such an act is 11 months and 29 days in jail.
12. It is unlawful to possess with the intent to manufacture or deliver an anabolic steroid. This act is punishable by two to 12 years in prison and a fine up to \$50,000.00.

NOTE: These descriptions of federal and state law are intended to provide general, representative information only. For additional information regarding these laws, and the penalties associated with their violation, please contact the Office of the U.S. Attorney in Nashville at (615) 736-5151 (federal law).

For further information students may contact the college administration at (615)327-3927.

HEALTH RISKS

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood of an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including relationship problems. Moderate to high doses of alcohol severely alter a person's ability to learn and remember information. Very high doses, or low doses combined with other prescription medication (such as Adderall), cause respiratory depression and death. Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, may permanently damage vital organs such as the brain and liver. Mothers who drink while pregnant may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Anabolic Steroids

Anabolic steroids are powerful compounds closely related to the male sex hormone testosterone. Developed in the 1930s, steroids may be taken orally or injected. Current legitimate medical uses are limited to certain kinds of anemia, severe burns and some types of breast cancer. When combined with a program of muscle-building exercise and diet, steroids may contribute to increases in body weight and muscular strength. Today, many young people use steroids to accelerate physical development. Steroid users may develop more than 70 side effects, ranging in severity from liver cancer and sterility to acne. Psychological effects include very aggressive behavior, known as "roid rage," and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years. Signs of steroid use include quick weight and muscle gains; behavioral changes, particularly increased aggressiveness and combativeness; jaundice; purple or red spots on the body; swelling of feet or lower legs; trembling; darkening of the skin; and persistent, unpleasant breath odor.

Cannabis/Marijuana

All forms of cannabis have negative physical and mental effects. Physical effects of cannabis include increase in heart rate, bloodshot eyes, dry mouth and throat, and hunger. Smoking marijuana is damaging to the lungs and respiratory system. The tar in marijuana smoke is carcinogenic. Use of cannabis may impair short-term memory and comprehension, alter sense of time, and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Knowledge retention may be lower when information is given while a person is “high.” Motivation and cognition are altered, making the acquisition of new information difficult. Marijuana can also produce depression, paranoia and psychosis. Long-term users may develop dependence. Marijuana smoke contains more cancer-causing agents than tobacco smoke.

Cocaine

Cocaine stimulates the central nervous system, and long-term use can lead to dependence. Its immediate effects include dilated pupils, elevated blood pressure and body temperature, and increased heart rate. Chronic use can cause ulceration of the mucous membrane in the nose. Injecting cocaine with unsterile equipment can transmit AIDS, hepatitis and other infections. Preparation of freebase, which involves the use of highly volatile solvents, can result in fire or explosion. Crack or freebase rock, a concentrated form of cocaine, is extremely potent. Its effects are felt within 10 seconds of administration. The drug produces the same physical effects as cocaine, as well as insomnia, loss of appetite, tactile hallucination, paranoia and seizures. Cocaine use may lead to death through disruption of the brain’s control of heart and respiration.

Depressants

The effects of depressants are similar to those of alcohol in many ways. Small amounts can produce calmness and relaxed muscles, but larger doses can cause slurred speech, staggering gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can increase the effects of the drugs and multiply the risks. The use of depressants can cause both physical and psychological dependence. Regular use may result in tolerance to the drug, leading the user to increase the quantity consumed. When regular users stop taking depressant drugs, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Ecstasy and Other Club Drugs

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogues known as designer or club drugs. These drugs can be several times stronger than the drugs they imitate. Many can cause severe neurochemical damage to the brain. The narcotic analogues can cause uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogues of amphetamines and

methamphetamines cause nausea, blurred vision, chills, or perspiration and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogues of phencyclidine cause illusions, hallucinations, and impaired perception.

Hallucinogens

Phencyclidine (PCP) interrupts the function of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. PCP often causes distance and space estrangement, lack of muscular coordination, and dulled senses. Time and body movement are slowed, and speech is blocked and incoherent. Chronic users of PCP report memory and speech difficulties. Some of these effects may last a year following prolonged daily use. Mood disorders such as depression, anxiety, and violent behavior also occur. Long-term chronic users may become paranoid and violent and experience hallucinations. Large doses may produce convulsions, coma, or heart and lung failure. Lysergic acid (LSD), mescaline, and psilocybin (mushrooms) cause illusions and hallucinations. Physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline, and psilocybin (mushrooms). The user may experience panic, confusion, suspicion, and anxiety. Delayed effects, or flashbacks, can occur even after use has ceased.

Inhalants

A variety of psychoactive substances have been inhaled as gases or volatile liquids. Many popular commercial preparations such as paint thinners and cleaning fluids are mixtures of volatile substances making it difficult to be specific about their various effects. Immediate negative effects of inhalants may include nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays may also decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrate cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage, weight loss, fatigue, electrolyte imbalance, and muscle weakness. Repeated sniffing of concentrated vapors over time can lead to permanent damage of the nervous system.

Narcotics

Narcotics initially produce a feeling of euphoria followed by drowsiness, nausea, and vomiting. Users may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and death. Tolerance to narcotics develops rapidly and dependence is likely. The use of unsterilized syringes may result in transmission of diseases such as AIDS, endocarditic, and hepatitis.

Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. Users may perspire and experience headaches, blurred vision, dizziness, sleepiness, and anxiety. Extremely high doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. Users also report feeling restless, anxious, and moody. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia. These symptoms usually disappear when drug use ceases.

This information was collected from the publication “What Works: Workplaces Without Drugs,” U.S. Department of Labor, 1991.

PREVENTION AND RECOVERY SUPPORT SERVICES

Students or employees struggling with alcohol or drug abuse problems are encouraged to contact the College administration for assistance. Counseling services are provided by the College through referral for drug and alcohol problems. The College’s counselor will meet with and recommend treatment as needed. Students are also encouraged to contact the numbers listed below for problems with alcohol or drug abuse.

COUNSELING RESOURCES

The following is a list of resources for treatment options. John A. Gupton College does not have a contractual agreement with any of the listed resources; they are listed as a courtesy for students. Students and staff who are struggling with alcohol or drug abuse problems are encouraged to contact any of the resources listed below.

Alcoholics Anonymous	615-831-1050
Al-Anon	888-425-2666
American Council on Alcoholism	800-527-5344
Center for Alcohol & Drug Treatment	800-284-2216
Cumberland Heights Alcohol & Drug Treatment Center	615-356-2700
Narcotics Anonymous	800-677-1462
National Institute on Drug Abuse Helpline	800-843-4971
National Institute on Drug Abuse Hotline	800-662-4357
National Council on Alcoholism	800-622-2255
Tennessee Christian Medical Center	615-865-0300
Vanderbilt Addiction Center	615-936-3555

A description of health risks, available counseling, treatment, rehabilitation, or re-entry programs and statement of sanctions is provided under the Consumer Information button on the Gupton web site (www.guptoncollege.edu)