

<u>Drug and Alcohol Abuse</u> <u>Prevention Information for a</u> <u>Drug-Free Workplace</u>

As required by the Federal Drug-free Workplace Act of 1988 (Public Law 101-690)

Office Responsible: Assistant Superintendent Area information is located: Website Updated: June 25, 2014 Board policy updated: May 20, 2009

Drug & Alcohol Abuse Prevention Information For a Drug-Free Workplace

The following Drug-Free Workplace Information is to notify all employees, faculty, and students that pursuant to the Federal Drug-Free Workplace Act of 1988 (Public Law 101-690) and California Drug-Free Workplace Act of 1990, the Colton-Redlands-Yucaipa Regional Occupational Program (CRY-ROP) prohibits the unlawful manufacturing, distribution, dispensing, possession, or use of a controlled substance in the workplace, on school property, or as part of any school activity. CRY-ROP similarly prohibits the unlawful use, possession, and distribution of alcohol in the workplace, on school property, or as part of any school activity, as well as any other unlawful conduct involving alcohol.

For the purpose of this information, the site for performance of work done in connection with grants, and thus the drug-free workplace, consists of all locations where CRY-ROP does business. This includes, but is not limited to all lecture classrooms, computer labs, labs, community sites, parking lot, all administrative offices, corridors, storage rooms, and any space to be added in the future.

Health Risks:

The abuse of narcotics, depressants, stimulants, hallucinogens, or alcohol can cause serious detriment to a person's health. The health risks associated with the misuse of the previously mentioned drugs vary but include, and are not limited to: convulsions, coma, paralysis, irreversible brain damage, tremors, fatigue, paranoia, insomnia, and possible death. Drug and alcohol abuse is extremely harmful to a person's health, interferes with productivity and alertness, and working while under the influence of drugs or alcohol could be a danger to the employee, faculty, or student under the influence and fellow workers, faculty, and students.

Described below are some of the additional dangers and symptoms relative to use/abuse:

Marijuana

Commonly known as "pot", it is a plant with the botanical name of cannabis sativa. Pot is almost always smoked but can be ingested. Use causes the central nervous system to become disorganized and confused. Most users experience an increase in heart rate, reddening of eyes and dryness of the throat and mouth. Studies have proven that marijuana's mental effects include temporary impairment of short-term memory and an altered sense of time. It also reduces the ability to perform tasks requiring concentration, swift reactions and coordination. Feelings of euphoria, relaxation and bouts of exaggerated laughter are also commonly reported. Smoking "pot" may cause: brain chemical changes, an altered reality, physically damaged lungs, emphysema, chronic bronchitis, lung cancer, a weakened immune system, damage to sperm in males, irregular menstrual cycles in females, reduced fertility and sex drive.

Cocaine/Crack

Cocaine is a stimulant drug, which is derived from the coca plant. Street cocaine is available in the form of a powder or a "rock" of crack and is most commonly inhaled or smoked. Cocaine increases the heart rate and blood pressure and is very addictive. Crack is a form of smokable cocaine named for the popping sound it makes when burned. It is a mixture of cocaine, baking soda, and water. It is 5-10 times more potent than cocaine and is extremely dangerous. It has been reported that addiction can occur with as few as two "hits". Some of the symptoms of cocaine/crack abuse are: personality changes, unexplained weight loss, excess sniffing and coughing, insomnia, depression, irritability, neglect of responsibility toward work, school, family and friends, and panic attacks.

Alcohol

In small doses, alcohol has a tranquilizing effect on most people, although it appears to stimulate others. Alcohol first acts on those parts of the brain that affect self-control and other learned behaviors; lowered self-control often leads to the aggressive behavior associated with those who drink. Alcohol use can also quickly cause dehydration, coordination problems, and blurred vision. In large doses, alcohol can dull sensation and impair muscular coordination, memory and judgment. Taken in larger quantities over a long period of time, alcohol can damage the liver and heart and cause brain damage and a great number of other health, medical, and social issues.

Hallucinogens

These are also known as psychedelics. The effects vary; the same person may have different reactions on different occasions. Most users are affected by changes in time and space perception, delusions and hallucinations. The effects may be mild or overwhelming, depending on the dose and quantity or the drug. Physical reactions range from minor changes such as dilated pupils, a rise in

temperature and heartbeat to tumors. High doses can greatly alter the state of consciousness. After taking a hallucinogenic, the user loses control of thought processes. Although many perceptions are pleasant, others may cause panic or may make a person believe that he or she cannot be harmed. These delusions can be quite dangerous.

Heroin

Heroin is a narcotic, which relieves pain and induces sleep. Commonly known as "junk" or "smack", heroin is a highly addictive depressant and has been attributed as the cause of many deaths. Obvious symptoms include "pin point pupils", drowsy, lethargic, slurred speech and an inability to concentrate. Related medications used to treat pain include oxycontin and oxycodone, methadone, and codeine. The abuse of painkillers ranks second only to the abuse of marijuana in the United States. Heroin users experience a high rate of infectious diseases due to a weakened immune system and dirty needles shared by users. Children can be born addicted or can become addicted from heroin in the mother's milk.

Crystal Methamphetamine

Crystal methamphetamine is a colorless, odorless powerful and highly addictive synthetic (man-made) stimulant. Crystal methamphetamine typically resembles small fragments of glass or shiny blue-white "rocks" of various sizes. Like powdered methamphetamine), crystal methamphetamine produces long-lasting euphoric effects. Crystal methamphetamine, however, typically has a higher purity level and may produce even longer-lasting and more intense physiological effects than the powdered form of the drug. Crystal methamphetamine use is associated with numerous serious physical problems. The drug can cause rapid heart rate, increased blood pressure, and damage to the small blood vessels in the brain – which can lead to stroke. Chronic use of the drug can result in inflammation of the heart lining. Overdoses can cause hyperthermia (elevated body temperature), convulsions, and death. Individuals who use crystal methamphetamine also may have episodes of violent behavior, paranoia, anxiety, confusion, and insomnia. The drug can produce psychotic symptoms that persist for months or years after an individual has stopped using the drug. Crystal methamphetamine users who inject the drug expose themselves to additional risks, including contracting HIV (human immunodeficiency virus), methamphetamine also risk scarred or collapsed veins, infections of the heart lining and valves, abscesses, pneumonia, tuberculosis, and liver or kidney disease.

Depressants

Depressants are highly addictive. They are usually known as "downers". A user may be drowsy, lethargic, suffer from memory loss and have slurred speech. Many lawful drugs that have a depressant feature are from the family of drugs called barbiturates. More serious effects of the abuse of downers are liver damage, paradoxical anxiety and excited rage, coma and death.

Ecstasy

(MDMA) Also known as XTC, X and E, Ecstasy is a mind altering drug with hallucinogenic and speed like side effects. Often used at raves it is taken to promote loss of inhibition, excited-ness, euphoria, energy, and sexual stimulation. Ecstasy increases the amounts of serotonin in a person's brain, which causes increased energy and cheerfulness; it also contains anti-coagulative properties, which can cause a person to bleed to death if injured. Ecstasy can also cause serious brain damage in a short time. Side effects of ecstasy are: depression, increase in heart rate and blood pressure, muscle tension, nausea, blurred vision, faintness, chills, brain damage, organ damage, and death. Similar "designer drugs" include MDEA and MDA (also known as "Adam" and "Eve")

Ritalin

Methylphenidate (Ritalin) is a medication prescribed for individuals (usually children) who have an abnormally high level of activity or attention-deficit hyperactivity disorder (ADHD). It contains amphetamines and can be abused as a stimulant by those other than for whom prescribed. When abused, the tablets are either taken orally or crushed and snorted. Some abusers dissolve the tablets in water and inject the mixture – complications can arise from this because insoluble fillers in the tablets can block small blood vessels.

GHB

Gamma-hydroxyl butyrate is an intoxicating chemical with medical, recreational, and potentially dangerous uses. Its use is illegal for any purpose in the United States. Nicknamed the "date rape drug," it is a clear liquid often mixed in drinks to promote relaxation or increased sociability. When taken, side effects can be: drowsiness, dizziness, vomiting, amnesia, decreased motor skills, slurring of

speech, unrouseable sleep (coma) and death. GHB was used as a dietary supplement until banned by the FDA. GHB is now illegal in the United States. Common slang names for GHB are: G, Liquid X, GBH, Gamma-oh, Blue Verve, **G**rievous **B**odily **H**arm, Goop, and EZLay.

Drug Conviction Notification and Imposed Sanctions:

- Any employee, faculty or student must notify CRY-ROP of any criminal drug statute conviction for a violation occurring in previously identified locations and/or in the workplace no later than five days after such a conviction.
- Within 30 days after receiving notice of an employee, faculty, or student conviction, CRY-ROP will impose corrective measures on the employee, faculty, or student convicted of drug abuse violations by:
 - 1. Taking appropriate action against the employee, faculty or student up to and including expulsion or termination of employment and referral for prosecution and/or
 - 2. Requiring such employee, faculty, or student to participate satisfactorily in a drug abuse assistance or rehabilitation program approved for such purposes be a federal, state of local health, law enforcement, or other appropriate agency.

Laws relating to Drug Violations:

Attached is a list of violation codes associated with the unlawful manufacture, distribution, dispensing, possession or use of any controlled substance. Any employee, faculty or student violating any of the described laws of the Health and Safety Code or the Business and Professional Code could be subject to fines and imprisonment.

CRY-ROP Board Policy 4020 and 5131 Drug & Alcohol Free Organization states the following:

Employees (Board Policy 4020)

The Governing Board believes that the maintenance of drug and alcohol-free workplaces is essential to school and CRY-ROP operations.

No employee shall unlawfully manufacture, distribute, dispense, possess, use, or be under the influence of any alcoholic beverage, drug, or controlled substance as defined in the Controlled Substances Act and Code of Federal Regulations before, during, or after school hours at school or in any other ROP workplace.

The Superintendent or designee shall:

1. Publish and give to each employee a notification of the above prohibitions. The notification shall specify the actions that will be taken against employees who violate these prohibitions. The notification shall also state that as a condition of employment, the employee will abide by the terms of this policy and notify the employer, within five days, of any criminal drug or alcohol statute conviction which he/she receives for a violation occurring in the workplace.

For the purpose of this policy, "conviction" shall mean a finding of guilt, including a plea of nolo contendere, or imposition of sentence, or both, by any judicial body charged to determine violations of federal or state criminal drug or alcohol statutes.

- 2. Establish a drug and alcohol-free awareness program to inform employees about:
 - a. The dangers of drug and alcohol abuse in the workplace
 - b. The ROP policy of maintaining drug and alcohol-free workplaces
 - c. Any available drug and alcohol counseling, rehabilitation, and employee assistance programs and
 - d. The penalties that may be imposed on employees for drug and alcohol abuse violations
- Notify the appropriate federal granting or contracting agencies within 10 days after receiving notification, from an employee or otherwise, of any conviction for a violation occurring in the workplace.
- 4. Initiate disciplinary action within 30 days after receiving notice of a conviction for a violation in the workplace from an employee or otherwise. Such action shall be consistent with state and federal law, the appropriate employment offer, and ROP policy and practices.

5. Make a good faith effort to continue maintaining a drug and alcohol-free workplace through implementation of Board policy.

In taking disciplinary action, the Superintendent shall require termination when termination is required by law. When termination is not required by law, the Superintendent shall either take disciplinary action, up to and including termination, or shall require the employee to satisfactorily participate in and complete a drug assistance or rehabilitation program approved by a federal, state or local health, law enforcement or other appropriate agency. The Superintendent's decision shall be made in accordance with relevant state and federal laws, employment offers, and ROP policies and practices.

(cf. 4117.4 - Dismissal) (cf. 4118 - Suspension/Disciplinary Action) (cf. 4159/4258/4359 - Employee Assistance Programs) (cf. 4218 - Dismissal/Suspension/Disciplinary Action)

Legal Reference:

EDUCATION CODE

44011 Controlled substance offense

44425 Conviction of controlled substance offenses as grounds for revocation of credential

44836 Employment of certificated persons convicted of controlled substance offenses

44940 Compulsory leave of absence for certificated persons

44940.5 Procedures when employees are placed on compulsory leave of absence

45123 Employment after conviction of controlled substance offense

45304 Compulsory leave of absence for classified persons

GOVERNMENT CODE

8350-8357 Drug-free workplace

UNITED STATES CODE, TITLE 20

7111-7117 Safe and Drug Free Schools and Communities Act

UNITED STATES CODE, TITLE 21

812 Schedule of controlled substances

UNITED STATES CODE, TITLE 41

701-707 Drug-Free Workplace Act

CODE OF FEDERAL REGULATIONS, TITLE 21

1308.01-1308.49 Schedule of controlled substances

Policy adopted: May 20, 2009 Redlands, California

Students (Board Policy 5131.6 (a))

The Governing Board believes that the use of alcohol or other drugs adversely affects a student's ability to achieve academic success, is physically and emotionally harmful, and has serious social and legal consequences. The Board desires to keep CRY-ROP schools free of alcohol and other drugs in order to help prevent violence, promote school safety and create a well-disciplined environment conducive to learning.

The Superintendent or designee shall clearly communicate to all students, staff and parents/guardians the ROP's policies, regulations and school rules related to the use of alcohol and other drugs on school campuses or at school activities. Information about program needs and goals shall be widely distributed in the community.

(cf. 5131.61 - Drug Testing) (cf. 5131.62 - Tobacco) (cf. 5131.63 - Steroids)

Intervention, Referral and Student Assistance Programs

School staff, students and parents/guardians shall be informed about early warning signs which may indicate alcohol and other drug use and about appropriate agencies offering intervention programs, counseling, referral and other student assistance programs.

The Board strongly encourages any student who is using alcohol or drugs to discuss the matter with his/her parent/guardian or with any staff member. Students suspected of alcohol and drug use may be prohibited from certain activities or programs.

Enforcement/Discipline

The Superintendent or designee shall take appropriate action to eliminate possession, use or sale of alcohol and other drugs and related paraphernalia on school grounds or at school-sponsored activities.

(cf. 5131 - Conduct)

(cf. 5145.11 - Questioning and Apprehension)

(cf. 5145.12 - Search and Seizure)

Students possessing, using or selling alcohol or other drugs or related paraphernalia shall be subject to disciplinary procedures including suspension or expulsion and/or referral to law enforcement in accordance with law, Board policy and administrative regulation. In addition, such students may be referred to an appropriate counseling program, transferred to an alternative placement, and/or be restricted from extracurricular activities.

(cf. 5144 - Discipline)

(cf. 5144.1 - Suspension and Expulsion/Due Process)

(cf. 6145 - Extracurricular and Cocurricular Activities)

Legal Reference: (see next page)

BP 5131.6(b)

ALCOHOL AND OTHER DRUGS (continued)

Legal Reference:

EDUCATION CODE

44049 Known or suspected alcohol or drug abuse by student

44645 In-service training anabolic steroids

48900 Suspension or expulsion (grounds)

48900.5 Suspension, limitation on imposition; exception

48901 Smoking or use of tobacco prohibited

48901.5 Prohibition of electronic signaling devices

48902 Notification of law enforcement authorities; civil or criminal immunity

48909 Narcotics or other hallucinogenic drugs

48915 Expulsion; particular circumstances

49602 Confidentiality of pupil information

51202 Instruction in personal and public health and safety

51203 Instruction on alcohol, narcotics and restricted dangerous drugs

51210 Areas of study

51220 Areas of study, grades 7 to 12

51260-51269 Drug education

60041 Instructional materials

60110-60115 Instructional materials on alcohol and drug education

BUSINESS AND PROFESSIONS CODE

25608 Alcohol on school property; use in connection with instruction

HEALTH AND SAFETY CODE

11032 Narcotics, restricted dangerous drugs and marijuana

11053-11058 Standards and schedules

11353.6 Juvenile Drug Trafficking and Schoolyard Act

11357 Unauthorized possession of marijuana; possession in school or on school grounds

11361.5 Destruction of arrest or conviction records

11372.7 Drug program fund; uses

11802 Joint school-community alcohol abuse primary education and prevention program

11998-11998.3 Drug and Alcohol Abuse Master Plans

11999-11999.3 Alcohol and drug program funding; no unlawful use

124175-124200 Adolescent family life program (Department of Health Services)

PENAL CODE

13860-13864 Suppression of drug abuse in schools

VEHICLE CODE

13202.5 Drug and alcohol related offenses by person under age of 21, but aged 13 or over;

Legal Reference: (see next page)

BP 5131.6(2)

ALCOHOL AND OTHER DRUGS (continued)

Legal Reference continued:

WELFARE AND INSTITUTIONS CODE

828 Disclosure of information re minors

828.1 Disclosure of criminal records; protection of vulnerable staff & students

UNITED STATES CODE, TITLE 20

5812 National education goals

7101-7184 Safe and Drug-Free Schools and Communities Act

Management Resources:

WEB SITES

California Department of Education, Alcohol, Tobacco and Other Drug Prevention: http://www.cde.ca.gov/ls/he/at California Healthy Kids: http://www.californiahealthykids.org

U.S. Department of Education, Office of Safe and Drug Free Schools: http://www.ed.gov/about/offices/list/osdfs/index.html

Policy adopted: May 20, 2009 Redlands, California

Where can students go for help?

Call or visit the Resource Office: 1226 Indiana Ct. Redlands, CA 92374

Phone: (909) 793-3115

Where can staff/faculty go for help?

Call or visit Human Resources at:

1214 Indiana Ct. Redlands, CA 92374 Phone: (909) 793-3115

Drug Abuse & Addiction Information & Treatment Centers

•	Drug Rehab Center Hotline	800-501-9330
•	MFI Recover Center	951-683-6596 or 866-218-4697
•	The Center of Substance Abuse Treatment and Referral Hotline	800-662-HELP
•	CRC Health Group	877-637-6237
•	AL-ANON / ALATEEN	909-824-1516
	(Family & Friends of Alcoholics) – Inland Empire	
•	The national Alcohol and Substance Abuse Information Center	800-784-6776
•	Addiction Counseling & Treatment Services	951-210-0489

Information Distribution Procedures:

CRY-ROP's Drug-Free Workplace Information will be distributed to all employees, faculty and students on an annual basis using the following procedure:

- Students will receive a copy of the Drug-Free Workplace Policy at the time of initial enrollment and at the beginning of every Fall semester thereafter. The enrollment agreement signed by every student will acknowledge receipt of the Drug-Free workplace information.
- Faculty and Staff employees will receive a copy of the Drug-Free Workplace Policy with the initial agreement of employment. It will be read, and the signature page will be returned with the employment agreement. Annually, the Human Resources Department will be responsible for distributing the policy to current Faculty and Staff employees via website posting and digital delivery.

	Federal Trafficking Penalties for S	cnedules I, II, III, IV, and	i v (except Marijuana)			
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty		
II	Cocaine 500-4999 grams mixture	First Offense: Not less than 5 yrs. and not more	Cocaine 5 kilograms or more mixture	First Offense: N less than 10 yrs. and not more		
II	Cocaine Base 28-279 grams mixture	than 40 yrs. If death or serious bodily injury, not	Cocaine Base 280 grams or more mixture	than life. If deat or serious bodil injury, not less		
IV	Fentanyl 40-399 grams mixture	less than 20 yrs. or more than life.	less than 20 yrs. Fentanyl	than 20 yrs. or more than life.		
I	Fentanyl Analogue 10-99 grams mixture	Fine of not more than \$5 million if an individual, \$25	Fentanyl Analogue 100 grams or more mixture	Fine of not mor than \$10 million		
I	Heroin 100-999 grams mixture	million if not an individual.	Heroin 1 kilogram or more mixture	if an individual, \$50 million if not an individual.		
I	LSD 1-9 grams mixture	Second Offense:	LSD 10 grams or more mixture	Second Offense		
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture	Not less than 10 yrs. and not more than life. If death or serious bodily	Methamphetamine 50 grams or more pure or 500 grams or more mixture	Not less than 20 yrs, and not mo than life. If deat or serious bodil		
II	PCP 10-99 grams pure or 100-999 grams mixture	injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	PCP 100 grams or more pure or 1 kilogram or more mixture	injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if no an individual.		
				2 or More Prior Offenses: Life imprisonment. Fine of not mor than \$20 millior if an individual, \$75 million if no an individual.		
	Substance/Quantity	Penalty				
ny Amount Of Other Schedule I & II Substances ny Drug Product Containing Gamma Hydroxybutyric Acid unitrazepam (Schedule IV) Gram		injury, not less tha individual, \$5 milli Second Offense: N injury, life impriso	First Offense: Not more that 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if individual, \$5 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodil injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.			
y Amount Of O	ther Schedule III Drugs	First Offense: Not injury, not more th	First Offense: Not more than 10 yrs. If death or serious bodily injury, not more that 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.			
		not more than 30	Second Offense: Not more than 20 yrs. If death or serious injurnot more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.			
	ll Other Schedule IV Drugs (other than one Flunitrazepam)	First Offense: Not	more than 5 yrs. Fine not mo	re than \$250,00		

	if an individual, \$1 million if not an individual.		
	ii an maividuai, 51 million ii not an maividuai.		
	Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.		
Any Amount Of All Schedule V Drugs	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.		
	Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.		
Federal Trafficking Penalt	ies for Marijuana, Hashish and Hashish Oil, Schedule I Substances		
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.		
	Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.		
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.		
	Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.		
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.		
Hashish	Second Offense, Not more than 20 use If death as serious hadily injury life		
More than 10 kilograms Hashish Oil More than 1 kilogram	Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.		
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight)	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if		
1 to 49 marijuana plants	other than individual.		
Hashish 10 kilograms or less	1		
Hashish Oil 1 kilogram or less	1		

U.S. Drug Enforcement Administration, June 25, 2014

Acknowledgement of Receipt of the Colton-Redlands-Yucaipa ROP's Staff & Student Drug & Alcohol Abuse Prevention Information

By signing this document the employee, faculty member or student agrees to abide by CRY-ROP's Drug and Alcohol Free Workplace policy and understands the sanctions associated with violating such policy.

Circle One:	<u>Staff</u>	<u>Faculty</u>	<u>Student</u>	
Name (Print)			ID or SS#	
Signature			Date	