

Biennial Review 2020-2022
(August 2020 - July 2021 and August 2021 – July 2022)
Drug and Alcohol Prevention Program
San Jacinto Community College

San Jacinto Community College prohibits all employees (full-time, part-time, faculty, and staff) and students from engaging in the unlawful manufacture, distribution, dispensation, sale, possession, ingestion, or use of drugs or alcohol in the workplace, on College grounds, in College vehicles, at College-related or sponsored activities regardless of location, or while otherwise on duty. The College prohibits all employees and students from reporting to work, class, or a College activity (including College athletics) while under the influence of drugs or alcohol. Prescription and over-the-counter drugs are permitted only when taken in standard dosage or according to a physician's prescription.

San Jacinto College employees and students are required to abide by all federal and state laws, local ordinances, Texas High Education Coordinating Board policies, and other related requirements regarding the consumption or possession of alcoholic beverages, controlled substances, and illegal drugs. Additionally, San Jacinto College is concerned about the academic success of students and the safety of all members of the campus community and is committed to maintaining an academic and social environment conducive to the intellectual and personal development of students. A link to alcohol and drug information in the Student Handbook can be found here: [Prevention Program Regarding Illicit Drugs and Alcohol Abuse](#).

Drug-Free Statement

San Jacinto Community College District strives to provide all students and employees with an environment that is free of substance abuse. The illegal use of controlled substances on College campuses subjects the College, its students, and its employees to unacceptable risks of injury, interferes with the learning and working environments, and is inconsistent with the behavior expected of persons associated with the College.

The College firmly supports remedial assistance and, when necessary, disciplinary action for those individuals who violate conduct expectations, including those related to the use, possession, distribution, or possession for purposes of distribution, of any controlled substances or illegal drugs on College property or at College-sponsored activities at off-campus locations.

Law enforcement officers are supported by the College to ensure compliance with all laws including those relating to alcohol and to the use, abuse, possession, or distribution of controlled substances or illegal drugs.

Compliance with the Drug-Free Schools and Communities Act

San Jacinto College has adopted and implemented programs to prevent the abuse of alcohol and the use or distribution of illicit drugs both by students and employees on its premises and as a part of any of the college's activities. San Jacinto College has written policies on alcohol and other drugs. The college distributes information to students during orientation and through access to the online Code of Student Conduct, the online Student Handbook, and the online Annual Security and Fire Safety

Report.

In compliance with federal regulations, San Jacinto College has taken steps to ensure a drug-free workplace. Upon hiring, employees are provided a comprehensive brochure and an official statement concerning the establishment of a drug-free workplace, [Procedure 3-2: Drug Free Workplace](#). In addition, employees are required to sign an acknowledgment and agreement that they have read the statement and agree to abide by the Procedure.

Materials for students and employees are located on the college website and contain the following:

- Standards of conduct that prohibit unlawful possession, use or distribution of illicit drugs and alcohol on its property or as a part of its activities;
- A description of the health risks associated with the use of illicit drugs and abuse of alcohol;
- A description of counseling or treatment programs;
- A clear statement and description of the disciplinary sanctions the institution will impose on students and employees.

Health Risks

A chart containing additional information concerning the health risks associated with alcohol abuse and commonly abused drugs can be found in the current online [Student Handbook](#).

- **Alcohol Abuse**

Alcohol is a primary and continuous depressant of the central nervous system. Impairment of judgment and recently learned, complex, and finely tuned skills begins to occur at blood alcohol concentrations as low as 0.025 percent. These impairments are followed by the loss of more primitive skills and functions, such as gross motor control and orientation at concentrations in excess of 0.05 percent. Alcohol in moderate doses impairs nearly every aspect of information processing, including the ability to abstract and conceptualize, the ability to use large numbers of situational cues presented simultaneously, and the cognitive ability to determine meaning from incoming information. Alcohol consumption can therefore promote action on impulse without full appreciation of, or concern about, the potential negative consequences of such action.

Chronic long-term effects of heavy drinking over a period of years can result in brain damage, cancer of the mouth, esophagus, or stomach, heart disease, liver damage resulting in cirrhosis, alcoholic hepatitis, and cancer of the liver, peptic ulcer disease, and possible damage of the adrenal and pituitary glands. Prolonged, excessive drinking can shorten one's life span by 10-12 years.

- **Illicit Drugs/Controlled Substances**

Illicit drugs include narcotics, such as heroin or morphine; depressants, such as barbiturates, Quaaludes, or Valium; stimulants, such as cocaine or "crack"; hallucinogens, such as PCP, LSD, or mescaline; cannabis such as marijuana or hashish; inhalants, such as nitrous oxide, amyl nitrate (poppers) or various hydrocarbon solvents; and designer drugs, such as China White, methamphetamine (Ecstasy) or meperidine (Demerol).

Narcotics: Narcotics initially produce a feeling of euphoria that is often followed by drowsiness, nausea and vomiting. Tolerance may develop rapidly and dependence is likely. The use of

contaminated syringes may result in diseases such as AIDS, endocarditis (inflammation of the lining of the heart) and hepatitis.

Depressants: The effects of depressants are in many ways like the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but a somewhat larger dose can cause slurred speech, ataxia, unstable gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence.

Stimulants: Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils; elevated blood pressure, heart, and respiratory rate; and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose with long-term use eroding the nasal septum. The injection of cocaine with unsterile equipment can cause AIDS, hepatitis, and other diseases. Preparation of freebase, which involves the use of volatile solvents, can result in death or injury from fire or explosion. Cocaine can produce psychological and physical dependency. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. Overdoses occur easily.

Hallucinogens: Phencyclidine (PCP) users frequently report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. Chronic PCP users report persistent memory problems and speech difficulties. Mood disorders, such as depression, anxiety, and violent behavior, may also occur. In late stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce convulsions and coma, heart failure, lung problems, and/or ruptured blood vessels in the brain. Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The 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. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased.

Marijuana/Cannabis: The short-term effects of marijuana include distortion of time perception, increased heart rate, dilation of blood vessels, and loss of short-term memory. Also decreased are visual perception and psychomotor skills, which have adverse effects on driving ability. The effects of long-term use include loss of motivation, chronic bronchitis, decreased vital lung capacity, and an increased risk of lung cancer. Tolerance and psychological dependence do develop with marijuana.

Inhalants: The chemicals in most inhalants are rapidly absorbed in the lungs and exert their central nervous system effects within seconds, producing an altered mental state for about five to fifteen minutes. Immediate effects of inhalants include nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays can decrease heart and respiratory rates and impair judgment. Amyl and butyl nitrate can cause rapid pulse, headaches, and involuntary passing of urine and feces.

Inhalation of toluene as well as other hydrocarbons has been associated with kidney and liver damage, peripheral nerve problems, convulsions, encephalopathy (organ brain damage), and other central nervous system disorders. Sudden death associated with both glue sniffing and especially the inhalation of aerosols containing halogenated hydrocarbons (Freon) has been reported and is thought to be secondary to cardiac arrhythmias (abnormal electrical conduction patterns in the heart.)

Designer Drugs and Other Drugs of Concern: Designer drugs are synthetic chemical modifications of older drugs of abuse that are designed and manufactured in covert laboratories and sold at great profit for recreational use. These drugs can be several hundred to several thousand times stronger than the drugs they are designed to imitate. Designer drugs similar to opiates include fentanyl, Demerol, and "China White." The narcotic analogs of designer drugs can cause symptoms such as those seen in Parkinson's disease- uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamine cause blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, irritability, depression, and paranoia. Withdrawal problems include sweating, diarrhea, fever, insomnia, irritability, nausea and vomiting, and muscle and joint pain.

Some substances are not currently controlled by the Controlled Substances Act but still pose a risk to individuals who abuse them. The drugs include but are not limited to bath salts or designer cathinones (synthetic stimulants), DXM (a cough suppressor), and Salvia Divinorum (an herb abused for its hallucinogenic effects). The use of synthetic stimulants may cause agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures or panic attacks. Use of DXM may cause confusion, agitation, paranoia, or hallucinations. Over-the-counter products that contain DXM often contain other ingredients that have their own effects, such as liver damage, rapid heart rate, lack of coordination, vomiting, seizures or coma. Use of salvia divinorum may cause loss of coordination, dizziness, or slurred speech.

- **Anabolic Steroids and Growth Hormones**
Anabolic steroids and growth hormones are for medical use only. State law prohibits the possession, dispensing, delivery, or administering of an anabolic steroid or growth hormone in any manner not allowed by state law. State law provides that bodybuilding, muscle enhancement, or increasing muscle bulk or strength through the use of an anabolic steroid by a person who is in good health is not a valid medical purpose. Only a medical doctor may prescribe an anabolic steroid or human growth hormone for a person. A violation of state law concerning anabolic steroids or human growth hormones is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Corrections.

Legal Sanctions

Students, regardless of age, determined to violate College regulations about controlled substances, including alcohol, are subject to severe disciplinary penalties, including permanent suspension from the College. When such violations also constitute violations of public law, charges also may be filed by the College for prosecution by the appropriate law enforcement agency. Convictions under public law are punishable by fines, imprisonment, or both.

This notice is provided following the provisions of H.B. 1507, 71st Legislature, State of Texas. A full listing of the City of Houston Ordinances, penalties under Texas Law, and Penalties under federal law can be found in the current online [Student Handbook](#).

Disciplinary Actions – Employees

All employees are expected to dedicate their best efforts to the performance of their work assignments. Any employee who engages in violations of the standards of conduct, misconduct, or insubordination at work or away from work which violates any of the established policies or rules of San Jacinto Community College or engages in misconduct which otherwise violates San Jacinto Community College’s reasonable expectations for employee conduct may be disciplined.

Observance of the policy and procedure regarding alcoholic beverages and illegal drugs is a condition of employment for all College employees. An employee violating this policy or procedure shall be subject to employment discipline up to and including termination or shall be required to undergo satisfactory participation in a drug abuse assistance or rehabilitation program. Disciplinary sanctions may include but are not limited to warning, reprimand, suspension with or without pay, suspension for part of a day or a period of one or more days, demotion, or termination of employment. The College reserves the right to impose any disciplinary sanction without prior warning including but not limited to termination. Other disciplinary sanctions may also be imposed.

Notification of Convictions

Any employee directly engaged in the performance of work pursuant to the provision of a federal grant or contract who is convicted of violating a criminal drug statute shall notify his or her immediate supervisor of the conviction no later than five days after the conviction. The immediate supervisor shall promptly report the conviction to the appropriate SLT member and the Vice Chancellor of Human Resources. On behalf of the College, the Vice Chancellor of Human Resources shall notify the federal agency, grant, or contractor of the conviction within ten days of the College’s receipt of notice from the employee or of receipt of other actual notice. Board Policy IV-C-7 and Procedure 3-2 address the circumstances under which employees may be tested for unlawful use of drugs and alcohol.

Disciplinary Actions--Students

The College responds to reports of the illegal use of substances through its discipline system. Section 3.9 of the Student Code of Conduct addresses the subject of drugs and alcohol. Students in violation of San Jacinto College’s Alcohol and Drug policies or conduct codes will face disciplinary actions as noted in the Code of Student Conduct. The Code of Student Conduct applies to conduct that occurs on college premises and college-sponsored activities, and to off-campus conduct that adversely affects the college community and/or the pursuit of its objectives. Additionally, college disciplinary proceedings may be instituted against a student charged with conduct that potentially violates both criminal law and the Code of Student Conduct.

Disciplinary sanctions may include but are not limited to referral to an alcohol education program, referral to counseling services, warning, reprimand, probation, suspension, or expulsion. The Student Code of Conduct can be found here: [Code of Student Conduct](#).

The San Jacinto College Student Athlete Handbook contains the Athletic Code of Conduct and

information on [Policy VI-HH: Policy on Drugs and Testing for Student Athletes](#). Education and counseling are the primary objectives for those student-athletes who test positive in the drug screening program. Additionally, student sanctions for confirmed positive drug screening results, admittance of use, or possession or distribution of prohibited substances and paraphernalia may include short-term suspension from a team, long-term suspension, suspension or expulsion from San Jacinto College, revocation of privileges, and forfeiture of athletic financial aid and/or athletic scholarships. Student-athletes also are subject to these sanctions for manipulating a drug test and/or compromising the integrity of the testing process.

Student Summary

Campus Incident Reports for Students

Year	Number of Offenses
2020-2021	0
2021-2022	4

Alcohol and Drug Prevention Programs/Education and Awareness

San Jacinto College has a vested interest in the health and well-being of its students and employees. In recognition of these increasing problems within contemporary society dealing with alcohol and substance abuse, education has been, and will continue to be, the primary focus of the College's efforts. Providing honest, factual information through organized educational programs will assist individuals in making reasonable decisions regarding the use of chemical substances. This includes information about illegal substances and their effects and about the establishment of responsible drinking behavior for those who choose to use alcoholic beverages. Guest lectures, video presentations, and seminars are held to provide information to our college community about such areas as peer pressure resistance, health concerns, rehabilitation, and awareness.

San Jacinto College recognizes substance abuse as a treatable condition and offers programs and services for employees and students. The programs provide services related to substance use and abuse including dissemination of informational materials, educational programs, counseling services, and referrals to area substance abuse treatment providers.

Student Activities: The Student Engagement and Activities Office provides preventative, educational, and informative services to San Jacinto College regarding substance use and abuse. Working with other campus departments and organizations, the Department strives to impact the negative effects of substance abuse on student success.

Events for AY 2020-2021 and AY 2021-2022

Speakers:

- No speakers or presentations in Fall 2020, Spring 2021, Summer 2021, or Fall 2021 due to altered campus operations because of the COVID-19 pandemic.

Awareness:

- Information available to students regarding substance abuse and resources in the local area.
- Information available to students regarding Narcotics Anonymous and Alcoholics Anonymous meetings in the local area. These meetings were also impacted by the pandemic.
- Brochures available to students throughout campus relating to drug and alcohol abuse.

- Welcome Week Events Table – August 2020 and 2021, January 2021 and 2022; Mental Health Counseling Services set up a table display at each campus event at the beginning of the fall and spring semesters with information and resources available related to drug and alcohol awareness and prevention.
- Student Handbook – 2020/2021 and 2021/2022; The Student Handbook includes sections related to drug and alcohol policies on campus as well as listings for student/community local, regional, and national hotlines and resources.
- Risk Management Training – All club advisors, officers, and organization members who travel for club-related trips are required to take part in state-mandated annual risk management training and complete the training with an 80% pass rate.
- Bringing in the Bystander – Training for students and employees that teaches bystanders how to safely intervene in instances where sexual violence, relationship violence, or stalking may be occurring or where there may be a risk that it will occur. The training additionally addresses how drug or alcohol use, or addiction can impact the intervention process.
- Online Mental Health Screenings – Confidential, free-of-charge [online screening tools](#) for students to evaluate alcohol use, substance use, opioid use, and other behavioral health concerns. These tools help the student determine whether they would benefit from connecting with a mental health professional.
- No special awareness events or activities took place in fall 2020, Spring 2021, Summer 2021, or Fall 2021 due to campus closure because of the COVID-19 pandemic.

Resources for Assistance – Students

Students who desire confidential assistance from the College in dealing with a perceived or possible alcohol or chemical substance abuse problem may self-refer for that assistance by making an appointment with a counselor in the Educational Planning, Counseling, and Completion office. Although the College does not conduct treatment or rehabilitation programs, College counselors are equipped to facilitate referrals to appropriately qualified providers of treatment programs.

Students may also utilize confidential [online screening tools](#) for alcohol use, substance use, opioid use, and other behavioral health concerns. These tools are free and help the student determine whether or not they would benefit from connecting with a mental health professional.

Resources for Assistance -- Employees

The College subscribes to an Employee Assistance Program (EAP) that provides confidential, professional assistance to help employees and their families resolve problems that affect their personal lives or job performance. The program is strictly confidential and voluntary – it is designed to allow employees or their families to seek help on their own. The College contracted with The University of Texas Employee Assistance Programs whose staff has specialized training in helping people to identify their problems, offer guidance, and locate whatever assistance may be necessary. These problems include but are not limited to, marital and family difficulties, adolescent problems, depression, legal concerns, financial problems, and drug and alcohol-related problems.

Day and evening appointments are available. Appointments may be scheduled by calling 1-800-346-3549. Brochures relating to the EAP program are in the Wellness Offices on each campus and the Human Resources Office in the District.

Additional Resources for Assistance (for both students and employees)

- Bay Area Council on Drug and Alcohol
800-510-3111
bayareacouncilondrugsandalcohol.homestead.com
- Bay Area Recovery Center
281-337-1343
www.bayarearecovery.com
- Memorial Hermann Prevention and Recovery Center (PaRC)
713-939-7272
877-464-7272
www.parc.memorialhermann.org
- Alcoholics Anonymous
713-686-6300
www.aahouston.org
- Narcotics Anonymous
713-943-1111
www.hascona.com
- Al-Anon, Alateen: Houston area
(713) 683-7227
alanon@houstonalanon.org
- Veterans Crisis Line
1-800-273-8255
www.veteranscrisisline.net/

Additional resources can be found on the [mental health resources support page](#).