



Drug and Alcohol Policies and Procedures

2025-2026

(2023 Biennial Review Version)

Drug and Alcohol Abuse Prevention Policy

The College policy regarding the possession, use, and/or sale of alcoholic beverages or illicit drugs by Associated Barber College of San Diego (“ABCSD”, “College”) staff, faculty, or visiting students is governed by state and municipal law and further governed by the Institutional Policies for Personal Conduct. The college expects that individuals and groups will conduct themselves and operate within the scope of the rules and regulations. Proven violations of these policies and regulations will lead to serious consequences and may include criminal prosecutions as well as suspension.

Introduction

ABCSD is dedicated to developing and creating a community that is free from the illegal use of alcoholic beverages and drugs. The success and development of all students are priorities at ABCSD. We are committed to creating an environment that is safe and stimulating to the growth potential of every student.

Educational Objectives

ABCSD’s primary objective is to provide each enrolled student with a high-quality barber educational program in an environment that is conducive to attaining barber shop skills by adopting a straightforward, pragmatic methodology. It is ABCSD’s goal that each student is able to become successful employable barbers in the State of California by being able to provide quality barbering services to the consumer.

Associated Barber College of San Diego Mission Statement

ABCSD’s purpose is to educate men and women in the field of barbering and cosmetology. Our mission is to instruct students in the barbering and cosmetology fields with hands-on techniques and classroom theory so that our graduates will be prepared to pass the California State Barber exam for an entry level position of employment in the barber industry.

Statement

ABCSD will impose some or all sanctions to any student or employee who violates the standard of conduct (consistent with local, state, and federal law). One of the sanctions could be up to and including expulsion, termination of employment, and referral for prosecution.

Drug Free School Prevention Program Purpose

At ABCSD, our paramount objective is to provide a safe and healthy environment for all students, employees, and visitors. To achieve this, we have established a robust Drug and Alcohol Abuse Prevention Program (DAAPP) that emphasizes the importance of maintaining a drug and alcohol-free campus. Complying with the Drug-Free Schools and Campuses Regulations (34 CFR Part 86) and the Drug-free Schools and Communities Act is of utmost importance to us, and we are fully committed to meeting these federal requirements.

Central to our Drug-Free School Prevention Program is the unequivocal prohibition of illegal drug use and the unauthorized distribution of alcohol. This prohibition extends to all areas of our campus, as well

as off-campus settings. We firmly believe that a drug-free environment is conducive to fostering a positive atmosphere for learning, personal growth, and academic success among our student community.

As part of our commitment to maintaining a safe environment, we adhere to state laws regarding alcohol consumption, which stipulate a legal drinking age of 21 years. Consequently, any student found consuming alcohol while underage is in violation of our standards for student conduct.

Furthermore, we are deeply concerned about the potential repercussions of excessive alcohol consumption, which can lead to serious offenses such as driving while intoxicated or engaging in public intoxication. Our Drug-Free School Prevention Program includes educational initiatives to raise awareness about the risks associated with alcohol misuse and to prevent any alcohol-related incidents on campus.

The Drug Free School and Campuses Regulations (34 CFR Part 86)

Under the Drug-Free Schools and Communities Act (DFSCA) of 1989, institutions of higher education, including ABCSD, are required to certify that they have established and implemented programs to prevent the abuse of alcohol and the use or distribution of illicit drugs by both students and employees on campus premises and as part of any university-related activities. To comply with this regulation, ABCSD ensures that all students and employees receive annual distributions of the following information:

- a. A written statement outlining the standards of conduct, which explicitly prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees.
- b. A comprehensive written description of the legal sanctions that may be imposed under local, state, and federal laws for the unlawful possession or distribution of illicit drugs and alcohol.
- c. A detailed written account of the health risks associated with the use of illicit drugs and the abuse of alcohol, highlighting the potential dangers to individuals and the campus community.
- d. An informative description of any drug or alcohol counselling, treatment, rehabilitation, or re-entry programs that are available to both employees and students to support their well-being and recovery.
- e. A clear statement affirming that ABCSD will apply disciplinary sanctions to students and employees who violate the established standards of conduct, including but not limited to measures such as expulsion, termination of employment, and referral for prosecution.

By providing this essential information to all members of the ABCSD community, the university aims to foster a culture of awareness, responsibility, and well-being while reinforcing its commitment to a drug-free and safe learning environment for everyone on campus.

Procedures for Assessing the Quantitative and Qualitative Drug and Alcohol Prevention Program

ABCSD is committed to maintaining a comprehensive and effective Drug and Alcohol Abuse Prevention Program in accordance with the Drug and Alcohol Abuse Prevention Regulation (Education Department General Administrative Regulations, Part 86). To ensure the program's ongoing

effectiveness and identify areas for improvement, ABCSD conducts a biennial review with the following objectives:

- **Quantitative Evaluation:** This assessment focuses on the consistency of sanctions imposed for violations of the university's disciplinary standards and codes of conduct related to drugs and alcohol. It involves analysing the frequency and severity of sanctions to gauge the level of deterrence and the program's impact on discouraging drug and alcohol abuse among students and employees.
- **Qualitative Data Analysis:** The review includes an examination of the numbers of drug and alcohol sanctions from the previous evaluation period. This qualitative assessment helps identify trends and patterns in the sanctions, providing insights into potential areas for improvement or adjustment in the prevention program.
- **Feedback from Stakeholders:** Feedback from a committee or a small group of students and staff members is also considered during the review process. This input provides valuable perspectives and insights that can inform program enhancements.
- **Identification of Areas for Improvement:** The review aims to proactively identify areas that may require enhancement or modification in the drug and alcohol abuse prevention programs. By recognizing potential gaps or challenges, ABCSD can make necessary adjustments to ensure the program remains effective.
- **Comprehensive Report:** The culmination of the biennial review results in the production of a comprehensive report of review findings. This report serves as a valuable resource, guiding the implementation of improvements, best practices, and evidence-based strategies.

By regularly evaluating and refining its prevention efforts through this systematic and data-informed approach, ABCSD remains dedicated to creating a safe, supportive, and healthy campus environment for all members of the university community.

Alcohol Possession, Use, Sale and Enforcement of Underage Drinking Laws

The possession, sale, or furnishing of alcohol on the ABCSD campus is subject to the laws of the State of California. It is essential for all members of the university community to comply with these laws, which strictly regulate the possession, sale, consumption, and furnishing of alcohol. California law prohibits anyone under 21 years of age from possessing, purchasing, or consuming alcohol in any public place or a place open to the public.

To maintain a safe and lawful environment on campus, ABCSD is committed to upholding these regulations. Any violations of alcohol or substance policies, as well as any violations of the law, will be reported to the San Diego Police Department. It is vital for all students and staff to be aware of and adhere to these regulations to ensure a safe and responsible campus community.

While ABCSD takes its responsibilities seriously when it comes to on-campus matters, it is essential to note that the university does not have a cooperative agreement with local law enforcement for off-campus situations. It is the individual's responsibility to abide by applicable laws and regulations even when off-campus. Being informed and making responsible choices regarding alcohol use is paramount for the well-being of all members of the ABCSD community.

Program Oversight and Review

In accordance with federal law, ABCSD notifies students and faculty annually about its drug and alcohol abuse prevention program and related policies, as well as reviews the program on a yearly basis. The Compliance Committee is responsible for updating reports, posting reports on the ABCSD website, and assure that the handbook, employee manual, and student manual are updated.

The Compliance Committee is comprised of the following members:

- Joseph Roccoforte – Owner/School Director
- Michelle Roccoforte – Associate Director
- Tonya Parker-Jones – Financial Aid Director
- Martha Sanchez – Financial Aid Administrator

Who to Report Alcohol and Drug use in or around the campus?

At ABCSD, there are designated individuals on-campus who can receive reports of alleged alcohol and drug use violations. These individuals play a critical role in identifying potential threats to the safety of students, faculty, and staff. While they are not trained in security and cannot make arrests, they are trained to take appropriate safety measures to minimize or eliminate any existing or potential risks.

If you become aware of any criminal activity related to alcohol or drug use on or around the campus, these designated individuals are the primary points of contact for reporting such incidents. They will address the situation promptly and take appropriate actions to ensure the safety and well-being of the college community.

In situations where law enforcement intervention is deemed necessary, the San Diego Police Department will be contacted. The police department actively patrols the area surrounding the campus, and ABCSD collaborates with them to address any suspicious activities or potential threats.

ABCSD maintains an "open-door" policy with law enforcement agencies, fostering cooperation and communication. However, it is essential to note that there is currently no formal written Memorandum of Understanding (MOU) between ABCSD and the local law enforcement. Nonetheless, both parties are committed to ensuring the safety and security of the college community.

Illegal Drugs and Federal and State Drug Laws

ABCSD is committed to maintaining a "Drug-Free" campus environment. As such, the possession, sale, manufacture, or distribution of any controlled substance is strictly prohibited under both state and federal laws. These laws aim to combat drug abuse and protect the safety and well-being of the university community.

The San Diego Police Department actively enforces these laws and collaborates with ABCSD to ensure a safe campus environment. Any individual found in violation of drug laws will face serious consequences, including disciplinary action by the college and potential criminal prosecution.

ABCSD emphasizes the importance of compliance with federal and state drug laws to maintain a secure and conducive learning environment for all students, faculty, and staff. Together, we work to prevent drug abuse and uphold the values of personal responsibility, respect, and academic excellence.

Drug-Free Policy

ABCSD is committed to maintaining a drug-free and safe learning environment for all students, faculty, and staff. We recognize that the illegal use of drugs and alcohol poses serious health and safety risks and can hinder academic and professional success. To uphold this commitment, we have implemented the following policies:

Firstly, students, faculty, and staff are strictly prohibited from consuming alcoholic beverages on school premises, during classes, or during any activities officially sponsored by the university. Secondly, we fully support and adhere to all federal, state, and local ordinances related to alcohol and drugs. Our institution actively cooperates with law enforcement authorities to safeguard the well-being of our students, staff, and faculty from the illegal possession, purchase, sale, and manufacture of controlled substances and alcohol. In the event of any violations, offenders will be referred to the appropriate civil authorities, and disciplinary action will be taken by the institution.

Moreover, it is imperative that all members of the ABCSD community familiarize themselves with and abide by our Drug-Free Campus Policy. This policy emphasizes the importance of maintaining a drug-free environment and outlines the consequences of violating these standards. Additionally, our faculty, staff, and student employees are also expected to comply with the ABCSD Drug-Free Workplace Policy, which provides guidelines for addressing drug-related issues in the workplace.

Lastly, we emphasize that any behaviour that disrupts the educational environment, causes public inconvenience, annoyance, or alarm, or poses a risk to people and/or property, even if influenced by alcohol, is considered a violation of both institution policy and the law.

ABCSD takes these policies seriously and is committed to providing support and resources to promote a drug-free and safe campus environment. By upholding these principles, we create a conducive learning and working environment that fosters personal growth, academic success, and professional development for all members of our community.

CONDUCT, DISCIPLINARY ACTION, AND PENALTIES

Standards of Conduct

ABCSD enforces strict Standards of Conduct to maintain a safe and drug-free campus environment. The following behaviours are strictly prohibited and subject to disciplinary action:

- Use, possession, sale, distribution, and/or production of narcotics or other controlled substances, including marijuana, unless expressly permitted by law. Even with a medical recommendation or license, the possession or use of marijuana is prohibited on college property to comply with Federal law. Any drugs or paraphernalia found in a student's possession or assigned area will be in the possession of the student, regardless of whether they purchased or furnished the items. Confiscated paraphernalia will not be returned to students.

- Illegal or improper use of prescription or over-the-counter medicines. Prescription medicines must be kept in their original bottle with the doctor's prescription noted on it. Prescription medicines found without their prescription attached will be confiscated until the prescription can be produced. All prescription medications must be prescribed to the person in possession of the medication.
- Possession of drug paraphernalia, including but not limited to water pipes, scales, needles, clips, rolling papers, and bongs, or any device associated with drug use, regardless of whether it is purchased or handmade.
- Use of legal substances in an improper manner, such as ingesting cleaning chemicals or inhaling other chemical substances for intoxication purposes.
- Providing drugs with the intent of taking advantage of another person.

Additionally, the possession or use of drugs or alcohol is strictly forbidden on college premises or during any off-campus activities. Faculty and student peers are responsible for addressing concerns related to alcohol or drug abuse or dependency if encountered by a student. Students seeking counselling assistance for drug or alcohol dependency can reach out to designated staff, and all referrals will be kept confidential. The College provides information on drug abuse prevention to all students and employees.

At ABCSD, we take these Standards of Conduct seriously, as they are crucial for fostering a safe and conducive learning environment for all members of our community.

College Disciplinary Penalties

Students found in violation of the Standards of Conduct outlined earlier will face disciplinary action as per the college's policy and Student Standards of Conduct and Disciplinary Process. The disciplinary actions may range from warnings and probation to expulsion, depending on the severity of the violation. It is essential to note that unlawful possession of alcohol and drugs may not only result in college disciplinary measures but also subject the individuals to federal and state laws.

Students and employees found entering institution property under the influence of alcohol or drugs will be referred to treatment and/or reported to local authorities. Any other individuals exhibiting such behavior will be reported to local authorities immediately.

Federal Penalties and Sanctions for Illegal Possession of Controlled Substances

Federal Legal Sanctions:

Pursuant to federal law, the United States Sentencing Guidelines establish mandatory minimum penalties for categories of drug offenses and provide for penalty enhancements in specific cases. Under these federal guidelines, courts can sentence a person for up to 6 years for unlawful possession of a controlled substance, including the distribution of a small amount (less than 250 grams) of marijuana; a sentence of life imprisonment can result from a conviction of possession of a controlled substance that results in death or bodily injury; and, possession of more than 5 grams of cocaine can trigger an intent to distribute penalty of 10-16 years in prison.

Federal Penalties and Sanctions for Illegal Possession of Controlled Substances:

21 U.S.C. 844(A)

- 1st conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.
- After 1 prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$250,000, or both.
- After 2 or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fined at least \$5,000 but not more than \$250,000, or both.
- Special sentencing provisions for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:
 - 1st conviction and the amount of crack possessed exceeds 5 grams.
 - 2nd crack conviction and the amount of crack possessed exceeds 3 grams.
 - 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 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 that offense is punishable by more than 1 year imprisonment. (See special sentencing provisions re: crack, above.)

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. 844A

- Civil fine of up to \$10,000.

21 U.S.C. 862

- Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for first offense, up to 5 years for second and subsequent offenses.

18 U.S.C. 922(G)

- Ineligible to purchase, receive or transport a firearm.

Note: These are only federal penalties and sanctions. Additional local penalties and sanctions may apply.

Federal Trafficking Penalties: Updated information about federal drug trafficking penalties for most drugs can be found at the following website:

<https://www.dea.gov/drug-information/csa>

Information about federal drug trafficking penalties for marijuana, hashish, and hash oil can be found on the same website.

San Diego Court on Drug and Alcohol

A Drug Court is a specialized court that handles specific felony and misdemeanor cases involving non-violent offenders with drug-related issues. In the San Diego region, due to recent funding constraints,

the Adult Programs have limited enrollment to felons only at present. This program is designed to provide a comprehensive approach to address drug use and related offenses.

Participants in the Drug Court program are subject to frequent random drug testing and receive judicial supervision throughout the duration of their involvement. The program also includes drug treatment counseling, educational opportunities, vocational training, and the implementation of court-imposed sanctions and incentives. The judge actively oversees the progress of drug court participants, offering guidance and support, unlike traditional unsupervised probation or diversion programs.

Successful completion of the criminal drug court program typically requires a minimum commitment of 18 months. Upon meeting all program requirements and demonstrating significant progress, probation may be terminated for the participant. In some rare instances, with the recommendation of the prosecutor, the drug-related charge may be dismissed altogether.

The Drug Court aims to provide a rehabilitative approach to non-violent drug offenders, promoting recovery and reducing the likelihood of repeat offenses. By combining judicial supervision, drug treatment, and support services, the program offers an opportunity for individuals to make positive changes and reintegrate into society as law-abiding citizens.

How many Drug Courts are there?

Each of the programs in San Diego County was designed using the guidelines of the Federal Office of Drug Court Policy.

San Diego County Drug Courts include:

- North County Division Adult Drug Court;
- Central Division Adult Drug Court;
- East County Division Adult Drug Court;
- South County Division Adult Drug Court; and
- Juvenile Drug Court (both Delinquency and Dependency).

What is the Adult Drug Court's mission?

The mission of the Adult Drug Court Program is twofold:

- To improve lives that have been impacted by drug addiction; and
- To increase public safety by reducing the amount and frequency of drug related crimes.

These goals are accomplished by assisting the participants in leading clean, sober, independent, and productive lives. The tools used to provide this assistance are:

- Mandated treatment,
- Rigorous court supervision,
- Sanctions,
- The dedication of caring and knowledgeable collaborative team members.

How is the Adult Drug Court funded?

San Diego Superior Court Adult Drug Courts operate with Federal and State grant money. In addition, local law enforcement agencies have contributed drug asset forfeiture money and Local Law Enforcement Block Grant funds. The County, in collaboration with the San Diego Superior Court, has applied for and received funding for Drug Courts including federal funding for a countywide drug court evaluation and state funding through the California Drug Court Partnership Act and Comprehensive Drug Court Implementation Act.

Participants in the Adult Drug Court programs must pay a minimal \$20 fee each week to the provider to aid in the therapeutic aspect as well as to help off-set costs.

Who is involved in the Adult Drug Court?

The Drug Court Team consists of the following representatives:

- Superior Court - Judge and support staff;
- District Attorney;
- Public Defender;
- State and local law enforcement agencies;
- Case Management and Treatment Providers.

Are Violent and/or Serious Offenders Eligible for Drug Court?

San Diego Superior Court Adult Drug Courts exclude offenders charged with violent offenses, sex crimes, manufacturing illegal substances and other serious offenses. Funding under the Crime Bill excludes participation by any offender that has been charged with a violent offense or who has a prior conviction for a violent crime.

How often does Drug Court convene?

Court status hearings with the Drug Court Team are held weekly. Participants appear before the judge weekly, bi-weekly, or monthly, depending on which phase of the program they are in. A report of each participant's progress is prepared and given to the judge prior to the hearing. The judge is notified of positive and negative urinalysis tests, and attendance at counseling and

educational classes. Any special circumstances concerning the participant are included in the progress report. The Court may increase the frequency of drug testing, order increased attendance or participation in a residential program as a requirement to stay in the program and may order jail time as a sanction. Terminating the defendant from Drug Court and sentencing them, is the final sanction.

What is the Treatment Program?

All four Divisions of the Adult Drug Court Programs utilize a single case manager/ treatment provider, who is under contract to San Diego County Health and Human Services Agency. The Drug Court Teams and treatment providers have together designed drug intervention programs intended to provide an early opportunity for treatment and a cost-effective alternative to traditional criminal case processing. The criteria for program participation have been established cooperatively by the Court, the Public Defender's Office, the District Attorney's Office, County HHSA/Alcohol & Drug Services and local law enforcement agencies. Local law enforcement officers participate as Drug Court Liaison Officers to help supervise the program participants in the community.

What does Treatment entail?

Treatment services may include:

- Group therapy;
- Individual therapy;
- Case Management;
- Urinalysis drug testing (quantitative and immediate results); and
- Placement in detox, residential treatment, sober living and mental health programs as deemed appropriate by the Drug Court Teams and availability of resources.

Substance Abuse Assessment Unit (SAAU)

The Substance Abuse Assessment Unit (SAAU) was implemented by the court in an effort to assist the judges in assessing and referring defendants into appropriate programs that will assist them in completing their terms of probation.

The SAAU is staffed by addiction specialists qualified to assess and evaluate levels of addiction and determine appropriate levels of treatment.

Driving Under the Influence (DUI)

Driving Under the Influence cases are referred to the SAAU for evaluation and referral to the appropriate DUI program, MADD Impact Panel and treatment program if necessary.

Drug Court

Drug Court is a special court that hears selected felony and misdemeanor cases involving non-violent, drug-using offenders.

The mission of the Adult Drug Court Program is twofold: to improve lives that have been impacted by drug addiction, and to increase public safety by reducing the amount and frequency of drug related crimes. These goals are accomplished by assisting the participants in leading clean, sober, independent and productive lives. The tools used to provide this assistance are mandated treatment, rigorous court supervision, sanctions and the dedication of caring and knowledgeable collaborative team members.

California State Applicable Laws Overview

Students and employees at ABCSD should be well-informed about the laws in the State of California pertaining to the consumption of alcohol. The following provides an overview of relevant state laws that apply to students and employees:

- It is illegal for individuals under the age of 21 to possess an alcoholic beverage in any public place or any place open to the public (California Business and Professions Code §25662). This law aims to discourage underage drinking and protect the well-being of young individuals.
- Furnishing, giving, or selling alcoholic beverages to someone under the age of 21 is considered a misdemeanor offense (California Business and Professions Code §25658(a)). This regulation holds accountable those who might enable underage drinking.
- Being under the influence of alcohol in a public place and unable to exercise care for one's own safety or the safety of others is considered a misdemeanor (California Penal Code §647(f)). This law emphasizes the importance of responsible alcohol consumption and personal safety.
- Operating a motor vehicle while under the influence of alcohol or other intoxicants, or with a blood alcohol level of 0.08% or higher, is prohibited (California Vehicle Code §23152). This law is enforced to prevent accidents and promote road safety.
- Riding a bicycle under the influence of alcohol, drugs, or both is classified as a misdemeanor (California Vehicle Code §21200.5). This regulation extends the responsibility of sober driving to cyclists as well.
- Possessing an open container of an alcoholic beverage while in a motor vehicle is considered an infraction (California Vehicle Code §23223). This law discourages drinking while driving and applies to both drivers and passengers.
- It is an infraction for the owner or driver of a motor vehicle to allow an open container of alcohol in the passenger area (California Vehicle Code §23225). This law encourages vehicle owners and drivers to maintain a safe and alcohol-free environment.
- Regarding offenses involving controlled substances, California imposes several penalties under the Health and Safety Code §11350. Unlawful possession of controlled substances may result in imprisonment in the county jail or state prison, with fines ranging up to \$70 for the first offense and at least \$1,000 for felony convictions.

For driving under the influence of alcohol (or any other drug), the following are some of the legal sanctions:

- First conviction: Imprisonment in the county jail for a minimum of 96 hours, with at least 48 continuous hours, and a fine ranging from \$390 to \$1,000. Additionally, the offender's privilege to operate a motor vehicle may be suspended (California Vehicle Code §23536).
- Conviction of driving under the influence with or without bodily injury within ten years of certain other felony convictions, including vehicular manslaughter and previous DUI offenses, may lead to imprisonment in state prison or county jail for up to one year, a fine ranging from \$390 to \$1,000, and the revocation of the privilege to operate a motor vehicle (California Vehicle Code §23550.5).
- Driving under the influence causing bodily injury may result in imprisonment in state prison or county jail for a minimum of 90 days to one year, along with a fine ranging from \$390 to \$1,000, and the suspension of the privilege to operate a motor vehicle (California Vehicle Code §23554).
- If a DUI results in bodily injury or death to multiple victims, one-year enhancements for each additional injured victim may be imposed, up to a maximum of three enhancements (California Vehicle Code §23558).
- A second conviction of driving under the influence causing bodily injury within ten years or a conviction within ten years of separate convictions of other specified offenses involving alcohol or drugs may result in imprisonment in the county jail for 120 days to one year, a fine ranging from \$390 to \$5,000, and the revocation of the privilege to operate a motor vehicle (California Vehicle Code §23560).

It is essential for all members of the ABCSD community to be aware of these laws and comply with them to ensure a safe and conducive environment for learning and personal development. Respecting and adhering to California's alcohol and drug regulations contribute to the well-being and success of everyone within the college community.

Alcohol Health Risks Overview

Using drugs and alcohol can have significant and detrimental effects on both physical and psychological health. These effects can be long-lasting and, in some cases, permanent, leading to severe impairments, disabilities, and even premature death. As an institution committed to establishing and maintaining a drug-free campus, ABCSD places great importance on educating all members of its community, including staff and students, about the potential hazards associated with the misuse of drugs and alcohol.

In pursuit of this goal, ABCSD offers comprehensive information and resources to raise awareness about the risks involved in substance abuse. By equipping individuals with knowledge about the health implications of drug and alcohol misuse, we aim to foster a safer and healthier environment for everyone on campus. Our commitment to education and prevention underscores our dedication to the well-being and success of our university community. Through informed decision-making and responsible behavior, we strive to create a supportive and thriving academic environment that promotes the personal and academic growth of each member.

Listed below are some of the health risks associated with using/abusing alcohol and various drugs. For additional information on alcohol and Drug-related health risks please visit www.factsontap.org,

www.drugfreeamerica.org, and www.whitehousedrugpolicy.gov. (Please note that the dangers associated with substance abuse are not

Substance	Known Health Risks
Alcohol	Heart and liver damage; brain damage; death from overdose and accidents.
Marijuana / Hashish	Impaired memory perception, interference with psychological maturation, possible damage to lungs and heart, psychological dependence.
Cocaine	Intense psychological dependence, sleeplessness and anxiety, nasal passage damage, lung damage, and death from overdose.
Stimulants	Loss of appetite, hallucinations, paranoia, convulsions, brain damage, cancers of the lung, throat, mouth, death from overdose.

Medical Consequences of Alcohol Abuse

Alcohol abuse can have severe medical consequences, as evidenced by statistics from the Center for Disease Control and Prevention (CDC). In the United States alone, approximately 79,000 deaths per year are directly attributed to excessive alcohol consumption, making it the third leading lifestyle-related cause of death in the nation. This alarming figure highlights the urgent need to address the issue of alcohol misuse.

Moreover, excessive alcohol use leads to a staggering 2.3 million years of potential life lost (YPLL) annually, which translates to an average of about 30 years of potential life lost for each individual death caused by alcohol abuse. The impact of alcohol-related fatalities extends far beyond the lives lost, affecting families, communities, and society at large.

In a single year, 2005, alcohol-related conditions resulted in over 1.6 million hospitalizations and more than 4 million emergency room visits. These numbers underscore the burden alcohol misuse places on the healthcare system and the urgent necessity for awareness, prevention, and support for those affected.

At ABCSD, we recognize the gravity of these statistics, and that is why we are committed to promoting a drug-free campus and providing education and resources to help our staff and students make informed decisions regarding alcohol use. By understanding the medical consequences of alcohol abuse, we can work together to create a safer and healthier campus community for everyone.

The Standard Measure of Alcohol

In the United States, a standard drink is defined as any drink containing approximately 0.6 ounces (13.7 grams or 1.2 tablespoons) of pure alcohol. This amount of pure alcohol can typically be found in various types of alcoholic beverages, including:

- 12 ounces of regular beer or wine cooler
- 8 ounces of malt liquor
- 5 ounces of wine
- 1.5 ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey)

It is essential to be aware of the standard measure of alcohol, as it helps individuals understand the quantity of alcohol they are consuming. Monitoring alcohol intake is crucial in promoting responsible drinking and minimizing potential health risks associated with excessive alcohol consumption.

Several terms are used to describe patterns of drinking alcohol:

Binge drinking is defined as consuming four or more drinks during a single occasion for women and five or more drinks during a single occasion for men.

Heavy drinking refers to consuming more than one drink per day on average for women and more than two drinks per day on average for men.

Excessive drinking encompasses both heavy drinking and binge drinking. It is essential to note that most people who engage in binge drinking are not necessarily alcoholics or alcohol dependent.

According to the Dietary Guidelines for Americans, moderate alcohol consumption is defined as no more than one drink per day for women and no more than two drinks per day for men. However, there are specific groups of individuals for whom any alcohol consumption is strongly discouraged:

- Pregnant or attempting to become pregnant individuals.
- Individuals taking prescription or over-the-counter medications that may interact harmfully with alcohol.
- Individuals under the age of 21.
- Individuals in recovery from alcoholism or those unable to control their drinking.
- Individuals with medical conditions that could worsen with alcohol consumption.
- Individuals who plan to drive, operate machinery, or engage in activities requiring alertness and coordination.

Understanding these guidelines is essential for promoting responsible alcohol use and ensuring the safety and well-being of individuals within the campus community. ABCSD encourages all staff and students to be familiar with these measures and act responsibly regarding alcohol consumption.

Immediate Health Risk

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following: Unintentional injuries, including traffic injuries, falls, drowning, burns, and unintentional firearm injuries; Violence, including intimate partner violence and child maltreatment. About 35 percent of victims report that offenders are under the influence of alcohol. Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence. Studies have also shown that alcohol is the leading factor of child maltreatment and neglect cases and is the most frequent substance abuse among these parents, as well as risky sexual behavior, including unprotected sex, sex with multiple partners, and increased risk of sexual assault. These behaviors can result in: Unintended pregnancy, sexually transmitted diseases, Miscarriage and stillbirth among pregnant women, combination of physical and mental birth defect among children that last throughout life, Alcohol poisoning, High blood pressure levels that suppress the central nervous system that can cause loss of consciousness, Low blood pressure or body temperature, Coma, Respiratory depression and Death.

Long –Term Health Risks

Excessive alcohol use can lead to a multitude of long-term health risks, affecting various aspects of an individual's physical, neurological, and social well-being. Some of the long-term health consequences associated with chronic alcohol abuse are:

Neurological Problems: Prolonged alcohol use can cause neurological impairments, leading to conditions such as dementia, stroke, and neuropathy, which can have lasting and debilitating effects on an individual's cognitive and motor functions.

Cardiovascular Problems: Chronic alcohol abuse is linked to various cardiovascular issues, including an increased risk of myocardial infarction (heart attack), cardiomyopathy (weakening of the heart muscle), atrial fibrillation (irregular heart rhythm), and hypertension (high blood pressure).

Psychiatric Problems: Long-term alcohol abuse can have serious mental health implications, contributing to the development of conditions such as depression, anxiety disorders, and an increased risk of suicide.

Social Problems: Excessive alcohol use can have detrimental effects on an individual's social life, leading to unemployment, lost productivity, and family problems, straining relationships with loved ones.

Cancer: Prolonged alcohol consumption is associated with an increased risk of developing various types of cancer, including cancer of the mouth, throat, esophagus, liver, colon, and breast. The risk of cancer rises with higher alcohol intake.

Liver Diseases: Chronic alcohol abuse can severely impact the liver, leading to conditions like alcoholic hepatitis and cirrhosis. Cirrhosis is one of the 15 leading causes of all deaths in the United States. For individuals with Hepatitis C virus, alcohol can worsen liver function and interfere with medications used to treat the condition.

Other Gastrointestinal Problems: Excessive alcohol consumption can cause inflammation of the pancreas (pancreatitis) and the stomach lining (gastritis), leading to digestive issues and complications.

These long-term health risks underscore the importance of promoting responsible alcohol consumption and raising awareness about the potential consequences of alcohol abuse. ABCSD strives to educate its students and employees about the serious health implications of excessive alcohol use and encourages a campus culture that prioritizes well-being and healthy lifestyle choices.

Alcohol Abuse and Pneumonia

Alcohol abuse has long been recognized as a significant risk factor for pneumonia. The sections below examine the epidemiology of alcohol abuse and pneumonia and the potential mechanisms by which alcohol abuse increases the risk for pneumonia.

Epidemiology of Alcohol Abuse and Pneumonia

As of 2001, pneumonia was the sixth most common cause of death in the United States, with over 1 million people requiring hospitalization for pneumonia per year ([Niederman et al. 1998](#)). In an otherwise healthy person, pneumonia usually has a low mortality and often can be treated without hospitalization with oral antibiotics. However, if hospitalization is required, the mortality rises significantly ([American Thoracic Society 2001](#)). Further, if patients develop respiratory failure and require care in the intensive care unit (ICU), mortality may exceed 50 percent ([American Thoracic Society 2001](#)). Therefore, early identification of patients that may be at higher risk for severe community-acquired pneumonia is important so that clinicians can tailor treatment strategies, such as early ICU admission, to individual patients.

For over a century, alcohol abuse has been well recognized as a significant risk factor for serious pulmonary infections. For example, alcoholic patients are at increased risk for infection with tissue-damaging gram-negative pathogens, such as *Klebsiella pneumoniae* ([Jong et al. 1995](#)), or for the spread of bacteria in the blood (i.e., bacteremia) and shock from typical pathogens, most notably *Streptococcus pneumoniae* ([Perlino and Rimland 1985](#)). Importantly, alcoholics also are at increased risk for infections with *Mycobacterium tuberculosis* ([Cook 1998](#)).

The impact of alcohol abuse on morbidity and mortality among patients with community-acquired pneumonia is substantial. For example, a study examining the outcomes of alcoholic patients hospitalized for community-acquired pneumonia over a 3-year period ([Jong et al. 1995](#)) found that the mortality in this group of patients was 64.3 percent, which was much higher than the predicted death rate for hospitalized patients (approximately 20 percent). An even more alarming result was found in the subset of patients with *Klebsiella pneumoniae* bacteremia. All 11 of these patients died following ICU admission and ventilator support. A rapidly fatal outcome was noted in this subset, with time from admission to death being 24.6 ± 7.9 hours. Another fatal association between alcohol abuse and pneumonia was identified in a retrospective review of patients admitted with pneumococcal bacteremia that examined a subset with alcoholism and low white blood cell count (i.e., leukopenia) ([Perlino and Rimland 1985](#)). Ninety-three patients with pneumococcal bacteremia were identified, 12 of whom had a

history of alcohol abuse and a white blood cell count of less than 4,000 cells per cubic millimeter (mm³) of blood. Ten of these 12 (83.3 percent) patients died, whereas the mortality in the rest of the cohort was only 22 percent. Overall, these and other studies demonstrate the association between alcohol abuse and community-acquired pneumonia, an association that results in more severe infections and higher mortality. (Kershaw, 2008)

Alcohol Violations

The legal drinking age in the United States is 21 in all 50 states and the District of Columbia. The legal drinking age is 18 in the U.S. Virgin Islands, Puerto Rico and Guam. Persons possessing or consuming alcohol under the legal drinking age may face fines or jail time. Many states impose severe penalties for persons using false identification to purchase or consume alcohol.

Driving while under the influence of alcohol is a serious offense. In addition to restrictions on blood alcohol content for drivers above the legal drinking age, many states also have strict “zero tolerance” laws prohibiting driving under the influence of any amount of alcohol if the driver is under the age of 21.

Specific information on legal penalties for alcohol violations in the states in which the campus has physical campuses can be located at the following websites:

California

California Department Alcoholic Beverage Control <https://www.abc.ca.gov/law-and-policy/penalty-guidelines/>

DRUG HEALTH RISKS

Background

At ABCSD, the possession, use, or distribution of illegal drugs on institution property is strictly prohibited. This includes controlled substances, such as marijuana, which are illegal under both federal and state laws, as well as institution policy. ABCSD emphasizes a drug-free campus environment and holds students and employees accountable for adhering to these regulations.

Any student or employee found to be in violation of state or federal drug laws will be promptly reported to the appropriate authorities for criminal prosecution. In addition to potential legal consequences, individuals convicted of drug-related offenses may face disciplinary action by the institution, which could lead to suspension, termination, or expulsion.

The importance of maintaining a safe and drug-free learning environment at ABCSD cannot be overstated. The institution is committed to fostering a community where students and staff can thrive academically, professionally, and personally. By upholding a zero-tolerance policy on drug-related activities, ABCSD aims to protect the welfare of its students, promote responsible behavior, and ensure compliance with both federal and state regulations governing substance abuse.

Medical Consequences of Drug/Prescription Drug Abuse

From the National Institute on Drug Abuse, Drug addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn affect human behavior. Once an addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking, and use. The impact of addiction can be far-reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged use; however, some may occur after just one use.

HIV, Hepatitis, and other infectious diseases

The consequences of drug abuse extend beyond immediate health risks and can have long-term effects on individuals and public health. One of the concerning outcomes is the increased risk of acquiring infectious diseases such as HIV/AIDS and hepatitis. Drug abuse weakens the immune system, making individuals more susceptible to infections. Additionally, risky behaviours associated with drug abuse, such as needle sharing and unsafe sexual practices, further exacerbate the likelihood of contracting these infections.

Cardiovascular Effects

The abuse of various drugs has been linked to adverse cardiovascular effects, ranging from abnormal heart rate to severe heart attacks. Individuals who misuse drugs are at a heightened risk of developing cardiovascular problems, especially those who engage in injection drug use. The act of injecting drugs directly into the bloodstream can damage blood vessels, leading to collapsed veins and bacterial infections of the heart valves and blood vessels.

Drugs such as cocaine, heroin, inhalants, ketamine, LSD, marijuana, MDMA, methamphetamines, nicotine, prescription stimulants, and steroids can negatively impact the cardiovascular system. Cocaine is known to cause constriction of blood vessels, increasing the risk of heart attacks. Long-term use of methamphetamine can lead to high blood pressure and other cardiovascular issues, increasing the risk of heart disease.

Respiratory Effects

Drug abuse can lead to a variety of respiratory problems. Smoking cigarettes, for example, has been shown to cause bronchitis, emphysema, and lung cancer. Marijuana smoke may also cause respiratory problems. The use of some drugs may also cause breathing to slow, block air from entering the lungs, or exacerbate asthma symptoms. Drugs that can affect the respiratory system: Cocaine, GHB, Heroin, Inhalants, Ketamine, Marijuana, Nicotine, PCP, Prescription opiates.

Gastrointestinal Effects

In addition to respiratory and cardiovascular issues, drug abuse can also lead to gastrointestinal problems. Many drugs of abuse can cause nausea and vomiting soon after use. Cocaine use, for example, can lead to abdominal pain and other gastrointestinal discomforts.

Drugs that can affect the gastrointestinal system include cocaine, GHB, heroin, LSD, MDMA, nicotine, and prescription opiates. The gastrointestinal effects of these drugs can contribute to various health problems, and long-term abuse may exacerbate existing conditions.

Musculoskeletal Effects

Steroid use during childhood or adolescence, resulting in artificially high sex hormone levels, can signal the bones to stop growing earlier than they normally would have, leading to short stature. Other drugs may also cause severe muscle cramping and overall muscle weakness. Drugs that can affect the musculoskeletal system include Inhalants, MDMA, PCP, and Steroids.

Kidney damage

The kidneys are crucial organs responsible for filtering waste and toxins from the bloodstream. Some drugs can cause direct or indirect damage to the kidneys, leading to kidney dysfunction or failure. For example, heroin, inhalants, MDMA, and PCP are known to cause kidney damage.

Additionally, certain drugs, such as MDMA, can lead to dangerous increases in body temperature and muscle breakdown, which can put additional strain on the kidneys and further contribute to kidney damage.

Liver Damage

Chronic use of specific drugs, such as heroin, inhalants, and steroids, can have detrimental effects on the liver. The liver plays a vital role in processing and detoxifying substances, but prolonged drug abuse can lead to significant damage to this organ.

Heroin, inhalants, and steroids are drugs that have been associated with liver damage. Over time, abuse of these substances can contribute to liver dysfunction and may increase the risk of developing serious liver conditions.

Neurological Effect

Drugs of abuse can profoundly impact brain function and structure, leading to various neurological effects. Some drugs can cause seizures, strokes, and widespread brain damage that affects an individual's cognitive abilities and behavior.

Drugs with potential neurological effects include cocaine, GHB, inhalants, marijuana, MDMA, methamphetamine, nicotine, prescription stimulants, and Rohypnol. Prolonged abuse of these substances can result in long-lasting brain changes, leading to significant impairments in decision-making, memory, and emotional regulation.

Mental Health Effects

Chronic drug abuse can have severe mental health consequences, with some drugs causing long-lasting changes in the brain. These changes may lead to mental health disorders such as paranoia, depression, aggression, and hallucinations.

Drugs that can cause mental health problems include cocaine, inhalants, ketamine, marijuana, MDMA, methamphetamine, and prescription stimulants. It is important to recognize that substance abuse and mental health are closely interconnected, and individuals struggling with drug abuse may also experience co-occurring mental health disorders.

Hormonal Effects

Steroid abuse disrupts the normal production of hormones in the body, causing both reversible and irreversible changes. In men, steroid abuse can lead to testicular shrinkage and infertility, while in women, it can result in masculinization, leading to changes in physical appearance and voice.

Steroids are drugs that can significantly impact hormonal balance, leading to a range of hormonal imbalances and related health issues.

Cancer

Cigarette smoking is the most preventable cause of cancer in the United States. The harmful chemicals in tobacco smoke have been linked to various types of cancer, including cancer of the mouth, neck, stomach, and lung, among others. Smoking marijuana has also been associated with respiratory problems and may cause precancerous changes to the lungs, similar to cigarette smoke.

Drugs that may cause cancer include nicotine, marijuana, and steroids. The carcinogenic properties of these substances underscore the importance of preventing drug abuse to protect overall health and well-being.

Prenatal Effects

The impact of drug abuse during pregnancy is a significant concern. The full extent of the effects of prenatal drug exposure on a child is not yet fully understood, but research indicates that various drugs of abuse can result in adverse outcomes for both the mother and the child.

Drugs such as cocaine, heroin, inhalants, marijuana, MDMA, methamphetamine, and nicotine have been associated with increased risks of premature birth, miscarriages, low birth weight, and a variety of behavioral and cognitive problems in children born to mothers who used these substances during pregnancy.

Mortality

Substance abuse-related deaths have been on the rise, contributing to more deaths, illnesses, and disabilities than any other preventable health condition. Today, one in four deaths is attributable to alcohol, tobacco, and illicit drug use. The mortality rate associated with substance abuse is a serious public health concern that demands attention and intervention at various levels to curb the devastating impact of drug misuse on individuals and communities alike.

Treatment Resources for Alcohol and Drug Addiction

Students or employees who need assistance in overcoming alcohol or drug-related problems are encouraged to contact the substance abuse organizations listed below or in the additional resource listing below.

Substance Abuse & Mental Health Services Association 1-800-662-HELP

www.samhsa.gov

The Substance Abuse & Mental Health Services Association (“SAMHSA”) is the Federal agency charged with improving the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses.

The SAMHSA website has a treatment facility locator searchable by type of treatment, form of treatment and forms of payment accepted.

American Council on Alcoholism 1-800-527-5344, www.aca-usa.org

The American Council on Alcoholism (ACA) is a national non-profit health organization dedicated to educating the public about the effects of alcohol, alcoholism, and alcohol abuse, as well as the need for prompt, effective, available, and affordable treatment.

Alcoholics Anonymous www.aa.org

Alcoholics Anonymous is worldwide with meetings in almost every community. Contact a nearby central office, or answering service to find specific locations. Telephone numbers for Alcoholics Anonymous are often listed in local telephone directories. Outside of the United States and Canada, contact the International General Services Office.

Narcotics Anonymous www.na.org

Narcotics Anonymous is an international, community-based association of recovering drug addicts with more than 31,000 weekly meetings in over 100 countries worldwide. To find a meeting in your area, contact one of the registered Narcotics Anonymous service committees and groups.

Drug and Alcohol Abuse Education Program

The ABCSD drug and alcohol prevention and education plan consist of a description of the California alcohol and drugs laws stated above and the information about ABCSD’s policies pertaining to illegal drugs and to alcohol. Our school does not have any off-campus affiliations with other organizations. In the case of any criminal activity, our school will use local law enforcement to monitor and document any criminal activity. ABCSD does not have a cooperative agreement with local law enforcement for off campus situations. ABCSD’s Drug and Alcohol Policy is DO NOT USE DRUGS! The plan prevents illicit use of drugs and alcohol by students and employees. The Plan is also discussed during the student’s orientation. The plan provides services related to drug use and abuse including school’s disciplinary actions. For help contact: CRASH (619)-233-8054, Alcoholics Anonymous www.aa.org, Narcotics Anonymous www.na.org, and American Council on Alcoholism 1-800-527-5344 www.aca-usa.org

Policies and Alcohol and Illegal Drugs

ABCSD complies with local, state, and federal laws and penalties regarding the unlawful use of drugs and alcohol, including the possession of illegal drugs and drug paraphernalia on college premises and the sale or use of alcoholic beverages on ABCSD premises. In addition to criminal sanctions that may apply, ABCSD will impose discipline on any student who violates the Student Standard or Conduct and/or policies prohibiting alcoholic beverages at ABCSD Student-Life sponsored events. The following are violations:

- Being under the influence of alcohol or any illegal drug or controlled substance on college premises or at college-sponsored events;
- Possessing, using, consuming, selling, or distributing alcohol or illegal controlled substance on college premises or at college-sponsored events, other than as specifically approved by the School Director;
- Using alcoholic beverages at any Student Life-sponsored event, activity, or conference. In addition, registered student organizations may not serve, sponsor, or co-sponsor any activity where alcohol beverages are served, and cannot sponsor or co-sponsor events that include the distribution, sale or profit from alcoholic beverages.

Students and employees/staff will adhere to the following:

- At no time will the College allow possession, use, and/or distribution of an illegal drug.
- Students, employees, and guests must adhere to federal, state and local laws and regulations.
- The College will impose disciplinary action against students and employees for violating these standards of conduct, which may include suspension, termination of employment, or completion of a drug or alcohol rehabilitation program.
- Information on Drug Awareness programs, counseling, treatment, and other related services are available through: The Center for Drug Abuse Treatment and Referral Hotline: 1-800-662-HELP.
- Students and employees seeking assistance in overcoming drug or alcohol related problems are encouraged to contact this organization.

Disciplinary penalties under the Student Standard of Conduct

The general disciplinary action for student violations of the student standards of conduct are outlined in ABCSD catalog. In cases of student violations of the Drug and Alcohol-Free Campus policy, the School Director has the authority to issue sanction(s) including, but not limited to, the following: Written reprimand, loss of privileges/access, removal from a program, warning, suspension, expulsion certain violations of student and employee standards of conduct may require referral for criminal and legal prosecution.

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