II. ASSISTANCE
A. SHASTA COLLEGE
1. Student Health/Wellness Office (for students), Room 2020, (530) 242-7580
2. Human Resources Office (for employees), Room 121, (530) 242-7640
3. Substance Abuse Awareness Class (offered each semester)

B. COMMUNITY RESOURCES
1. Shasta County Mental Health
   2640 Breslauer Way, Redding (530) 225-5200
2. Narcotics Anonymous
   (530) 221-5060
3. Shasta County Alcohol & Drug Program
   (530) 225-5240
4. Tehama County Drug & Alcohol
   (530) 527-7893
5. Trinity County Drug & Alcohol
   (530) 623-1362
6. Al-Anon Family Group
   (530) 225-5132
7. Alcoholics Anonymous
   (530) 225-8955
8. Shasta Options
   (530) 224-5469
9. Cocaine Hotline – 24 hours
   1-800-262-2463
10. Drug Abuse Information and Referral Line – 24 hours
    1-800-862-4357
11. Empire Recovery Center Social Model Residential / Co-ed Alcohol and Drug Treatment Detox (530) 243-7470
12. Smoking Cessation Programs
    • American Cancer Society (530) 221-3970
    • Shasta County Tobacco Education Program
      (530) 225-5052
    • Smoker’s Helpline 1-800-862-8887
    • Hearing Impaired 1-800-933-4833
    • Chewing Tobacco Hotline 1-800-844-2439
    • Nicotine Anonymous 1-877-879-6422

III. STANDARDS OF CONDUCT
   Except as expressly permitted by law, no person shall use, possess or distribute drugs including alcoholic beverages on the Shasta College campus or at any Shasta College function held off campus, and further no person shall enter the campus or attend any off-campus college function showing evidence of intoxication.

(Reference)
Shasta College Board Policy Section 5500 California Business and Professional Code Section 25608;
California Health and Safety Code Sections 11359, 11360, and 11550; California Education Code Sections 76030, 76031, 76033, and 87011.

IV. SANCTIONS
A. SHASTA COLLEGE PROCEDURES
   The college maintains close ties with area service agencies and will provide information for referral and counseling to employees and students with chemical dependencies. Referrals and access to treatment programs may be obtained by calling local county drug and alcohol program offices. For those convicted of violating local, state, or federal laws, the college district will enforce Education Code provisions and district regulations that can result in disciplinary action up to and including termination/expulsion.

B. LEGAL SYSTEM
   Violations of several of the laws cited above may be felonies and thus a state prison term possible. Short of state prison, the legal system also uses at least the following four sanctions:
   1. County Jail
   2. Probation
   3. Diversion to Treatment
   4. Citation to the District Attorney’s Office

Shasta College knows that the people of California have included drug abuse within the California health and safety code and not the penal code. Shasta College interprets from this that the people of California see drug abuse as a health problem more than a criminal problem. It is our intent to devise policies and programs that incorporate this very important distinction.
PERSONAL CONSEQUENCES OF DRUGS

1. HEALTH: Have more high blood pressure, malnutrition, cirrhosis of the liver, delirium tremors, deterioration of the brain cells, lethargy, depression, irritability and collapse of heart and other major organ systems.

2. SOCIAL: Can be a major cause of tension and embarrassment at social functions.

3. FINANCES: Have more financial problems because they spend more than they earn on their habit, and/or become sloppy about the way personal finances are handled.

4. RELATIONSHIPS: Disrupt families emotionally and economically. Employees resent chemically dependent co-workers who don’t pull their own weight. Angry outbursts or unreasonable behavior by the troubled employee may also cause friction at the work site.

5. WORK PERFORMANCE: Job performance may slip or become erratic. Attendance problems occur. Accidents are more frequent.

HEALTH RISKS ASSOCIATED WITH ALCOHOL AND OTHER DRUG ABUSE*

<table>
<thead>
<tr>
<th>DRUG NAME</th>
<th>EFFECTS OF DRUG</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Decreased hand/eye coordination; Increased irritability; Increased aggressive behavior; Decreased performance; Impaired reasoning; Drowsiness/mood swings; Increased health problems; and Increased accidents.</td>
<td>• California Law‡ defines penalties that apply to anyone convicted of the manufacture, distribution, dispensation, possession, or use of controlled substances.</td>
</tr>
<tr>
<td>Marijuana</td>
<td>Short-term memory impairment; Impaired judgement; Inability to estimate time/distance; Physical reflexes slowed; Poor coordination; Drowsiness/mood swings; Impaired motor performance; Affects driving ability up to eight hours; and Forgetfulness.</td>
<td>• Misdemeanor convictions for workplace and campus drug violations can result in a fine, community service, and incarceration of up to a year.</td>
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<tr>
<td>Cocaine/Crack</td>
<td>Shortened attention span; Impaired judgement; Impaired decision making; Lack of dependability; Irritability and depression.</td>
<td>• Felony convictions for workplace and campus drug use can result in substantial fines and a lengthy sentence in state prison. Most drug-use convictions are defined as felony acts.</td>
</tr>
<tr>
<td>Opiates</td>
<td>Impaired judgement; Lowered efficiency; Irritability; and Reduced attention span.</td>
<td>• Violation of campus regulations subjects students to disciplinary actions and sanctions which may include expulsion, suspension, probation, withdrawal of financial aid, or lesser sanctions.</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>Impaired reasoning; Feeling of enhanced mental activity; Inability to follow directions; and Sadness and anxiety.</td>
<td>• Violation of Shasta College policies or conviction of a drug offense by faculty or an employee while on or off campus shall be grounds for appropriate disciplinary action up to, and including, dismissal.</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>Restlessness, hyperactivity; Irritability; Impaired judgement and decision-making ability; Aggressive/violent outbursts; Dizziness; Increased risk for accidents; and Panic-like attacks.</td>
<td>§California Health and Safety code, Chapter 6.</td>
</tr>
<tr>
<td>Sedatives</td>
<td>Slowed reflexes; Lower productivity; Slowed mental processes; and Depression.</td>
<td>§California Health and Safety code, Chapter 6.</td>
</tr>
</tbody>
</table>

*Sources: Drugs, Society, and Human Behavior, Ray & Ksir (1990)  
Youth and Drugs, California Attorney General’s Office (1988)  
Job Performance and Chemical Dependency, Voorhees & Maddux (1987)