Drug-Free Schools and Communities Act

Lower Columbia College (LCC) is required by the federal Drug-Free Schools and Communities Act Amendment of 1989 (Public Law 101-226) to provide students and employees with information about the policies and resources of the College regarding alcohol and drugs. LCC students and employees are also subject to federal and Washington State laws.

The information provided here is intended to help you understand the health risks associated with drug and alcohol use, and encourage you to make informed decisions.

If you are facing alcohol or drug addiction, you may qualify for accommodations while you attend LCC. For more information, please contact Disability and Access Services (lowercolumbia.edu/disability) at (360) 442-2340 or visit their webpage at lowercolumbia.edu/disability.

Counseling Services are also available to LCC students at no charge. For more information about Counseling Services (lowercolumbia.edu/counseling) , please call (360) 442-2343 or visit their webpage at lowercolumbia.edu/counseling.

As members of the college community, we should all be aware of the potential for abuse problems and familiar with the following information, provided here in compliance with the Drug-Free Schools and Communities Act.

Standards of Conduct

The Code of Student Conduct in this handbook explains the specifics of Prohibited Student Conduct in regard to alcohol, drug and tobacco violations. Please note that while state law permits the recreational use of marijuana, federal law prohibits such use on college premises or in connection with college activities. The Code of Student Conduct also includes details about the disciplinary process, including the process that should be used to appeal any disciplinary action.

Legal Sanctions

Don't be caught unaware! The consequences of violating laws pertaining to drug and alcohol use and possession can include losing your license, fines and even incarceration.

The Washington State Liquor and Cannabis Board (lcb.wa.gov/laws/laws-and-rules) website located at lcb.wa.gov/laws/laws-and-rules contains detailed information about drug and alcohol laws. Extensive resources for students and parents are also available through this site.

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The Washington State Department of Licensing (www.dol.wa.gov/driverslicense/dui.html) website located at dol.wa.gov/driverslicense/dui contains detailed information about DUI (Driving Under the Influence) laws, including definitions and related sanctions.

In some cases, federal laws may apply in addition to state laws. For more information about federal drug trafficking penalties, please see the Drug Enforcement Administration website (www.dea.gov/drug-information) located at dea.gov/drug-information.

Health Risks

The impaired judgment and coordination resulting from the use of drugs are associated with DUI/DWI arrests, falls, drowning and other injuries, acquaintance assault and rape, the contraction of sexually transmitted diseases including HIV/AIDS and unwanted or unplanned sexual experiences and pregnancy. Following is a brief description of several drugs and the health risks associated with them.

Alcohol

Alcohol affects most systems of the body and can have negative effects on the central nervous system, the digestive system and circulatory system. Alcohol abuse can also lead to significant liver damage and cirrhosis.

Marijuana

Marijuana users often suffer from high blood pressure, dry mouth, increased appetite, decreased body temperature, chronic bronchitis and increased risk of lung cancer. Other side effects associated with chronic use include chromosome damage, decreased levels of the male sex hormone and brain damage.

Cocaine

Cocaine abusers often suffer from stuffy, runny nose with eczema around the nostrils and the possibility of perforating the nasal septum. In addition, cocaine can cause high blood pressure, increased heart rate, hallucinations, convulsions, kidney damage, seizures, strokes, and cardiac arrest or respiratory failure resulting in death.

Amphetamines

Amphetamines can cause irregular heartbeat, tremors, loss of coordination, insomnia, loss of appetite, headaches, dizziness, anxiety, and possible death from heart failure or ruptured blood vessels in the brain.

Narcotics

Narcotics cause drowsiness, nausea, and diminished pain reactions. The risks include shallow breathing, clammy skin, tremors, cramps, panic, depression of male and female

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sex hormones, chronic constipation and slowing of the heart rate to the point of coma or death.

Prescription Drugs

Prescription drugs are not illicit if they are used in accordance with the prescription. Sharing prescription medications with someone else and/or using them in other than the prescribed manner is both illegal and dangerous.

Drug/Alcohol Counseling, Treatment and Rehabilitation Services

Awakenings
404 West Main Street, Kelso, WA
Website: awakenings.cc (http://awakenings.cc/)
(360) 423-2806

Cowlitz Tribal Treatment Program
1044 11th Avenue, Longview, WA
Website: cowlitz.org (www.cowlitz.org/)
(360) 575-3316

A First Place
309 Oak Street, Kelso, WA
(360) 577-7442

Family Health Center
600 Broadway Street, Longview, WA 98632
Website: cowlitzfamilyhealth.org (http://cowlitzfamilyhealth.org/)
(360) 425-9210

SW Washington Safe Haven
1441 11th Avenue, Longview, WA 98632
(360) 577-4340

Wahkiakum Chemical Dependency Services
42 Elochman Valley Road, Cathlamet, WA
(360) 795-8630

College Sanctions

Information about disciplinary action and related sanctions is located in the Code of Student Conduct, in this handbook.

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