Drug & Alcohol Abuse Prevention Information

Contact Information

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Campus Information

New Hope Christian College is committed to maintaining a safe and healthy educational environment free from alcohol, drugs and tobacco. The use, possession or distribution of illicit drugs, legalized marijuana, synthetic marijuana or controlled substances, or the abuse of legal substances, are prohibited on or away from campus. The College prohibits smoking, including e-cigarettes/vapor cigarettes, and all forms of tobacco use (including chewing) or possession everywhere on-campus. Visitors to our campus are expected to comply with these standards.

The use of alcohol is prohibited on campus, including dormitories and NHCC apartments and at any College events, on or off-campus. NHCC students under the legal drinking age of 21 are to refrain at anytime and anywhere from alcohol under Oregon state law. Students/employees age 21 and over must use extreme discretion in their own homes and private gatherings when using alcohol. Jesus reminds us that:

The Bible prohibits drunkenness (Proverbs 31:4-5; Galatians 5:21)
The Bible teaches being sensitive to the impact of drinking on Christians who may hold a different perspective than you (Romans 14)

Drug & Alcohol Abuse Prevention

The College wishes to support and resource any student or employee who finds they are struggling. As an initial step, students who have concerns about the use and abuse of alcohol, drugs and/or tobacco are encouraged to meet with a Student Life representative to discuss their concerns. Employees are to meet with their respective supervising Dean. The Student Life Department/Dean may connect the student or employee with appropriate counseling resources (see Student Counseling Services) or refer them to resources available in the community.
The 1989 amendments to the federal Drug-Free Schools and Communities Act (DFSCA), as articulated in the Education Department’s General Administrative Regulations (EDGAR Part 86.100, Subpart B), require that, as a condition of receiving funds or any other form of financial assistance under any federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program “to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees both on the institution’s premises and as part of any of its activities.” Accordingly, New Hope Christian College has developed the following policy regarding drug and alcohol abuse:

**Drug & Alcohol Standard of Conduct and Policy**

In keeping with the mission of New Hope Christian College, the use, possession, distribution, manufacture, or sale of narcotics, illegal drugs, or the abuse of legal substances by its students and employees is strictly prohibited. In addition to being subject to applicable local, state and federal laws, students in violation of the College’s Standards of Conduct with regard to the use of drugs and alcohol will be subject to the College’s formal discipline process (see Discipline Procedure) with possible sanctions up to and including expulsion.

Sanctions for Violation of the Standard—violation of this policy will lead to disciplinary action up to and including expulsion from the College or termination of employment (and referral for prosecution when local laws, state of Oregon laws, or federal laws have been broken).

Help is Available—confidential referrals for counseling, treatment, or rehabilitation are available from the Student Life Office for students or from the respective supervising Dean for
employees who voluntarily seek such assistance. Helpful literature on alcohol and drug abuse can also be found in those locations.

**Laws Regarding Drug & Alcohol Abuse**

State Laws—Oregon Revised Statue (ORS) covers the following crimes pertaining to drugs and alcohol. 167.400 Minor in Possession of Tobacco, Class D violation, fine. 471.430 Minor in Possession of Alcohol, class B violation, Class A if driving, fine. 471.410 Furnish Alcohol to a Minor, class A misdemeanor, up to $1000 fine and 30 days in jail. 475.992 Possession, Manufacture or Delivery of a Controlled Substance, class B felony, class A felony if delivery within 1000 feet of a school or to someone under 18, fine and jail. Additional information on Oregon state laws can be found at www.oregonlaws.org.

Federal Laws—possession and trafficking in controlled substances is regulated by federal law. The federal codes provide for fines plus imprisonment for possession (21USC844); forfeiture of real and personal property used to possess or facilitate possession (21USC853, 21USC881); forfeiture of vehicles, boats, aircraft, etc, used to transport a controlled substance (21USC884); civil fines and denial of federal benefits (21USC854); and ineligibility to purchase or receive a firearm (18USC922).

**Health Risks Associated with Drug & Alcohol Abuse**

Alcohol:

Alcohol abuse is a pattern of problem drinking that results in health consequences, social, problems, or both. However, alcohol dependence, or alcoholism, refers to a disease that is characterized by abnormal alcohol-seeking behavior that leads to impaired control over drinking. If you have a drinking problem, or if you suspect you have a drinking problem, there are many others out there like you, and there is help available. Talk to a College counselor, a friend, a parent, or a minister.

Short-term effects of alcohol use include:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- impaired judgment
- bad breath
- hangover
Long-term effects of heavy alcohol use include:

- loss of appetite
- vitamin deficiencies
- stomach ailments
- skin problems
- sexual impotence
- liver damage
- heart and central nervous system damage
- memory loss

Cigarette Smoking:

Although many people smoke because they believe cigarettes calm their nerves, smoking releases epinephrine, a hormone that creates physiological stress in the smoker, rather than relaxation. The use of tobacco is addictive.

Most users develop tolerance for nicotine and need greater amounts to produce a desired effect. Smokers become physically and psychologically dependent and will suffer withdrawal symptoms including: changes in body temperature, heart rate, digestion, muscle tone, and appetite. Psychological symptoms include: irritability, anxiety, sleep disturbances, nervousness, headaches, fatigue, nausea, and cravings for tobacco that can last days, weeks, months, years, or an entire lifetime.

Cigarette smoking is perhaps the most devastating preventable cause of disease and premature death. Smoking is particularly dangerous for teens because their bodies are still developing and changing and the 4,000 chemicals (including 200 known poisons) in cigarette smoke can adversely affect this process. Cigarettes are highly addictive. One-third of young people who are just "experimenting" end up being addicted by the time they are 20.

Risks associated with smoking cigarettes:

- diminished or extinguished sense of smell and taste
- frequent colds
- smoker's cough
- gastric ulcers
• chronic bronchitis
• increase in heart rate and blood pressure
• premature and more abundant face wrinkles
• emphysema
• heart disease
• stroke
• cancer of the mouth, larynx, pharynx, esophagus, lungs, pancreas, cervix, uterus, bladder

Cocaine and Crack:

Cocaine is a white powder that comes from the leaves of the South American coca plant. Cocaine is either "snorted" through the nasal passages or injected intravenously. Cocaine belongs to a class of drugs known as stimulants, which tend to give a temporary illusion of limitless power and energy that leave the user feeling depressed, edgy, and craving more. Crack is a form of cocaine that is smoked and has been chemically altered. Drug users who inject the drug and share needles are at risk for acquiring HIV/AIDS.

Cocaine and crack are highly addictive. This addiction can erode physical and mental health and can become so strong that these drugs dominate all aspects of an addict's life. Some users spend hundreds or thousands of dollars on cocaine and crack each week and will do anything to support their habit. Many turn to drug selling, prostitution, or other crimes. Cocaine and crack use have been a contributing factor in a number of drownings, car crashes, falls, burns, and suicides. Cocaine and crack addicts often become unable to function sexually. Even first time users may experience seizures or heart attacks, which can be fatal.

Physical risks associated with using any amount of cocaine and crack:

• increases in blood pressure, heart rate, breathing rate, and body temperature
• heart attacks, strokes, and respiratory failure

Psychological risks:

• violent, erratic, or paranoid behavior
• hallucinations and "coke bugs"—a sensation of imaginary insects crawling over the skin
• confusion, anxiety, and depression
• hepatitis or AIDS through shared needles
• brain seizures
• reduction of the body's ability to resist and combat infection
• loss of interest in food or sex
• “cocaine psychosis”—losing touch with reality, loss of interest in friends, family, sports, hobbies, and other activities

Inhalants:

Inhalants refers to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. Inhalant use can cause a number of physical and emotional problems, and even one-time use can result in death.

Using inhalants even one time can put you at risk for

• sudden death
• suffocation
• visual hallucinations

Short-term effects of inhalants include:

• heart palpitations
• breathing difficulty

Prolonged use can result in:

• headache, muscle weakness, abdominal pain
• decrease or loss of sense of smell
• nausea
• nosebleeds
• hepatitis
• violent behaviors
• severe mood swings
• numbness and tingling of the hands & feet
• dizziness
• headaches
• irregular heartbeat
• liver, lung, and kidney impairment
• irreversible brain damage
• nervous system damage
• dangerous chemical imbalances in the body
• involuntary passing of urine and feces

Marijuana:

Marijuana is the most widely used drug in the United States and tends to be the first drug teens use.

The physical effects of marijuana use, particularly on developing adolescents, can be acute. Marijuana blocks the messages going to your brain and alters your perceptions and emotions, vision, hearing, and coordination. A recent study of 1,023 trauma patients admitted to a shock trauma unit found that one—third had marijuana in their blood.

Short-term effects of using marijuana:

• sleepiness
• difficulty keeping track of time, impaired or reduced short-term memory
• reduced ability to perform tasks requiring concentration and coordination, such as driving a car
• increased heart rate

Long-term effects of using marijuana:

• enhanced cancer risk
• decrease in testosterone levels for men; also lower sperm counts and difficulty having children
• increase in testosterone levels for women; also increased risk of infertility
• potential cardiac dangers for those with preexisting heart disease
• bloodshot eyes
• dry mouth and throat
• decreased social inhibitions
• paranoia, hallucinations
• diminished or extinguished sexual pleasure
• psychological dependence requiring more of the drug to get the same effect

Methamphetamine:

Methamphetamine is a stimulant drug chemically related to amphetamine but with stronger effects on the central nervous system. Street names for the drug include "speed," "meth," and "crank." Methamphetamine is used in pill form, or in powdered form by snorting or injecting.

Crystallized methamphetamine known as "ice," "crystal," or "glass," is a smokable and more powerful form of the drug. Methamphetamine is an increasingly popular drug at raves (all night dancing parties), and as part of a number of drugs used by college-aged students. Marijuana and alcohol are commonly listed as additional drugs of abuse among methamphetamine treatment admissions.

The effects of methamphetamine use include:

• increased wakefulness; insomnia
• increased physical activity
• decreased appetite
• respiratory problems
• extreme anorexia
• hypothermia, convulsions, and cardiovascular problems, which can lead to death
• euphoria
• irritability, confusion, tremors
• anxiety, paranoia, or violent behavior
• can cause irreversible damage to blood vessels in the brain, producing strokes
• drug users who inject the drug and share needles are at risk for acquiring HIV/AIDS


State of Oregon Laws (ORS) Concerning Drug and Alcohol Use

Drug and alcohol training will be conducted for employees annually during their August back to school workshop. New employees will receive this information with their new employee handbook. Students will receive annual drug and alcohol abuse prevention training during the
first two weeks of each Fall semester and during New Student Orientation each January. A copy of this drug and alcohol policy will be included in the NHCC Student Handbook, the NHCC Employee Handbook, in a link on the NHCC Website and in the NHCC Annual Security Report. A printed copy of this policy is also available upon request from Reception or Campus Safety personnel.