Drug and Alcohol Abuse Prevention

STATEMENT OF PURPOSE

The Drug-Free Schools and Communities Act of 1989 (20 U.S.C. §1011i, 34 C.F.R. Part 86), requires that all colleges adopt and implement a drug and alcohol abuse prevention program (DAAPP) to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on SCI premises or as part of any of its activities.

Southern Careers Institute ("SCI") is committed to providing a safe, drug- and alcohol-free environment for students, employees, and visitors. The following Drug and Alcohol Abuse Prevention Program (DAAPP) will support SCI's effort to promote and maintain an alcohol and drug free institution. The DAAPP is distributed annually to all students enrolled and all employees.

The goals of the DAAPP are to articulate:

1) Standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on SCI property or as part of any of SCI activities.
2) A description of the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol.
3) Comprehensive information about the health risks associated with the use of illicit drugs and the abuse of alcohol.
4) A listing of drug or alcohol counseling, treatment, rehabilitation, or re-entry programs that are available to employees or students; and
5) A clear statement that SCI will impose disciplinary sanctions on students and employees (consistent with local, state, and federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

BIENNIAL REVIEW

The law further requires that the institute conduct a biennial review of its program with the following objectives:

- Determining the effectiveness of the program and implementing changes if they are needed; and
- Ensuring that disciplinary sanctions are consistently enforced

The biennial review must also include:

- The number of drug- and alcohol-related violations and fatalities occurring on campus or as part of campus activities that are reported to campus officials; and
- The number and types of sanctions the institution imposes on students or employees because of said incidents.

In the spring of even-numbered years (i.e., 2024, 2026, etc.), SCI will initiate the biennial review to meet these objectives and provide these statistics. SCI will form a diverse committee representing all SCI campuses, the corporate office, and a variety of departments.

Each review will determine the program's effectiveness over the prior two years and will ensure that sanctions imposed for violations of the standards of conduct identified in the DAAPP are consistently enforced. The review must also identify any recommendations for changes to be implemented for the subsequent biennium.

Furthermore, each Biennial Review Report will disclose the following statistics as required by law:

1. The number of drug and alcohol-related violations and medical interventions that occur on the institution's campus (as defined by the Clery Act) or as part of any of the institution's activities that are reported to campus officials; and
2. The number and type of sanctions that are imposed by the institution because of drug-and alcohol-related violations and medical interventions on the institution's campus or as part of any of the institution's activities.

The review will address the prior two academic years and will generate a written Biennial Review Report. The report will describe the research methods and data analysis tools that SCI used to determine the effectiveness of the DAAPP and will identify the employees who have conducted the Biennial Review. The DAAPP biennial review will draw upon available data sources that include, but are not limited to, the following quantities:

1. Drug- and alcohol-related disciplinary sanctions imposed,
2. Drug- and alcohol-related referrals for counseling or treatment,
3. Drug- and alcohol-related incidents recorded in the campus records or with other law enforcement, and
4. Drug- and alcohol-related incidents of vandalism.

A copy of the final Biennial Review Report will be signed by the CEO and President of SCI and maintained on the internal Sharepoint. A copy of the report will be posted on the SCI website.

ANNUAL NOTIFICATIONS

Students will receive a copy of the DAAPP during their enrollment process. The Compliance department will send an annual notification to current active students guiding them to the DAAPP information posted on the SCI website at https://scitexas.edu/.

The Human Resources department will ensure distribution of the SCI DAAPP to all SCI employees as part of new employee paperwork. Employees will have access to this policy on the website and in the Employee Handbook on the UKG site throughout the year. A notification regarding this policy and its location will be sent each January.

STANDARDS OF CONDUCT

All campuses are designated as drug- and alcohol-free. Upon enrollment, the campus will provide each student with the SCI Drug and Alcohol Prevention Program containing comprehensive alcohol- and drug-related information. The possession, sale, furnishing, or use of alcohol or controlled substances on campus is prohibited. Students and employees will be held accountable for the use of alcoholic beverages or controlled substances on SCI or externship property, including the purchase, consumption, possession, furnishing, or sale of such items. The possession, sale, manufacture, or distribution of any controlled substance is illegal under both state and federal laws.

In compliance with the Drug Free Schools and Communities Act of 1989, SCI provides the following information regarding the use of illicit drugs and the abuse of alcohol in its DAAPP:

1. Disciplinary actions,
2. Applicable local, state, and federal laws,
3. Health risks associated with the use of drugs and abuse of alcohol, and
4. Drug/alcohol counseling and rehabilitation programs.

A student who violates the SCI prohibition on controlled substances or alcohol is subject to disciplinary action up to and including immediate suspension or dismissal from SCI, and legal implications including criminal prosecution, fine and/or imprisonment. Students dismissed for misconduct will be notified by the Campus Director. Readmission is subject to the Campus Director's approval.

SCI prohibits the unlawful possession, use, or distribution of alcohol and illicit drugs by students and employees on its property or as part of any of its activities. Pertinent standards of conduct applicable to students and employees are presented in this section.

Policies Applicable to Students

The Student Code of Conduct specifically prohibits the following:

Alcohol - Use, consumption, possession, furnishing, manufacturing, or distribution of alcoholic beverages, open containers, or public intoxication is prohibited. Alcoholic beverages may not, in any circumstance, be used by, possessed by, or distributed to any person under twenty-one (21) years of age.

Drugs - Use, transmission, possession, or attempts to do any of these previous acts, or be under the influence of any controlled substance or dangerous drug as defined by law, abusable glue, aerosol paint, or any other volatile chemical substance for inhalation, performance-enhancing substance including steroids, any designer drug, or any intoxicant or mood-changing, mind-altering, or behavior-altering drug, is prohibited on campus or off premises at an SCI-sponsored activity, function, or event. The transmittal, sale, or attempted sale of what is represented to be any of the before-listed substances shall also be prohibited under this policy.

Illegal Substances/Drugs - Use, possession, sale, manufacturing, or distribution of narcotics or other controlled substances except as expressly permitted by law. Any drugs and or paraphernalia found to be in the students' possession will be the student's possession whether he or she has purchased or furnished the items in question. Items confiscated will not be returned. Illegal substance use includes:

a. Illegal or improper use of prescription medicines including steroids. All prescription medicines must be kept in their original bottle and must have the prescription from the doctor noted on the bottle.

b. Possession of drug paraphernalia, including but not limited to water pipes, scales, needles, clips, rolling papers, bongs etc.; any device that may be associated with drug use, regardless of whether it is purchased or handmade, even as props for filming.

c. Legal substances used in an improper manner (e.g., ingesting a cleaning chemical, inhaling other chemical substances for the purpose of intoxication).

The current DAAPP is located on the SCI website at https://scitexas.edu/consumer-info/

Policies Applicable to Employees

SCI prohibits the unlawful manufacture, distribution, dispensation, possession, or use of controlled substances, illegal drugs, inhalants, and alcohol in the workplace (i.e., on SCI owned or controlled property and during all workplace-related activities). Employees are subject to the standards set forth in the Employee Handbook. The rules of conduct indicate that the following alcohol and other drug offenses are prohibited and may result in immediate discharge:

- Conviction under a criminal drug statute or the illegal or unauthorized sale, purchase, transfer, use, or possession of alcohol or any dangerous controlled or illicit substance as defined by Texas law, on campus or at a SCI-sponsored or -sanctioned activity.
- Illegal or unauthorized sale, purchase, transfer, use, or possession of alcohol or drugs (narcotics, hallucinogens, stimulants) on SCI premises or while on SCI business.
- Being under the influence of alcohol or illegal drugs on the job or on SCI premises. SCI has the right to require an appropriate test if an employee is suspected of being under the influence of drugs or alcohol.
- Conviction of, or pleading guilty to, a felony or a drug-related offense.

Students and employees who violate the standards of conduct outlined in this DAAPP are subject to both institutional sanctions as well as legal sanctions provided under local, state, and federal law. Pertinent criminal sanctions for unlawful possession or distribution of illicit drugs and alcohol are outlined below.

INTERNAL SANCTIONS

A student who violates the SCI prohibition on controlled substances or alcohol is subject to disciplinary action up to and including immediate suspension or dismissal, reporting for criminal prosecution, fine and/or imprisonment. Students dismissed for misconduct will be advised by the Campus Director, and readmission is subject to the Campus Director's approval.

An employee who violates the SCI prohibition on controlled substances or alcohol is subject to disciplinary action up to and including immediate termination of employment, reporting for criminal prosecution, fine and/or imprisonment. Any disciplinary action taken will be consistent with SCI employee policies.

Student Sanctions

The following disciplinary sanctions may be imposed upon any student found to have violated the SCI DAAPP or engaged in misconduct, including misconduct pertaining to alcohol or other drugs. Disciplinary sanctions are cumulative, and the previous conduct history of the student will be considered when applying disciplinary sanctions. Disciplinary sanctions are also subject to enhancement based on the severity of the behavior and the impact on the SCI community. More than one disciplinary sanction can be imposed for any single violation.

1. Reprimand - A written notice provided to and discussed with a student explaining that the student has engaged in misconduct or violated SCI policy.
2. Restitution - Reimbursement for damage to, or misuse of property.
3. Suspension - Forced withdrawal from SCI for either a defined period or until stated conditions have been met.
4. Expulsion - Permanent separation of the student from SCI.
5. No Trespass Order - A student suspended or expelled from SCI will be barred from the campus or at campus-sponsored activities without the explicit permission of the Campus Director.
6. No Communication/Contact Order – SCI may prohibit a student from engaging in personal contact and all forms of communication with other members of SCI community. This sanction shall be imposed primarily when such contact has the potential to lead to harassment, threats or other forms of unwanted interaction, or SCI believes there is a reasonable likelihood of additional conduct violations by the student.

Employee Sanctions
SCI prohibits the unlawful manufacture, distribution, dispensation, possession, or use of controlled substances, illegal drugs, inhalants, and alcohol in the workplace and will impose sanctions on employees who violate these prohibitions.

Sanctions assigned to employees who violate the DAAPP may vary depending on the severity and nature of the offense. Sanctions may include a combination of or one of the following for violation:

1. Individual and verbal counseling by supervisor.
2. Write-up documenting the incident and warning that such infraction in the future will not be tolerated and may result in termination of employment.
3. Suspension with or without pay.
4. A mandatory referral to the Employee Assistance Program.
5. The issuance of a Performance Improvement Plan which is a developmental plan intended to improve the employee's behavior, conduct, or performance with a timeframe for required improvement.
6. SCI may non-renew the contract of a faculty or staff.
7. SCI may terminate the employee's employment.

This DAAPP is intended to comply with the requirements of the Drug-Free Schools and Communities Act of 1989 and applies to all students and employees of the institution. Questions about this DAAPP should be directed to compliance@scitexas.edu

EXTERNAL SANCTIONS

Local, state, and federal laws provide for a variety of legal sanctions for the unlawful possession and distribution of illicit drugs and alcohol. These sanctions include, but are not limited to, incarceration and monetary fines. Federal and state laws provide severe penalties for distributing or dispensing, or possessing with the intent to distribute or dispense, a controlled substance, and less severe penalties for possession of a controlled substance. If drugs are involved the city will most likely defer to the state or federal authorities because their penalties are more severe. If alcohol is involved, it may lead to a conviction under both local and state law and punishment according to both laws.

Courts do not excuse individuals convicted of these offenses from a prison sentence to go to college or work. A drug or alcohol conviction will remain on a criminal record, potentially damaging the individual's ability to pass background checks necessary for housing rental or purchase, other credit-based determinations, future educational pursuits, or entry into many careers and obtaining certain licenses and certifications.

Further information regarding local, state, and federal laws are on campus and available to students and employees who are encouraged to review the information. The above-referenced examples of penalties and sanctions are based on the relevant laws at the time of adoption of this DAAPP. Such laws are, of course, subject to revision or amendment by way of the legislative process.

Local Sanctions
SCI has campus locations in the Texas cities of Austin, Brownsville, Corpus Christi, Harlingen, Pharr, San Antonio, and Waco. A review of the local ordinances of the Texas cities does not provide any greater or lesser sanctions as related to the possession, distribution, or manufacturing of drugs or alcohol related offenses. The cities follow the State of Texas sanctions set forth in the Texas Penal Code and Texas Alcoholic Beverage Code. Students enrolled in fully online programs are subject to the local sanctions local in their home city or state.

State Sanctions
Students and employees may face a variety of legal sanctions under Texas law for the unlawful possession or distribution of alcohol or illicit drugs. Applicable Texas legal sanctions are summarized in the following table an, State and Federal Sanctions (https://statutes.capitol.texas.gov/?tab=1&code=AL&chapter=AL.106&artSec=106.05)

OFFENSES UNDER TEXAS LAW	PENALTY	
Type of Offense	**Minimum**	**Maximum**
Manufacture or Delivery of Controlled Substances (drugs) Penalty Groups 1-4 Health & Safety Code Section 481.112-124	Jail term up to two years and a fine up to $10,000	Imprisonment for life and a fine up to $250,000
Possession of Controlled Substances (drugs) Health & Safety Code (HSC) 481.115	Jail term not more than 180 days, a fine up to $2,000, or both	Imprisonment for life and fine up to $250,000
Delivery of Marijuana Health & Safety Code (HSC) 481.121	Jail term not more than 180 days, a fine up to $2,000, or both	Imprisonment for life and a fine up to $100,000
Driving While Intoxicated (includes intoxication from alcohol, drugs, or both) Penal Code (PC) 49.04	Jail term up to two years and a fine up to $10,000	Imprisonment for life and a fine up to $250,000
Public Intoxication Penal Code (PC) 49.02	A fine not to exceed $500	Varies with age and number of offenses Varies with number of offenses
Purchase of Alcohol by a Minor Alcohol Beverage Code (ABC) 106.02	A fine not to exceed $500	At least eight hours of Community Service, 30-day license suspension
Consumption or Possession of Alcohol by a Minor Alcohol Beverage Code (ABC) 106.5 Possession & Alcohol Beverage Code (ABC) 106.04 Consumption	A fine not to exceed $500	Varies with number of offenses, at least eight hours of Community Service, 30-day license suspension, Mandatory Alcohol Awareness classes
Purchase or Furnish Alcohol to a Minor Alcohol Beverage Code (ABC) 106.06	A fine not to exceed $4,000 or confinement in jail for not more than one year, or both	If binge drinking involved: Driver's License Suspension for 180 days, 20-40 hours of Community Service, Alcohol Awareness Class
Possession of controlled substances (drugs)	Jail term not more than 180 days, a fine up to $2,000, or both	Imprisonment for life and fine up to $250,000
Possession of marijuana	Jail term not more than 180 days, a fine up to $2,000, or both	Imprisonment for life and a fine up to $50,000
Public Intoxication	A fine not to exceed $500	Varies with age and number of offenses
Providing alcohol to a minor	A fine not to exceed $4,000 or confinement in jail for not more than one year, or both	If binge drinking involved: Driver's License Suspension for 180 days, 20-40 hours of Community Service Alcohol Awareness Class
Note: Enhancement means that whatever the level of the committed offense it can be increased by one category level based on the individual's criminal history. The age of the offender means that the offense can have different punishment levels based on the offender's age at the time of the offense. If under age 21 different punishment levels apply for public intoxication. Penalties may be enhanced for prior offenses and/or offenses within 1000 ft. of a public university.		

Federal Sanctions

The federal Controlled Substances Act makes it unlawful for a person to knowingly or intentionally manufacture, distribute or dispense a controlled substance or counterfeit substance. It is also unlawful to possess with the intent to manufacture, distribute, or dispense a controlled substance or counterfeit substance.

The law also makes it unlawful for any person to knowingly or intentionally possess a controlled substance unless such substance was obtained directly, or pursuant to a valid prescription or order, from a practitioner, while acting during his professional practice, or as otherwise permitted by law.

There are strict penalties for violating the Controlled Substances Act, including mandatory prison terms for many offenses. The following information, although not exhaustive, provides an overview of federal penalties for certain drug-related convictions related to the illegal possession or distribution of controlled substances.

For related information and resources please see the US Government website for Campus Drug Prevention: https://www.campusdrugprevention.gov

FEDERAL SANCTIONS	
Type of Offense	**Penalties**
Illegal possession of any controlled substance	Up to one (1) year in prison and a minimum fine of $1,000, or both. Second conviction – punishable by not less than 15 days but not more than two (2) years in prison and a minimum fine of $2,500. Subsequent convictions are punishable by not less than 90 days but not more than three (3) years in prison and a minimum fine of $5,000. Special sentencing provisions for possession of Flunitrazepam (Rohypnol, "roofies" or "roaches") impose a prison term of up to three (3) years, a fine, or both. Civil penalties of up to $10,000 may also be imposed for possession of controlled substances, whether criminal prosecution is pursued. Persons convicted of possession may also be fined for the reasonable costs of the investigation and prosecution of the offense. Penalties for possession with intent to distribute are potentially even more severe.
Conviction on federal charges of the sale, import, export, or shipping of drug paraphernalia	Up to three (3) years in prison and a monetary fine.
Conviction of a federal drug offense punishable by more than one (1) year in prison	The individual shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued, and property is seized at the time an individual is arrested on charges that may result in forfeiture.
Any federal drug conviction may result in the loss of federal benefits, including school loans, grants, scholarships, contracts, and licenses. Federal drug trafficking convictions may result in denial of federal benefits for up to five (5) years for a first conviction. Federal drug convictions for possession may result in denial of federal benefits for up to one (1) year for a first conviction and up to five (5) years for subsequent convictions.	

Federal Drug Trafficking Penalties (21 U.S. Code § 841)

Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The chart below presents the range and severity of federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe.

FEDERAL TRAFFICKING PENALTIES FOR SCHEDULES I, II, III, IV, AND V (EXCEPT MARIJUANA)				
Schedule	**Substance/Quantity**	**Penalty**	**Substance/Quantity**	**Penalty**
II	Cocaine 500-4999 grams mixture	**First Offense:** Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than $5 million if an individual, $25 million if not an individual. **Second Offense:** Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than $8 million if an individual, $50 million if not an individual.	Cocaine 5 kilograms or more mixture	**First Offense:** Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. Or more than life. Fine of not more than $10 million if an individual, $50 million if not an individual. **Second Offense:** Not less than 20 yrs., and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual. **2 or More Prior Offenses:** Life imprisonment. Fine of not more than $20 million if an individual, $75 million if not an individual.
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
II	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more	
I	Fentanyl Analog 10-99 grams mixture		Fentanyl Analog 100 grams or more mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	

Substance/Quantity	Penalty
Any Amount of Other **Schedule I & II** Substances	**First Offense**: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine $1 million if an individual, $5 million if not an individual. **Second Offense:** Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if not an individual.
Any Drug Product Containing Gamma Hydroxybutyric Acid	
Flunitrazepam (**Schedule IV**) 1 Gram or less	
Any Amount of Other **Schedule III** Drugs	**First Offense**: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than $500,000 if an individual, $2.5 million if not an individual. **Second Offense**: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than $1 million if an individual, $5 million if not an individual.
Amount of All Other **Schedule IV** Drugs (Other than one gram or more of Flunitrazepam)	**First Offense**: Not more than 5 yrs. Fine not more than $250,000 if an individual, $1 million if not an individual. **Second Offense:** Not more than 10 yrs. Fine not more than $500,000 if an individual, $2 million if other than an individual.
Any Amount of All **Schedule V** Drugs	**First Offense:** Not more than 1 yr. Fine not more than $100,000 if an individual, $250,000 if not an individual. **Second Offense**: Not more than 4 yrs. Fine not more than $200,000 if an individual, $500,000 if not an individual.

FEDERAL TRAFFICKING PENALTIES FOR MARIJUANA, HASHISH AND HASHISH OIL, SCHEDULE I SUBSTANCES	
Substance/Quantity	**Penalty**
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	**First Offense:** Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than $10 million if an individual, $50 million if other than an individual. **Second Offense:** Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than $20 million if an individual, $75 million if other than an individual.
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	**First Offense:** Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than $5 million if an individual, $25 million if other than an individual. **Second Offense:** Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than $8 million if an individual, $50 million if other than an individual.
Marijuana 50 to 99 kilograms marijuana mixture or 50 to 99 marijuana plants	**First Offense:** not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. Or more than life, Fine $1 million if an individual, $5 million if other than an individual. **Second Offense:** Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine $2 million if an individual, $10 million if other than an individual.
Hashish More than 10 kilograms	
Hashish Oil More than 1 kilogram	
Marijuana Less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) or 1 to 49 marijuana plants	**First Offense:** Not more than 5 yrs. Fine not more than $250,000, $1 million if other than an individual. **Second Offense:** Not more than 10 yrs. Fine $500,000 if an individual, $2 million if other than individual.
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

HEALTH RISKS https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body

The National Minimum Drinking Age Act of 1984 required all states to raise their minimum purchase and public possession of alcohol to age 21. Alcohol is a central nervous system depressant, meaning it is a drug that slows down brain activity. It can change mood, behavior, and self-control and can cause problems with memory and thinking clearly. Alcohol can affect coordination and physical control. Alcohol also has effects on the other organs in the body such as raising blood pressure and heart rate, while drinking too much too quickly can cause vomiting or losing consciousness.

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- Quantity of alcohol consumed
- How quickly the alcohol is consumed
- Full or empty stomach
- Age
- Gender
- Race or ethnicity
- Physical condition
- Family history of alcohol problems

On average, for most women, moderate drinking is no more than one standard drink a day. For most men, moderate drinking is no more than two standard drinks a day. Even though moderate drinking may be safe for many people, there are still risks. Moderate drinking can raise the risk of death from certain cancers and heart diseases.

In the United States, a standard drink is one that contains about 14 grams of pure alcohol, which is found in:

- 12 ounces of beer (5% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces or a "shot" of distilled spirits or liquor (40% alcohol)

Some people should not drink alcohol at all, including those who:

- Are under the age of 21,
- Are planning on driving,
- Are taking medicines that can interact with alcohol,
- Have medical conditions that may become worse if you drink alcohol,
- Will be operating machinery,
- Are recovering from an alcohol use disorder (AUD) or are unable to control the amount they drink, or
- Are pregnant or trying to become pregnant.

Binge drinking raises the risk of injuries, violence, poor decision-making, car crashes, and alcohol poisoning. Excessive drinking includes binge drinking and heavy alcohol use:

- Binge drinking is drinking so much at once that your blood alcohol concentration (BAC) level is 0.08% or more. For a man, this usually happens after having 5 or more drinks within a few hours. For a woman, it is after about 4 or more drinks within a few hours.
- Heavy alcohol use is consuming more than 4 drinks on any day for men or more than 3 drinks for women

Heavy alcohol use over a long period of time may cause health problems such as:

- Alcohol use disorder
- Increased risk of injuries
- Liver diseases, including cirrhosis and fatty liver disease,
- Heart diseases, and
- Increased risk for some cancers.

CONTROLLED SUBSTANCES

The Controlled Substances Act (https://www.dea.gov/drug-information/drug-scheduling) places all substances which were regulated under existing federal law into one of five schedules. This placement is based upon the substance's medical use, potential for abuse, and safety or dependence liability. A description of each schedule is included below along with information regarding different types of drugs (https://www.congress.gov/crs-product/R45948).

SCHEDULE I
Has a high potential for abuse.
Has no currently accepted medical use in treatment in the United States.
There is a lack of accepted safety for use of the drug or other substance under medical supervision.
Examples include heroin, gamma hydroxybutyric acid (GHB), lysergic acid diethylamide (LSD), marijuana, and methaqualone.

SCHEDULE II
The drug or other substance has a high potential for abuse.
The drug or other substance has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions.
Abuse of the drug or other substance may lead to severe psychological or physical dependence.
Examples include morphine, phencyclidine (PCP), cocaine, methadone, hydrocodone, fentanyl, and methamphetamine.

SCHEDULE III
The drug or other substance has less potential for abuse than the drugs or other substances in Schedules I and II.
The drug or other substance has a currently accepted medical use in treatment in the United States.
Abuse of the drug or other substance may lead to moderate or low physical dependence or high psychological dependence.
Examples include anabolic steroids, codeine and hydrocodone products with aspirin or Tylenol®, and some barbiturates.

SCHEDULE IV
The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule III.
The drug or other substance has a currently accepted medical use in treatment in the United States.
Abuse of the drug or other substance may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule III.
Examples include alprazolam (Xanax®), clonazepam (Klonopin®), and diazepam (Valium®).

SCHEDULE V
The drug or other substance has a low potential for abuse relative to the drugs or other substances in Schedule IV.
The drug or other substance has a currently accepted medical use in treatment in the United States.
Abuse of the drug or other substances may lead to limited physical dependence or psychological dependence relative to the drugs or other substances in Schedule IV.
Examples include cough medicine with codeine.

The Controlled Substances Act (CSA) regulates five classes of drugs:

- Narcotics
- Depressants
- Stimulants
- Hallucinogens
- Anabolic steroids

Each class has distinguishing properties, and drugs within each class often produce similar effects. However, all controlled substances, regardless of class, share common features. All have abuse potential or are precursors to substances with abuse potential. The following charts summarize the drugs in each group, effects on the mind, effects on the body, and effects of overdose:

NARCOTICS
Opium, Heroin, Codeine, Oxycodone, Hydrocodone, Morphine, Demerol, Percodan, Fentanyl
Effects on the Mind – Narcotics produce a general sense of well-being by reducing tensions, anxiety, and aggression. Narcotic/opioid use comes with a variety of unwanted effects, including drowsiness, inability to concentrate, and apathy, and use can create psychological dependence. Long after the physical need for the drug has passed, the addict may continue to think and talk about using drugs and feel overwhelmed coping with daily activities.

Effects on the Body - Narcotics/opioids are prescribed by doctors to treat pain, suppress cough, cure diarrhea, and put people to sleep. Effects depend heavily on the dose, how it's taken, and previous exposure to the drug. Negative effects include slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing.

As the dose is increased, both the pain relief and the harmful effects become more pronounced. Some of these preparations are so potent that a single dose can be lethal to an inexperienced user. Except in cases of extreme intoxication, there is no loss of motor coordination or slurred speech.

Physical dependence is a consequence of chronic opioid use, and withdrawal takes place when drug use is discontinued. The intensity and character of the physical symptoms experienced during withdrawal are directly related to the drug used, the total daily dose, the interval between doses, the duration of use and the health and personality of the user.

Effects of Overdose - Overdoses of narcotics are not uncommon and can be fatal. Physical signs of narcotics/opioid overdose include constricted (pinpoint) pupils, cold clammy skin, confusion, convulsions, extreme drowsiness, and slowed breathing.

DEPRESSANTS

Barbiturates - butalbital (Fiorina®), phenobarbital, Pentothal®, Seconal® and Nembutal®.

Benzodiazepines - Valium®, Xanax®, Halcion®, Ativan®, Klonopin® and Restoril®. Rohypnol® is a benzodiazepine that is not manufactured or legally marketed in the United States, but it is used illegally.

Sedative-hypnotic medications - Ambien® and Sonata® are approved for the short-term treatment of insomnia that share many of the properties of benzodiazepines. Other CNS depressants include meprobamate, methaqualone (Quaalude®), and the illicit drug GHB.

Effects on the Mind - Used therapeutically to put you to sleep, relieve anxiety and muscle spasms, and prevent seizures They also cause amnesia, leaving no memory of events that occur while under the influence, reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants produces psychological dependence and tolerance. Barbiturates lead to rapidly developed dependence and tolerance, meaning you need more and more of them to feel and function normally. This makes them unsafe, increasing the likelihood of coma or death.

Effects on the Body

Some depressants can relax the muscles. Unwanted physical effects include slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing.

Prolonged use can lead to physical dependence even at doses recommended for medical treatment. Unlike barbiturates, large doses of benzodiazepines are rarely fatal unless combined with other drugs or alcohol. Withdrawal from depressants can be life-threatening.

Effects of Overdose - High doses of depressants or use of them with alcohol or other drugs can slow heart rate and breathing enough to cause death.

STIMULANTS

Amphetamines, Cocaine, Crack, Nicotine

Effects on the Mind - When abused and not used under a doctor's supervision, stimulants are frequently taken to produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for pro longed period, and "get high".

Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine, methylphenidate, methamphetamine, cocaine and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a "crash."

Effects on the Body - Stimulants speed up the body's systems and are sometimes referred to as uppers, reversing the effects of fatigue on both mental and physical tasks. Therapeutic levels of stimulants can produce exhilaration, extended wakefulness, and loss of appetite. These effects are greatly intensified when large doses of stimulants are taken.

Taking too large a dose at one time or taking large doses over an extended period may cause such physical side effects as dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.

HALLUCINOGENS

Ecstasy/MDMA, K2 /Spice, Ketamine, LSD, Peyote & Mescaline, Psilocybin, Marijuana/Cannabis, PCP, Angel Dust

Effects on the Mind - Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may experience flashbacks — fragmentary recurrences of certain aspects of the drug experience without taking the drug. The occurrence of a flashback is unpredictable but is more likely to occur during times of stress and seems to occur more frequently in younger individuals.

Effects on the Body - Physiological effects include elevated heart rate, increased blood pressure, and dilated pupils. Hallucinogens are found in plants and fungi or are synthetically produced and are used to alter human perception and mood.

Effects of Overdose - Deaths exclusively from acute overdose of LSD, magic mushrooms, and mescaline are extremely rare. Deaths generally occur due to suicide, accidents, and dangerous behavior, or due to the person inadvertently eating poisonous plant material. A severe overdose of PCP and ketamine can result in respiratory depression, coma, convulsions, seizures, and death due to respiratory arrest.

STEROIDS
Testosterone, nandrolone, stanozolol, methandienone, and boldenone are he T frequently abused anabolic steroids.
Effects on the Mind - Scientific research indicates that high doses of anabolic steroids may cause mood and behavioral effects. In some individuals, steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as "roid rage") When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction.
Effects on the Body - Anabolic steroids are synthetically produced variants of the naturally occurring male hormone testosterone that are abused in an attempt to promote muscle growth, enhance athletic or other physical performance, and improve physical appearance. Their use or abuse can cause a wide range of adverse effects depending on factors such as age, sex, the anabolic steroid used, amount used, and duration of use. In adolescents, anabolic steroid use can stunt the ultimate height that an individual achieves. In boys, steroid use can cause early sexual development, acne, and stunted growth. In adolescent girls and women, anabolic steroid use can induce permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and genitalia changes. In men, anabolic steroid use can cause shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer. In both men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Abusers who inject steroids risk contracting various infections due to non-sterile injection techniques, sharing of contaminated needles, and using steroid preparations manufactured in non-sterile environments. These factors put users at risk for contracting viral infections such as HIV/ AIDS or hepatitis B or C, and bacterial infections at the injection sight. Abusers may develop endocarditis, a bacterial infection that causes a potentially fatal inflammation of the heart lining.
Effects of Overdose - Anabolic steroids are not associated with overdoses; adverse effects would develop from the use of steroids over time.

ALCOHOL AND DRUG COUNSELING AND TREAMENT RESOURCES

National Hotlines provide information and direction to local resources. Programs in each campus community provide drug and/or alcohol counseling and rehabilitation. See below for a list of programs, their locations, and phone numbers, although the list is not all-inclusive nor is SCI recommending any facility. Seeking help from, or being referred to or from these services, is private and confidential and the student/employee is not required to report such to SCI.

NATIONAL HOTLINES

National Institution on Drug Abuse (Information & referral) 1-301-496-4000 M-F, 8:30 am to 4:30 pm	**American Addiction Centers** **24/7** 1-888-966-8152 https://americanaddictioncenters.org/alcohol-drug-hotline	**Substance Abuse and Mental Health Services Administration** In a crisis??? Call or Text 988 https://www.samhsa.gov/substance-use
US Department of Health & Human Services **24/7** tel:1-800-662-4357(HELP) https://findtreatment.gov/	**National Council on Alcoholism and Drug Dependence** 1-667-262-2869 https://ncaddnational.org/	**National Drug Abuse Hotline** 1-301-496-4000
National Drug Helpline **Substance Abuse and Addiction Hotline** **24/7** 1-844-289-0879 https://drughelpline.org/	**National Rehab Hotline** Substance Abuse 866-210-1303 https://nationalrehabhotline.org/	**Rehabs.com** Drug Addiction Hotlines and Text Help 844-289-0879 Text "HOME" to 741741 https://rehabs.com/rehab-hotline/texas/

AUSTIN MAIN CAMPUS

Aeschbach and Associate Inc **OBA Addictions and Psychotherapy Services** 2824 South Congress Avenue Austin, TX 78704 512-444-5092	**Austin Recovery Inc Outpatient Program** 420 I South Congress Avenue, Suite 202 Austin, TX 78745 512-697-860I	**Maintenance and Recovery Services Inc (MARS) / South** 2627 Jones Road, Suite I 04 Austin, TX 78745 512-899-2100

	Care Mental Health Urgent Care 1165 Airport Blvd, 2nd Floor Austin, TX 78702 512-472-4367	
Phoenix Academy of Austin Residential Services 400 West Live Oak Street Austin, TX 78704 512-440-0613	**Phoenix House Outpatient** 400 West Live Oak Street Austin, TX 78704 512-440-0613	**Texas NeuroRehab Center Texas Star Recovery Hospital** 1106 West Dittmar St Austin, TX 78745 800-252-5511

BROWNSVILLE BRANCH CAMPUS

Outcomes Detox and Recovery Center 425 East Los Ebanos Blvd Brownsville, TX 78520 956-621-0934	**Recovery Center of Cameron County** 700 East Levee Street Brownsville, TX 78520 956-548-0028

CORPUS CHRISTI BRANCH CAMPUS

Charlies Place Recovery Center 550 Interstate Highway 37 Corpus Christi, TX 78408 361-882-9302	**Council on Alcohol and Drug Abuse Coastal Bend** 180I Alameda Street, Suite I SO Corpus Christi, TX 78404 361-854-9199	**Counseling and Recovery Services (CARS)** 4300 South Padre Island Drive, Unit 3-3 Corpus Christi, TX 7841 I 361-814-8107
Gulf Coast Behavioral Clinic 3126 Rodd Field Road Corpus Christi, TX 78414 361-452-6898	**South Texas Substance Abuse Recovery Services(STSARS)** 907 Antelope Street Corpus Christi, TX 78404 361-882-9979	**Toxicology Associates** 5233 Interstate Highway 37, Suite C-17 Corpus Christi, TX 78408 361-882-2064

HARLINGEN BRANCH CAMPUS

Recovery Center of Cameron County 1806 West Jefferson Avenue Harlingen, TX 78550 956-428-7800	**Serving Children and Adults in Need RGV Youth Recovery Home** 29783 Rangerville Road San Benito, TX 78586 956-428-5200

PHARR BRANCH CAMPUS

Eldorado Texas Community Service Ctr 55I0 North Cage Boulevard, Suite P Pharr, TX 78577 956-787-3544	**The Center for Comprehensive Mental Health** 71 N McColl Road McAllen, TX 7850I 956-627-3738
South Texas Behavioral Health Center 2102 West Trenton Street Edinburg, TX 78539 956-388-1300	**Treatment Associates McAllen** 40I North 22nd Street, Unit C McAllen, TX 78504 956-686-7290

SAN ANTONIO NORTH BRANCH CAMPUS

A Turning Point Counseling and Rehab Center 8213 Fredericksburg Road San Antonio, TX 78229 210-849-1244	**Best Option LLC** 3700 Fredericksburg Road, Suite 137 San Antonio, TX 7820I 210-265-1133	**Laurel Ridge Treatment Center** 17720 Corporate Woods Dr San Antonio, TX 78259 210-491-9400

Methodist Specialty/Transplant Inpatient Unit Behavioral Medicine 8026 Floyd Curl Drive San Antonio, TX 78229 210-575-8110	**Northeast Baptist Hospital BreakThru** 881 I Village Drive San Antonio, TX 78217 210-297-2000	**NW San Antonio Treatment Center** 3615 Culebra Road San Antonio, TX 78228 210-314-6473
South Texas Veterans Healthcare System Villa Serena 4455 Horizon Hill San Antonio, TX 78229 210-331-7473	**Texas Treatment Services LLC DBA STOP SA** 3780 NW Loop 410 San Antonio, TX 78229 210-736-4405	**TRS Behavioral Care Inc The Right Step San Antonio** 12042 Blanco Road, Suite 10 San Antonio, TX 78216 210-541-8400

SAN ANTONIO SOUTH BRANCH CAMPUS

AAMA Inc Selena Outpatient 2300 West Commerce St San Antonio, TX 78207 210-270-8575	**Alamo Area Resource Center Inc** 303 North Frio Street San Antonio, TX 78207 210-625-7200	**Alpha Home Inc Residential** 814 Camden Street San Antonio, TX 78215 210-735-3822
BHG San Antonio Treatment Center 519 East Quincy Street San Antonio, TX 78215 269-248-5248	**Center for Healthcare Services Methadone Services** 60I North Frio Street, Bldg. 2, I st Floor San Antonio, TX 78207 210-94-9183	**Elite Counseling Deborah Judith Inc** 700 South Zarzamora Street, Suite 209 San Antonio, TX 78207 210-822-9493
New Season Treatment Center - San Antonio 370 I West Commerce Street San Antonio, TX 78207 877-284-7074	**River City Rehabilitation Center Inc** 680 Stonewall Street San Antonio, TX 78214 210-924-7547	**Volunteers of America Texas Inc LIGHT San Antonio** 6487 Whitby Road, Building 4 San Antonio, TX 78240 210-558-073 I

WACO BRANCH CAMPUS

Care Counseling Services A Program of Cenikor Foundation 3416 Hillcrest Drive Waco, TX 76708 888-236-4567	**Manna House Faith Based Treatment** 926 North 14th Street Waco, TX 76707 254-714-1223	**Medmark Treatment Centers Waco** 2210 Washington Avenue Waco, TX 76701 254-274-3554

DRUG AND ALCOHOL ABUSE PREVENTION CERTIFICATION

My signature below indicates that I have received the Drug and Alcohol Abuse Prevention information that Southern Careers Institute distributes annually. The information included standards of conduct; descriptions of local, State, and Federal legal sanctions; health risks; and local treatment centers. I also understand that if I do not comply with the standards of conduct, I may be dismissed from school and could be reported to legal authorities.

Student Signature:	Date: