

Applies to: Faculty, staff, student employees, students, volunteers, vendors and visitors

Responsible Office

Office of the President

POLICY STATEMENT

Central Ohio Technical College’s primary concern is for the health, safety, and welfare of the college community. The college complies fully with local, state, and federal regulations regarding the sale, possession, and consumption of alcoholic beverages. The unlawful manufacture, possession, use, or distribution of illicit drugs or controlled substances on college property or as part of college activities is strictly prohibited. All members of the college community are held responsible for their behavior and for respecting the rights of others.

COTC endeavors to encourage a culture of compliance. The college is committed to providing education regarding the negative impacts of illicit drug use, misuse of prescription drugs, and the excessive or illegal consumption of alcohol. COTC provides programs, support, and resources to promote health-enhancing experiences. Additionally, COTC seeks to encourage responsible bystander behavior and timely reporting.

Please refer to the COTC College Code of Student Conduct for additional information for students and the Office of Human Resources Drug Free Workplace Policy 2.1.25 for additional information for faculty, staff and student employees.

Purpose of the Policy

Under the Drug-Free Workplace Act and the Drug-Free Schools and Communities Act, the college is required to have an alcohol and other drug policy and distribute this policy annually to all employees and students. This policy must outline expected standards of conduct and consequences that may be applied by both the college and external authorities for policy violations. The law also requires that individuals be notified of possible health risks associated with the use and abuse of alcohol and other drugs, the college's prevention, education and intervention efforts, and sources of assistance for problems that may arise as a result of use.

Definitions

Term	Definition
Campus	Property that is owned, operated, or controlled by COTC.
Open container	Any holder or receptacle that allows access to alcohol, including any bottle, can, or similar container on which the original seal has been broken. A bottle must be resealed by the permit holder.
Physical control of a vehicle	Being in the driver’s position of the front seat of a vehicle and having possession of the vehicle’s ignition key or other ignition device, whether or not the vehicle is running.

Policy Details

- I. Alcoholic beverage consumption is prohibited on campus or at off-campus college-sponsored activities or events at which the primary audience is under the legal consumption age unless:
 - A. Written approval from the Office of Student Life has been issued when students are the primary event organizer; and written approval from the Office of the President has been issued for faculty, staff, and alumni events.
- II. College events serving alcohol must have a primary purpose for the gathering other than the availability of alcohol, and alcohol must not be used as an inducement for participation.

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- A. Controls must be enforced to prevent underage drinking. These controls shall be consistent with local, state, and federal laws and the Code of Student Conduct.
 - B. Events involving alcoholic beverages as part of a competition, such as drinking games or chugging contests are strictly prohibited.
 - C. Soft drinks or other non-alcoholic beverages such as water, punch, or fruit drinks should be available in the same location and be featured as prominently as the alcoholic beverages during the entire time alcoholic beverages are being served.
 - D. Food and/or snacks should be prominently displayed and available during the entire event.
 - E. Individual units may implement more restrictive policies relating to the use and/or promotion of alcohol within their facilities that are otherwise in accordance with college policy and local, state, and federal laws.
 - F. An appropriate F permit will be required by any internal department, organization or external entity that intends to provide beer or intoxicating liquor (wine, mixed beverages of spirituous liquor) either for sale by the drink or through the use of an entrance fee, cover charge, etc.
- III. Registered student organizations on a college-related trip must comply with the Code of Student Conduct and local, state, federal, and international laws that apply to COTC students.
- A. Funds allocated to a registered student organization from the Office of Student Life, or otherwise from the college, must not be used to purchase alcoholic beverages.
 - B. Funds collected through a registered student organization's voluntary dues, donations, or fund-raising may be used to purchase alcoholic beverages if the purchase and use of those beverages is otherwise in accordance with college policy and local, state, and federal laws.
- IV. Alcoholic beverages may be served in designated areas. No thermos bottles, coolers, bottles, cans, or other containers of any type may be brought onto college property.
- A. Possession and consumption of alcohol is subject to local, state, and federal laws and regulations. Police and the Ohio Investigative Unit may patrol these areas and enforce applicable laws.
 - B. Any open container must be transported as required by law.
- V. Alcohol is prohibited at undergraduate group events on campus, including public or semi-private common areas.
- A. Students 21 years of age or older may possess and consume legal beverages in their rooms or rooms of others of legal age, in accordance with residence hall policy and local, state, and federal laws.
- VI. Advertising that promotes the use of alcohol, illegal drugs, or the misuse of prescription drugs is prohibited on campus. This also applies to events and activities organized or sponsored by the college.
- A. Subject to administrative restrictions, events organized on Campus may display the corporate names and logos of alcohol-related sponsors, as long as it does not encourage consumption or irresponsible use.
 - B. Promotional materials, including advertisements for college events sponsored or co-sponsored by student organizations, must not make reference to or include pictures of alcoholic beverages or the name of alcohol distributors.
 - C. Advertising should focus on the purpose or theme of the event and not on the availability of alcohol in ways that imply drinking is the focus, such as, but not limited to, a "beer blast," "forty kegs," or "all the beer you can drink."
- VII. The unlawful manufacture, possession, use, or distribution of illicit drugs or controlled substances on college property or as part of college activities is strictly prohibited.

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- VIII. College faculty, staff, student employees, students, volunteers, vendors, and visitors must abide by all applicable local, state, and federal laws regarding illicit drugs and controlled substances. Under local, state and federal laws, it is a crime to do any of the following. For more information, see the Ohio Department of Commerce and U.S. Drug Enforcement Administration. This information should not be substituted for legal advice.
- A. Underage Drinking**
1. Purchase, order, pay for, or share the cost of alcohol if you are under 21.
 2. Possess alcohol if you are under 21.
 3. Consume alcohol if you are under 21, unless it is provided by and consumed in the presence of your parent, legal guardian, or adult spouse who is 21 or older.
 4. Sell alcohol to, buy alcohol for, or furnish alcohol to anyone under 21.
 5. Allow anyone under 21 who possesses or consumes alcohol to remain in your home, apartment, or residence hall room, or in other property that you own or occupy unless alcohol is given by and consumed in the presence of the underage person's parent, legal guardian, or adult spouse.
- B. False Identification**
1. Show or give false information about your name, age, or other identification to purchase or obtain alcohol if you are under 21.
 2. Provide false information about the name, age or other identification of another person under 21 to purchase or obtain alcohol for that person.
 3. Possession of a fictitious ID (ORC 4507.30).
- C. Open Containers**
1. Have an open container of alcohol in your possession in any unlicensed public place.
 2. Have an open container of alcohol in your possession while driving or riding in or on a motor vehicle.
 3. Have an open container of alcohol in your possession while in or on a motor vehicle that is parked in or on a highway, street, or other place open to the public for parking.
 4. Open containers are not allowed at any campus tailgating events.
- D. Transportation**
1. Operate a vehicle under the influence. If you are under 21, you are considered to be operating a vehicle under the influence if your blood alcohol level is .02 or higher and 0.08 at age 21. Refusing an alcohol test results in an immediate administrative license suspension.
 2. Consume alcohol while in a motor vehicle.
 3. Drive while under the influence of alcohol.
 4. Be in physical control of a vehicle while drinking or under the influence of alcohol.
- E. Disorderly Conduct**
1. Engage in conduct likely to be offensive or cause inconvenience, annoyance, or alarm to others or that poses a risk of physical harm to yourself, to others, or to property while you are voluntarily intoxicated.
- F. Alcohol Sales**
1. Hold an event where alcohol is sold, or an event where alcohol is provided without charge but there is an entrance fee, cover charge, or other fee, without an appropriate permit. Information on how to obtain a temporary liquor permit is available from the Ohio Division of Liquor Control.
- G. Illicit Drugs**
1. Sell or offer to sell any controlled substance or prepare or package any controlled substance for sale.
 2. Distribute any controlled substance, unless authorized to do so by law.
 3. Knowingly obtain, possess, or use a controlled substance without a prescription.
- H. State of Ohio Alcohol and Drug Law Criminal Sanctions**
1. Underage drinking: Ohio Revised Code (O.R.C.) 4301.63/4507.30 provides that no person under the age of 21 shall purchase beer or intoxicating liquor. Penalty for violation: Violation of O.R.C. 4301.63 will result in a fine of not less than \$25 but not more than \$100. The court may order that the fine be paid by the

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performance of public work at a reasonable hourly rate established by the court and may specify the designated time in which the public work shall be completed.

2. False identification used to purchase alcohol for someone under 21: O.R.C. 4301.633 provides that no person shall knowingly furnish any false information as to the name, age, or other identification of any person under 21 years of age for the purpose of obtaining or with the intent to obtain, beer or intoxicating liquor for a person under 21 years of age, by purchase, or as a gift. Penalty for violation: Violation of O.R.C. 4301.633 is a misdemeanor of the first degree. The maximum penalty is imprisonment for not more than six months and a fine not more than \$1,000.
3. False identification used to purchase alcohol by someone under 21: O.R.C. 4301.634 provides that no person under the age of 21 years shall knowingly show or give false information concerning the same person's name, age, or other identification for the purpose of purchasing or otherwise obtaining beer or intoxicating liquor in any place in this state where beer or intoxicating liquor is sold under a permit issued by the division of liquor control or sold by the division. Penalty for violation: Violation of O.R.C. 4301.634 is a misdemeanor of the first degree, punishable by up to six months imprisonment and fines up to \$1,000. If a false or altered state identification card was used in commission of a violation of O.R.C. 4301.634, the punishment is a first-degree misdemeanor with a fine of not less than \$250 but not more than \$1,000 and up to six months imprisonment.
4. Open container in a motor vehicle: O.R.C. 4301.64 prohibits the consumption of beer or intoxicating liquor in a motor vehicle. Penalty for violation: Violation of O.R.C. 4301.64 is a misdemeanor of the fourth degree punishable by up to 30 days in jail and a fine up to \$250.
5. Furnishing or selling alcohol to someone under 21: O.R.C. 4301.69(A) prohibits any person from selling or furnishing beer or intoxicating liquor to a person under 21 years of age, or buying it for any person under the age of 21. Penalty for violation: Violation of O.R.C. 4301.69(A) is a misdemeanor punishable by a fine of at least \$500 but not more than \$1,000, and up to six months imprisonment.
6. Underage purchase, possession or consumption of alcohol: O.R.C. 4301.69(E) provides that no underage person shall knowingly order, pay for, share the cost of, attempt to purchase, possess, or consume any beer or intoxicating liquor in any public or private place or knowingly be under the influence of any beer or intoxicating liquor unless he or she is accompanied by a parent, spouse, or legal guardian who is not an underage person, or unless the beer or intoxicating liquor is given for religious purposes or by a physician for medical purposes. Penalty for violation: Violation of O.R.C. 4301.69(E) is a misdemeanor of the first degree. The maximum penalty is imprisonment for not more than six months and a fine up to \$1,000.
7. Driving while intoxicated: O.R.C. 4511.19 prohibits any person from driving a motor vehicle while under the influence of alcohol or drugs. Penalty for violation: A violation of O.R.C. Section 4511.19 is a misdemeanor of the first degree, the maximum penalty for which is a jail term of up to six months and a fine up to \$1,000. The court may also impose additional fines, community rehabilitation or intervention programs, and suspend or revoke the offender's driver's license. Additional penalties exist for repeat offenders of O.R.C. 4511.19.
8. Selling or distributing illicit drugs: O.R.C. 2925.03 prohibits any person from selling or offering to sell any controlled substance, preparing or packaging any controlled substance for sale, or distributing any controlled substances. Penalty for violation: Anyone who violates this statute is guilty of drug trafficking. Violation of this statute is a felony, the level of which depends on the specific criteria set forth in O.R.C. 2925.03(C), including type and weight of drug. The minimum penalty for a fifth-degree felony can include six to 12 months in jail and/or a fine up to \$2,500. The maximum penalty for a first-degree felony can include imprisonment up to 10 years and a fine up to \$20,000.
9. Possessing or using illicit drugs: O.R.C. 2925.11 prohibits any person from knowingly obtaining, possessing, or using a controlled substance. Penalty for violation: Violation of O.R.C. 2925.11 is drug abuse, which may be a misdemeanor or a felony depending on the specific criteria set forth in O.R.C. 2925.11(C), including type and weight of drug. The minimum penalty, a fourth-degree misdemeanor, is punishable by imprisonment of up to 30 days and a fine up to \$250. The maximum penalty, a first-degree felony, is punishable by up to 10 years in prison and a fine up to \$20,000.
10. A complete list of Ohio drug prohibitions can be found in Chapter 2925 of the Ohio Revised Code.

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I. Federal Drug Laws

1. Federal law prohibits the trafficking and illegal possession of controlled substances as outlined in 21 United States Code, Sections 841 and 844.
2. Depending on the amount possessed, first offense maximum penalties for trafficking marijuana range from five years' imprisonment with a \$250,000 fine to imprisonment for life with a \$10 million fine for an individual, and from five years imprisonment with a \$1 million fine to imprisonment for life with a \$50 million fine if not an individual. Also depending on the amount possessed, first offense maximum penalties for trafficking Class I and Class II controlled substances (methamphetamine, heroin, cocaine, cocaine base, PCP, LSD, fentanyl analogue) range from five years' imprisonment with a \$5 million fine to imprisonment for life with a \$10 million fine for an individual, and from five years' imprisonment with a \$25 million fine to imprisonment for life with a \$50 million fine if not an individual. First offense penalties for simple possession, 21 USC §844, range from at most one year's imprisonment or at least a \$1,000 fine or both; to at most 20 years' imprisonment and a fine of at least \$1,000.
3. For the most current and complete information regarding federal penalties for drug trafficking, visit the U.S. Drug Enforcement Administration Federal Trafficking Penalties.

J. Disclaimer

1. This information is provided as a general summary of the major applicable laws. Laws are frequently amended and reinterpreted, and the application of law to specific situations generally requires an analysis of all of the facts and circumstances. This information should not be substituted for legal advice.
2. Updates to these laws are generally reflected on the websites mentioned here, but individuals are ultimately responsible for knowing the laws. This information should not be substituted for legal advice.
3. COTC's Code of Student Conduct and college policies and rules are campus behavior and safety standards that may result in sanctions, educational outcomes or penalties that are independent of any criminal considerations.
4. Violation of the laws referenced previously may also be a violation of COTC's Code of Student Conduct and college policies and rules and could result in college sanctions. It should also be noted that the college's expectations for appropriate behavior are higher than those under the law.

PROCEDURE

I. Process for College Events that Involve Alcohol

- A. College units seeking to serve alcohol must request approval through the Office of the President.
- B. Students over the legal drinking age seeking to serve alcohol at an event must request approval through the Office of Student Life.
- C. At least **three weeks** before the event, apply for college approval if the college event involves serving alcohol outside of a licensed premise. Proof of Liability Insurance may be required of the sponsor of the event. The following event details are to be provided:
 - a. Date and time of the event. Time during the event in which alcohol will be served.
 - b. A description of the type of people who will be attending the event (e.g., faculty, staff, students, donors, alumni, etc.) and an estimate of the number of attendees; a description of the purpose of the event (e.g., alumni reception, faculty-student mixer, etc.).
 - c. A list of the kinds of alcohol proposed to be served (beer, wine, liquor) and who will be serving the alcohol; where the alcohol will be purchased and by whom it will be purchased.
 - d. An explanation of how non-attendees will be prohibited from entering the event (e.g., fenced off, usher at the doorway, use of wristbands, etc.); an explanation of how attendees will be checked before being served to determine they are of legal drinking age.

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- e. A statement as to whether any fees will be collected in connection with the event and, if so, for what (e.g., alcohol, food, admission or cover charge, etc.).
 - f. Host warranty that it will obtain a liquor permit if required by the Ohio Division of Liquor Control (ODLC).
- D. Per state guidelines, submit a request for a permit from the Department of Liquor Control if planning an event that involves serving alcohol where there will be charges for anything, such as for a reception, conference registration, food, etc.
- E. At least **three weeks** prior to the event, the Public Safety Office must be contacted and the sponsoring party must ensure adequate security, provide a safe and secure environment, and follow reasonable risk management procedures as defined by College Police.

II. Violations

- A.** Any faculty, staff, student employees, students, volunteers, vendors, and visitors found to be in violation of local, state, and/or federal law, or who violate the college’s alcohol or other drug policies, are subject to college disciplinary procedures and/or referral to the appropriate authorities for legal action.
- 1. College disciplinary sanctions include, but are not limited to, written warnings, loss of privileges, probation, participation in an alcohol or other drug assistance or rehabilitation program, suspension, and/or dismissal.
 - 2. Sanctions may also apply to registered student organizations and to off-campus conduct.
- B.** The college values the actions of student “Good Samaritans” or those individuals who are concerned for the health and safety of their peers.
- 1. The Office of Student Life values the actions of student bystanders who seek medical assistance when warranted from appropriate resources, such as Residence Life staff, police, EMS or other first responders. In the interest of promoting health and safety, the student bystander’s own use of alcohol or drugs, level of intoxication, or impairment generally should not result in any college disciplinary proceeding against that student bystander.
 - 2. When applicable, other violations of the Code of Student Conduct may still result in college disciplinary proceedings.

III. Corrective Action

- A.** Faculty, staff, student employees, students, volunteers, vendors, and visitors are responsible for complying with all college policies and rules. If alcohol violations occur, corrective action is governed as follows:
- 1. Students are subject to appropriate discipline by the Office of Student Conduct or by Residence Hall staff.
 - 2. Faculty and staff may be disciplined under all applicable college rules and policies, up to and including termination of employment.
 - 3. Volunteers and vendors are subject to appropriate disciplinary action by the college.
- B.** Alcohol policy violations can be reported to the Office of Public Safety.

Responsibilities

Position or Office	Responsibilities
College leaders, managers, and supervisors	<ul style="list-style-type: none"> 1. Communicate policy expectations. 2. Hold individuals responsible for compliance. 3. Communicate policy violations to leaders and managers in specific areas where problems occur.

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Position or Office	Responsibilities
Student Life	<ol style="list-style-type: none"> 1. Communicate policy expectations to the college community. 2. Consult with students and units on the policy. 3. Provide alcohol and other drug education and support. 4. Review the policy and update as needed. 5. Address non-employment setting policy violations with students. 6. Review, and when appropriate, approve student requests to serve alcohol at events.
Office of the President	<ol style="list-style-type: none"> 1. Communicate policy expectations to the college community. 2. Consult with units on the policy. 3. Review, and when appropriate, approve college and support unit requests to serve alcohol at event(s).
Public Safety	<ol style="list-style-type: none"> 1. As part of the annual security report distribution, communicate to the college community through an annual notification, which must include the following: standards of conduct; a description of sanctions for violating federal, state, and local law and campus policy; a description of health risks associated with alcohol and other drug use; and a description of treatment options.
Human Resources	<ol style="list-style-type: none"> 1. Communicate policy expectations to the college community. 2. Consult with units on the policy. 3. Provide information on support services. 4. Address and refer policy violations to the appropriate position or office.
Employing or volunteer sponsoring unit	<ol style="list-style-type: none"> 1. Communicate policy expectations. 2. Provide information on support services. 3. Address and refer policy violators to the appropriate position or office. 4. Report policy violations to the appropriate position or office.
Individuals	<ol style="list-style-type: none"> 1. Comply with the policy. 2. Inform others about the policy whenever possible. 3. Use education and support resources as needed.

Resources

Authorization to Serve Alcohol Request Form can be found here: <https://www.cotc.edu/post/policy-resources-0>
Drug-Free Workplace policy 2.1.25: <https://www.cotc.edu/sites/main/files/file-attachments/2.1.25.pdf?1604386562>
Expenditures policy 3.1.01:
<https://my.cotc.edu/cotcfacultystaff/businessfinance/Documents/3.1.01%20COTC%20Expenditure%20Policy.pdf>
Ohio Department of Commerce Division of Liquor Control: <https://www.com.ohio.gov/liqr/>
Ohio Liquor Permit Classes and Fees: <https://www.com.ohio.gov/liqr/permitClasses.aspx>
Ohio Revised Code: <http://codes.ohio.gov/orc/>
Registered Student Organizations: <https://www.cotc.edu/post/current-student-organizations>
Student Code of Conduct web page: <https://www.cotc.edu/post/welcome-student-conduct>
U.S. Drug Enforcement Administration: <https://www.dea.gov/>
U.S.D.E.A. Federal Trafficking Penalties: https://www.iecc.edu/files_user/CONS/Files/Federal_Trafficking_Penalties.pdf

Contacts

Subject	Office	Telephone	E-mail/URL
Policy questions	Office of the President	740.364.9510	https://www.cotc.edu/college-policies
Alcohol and other drug coaching/ screening	Office of Student Life, Counseling Services	740.364.9578	https://www.cotc.edu/counseling-services

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Subject	Office	Telephone	E-mail/URL
Code of Student Conduct	Office of Student Life	740.364.9578	https://www.cotc.edu/post/welcome-student-conduct
Corrective action for employees	Office of Human Resources	740.366.9367	https://www.cotc.edu/post/policies-and-procedures
Employee substance abuse	Employee Assistance Program	800.678.6265	https://osuhealthplan.com/eap
Student counseling group/individual	Office of Student Life – Counseling Services	740.364.9578	https://www.cotc.edu/counseling-services
Police and security	Department of Safety and Security	740.366.9237	https://www.cotc.edu/public-safety

History

Updated: 01/06/2021

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Health Risks

Alcohol and other drugs affect the health and safety of students, faculty, staff, volunteers and campus visitors, and are very costly in relationship to campus crime and interference with the learning environment. Central Ohio Technical College is committed to providing a safe, healthy learning community.

ALCOHOL

Risk	Possible Health Effect
Alcohol Use Disorders: Alcoholism & Alcohol Abuse	<ul style="list-style-type: none"> • Alcohol withdrawal syndrome • Cardiomyopathy • Certain types of cancer (oral, pharynx, esophagus, larynx, and lung) • Cirrhosis • Deficiency in thiamine • Gastrointestinal disorders • Heart Disease • Korsakoff's psychosis • Learning and memory problems • Nerve damage • Pancreatitis • Permanent damage to brain and liver • Wernicke's encephalopathy
Birth Defects	<ul style="list-style-type: none"> • Fetal alcohol spectrum disorders • Miscarriage • Physical and mental birth defects • Stillbirth
Chronic Heavy Drinking or Binge Drinking Heavy: 14 drinks/week for men; 7 drinks/week for women Binge: 5+ drinks for men in 2 hours, 4+ drinks for women in 2 hours	<ul style="list-style-type: none"> • Alcohol poisoning • Anemia • Cancer (correlated with mouth, throat, larynx, esophagus, liver, breast, and colon) • Cardiovascular disease • Dementia • Depression • Gout • High blood pressure • Liver disease, heart disease • Nerve damage • Pancreatitis • Sleep disorders • STDs and unwanted pregnancy from unsafe sex • Stroke
Intoxication	<ul style="list-style-type: none"> • Decreased ability to analyze sensory information resulting in disturbed balance, slurred speech, blurred vision, heavy sweating, and dulled sensation of pain • Dehydration • Disrupted balance of minerals in the blood • Disrupted judgment • Gastritis • Hangovers consisting of headache, thirst, nausea and dizziness as well as fatigue • Impaired brain function • Impaired judgment • Impaired motor skills

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- Increased chances of death, accidents, and injuries, falls, sexual victimization, suicide
- Increased lethargy
- Inflammation of esophagus
- Interference with sleep rhythms

COMMONLY ABUSED DRUGS

Risk	Possible Health Effect
Anabolic Steroids	<ul style="list-style-type: none"> • Aggression or rage • Blood clotting and cholesterol changes • Delusions • Extreme irritability • Extreme mood swings • Fluid retention • For men—shrinkage of the testicles (testicular atrophy), reduced sperm count or infertility, baldness, development of breasts (gynecomastia), increased risk for prostate cancer • For women—growth of facial hair, male-pattern baldness, changes in or cessation of the menstrual cycle, enlargement of the clitoris, deepened voice • Hypertension • Impaired judgment stemming from feelings of invincibility • Increased risk of contracting HIV/AIDS or hepatitis • Kidney cancer • Liver cysts • Paranoid jealousy • Severe acne
Bath Salts	<ul style="list-style-type: none"> • Agitation • Altered mental state • Chest pain • Extreme paranoia and delusions • Hallucinations • Highly addictive • Hypertension • Increased blood pressure and heart rate • Kidney injury • Panic attacks • Seizures • Violent behavior, self-injury, self-mutilation, suicide
Cannabinoids (Hashish, Marijuana)	<ul style="list-style-type: none"> • Anxiety, paranoia and panic attacks • Asthma • Bloodshot eyes • Cancer of the lungs • Difficulty speaking, listening, thinking, and problem solving • Distorted perception (sight, sound, time, touch) • Dry mouth and throat • Impaired complex motor skills • Impaired concentration • Impaired judgment

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	<ul style="list-style-type: none"> • Increased risk of damaging the lungs and reproductive system, • Increased heart rate • Linked to heart attacks • Loss of coordination • Lowered sperm production • Problems with memory and learning • Psychological dependence • Respiratory problems: bronchitis, emphysema and bronchial asthma
Depressants	<ul style="list-style-type: none"> • Fatigue; confusion; impaired coordination, memory, judgment; addiction; respiratory depression and arrest; death • Barbiturates <ul style="list-style-type: none"> ○ Depression ○ Dizziness ○ Fever; irritability ○ Life-threatening withdrawal ○ Poor judgment ○ Slurred speech ○ Unusual excitement • Benzodiazepines <ul style="list-style-type: none"> ○ Dizziness • Flunitrazepam <ul style="list-style-type: none"> ○ Memory loss for the time under the drug's effects ○ Urinary retention ○ Visual and gastrointestinal disturbances • GHB <ul style="list-style-type: none"> ○ Coma ○ Death ○ Drowsiness ○ Loss of consciousness ○ Loss of reflexes ○ Nausea/vomiting, headache ○ Seizures • Methaqualone <ul style="list-style-type: none"> ○ Depression
Dextromethorphan (DXM)	<ul style="list-style-type: none"> • Body rash/itching • Closed-eye hallucination • Difficulty breathing • Dizziness • Drowsiness • Gastrointestinal disturbances • Memory loss • Nausea • Numbness
Dissociative Anesthetics	<ul style="list-style-type: none"> • Ketamine <ul style="list-style-type: none"> ○ Altered body image ○ Altered hearing ○ Aphasia ○ Blunted affect ○ Blurred vision ○ Delirium ○ Diplopia ○ Dizziness

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	<ul style="list-style-type: none"> ○ Erythema ○ Euphoria ○ Hallucinations ○ Hypersalivation ○ Hypertension ○ Illusions ○ Impaired attention, memory and judgment ○ Nausea and vomiting ○ Nightmares ○ Nystagmus ○ Pain at injection site ○ Psychomimetic phenomenon ○ Psychomotor retardation ○ Tachycardia ○ Vivid dreams ● PCP and analogs <ul style="list-style-type: none"> ○ Aggression ○ Decrease in blood pressure and heart rate ○ Depression ○ Loss of appetite ○ Panic ○ Violence
Hallucinogens	<ul style="list-style-type: none"> ● LSD, Mescaline, & Psilocybin <ul style="list-style-type: none"> ○ Delusions and hallucinations ○ Increased body temperature, heart rate, and blood pressure ○ Loss of appetite ○ Numbness, weakness ○ Sleeplessness ○ Tremors ○ Unpredictable psychological effects, with "trips" lasting about 12 hours ● Mental disorders ● Nervousness, paranoia
Inhalants	<ul style="list-style-type: none"> ● Aspiration of vomit ● Birth defects if pregnant ● Cramps ● Damage to central nervous system and brain ● Depression ● Frostbite ● Hearing loss ● Heart failure ● Hypoxia ● Kidney damage ● Limb spasms ● Memory impairment ● Muscle weakness ● Unconsciousness
Opioids	<ul style="list-style-type: none"> ● Heroin <ul style="list-style-type: none"> ○ Coma, unconsciousness ○ Confusion ○ Constipation ○ Depressed breathing so overdose can be fatal ○ Highly addictive and tolerance builds up rapidly

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	<ul style="list-style-type: none"> ○ Increased risk of infectious diseases such as HIV/AIDS and hepatitis ○ Nausea ○ Sedation ○ Staggering gait
Stimulants	<ul style="list-style-type: none"> ● Amphetamines <ul style="list-style-type: none"> ○ Aggression, erratic behavior ○ Bad feelings as drug wears off ○ Convulsions, coma, death ○ Depression ○ Extreme exhaustion ○ Hallucinations ○ Headache ○ Loss of coordination ○ Low blood pressure ○ Nausea ○ Panic and paranoia ○ Physical effects: hyperactivity, dilated pupils, vasoconstriction, blood shot eyes, flushing, restlessness, dry mouth, bruxism, headache, tachycardia, bradycardia, tachypnea, hypertension, hypotension, fever, diaphoresis, diarrhea, constipation, blurred vision, aphasia, dizziness, twitching, insomnia, numbness, palpitations, arrhythmias, tremors, dry and/or itchy skin, acne, pallor, convulsions, and with chronic and/or high doses, seizure, stroke, coma, heart attack and death can occur ○ Psychological effects: euphoria, anxiety, increased libido, alertness, concentration, energy, self-esteem, self-confidence, sociability, irritability, aggression, psychosomatic disorders, psychomotor agitation, grandiosity, repetitive and obsessive behaviors, paranoia, and with chronic and/or high doses, amphetamine psychosis can occur ○ Reduced performance at work, disruption of relationships ○ Twitching/tremors ● Cocaine <ul style="list-style-type: none"> ○ Abdominal pain ○ Anxiety, panic attacks, paranoia ○ Chest pain ○ Cocaine is very addictive and many users quickly develop a strong psychological dependence on it ○ Damage to the veins, leading to ulcers and gangrene, and increased risk of blood-borne infections such as hepatitis or HIV ○ Damage to the lungs ○ Damage to the nasal septum as the drug causes vasoconstriction ○ Feeling constantly run-down when not taking cocaine ○ Headaches ○ Heart attacks ○ Increased body temperature ○ Long-term changes to the brain, particularly in the brain's 'reward' circuits, which control sense of pleasure, and personality changes ○ Loss of libido ○ Malnutrition ○ Nausea ○ Raised heart rate and blood pressure

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- Respiratory failure
- Strokes or seizures
- Tolerance builds quickly
- MDMA
 - Anxiety, panic, confusion
 - Cardiac/liver toxicity
 - Depression as drug wears off
 - Dry mouth
 - Hyperthermia
 - Impaired memory and learning
 - Increased heart rate and raised blood pressure
 - Increased liver and kidney problems in later life
 - Interferes with body's fluid control mechanisms and salt balance, making it easy to overhydrate and cause the brain to swell
 - Long-term brain changes such as depletion of serotonin, leading to chronic depression, memory impairment, and personality changes
 - Mild hallucinogenic effects
 - Raised body temperature, leading to dehydration
 - Renal failure
- Nicotine
 - Adverse pregnancy outcomes
 - Cardiovascular disease
 - Chronic bronchitis and emphysema
 - Heart disease
 - Increased risk of cancer in almost every organ and tissue of the body, especially cancer of the lung, throat, and stomach
 - Lung disorders and disease
 - Stroke

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Community Resources

Employees and students may contact any of the following agencies for assistance. It is not a requirement that a person be first evaluated and recommended by a counselor. Individuals may contact these agencies on their own. Some agencies charge for their services. Do not let that deter you from calling. Many agencies have sliding pay scales. They can give a suggestion for alternatives too.

Agency	Service
Alcoholics Anonymous/AA/AI-Anon 76 E. Main St, Newark, Ohio 43055 740-345-7060	Provides a support system for alcoholics and their families
Coshocton County Drug & Alcohol Council 610 Walnut St, Coshocton, OH 43812 740-622-0033	For alcohol and drug counseling; also handles and refers individuals with special concerns.
Freedom Center of Knox County 106 Gambier St Mt. Vernon, OH 43050 740-397-2660	For alcohol and drug abuse – also for personal counseling of young adults.
Licking County Alcoholism Prevention Program 62 E Stevens St Newark, OH 43058-4160 740-366-7303	For students and employees plus their family members—for situations relating to alcoholics, problem drinkers or anyone wanting to know more.
Behavioral Healthcare Partners of Central Ohio, Inc. 65 Messimer Dr. Newark, OH 43055 740-522-8477	For personal counseling and emergency services.
Narcotic Anonymous/NA 1-800-587-4232 or 1-614-252-1700 Phone App – N A Meeting Search 2.2 http://www.na.org/meetingsearch/	Provides referrals to area support group meetings.
Newark Campus Personal Counselor Ohio State Newark/COTC Warner Center, Room 226 1179 University Drive Newark, OH 43055 740-364-9578	For students of Ohio State Newark and COTC relating to problems with friends, family, relationships, drugs, alcohol, etc. Services available during college/university business hours.
Shepherd Hill Healthcare 200 Messimer Dr Newark, OH 43055 877-822-9347	Primarily for in-patient care and counseling regarding drug abuse.
Spencer House 69 Granville St. Newark, OH 43055 740-345-7030	Residential facility that provides accommodations, guidance, supervision and counseling in a group setting for persons with: chemical dependency, mental and emotional issues.

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The Woodlands – Family Counseling

195 Union St, Suite B1
Newark, OH 43055
740-349-7066

Drug and alcohol assessment; personal and financial counseling for individuals and their families; parent education; Battered Women's Shelter.

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