

Alcoholic beverages will not be served or sold to anyone under the age of twenty-one years. The organizers of events involving alcoholic beverages will exercise due diligence in ensuring that personal safety and conduct issues are addressed, including providing security personnel at the discretion of the district. No alcoholic beverage can be acquired, possessed, or used at an athletic event sponsored by the district. (MCC Board Policy 3560)

The unlawful manufacture, distribution, dispensing, possession or use of alcohol or any controlled substance is prohibited in all facilities under the control and use of the district, during district-sponsored field trips, activities or workshops, and in any facility or vehicle operated by the district, except as permitted in Administrative Procedure 3560, Alcoholic Beverages.

Any employee, student, student worker or volunteer who violates this policy will be subject to disciplinary action (consistent with local, state, or federal law), which may include referral to an appropriate rehabilitation program, suspension, demotion, expulsion or dismissal.

Violation of this prohibition will result in appropriate action up to and including termination of employment, expulsion, and referral for prosecution, or, as permitted by law, may require satisfactory participation in an alcohol or drug abuse assistance or rehabilitation program.

As a condition of employment, employees must notify the district within ten (10) calendar days of any conviction for violating a criminal drug statute while in the workplace. The district is required to inform any agencies that require this drug-free policy within ten (10) calendar days after receiving notice of a workplace drug conviction.

All substances of abuse alter consciousness and mood and can lead to physical and/or psychological dependency. The unpleasant side effects do not mean substances will not be abused. Health related and psychological effects are major concerns when individuals choose to abuse alcohol and drugs.

: Produces stimulant effects. However, the long-term psychological effects can include confusion, memory loss, learning difficulties, depression, sleep problems, anxiety, and paranoia. This drug reportedly suppresses the need to eat, drink, or sleep and may lead to severe dehydration and heat stroke (body temperatures can reach 107-109 degrees Fahrenheit.) An overdose

is characterized by rapid heartbeat, high blood pressure, faintness, muscle cramping, panic attacks, and in more severe cases, loss of consciousness or seizures.

: Acts as a depressant, affects mood, dulls the senses, and impairs coordination, reflexes, memory, and judgment. Alcohol dilates blood vessels increasing heat loss and flushing, is an anti-diuretic and interferes with hormones. More serious effects may be damage to the liver, kidneys, pancreas and the brain. On average, heavy drinkers shorten their life spans by approximately 10 years.

Marijuana: “Some people think that marijuana is not truly “addictive” or that people can’t become “hooked” on the drug, but research shows that about 1 in 10 marijuana users will become addicted. For people who begin using before the age of 18, that number rises to 1 in 6. Some of the signs that someone might be addicted include:

Giving up important activities with friends and family in favor of using marijuana.

Unsuccessful efforts to quit using marijuana.

Using marijuana even when it is known that it causes problems fulfilling everyday jobs at home, school or work.

People who are addicted to marijuana may also be at a higher risk of other negative consequences of using the drug, such as problems with attention, memory, and learning.”

From: <https://www.cdc.gov/marijuana/health-effects.html>

: Causes increased heart rate, breathing rate, and body temperature. Causes chronic runny nose and membrane infections. Overdose may result in seizures, heart failure, coma or death.

: “ Drug overdose deaths and opioid-involved deaths continue to increase in the United States. The majority of drug overdose deaths (more than six out of ten) involve an opioid such as oxycodone, hydrocodone and methadone. 115 Americans die every day from an opioid overdose. Naloxone is an antidote to reverse opioid overdose.” From: <https://www.cdc.gov/drugoverdose/epidemic/index.html>

Anonymous or Narcotics Anonymous, and smoking cessation information and referral. If you have any questions or concerns, please contact Health Services x 6675.