

IMPORTANT INFORMATION

REGARDING

Alcohol and Drug Abuse Policy and Prevention



Alcohol and Drug Abuse Policy and Prevention Information and Annual Notification

Policy

Illinois Central College expects its students and employees to comply with all local, state and federal laws regarding the use or possession of alcoholic beverages and controlled substances. The State of Illinois requires that persons be 21 years of age or older to purchase, possess or consume alcoholic beverages, including wine and beer. It is unlawful to sell, furnish, or provide alcohol to a person under the age of 21.

Illinois Central College prohibits the possession of any alcoholic beverage on its campuses except when expressly authorized.

The college forbids the possession, use, or distribution of illegal drugs such as marijuana, LSD, cocaine, inhalants, hallucinogens, or narcotics by anyone on college property.

Health Risks of Alcohol and Other Drugs

Any drug is a potential poison which can cause disability and death if it is taken incorrectly into the body, consumed in the wrong amounts, or mixed indiscriminately with other drugs. Alcohol is the most abused drug in society, as well as on college campuses, and is directly involved in many injuries, assaults, and the majority of deaths in people under age 25.

Binge Drinking

Binge drinking is the most common pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above.

Binge drinking is associated with many health problems, including unintentional injuries (e.g., car crashes, falls, burns, drowning), intentional injuries (e.g., firearm injuries, sexual assault, domestic violence), alcohol poisoning, sexually transmitted diseases, unintended pregnancy, and children born with Fetal Alcohol Spectrum Disorders, high blood pressure, stroke, and other cardiovascular diseases, liver disease, neurological damage, sexual dysfunction, and poor control of diabetes. (cdc.gov/vitalsigns/BingeDrinking/)

Short-Term Health Risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These are most often the result of binge drinking and include the following:

- Injuries, such as motor vehicle crashes, falls, drownings, and burns.
- Violence, including homicide, suicide, sexual assault, and intimate partner violence.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels.
- Risky sexual behaviors, including unprotected sex or sex with multiple partners. These behaviors can result in unintended pregnancy or sexually transmitted diseases, including HIV.
- Miscarriage and stillbirth or among pregnant women.

Long-Term Health Risks

Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including:

- High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Cancer of the breast, mouth, throat, esophagus, liver, and colon.
- Learning and memory problems, including dementia and poor school performance.
- Mental health problems, including depression and anxiety.
- Social problems, including lost productivity, family problems, and unemployment.
- Alcohol dependence, or alcoholism.

By not drinking too much, you can reduce the risk of these short- and long-term health risks.

Health Risk information from cdc.gov/alcohol/fact-sheets/alcohol-use.htm.

**All secondary references available at that site.

Drug Addiction Health Risks

Drug addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn affect human behavior. Once addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking and use.

The impact of addiction can be far reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged use, however, some may occur after just one use.

Health Risk information from drugabuse.gov/

Treatment and Prevention Programs

The College has developed a program to provide services related to drug and alcohol use and abuse including dissemination of informational materials, counseling services, referrals, and college disciplinary actions.

The Health Services Office, Counseling Center, or Human Resources Office can provide further information and referrals to outside agencies including the Employee Assistance Program.

Provided below are links for more information on Alcohol and Drug Abuse. This list is not comprehensive and ICC does not endorse any specific treatment resources. Students looking for more information may also contact Counseling Services at (309)694-5281 or stop in CC201.

National Resources:

Above The Influence
abovetheinfluence.com/facts/

National Institute of Drug Abuse
drugabuse.gov/

Bowles Center for Alcohol Studies, University of North Carolina at Chapel Hill
med.unc.edu/alcohol/education-prevention

Center for Disease Control
cdc.gov/vitalsigns/issues.html

Local Resources:

Alcoholics Anonymous
<http://aapeoria.org/>

Narcotics Anonymous
centralillinoisna.org/

IL Institute for Addiction Recovery at UnityPoint Health
addictionrecov.org/

Human Services Center (HSC)
hscpeoria.org/#home1

Rehabilitation Center Search by City
freerehabcenters.org

Sanctions

Such laws and regulations are strictly enforced by the Campus Police Department, who have the discretion to issue Regulation Violation Notices (college fines) or proceed with criminal charges. Any individual possessing, using, or distributing alcohol or drugs is subject to college disciplinary action, fine, arrest, and imprisonment according to applicable laws and regulations.

Legal sanctions and health risks associated with alcohol and other drugs are published annually by Student Services.

A violation of any law regarding alcohol or drugs is also a violation of the Student Code of Conduct and will be treated as a separate disciplinary matter by the Dean of Students. Sanctions are described in more detail in the Student Code of Conduct, which is emailed to all students each semester.

Financial Aid eligibility may be suspended by the federal government if the offense occurred while a student was receiving federal student aid (grants, loans, or work-study). Additional information can be found at whitehouse.gov/sites/default/files/ondcp/recovery/fafsa.pdf

Family Educational Rights and Privacy Act (FERPA) permits ICC to notify parents of students under the age of 21 when the student has violated any law or policy concerning the use or possession of alcohol or a controlled substance on-campus.

Distributed in compliance with the Drug Free Schools and Communities Act 20 U.S.C. § 1011i, which requires distribution of the ICC drug and alcohol prevention and policy information every year and a biennial review of drug and alcohol prevention programs.

Contact Us

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Visit us on the web: <http://icc.edu/students/student-services>

