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Hinds Community College Cares About You!

College Assistance Program

Your responsibilities in working with friends, parents, schools and jobs sometimes take a lot of adjusting. We are here to help you deal with adjusting to college.

There are a number of people you might find it helpful to talk with to help in your efforts to cope at college. These include hall directors, resident assistants, (if you live on campus); counselors, instructors, deans and many of our other caring employees.

Also, there are programs which may be offered throughout the year that you may find helpful. Things like Assertiveness; Health Concerns, PMS, Bulimia; Managing Emotions, Anger, Love; Communication Skills; Self-Esteem-Values; Birth Control; AIDS Education; Campus Rape Video; Human Sexuality; Choosing Careers (Course); Relationships; Decision Making; Being Independent; Time/Stress Management; Resume and Interview Skills; Suicide Prevention; Self Defense; Test Taking/Study Skills (Course); Conflict Management; Alternatives to Stress; and Getting Involved.

Counseling Services

If you need help now or in the future, make a confidential phone call to a counselor in one of our College Counseling centers listed below to make an appointment, or use the Counseling Center, 601.707.5023 for immediate help.

| Raymond Campus | |
|------------------------------------------|--|
| Utica Campus | |
| Rankin Campus | |
| Jackson Campus Academic/Technical Center | |
| Jackson Campus Nursing/Allied Health | |
| Vicksburg Warren Campus | |

Notice of Non-discrimination Statement

In compliance with Title VI of the Civil Rights Act of 1964, Title IX, Education Amendments of 1972 of the Higher Education Act, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 and other applicable Federal and State Acts, Hinds Community College offers equal education and employment opportunities and does not discriminate on the basis of race, color, national origin, religion, sex, age, disability or veteran status in its educational programs and activities. The following have been designated to handle inquiries regarding these policies:EEOC Compliance: Sherry Franklin, Vice President for Utica Campus and Administrative Services, Box 1003, Utica, MS 39175; Phone: 601.885.7002 or Email: EEOC@hindscc.edu. Title IX: Randall Harris, Vice President for Advancement and Student Services, Title IX Coordinator, Box 1100 Raymond MS 39154; Phone: 601.857.3889 or Email: TitleIX@hindscc.edu

Disability Support Services Statement

Hinds Community College provides reasonable and appropriate accommodations for students with disabilities. Disability Services staff members verify eligibility for accommodations and work with eligible students who have self-identified and provided current documentation. Students with disabilities should schedule an appointment with the designated Disability Services staff member on their respective campus to establish a plan for reasonable, appropriate classroom accommodations.

Jackson Campus-Academic/Technical Center 601.987.8158 Jackson Campus-Nursing/Allied Health Center 601.376.4803 Rankin Campus 601.936.5544 District Coordinator 601-857-3359 Raymond Campus and fully online 601.857.3646 Utica Campus academic 601-885-7022 Utica Campus career-technical 601-885-7128 Vicksburg-Warren Campus 601.629.6807

Drug and Alcohol Prevention

Prevention is the promotion of constructive lifestyles and norms that discourage drug and alcohol use and abuse. Prevention is achieved through the application of multiple strategies; it is an ongoing process that must relate to each emerging generation.

Why do people use alcohol & drugs?

- Curiosity
- Belief that drugs are not harmful
- Belief that drugs alleviate the symptoms of depression
- As an attempt to cope with traumatic experiences, for example, childhood sexual abuse or school failure
- Sensation-seeking behavior
- Substance use by family members
- Peer pressure
- Community norms
- Exposure to pro-use message in mass media
- Access and availability

College Drinking

FACT: About four out of five college students drink alcohol.

FACT: About half of college students who drink, also consume alcohol through binge drinking.

The more students drink, the more likely they will suffer negative consequences. Those consequences can range in severity from having a hangover, performing poorly on a test, or missing class to getting into an argument or fight, driving under the influence, being hurt or injured, or being taken advantage of sexually.

The negative consequences of alcohol use on college campuses are widespread and each year, drinking impacts thousands of college students – whether they drink or not -- as well as families, friends and entire college communities.

Some of the consequences of college drinking include:

- Assault: More than 690,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- Sexual Abuse: More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.
- Injury: 599,000 students between the ages of 18 and 24 receive unintentional injuries while under the influence of alcohol.
- Academic Problems: About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.
- Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol-related health problem and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use.
- Death: 1,825 college students between the ages of 18 and 24 die each year from unintentional alcohol-related injuries.

Tips for Prevention:

1. Connect With Your Friends and Avoid Negative Peer Pressure: Pay attention to who you are hanging out with. If you are hanging out with a group in which the majority of kids are drinking alcohol or using drugs to get high, you may want to think about making some new friends. You may be headed toward an alcohol and drug problem if you continue to hang around others who routinely drink alcohol, smoke marijuana, abuse prescription drugs or use illegal drugs. You don't have to go along to get along.

Tips for Prevention: (continued)

- 2. Enjoy Life and Do What You Love Don't Add Alcohol and Drugs: Learn how to enjoy life and the people in your life, without adding alcohol or drugs. Alcohol and drugs can change who you are, limit your potential and complicate your life. Too often, "I'm bored" is just an excuse. Get out and get active in school and community activities such as music, sports, arts or a part-time job. Giving back as a volunteer is a great way to gain perspective on life.
- 3. Get Educated About Alcohol and Drugs: You cannot rely on the myths and misconceptions that are out there among your friends and on the internet. Your ability to make the right decisions includes getting educated. Visit Learn About Alcohol and Learn About Drugs. And, as you learn, share what you are learning with your friends and your family.
- 4. Plan Ahead: As you make plans for the party or going out with friends you need to plan ahead. You need to protect yourself and be smart. Don't become a victim of someone else's alcohol or drug use. Make sure that there is someone you can call, day or night, no matter what, if you need them. And, do the same for your friends.
- 5. Get Help: If you or someone you know is in trouble with alcohol or drugs, get help. Don't wait. You don't have to be alone.

National Council on Alcoholism and Drug Dependence of Central Mississippi (NCADD)

The National Council on Alcoholism and Drug Dependence (NCADD) provides education about alcoholism, tobacco and other drug addictions as treatable diseases; offers prevention programs for schools, organizations and communities; answers questions from the public, legislative bodies, and the media; and distributes a variety of publications. NCADD also offers information and referral services to children, teenagers, and adults seeking help with alcoholism, other drug dependencies and related problems. NCADD offers prevention services free of charge to Hinds Community College through funds made available from the Mississippi Department of Mental Health. For more information log on to www.ncaddms.org and www.DMH.state.ms.us

Drug-Free Environment

STATEMENT. The following policy of the Board of Trustees is quoted: 1021 - DRUG-FREE ENVIRONMENT (May 3 1989; revised August 1, 1990)

IN COMPLIANCE WITH THE DRUG-FREE WORKPLACE ACT OF 1988, AS REVISED BY "THE DRUG FREE SCHOOLS AND COMMUNITIES ACT AMENDMENT OF 1989" (PUBLIC LAW 101- 226), THE COLLEGE IS REQUIRED TO NOTIFY EMPLOYEES AND STUDENTS THAT THE UNLAWFUL MANUFACTURE, DISTRIBUTION, DISPENSING, POSSESSION, OR USE OF A CONTROLLED SUBSTANCE IS PROHIBITED IN THE COLLEGE ENVIRONMENT. EMPLOYEES MAY BE SUSPENDED WITHOUT PAY UP TO 30 DAYS OR DISMISSED FOR THE FIRST OCCURRENCE OF ANY OF THE ABOVE ACTS. (MAY 3, 1989) ALL STUDENTS FOUND GUILTY OF VIOLATIONS RESULTING FROM SUBSTANCE USE OR ABUSE MAY BE SUSPENDED OR EXPELLED FROM SCHOOL AND/OR THE RESIDENCE HALL FOR ONE SEMESTER OR MORE AS DECIDED AT THE HEARING. (AUGUST 1, 1990) ALCOHOL IS CONSIDERED A CONTROLLED SUBSTANCE UNDER THIS POLICY.

CLARIFICATION: Any person in the role of a student at Hinds Community College who exhibits sensory symptoms or behavior indicative that he/she is under the influence of mind altering substances may be required to have a drug and/or alcohol screening preformed immediately. Lab results, if indicated, must be submitted to the Hinds Community College Location Dean/Dean of Students. Medical doctor, lab fees, or further treatment costs will be the responsibility of the student. If the test is positive, the student will be suspended or expelled from the college and must seek rehabilitation. The Counseling Center in Ridgeland is the Employee and Student Assistance Provider. The student may be considered for readmission following counseling and appropriate treatment. The student may appeal this action by following the District appeals process. Current drug symptoms, effects, laws, services offered through the College Assistance Program, College counseling services and penalties for both state and federal laws are available on the College's Web site under the Orientation link by going to www. hindscc.edu/Orientation and choosing the publication Drug and Alcohol Awareness. To find alcohol and drug prevention information and facts concerning blood alcohol content in order to make wise decisions, search http://www.health.org for facts.

Non-Smoking Policy

In order to promote a healthy environment for students, employees, and visitors, Hinds Community College became tobaccofree on all campuses, effective January 1, 2015. The use of all tobacco and smoking products to include cigarettes (also electronic), cigars, pipes, and dipping products inside and outside of any facility owned or operated by the College. This includes college-owned vehicles, sidewalks, and parking lots. This policy applies to faculty, staff, administrators, students, contractors, vendors, and visitors.

Exception: The use of tobacco products is discouraged, but may be used by guests on the exterior of Eagle Ridge Hotel/Conference Center and Muse Center in designated areas, golf course, and at houses/apartments leased by employees of the College. Students, employees, and guests may use tobacco products in personal vehicles.

Hinds Community College Drug & Alcohol Procedure

Hinds Community College strives to maintain an environment free from the effects of intoxicants or illicit behavior affecting or mind altering substances. It is our belief that a drug-free environment benefits Hinds Community College, its students, staff, and the community at large. It is our further belief that this environment can be best achieved through an intentional, consistent, and visible effort that is preventive as well as reactive in nature.

One of the goals of Hinds Community College, as well as all higher education, is to encourage and enable students to develop their sense of personal responsibility, their ability to make timely, sound decisions, and to exercise responsible citizenship. These are also expected of the employees of the College.

Hinds proposes to create, promote, and maintain a drug-free environment through thoughtful programs to create and heighten awareness of drug and alcohol problems, referral to appropriate treatment and screening, and educational efforts concerning the nature and effects of alcohol and drug abuse.

Sec. 22 "The Drug Free Schools and Communities Act Amendment of 1989" (Public Law 101-226).

This public law states that no institution of higher education will receive federally funded financial assistance unless it has adopted and implemented a drug and alcohol awareness program for students and employees by October 1, 1990. The awareness program must include several importance factors:

- · describe legal sanctions under local, state and federal laws for the unlawful possession or distribution of illicit drugs and alcohol
- describe the health risks associated with the use of illicit drugs and alcohol
- describe appropriate drug or alcohol treatment plans that are available to the students and employees of the institution
- describe acceptable standards of conduct that prohibit the unlawful possession, use and distribution of illicit drugs and alcohol
- ensure that the sanctions are consistently enforced
- provide for a biennial review of its program to determine its effectiveness and implement

K-9 Drug Dogs On Campus

Hinds Community College seeks to create and maintain a drug-free campus.

In that effort canine (K-9) drug detection dogs may be utilized to search all public and common areas in all campus parking lots and buildings for the purposes of detect—ing illegal drugs and narcotics.

The Campus Police Chief will arrange supervision and coordinate all canine searches with the assistance of campus police officers, appropriate housing personnel, administrators, and other local law enforcement agencies. Searches will be performed by handlers and canines trained and certified in the detection of illegal drugs/narcotics. Canines will be allowed to search areas such as dormitory rooms, offices, and vehicles after the canine alerts to one of these areas, thus, developing probable cause. Once probable cause is established, the canine will be allowed to enter the room/office/vehicle and continue searching. Upon any discovery of suspected illegal drugs/narcotics, persons who are determined to be in violation of State or Federal law and/or College rules and regulations, may be arrested and face College disciplinary charges.

Hinds Community College Drug-Free Environment Policy For Employees

(From Statement 1021 - Policy and Procedures Manual)

DUTIES AND RESPONSIBILITIES OF THE EMPLOYER. The Vice President for Business Services, the District Human Resources Office, and campus/branch/center administrators are responsible to insure compliance with the policy quoted on page five.

The College will maintain a drug-free awareness program to inform employees about the dangers of drug abuse in the workplace. This program will restate the College's drug-free environment policies and the penalties that may be imposed upon the employee for drug abuse violation occurring in the workplace. Information is available regarding the names of drug counseling, rehabilitation, and assistance programs. This information may be obtained from the District Human Resources Office.

DUTIES AND RESPONSIBILITIES OF THE EMPLOYEE. Each employee of the College must sign a statement acknowledging that the employee received a copy of the College's drug-free environment policy and is aware of actions that will be taken against the employee for violation of such prohibition.

Each employee is herein notified that as a condition of employment with the College, he or she will abide by the terms of this policy statement and notify the District Human Resources Office of any criminal drug statute conviction for a violation occurring in the workplace no later than 5 days after such conviction.

| STATEMENT WHICH EMPLOYEES SIGN |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I have received a copy of the College's Drug-Free Environment Policy dated May 3, 1989, revised August 1, 1990. I am aware of actions that may be taken against me for the unlawful distribution, manufacture, dispensing, possession, or use of a controlled substance at my workplace. I agree to abide by the policy terms as a condition of my employment with Hinds Community College. Alcohol is considered a control substance under this policy. |
| Name Date |

FEDERAL ENFORCEMENT REGULATIONS. If an employee convicted of any criminal drug statute violation occurring in the workplace is directly involved with a federal grant program, the College will notify the granting agency within 10 days after receiving notice of such conviction.

Within 30 days of receiving notice, with respect to any employee involved with a federal grant program who is convicted of a drug statute violation occurring in the workplace, the College will (1) take appropriate personnel action against such an employee, up to and including termination; or (2) require such employee to participate satisfactorily in a drug abuse assistance or rehabilitation program approved for such purposes by a Federal, State, or local health, law enforcement, or other appropriate agency.

Additional Drug & Alcohol Abuse Procedures For Nursing/Allied Health Programs

Students enrolled in nursing and allied health programs must meet clinical requirements related to drug screens. Initial drug screening will be done after a student enters the program and prior to the first clinical experience. Repeat drug screens will also be required for students entering the 2nd year of a two-year program, for students who have been readmitted to a program, and for noted alterations in behavior. Drug screens will be done at the Hinds Community College campus where the student is enrolled in most cases; occasionally students will be referred to a specified clinic.

If a student has a positive drug screen for an illicit drug or for a prescription drug that was not prescribed for the individual student, the student will be required to withdraw from the program. A student who refuses to participate in a required drug screen will be required to withdraw. Readmission will be considered if appropriate rehabilitation has been documented; this can include but is not limited to addiction assessment, successful treatment, and submission to random drug screening. This information is available in the Nursing and Allied Health Manual on the Health Related Professions page of the College website: www.hindscc.edu.

Drug Education & Testing Program for Athletes

The following policy of the Board of Trustees is quoted: 734 - April 1988. This is a new statement. (December 2013)

The problems associated with the abuse of certain drugs and alcohol are now of great concern in our society. There is special concern that college athletes be able to avoid those problems. The athletic department shall develop and implement a program of drug and alcohol education for all athletes, a system of testing to identify those athletes who are involved with the use of drugs and/or alcohol and special counseling and assistance to enable the involved athlete to become and remain drug and alcohol free. Administrative procedures shall be set forth by which the athlete who is either unable or unwilling to become and remain drug and alcohol free will be removed from the athletic program.

PROCEDURE 734. The College Athletic Department administers a program of drug awareness (education and user identification) designed to assist athletes and to keep the athletic program drug and alcohol free. The specific objectives of this program are:

- 1. To educate the student athlete in the dangers of drug and alcohol use and abuse.
- 2. To identify through periodic random testing those athletes who may be involved in drug and alcohol usage and the substances being used.
- 3. To recommend and provide permissible confidential treatment for those individuals with drug or drug related problems including alcohol.
- 4. To remove any athletes who are unable or unwilling to become and remain drug and alcohol free from the college athletic programs.

The program shall operate under the following procedures:

- 1. All athletes will be requested to sign a consent form giving Hinds Community College Athletic Department permission to test the athlete. Athletes' parents or guardians will be requested to sign a consent form if said athlete is under 18 years of age.
- 2. The Hinds Community College Athletic Department will conduct a mandatory drug test prior to or at the start of each sport season. Testing will be continuous throughout the year on an unannounced random basis.
- 3. The test will monitor for evidence of the following controlled substances and their derivatives: Amphetamines, Barbiturates, Cocaine Metabolite (as Benzoyl-Ecgonine), Opiates, Phencyclidine, THC Metabolite or Cannabinoids (Marijuana), and Steroids. The test will identify the use of Gold Seal, vinegar or other substances that could be used to alter the urine sample.
- 4. Collection of urine samples will be conducted and the urinalysis will be used to determine whether or not the athlete is drug free.
- 5. Appropriate steps will be taken to ensure proper collection, identification, and confidentiality during the collection of samples.
- 6. A random selection of the urine samples collected during the initial testing period will be tested for steroid use and random testing thereafter.
- 7. Use, possession, or being under the influence of alcoholic beverages, will be included in the drug criteria.
- 8. A drug education presentation will be made to educate all student athletes to the dangers of drug and alcohol abuse.
- 9. The results of the drug test will be made known to the athletic director, athletic trainer, head coach, and the parents.
- 10. The head coach will have a confidential meeting with any athlete testing positive. The parents will be notified in writing if the test is positive. The following steps will be taken at this time.

A. First Positive

The student athlete will be required to attend mandatory drug counseling sessions as provided by the school or outside agency. If recommended by the drug rehabilitation counselor, the student athlete shall be required to attend an out-patient drug rehabilitation program. He/she will be periodically tested for the duration of his/her enrollment at Hinds Community College.

B. Second Positive

The athlete will be suspended from competition for the remainder of the season or semester, the scholarship will be revoked, and all fees will be the responsibility of said athlete. Before the athlete can be readmitted to the team, he/she must successfully complete a residential treatment program.

C. Third Positive

The student athlete is presumed to have made a judgment as to his/her behaviors and lifestyle that is not consistent with the goals of Hinds Community College in a collegiate atmosphere, therefore, said athlete will be barred from any athletic team at Hinds Community College.

DUTIES AND RESPONSIBILITIES. The Athletic Director will supervise the drug education and testing program for athletes. The determination of test times and the random selection of the athletes included in the testing will be the personal duty of the Athletic Director and is not to be delegated. Communications to athletes and their parents pertaining to this program will be over the Athletic Director's signature.

Drug & Alcohol Abuse Policy for Aviation Department Programs

In keeping with Hinds Community College's goals and to prepare students for careers in "drug-free" environments by minoring FAA requirements, the Aviation Department has implemented a drug screening program which requires a non-DOT, 5-panel urine analysis screen for all of its students.

Pre-admissions drug screening will be required as a part of the application process for all students admitted to Aviation Department Programs. Random and/or reasonable suspicion drug screening of one or more Aviation Department students may take place throughout the semester.

Drug & Alcohol Abuse Policy for Aviation Department Programs (continued)

If the test is "positive", the student will be asked to withdraw from the program and seek rehabilitation at the expense of the student. The student will be considered for the readmission following counseling and appropriate treatment. If the drug screen has abnormal results (too dilute), the test must be repeated at the expense of the student. If positive drug screen results are reposted due to prescription medications, a letter of validation is required form a physician or physician letterhead. If illegal drugs are documented, or there is no prescription, the student is not allowed admission and/or progression unless they have documented rehabilitation. Students need to notify the instructor(s) and chairperson of the Aviation Department when using prescription drugs which may affect their behavior.

Students refusing to adhere to these procedures will results in their immediate withdrawal from all Aviation Department training programs. Students may appeal this action by following the District appeals process outlined in the current Hinds Community College Student Handbook.

Penalties for Drug/Alcohol Use & Abuse

As stated in the Hinds Community College Student Handbook, Hinds Community College is concerned with maintaining an environment in which the rights of all members of the campus community are protected while they pursue their educational objectives and activities. All students enrolling at Hinds Community College are expected to become familiar with the policies of the District and conform to the standards of conduct contained in this document. Students who fail to observe these standards of conduct will be referred to a Student Conduct Committee or an Administrative hearing officer for appropriate action.

The following violations and range of sanctions as stated in the Student Handbook are related to substance use and abuse. Also included are violations that are possible resulting behaviors of substance use and abuse.

Standards of Conduct Alcohol/Drugs/Synthetic Drugs/Other Substances and/or Intoxication. The following are prohibited: sale, possession, consumption, use, under the influence or distribution of alcohol; No alcoholic beverage containers, empty or full are allowed anywhere on campus, or illegal drugs on the campus; the use or possession of drug paraphernalia; and engaging in any disorderly conduct as a result of intoxication, regardless of whether such conduct results in injury to persons or property.

CLARIFICATION:

Any person in the role of a student at Hinds Community College who exhibits sensory symptoms or behavior indicative that he/she is under the influence of mind altering substances may be required to have a drug (hair follicle) and/or alcohol screening preformed immediately. Lab results, if indicated, must be submitted to the Hinds Community College Location Dean/Dean of Students. Medical doctor, lab fees, or further treatment costs will be the responsibility of the student. If the test is positive, the student will be suspended or expelled from the college and must seek rehabilitation. The Counseling Center (601.707.5023) is the Employee and Student Assistance Provider. The student may be considered for readmission following counseling and appropriate treatment. The student may appeal this action by following the District appeals process.

Current drug symptoms, effects, laws, services offered through the College Assistance Program, College counseling services and penalties for both state and federal laws are available on the College's Web site www.hindscc.edu and select, Departments, Student Services, Campus Police then click on Alcohol, Drug and College Assistance publication. To find alcohol and drug prevention information and facts concerning blood alcohol content in order to make wise decisions, search www.health.org for facts.

If a student is suspended or expelled, he/she will be considered for readmission following counseling and appropriate treatment. The student may appeal this action by following the District appeals process. Students found responsible of possession or distribution of illegal substances will be referred to appropriate authorities for prosecution.

The Student Conduct Committees/Administrative persons have the authority to assign the sanctions as defined. If an individual is "found" responsible in a student conduct hearing, the student must:

- 1. Get an appointment at The Counseling Center in Ridgeland for a drug screening assessment. If addiction is diagnosed, successful treatment must be completed before being allowed to re-enroll.
- 2. Follow any treatment program that is recommended. Medical doctor, lab fees, or further treatment costs will be the responsibility of the student.
- 3. Submit a clean drug/hair follicle test from specified clinic (the student's cost) to the Associate Vice-President of Student Services before being allowed to reenroll.
- 4. Write a paper on the specific drug/alcohol problem OR be assigned campus community service.

DUTIES AND RESPONSIBILITIES OF THE COLLEGE. The Vice President of each Campus shall work with their campus deans and instructors to insure that students are made aware of this policy each year semester.

Public Intoxication Procedure

The College forbids the possession and/or consumption of alcoholic beverages or drugs on the campus and/or at any activity sponsored by a student organization at the College on college owned or controlled property. Drunkenness or evidence of intoxication is a violation of law on college property. Drunkenness can be caused by alcohol, drugs, narcotics, or other intoxicating substances.

The College will take additional steps with students who appear impaired to the point where they are drunk (not in control of themselves) on campus in order to protect that student and the campus community. Therefore, if in the opinion of appropriate college officials a student is impaired (public drunk or under the control of mind altering substances), then the following action will be taken:

- 1. The student's parents or legal guardian will be called to come and take custody of the student (if the student is under the age of 21);
- 2. If the parent or legal guardian cannot be contacted, or if the parent or legal guardian refuses or is unable to take custody of the student within one and a half hours, then the student will be arrested and transported to jail.

The Counseling Center in Ridgeland

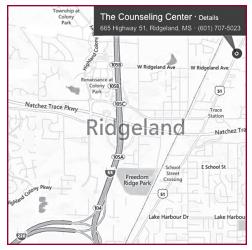
Hinds Community College Student & Employee Assistance services.

Take the 105B exit at Ridgeland, go east on West Jackson Street to the 2nd light, turn left onto Highway 51 and go thru next light. We are across the street from Garden Works Nursery and next door to the car wash.

On October 11, 2010, the College's student and employee behavioral health contract and services moved to The Counseling Center, 665 Highway 51 North, Ridgeland, MS 39157.

At times life is difficult and many people experience problems which they cannot and should not handle alone. The Counseling Center believes that certain problems may not improve without professional help.

Hinds Community College has contracted with The Counseling Center to have confidential counseling services made available for any special needs a student or employee may have. The Counseling Center will provide immediate, confidential, and effective assistance and are available to Hinds students and employees at no charge for short-term counseling. The number is 601-707-5023 and fax 601.707.5068.



A trained counselor will assist in finding a resolution to your problem. If further help is necessary, an assessment will be performed to determine the most appropriate level of care necessary for effective and efficient assistance. Counseling Center services encompass individual, group and family counseling, as well as, crisis intervention, stress management, depression, anxiety, marital/family conflict, grief/bereavement, substance abuse/relapse prevention and divorce issues. For services which are not provided, such as inpatient psychiatric or in patient chemical dependency treatment, The Counseling Center will assist the student or employee in identifying a provider within the employee's health/medical insurance plan.

Employer/Employee Training Workshops

The Counseling Center will provide training for staff and supervisors, focusing on indicator signs for behavioral health problems. This training can help to avert a crisis. The Counseling Center staff will conduct workshops for employees, targeting specific issues within the organization. The workshops are designed to enhance employee attitude, morale, and overall mental health.

Signs and Symptoms of Drug & Alcohol Abuse

- · Abrupt changes in work or school attendance, quality of work, grades or discipline
- Unusual outbreaks of temper
- Obvious mood swings (feeling great, then awful)
- Withdrawal from family obligations or activities
- Deterioration of physical appearance and/or grooming
- Wearing sunglasses indoors or at inappropriate times (to hide bloodshot eyes and/or dilated pupils)
- Telltale signs: carrying matches, lighters, eye drops, or burning incense (to cover the odor of marijuana)
- · Association with known substance abusers or secretive friends
- Obvious lying to the parents regarding actions, activities, possessions, or friends
- Stealing items from employer, home, or school
- Poorly concealed attempt to avoid suspicion and attention, such as frequent trips to storage rooms, closets, or restrooms (to use or hide drugs)
- Unexplainable changes in money (either too much or too little)
- Strongly inappropriate overreaction to mild criticism

Mississippi Driving Under The Influence Laws (DUI)

Driving under the influence of intoxicating liquor or other substances [(63-11-30(1) and (3)] http://www.sos.ms.gov/education_and_publications_mscode.aspx

Where a person is to be tried and sentenced as a repeat offender, under sections 63-11-30 (2)(b), the previous convictions should be entered on the Uniform Traffic Ticket or affidavit. If unknown at the time the affidavit is first prepared the affidavit should be amended by the prosecution in motion to the Court as soon as prior convictions are known and the Defendant provided notice of the amendment. Keep in mind that a 3rd offense within a 5 year period [if the second conviction is under 63-1130(2)(b) after having been convicted under 63-11-30(2)(a)] is a felony and a felony affidavit should be filed. Trial of a 3rd or subsequent offense as a misdemeanor might bar a trial of the case as a felony as double jeopardy. Convictions in other states for DUI occurring after 7/1/92 shall be counted for the purpose of determine if a violation is a 1st, 2nd, 3rd or subsequent offense.

**If accused has a prior conviction under this law, additional allegations are required to impose enhanced penalty . Please see comment on second page of preface.

| PENALTY | MINIMUM | MAXIMUM | | | |
|------------------------------|------------------------------------|-------------------------------------------------------|--|--|--|
| 1st Offense 63-11-30(2)(a) | \$250 & MASEP | \$1,000 &/or 48 hours in jail or in lieu of | | | |
| | | jail time require attendance at a victim impact | | | |
| | | panel. Restricted license and ignition interlock | | | |
| | | device for 90 days | | | |
| 2nd Offense within 5 years | \$600 & 5 days jail and | \$1,500 & 1 year in jail & 1 year | | | |
| • | community service | 63-11-30 (2)(b) 10 days community service | | | |
| | · | Restricted license and Ignition interlock for 1 year. | | | |
| NOTE: (obtain name & address | of Defendant's spouse, if any, and | d furnish this data to Dept. of Public Safety) | | | |

NOTE: (obtain name & address of Defendant's spouse, if any, and furnish this data to Dept. of Public Safety)

3rd & subsequent offense \$2,000 and 1 year in penitentiary \$5,000 & 5 Years in penitentiary within 5 years

restricted license and ignition interlock for 3 years

- NOTE: 1. Section 63-11-30 (5) provides for upgrade of any Section (1) violation to a felony where the defendant's negligent driving causes the death of another or mutilates, disfigures, permanently disables or destroys the tongue, eye, lip, note or any other limb or organ or member of another and provides for a penalty of 25 years.
 - 2. Section 61-11-30 (4) provides for upgrade of any Section (1) violation to a felony where the defendant's negligent driving causes the death of another or mutilates, disfigures, permanently disables or destroys the tongue, eye, lip, nose or any other limb or organ or member of another and provides for a penalty of 25 years.

FELONY - DUI Form [(63-11-30)(2)(C)]

Did willfully, unlawfully and feloniously drive or operate a vehicle within the State of Mississippi in (give location of offense, the county and roadway) while under the influence of an intoxicating liquor, or while under the influence of a substance (name substance if known) which impaired his (or her) ability to operate a motor vehicle, or while having ten one-hundredths percent (10%) [or eight one-hundredths (.08%), defendant being above legal age] or more by weight volume of alcohol in his (or her) blood based upon grams of alcohol per one hundred (100) milliliters of blood (or per two hundred ten (210) liters of breath) as shown by a chemical analysis of his (or her) breath (or blood or urine). Defendant, (name of the defendant) has, been convicted as a first offender and as a second offender after having been convicted as a first offender, for driving under the influence within ten years of this offense. His (or her) previous convictions are as follows: [list dates, jurisdictions and statute and subsection under which defendant was convicted and specify that defendant was convicted as a second offender as required by Ashcraft v. City of Richland, 620 So2d 1210 (Miss 1993)]. Defendant is being charged as a third time offender under Mississippi Code 63-11-30(2)(c).

| PENALIY | MINIMUM | MAXIMUM |
|--------------------------------------------|--------------------|------------------------------------------------------|
| 3rd & subsequent offense | \$2,000 and 1 Year | \$5,000 & 5 years |
| within 5 years 63-11-30 (2)(2) | in penitentiary | in penitentiary |
| if 2nd conviction was under 63-11-30(2)(6) | | Restricted license & ignition interlock for 3 years. |

DESTATES

- NOTE: 1. Section 63-11-30 (2)(c) requires the law enforcement agency to seize the vehicle operated by any person charged with a 3rd or subsequent violation of subsection (1).
 - 2. If the defendant is under the legal age to purchase alcoholic beverages at the time of the offense he is in violation of this law if his blood-alcohol content exceeds eight one-hundredths (.08%) and the affidavit should be changed to reflect the age of the defendant and the .08% or more blood alcohol content.

Mississippi Driving Under The Influence Laws (DUI) (continued)

- 3. Persons operating a commercial motor vehicle are in violation of the law if they have an alcohol concentrations of (.04%) grams of alcohol per 100 milliliters of level of grams of alcohol per 210 liters of breath . See 63-11-30(e) . Of course, the above form should be changed to put those provision where applicable .
- 4. Section 63-11-30 (5) provides for upgrade of any Section (1) violation to a felony where the defendant's negligent driving causes the death of another or mutilates, disfigures, permanently disables or destroys the tongue, eye, lip, nose or any other limb or organ or member of another and provides for a penalty of 25 years.

Zero Tolerance for minors (under 21) 63-11-30 (3)

(3) Zero Tolerance for Minors. (a) This subsection shall be known and may be cited as Zero Tolerance for Minors. The provisions of this subsection shall apply only when a person under the age of twenty-one (21) years has a blood alcohol concentration of two one-hundredths percent (.02%) or more, but lower than eight one-hundredths percent (.08%). If the person's blood alcohol concentration is eight one-hundredths percent (.08%) or more, the provisions of subsection (2) shall apply.

| PENALTY | MINIMUM | MAXIMUM |
|------------------------------|----------------------------------------------------|---------------------------------------------------|
| 1st offense 63-11-30 (3)(ii) | \$250 and MASEP | 90 days restricted license and ignition interlock |
| | | Victim impact |
| 2nd offense 63-11-30 (3)(c) | up to \$500 Restricted lic. IgInt for 1 year | \$500 Restricted lic. IgIn for 1 year |
| 3rd offense 63-11-30 (3)(d) | up to \$1000 suspended lic for 2 years or until 21 | \$1000 sus. Lic for 2 yrs or until 21 |

Male Blood Alcohol Concentration Guide

BODYWEIGHT IN POUNDS

| Number | 110 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | |
|-----------------------|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|------------------------|
| of drinks per hour | PERCENT OF ALCOHOL IN BLOODSTREAM | | | | | | | | |
| 1 | .04 | .03 | .02 | .02 | .02 | .02 | .02 | .02 | |
| 2 | .08 | .06 | .05 | .05 | .04 | .04 | .03 | .03 | Driving skills |
| 3 | .11 | .09 | .08 | .07 | .06 | .06 | .05 | .05 | impaired |
| 4 | .15 | .12 | .11 | .09 | .08 | .08 | .07 | .06 | |
| 5 | .19 | .16 | .13 | .12 | .11 | .09 | .09 | .08 | |
| 6 | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 | Logally |
| 7 | .26 | .22 | .19 | .16 | .15 | .13 | .12 | .11 | Legally Intoxicated |
| 8 | .30 | .25 | .21 | .19 | .17 | .15 | .14 | .13 | in all States |
| 9 | .34 | .28 | .24 | .21 | .19 | .17 | .15 | .14 | |
| 10 | | .31 | .27 | .23 | .21 | .19 | .17 | .16 | |

Female Blood Alcohol Concentration Guide

BODYWEIGHT IN POUNDS

| Number | 100 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | |
|-----------------------|-----------------------------------|-----|-----|-----|-----|-----|-----|-----|---------------|
| of drinks per hour | PERCENT OF ALCOHOL IN BLOODSTREAM | | | | | | | | |
| 1 | .05 | .04 | .03 | .03 | .03 | .02 | .02 | .02 | Driving |
| 2 | .09 | .08 | .07 | .06 | .05 | .05 | .04 | .04 | skills |
| 3 | .14 | .11 | .10 | .09 | .08 | .07 | .06 | .06 | impaired |
| 4 | .18 | .15 | .13 | .11 | .10 | .09 | .08 | .08 | |
| 5 | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 | |
| 6 | .27 | .23 | .19 | .17 | .15 | .14 | .12 | .11 | Legally |
| 7 | .32 | .27 | .23 | .20 | .18 | .16 | .14 | .13 | Intoxicated |
| 8 | .36 | .30 | .26 | .23 | .20 | .18 | .17 | .15 | in all States |
| 9 | .41 | .34 | .29 | .26 | .23 | .20 | .19 | .17 | |
| 10 | .45 | .38 | .32 | .28 | .25 | .23 | .21 | | |

Citation from Mississippi Mothers Against Drunk Driving website; article "How Alcohol Effects Us: the Biphasic Curve" by David J;. Hanson, Ph. D. For tips, go to http://www2.potsdam.edu/alcohol-info/HealthIssues/1100827422.html
Mississippi Code http://www.mscode.com/free/statutes/63/011/0030.htm

LEGAL SANCTIONS

Mississippi Uniform Controlled Substance Laws

It is unlawful to sell, barter, transfer, manufacture, distribute, dispense or possess with intent to sell, barter, transfer, manufacture, distribute or dispense:

| | Selling | Possession |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|---------------------------------------------------------------|
| 1. SCHEDULE I OR II SUBSTANCES such as: Heroin, LSD, Mescaline, Peyote, Hashish, Hashish Oil, THC, Amphetamine Variants, other Hallucinogens, other Narcotics, Opium, Morphine, Codeine, Methadone, Barbiturates, Methaqualone, and Codeine | *30 yrs/\$1 million Sec. 41-29-139(b)(1) | #3 yrs/\$30,000 Sec. 41 -29-139(c)(1) |
| MARIJUANA: 1 kilogram or more | *30 yrs/\$1 million Sec. 41-29-139(b)(1) | #20 yrs/\$1 million Sec. 41-29-139(c)(2)(D) |
| less than 1 kilo but more than 1 oz | | 1 year/\$1,000 or 3 yrs/\$3,000 Sec. 41-29-139(c)(2)(C) |
| • first offense | 20 yrs/\$30,000 Sec. 41-29-139(b)(2) | \$100-\$250 Sec. 41-29-139(c)(2)(A) |
| second or subsequent offensesecond offense within 2 years | *30 yrs/\$1 million sec. 41-29-139(b)(1) | 5-60 days/\$250 mandatory participation in drug program |
| • third or subsequent offense within 2 years | | 5 days - 6 months/ \$250-\$500 fine |
| 1 ounce or less | 3 yrs/\$3,000 Sec. 41-29-139(b)(3) | |
| Operator of a motor vehicle who possesses 1 oz. or less but more than 1 gram in the passenger area of a motor vehicle | | 90 days/\$1,000 Sec. 41-29-139(c)(2)(B |
| 2. SCHEDULE III OR IV SUBSTANCES such as: Opium, Morphine, Codeine, other narcotics, Chloral Hydrate, Barbiturates, Depressants, Amphetamines, other stimulates | *20 yrs/\$250,000 Sec. 41-29-139(b)(4) | 1 yr/\$5,000 Sec. 41-29-139(c)(2)(C) |
| 3. SCHEDULE V SUBSTANCES such as: Opium, Codeine, other Narcotics | # 10 yrs/\$50,000 Sec. 41-29-139(b)(5) | 1 yr./\$5,000 Sec. 41-29-139(c)(2)(C) |

^{*}Effective July 1, 1986, a fine of at least \$1,000 must be imposed upon conviction of these offenses. A first or second conviction is non-criminal and is private, non-public for 2 years, and after which it must be expunged.

Paraphernalia

| | PENALIY |
|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------|
| 1. SALE OF PARAPHERNALIA | 6 months/\$500 Sec. 41-29-139(d)(2) |
| A. Offender 18 years of age or older who sells paraphernalia to a person under 18 who is at least 3 years his/her junior | 1 year/\$1,000 Sec. 41-29-139(d)(3) |
| B. Unlawful for person to place advertisement to promote sale of paraphenalia | 6 months/\$500 Sec. 41-29-139(d)(4) |
| 2. POSSESION OF PARAPHERNALIA WITH INTENT TO USE | 6 months/\$500 Sec. 41-29-139(d)(1) |

(No person shall be charged with this offense when such person is also charged with possession of one ounce or less of marijuana under 41-29-139(c)(2)(A))

Conspiracy Section 97-1-1

PENALTY

1. CONSPIRACY TO COMMIT A CRIME (Except conspiracy to commit a misdemeanor is punished as a misdemeanor)

5 years/\$5,000 Sec. 97-1-1 (a)(h)

2. CONSPIRACY TO VIOLATE SECTIONS: 41 -29-139(b)(1) or 41 -29-139(c)(2)(D)

20 years/\$500,000 Sec. 97-1-1 (h)

A. 41-29-139(b)(1) unlawful to sell, barter, etc: (1) Schedule I or ll, except marijuana; (2) One (1) kilogram or more of marijuana; (3) Second or subsequent offender with respect to less than 1 kilogram but more than 1 ounce of marijuana.

B. 41-29-139(c)(2)(D) unlawful to possess one (1) kilogram or more of marijuana.

Controlled Substance or Prescriptions

OFFENSES PENALTY

1. Acquiring or obtaining possession of controlled substance or prescription by misrepresentation fraud, and the like.

1-5 years/\$1,000 Sec. 41-29-144

- A. 41-29-144(1) Unlawful to obtain or attempt to obtain a controlled substance by misrepresentation, fraud, forgery, deception or subterfuge.
- B. 41-29-144(2) Unlawful to possess, sell, deliver or transfer or attempt to possess, sell, deliver or transfer a false, fraudulent or forged prescription.
- 2. False representation as a controlled substance

1 year/\$1,000 Sec. 41-29-146

41-29-146 Unlawful to sell, produce, manufacture or possess with intent to sell produce, manufacture, distribute or dispense a substance which subject falsely is represented to be a controlled substance or a counterfeit substance. (Does not apply to a law enforcement officer acting in the course and scope of his/her employment or to a practitioner.)

Enhanced Penalties

41-29-145 Doubled imprisonment...

Term or imprisonment may be doubled if person 21 years of age or older sells, barters, transfers, possesses with intent etc., a Schedule l-V controlled substance to a person under 21 years of age.

41-29-147 Second and more offenses...

Second and subsequent offenses term of imprisonment and fine may be doubled for person who is convicted of a second or subsequent drug offense.

49-39-142 Selling near schools...sentence doubles! (60 years and \$2 million)

Any person who sells or possesses with intent to sell within 1500 feet of an outbuilding or 1,000 feet of the real property where the school is located may be sentenced up to twice that authorized by 41-29-139(b) after a prior conviction of this section, the penalty may be 3 times that authorized.

41-29-139(f) This felony...gives life in prison...no parole!

Any person twenty-one (21) years of age or older who sells, during a twelve (12) month period; ten (10) or more pounds of marijuana; two (2) or more ounces of heroin; two (2) or more ounces of cocaine; or one hundred (100) or more dosage units of morphine, Demerol, or Dilaudid shall be guilty of a felony and shall be sentenced to life imprisonment without parole.

Federal Sanctions

Federal Trafficking Penalties http://www.justice.gov/dea/agency/penalties.htm

| С | PEN | ALTY | | DRUG | | | PENALTY | | | |
|-------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------|--|--|
| S S* | 1ST OFFENSE | 2ND OFFENSE | QUANTITY | (SCHEDULE) | QUANTITY | 1ST OFFENSE | 2ND OFFENSE | 2 OR MORE PRIOR OFFENSES | | |
| | Not less than 5 years. Not more than 40 years. | Not less than 10 | 5-49 gms pure or 50-499 gms mixture | METHAMPHETAMINE (II) | 50 gms or more pure or 500 gms or more mixture | Not less than 10 years. Not more than life. | 10 years. Not less than 20 | | | |
| | | years. Not more than life. | 100-999 gms mixture | HEROIN (I) | 1 kg or more mixture | | than life. years. Not more | years. Not more than life. | | |
| | If death or serious injury, not less than 20 | If death or | 500-4,999 gms mixture | COCAINE (II) | 5 kgs or more mixture | If death or serious injury, | If death | | | |
| I & | years. Not more than life. | serious injury, life imprisonment. | 5-49 gms mixture | COCAINE BASE (II) | 50 gms or more mixture | than 20 years. Not more | Not more imprisonment | Life | | |
| II | | Fine of not more | 10-99 gms pure or 100-999 gms mixture | PCP (II) | 100 gms or more pure or 1 kg or more mixture | | Fine of not | imprisonment | | |
| | Fine of not more than \$2 million if an individual, \$5 million if other than an individual | Fine of not more than | than \$4 million if an individual, | 1-9 gms mixture | LSD (I) | 10 gms or more mixture | Fine of not more than \$4 million | more than \$8 million if an individual, | | |
| | | if an individual, \$10 million if other than an | 40-399 gms mixture | FENTANYL (II) | 400 gms or more mixture | if an individual, \$10 million if | \$20 million if other than an | | | |
| | | individual | 10-99 gms mixture | FENTANYL ANALOGUE (I) | 100 gms or more mixture | other than an individual | individual | | | |
| | DRUG | QUANTITY | | FIRST OFFENSE | | 5 | SECOND OFFER | NSE | | |
| 1 & 2 | Others and any other drug containing Gamma hydroxbutyric acid | ANY | If death or serious in life. | | | | | 30 years. ous injury, life. n individual, \$10 Million not | | |
| IV | Flunitrazepam | 1gm or more | Same as above | | | Same as above | | | | |
| III | ALL | ANY | Not more than 5 year Fine not more than \$1 million not indiv | \$250,000 individual, | | Not more than Fine not more t \$2 million not i | han \$500,000 indiv | idual, | | |
| IV | Flunitrazepam | 30-999 mg | Same as above | | | Same as above | | | | |
| IV | ALL | ANY | Not more than 3 year Fine not more than \$1 million not indiv | \$250,000 individual, | Not more than of Fine not more than the state of the stat | han \$500,000 indiv | idual, | | | |
| IV | Flunitrazepam | less than 30 mg | Same as above | | | Same as above | | | | |
| V | ALL | ANY | Not more than 1 year Fine not more than \$250,000 if other than | \$100,000 if an individual, | | | 2 years. han \$200,000 if an ir than an individua | · · | | |

Federal Sanctions

Federal Trafficking Penalties - Marijuana

| QUANTITY | DESCRIPTION | FIRST OFFENSE | SECOND OFFENSE |
|------------------------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1,000 kg or more mixture; or 1,000 or more plants | Marijuana | Not less than 10 years, not more than life. If death or serious injury, not less than 20 years. Not more than life. Fine not more than \$4 million if an individual, \$10 million if other than an individual. | Not less than 20 years, not more than life. If death or serious injury, mandatory life. Fine not more than \$8 million if an individual, \$20 million if other than an individual. |
| 100 kg to 999 kg mixture: or 100-999 plants | Marijuana | Not less than 5 years, not more than 40 years. If death or serious injury, not less than 20 years. Not more than life. Fine not more than \$2 million if an individual, \$5 million if other than an individual. | Not less than 10 years, not more than life. If death or serious injury, mandatory life. Fine not more than \$4 million if an individual, \$10 million if other than an individual. |
| more than 10 kg hashish; 50-99kg mixture; more than 1 kg of hashish oil; 50-99 plants | Marijuana | Not more than 20 years. If death or serious injury, not less than 20 years. Not more than life. Fine \$1 million if an individual, \$5 million if other than an individual. | Not more than 30 years. If death or serious injury, mandatory life. Fine \$2 million if an individual, \$10 million if other than individual. |
| 1 to 49 plants; Less than 50 kg mixture | Marijuana | Not more than 5 years. | Not more than 10 years. |
| 10 kg or Less | Hashish | Fine not more than \$250,000 individual, \$1 million if other than an individual. | Fine \$500,000 if an individual, \$2 million if other than an individual. |
| 1 kg or Less | Hashish Oil | | |

(Marijuana is a Schedule I Controlled Substance)



Types of Drugs, Their Common Names and Potential Health Risks

Drugs are chemical substances affecting both the mind and body. The use of any drug may affect an unborn child. The prolonged use of any drug may lead to physical and/or psychological dependence. An overdose of any drug may lead to death. The following list includes the various kinds of drugs, common names of drugs, and descriptions of the possible health risks. This list is not extensive, and other risks may be involved.

| DRUG/STREET NAMES | HEALTH EFFECTS | SYMPTOMS |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Alcohol/beer, wine, wine coolers, Iiquor (1-12 hours effect) | Causes depression, aggression, slurred speech, muscular incoordination. Frequent use can lead to cirrhosis of liver, pancreatitis, brain disorders, vitamin deficiences & malnutrition. Can lead to coma or death in large quantities. | Puffiness of face, redness of eyes, depression, disorientation, shallow respiration, nausea, cold and clammy skin, dehydration. Slurred speech. Impairs muscle coordination, memory and judgement. |
| Marijuana/pot, reefer, grass, THC hash, hash oil, herb, cannabis (2-4 hours effect) | Can impair memory perception and judgement by destroying brain cells. Raises blood pressure. Contains more known carcinogens (poisons) than cigarettes. | Euphoria, relaxed inhibitions, disoriented behavior, staring off into space, hilarity without cause. Time distortion. Bloodshot eyes, dry mouth & throat, increased appetite. Fatigue, hallucinations, depression. |
| Barbiturates, methalqualone/ quaaludes, ludes, yellow jackets, red devils, blue devils, Nembutal, Seconal, sopors, Valium Tranxene, Xanax, Librium (1-16 hours effect) | Can cause slurred speech, staggering gait, poor judgement, and slow, uncertain reflexes. Large doses can cause unconsciousness and death. Mixing of these depressants with alcohol causes thousands of accidental deaths in USA each year. | Slurred speech, disorientation, drunken behavior with no odor of alcohol. Sedation, fatigue. Decreased breathing, pulse and blood pressure. |
| Cocaine/coke, snow, blow, gold dust, lady, Bernice, C, toot (1/2 to 2 hours effect) | Causes dilated pupils, increased blood pressure, heart rate, breathing rate, & body temperature. Can cause seizures, heart attacks and death. | Apathy, anxiety, sleeplessness, paranoia, hallucinations, craving for more cocaine. Weight loss. Constant sniffing. Mood swings. |
| Crack Cocaine/crack, rock (5-10 minute effect) | More & stronger cocaine is getting to to the brain quicker, increasing risks of cocaine use. | Same as cocaine. |
| Amphetamines/uppers, speed, black beauties, dexies, bennies, crystal meth, crank, crystal, ice, hearts, crossroads, white crosses, caffeine, nicotine, diet pills (1/2 to 2 hours effect) | Increases heart rate, breathing rate, blood pressure. High doses can cause tremors, loss of coordination & death from stroke or heart failure. Frequent use of large amounts can produce brain damage, ulcers, malnutrition, hallucinations, convulsions and coma. | Decreased appetite, dilated pupils, sleeplessness, agitation, unusual increase in activity, mood swings, paranoia, anti-social behavior, loss of appetite, anxiety, weight loss. |
| PCP (phencyclidine)/angel dust, killer weed, crystal cyclone, elephant tranqualizer, rocket fuel (Variable effects) | Increased heart rate, and blood pressure. Large doses can cause convulsions, comas, heart & lung failure, and ruptured brain vessels. Users may show long-term effects on memory, judgement, concentration, & perception. | Sweating, dizziness, numbness, hallucinations, confusion, agitation. Violence and aggression or silence & withdrawn state. Poor perception of time and distance. Overdose can lead to death. |

Narcotics

| DRUG/STREET NAMES | HEALTH EFFECTS | SYMPTOMS |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Heroin/Mexican brown, China White, Persian porcelain, "H", smack, horse, junk, black tar, Codeine, Morphine, Meporidine-demerol, Opium, Paragoric, Percodan, Fentanyal, Darvon, Talwin, Tussionex (12-24 hours effect) | Repeated use can lead to infections of the heart lining & valves, skin absesses & congested lungs. May cause nausea and vomiting. Can lead to convulsions, coma, & death. | Watery eyes, runny nose, yawning, loss of appetite, tremors, irritability, panic, chills, sweating, cramps, nausea, apathy, euphoria, itching, constricted pupils, reduced vision. |
| Gas, Glue & Rush/Locker Room, aerosol cans, poppers, snappers, amyl nitrate, gasoline, lighter fluid, whippets. (Inhaled through a saturated cloth or in a bag covering nose and mouth.) (Variable effects) | Brain damage occurs when used over a long period of time. All these chem- icals carry considerable risk, particularly of cardiac arrhythmia. Nausea, vomiting. Can also cause suffocation the first time or any time used. | Lack of coordination, slurred speech, drowsiness, loss of appetite, fatigue. Hallucinations, dizziness, scrambled words & disconnected sentences. Nausea, running nose, decreased heart rate. |
| Hallucinogens/LSD, Mescaline, Peyote, Mesc, buttons, Psilocybin, magic mushrooms, acid, blotter- acid, MDA-love drug (3-12 hours effect) | Dilated pupils, nausea, increased blood pressure, hallucinations, stomach cramps, blackouts. Flashbacks, a recurrence of the drug effects, may be a problem for some. Overdose can lead to death. | Beady eyes, nervous, erratic behavior, laughing, crying, panic, personality changes, "sees" smells, "hears" colors. Marked depersonalization. Psychological changes can be permanent. Poor perception of time and distance. Overdose can lead to death. |
| MDMA/Adam, Ecstacy, X-TC (A Designer Drug: structural analogs of controlled substances.) (Variable up to days) | Increased heart rate & blood pressure. Blurred vision, chills, sweating. Believed to cause permanent brain damage. | Confusion, depression, sleep problems, anxiety, paranoia, muscle tension, involuntary teeth clenching, nausea. |
| Steroids (Variable effect) | Can develop liver cancer, cardio- vascular problems, sterility, sexual dysfunction and stunted growth. | Similar to effects of anti-depressants and stimulants. Can increase moodiness and aggressive behavior. |

Source: National Institute on Drug Abuse

Physical Evidence of Marijuana Usage

- Smell of marijuana, a sweet odor like burned rope, in room, clothes, etc.
- The roach (butt) from a marijuana joint
- Roach clips (holders for the joint)
- Seeds or leaves in the coat pockets or lining
- Rolling papers, pipes or "bongs" in the closet
- Eye drop bottles (to cover up red eyes)
- Incense, room deodorizers, breath fresheners
- Devices for hiding things "stash cans" like Coke cans with screw-off lids



FOR HELP OR INFORMATION ABOUT ANY PROBLEM, CONTACT A HINDS COUNSELOR, 8 a.m. - 4:30 p.m. OR CONTACT THE COUNSELING CENTER IN RIDGELAND 601.707.5023

