

# Drug and Alcohol Abuse Prevention



Substance use interferes with academic, co-curricular, and extracurricular interests and can lead to health, personal, social, economic, and legal problems. The South Orange County Community College District's Drug and Alcohol Abuse Prevention Program (DAAPP) aims to prevent the abuse or unlawful possession, use, or distribution of alcohol and illicit drugs by students and employees on District premises or as part of any of its activities. Please visit the following board policy and administrative regulation for the full version of the DAAPP:

## Administrative Regulation 3550



<https://bit.ly/3RGHmxI>

## Board Policy 3550



<https://bit.ly/4lrhiP>

Saddleback College offers a variety of educational opportunities addressing alcohol- and drug-related issues. Students are encouraged to complete the following anonymous, confidential, and interactive online programs, which provide personalized feedback on alcohol and cannabis use, help identify risk patterns, and provide useful resources.

## Cannabis eCHECKUP TO GO



<https://echeckup.sdsu.edu/usa/mj/coll/saddleback/#/>

## Alcohol eCHECKUP TO GO



<https://echeckup.sdsu.edu/usa/alc/coll/saddleback/#/>

## Alcohol101+



<https://app.alcohol101.plus/signin/saddleback>

## Health Risks Associated with the Use of Illicit Drugs and/or the Abuse of Alcohol

Substance use can lead to serious health and behavioral problems, with both short- and long-term effects on the body and mind. Acute health issues resulting from alcohol and drug use may include heart attack, stroke, and sudden death. Long-term effects may include disruption of normal heart rhythm, high blood pressure, destruction of brain cells, permanent memory loss, infertility, impotence, immune system impairment, kidney failure, cirrhosis of the liver, and lung damage.

## Counseling, Treatment, Rehabilitation, or Re-Entry Programs

Healthcare professionals are available to assist with alcohol and drug-related issues. Students can seek help at the **Student Health and Wellness Center** for crisis intervention, psychotherapy, health education, and community referrals. Additional resources for substance use include the following:

## Alcoholics Anonymous



<https://www.aa.org/>

## Marijuana Anonymous



<https://marijuana-anonymous.org/>

## Narcotics Anonymous



<https://orangecountyna.org/ocwp/>

## OC Navigator



<https://ocnavigator.org/m/ocn>

## Smart Recovery



<https://smartrecovery.org/>

## Standards of Conduct

The District shall be free from all unlawful possession, use, or distribution of alcohol and illicit drugs by students and employees. The unlawful manufacture, distribution, dispensing, possession, or use of alcohol or any controlled substance is prohibited on District property, during District-sponsored field trips, activities, or workshops, and in any facility or vehicle operated under the control of the District.

## Disciplinary Action

Any student or employee who violates the standards of conduct will be subject to 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.

## Legal Sanctions

Specific ordinances regarding violations of alcohol laws are available from the California Department of Alcoholic Beverage Control. Under California state law, possession of any amount of certain controlled substances is punishable by up to one year of incarceration in a county jail, pursuant to Sections 11054 and 11350 of the Health & Safety Code.

Under federal law, possession of a controlled substance is punishable by up to three years of imprisonment, pursuant to 21 U.S.C. §§ 802 and 844(a).

For more information please contact:

## Student Health & Wellness Center



<https://www.saddleback.edu/student-support/student-health-wellness-center>

Saddleback College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies or practices: **Dr. Jennifer LaBounty, Saddleback College Vice President for Student Services and Title IX Officer, Saddleback College, 28000 Marguerite Parkway, Mission Viejo, CA 92692, (949) 582-4566, jlabounty@saddleback.edu.**

It is the policy of SOCCCD to fully comply with the requirements of the Americans with Disabilities Act (Board Policy 3425). Consistent with that policy, this material is available in alternative formats (such as large print, braille or accessible electronic text). Such materials and other disability accommodations will be provided as needed for program access, upon request. For needed accommodations or alternate formats please contact: **Penny Skaff, Ed.D., Dean, Counseling and Special Programs and Section 504/Title II Coordinator, 28000 Marguerite Parkway, Mission Viejo, CA 92692, (949) 582-4572, TTY/Videophone: (949) 582-4430, pskaff@saddleback.edu.**

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