COMMUNITY RESOURCES

The following programs or organizations are currently providing information and services for individuals needing assistance as a result of the use of illicit drugs and / or the abuse of alcohol.

1. Alcoholics Anonymous  
   (575) 397-7009  
   Description: Alcoholics Anonymous is a support group for recovering alcoholics and is also adaptable to persons recovering from other forms of dependencies. Al-A-Teen is a group for teenagers of relatives who drink, and Al-A-Non is a group for relatives of those who drink. Spanish-speaking and non-smoking AA meetings are available. Call anytime for information regarding the place and time of meetings and / or for assistance.
   There is no charge for participation in AA.

2. Guidance Center of Lea County, Inc.  
   920 W Broadway, Hobbs NM 88240  
   (575) 393-3168 • 24-hour (575) 393-6633  
   Description: Guidance Center of Lea County offers 24-hour crisis intervention services; marriage, family, child, and individual counseling; alcohol & drug counseling; and psychological testing and assessment. Narcotics Anonymous meeting information is available, also.
   Cost is based on individual’s ability to pay.

3. Lea Regional Mental Health Services  
   Box 3000, 5417 Lovington Hwy, Hobbs NM 88240  
   (575) 492-5488  
   Description: Lea Regional Mental Health Services treats acutely mentally ill patients and drug / alcohol abuse when secondary to mental health illness. Patients are referred to appropriate facilities for additional rehabilitation.
   Payment may be made through appropriate insurance.

4. Palmer Drug Abuse Program  
   200 East Snyder, Hobbs NM 88240  
   (575) 397-6333  
   Description: The Palmer Drug Abuse Program provides substance abuse counseling for individuals twelve (12) years through twenty-five (25) years of age. Family counseling is also available. PDAP counselors are available and on call.
   There is no charge for the service.

Information regarding the illicit use of drugs and the abuse of alcohol by employees and students is provided pursuant to public law 101-226, Section 22, The Drug Free Schools and Communities Act Amendments of 1989.

Although every effort is made to update and present current information in this booklet, some information may be dated at the time of printing.
FOREWARD

New Mexico Junior College recognizes that the illicit use of drugs and/or the abuse of alcohol is a persistent health problem of major proportion affecting our society physically, mentally, and socially.

Illicit drug use and/or alcohol abuse can adversely affect an individual’s personal life, safety, health, and mental and physical performance.

It is the intent of NMJC to provide employees and students pertinent information related to illicit drug use and/or alcohol abuse in an effort to prevent such harm.

NMJC is committed to promoting and maintaining a work and academic environment that is free from illegal alcohol and drug use and abuse, in accordance with all federal, state, and local laws.

Students, employees, and visitors are prohibited from possessing, consuming, manufacturing, dispensing, or being under the influence of alcohol/illegal drugs or engaging in improper self-medication while on College property or College business.

Any member of the College community who violates this policy is subject to both prosecution and punishment under federal, state, and local laws and to disciplinary proceedings by the College.

This alcohol/drug policy is not designed to punish people for seeking rehabilitation. All information about those individuals who voluntarily avail themselves of drug or alcohol counseling or rehabilitation services will remain confidential. Seeking counseling or rehabilitation will not be used as a basis for disciplinary action or be used against an individual in any way.

College employees and students who violate the alcohol/drug policy shall be informed about and referred to services to assist them in determining whether they are abusing drugs and alcohol or are chemically dependent. If a problem is found to exist, the individual will be referred to resources to assist him/her in overcoming the drug or alcohol abuse pattern.

The College will review its Drug and Alcohol Abuse Prevention Program every two years to determine its effectiveness and implement changes to the program as needed and to ensure that the disciplinary sanctions applied by the College are consistently enforced. The last review was completed in 2012.
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INTRODUCTION

The Drug-Free Schools and Communities Act Amendments of 1989, Public Law 101-226, require that, as a condition of receiving funds or any other form of financial assistance under any Federal program, an institution of higher education (IHE) must certify that it has adopted and implemented a program to prevent unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on their campus or any part thereof.

In accordance with the Federal Drug Free Workplace, it is the policy of New Mexico Junior College that each year the following information will be made available to each student and employee of New Mexico Junior College.

It is further the policy of New Mexico Junior College that every July a committee assigned by the President of New Mexico Junior College shall review its Drug and Alcohol Abuse Prevention Program and shall:

1. determine the effectiveness of its program and report to the President any revisions needed by the program to make it more effective;
2. ensure that the standards of conduct are fairly and consistently enforced; and
3. submit a written report to the President stating all findings and recommendations of the Committee.

STANDARD OF CONDUCT

New Mexico Junior College is a public education institution of the State of New Mexico and, as such, shall not permit on its premises, or at any activity which it sponsors, the possession, use, or distribution of alcoholic beverage or illicit drug by any student, employee, or visitor.

In the event of the confirmation of such prohibited possession, use, or distribution by a student or employee, New Mexico Junior College shall, within the scope of applicable Federal and State due process requirements, take such administrative or disciplinary action as is appropriate. For a student, the disciplinary action may include, but shall not be limited to, suspension or expulsion. For an employee, such administrative or disciplinary action includes, but shall not be limited to, reprimand, suspension, termination of employment, or requirement that the employee participate in and / or successfully complete an appropriate rehabilitation program. Any visitor engaging in an act prohibited by this policy shall be called upon to immediately desist from such behavior.

DRUG AND ALCOHOL ADDICTION SOURCES

FROM PANNELL LIBRARY
APRIL 2013

HV 5278 .M55 2005
Controlling your drinking
Miller, William R & Munoz, Ricardo F.

HV 5292 .A393 2004
Altering American Consciousness: The history of alcohol and drug use in the United States, 1800-2000
Acker, Caroline Jean

HV 5825 .B87 2011
Drug Abuse: Its Natural History and Clinical Treatment
Burt, Marvin R.

HV 5825 .D7793 2008
Drugs and justice: seeking a consistent, coherent, comprehensive view
Battin, M. Pabst

HV 5825 .R484 2012
Blowing Smoke: Rethinking the War on Drugs
Reznicek, Michael J.

HV 5831 .C2 S54
Beautiful boy: A father's journey through his son's meth addiction
Sheff, David.

RC 564.5 .W65 W66 2006
Women under the influence
Columbia University. National Center on Addiction and Substance Abuse.

RC 564.68 .D365 2006
Addiction and mood disorders: a guide for clients and families
Daley, Dennis C.
eBooks

HV 4998 .H54 2002 EB
High anxieties (electronic resource): cultural studies in addiction
Brodie, Janet Farrell.

HV 4998 .G73 1999 EB
Coming clean (electronic resource): overcoming addiction without treatment
Granfield, Robert.
SELF-ASSESSMENT:  
AN ALCOHOL AND DRUG ABUSE QUESTIONNAIRE *

The following list of questions is important to consider in assessing your own use of alcohol and other drugs. If you answer YES to more than three of these questions (or are concerned about someone you know), you should seek help.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Have you ever cut classes in order to drink or use drugs or because of the after effects?</td>
</tr>
<tr>
<td></td>
<td>2. Do you drink or use drugs while studying?</td>
</tr>
<tr>
<td></td>
<td>3. Have you ever done poorly on an exam or assignment because of drinking or using drugs?</td>
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<tr>
<td></td>
<td>4. Have friends or family ever told you that you drink too much or complained about your drug use?</td>
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<tr>
<td></td>
<td>5. Have you ever lost a friend or has a relationship suffered from your drinking or drug use?</td>
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<tr>
<td></td>
<td>6. Have you ever done or said anything while drinking or using drugs that you later regretted?</td>
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<tr>
<td></td>
<td>7. Do you urge friends to drink or use drugs so that you won't stand out?</td>
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<tr>
<td></td>
<td>8. Have you begun to associate with a heavier drinking group of friends or a group that uses drugs?</td>
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<tr>
<td></td>
<td>9. Have you ever been hurt while drinking or using drugs?</td>
</tr>
<tr>
<td></td>
<td>10. Have you ever awakened after drinking or using drugs and wondered what happened the night before?</td>
</tr>
<tr>
<td></td>
<td>11. Do you ever feel guilty about your use of alcohol or other drugs?</td>
</tr>
<tr>
<td></td>
<td>12. Do you drink or use drugs to forget your problems?</td>
</tr>
<tr>
<td></td>
<td>13. Do you drink or use drugs to feel more confident?</td>
</tr>
<tr>
<td></td>
<td>14. Have you ever been broke or gone into debt because you spent money on alcohol or other drugs?</td>
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<tr>
<td></td>
<td>15. Have you ever destroyed or damaged property while drinking?</td>
</tr>
<tr>
<td></td>
<td>16. Do you ever drive while drinking or using drugs?</td>
</tr>
<tr>
<td></td>
<td>17. Have you ever been in trouble with College authorities because of alcohol or drug use, or because of something you did while under the influence?</td>
</tr>
<tr>
<td></td>
<td>18. Do you use more than you planned?</td>
</tr>
<tr>
<td></td>
<td>19. Do you ever have difficulty stopping once you’ve started drinking or using drugs?</td>
</tr>
<tr>
<td></td>
<td>20. Do you find yourself drinking or using drugs when you first wake up?</td>
</tr>
<tr>
<td></td>
<td>21. Do you drink or use drugs while alone?</td>
</tr>
</tbody>
</table>

* Courtesy of Dartmouth College, permission to reproduce
### SYNTHETIC CANNABIS

- **Spice**
- **Amazing J’s**
- **Game Over**
- **Herbal Incense**

Moderate dosages can cause negative effects that are not noted in marijuana users such as agitation and vomiting. Use can also cause psychosis in a higher manner than with the use of cannabis. Adverse health effects associated with its use include seizures, hallucinations, paranoid behavior, agitation, anxiety, nausea, vomiting, racing heartbeat and elevated blood pressure. Users can also suffer from effects of withdrawal symptoms similar to those associated with withdrawing from the use of narcotics.

### DEPRESSANTS

- **Codeine**
- **Heroin**
- **Methadone**
- **Morphine**
- **Opium**
- **Barbituates**
- **Tranquilizers**

Moderate dosages cause euphoria, drowsiness, respiratory depression, constricted pupils, and nausea. Overdose can cause slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Sudden withdrawal results in watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, chills and sweating, cramps, and nausea. NOTE: Depressants combined with alcohol can result in magnified negative affects.

### PSYCHEDELIC DRUGS

- **LSD (lysurgic acid)**
- **Mescaline**
- **PCP (phencyclidine)**

Moderate dosages can result in illusions, hallucinations, and poor perception of time and distance. Overdose can result in longer, more intense “trip” episodes, psychosis, and possible death.

### INHALANTS

- **Gasoline & Kerosene**
- **Glues & organic cements**
- **Lighter Fluid**
- **Lacquer & varnish thinners**
- **Aerosol Propellants**
- **Nitrous Oxide**

Moderate dosages cause excitement, euphoria, giddiness, loss of inhibitions, aggressiveness, delusions, depression, drowsiness, headache, and nausea. Overdose can cause loss of memory, confusion, unsteady gait, pulse. Sudden withdrawal results in insomnia, decreased appetite, depression, irritability, and headache. Death can result from suffocation.

### ALCOHOL

- **Beer**
- **Wine**
- **Liquors**

Alcohol depresses the central nervous system. Initial effect may relax and give mild feeling of euphoria. It also impairs judgment and reduces reaction time & coordination. Prolonged abuse may produce brain atrophy and dysfunction. Very large quantities and / or prolonged abuse may result in death. Sudden withdrawal by an alcoholic may produce problems such as delirium tremors. NOTE: Alcohol in combination with other depressants can result in magnified negative effects.

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2. buy alcoholic beverages for, or procure the sale or service of, alcoholic beverages to a minor;
3. deliver alcoholic beverages to a minor; or
4. aid or assist a minor to buy, procure, or be served with alcoholic beverages.
5. Violation of this section is a 4th degree felony and carries a prison sentence of 18 months and a fine of up to $5,000 per offense.

B. It is a violation of the Liquor Control Act for any minor to buy, attempt to buy, receive, possess, or permit himself to be served with any alcoholic beverages.

C. Any person not a minor who deceives another person to believe that a minor is legally entitled to be sold, served, or delivered alcoholic beverages shall have violated the Liquor Control Act.

D. Violation of this section (60-7B-1) by a minor under the age of 21, with respect to possession, is guilty of a petty misdemeanor.

A sentence imposed pursuant to this section can include:
1. the minor relinquishing his driver’s license to suspension for a period of three months. Driving during that suspension can result in the court imposing a fine, jail sentence, or both. Fine will not exceed $1000 or imprisonment for not more than 6 months.
2. the minor assisting in a court-designated community project up to 50 hours.

60-7B-9  (Penalty) Any violations of Sections 81 through 88 (60-7B-1 to 60-7B-8 NMSA 1978) of the Liquor Control Act by a minor is punishable upon conviction by a fine of not less than $100 and no more than $1000, no part of which shall be suspended, or by imprisonment for not more than 6 months, or by both.

* Excerpts adapted from New Mexico statutes.
HUMAN GROWTH HORMONE

Prolonged use of HGH for achieving weight loss, increasing mass, and reversing the signs of aging, often leads to side effects that involve muscle and joint pain, abnormal bone growth, tissue edema, and altered glucose metabolism. Other side effects include Carpal Tunnel syndrome, swelling in arms and legs, excess body hair, and enlargement of breast tissue in men. There is also an increased risk for diabetes, heart enlargement, liver damage, hardening of the arteries, and hypothyroidism.

NEW MEXICO JUNIOR COLLEGE SANCTIONS

New Mexico Junior College will impose sanctions for failure to maintain standards of conduct regarding illicit drug use and / or alcohol abuse as may apply to students and / or employees consistent with local, state and federal law, up to and including expulsion from school or termination of employment and referral for violations of the standards of conduct.

STUDENT

If a student is charged with a violation of local, state, or federal law, said alleged violations occurring:

1. Off-campus - Any actions by the College may be postponed until the appropriate court has adjudicated the matter, unless the act committed presents a clear and present danger.

2. On College-owned or leased property while representing the College, NMJC may institute its own independent investigation and proceed with appropriate disciplinary action independent of any possible action by criminal courts.

Student violators are subject to the following types of institutional discipline:

1. Educative sanctions
2. Reprimand
3. Restrictions
4. Restitution
5. Probated suspension
6. Suspension
7. Probated expulsion
8. Expulsion

Possession / consumption of alcohol by persons under 21 years of age violates New Mexico law and can be punishable by up to six months in the county jail and a $500 fine.

LEGAL SANCTIONS: ALCOHOL

NEW MEXICO STATUTES

60-7A-5 It is a felony for any person to manufacture, for the purpose of sale, possess for the purpose of sale, offer for sale, or sell any alcoholic beverages in the state except under the terms and conditions of the Liquor Control Act.

60-7A-7 It is a felony for any person other than a licensed distiller or rectifier to manufacture any spirituous liquors in the state.

60-7A-16 It is a violation of the Liquor Control Act for a person to sell or serve alcoholic beverages to, or to procure or aid in the procurement of, alcoholic beverages for an intoxicated person knowing that the person buying or receiving service of alcoholic beverages is intoxicated.

60-7A-22 It is a violation of the liquor control act for any person to consume alcoholic beverages in any public establishment unless the establishment is licensed to sell and serve alcoholic beverages.

60-7A-25 (Penalties)
A. A violation of any provision of the Liquor Control Act or of any rule or regulation promulgated by the department which is not declared by the Liquor Control Act to be a felony shall be a misdemeanor, and, upon conviction thereof, the person shall be punished by a fine of not more than $1,000 or by confinement in jail not more than one year or by both.

B. Any person convicted of a violation of the Liquor Control Act which is declared by the Liquor Control Act to be a felony shall be punished by a fine of not more than $5000 or by imprisonment not more than 18 months or both.

60-7B-1 A. It is a violation of the Liquor Control Act for any person to do any of the following acts:
1. sell, serve, or give any alcoholic beverage to a minor or permit a minor to consume alcoholic beverages on the licensed premises;

EMPLOYEES

An employee convicted of any criminal drug statute for a violation occurring on College-owned or leased properties must notify the Director of Human Resources of same no later than five (5) days after conviction. The Director of Human Resources must take one of the following actions after receiving notice of any criminal drug and / or alcohol statute conviction:

1. Require the employee to participate in an approved assistance program;
2. Determine appropriate disciplinary action according to established personnel policy up to and including dismissal.

www.nmjc.edu

drug and alcohol preventionhandbook
### Federal Trafficking Penalties

#### CSA 2nd Offense 1st Offense

<table>
<thead>
<tr>
<th>Drug</th>
<th>10-49 gm or 100,000 gm mixture</th>
<th>100-990 gm mixture</th>
<th>1,000 gm or more</th>
<th>1 kg or more mixture</th>
</tr>
</thead>
<tbody>
<tr>
<td>METHAMPHETAMINE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HEROIN</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COCAINE</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COCAINE BASE</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>PCP</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>LSD</td>
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<tr>
<td>FENTANYL</td>
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<tr>
<td>FENTANYL ANALOGUE</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

#### First Offense

<table>
<thead>
<tr>
<th>Drug</th>
<th>Quantity</th>
<th>First Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methamphetamine</td>
<td>Not less than 10 years. Not more than life.</td>
<td>Not less than 5 years. Not more than 20 years. Not more than life.</td>
</tr>
<tr>
<td>Heroin</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Cocaine Base</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>PCP</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>LSD</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Not less than 10 years. Not more than 20 years. Not more than life.</td>
<td></td>
</tr>
</tbody>
</table>

#### Second Offense

<table>
<thead>
<tr>
<th>Drug</th>
<th>Quantity</th>
<th>Second Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methamphetamine</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Cocaine Base</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>PCP</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>LSD</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
<tr>
<td>Fentanyl</td>
<td>Not less than 10 years. Not more than life.</td>
<td></td>
</tr>
</tbody>
</table>

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### Federal Trafficking Penalties – Marijuana

#### 1,000 kg or more, or 1,000 or more plants

- **Marijuana**: Not less than 10 years, not more than life. If death or serious injury, not less than 5 years, not more than life. Fines not more than $4 million individual, $10 million not individual.

#### 100 kg to 1,000 kg or 100-999 plants

- **Marijuana**: Not less than 5 years, not more than 10 years. Fines not more than $2 million individual, $4 million not individual.

#### 50 to 100 kg

- **Marijuana**: Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fines not more than $2 million individual, $5 million not individual.

#### 10 to 100 kg

- **Hashish**: Not more than 20 years. Fines not more than $1 million individual, $5 million not individual.

#### Less than 50 kg

- **Marijuana**: Not more than 5 years. Fines not more than $250,000, $1 million not individual.

#### Less than 10 kg

- **Hashish**: Not more than 10 years. Fines not more than $50,000, $1 million not individual.

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1. Law as originally enacted states 100gm. Congress requested to make technical correction to 1 kg. 2. Does not include marijuana, hashish, or hash oil. (See separate chart.)