



# Alcohol and Drug Abuse prevention **handbook**



Promoting Success through Learning

[www.nmjc.edu](http://www.nmjc.edu)

student services  
**New Mexico Junior College**  
1 Thunderbird Circle • Hobbs, New Mexico 88240





**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.*

## 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.

### FOREWORD

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.

#### 1. **Lea Regional Mental Health Services**

Box 3000, 5417 Lovington Hwy, Hobbs NM 88240  
(505) 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.

#### 2. **Palmer Drug Abuse Program**

200 East Snyder, Hobbs NM 88240  
(505) 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.

#### 3. **Alcoholics Anonymous**

(505) 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.

#### 4. **Guidance Center of Lea County, Inc.**

920 W Broadway, Hobbs NM 88240  
(505) 393-3168 • 24-hour (505) 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 based on individual's ability to pay.

**Heads You Lose**, Hall, Pamela HV 5805 .H3 .A3 1971

**Heroin: The Myths and the Facts**, Ashley, Richard, HV 5822 .H4 A84 1999

**Licit and Illicit Drugs: The Consumers Union Report on Narcotics, Stimulants, Depressants, Inhalants, Hallucinogens, and Marijuana**, Brecher, Edward M., HV 5825 .B72 1999

**Mental Illness, Delinquency, Addictions, and Neglect**, Chilman, Catherine S., HV699 F316 1988

**Mind-Altering Drugs: Use, Abuse, and Treatment**, Stephens, Richard C., HV5825 .S75 1987

**The Encyclopedia of Addictions and Addictive Behaviors**, Gwinnell, Esther, RC 564 .G95 2006

**The New Social Drug: Cultural, Medical, and Legal Perspectives on Marijuana**, Smith, David E. HV 5822 .M3 S57 1999

**The White Labyrinth: Cocaine and Political Power**, Lee, Rensselaer W., HV5840 .A5 L44 1989

**Uppers and Downers**, Smith, David E., HV 5801 .S566 1973

**Healthier Workers: Health Promotion and Employee Assistance Programs**, Shain, Martin, HF 5549.5 .E42 S52 1986

**No Safe Place: The Legacy of Family Violence**, Crawford, Christina, HQ809.3 U5 C3 1994

Electronic books and other online materials are also available through the library. Please check at the reference desk for information on accessing these materials.

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## SUGGESTED RESOURCES

The following items are available in Pannell Library.

**Alcoholics Anonymous: The Story of How Many Thousands of Men and Women Have Recovered from Alcoholism**, HV 5275 .A354 1986

**Alcoholism and Related Problems: Issues for the American Public**, West, Louis Jolyon, HV5292 .A388 1984

**Alcohol on Campus: A Compendium of the Law and a Guide to Campus Policy**, Gehring, Donald D. KF 4243 G44 1989

**Caution, “Kindness” Can Be Dangerous to the Alcoholic**, Twerski, Abraham J., HV 5275 .T87 1999

**Coming Home: Adult Children of Alcoholics**, Anderson, Peggy King, PZ7 .A54873 Co 1988

**Controlling Your Drinking: Tools to Make Moderation Work for You**, Miller, William R. HV 5278 .M55 2005

**A Dangerous Pleasure**, Youcha, Geraldine HV 5137 .Y68 1978

**Addiction: An Artificially Induced Drive**, Bejerot, Nils, HV 5801.3 B3913 1972

**Cocaine: An In-Depth Look at the Facts, Sciences History, and Future of the World’s Most Addictive Drug**, Flynn, John C., QP801 .C68 F48 1991

**Consequences of Adolescent Drug Use: Impact on the Lives of Young Adults**, Newcomb, Michael D., HV 5824 .Y68 N49 1988

**Drug Abuse: Linking Policy and Research**, Wish, Eric D., ed., HI .A4 V521 1992.

**Drug Abuse Sourcebook: Basic Consumer Health Information about Illicit Substance of Abuse and the Misuse of Prescription and Over-the-Counter Medications**, Ginther, Catherine HV 5801 .D724 2004

## 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.

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

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## STANDARD OF CONDUCT

The unlawful manufacture, distribution, dispensation, possession, or use of illicit drugs and / or alcohol by employees and students on NMJC property, leased or owned, or as a part of any NMJC activity, or the possession of narcotic paraphernalia as established by New Mexico State Statutes, is prohibited.

A student receiving a PELL grant does so on the condition that he / she will not engage in the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance during the period covered by the PELL grant.

## CONSEQUENCE OF ABUSE ASSOCIATED WITH THE USE OF ILLCIT DRUGS AND ALCOHOL

TYPE	MOST COMMON DRUG OF ABUSE	GENERAL CONSEQUENCE OF ABUSE
<b>STIMULANTS</b>	Caffeine Cocaine Nicotine Some Dietary Products	Moderate dosages cause increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, and loss of appetite. Overdoses can cause agitation, increase in body temperatures, hallucinations, convulsions, and possible death. Sudden withdrawal can cause apathy, long periods of sleep, irritability, depression, disorientation, hallucinations, convulsions, and possible death.
<b>MARIJUANA</b>	Hashish Marijuana	Moderate dosages cause euphoria, relaxed inhibitions, increased appetite, and disoriented behavior. Overdoses can cause fatigue, paranoia, and possible psychosis. Sudden withdrawal can cause insomnia, hyper-activity, and decreased appetite.
<b>DEPRESSANTS NARCOTICS AND OPIATES</b>	Codeine Heroin Methadone Morphine Opium	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,

**PSYCHEDELIC DRUGS**

LSD (lysergic acid)  
Mescaline  
PCP (phencyclidine)

and nausea. NOTE: Depressants combined with alcohol can result in magnified negative affects.

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

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, and possibly an erratic heartbeat and 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 and 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 serious problems such as delirium tremors. NOTE: Alcohol in combination with other depressants can result in magnified negative effects.

- 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 4<sup>th</sup> 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 \$500.00 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 \$100.00 and no more than \$500.00, 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.

## 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 \$1,000.00 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 \$5000.00 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 except the minor's parent, guardian, adult spouse, or adult person into whose custody any court has committed the minor 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;
  2. buy alcoholic beverages for, or procure the sale or service of alcoholic beverages to, a minor;

## 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 or 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 will 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.

### 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; and / or
2. Determine appropriate disciplinary action according to established personnel policy up to and including dismissal.

### Federal Trafficking Penalties

#### APPENDIX A.

Federal Register  
Vol. 5, No. 159 August 16, 1990

CSA	PENALTY		DRUG	PENALTY		
	2nd Offense	1st Offense		Quantity	1st Offense	2nd Offense
I  and	Not less than 10 years. Not more than life.  If death or serious injury, not less than life.	Not less than 5 years. Not more than 40 years	METHAMPHETAMINE	100 gm or more or 1 kg or more mixture	Not less than 10 years. Not more than life.	
				1 kg or more mixture		If death or serious injury, not less than 20 years. Not more than life.
II	If death or serious injury, not less than life.  Fine of not more than \$4 million individual, \$10 million other than individual.	500-4,999 gm mixture	COCAINE	50 gm or more mixture	If death or serious injury, not less than 20 years. Not more than life.	
				50 gm or more mixture		Fine of not more than \$4 million individual, \$20 million other than individual.
				100-999 gm mixture		
				10-99 gm or 1-10 gm mixture		FENTANYL ANALOGUE
Others <sup>2</sup>	Any	10-99 gm or 100-999 gm mixture	METHAMPHETAMINE	100 gm or more or 1 kg or more mixture	Not less than 20 years. Not more than life.	
III	All	Any	HEROIN	1 kg or more mixture	Not less than 10 years. Not more than life.	
IV	All	Any	COCAINE BASE	50 gm or more mixture	If death or serious injury, not less than 20 years. Not more than life.	
V	All	Any	PCP	100 gm or more or 1 kg or more mixture	If death or serious injury, not less than 20 years. Not more than life.	
			LSD	10 gm or more mixture	Fine of not more than \$4 million individual, \$10 million other than individual.	
			FENTANYL	400 gm or more mixture	Fine of not more than \$4 million individual, \$10 million other than individual.	
			FENTANYL ANALOGUE	100 gm or more mixture	Fine of not more than \$4 million individual, \$10 million other than individual.	
			<b>Second Offense</b>			
			Not more than 30 years. If death or serious injury, life. Fine \$2 million individual; \$10 million not individual.			
			Not more than 10 years. Fine not more than \$500,000 individual; \$2 million not individual.			
			Not more than 6 years. Fine not more than \$500,000 individual; \$2 million not individual.			
			Not more than 2 years. Fine not more than \$200,000 individual; \$500,000 not individual.			

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

### Federal Trafficking Penalties – Marijuana

Federal Register  
As of November 18, 1988 Vol. 5, No. 159 August 16, 1990

Quantity	Description	First Offense	Second Offense
1,000 kg. or more; or 1,000 or more plants	<b>Marijuana</b> Mixture containing detectable quantity*	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 individual; \$10 million other than individual.	Not less than 20 years, not more than life. If death or serious injury, not less than life. Fine not more than \$8 million individual; \$20 million other than individual.
100 kg to 1,000 kg; or 100-999 plants	<b>Marijuana</b> Mixture containing detectable quantity*	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 individual; \$ 5 million other than individual.	Not less than 10 years, not more than life. If death or serious injury, not less than life. Fine not more than \$4 million individual; \$10 million other than individual.
50 to 100 kg	<b>Marijuana</b>	Not more than 20 years.	Not more than 30 years. If death or serious injury, not less than life. Fine \$2 million individual; \$10 million not individual.
10 to 100 kg	<b>Hashish</b>	Not more than 20 years.	Not more than 30 years. If death or serious injury, not less than life. Fine \$2 million individual; \$10 million not individual.
1 to 100 kg	<b>Hashish Oil</b>	Not more than 20 years.	Not more than 30 years. If death or serious injury, not less than life. Fine \$2 million individual; \$10 million not individual.
50-99 plants	<b>Marijuana</b>	Not more than 20 years.	Not more than 30 years. If death or serious injury, not less than life. Fine \$2 million individual; \$10 million not individual.
Less than 50 kg	<b>Marijuana</b>	Not more than 5 years.	Not more than 10 years.
Less than 10 kg	<b>Hashish</b>	Not more than 5 years.	Not more than 10 years.
Less than 1 kg	<b>Hashish Oil</b>	Not more than 5 years.	Not more than 10 years.

\*Includes Hashish and Hashish Oil

(Marijuana is a Schedule I Controlled Substance)

## LEGAL SANCTIONS: ILLICIT DRUGS, FEDERAL STATUTES

## LEGAL SANCTIONS: ILLICIT DRUGS, FEDERAL STATUTES (continued)