



ADVANCED BARBER COLLEGE & HAIR DESIGN, INC

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Drug and Alcohol Abuse Prevention Policy

In compliance with the Drug -Free schools and Communities Act Amendments of 1989, Public Law 101-226, Advanced Barber College & Hair Design, Inc, hereby give notice to all employees and students to prevent the use of illicit drugs and the abuse of alcohol to keep the workplace drug free.

Standards of Conduct

Advanced Barber College students and employees are prohibited from the unlawful manufacture, distribution, possession, or use of controlled substance and alcohol while on school property or at school sponsored events.

Students found in violation will face disciplinary actions. Furthermore, students violating ABC drug fee policy also risk violating additional legal sanctions and penalties under local, state, and federal laws.

If ABC believes the student is involved in alcohol or drugs, Advanced Barber College reserves the right to search any containers or the person if conditions warrant such actions.

Penalties and Sanctions

Students found in violation of the drug and alcohol policy will face disciplinary actions that can lead to disciplinary probation, suspension, and can result in expulsion from ABC.

Any violation of this policy will result in adverse action up to and including dismissal and referral for criminal prosecution.

The Sheriff's Department, Weslaco PD or any legal drug enforcement officials are welcome at Advanced Barber College any time for investigations or to make an arrest of a suspect. Penalties or punishment will depend upon the crime, each case will be determined by the individual's records. A list of legal sanctions is at the end of this policy.

Dangers of drug abuse in the workplace

The use of drugs and alcohol effects a person's physical and mental state. Alcohol and drug use cause various side effects such as unsteady movement, short term memory problems, slurred speech, aggressive behavior, drowsiness, and mood changes. In some cases, death may even occur when using alcohol, drugs or prescription drugs. Although these effects may be pleasant, alcohol and drug use in school places other students, and customers in a dangerous environment.

Advanced Barber College will review the drug abuse prevention policy each year to determine its effectiveness and implement changes if it appears the program can be more effective. Each student/employee is continually made aware of the disciplinary actions involved if student is found to be in possession or under the influence of drugs or alcohol.

Students are given a copy of drug abuse policy during the entrance interview and signed copy is placed in their file.

Student Signature

Date



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Health Risks

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life-threatening. Long-term consumption of large quantities of alcohol can also lead to permanent damage to vital organs such as the brain and the liver. Females who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are a greater risk than other youngsters of becoming alcoholics.

Tobacco (Nicotine)

The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy poses serious risks such as spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths. Perhaps the most dangerous substance in tobacco smoke is nicotine. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20 percent succeed in stopping on the first try.

Designer Drugs

Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate. Many of the so-called designer drugs are related to amphetamines (MDMA, X). Bootleg manufacture creates overdose and contaminated risks. These substances can produce severe neurochemical damage to the brain. The narcotic analogs (fentanyl, china white) can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as one dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations, and impaired perception.

Cocaine

Cocaine stimulates the central nervous system. The use of cocaine can cause death by cardiac arrest or respiratory failure. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and



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body temperature. Occasional use can cause a stuffy or a runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Cocaine can produce psychological and physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and

Other Stimulants

Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever or heart failure. In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia.

Anabolic Steroids

Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to acne and including psychological as well as physical reactions. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects include very aggressive behavior known as “roid rage” and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Narcotics

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may result in diseases such as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

Marijuana

All forms of cannabis have negative physical and mental effects. Use of cannabis may impair or reduce short-term memory and comprehension, alter the sense of time and reduce the ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are “high.” Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis. Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains



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more cancer-causing agents than tobacco smoke. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

Hallucinogens

Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have bad psychological reactions to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use of ceased. Users of PCP report persistent memory problems and speech difficulties. Some of these effects may last 6 months to a year following prolonged daily use. Mood disorders-depression, behavior-also anxiety, behavior also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior. Large doses may produce convulsions and coma, as well as heart and lung failure.

Depressants

The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Inhalants

The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrite cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage. Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops. Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.



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Need Help? - Counseling, Treatment, or Rehabilitation

Advanced Barber College students are encouraged to seek out drug and alcohol counseling, treatment and rehabilitation from a range of different sources.

Tropical Texas Behavioral Health

1901 S. 24th Avenue, Edinburg Texas, (956) 289-7000

Alcoholic Anonymous

Alcoholism Treatment Program, Harlingen, Texas 1-888-880-9718

Health Smith Counseling

801 W. Nolana Avenue, Mcallen, Texas (956) 994-1428

Narcotics Anonymous

www.na.org.



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Legal Sanctions

Students or employees found in violation of any local, state or federal law regarding the use, possession or distribution of alcohol or other drugs (as defined by the Texas Health and Safety Code, Subtitle C. Substance Abuse Regulations and Crimes) may receive the full legal penalty in addition to any appropriate college disciplinary action. The most common legal violations and their consequences are

PENALTIES UNDER FEDERAL LAW*		
OFFENSE	MINIMUM PUNISHMENT	MAXIMUM PUNISHMENT
Manufacture, distribution, or dispensing drugs (includes marijuana)	A term of imprisonment up to 5 years, and a minimum fine of \$250,000	A term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 (for an individual) or \$20,000,000 if other than an individual)
Possession of drugs (including marijuana)	Imprisonment for up to 1 year plus fine.	Imprisonment for not more than 20 years or not less than \$5,000 plus costs of investigation and prosecution
Operation of a Common Carrier under the influence of alcohol or drugs		Imprisonment for up to 15 years and a fine not to exceed \$250,000

Penalties may be enhanced for prior convictions and offenses within specified distances of a public college or university.

PENALTIES UNDER TEXAS LAW*		
Manufacture or delivery of controlled substances (drugs)	Confinement in the Texas Department of Corrections (TDC) for a term of not more than 2 years or less than, 180 days or confinement in a community correctional facility for not more than 1 year, and a fine not to exceed \$10,000	Confinement in TDC for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000
Possession of controlled substances (drugs)	Confinement in jail for a term of not more than 180 days, and a fine not to exceed \$2,000	Confinement in TDC for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000
Delivery of Marijuana	Confinement in jail for a term of not more than 180 days, and a fine not to exceed \$2,000 or both	Confinement in TDC for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$100,000
Possession of Marijuana	Confinement in jail for a term not to exceed 180 days, and a fine not to exceed \$2,000 or both	Confinement in TDC for life or for a term of not more than 99 years or less than 5 years, and a fine not to exceed \$50,000
Driving Under the Influence of Alcohol	FIRST OFFENSE: Maximum fine of \$500; 20 to 40 hours community service related to education about or prevention of misuse of alcohol; 60 or 120-day	THIRD OFFENSE: Fine not less than \$500 or more than \$2,000; confinement in jail for a term not to exceed 180 days or both the fine and the confinement;



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	suspension of driver's license. SECOND OFFENSE: Maximum fine of \$500. 40 to 60 hours community service related to education about or prevention of misuse of alcohol; 120 or 240-day suspension of driver's license.	180-day or 1-year suspension of driver's license. An offense under this section is not a lesser included offense under Section 49.04, Penal Code. (DWI).
Public Intoxication		A fine not to exceed \$500
Purchase of alcohol by a minor	Fine of not less than \$25.00 nor more than \$500	Varies with age and number of offenses
Consumption of alcohol by a minor	Fine of not less than \$25.00 nor more than \$500.00	Varies with number of offenses
Possession of alcohol by a minor	FIRST OFFENSE: Maximum fine of \$500; 8 to 12 hours of community service; 30-day suspension of driver's license. SECOND OFFENSE: Maximum fine of \$500; 20 to 40 hours of community service; 60-day suspension of driver's license.	THIRD OFFENSE: Fine not less than \$250 or more than \$2,000; confinement in jail for a term not to exceed 180 days or both fine and confinement; 180-day suspension or driver's license.
Furnishing alcohol to a minor	Fine not to exceed \$4,000; confinement in jail for a term not to exceed 1 year; or both such fine and confinement.	