**Drug and Alcohol Resources/Treatment Programs**

**Campus-based Counseling.** The Student Assistance program is a free service which provides short-term, solution-focused counseling. The program is a partnership between MCC and Center Associates, a local mental health center. Services are provided on campus by Nancy Adams, Associate Professor of Psychology, and Kevin Duncan, a licensed mental health counselor. They may be reached at Nancy.Adams@iavalley.edu 641-844-5753, or info@centerassoc.com. Offices are in room 211.

All of the MCC student support services are developed primarily with an academic, social, individual, and career emphasis. MCC faculty, staff and counselors are committed to Iowa Student Personnel Association (ISPA) and Iowa Community College Student Services Association professional practices.

**Off-campus Drug, Alcohol, Gambling & Crisis Services.** Students should feel free to ask faculty members, advisors, or student success specialists for help with referrals for community resources. MCC has limited on-campus budgets for extended services of a medical, legal or psychological nature. The following is a partial list of off-campus agencies:

**Alcohol/Drug Use**
- Alcoholics Anonymous, 641-753-6314.
- Alcoholics Hotline: 1-800-527-5344.
- National Institute on Drug Abuse Hotline: 1-800-662-4357, information/referral line which directs callers to local treatment centers.

**Substance Abuse Treatment Unit of Central Iowa/ SATUCI:** Marshalltown, satuci.com, 641-752-5421.

**Crisis/Mental Health**
- Center Associates: 9 North 7th Ave, Marshalltown, 641-752-1585 (after hours 641-752-8467).
- Foundation Crisis 2 Center, 24-Hour Crisis Hotline: www.f2onlin.org, 1-800-332-4224.
- Iowa Sexual Abuse Hotline: 1-800-284-7821.

**Suicide**
- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org, 1-800-273-TALK.

**Substance Abuse Warning Signs**

1 in 5 people between 18 and 25 meet the criteria for substance use disorder. Below are signs you may need to seek assistance:

- Using alcohol or drugs to escape emotions
- Needing larger quantities of a substance to experience the same effects
- Blacking out or struggling to remember things when and after using
- Driving under the influence
- Feeling depressed, anxious or remorseful after using
- Friends/family expressing concern about your using
- Preoccupied by the thought of using when not using
- Attempting to change your behavior but failing

If you are experiencing any of the factors listed above, it may be indicative of a significant problem that requires professional help. Only around 11% of people who need help for a substance use disorder receive help and receive treatment for their problems.
Marshalltown Community College faculty and staff care about your health and well-being. The following information is provided to you in accordance with EDGAR 86 and as a resource in the event of you or anyone else needing help with substance abuse. Some information provided in this brochure can be found in the Student Handbook. This information does not supersede Board Policies S22 and S55.

**Standards of Conduct**

Alcohol and controlled substance use: The failure to comply with College regulations or federal or state of Iowa laws regarding the purchase, dispensing, possession and consumption of alcoholic beverages and/or other substances. This includes the unauthorized use, possession, distribution or sale of any controlled substance, including marijuana, cocaine, amphetamine or any other controlled substance as covered by the federal and state Controlled Substances Act. In addition, students may not consume alcohol in public or private areas of the residence halls. (IVCCD Board Policy S22) Alcohol and drug possession/use penalties are defined further in the Student Policies & Procedures section regarding Drug-Free Campus in the student handbook.

**Legal Sanctions (Federal/State/Local)**

Underage possession/purchase/consumption: 1st offense is a simple misdemeanor $100 fine; 2nd offense is any simple misdemeanor $500 fine + loss of driving privileges not to exceed one year or substance abuse evaluation. Subsequent violations are a simple misdemeanor $500 fine + loss of driving privileges not to exceed one year.

OWI: 1st offense 48 hours jail/ $1,250 fine; 2nd offense 7 days jail/ $1,850 fine; 3rd offense 30 days jail or commitment to prison (5 yrs. maximum)/$3,125 fine.

Social Host: 1st offense is a misdemeanor $200 fine, penalties increase with subsequent offenses. More information regarding Marshalltown's Social Host Ordinance (14889, Chapter 5) can be found at the following website: https://ci.marshalltown.ia.us/news/view/NewsID/366.

Manufacture, distribute, or possess with intent to deliver a controlled substance or counterfeit substance: (Title 21, USC 841). Penalty: Sentences range from two years and $10,000 or both to 15 years and $250,000 or both. All sentences carry a mandatory minimum confinement and repeat offenders are subject to double penalty.

Possession of controlled substance, including marijuana: (Title 21, USC 844). Penalty: First conviction up to one year and $1,000-100,000 or both. Special sentencing provisions for possession of crack cocaine: Mandatory five years up to 20 years and up to $250,000 or both. Repeat offenders' penalties in both cases are increased.

More information about the health risks associated with alcohol and drug abuse can be found online at www.drugabuse.gov/drugs-abuse.

**Penalties and Sanctions**

The College has the authority to penalize or impose sanctions on any student found guilty of the above offenses or breach of regulations. Routine disciplinary matters may be handled by the Dean of Students or the Provost of the College. Serious and/or repetitive violations of the Code of Conduct will require a disciplinary hearing before the College Hearing Panel. Students should be familiar with institutional policies and procedural guidelines as outlined in the Student Handbook, College catalog, and the Guide to Residence Life. Students should also be familiar with institutional policies and procedural guidelines as outlined in the Student Policies & Procedures section. Violations of College standards shall result in any one or combination of the following disciplinary sanctions, which may be applied by the Dean of Students or Provost of the College and/or the College Hearing Panel as follows:

1. Warning
2. Disciplinary counseling and/or referral to appropriate drug/alcohol treatment program or law enforcement agencies
   a) Individual counseling
   b) Disciplinary counseling on a group basis
3. Withholding of transcript or degree and/or loss of financial aid/scholarships
4. Probation
5. Expulsion/Suspension (including from residence life)
   a) Expulsion
   b) Definite suspension
   c) Indefinite suspension
   d) Temporary suspension
6. More than one (1) of the sanctions listed above may be imposed for any single violation.

**Note:** Definitions and accompanying procedures pertaining to these sanctions are listed in the Code of Conduct.

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**Health Risks**

**Alcohol**

- **Brain damage**
- **Loss of memory**
- **Brain cell death**
- **Dementia**
- **Poor control of diabetes**
- **Loss of muscle**
- **Risk of chest infection**
- **High blood pressure and irregular pulse**
- **Swollen liver and hepatitis**
- **Cancer**
- **Ulcers and gastritis**
- **Vomiting blood**
- **Tingling nerves and numbness**
- **Trembling hands**
- **Risk of HIV and AIDS**

**Marijuana**

- **It can mess with your memory by changing the way your brain processes information.**
- **Since it effects brain areas that process what we see and hear, pot can make you hallucinate.**
- **It may give you the munchies. A recent study in mice suggests that pot affects food intake in a similar manner as overeating.**
- **Pancreatitis**
- **It may throw off your balance, since it influences activity in two brain areas which control balance, coordination, reaction time, and posture.**
- **Within minutes of inhaling marijuana, your heart rate can increase by 20-90 beats per minute.**
- **Or it can make you feel anxious or paranoid. A side effect that’s most common when someone takes too much.**

More information about the health risks associated with alcohol and drug abuse can be found online at www.drugabuse.gov/drugs-abuse.