

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 Council on Alcoholism & Drug Dependence: addictionsearch.com, 1-800-559-9503.

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.f2online.org, 1-800-332-4224.

Crime Victims' Compensation Program: 515-281-5044.

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

IOWA VALLEY COMMUNITY COLLEGE DISTRICT
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MarshalltownCommunityCollege.com

It is the policy of IVCCD that no individual will be excluded from participation in, denied the benefits of, or be subject to discrimination under any program or activity sponsored or conducted by the District on the basis of actual or potential parental, family or marital status; age; color; creed; gender identity; national origin; physical or mental disability; race; religion; sex; or sexual orientation as required by the Iowa Code §§ 216.6 and 216.9, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. §§ 2000d and 2000e), the Equal Pay Act of 1973 (29 U.S.C. § 206, et seq.), Title IX (Educational Amendments, 20 U.S.C §§ 1681 – 1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. § 794), and Title II of the Americans with Disabilities Act (42 U.S.C. § 12101, et seq).

Marshalltown Community College and Iowa Valley Grinnell students who feel they have been discriminated against are advised to contact Dr. Patrick Kennedy, Equity Officer, at 641-844-5716 or Patrick.Kennedy@iavalley.edu. Complaints may also be filed with the Director of the Iowa Civil Rights Commission in Des Moines at (515) 281-4121 and/or the U.S. Department of Education, Office of Civil Rights, at the Chicago office, 500 W. Madison St., Suite 1475, Chicago, IL 60661; (312) 730-1560.

Retaliation against any individual for reporting discrimination or assisting in providing information relevant to a report of discrimination is strictly prohibited by IVCCD and constitutes a violation of this policy. (August 2017)

Marshalltown Community College Student Guide



U.S. Department of Education
Drug-Free Schools &
Campus Regulations

*In compliance with
the Education Department General
Administrative Regulations (EDGAR Part 86)*

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 522 and 555.

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 522) 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 a 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>.

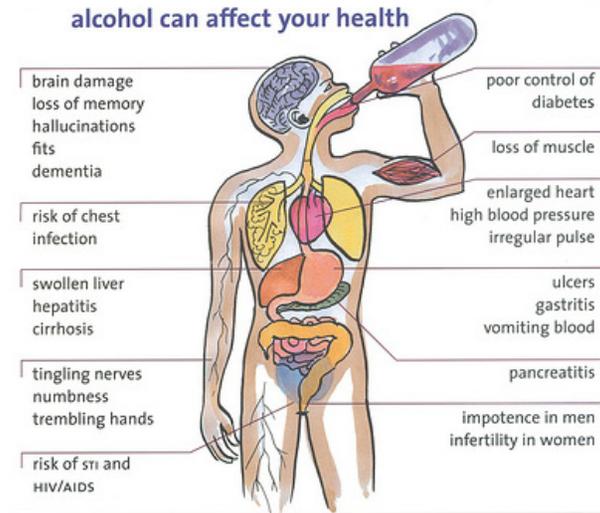
Manufacture, distribute, or possess with intent to deliver a controlled substance or counterfeit substance: (Title 21, USC 841). Penalty: Sentences range from two years and \$10,000 or both to 15 years and \$25,000 or both. All sentences carry a mandatory minimum confinement and repeat offenders are 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 can be found online at iowaabd.com and in the MCC Student Handbook.

Health Risks

Alcohol



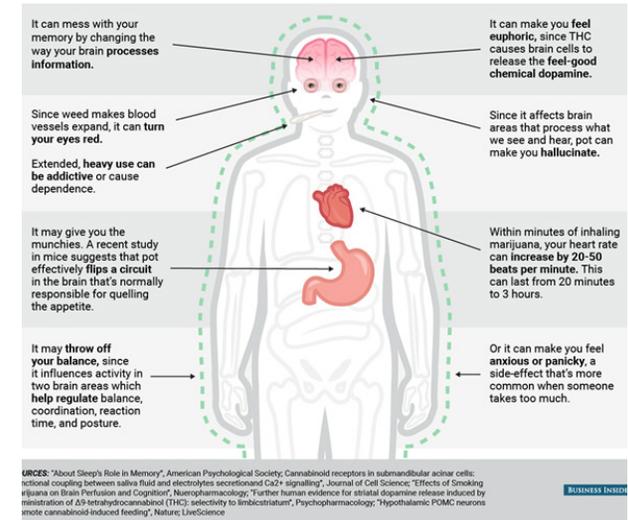
More information about the health risks associate with alcohol and drug abuse can be found online at www.drugabuse.gov/drugs-abuse.

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

Marijuana



SOURCES: "Abund Sleep's Role in Memory", American Psychological Society; Cannabinoid receptors in submandibular acinar cells: sectional coupling between saliva fluid and electrolytes secretion and Ca²⁺ signalling", Journal of Cell Science; "Effects of Smoking Marijuana on Brain Perfusion and Cognition", Neuropharmacology; "Further human evidence for striatal dopamine release induced by administration of Δ9-tetrahydrocannabinol (THC): selectivity to limbic striatum", Psychopharmacology; "Hypothalamic POMC neurons mediate cannabinoid-induced feeding", Nature; LiveScience

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.