

## ALCOHOL

Alcohol is the most commonly abused drug. About 1 in 4 MC students drinks heavily (5 or more drinks at a time). Use can result in

- poor judgement
- car and other accidents
- mood swings
- drowsiness
- depression and anxiety /worsening of it
- violence
- legal and other trouble
- unwanted pregnancy
- poor physical/academic performance
- alcohol poisoning, coma, death
- addiction (alcoholism)
- very serious birth defects if a pregnant woman drinks

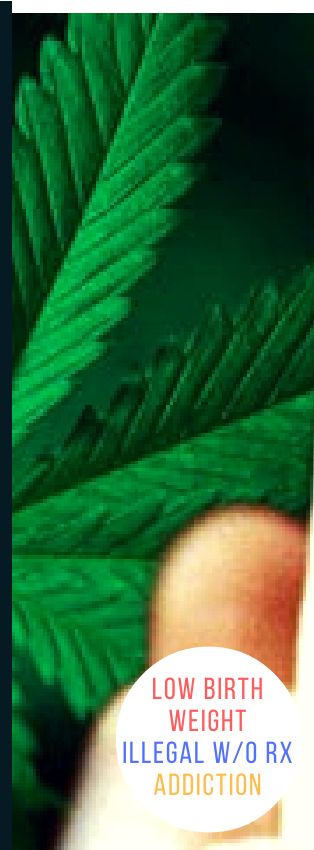


**BIRTH DEFECTS**  
**ADDICTION**  
**ILLEGAL <21**  
**OVERDOSE**

## MARIJUANA

Marijuana is often mistakenly viewed as a harmless substance because it is "natural." About 1 in 5 MC students uses marijuana.

- Chronic use is associated with
- lost interest/motivation
  - depression
  - anxiety
  - paranoia
  - poor decision-making
  - poor physical/academic performance
  - poor memory
  - addiction
  - low birth weight in babies born to women users
  - respiratory illness



**LOW BIRTH WEIGHT**  
**ILLEGAL W/O RX**  
**ADDICTION**

## TOBACCO

Tobacco is an extremely addictive drug, and the leading cause of death in California and the US. About 1 in 10 MC students smokes. Because secondhand smoke (SHS) is harmful (even deadly) to others, MC is a 100% Tobacco-Free Campus. (Tobacco includes chew and vape as well.) Chronic use can result in

- premature aging
- bad breath
- smelly clothes
- addiction
- heart disease and stroke
- lung diseases
- many kinds of cancer
- cavities and gum disease
- low birth weight and some birth defects if used by pregnant women
- ear infections, asthma, crib death and other illness in children exposed to SHS



**LOW BIRTH WEIGHT**  
**HARMS OTHERS**  
**ADDICTION**

## PRESCRIPTION DRUGS

About 1 in 8 MC students uses prescription drugs not prescribed to them. Specific effects depend on the drug, however some effects they have in common are

- dangerous interactions with alcohol and other drugs
- poor decision-making under the influence
- overdose/coma/death
- cardiac or respiratory problems
- legal or other trouble
- poor academic and physical performance



**BIRTH DEFECTS**  
**ILLEGAL W/O RX**  
**OVERDOSE**  
**INTERACTS**

## OPIATES (OR OPIOIDS)

This class of drugs includes many prescription painkillers such as oxycodone, hydrocodone, morphine, and illegal drugs such as heroin. These substances work very well to relieve pain, but can be extremely addictive. Use of these drugs can result in

- constipation/intestinal problems
- overdose/coma/death
- serious interactions with alcohol and other drugs
- poor physical health
- poor academic performance
- (IV heroin) HIV/AIDS, Hepatitis
- legal or other trouble
- addiction



**BIRTH DEFECTS**  
**ILLEGAL W/O RX**  
**OVERDOSE**  
**ADDICTION**

## ANABOLIC STEROIDS

Legally used for hormone disorders, these drugs are abused by athletes wanting an edge over competitors, in tremendously high doses. Such use can result in

- poor judgement
- paranoid jealousy
- irritability
- delusions
- kidney, liver, and heart problems
- (men) shrinking of sex organs, baldness, breast development, prostate cancer,
- (women) deepening voice, baldness, clitoral enlargement
- (teens) stunted growth
- fertility problems



**ADDICTION**  
**ILLEGAL W/O RX**  
**DISQUALIFICATION**

## WHERE TO GET CONFIDENTIAL AND NON-PUNITIVE HELP

The MC Student Health Center  
Admin. Building, A-111  
(805) 378-1413  
[www.moorparkcollege.edu/health](http://www.moorparkcollege.edu/health)

The MC Student Health Center offers:

- medical and psychological services free of charge to enrolled students
- referrals to community resources
- free, self-administered drug, psychological, and eating disorder screening
- Kognito training to help a friend that might be struggling with substance abuse and/or mental health
- Mindfulness Training

### Other Campus Resources

Athletic Trainers  
Coaches  
Student Activities Director  
Counseling Services  
Financial Aid

### Off-Campus Resources

211 Interface Ventura County  
[www.211ventura.org/](http://www.211ventura.org/)  
211 LA County  
[www.211la.org](http://www.211la.org)

211 can be accessed by phone, or via its websites. Phone and web personnel can direct you to a wide variety of services available throughout Ventura and LA Counties for substance abuse, mental health, and other crisis intervention.

## STANDARDS OF CONDUCT

A STUDENT ENROLLING IN MOORPARK COLLEGE ASSUMES AN OBLIGATION TO CONDUCT HIM/HER/THEMSELF IN A MANNER COMPATIBLE WITH THE COLLEGE'S FUNCTION AS AN EDUCATIONAL INSTITUTION.

STUDENT CONDUCT MUST CONFORM TO THE STUDENT CODE OF CONDUCT ESTABLISHED BY THE GOVERNING BOARD OF THE VENTURA COUNTY COMMUNITY COLLEGE DISTRICT IN COLLABORATION WITH COLLEGE ADMINISTRATORS AND STUDENTS. VIOLATIONS OF THE FOLLOWING RULES ARE SUBJECT TO DISCIPLINARY ACTIONS:

- USE, POSSESSION, DISTRIBUTION, OR OFFER TO SELL ALCOHOLIC BEVERAGES, NARCOTICS, HALLUCINOGENIC DRUGS, MARIJUANA, OTHER CONTROLLED SUBSTANCES, OR DANGEROUS DRUGS WHILE ON CAMPUS OR WHILE PARTICIPATING IN ANY COLLEGE-SPONSORED EVENT
- PRESENCE ON CAMPUS WHILE UNDER THE INFLUENCE OF ALCOHOLIC BEVERAGES, NARCOTICS, HALLUCINOGENIC DRUGS, MARIJUANA, OTHER CONTROLLED SUBSTANCES OR DANGEROUS DRUGS, EXCEPT AS EXPRESSLY PERMITTED BY LAW. (USE OR POSSESSION OF MEDICAL MARIJUANA IS NOT ALLOWED ON ANY COLLEGE PROPERTY.)

SECTION 10603 OF THE EDUCATION CODE PROVIDES: "THE GOVERNING BOARD OF ANY SCHOOL DISTRICT MAY MAKE AND ENFORCE ALL RULES AND REGULATIONS NEEDFUL FOR THE GOVERNMENT AND DISCIPLINE OF THE SCHOOLS UNDER ITS CHARGE. ANY GOVERNING BOARD SHALL ENFORCE THE PROVISIONS OF THE SECTION BE SUSPENDING, OR IF NECESSARY, EXPELLING A PUPIL THAT REFUSES OR NEGLECTS TO OBEY ANY SUCH RULES OR REGULATION."

### PENALTIES

THE COLLEGE IS REQUIRED BY FEDERAL LAW TO TAKE DISCIPLINARY ACTION UP TO AND INCLUDING SUSPENSION OR EXPULSION FROM SCHOOL FOR STUDENTS CONVICTED OF A CAMPUS DRUG OFFENSE. ANY STUDENT OR EMPLOYEE THAT VIOLATES THIS POLICY WILL BE SUBJECT TO DISCIPLINARY ACTION (CONSISTENT WITH LOCAL, STATE, OR FEDERAL LAW), AND MAY INCLUDE REFERRAL TO AN APPROPRIATE REHABILITATION PROGRAM, SUSPENSION, DEMOTION, EXPULSION, OR DISMISSAL. CONVICTION OF CERTAIN STATE AND FEDERAL DRUG-RELATED OFFENSES CAN REVOKE YOUR ELIGIBILITY FOR FEDERAL LOAN BENEFITS. FELONY CONVICTIONS FOR CAMPUS DRUG USE CAN RESULT IN FINES AND/OR JAIL TIME.

### Discrimination Statement

Moorpark College is committed to providing an equal opportunity to students, employees, and the public, regardless of race, color, religion, gender, national origin, disability, age, sexual orientation, marital status, or veteran status. Please call (805) 378-1403 or see the catalog for more detail.

July 2016

WHAT MOORPARK COLLEGE STUDENTS NEED TO KNOW ABOUT

# DRUGS

FACTS  
ASSISTANCE  
POLICY

[WWW.MOORPARKCOLLEGE.EDU/HEALTH](http://WWW.MOORPARKCOLLEGE.EDU/HEALTH)