

**COLLEGE OF SOUTHERN IDAHO
JUNIOR COLLEGE DISTRICT**

**BOARD OF TRUSTEES MEETING
MONDAY, SEPTEMBER 17, 1990**

**CSI PRESIDENT'S BOARD ROOM
5:30 p.m.**

A G E N D A

MINUTES

TREASURER'S REPORT:

Kimberly Road Property/Scott-Polar

OLD AND NEW BUSINESS

Drug Free Workplace

Athletic Department

September 17, 1990

COLLEGE OF SOUTHERN IDAHO
JUNIOR COLLEGE DISTRICT
BOARD OF TRUSTEES MEETING
SEPTEMBER 17, 1990

CALL TO ORDER: 5:30 p.m. PRESIDING: LeRoy Craig

ATTENDING: Trustees: LeRoy Craig, Bill Babcock, Dr. Charles Lehrman,
Dr. Thad Scholes, and Donna Brizee

College Administration: Gerald D. Meyerhoeffer, President

Dr. Roy Strawser, Academic Dean
Dr. Orval Bradley, Vocational Dean
Herb McCully, Acting Physical Plant Director
Annette Jenkins, Public Information Officer

CSI Faculty: Karl Kleinkopf, Ben Stroud, Jim Walker,
Shawn Davis, Rick Neill, and Keith Ferrell

MINUTES OF AUGUST 20, 1990, were approved as written on MOTION
by Dr. Scholes. Affirmative vote unanimous.

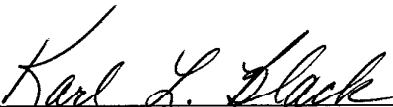
HUMBERLY ROAD PROPERTY: Karl Kleinkopf, Chairman

PRESIDENT'S REPORT: President Meyerhoeffer presented the attached
policy statement for on-campus renters.

DRUG AND ALCOHOL POLICY: Keith Ferrell presented the attached
policy on a drug-free campus. The policy was approved
on MOTION by Dr. Scholes.

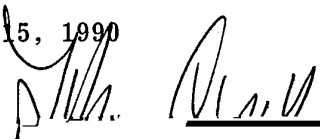
ATHLETICS: Ben Stroud, Shawn Davis, Jim Walker, Rick Neill, Fred
Trenkle, and Karl Kleinkopf all gave reports on their
respective programs and athletics in general. Rick Neill
expressed the need for an athletic track. It was
announced that Jim Dawson is serving as the academic
advisor for the athletes.

ADJOURNMENT was declared at 7:04 p.m.



Karl L. Black, Secretary-Treasurer

APPROVED: October 15, 1990



Chairman

On Tuesday, August 28, President Meyerhoeffer and Mike Glenn suggested the following rental procedures for CSI campus. This will be done with the anticipation of occupancy of Wings I and II of the Southern Idaho Development Center as well as the Quality Assurance Laboratory.

There will not be any food served in the SIDC until after Wing II is built and possible use of the lobby is so reviewed.

2. University of Idaho, ISU, LCSC, Region IV, and Quality Assurance Lab can use the library services the same as any other CSI employee. Incubator tenants are encouraged to purchase a \$10 community card.
3. A minimum towel fees will be charged to University of Idaho, ISU, LCSC, Region IV, and Quality Assurance Lab for using the gymnasium and its facilities. This fee is consistent
4. CSI Fine Arts productions, museum activities, etc.: Region IV, University of Idaho, ISU, LCSC and Quality Assurance will be treated as regular CSI employees.
5. Any renter can schedule food service with Marriott the same as any other division of CSI.
6. Utilization of CSI rooms and facilities: Region IV, University of Idaho, ISU, LCSC, and Quality Assurance renters will all be able to schedule the use of CSI
7. The College of Southern Idaho will provide normal custodial services and utilities to Region IV, University of Idaho, ISU, LCSC and incubator clients.
9. CSI credit class--the University of Idaho, ISU, LCSC, and Region IV will all be treated as CSI faculty and staff when taking CSI credit classes.
10. Incubator clients, Region IV, University of Idaho, ISU, and LCSC will receive postal services similar to that of other divisions at CSI.
11. Region IV, University of Idaho, LCSC, ISU, and the Quality Assurance Lab will be able to attend athletic events in the same manner as CSI faculty and staff.

TABLE OF CONTENTS

		Page
SECTION I	General Statement	1
SECTION II	Description of Federal, State, and Local Laws	2
SECTION III	Description of Health Risk	3
SECTION IV	Description of Local Treatment Programs	15
SECTION V	Institutional Sanctions	19

SECTION I

THE COLLEGE OF SOUTHERN IDAHO
DRUG FREE CAMPUS STATEMENT

General Statement:

The purpose of this policy, and the programs listed, is to work toward the prevention of substance abuse in the college community. Goals are to (1) present factual and accurate information regarding drug and alcohol use, misuse, and abuse; (2) offer alternative behaviors; (3) maintain a drug free workplace; and (4) provide leadership in the dissemination of information. Through efforts in this

drugs and alcohol and to provide a better working environment for members of the college community, students, faculty, and staff. It is the intention of the college to make drug and alcohol awareness and education an important part of the social and academic aspects of campus life.

Standard of Conduct:

grounds or at any activity sponsored by the college is not conducive to the learning process and is therefore prohibited. Anyone not adhering to this

unlawful

SECTION II

DESCRIPTION OF LEGAL SANCTIONS
RE: UNLAWFUL POSSESSION,
USE OR DISTRIBUTION
OF DRUGS OR ALCOHOL

The College of Southern Idaho located in Twin Falls, Idaho, is covered by numerous local, state and federal statutes which deal with the possession, use, or distribution of drugs or alcohol.

The state law which is also adopted and enforced locally has some following examples with regard to alcohol.

~~Guidelines 22-536 Idaho Code is our own container law which makes it a~~

Section 23-612 Idaho Code - States that any person who possesses or consumes alcohol in a public place is guilty of a misdemeanor.

Section 23-603 Idaho Code - Provides that any person who sells, gives, or furnishes alcohol to any person under 19 shall be guilty of a misdemeanor. Second offense is a felony.

Section 49-2446 Idaho Code - States that it is a misdemeanor to present fake ID when purchasing alcohol. In addition to the misdemeanor penalties, the drivers license will be suspended for 90 days.

Section 19-1502 Idaho Code - Provides that any person underage who shall possess or use any alcoholic beverage shall be subject to a fine up to \$300, up to 30 days in jail, and suspension of drivers license for up to one year.

~~Idaho has also adopted the Uniform Controlled Substances Act. This law is very~~

~~from those of sections 19-1502 through 19-1507. It provides specific penalties for possession, use, or distribution of each substance. These laws are extremely tough and provide for harsh fines and prison terms.~~

~~It is 37-2786. It provides that any person who possesses~~

The Uniform Substances Act is far too voluminous to set forth specifically. This law as well as the others enumerated are enforced by local, county, and state law enforcement personnel.

Federal Trafficking Penalties

CSA	PENALTY		Quantity	DRUG	Quantity	PENALTY	
	2nd Offense	1st Offense				1st Offense	2nd Offense
I and II	Not less than 10 years. Not more than 20 years.	Not less than 5 years. Not more than 10 years.	10-99 gm or 100-999 gm mixture	METHAMPHETAMINE	100 gm or more or 1 kg or more mixture	Not less than 10 years. Not more than 20 years.	Not less than 20 years. Not more than 30 years.
			100-999 gm mixture	HEROIN	1 kg or more mixture		
	If death or serious injury, not less than life.	If death or serious injury, not less than 20 years. Not more than life.	5-49 gm mixture	COCAINE	mixture		
			10-99 gm or 100-999 gm mixture	COCAINE BASE	50 gm or more mixture		
	Fine of not more than \$4 million individual, \$5 million other than individual.	Fine of not more than \$2 million individual, \$5 million other than individual.	10-99 gm or 100-999 gm mixture	PCP	100 gm or more or 1 kg or more mixture		
1-10 gm			LSD	10 gm or more			

		40-399 gm mixture	FENTANYL	400 gm or more mixture		
		10-99 gm mixture	FENTANYL ANALOGUE	100 gm or more mixture		

Drug	Quantity	First Offense	Second Offense
		Not more than 20 years.	Not more than 30 years.

III	All	Any	Not more than 5 years. Fine not more than \$250,000 individual, \$1 million not individual.	Not more than 10 years. Fine not more than \$500,000 individual, \$2 million not individual.
IV	All	Any	Not more than 3 years. Fine not more than \$250,000 individual, \$1 million not individual.	Not more than 6 years. Fine not more than \$500,000 individual, \$2 million not individual.

Federal Trafficking Penalties - Marijuana

As of November 18, 1988

Quantity	Description	First Offense	Second Offense
1,000 kg or more; or plants	Marijuana	Not less than 10 years, not more than life. If death or serious injury, not less than 20 years, not more than life.	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,

50 to 100 kg	Marijuana	If death or serious injury, not less than 20 years, not more than life. Fine \$1 million individual, \$5 million other than individual.	If death or serious injury, life. Fine \$2 million individual, \$10 million other than individual.
10 to 100 kg	Hashish		
1 to 100 kg	Hashish Oil		
50-99 plants	Marijuana	Not more than 5 years	Not more than 10 years

Less than 1 kg	Hashish Oil	
----------------	--------------------	--

*Includes Hashish and Hashish Oil

(Marijuana is a Schedule I Controlled Substance)

Illegal Possession of a Controlled

Forfeiture of vehicles, boats, aircraft

taken from a Department of Justice

15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more

21 U.S.C. 853a

Persons interested in requesting publications or in obtaining subsequent information should contact the

At least 90 days in prison, not to exceed 3 years and fined at least \$5,000 but not

professional and up to 1 year for first offense, up to 5

Washington, D.C. 20001 for *Schools Without Drugs*

(a) 1st conviction and the amount of crack possessed exceeds 5 grams.

Miscellaneous

comply with the requirement in 28 CFR 100.6(a)(2) of these regulations

grams.

subsequent crack conviction

the authorities of individual Federal

drugs and the abuse of alcohol and Secretary considers this information as

SECTION III
HEALTH RISK
FROM ALCOHOL AND DRUG ABUSE

Alcohol

Definitions: One drink = 1 1/2 oz. of 80 proof whisky
5 to 6 oz. of wine
10 - 12 oz. of beer

Abuse = 3 or more drinks per session
three or more times per week

Ethyl alcohol is the substance in beer, wine, and whiskey which produces intoxication and is considered to be in the same chemical class as tranquilizers and

continued abuse of drinking alcohol over an extended period of time will greatly affect the health of the individual. Much of the physical damage will be irreversible and will occur before pain and discomfort will warn the individual that something is wrong. The following list of effects from drinking alcohol is by no means conclusive, but does include the most common physical ailments an individual can expect to experience.

Effects of Moderate Drinking:

- *Flushing
- *Dizziness
- *Impairment of
Reflexes
Coordination
Memory
Judgement

Effects of Larger Quantities:

- *Staggering
- *Slurred Speech
- *Double Vision
- *Dulling of Senses
- *Sudden Mood Changes
- *Unconsciousness
- *Dulling of Sense

Effects of Abusive Drinking Over a Long Period of Time:

- *Cirrhosis of the liver.
 - *Cancer.
 - *Weakening of muscles and bone marrow.
 - *Lowered resistance to all types of infectious diseases.
 - *Heart disease.
 - *Irritates gastrointestinal system.
 - *Can cause gastritis, ulcers, and pancreatitis.
 - *Atrophy of the testicles in men and external genitalia in women
-

- *Premature aging.
 - *Death.
-

ALCOHOL DEPENDENCY SELF TEST

Early Stages of Alcohol Dependency

1. Do you frequently drink alcohol to help you relax or get high?
2. Do you frequently drink more alcohol than you initially intended?
3. Are you drinking alcohol more often and in larger quantities than in previous months or years?
4. Does it take more drinks to get the same pleasant feelings than in the past months or years?

drinking?

6. Do you downplay your drinking or deny that you have a drinking problem when talking to others?
7. Do you ever say to others, "I can quit anytime I want to?"

12. Do you ever blame other people, your employer, or other problems in your life for your drinking behavior?

Late Stages of Alcohol Dependency

as a result of drinking?

3. Has your doctor advised you to quit drinking?
4. Do you frequently drink in the morning?
5. Have you lost time at work or lost a job because of your drinking?
6. Do you experience withdrawal symptoms (trembling, confusion, convulsions, etc.) when you stop drinking?
7. Has your spouse or lover threatened to leave you if you don't stop drinking?
8. Have you been told that you are withdrawn or appear depressed?

IF YOU ANSWER YES TO THREE OR MORE QUESTIONS, IT IS VERY LIKELY YOU

DRUGS

A drug is a chemical substance that affects both the body and mind. This document will examine only those drugs that are most commonly abused because of their psychoactive capabilities. These drugs differ from others because of their potential for physical harm to the user. It is particularly important that we know the basic facts about the drugs of abuse so that we can understand the possible tragic effects of drug misuse on both mind and body.

Wide Range of Effects

The effect of any drug is related to:

- *The expectations of the user.
- *The setting in which the use takes place.
- *The way it is taken.
- *The user's personality.
- *The body weight of the user.

or depressed. Even the same person taking the same dose of a drug on a subsequent occasion may have an entirely different reaction. The user reacts to the setting in which the drug is taken, to the people around him or her, and to their mood. As these factors change, they may alter the drug's effects.

and for promoting sleep in people who suffer from insomnia. Sedative-hypnotics are referred to as tranquilizers, sleeping pills, or sedatives.

COMMON SEDATIVE-HYPNOTICS

chlorazepate (Tranxene)

Others

methaqualone (Quaalude)
ethchlorvynol (Placidyl)
mebromamate (Miltown)

EFFECTS

Sedative-hypnotics produce symptoms similar to alcohol intoxication with no muscles. Higher doses may produce a temporary sense of well-being; they may also produce mood depression and apathy. Users often exhibit impaired judgment, slurred speech, and loss of motor coordination. Larger doses can cause unconsciousness and death.

DEPENDENCE AND TOLERANCE

Regular use over a long period of time may result in tolerance, which means people have to take larger and larger doses to get the same effects. The person who is unaware of the dangers of increasing dependence will often increase the daily dose

ranging from restlessness, insomnia and anxiety, to convulsions and death.

ALCOHOL AND SEDATIVE-HYPNOTICS IN COMBINATION

The use of sedative-hypnotics in conjunction with alcohol is extremely dangerous. The use of these drugs with alcohol or other drugs that slow down the body enhances their effects and produces unpredictable or bizarre responses. This combination may produce a state of drowsiness, stupor, depression, possible coma and death.

OVERDOSE SYMPTOMS

The symptoms of severe sedative-hypnotics poisoning are coma, a cold clammy skin, a weak and rapid pulse, and a slow or rapid but shallow respiration. Death will occur without proper medical treatment.

DRUG TAKING DURING PREGNANCY

Mothers who abuse sedative-hypnotic drugs during pregnancy may put their babies at risk of being born physically dependent on the drugs. These babies may show withdrawal symptoms shortly after birth. Sedative abuse may also cause birth defects and behavioral problems in babies born to these women.

Nearly one-third of all reported drug-related deaths (suicides and accidental drug poisonings) are related to Barbiturate overdose. Barbiturate withdrawal can be more serious than heroin withdrawal.

CANNABIS

Cannabis is plant with the botanical name of Cannabis sativa. The active psychoactive ingredient, delta-9-tetrahydrocannabinol, or THC, is obtained from the amber colored resin of the flowering tops and leaves of the plant. It is the THC content which determines the potency of the plant. The THC content is controlled by plant strain, climate, soil conditions, and harvesting.

FORMS

Marijuana

Marijuana consists of the dried particles of flowering tops and leaves of the

Hashish

Hashish may be green, light or dark brown, or black in color. It is made by taking the resin from the leaves and flowering tops of the marijuana plant, which are collected, dried and then compressed into a variety of shapes. Hashish is generally more potent than marijuana, and may contain five to ten times as much THC. Hashish is usually smoked in a special pipe.

Hashish Oil

Hashish oil is produced by a process of repeated extraction of cannabis plant materials to yield a dark viscous liquid, containing up to 50 percent THC. A few drops of hashish oil is usually added to marijuana cigarettes or is smoked in a

and dryness in the mouth. Feelings of euphoria, relaxation, altered sense of identity, reduced short-term memory, slowed reflexes, and an altered sense of time are reported by most users. The effects are felt within minutes and may linger for two or three hours.

ADVERSE EFFECTS

Marijuana smoke contains some of the same harmful ingredients as tobacco that cause cancer and emphysema. Tolerance and psychological dependence can occur.

COCAINE

Cocaine is a stimulant which provides users with a feeling of exhilaration and well-being similar to the effects of amphetamines. The substance is extracted from the

use by the "jet set" and the belief that it was relatively harmless. We now know that cocaine is a very dangerous, dependency producing drug.

DIFFERENT FORMS OF THE DRUG

Cocaine Hydrochloride

Crack is made by chemically converting powdered cocaine to a purified, altered

intense high because smoking allows high doses of cocaine to reach the brain

EFFECTS

Within minutes cocaine will produce a feeling of self-confidence, loss of stress and appetite, euphoria, and talkativeness. The drug dilates the pupils and causes a

cause disturbances of the brain's electrical signals or brain seizures. Cocaine, even in small amounts can cause coma and death.

HEAVY USE

Cocaine psychosis, characterized by hallucinations and paranoid fears, can occur with heavy use of the drug. Other psychological problems such as impaired thinking, depression, short tempers, panic attacks, and partial or total break with reality have occurred.

Cocaine is a highly addictive drug (many drug experts believe it is more addictive than heroin). Some people can become addicted to cocaine after using the drug only a few times. Smoking crack greatly increases this risk.

OPIATES

Opiates are drugs that relieve pain and induce sleep. The opiates are referred to

Narcotics also include heroin, which is a potent chemical derivative of morphine. Other synthetic chemicals such as methadone, which has a morphine-like action, is considered part of the narcotic family.

HEROIN

Heroin accounts for about 90% of the narcotic addiction problem in this country. Pure heroin appears as a white powder with a bitter taste. Most street heroin may vary in color from white to dark brown because of impurities in manufacturing or the presence of additives. Heroin is usually dissolved in water and then injected.

EFFECTS

Opiates such as heroin produce relaxation, pinpoint pupils and reduced vision, together with drowsiness, apathy, decreased physical activity, nausea, and constipation. When the drugs are injected, the user feels an immediate "rush." These effects will usually last from 2 to 4 hours. The euphoria generally decreases as physical dependence develops.

DANGERS

Physical dangers depend on the drug used, its source, and the way it is used. An overdose can result in death when someone unknowingly takes too much of a narcotic. Most of the dangers are caused by unsterile needles (AIDS, hepatitis,

DEPENDENCY

Opiates (especially heroin) are very dangerous, highly addictive drugs. Heroin withdrawal symptoms include fever, nausea, vomiting, convulsions, and diarrhea lasting from 36 to 72 hours. Once physical withdrawal ends, a very difficult psychological craving period begins. Methadone is often used in the treatment of heroin addicts. When used in prescribed doses, it can help relieve the physical craving for heroin and prevent withdrawal symptoms. Although methadone is also addictive, when used in a supervised maintenance program it can allow a heroin addict to lead a relatively normal life.

STIMULANTS

Stimulants are drugs which stimulate the central nervous system, reaction producing an increase in alertness and physical activity. The most widely known and used stimulants are nicotine in tobacco, and caffeine which is found in coffee, ~~tea, and other beverages. There are more powerful stimulants that because~~

~~manufacture.~~

~~PHARMACOLOGICAL STIMULANTS~~

*Dextroamphetamine

*Methamphetamine

EFFECTS

~~Stimulants result in a temporary sense of exhilaration, euphoric mood,~~

~~apprehension. Large doses can make the user feel confident and powerful, as~~
as a false sense of self-confidence and power. Very large doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and possible physical collapse.

DEPENDENCE AND TOLERANCE

People who occasionally take small amounts of amphetamines orally to fight fatigue or to get high usually don't experience any problems. However, many people who

~~take the drug to avoid the "down" mood they experience when the drug's effects~~
wear off. Heavy use can result in high tolerance to the drug as well as physical and psychological dependence.

CAUTION:

Amphetamines should not be taken by people who have a history of heart disease, hypertension, hypothyroidism, glaucoma, or are allergic.

THE UP/DOWN CYCLE

Some people who take amphetamines try to combat the insomnia resulting from extended periods of drug taking by taking sleeping pills or alcohol. Users will take amphetamines in the morning and sleeping pills or alcohol at night continuing the up/down cycle. The up/down cycle interferes with normal body processes and ~~can lead to mental and physical illness.~~

~~Amphetamines, even in small infrequent doses can cause circulatory and cardiac~~
disturbances, arrhythmias and some ~~Heavy frequent doses can cause what is~~
~~known as amphetamine psychosis. People in this state experience paranoia~~

LONG TERM USE

Long-term heavy use of amphetamines can lead to skin disorders, malnutrition, ulcers, and various diseases resulting from vitamin deficiencies. Continued heavy use of the drug can produce brain damage, resulting in speech and thought disturbances. In addition, users who inject amphetamines intravenously can contract serious and life-threatening infections from use of non-sterile equipment and solutions.

"LOOK-ALIKE" STIMULANTS

"Look-alike" drugs were developed in the 1970s to mimic the effects of stimulants. They used to be widely available through mail order houses. The drugs were

These drugs can have the same adverse effects as amphetamines when taken in large amounts. In recent years, sales of these drugs have been restricted or banned altogether.

HALLUCINOGENS

Hallucinogens (psychedelics) are substances capable of distorting perceptions, emotions, and sensations. Hallucinogens occur in both natural and

taken. The same person may have different reactions on different occasions.

COMMONLY ABUSED HALLUCINOGENS

Synthetic Forms

LSD

LSD is synthesized from a substance obtained from ergot, a fungus that grows on

on the street in the form of tablets, thin squares of gelatin, or impregnated paper.

DMT, MDA, STP, MDMA, and other "Designer" Drugs

Some of the newer synthetic drugs on the streets today are referred to as "Designer" drugs. One of the more popular drugs, Ecstasy, has received a lot of attention lately. The drug is reported to produce a feeling of well-being, warmth, and confidence. Little is known about the long-term effects of this drug so its safety is doubtful.

Natural Forms

Mescaline

The primary active ingredient of the peyote cactus is the hallucinogen mescaline. It comes from the fleshy parts or buttons of the peyote plant which are dried and either eaten or taken in liquid form. The effects are similar to LSD, but are of a milder nature. Adverse side effects include tremors, nausea and vomiting.

Psilocybin

This hallucinogen is derived from the psilocybin mushroom (often called the "magic mushroom"). Its effects are similar to mescaline and LSD, but last only a few hours.

EFFECTS

Hallucinogens cause changes in time and space perception, delusions, hallucinations, and ~~other~~ ~~effects~~. Users may feel several different emotions at once or swing rapidly

episodes can occur days or months after the last dose.

LOSS OF CONTROL

Hallucinogens (especially LSD) can cause a user to experience a bad psychological reaction to the drug. The drugs can cause a user to experience panic, confusion,

anxiety, and feelings of helplessness and loss of control. Users may speak of seeing sounds and hearing colors. All of these changes can be frightening, thus causing panic. Hallucinogens may also impair judgment, leading to rash decisions and accidents. People who are under the influence of a hallucinogen should be watched closely, reassured, and upset as little as possible.

HEAVY USE

Heavy users of LSD sometimes develop signs of organic brain damage, such as impaired memory and attention span, mental confusion, and difficulty with abstract thinking. These changes in mental functions are not present in all cases.

DEPENDENCE

~~Hallucinogens apparently have no dependency producing qualities~~

*** Hallucinogens are unpredictable in their effects each time they are used.***

INHALANTS

Inhalants are a group of diverse breathable substances that produce psychoactive effects when the vapors are sniffed. Since inhalants are legal compounds sold for legitimate purposes, most people do not normally think of them as drugs. Almost anything in an aerosol can is a likely possibility for abuse.

DIFFERENT FORMS OF INHALANTS

Aerosols

spray paints
vegetable oil spray
hair spray

Anesthetics

nitrous oxide
halothane

Solvents

model airplane glue
nail polish remover
lighter fluids
cleaning fluids
gasoline

Others

Amyl Nitrite

the substance is a clear, yellowish liquid sold in a clear covered sealed capsule. When broken, the capsule makes a snapping sound, thus the nickname "poppers" or "snappers." Amyl Nitrite causes a drop in blood pressure, increases heart rate, and dilates the blood vessels producing a flushing sensation as well as lightheadedness.

Butyl Nitrite

Butyl Nitrite is packaged in small bottles and marketed as "room deodorizers" or "liquid incense." Sold under names such as "Locker Room," "Rush," etc., the substance produces a high from the inhalation of the vapors which may last a few seconds to several minutes. The drug has been widely used by members of the "gay" community to postpone orgasm.

EFFECTS

Almost all inhalants slow down the body's functions producing a slight euphoria and
[REDACTED] [REDACTED] users may feel stimulated; at higher doses, users may feel

Initially, most users experience nausea, sneezing, coughing, nosebleeds, tiredness,
lack of coordination, and a loss of appetite. High doses can produce loss of self-
[REDACTED] behavior, unconsciousness, or death.

LONG-TERM USE

Long-term use of some inhalants can cause damage to the liver, kidneys, blood,
bone marrow and nervous system. In addition, long-term use can cause physical
dysfunctions such as muscle fatigue, drastic weight loss, impairment of vision and

TOLERANCE AND DEPENDENCE

High doses of inhalants can cause death from suffocation.

SECTION IV

TREATMENT SERVICES AVAILABLE

The College of Southern Idaho's philosophy pertaining to the use and abuse of alcohol and drugs is in agreement with the disease concept and does not adhere to the common belief that alcoholism is the result of a flawed moral character.

MAGIC VALLEY TREATMENT PROGRAMS

NAME: Alcohol and Drug Awareness Program (ADAP)
LOCATION: College of Southern Idaho

COMPREHENSIVE SUBSTANCE ABUSE - THE ADAP PROGRAM IS NOT A TREATMENT program but does offer counseling to assist individuals in the evaluation process pertaining to disease severity and the referral to appropriate treatment program.

SUPPORT IN RECOVERY - ADAP DOES OFFER COUNSELING AND SUPPORT ~~FOR INDIVIDUALS WORKING RECOVERY PROGRAMS~~

NAME: Fellowship Hall
LOCATION: 801 Second Avenue North, Twin Falls, ID 83301
CONTACT: (208) 736-0918

SERVICES: Will have information on most 12-step support groups within the Magic Valley, such as:

- *Al-Anon
- *Narcotics Anonymous (NA)

- *Adult Children of Alcoholic (ADOA)
- *Co-Dependency Anonymous (CODA)
- *Emotions Anonymous (EA)
- *Sex Anonymous (SA)
- *Overeaters Anonymous (OA)

COST - *12 Step support groups - donations only.

*Fellowship Hall - First 30 days free, then \$7.50 per month.

NAME: Alcoholics Anonymous
LOCATION: 801 Second Avenue North, Twin Falls, ID 83301 (Fellowship Hall)
CONTACT: (208) 733-8300

SERVICES: 12 Step Program

MAGIC VALLEY TREATMENT PROGRAMS
Continued

NAME: Port of Hope
LOCATION: 425 Second Avenue North, Twin Falls, ID 83301
CONTACT: (208) 734-5180
SERVICES: Note: The Port of Hope is a state supported facility with a fee structure based on an individual's income. Fees will range from 100%

(sliding scale) after the cost figure

30 day program COST - \$2250 (sliding scale)

Adult Outpatient Treatment:

One individual and one group session per week for

Adult Couples Outpatient Treatment:

Evenings only - One individual and one group session per week up to one year.

Adolescence Outpatient Treatment:

One individual and one group session per week for indefinite period of time - COST - Individual session \$45 (sliding scale)

Note: If parents are not involved in the treatment process, then the service is free.

Kids Who Care Program (ages 4 to 18)

Free for children living within any form of dysfunctional

free

Individual Assessment and Evaluation for Chemical Dependency

2 hours in length

COST - Adults - \$45 (sliding scale)/Adolescence - Free

Outreach Centers

Burley (208) 678-4760 Hailey (208) 788-2808

Each outpatient center provides:

*Assessments and evaluation for chemical dependency - COST \$45 (sliding scale)

*Group Outpatient Program COST \$45 per session (sliding scale)

MAGIC VALLEY TREATMENT PROGRAMS

NAME: Canyon View Hospital
LOCATION: 288 Shoup Avenue West, Twin Falls, ID 83301
PHONE: (208) 734-6760
SERVICES: *28 day Inpatient Treatment Program
includes 4-day family program - COST - \$7200

Outpatient Treatment Program
*includes 10 individual and group sessions over a 3-month period
COST - \$45 per hour

Interventions - COST - No cost

Detoxification Program
*3 to 5 days depending on individual
COST - approximately \$1000

7 to 14 days - COST - approximately \$2500

Dual Diagnosis

Assessment and treatment of individuals suffering from both emotional disorders and chemical dependency.
COST - Varies

Codependency Groups

COST - \$10 per session

NAME: Walker Center
LOCATION: 1120 Montana Street, Gooding, ID 83330
PHONE: (208) 934-8461 or 1 800-227-4190 (in Idaho)
SERVICES: Inpatient treatment - 28 days in length

Outpatient treatment

(208) 734-4200

Treatment consists of group and individual therapy 4 nights per week for 8 weeks
COST - \$2500 (Cost includes up to 1 year of aftercare)

Family Program

3 days of lectures, films, and group therapy.
COST - \$300 for family of 5 or less members; \$500 for family of 6 or more members.

ROPES Course

1 day of experiential therapy on the weekend; therapy is actual

minimum of \$200 for couples groups depending on size

Continued

Friday evening to Sunday morning (at least one session), but on various
Hills and tona will be according to group preference but on various

Interventions

Free if it results in treatment; if not, then \$200 fee.

Assessments and evaluations

COST - Free

Aftercare

Group therapy one night per week for 1 to 2 years

NAME: Life Center
LOCATION: Elkhorn at Sun Valley, ID 83354
PHONE: (208) 622-5433 or 1-800-624-7890
SERVICES: Inpatient treatment
28 days in length - COST - \$8500

Outpatient treatment

4 to 5 hours per day/5 days per week for 4 weeks

COST - varies dependent on individual's program

Aftercare

2 hours group session 1 night per week for 16 weeks

Individual sessions as needed

Interventions

COST - Free

Assessments and Evaluation

COST - Free

SECTION V

SANCTIONS FOR VIOLATION OF THE ALCOHOL AND DRUG FREE CAMPUS POLICY

The College of Southern Idaho encourages faculty and staff members who become aware of persons with substance abuse problems to assist these individuals in seeking help. The college will provide counseling to the extent that current services are available and to the extent that these services can meet individual needs. In the event that these services cannot meet individual needs, referrals will be made to off-campus agencies. Costs for services by off-campus agencies shall not be the responsibility of the college, however, some of these treatment costs are covered by the college health insurance.

~~The College of Southern Idaho cannot be responsible for the personal lives and~~

be taken. Penalties including, but not limited to warning letters placed in personnel files, substance abuse evaluation, treatment, suspension without pay, and termination for faculty and staff and expulsion for students may be imposed.

If the college identifies an individual whose behavior may be attributed to

~~pursue subsequent treatment if such is indicated. It is the responsibility of the individual to cooperate in his or her treatment. Discipline up to and including dismissal may occur if there is no noticeable improvement in behavior or if the~~

~~individual is unable to attend classes for a period of time.~~
for time off for recovery and for medical and counseling services in accordance with sick leave policies. Strict confidentiality of related records will be maintained in all matters related to referral and treatment.

An employee convicted of a criminal violation occurring in the workplace involving a controlled substance must notify his/her supervisor and the Personnel office ~~within 5 days of the conviction. The Director of Personnel is required to inform~~

- (1) Take appropriate disciplinary action, and/or
- (2) ~~require such an employee to participate satisfactorily in an approved drug~~ abuse assistance or rehabilitation program.

The College of Southern Idaho is committed to maintaining a drug free workplace.