

# Drug and Alcohol Free Campus

The abuse of illicit drugs and alcohol disrupts classes, compromises our physical and mental health, subjects us to criminal penalties, and impairs our ability to benefit from the learning experience. Therefore, the faculty, staff and administrators of Sacramento City College ask you to support the operation of a drug and alcohol free learning environment by knowing and making others aware of college policies and the substantial health and legal consequences of abuse.

## District Policy

Los Rios Community College District policy 2443 states that the District “. . . is committed to maintaining a drug and alcohol free workplace in accordance with the requirements of the U.S. Drug-Free Workplace Act of 1988, and the drug and alcohol free college environment for students and employees in accordance with the requirements of the Drug-Free Schools and Community Act Amendment of 1989.”

## Legal Sanctions

The LRCCD Standards of Student Conduct prohibit the use, sale or possession on campus, or presence on campus under the influence of, any controlled substance.

If you abuse drugs or alcohol on campus, or appear on campus or at a college-sponsored function under the influence of drugs or alcohol, you can be suspended, expelled and/or criminally prosecuted.

## Health Consequences

Use of controlled substances can lead to memory loss, indifference to academic achievement, impaired judgment, overdose, sudden death, liver disease, psychological disorders, and brain damage. Long-term alcohol abuse can cause ulcers, gastritis, pancreatitis, liver disease, cancer, loss of coordination, heart disease, stroke, emotional distress, sexual dysfunction, and other health problems.

For confidential assistance and referral, call any of the following:

### On campus:

Counseling	(916) 558-2204
Health Office	(916) 558-2367

### Off campus:

Sacramento Mental Health Center	(916) 732-3637
Sacramento County Health & Human Services	(916) 874-9754
Alcoholics Anonymous	(916) 454-1100
Narcotics Anonymous	(916) 732-2299