Illinois Valley Community College
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Oglesby, IL 61348
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SUBSTANCE ABUSE
Facts & Resource Guide

Providing a
Drug Free
Environment

Updated 12/2011
Services subject to change
Illinois Valley Community College is committed to providing a healthy, drug-free atmosphere for students and employees to work and learn in.

IVCC’s staff and students’ physical, mental and emotional wellness is essential in maintaining this environment. Substance abuse and related problems become issues of concern for everyone, not just the abuser. It has a negative impact on productivity, absenteeism, accidents, morale, job performance, ability to learn, health costs and reputation. Early identification and referral for assistance is necessary for rehabilitation and maintaining the integrity of the college environment. This booklet is designed to help IVCC’s students and employees identify warning signs of abuse, the effects of alcohol and drugs, legal sanctions imposed upon offenders, treatment resources and IVCC’s policy regarding drugs and alcohol on campus.

**Warning Signs of Substance Abuse:**

- Have you worried about your own use of alcohol or drugs?
- Have others expressed concern about your use of alcohol or drugs?
- Do you think of alcohol or drugs during the day?
- Do you look forward to “happy hour”?
- Have you skipped class or work to “party”?
- If using mind or mood altering drugs, do you count your supply so that you don’t run out?
- Have you ever had to set limits on how much you drink?
- Do you make sure that you have alcohol on hand?
- Do you become anxious if your drug supply becomes low?
- Do you have symptoms of withdrawal?
- Do you use one medication to counteract the effects of another?
- Do you only frequent occasions where alcohol is served?
- Do you notice that you are drinking more? Do you drink alone?
- Has alcohol or drugs interfered with your school attendance, performance or grades?
- Do you have a few drinks before going to a function?
- Has alcohol or drugs ever interfered with holding a job?
- Has alcohol or drugs ever interfered with a relationship?
- Has alcohol or drugs been a source of trouble with the law?

While there is no correct score, if your answers concern you, you may want to seek help. IVCC has a Personal Counseling Assistance Program located in the Counseling Center on the main floor of the campus.

**7 Indicators of Drug or Alcohol Abuse:**

- Change in work or school performance or attendance.
- Change in personal appearance.
- Mood swings or attitude changes.
- Withdrawal from family, friends, responsibilities.
- Association with drug using peers.
- Unusual patterns of behavior.
- Defensive attitude concerning drugs or use of alcohol.
What Is Addiction?

Drug addiction is a disease.

People who are addicted:

- Can’t stop using a drug even though it causes serious problems.
- Have very strong urges to use the drug.
- Can’t control the urge, even when using the drug causes trouble with family, friends, work, school, money, health or the law.

Most people need treatment to recover from addiction.

How Does It Happen?

People become addicted in two ways:

- **Physical addiction.** The drug changes the way the brain works. The more of a drug the person uses, the more the brain changes. Soon, the person needs the drug just to feel normal. Without the drug, the person will feel sick.

- **Psychological addiction.** The person uses the drug to feel good, or to cover up feelings such as being afraid, shy, sad, lonely or angry. Soon the person can’t feel good or deal with strong feelings without the drug.

These two addictions usually occur together. This makes it very hard to stop using the drug.

Who Gets Addicted?

Anyone who uses an addictive drug can get addicted. People of any age, sex, or background can get addicted.

You might get addicted easier than others if:

- Your parents, grandparents or even your great-grandparents had a problem with alcohol or other drugs.
- Your friends smoke, drink or use other drugs.
- You use drugs to deal with uncomfortable feelings.
How Long Does It Take to Get Addicted?

- Some people get addicted right away.
- Others need time and frequent use.
- Young people get addicted faster than adults.
- Some drugs cause addiction sooner.
- Nicotine, cocaine and speed quickly cause addiction.

Many people with addiction go for long periods of time between uses. But if drug use causes problems and a person continues to do it anyway, he or she probably is addicted.

You May Be Addicted If:
- You use more of a drug to get the same effect.
- You use drugs to help you get going or relax.
- You think about getting the drug or wanting to get high when you’re not using it.
- You have tried but have not been able to cut down your drug use.
- You have tried but have not been able to set a limit and then stop.
- You get annoyed when friends or relatives complain about your drug use.
- You feel guilty about your drug use.

Who Treats Addiction?

Treatment depends on the drug, the addiction and the person.
- Many doctors, therapists and other counselors are trained to treat drug addiction.
- Some people will stay in a hospital or a drug treatment center during withdrawal.
- Others receive outpatient counseling and group therapy on a daily basis or weekly basis.
- Alcoholics Anonymous, Narcotics Anonymous or other “Twelve-Step” self-help groups can be an important part of treatment.

What Is Denial?

Many addicted people can’t believe they have a drug problem, even though it’s clear to others that the drug is harming them. This is called denial. Denial is a major barrier to recovery. People can’t get successful treatment if they don’t think there is a problem.

What Is Withdrawal?

When the brain needs the drug to just feel normal the person has withdrawal. Without the drug, the person feels sick. Nicotine, cocaine and speed withdrawal can cause depression, irritability, restlessness, and sleep problems.
Withdrawal from alcohol, sleeping medicines and tranquilizers can cause convulsions, a heart attack or delirium tremens. *Delirium tremens* (DT’s) causes heartbeat and temperature to go up. The person may see things that aren’t there. People can die from DT’s.

**What Is Relapse?**

A person with an addiction may start using the drug again. He or she may remember the ways the drug made him or her feel good, and forget the problems (fights, injuries, arguments, etc.) the drug caused. This is called relapse.

In treatment, a person learns to watch for signs of relapse. He or she learns ways to avoid starting to use the drug again.

**Can Addiction Be Cured?**

People with a drug addiction will always have the addiction. But they can learn to be comfortable and happy without drugs.

Treatment has three parts:

- The person must stop using the drug and receive treatment for withdrawal symptoms if necessary.
- The person must learn how the drug worked in his or her life.
- The person must learn how to avoid using the drug again.

People usually need help from others to recover from an addiction. But others can’t help an addicted person who doesn’t want to get well.

**What Drugs Are Addictive?**

Many drugs can be addictive. Some are more addictive than others.

- **Nicotine** (in tobacco) is very addictive. Nine out of every ten people who use tobacco get addicted.
- **Cocaine, speed, ice and meth** are also very addictive.
- **Heroin** is very addictive. Narcotics such as prescription pain pills can often be addictive.
- **Alcohol, tranquilizers or sleeping pills** addict about one out of every ten people who try them.
- **Steroids** used to pump up muscles are addictive.
- **PCP, LSD, and inhalants** are also addictive.
- **Marijuana** is addictive. But because it stays in the body a long time, there are fewer withdrawal symptoms. So some people mistakenly think marijuana is not addictive.
**ALCOHOLICS ANONYMOUS:**

LaSalle
L.P.O.S.
(815) 223-7374

Mendota
(815) 638-2307
(815) 538-6525

Ottawa
Ottawa Group
(815) 434-0165
(815) 434-6154

Princeton
(815) 875-4279

Spring Valley
Illinois Valley Group
(815) 663-0675
(815) 663-2800

Streator
Serenity Corner
(815) 672-7722

**NARCOTICS ANONYMOUS:**
(815) 883-8677

**HOSPITALS:**

Community Hospital of Ottawa
1100 E. Norris Dr.
Ottawa, IL 61350
(815) 433-3100

Choices Behavioral Health Services
(815) 433-5606

IVCH
925 West St.
Peru, IL 61354
(815) 223-3300

Perry Memorial Hosp.
530 Park Ave. East
Princeton, IL 61356
(815) 875-2811

St. Margaret’s Health
600 E. 1st St.
Spring Valley, IL 61362
(815) 664-5311

1315 Memorial Dr.
Mendota, IL 61342
(815) 539-7461

St. Mary’s Hospital
111 Spring Street
Streator, IL
(815) 673-2311

**IVCC Resources:**

A Domestic Violence & Sexual Assault Service:
ADV/SAS – Campus Hotline – (815) 224-0484

Personal Counseling Assistance Program:
P-CAP – (815) 224-0360

Campus Security:
G4S Manager – (815) 224-0558
Security Office – (815) 224-0314

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**DRUG & ALCOHOL RESOURCES:**
Assessments & Services: (815) 433-4025
417 W. Madison St., Suite 205
Ottawa, IL 61350

James R. Gage & Associates (815) 224-3048
601 2nd St.
LaSalle, IL 61301

New Beginnings Counseling Services, Inc. (815) 223-4999
236 Wright St.
LaSalle, IL 61301

New Directions Counseling Center (815) 875-2195
1904 N. Main St.
Princeton, IL 61356

North Central Behavioral Health Systems (815) 224-1610 (Hotline)
2960 Chartres St.
LaSalle, IL 61301

www.ncbhs.org

**GENERAL RESOURCES:**
A Domestic Violence & Sexual Assault Service (ADV&SAS) (800) 892-3375 (24 Hr. Hotline)
Catholic Social Services (815) 223-4007
543 Crosat St.
LaSalle, IL 61301

Lutheran Social Services of IL (815) 539-3888
607 10th Ave.
Mendota, IL 61342

Lutheran Social Services of IL (815) 223-1144
2000 Luther Drive
Peru, IL 61354

Addicts Victorious, Inc. (815) 433-0187
Addictions Program
www.reformu.com
Ottawa, IL

WTC (815) 228-3549
322 W. Church St.
Utica, IL
IVCC DRUG FREE WORKPLACE POLICY

It is the policy of the Board of Trustees of Illinois Valley Community College to provide, in accordance with Public Law 100-690, The Anti-Drug Abuse Act of 1988, sanctions or rehabilitation programs for all workers at IVCC who engage in the unlawful manufacture, sale, distribution, possession or use of a controlled substance or alcohol on campus or the work site. Also as a condition for receiving a Pell Grant, students must certify that they will not do any of the activities mentioned. If they do and are convicted, a court could suspend financial aid (Title IV Funds). This policy is stated under the Student Code of Conduct in the Student Handbook and is noted in the current catalog.

1. Notice of Conviction:

As a condition of employment, IVCC employees are required to comply fully with this policy, to include agreeing to notify the employer, no later than five (5) days after each conviction, of any criminal drug conviction resulting from a violation occurring at the workplace.

Notification of any employee’s drug conviction will be given to the Federal Agency by the employee’s supervisor within ten (10) days.

Within thirty (30) days of receiving notice of a conviction in the workplace, the convicted employee:

   a. will be subject to appropriate disciplinary action by the employer, which may be up to and including termination;

   b. may be required to participate in an approved drug abuse assistance or rehabilitation program.

2. Student Violation and Discipline:

Students convicted of drug use, possession, or delivery of controlled substances risk losing student financial aid for one year or longer. Other penalties upon conviction for drug and/or alcohol abuse are covered in detail in the IVCC Student Code of Conduct found in the Student Handbook and the college catalog.

3. Rights of Due Process:

Rights of due process for employees and/or students are covered in detail in appropriate contracts and manuals.

4. Policy Review:

This policy and the program of implementation will be reviewed biennially. The policy is subject to change without notice, however, as Federal regulations or court orders require. Policy program coordinator is the Vice President for Learning and Student Development, located in C-310 or can be contacted by calling (815) 224-0406.

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Legal Sanctions:
Some drug/alcohol offenses are misdemeanors while others are felonies. In either case, the sentence may include imprisonment.

Misdemeanors: Jail Sentences:
Class A: any term less than one year.
Class B: no more than 6 months.
Class C: no more than 30 days.

Felony:
Class X: unless otherwise stipulated 6-30; 3 years MSR
Class 1: other than 2nd degree murder 4-15; 2 years MSR
Class 2: 3-7; 2 year MSR
Class 3: 2-5; 1 year MSR
Class 4: 1-3; 1 year MSR
*MSR=Mandatory Supervised Release

Heroin/Cocaine/Morphine:
Possession:
15-100 grams; 4-15 years
100-400 grams; 6-30 years
400-900 grams; 8-40 years
900 or more grams; 10-50 years

Delivery:
15-100 grams; 6-30 years
100-400 grams; 9-40 years
400-900 grams; 12-50 years
900 or more grams; 15-60 years

Peyote/Barbituates/Amphetamines/LSD:
Possession:
15-100 grams or segments; 4-15 years
100-400 grams or segments; 6-30 years
400-900 grams or segments; 8-40 and a fine up to $200,000

Steroids:
Class C misdemeanor 1st offense; subsequent Class B

Cannabis:
Production or plant possession:
Less than 5 plants; Class A misdemeanors
5-20 plants; Class 4 felony
20-50 plants; Class 3 felony
Over 50 plants; Class 2 felony and $100,000 fine