

Warning Signs

If you are experiencing these things as a result of substance use, it may be a good time to seek help:

- Skipping classes, declining grades
- Neglecting important responsibilities
- Poor concentration
- Building alcohol or drug tolerance
- Feeling like you don't have control over your drinking or drug use
- Leaving behind activities you used to enjoy

Health Risks

Alcohol

Increased risk of injuries, violence, fetal damage (in pregnant women); depression; neurologic deficits; hypertension; liver and heart disease; addiction; fatal overdose

Cannabinoids (Marijuana)

Frequent respiratory infections; possible mental health decline; addiction

Opioids (Heroin, Opium)

Constipation; endocarditis; hepatitis; HIV; addiction; fatal overdose

Stimulants (Cocaine, Methamphetamine)

Weight loss, insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction; nasal damage from snorting (cocaine); severe dental problems (methamphetamine)

Prescription Depressants (Sleep Medications, Benzodiazepines)

Lowered blood pressure, slowed breathing, tolerance, withdrawal, addiction; increased risk of respiratory distress and death when combined with alcohol

Prescription Opioids and Morphine Derivatives (Codeine, Methadone, Oxycodone)

Slowed or arrested breathing, lowered pulse and blood pressure, tolerance, addiction, unconsciousness, coma, death; risk of death increased when combined with alcohol or other CNS depressants

Source: National Institute on Drug Abuse
www.drugabuse.gov

Rogue Community College
3345 Redwood Highway
Grants Pass, OR 97527
www.roguecc.edu

Drug and Alcohol Information and Resource Guide



 **RCC**
Rogue Community College

**Rogue Community College
is a drug-free school.**

Drug and Alcohol Resources at RCC

Rogue Community Colleges recognizes the importance of the health and wellbeing of its students and employees. Misuse of drugs and alcohol has known affects to the mind, body and society as a whole. To support our students and to comply with the Federal Drug Free Schools and Communities Act, RCC is devoted to a campus free from the effects of drugs and alcohol.

Services at RCC

The Counseling Department Offers:

- Confidential short-term counseling services at no charge to students, faculty and staff members.
- Referrals to outside support, education and rehabilitation.
- Additional information materials for health risks associated with specific drugs.

Redwood Campus: (541) 956-7192
Riverside Campus: (541) 245-7552

Use of intoxicants and controlled substances:

Rogue Community College is committed to providing an environment, which fosters excellence in learning for its students and community and in work performance for all of its employees. The misuse and illegal use of alcohol and other drugs is contrary to this effort. In keeping with state and federal statutes, the illegal use, possession, distribution, manufacture or sale of alcohol and other drugs, and/or being under the influence of alcohol and other drugs is not permitted on college owned or college controlled property, or while representing the college on business or in other college-sponsored activity. There shall be no consumption of alcohol at college-owned facilities unless authorized by the president of the college.

Rogue Community College may imposed sanctions upon students who have violated the Student Code of Conduct by illegal or unauthorized distribution, possession, use or being under the influence of alcohol, illegal drugs or controlled substances on college property or at college sponsored or supervised functions. Sanctions may include reprimand, exclusion from campus, disciplinary probation, suspension, expulsion or other sanctions the Dean of Students may impose. Federal and state sanctions include fines of up to \$100,000 and imprisonment of up to 10 years.

Community Resources

ARC of Jackson County

1003 W Main St, Medford, OR 97501
(541) 779-4520

Phoenix Counseling Center

149 S Main Street, Phoenix, OR 97535
(541) 535-4133

Alcoholics Anonymous

(541) 773-4848

Alcohol & Drug Line Statewide & 24 Hours

Adult (800) 923-4357
Youth (800) 621-1646

OnTrack

Medford: 221 W Main St. (541) 772-1777
Grants Pass: 806 NW 6th St. (541) 955-9227

Narcotics Anonymous

Helpline (800) 733-8855

Dept. Of Veteran Affairs: SO Rehab Center & Clinic

8495 Crater Lake Hwy, White City, OR 97503
(541) 826-2111

Options for Southern Oregon

1215 SW G St, Grants Pass, OR 97526
(541) 476-2373

Kolpia Counseling Services

611 Siskiyou Blvd, Ashland, OR 97520
(541) 482-1718