
Office of the Senior Vice President for Student Affairs

To: Montgomery College Students

From: Dr. Edmund Cabellon, Interim Senior Vice President for Student Affairs

Subject: **Drug-Free Schools and Communities Act Disclosure**

Date: November 22, 2024

Montgomery College is required under the Drug-Free Schools and Communities Act to annually notify students about our Drug and Alcohol Abuse Prevention program.

Policy and Sanctions

Montgomery College's commitment to drug and alcohol abuse prevention is underscored by the following policy adopted on May 15, 1989, by the College Board of Trustees:

- I. The Board of Trustees is committed to the education of students, employees, and community members regarding substance abuse prevention, detection, and treatment services; to the continuation of a collegewide substance abuse prevention program and other ongoing efforts which foster such education; and to the maintenance of a drug-free environment throughout the College.
- II. The unlawful manufacture, distribution, dispensing, possession, or use of a controlled substance is prohibited at Montgomery College.
- III. College employees and students are subject to appropriate disciplinary action for violation of this policy, in accordance with College policies and procedures regarding employee discipline and discharge and in accordance with the student code of conduct.
- IV. The President is authorized to establish procedures to implement this policy.

Students are responsible for knowing about and complying with the provisions of federal, state, and local law regarding illegal substances. Any student who possesses, uses, or sells alcoholic beverages or illegal drugs is subject to College disciplinary action. The College may apply disciplinary action for off-campus behavior that may adversely affect the College community. Additionally, prosecution and punishment by civil authorities may occur through enforcement of Maryland and Federal laws. This includes enforcement of [Maryland's underage drinking law](#).

Please note that although Maryland voters approved a ballot referendum in the 2022 General Election to allow recreational use of cannabis by adults age 21 and over starting July 1, 2023, the use and possession of cannabis remains illegal under the Federal Controlled Substances Act of 1970 and is, therefore, not permitted on College property or at College-sponsored activities under any circumstances.

The College will initiate its own disciplinary proceedings against a student when the alleged conduct is deemed a violation of College policies and procedures. Sanctions will be imposed by the College in accordance with procedural safeguards applicable to disciplinary actions against students. Sanctions range from a written warning to expulsion from Montgomery College. In accordance with Board policy, students are subject to disciplinary action as set forth in the [Student Code of Conduct](#).

Heroin and Opioid Education and Community Action Act of 2017

The Maryland legislature passed the Heroin and Opioid Education and Community Action Act of 2017 (HB 1082 Start Talking Maryland Act), which was signed into law by Governor Larry Hogan in June 2017. The law combats the opioid epidemic by increasing treatment access, prevention efforts, and public awareness and education. The law requires public schools, including higher education institutions, to provide addiction and prevention education programs on substance use disorders and train personnel to respond to an opioid overdose. Please review the Act in detail by searching “Start Talking Maryland Act” using the following link: <https://mgaleg.maryland.gov/mgawebsite>.

See also, [Heroin and Opioid Awareness & Prevention Toolkit](#) and [substance abuse resources](#).

- Health Risks of Alcohol Abuse
For information concerning the health risks of alcohol abuse, see this resource: <https://www.collegedrinkingprevention.gov/special-features/interactive-body>
Please also review Attachment #1 for the health risks associated with alcohol abuse.
- Health Risks Associated with the Use of Illicit Drugs
For a description of the health risks associated with the use of illicit and controlled drugs, please see Attachment #1.
- Drug and Alcohol Abuse Treatment Resources and Clinical Services
For information about national and local resources available for drug and alcohol abuse treatment, please see Attachment #2.
- For more information on the Drug and Alcohol Abuse Prevention Program for Students, see the [2023 Drug and Alcohol Abuse Prevention Program Biennial Review report](#) or contact [Jane McFadden](#), Collegewide Dean of Student Engagement and Takoma Park/Silver Spring Student Affairs.

ATTACHMENT #1 – DESCRIPTION OF HEALTH RISKS

Health Risks Information: Marijuana

The following information on cannabis health risks is from the Centers for Disease Control and Prevention.

Cannabis is the most commonly used federally illegal drug in the United States. Cannabis use may have a wide range of health effects on the body and brain. Cannabis, which can also be called marijuana, weed, pot, or bud, refers to the dried flowers, leaves, stems, and seeds of the cannabis plant. The cannabis plant contains more than 100 compounds (or cannabinoids). These compounds include tetrahydrocannabinol (THC), which is impairing or mind-altering, as well as other active compounds, such as cannabidiol (CBD).

Cannabis can be used in a number of ways. The most common ways include:

- smoked in joints (like a cigarette), in blunts (cigars or cigar wrappers that have been partly or completely refilled with cannabis), or in bongos (pipes or water pipes),
- vaped using electronic vaporizing devices (like vape pens) or other vaporizers, and
- mixed or infused into foods or drinks (called edibles) like cookies, cakes, or brownies, or tea, cola, or alcohol.

There are health risks associated with using cannabis, regardless of how it is used. People who use cannabis can struggle with physical dependency and controlling their use. Some signs and symptoms of cannabis use disorder include trying but failing to quit using cannabis or giving up important activities with friends and family in favor of using cannabis. Cannabis use directly affects brain function—specifically the parts of the brain responsible for memory, learning, attention, decision making and coordination. Cannabis can make the heart beat faster and raise blood pressure immediately after use. It could also lead to increased risk of stroke, heart disease, and other vascular diseases. People who have cannabis use disorder may also be at a higher risk of other negative consequences, such as problems with attention, memory, and learning.

Available at CDC website: www.cdc.gov/cannabis/about/index.html.

Health Risks Information: Fentanyl

The following information on Fentanyl health risks is from the Centers for Disease Control and Prevention and the National Institute of Drug Abuse.

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S. There are two types of fentanyl: pharmaceutical fentanyl and illicitly-manufactured fentanyl. Both are considered synthetic opioids. Illicitly-manufactured fentanyl (IMF) is available on the drug market in different forms, including liquid and powder. Fentanyl-laced drugs are extremely dangerous, and many people may be unaware that their drugs are laced with fentanyl. Powdered fentanyl looks just like many other drugs. It is commonly mixed with drugs like heroin, cocaine, and methamphetamine and made into pills that are designed to resemble other prescription opioids. Fentanyl and other synthetic opioids are the most common drugs involved in overdose deaths. Drugs may contain deadly levels of fentanyl, and you wouldn't be able to see it, taste it, or smell it.

Like heroin, morphine, and other opioid drugs, fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions. After taking opioids many times, the brain adapts to the drug, diminishing its sensitivity, making it hard to feel pleasure from anything besides the drug. When people become addicted, drug seeking and drug use take over their lives.

Fentanyl's effects include: extreme happiness, drowsiness, nausea, confusion, constipation, sedation, problems breathing, and unconsciousness.

People addicted to fentanyl who stop using it can have severe withdrawal symptoms that begin as early as a few hours after the drug was last taken. These symptoms include:

- muscle and bone pain
- sleep problems
- diarrhea and vomiting
- cold flashes with goose bumps
- uncontrollable leg movements
- severe cravings

Available at CDC website: www.cdc.gov/stop-overdose/caring/fentanyl-facts.html and NIDA website: www.nida.nih.gov/publications/drugfacts/fentanyl.

Health Risks Information: MDMA (Ecstasy/Molly)

The following information on health risks is from the National Institute on Drug Abuse.

MDMA, also called Molly or Ecstasy, is a lab-made (synthetic) drug that has effects similar to stimulants like methamphetamine.

MDMA's effects may include feeling more energetic and alert and having an increased sense of well-being, warmth, and openness toward others. However, MDMA can also cause unpleasant and potentially negative health effects. A person may experience the effects of MDMA within 45 minutes or so after taking a single dose.

MDMA can cause negative health effects, some potentially serious. Its effects depend on the amount used, the purity of MDMA taken, and where and how a person is taking it.

Negative health effects of taking MDMA may include higher blood pressure, involuntary jaw clenching, nausea, vomiting, and restless legs. While deaths associated with MDMA use are rare, taking it can also lead to more severe side effects. MDMA use has been associated with anxiety and panic attacks.

Available at NIDA website: www.nida.nih.gov/research-topics/mdma-ecstasy-molly#safe.

Health Risks Information: Alcohol

The following information on health risks is from the National Institute of Alcohol Abuse and Alcoholism.

Alcohol: Nearly every organ system of our body is affected by alcohol. For individuals ages 18 and older, even a serving or two of alcohol per day can increase the risk of certain cancers, and drinking heavily over the years can cause irreversible damage to virtually every organ. Alcohol can also impact brain development. Fortunately, diseases caused by alcohol misuse can be prevented by reducing or—even better—stopping drinking alcohol.

Alcohol makes it harder for the brain areas controlling balance, memory, speech, and judgment to do their jobs, resulting in a higher likelihood of injuries and other negative outcomes. Long-term, heavy drinking causes alterations in the neurons, such as reductions in their size. As a result of these and other changes, brain mass shrinks and the brain's inner cavity grows bigger. People with alcohol use disorder (AUD) often have problems with memory, sleep, and mood long after the alcohol wears off.

Chronic alcohol misuse, as well as binge drinking, can cause high blood pressure (also known as hypertension). Heavy alcohol consumption triggers the release of certain stress hormones that in turn constrict blood vessels that elevate blood pressure. In addition, alcohol may affect the function of the muscles within the blood vessels, causing them to constrict and elevate blood pressure.

Available at the college drinking prevention website: www.collegedrinkingprevention.gov/special-features/interactive-body.

**ATTACHMENT #2 – Drug and Alcohol Abuse Treatment Resources
and Clinical Services for Montgomery College Students**

National Hotlines	
Drug and Alcohol Abuse Hotline <i>Information and referral 24 hour</i> 800-ALCOHOL (252-6465)	Suicide and Crisis Lifeline Call or Text 988 https://988lifeline.org/
Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 1-800-662-HELP (4357)	Substance Abuse and Mental Health Services Administration (SAMHSA) <i>Treatment Facility Locator</i> https://findtreatment.gov/
List of Treatment Resources, Clinical Services, and Self-Help Groups	
Crisis Center 1301 Piccard Drive Rockville, MD 20850 240-777-4000 Available 24 hours a day, 7 days per week	Every Mind 1000 Twinbrook Parkway Rockville, MD 20851 Phone: 301-424-0656 Crisis Hotline: 988 https://www.everymind.org/
Montgomery County Department of Health and Human Services <i>Access to Behavioral Health Services</i> 27 Courthouse Square Rockville, MD 20850 240-777-1770 www.montgomerycountymd.gov/hhs/	Montgomery County Department of Health and Human Services <i>Behavioral Health – Outpatient Addiction Services</i> 1500 East Gude Dr. Rockville, MD 20850 240-777-1680 www.montgomerycountymd.gov/hhs/
Avery House (Group) 14705 Avery Road Rockville, MD 20853 Phone: 301-762-4651	Bilingual Counseling Center 11236 Triangle Lane Wheaton, MD 20902 www.bilingualcounselingcenter.com/ Phone: 301-942-7821
Counseling Plus Inc. 8561 Fenton Street, Suite 230 Silver Spring, MD 20910 https://www.counselingplus.com/ Phone: 301-565-9001	Family Health Center Psychological Services 6 Montgomery Village Ave., Suite 400 Gaithersburg, MD 20879 http://www.fhcenter.com/ Phone: 301-963-7222
Journeys Adult Program 14703 Avery Road Rockville, MD 20853 Phone: 301-294-4015	Kolmac Integrated Behavioral Health Phone: 1-888-331-5251 www.kolmac.com
Metro Counseling Service Inc. 20 Courthouse Square, Suite 217 Rockville, MD 20850 www.metrocounselingservices.com/ Phone: 301-670-6161	Montgomery Recovery Services Inc. 14636 Rothgeb Drive Rockville, MD 20850 Phone: 301-762-5300
Adventist Health Care Shady Grove Medical Center Behavioral Health 14901 Broschart Road Rockville, MD 20850 Phone: 301-251-4500	MedStar Montgomery Medical Center Addiction and Mental Health Center 18101 Prince Philip Drive Olney, MD 20832 www.medstarmontgomery.org Phone: 301-774-8882

<p>Suburban Hospital Addiction Treatment Center Outpatient Services 6410 Rockledge Drive, Suite 150 Rockville, MD 20817 www.suburbanhospital.org Phone: 301-896-2036</p>	<p>Suburban Hospital Behavioral Health 8600 Old Georgetown Road Bethesda, MD 20814 Phone: 301-896-2586 301-896-3100</p>
<p>Heroin and Opioid Awareness & Prevention Toolkit Maryland State Department of Education http://www.marylandpublicschools.org/Pages/heroinprevention/index.aspx</p>	
<p style="text-align: center;">Anonymous Resources</p>	
<p>Alcoholics Anonymous <i>Self-help group for alcoholic and alcohol abusers</i> 202-966-9115 (DC, MD, VA) www.aa-dc.org</p>	<p>Cocaine Anonymous National Referral Line <i>Group for Cocaine Abusers</i> 800-347-8998 24 Hours</p>
<p>Narcotics Anonymous Group for Narcotics Abusers 1-800-543-4670 DC and MD www.na.org</p>	