

GREYHOUNDS TAKE A STAND ~ Against Substance Abuse?

If you need help or need to report a violent act such as bullying, domestic or dating violence, sexual assault, stalking or substance abuse for a student contact the Dean of Students by phone at 620-223-2700 ext. 3500 or for an FSCC employee contact Human Resources at 620-223-2700 ext. 5201. In an emergency contact the Fort Scott Police Department at 620-223-1700.

Know the Facts

In an emergency contact the Fort Scott Police Department at 620-223-1700. Alcoholism is a chronic disease that will affect a person for an entire lifetime. There are four main symptoms that are present when someone is dealing with alcohol dependence:

- Craving - having a strong need or urge to drink alcohol
- Loss of control - not being able to stop drinking once drinking has started
- Physical dependence - withdrawal symptoms such as nausea, sweating, shakiness, and anxiety after drinking has stopped
- Tolerance - needing to drink greater amounts of alcohol to get high

Know if There is a Problem

If you think you might have a problem, ask yourself:

- Have you ever felt you should cut down on your drinking?
- Have you been annoyed if others expressed concern about your drinking?
- Have you ever felt guilty about your drinking?
- Have you ever had to drink first thing in the morning to steady your nerves or to get rid of a hangover?

Decide No and Take a Stand Now

You have a right to be safe. Seek out the following resources if you or someone you know has a problem with substance abuse.

- Student assistance is available through FSCC's advising office.
- Employee assistance is administered through the office of Human Resources.
- FSCC offers personal counseling services to students, including drug and alcohol abuse.
- Tell your parents and talk with them about how they can help with your concern.
- Tell a college administrator, professor or friend.
- Contact the Dean of Students if you are a student, 620.223.2700 ext. 3500
- Tell a reliable friend who can provide personal assistance.

Be an Active Bystander if Someone You Know is Abusing Substances

- Refuse to join in the behavior.

- Safely intervene to point out unacceptable behavior.
- Ask a college official help. You can make a positive difference in someone's life.
- Tell the individual that you want to help him or her.
- Encourage them to contact college officials or counselors and offer to go with them for support.

Additional FSCC Information and Resources

FSCC's Student Code of Conduct: The student code of conduct contains guidelines for students regarding alcohol and substance abuse.

Employee Code of Conduct: The employee code of conduct contains information for employees and student employees for alcohol and controlled substances.