

# Maintaining a Drug-Free Campus

## NAVIGATION

Maintaining a Drug-Free Campus

[Biennial Review 2018 \(PDF\)](#)

[Drug-Free Campus Committee](#)

[Start Your Recovery Online Tool](#)

The Drug-Free Schools and Communities Act as articulated in the Department of Education Regulations, requires that the college adopt and implement a program to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by employees and students. This information is being published to comply with the provisions of this act.

Lee College has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle. [The Alcohol/Drug Abuse and Prevention Statement](#) provides information on laws, health risks, expectations and consequences, and resources that have been created to educate about and discourage abuse of alcohol and illicit drugs.

## Alcohol and Drugs | Resources for Support

Poison Control Center – For immediate help with possible overdoses | 1.800.222.1222

### CAMPUS RESOURCES

- Lee College Student Affairs Division – Dr. Rosemary Coffman, Assoc. Dean | 281.425.6384 | [rcoffman@lee.edu](mailto:rcoffman@lee.edu)
- Lee College Human Resource Office – Amanda Summers, Director | 281.425.6875 | [asummers@lee.edu](mailto:asummers@lee.edu) (includes Employee Assistance Program information)
- Lee College Security | 281.425.6888
- Drug and Alcohol Abuse Counselor Program | Howard Bushart | 281.425.6308 | [hbushart@lee.edu](mailto:hbushart@lee.edu)

### MEETING INFORMATION

- West Baytown AA | 1020 Bowie St, Baytown | 281.427.2500
- Houston AA intergroup (Find AA meetings in the Houston area) [www.aahouston.org](http://www.aahouston.org)
- Al-Anon (Support for friends and families of alcoholics) – [www.houstonalanon.org](http://www.houstonalanon.org)
- Houston Narcotics Anonymous – 713.661.4200 | [www.hascona.com](http://www.hascona.com)

### COMMUNITY RESOURCES

- Bay Area Council on Drugs and Alcohol (Resources and Referral) — 800.510.3111 | [www.bacoda.com](http://www.bacoda.com)
- Cease Addiction Now (Residential Treatment | Intensive Outpatient) 281.427.4227 | [www.ceaseaddictionnow.org/](http://www.ceaseaddictionnow.org/)
- Cenikor Foundation (Residential Treatment) – 888.CENIKOR | [www.cenikor.org](http://www.cenikor.org)
- Memorial Hermann Prevention & Recovery Center (Residential Treatment | Intensive Outpatient) 713.939.7272 | <http://parc.memorialhermann.org>

- # # Baytown Intensive Outpatient – 281.837.7373
- Unlimited Visions Aftercare (Outpatient Services, Adolescent Residential Program, Youth Prevention Program) — 281.427.8786 (Baytown) [www.unlimitedvisions.org](http://www.unlimitedvisions.org)

## SMOKING CESSATION RESOURCES

- [American Cancer Society](#) offers helpful information, tips to quit tobacco online and at 800.227.2345
- American Lung Association offers a variety of free, confidential programs
  - # [Freedom from Smoking® Online Program](#) is an evidence-based program consisting of eight self-paced modules to help quit tobacco.
  - # [Quitter's Circle](#) is a smoking cessation initiative that allows users to personalize a quit plan.
  - # Visit [org](#) or call 1.800.LUNGUSA to learn more
- [BecomeAnEx](#): The Ex plan teaches how to live life without cigarettes in three steps. It is based on scientific research and practical advice from ex-smokers.
- [BeTobaccoFree](#) is managed by the U.S. Department of Health and Human Services with [the tools needed to quit and live a longer, healthier life.](#)
- [Center for Disease Control and Prevention \(CDC\)](#) offers a variety of programs and resources to get free, confidential information about quitting tobacco. Call 800.QUIT.NOW.
- [Chambers Health](#) provides one-on-one counselor consult and ongoing coaching, an individualized quit plan, and access. Programs are offered at Bayside Clinic (409.267.4126) and West Chambers Medical (281.576.0670).
- [Harris County Public Health's Advise. Refer](#) is a program for tobacco users, residing in Harris County who can participate (once screened) through a brief intervention program.
- [National Cancer Institute](#) (NCI) offers a variety of free, confidential programs
  - # NCI's Smoking Quitline, 877.44U.QUIT (1-877-448-7848)
  - # [SmokeFree](#) offers different tools and tips to help quit smoking and information on how to use them for many different audience (e.g. women, teens, Spanish-speakers). Sign up on line or text **QUIT** to
- [This is Quitting](#), a *youth/young-adult e-cigarette* quit program that is accessed texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to 202.899.7550.
- [Quitxt](#) is a free bilingual texting service that turns a smart phone into a personal coach to help quit smoking. Join in English: Text "iquit" to 844.332.2058. Or join in Spanish: Text "lodejo" to 844.332.2058
- [YesQuit](#) is a program that offers help to become an expert in living tobacco-free. Confidential phone counseling services and resources such as nicotine patches, gums, or lozenges are free to those who qualify. Available by phone or online. Call the toll-free Quitline: 877.YES.QUIT (877.937.7848) or text QUIT to 47848.
- [YouCanQuit2](#) is an educational campaign for the *S. military* to help U.S. service members quit tobacco. The website offers resources for service members, as well as their family and friends. There is also a live chat to talk to a tobacco cessation coach.

## ADDITIONAL INFORMATION

- Resources for Alcoholics and Problem Drinkers: A Comprehensive Guide for Getting Help and Understanding the Disease  
# <https://alcoholaddictioncenter.org/alcoholism-resources/>

[FIND A CAREER](#)  
[Lee College Career Coach](#)