

# Evangel University Alcohol and Other Drug Prevention Policy

## Introduction

Evangel University is affiliated with the Assemblies of God, a community of churches that emphasizes the importance of surrendering our lives to Christ and living lives which, empowered by the Holy Spirit, demonstrate God's call for us to be Christ-like in all that we do. As a result of this affiliation, commitment to God's call, and in compliance with the *Drug Free Schools and Communities Acts Amendments of 1989*, Evangel University defines in this policy the lifestyle expectations and requirements for students that relate to the manufacture, possession, use, or distribution of illegal drugs, alcoholic beverages, and tobacco products as well as the misuse of prescription and nonprescription medications.

## A. Policy

Maintaining our personal health and mental well-being is an essential part of our commitment at Evangel University to serve Christ. As a demonstration of that commitment, we expect students and employees, while on or off University property, to refrain from alcohol/drug use. The possession, use, manufacture, sale, and/or distribution of the following is prohibited:

- illegal drugs
- any form of marijuana containing THC\*\*;
- synthetic drugs (K2 and other synthetic cannabinoids, bath salts, or products which, when consumed mimic the effects of cannabis);
- drug paraphernalia;
- alcoholic beverages (including alcohol vaporizer);
- tobacco products, hookah, and/or e-cigarettes (and all inhaled handheld nicotine devices and any object resembling vaping pen products).

Further, students are to avoid the misuse of prescription or nonprescription drugs. Providing, purchasing, attempting to purchase, or facilitating the purchase of alcoholic beverages/drugs is likewise prohibited. Students are considered "in possession" and responsible for alcohol/drugs that have been determined to be on their person or in their residence or vehicle. "Use" includes consumption by any means. The University reserves the right to check for compliance with this policy by various means, including active and passive alcohol sensors.

\*\*Although marijuana is legal in Missouri under certain restrictions, possession and use of marijuana remains illegal under federal law. Consistent with federal law, including the *Controlled Substances Act* and the *Drug Free Schools and Campuses Regulations [EDGAR Part 86]*, the use and/or possession of marijuana continues to be prohibited on campus. According to the Code of Conduct, the use or possession of marijuana is not allowed for Evangel students on or off campus.

**Parental Notification:** Evangel is concerned about students who improperly use alcohol and other drugs and the effects such use may have on their health, academic success, interpersonal relationships and, ultimately, their future. Evangel University alcohol policy expressly forbids possession and/or consumption of alcohol by students and employees. This policy also applies to guests who are on campus. In accordance with the Family Educational Rights and Privacy Act

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(FERPA), the university reserves the right to notify the parents/guardians of students under 21 years of age, and the parents/guardians of dependent students, regardless of age, of any incident in which the student is found responsible for violating the university alcohol and drug policy. <sup>1</sup>

## **B. Support Services**

We offer support services to students who may be struggling with drug and/or alcohol use. They can seek on-campus professional Christian counseling and/or health services at the Wellness Center (865-2815 ext. 7280) in Cantrell Student Union. Counseling support may include individual or group sessions. There is no charge for these short-term counseling and health services, and confidentiality is guarded carefully. Information is not shared with anyone without the client's permission, unless a student is at serious risk of harming himself/herself. Students needing long-term treatment or therapy are generally referred to professionals off campus at their own expense. The campus pastor is available for pastoral counseling. Students are encouraged also to seek prayer, guidance and encouragement from members of the faculty and Student Development staff.

Off-campus community counseling and treatment, as well as residential care programs are available from the following organizations at a potential cost to students and employees:

- Burrell Behavioral Center, 1300 E. Bradford Pkwy., Springfield, MO, 417.761.5000
- Burrell 24-hour Crisis Hotline, 417.765.5555 or 1.800.494.7355
- Cox Center for Addictions, 1423 N. Jefferson Ave., Springfield, MO, 417-269-2273 □
- Mercy Marian Center, 1845 Rogers, Springfield, MO, 417.820.2914
- Missouri Department of Health, Division of Behavioral Health, 149 Park Central Square, Springfield, MO 417-895-6328

## **C. Consequences for Violations of this Policy**

In compliance with our community standards and those of local/state/federal laws, we advise students and employees that the following consequences will occur when the policy is violated:

1. Violations are reported to the legal authorities, when appropriate.
2. Violators will be subject to disciplinary action, as outlined in the Employee or Student Handbook, up to and including discharge for employees and dismissal for students.
3. If found to be in violation of University standards but permitted to continue as a part of the community on probationary status, the student/employee may be subject to counseling, periodic inspections, and/or supervised, random drug tests at a medical facility over a given period of time. The student/employee will be responsible solely for costs of the drug screens and off-campus counseling.

4. Any member of the Evangel University community who refuses to take a field sobriety test, a breathalyzer test, a drug test, or provide written consent permitting Evangel University to be apprised of testing results, when asked by an Evangel Public Safety Officer for reasonable cause, shall be considered to be in violation of the University's standards.
5. Student organizations are under the same legal requirements as individuals concerning local, state, and federal laws. Any violation of these laws in conjunction with a student organization activity constitutes a violation of University policy. Violations of policy could result not only in disciplinary action against the individual(s) involved, but also in suspension or loss of University recognition of the organization.

#### **D. Special Obligations of Employees and the University**

1. Employer's statement:  
All University employees are notified hereby that the unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in the University workplace and that a violation of this prohibition shall result in immediate disciplinary action up to and including discharge.
2. Conditions of employment:  
As a condition of employment, all University employees must: (1) abide by the terms of the prohibition referred to in the preceding paragraph; and (2) notify the University of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction.
3. Employer's obligations:
  - a. Notification of agency-- The University will notify the appropriate law enforcement agency within ten (10) days after receiving notice from an employee referred to in the preceding paragraph or upon otherwise receiving actual notice of a conviction.
  - b. Responsive action-- Within 30 days of receiving notice from an employee of a criminal drug statute conviction for a violation occurring in the workplace, the University shall, with respect to any employee who is so convicted: (1) take appropriate personnel action against such an employee, up to and including termination; or (2) require such employee to participate satisfactorily in a drug abuse assistance or a rehabilitation program approved for such purposes by a federal, state or local health, law enforcement, or other appropriate agency.

#### **E. Definitions**

1. "University activities" are defined as those activities sponsored by a University department or recognized student organization.
2. "University property" is defined as University-owned or leased grounds, facilities, or vehicles.

F. Description of Local, State and Federal Legal Sanctions - see also *Missouri Drug Regulations* at: <https://health.mo.gov/safety/bnodd/laws.php> or *Federal Trafficking Penalties* from the U.S. Drug Enforcement Administration at <https://www.dea.gov/sites/default/files/2021-12/Trafficking%20Penalties.pdf>

1. Local sanctions--Springfield City Code prohibits the following alcohol-related offenses:
  - a. Possession by persons under 21 years of age of any beer, wine or intoxicating liquor. Section 10-4 of the Springfield City Code.
  - b. Open containers of alcoholic beverages in motor vehicles within the passenger compartment of any motor vehicle that is being operated upon a public way. Section 10-8 of the Springfield City Code.
  - c. Possession, sale or consumption of alcoholic beverages in certain public places. No person may sell, give away, purchase or dispense any intoxicating liquors on public streets or alleyways, nor may any person sell, dispense, give away, offer to sell or possess or consume any alcoholic beverage in any city park. No person shall sell, purchase, dispense or possess any alcoholic beverages on school property, on the Downtown Pedestrian Shopping Mall or in Ozark Jubilee Park or Courthouses. Section 78-4 of the Springfield City Code.
  - d. Consumption or possession of alcoholic beverages. No person may possess or consume any alcoholic beverage on any business premise except those licensed by the city to sell alcoholic beverages. Section 78-189 of the Springfield City Code.
  - e. Each of the above offenses is punishable by a fine of up to \$1,000 or imprisonment up to 180 days, or both fine and imprisonment. Sections 1-7 of the Springfield City Code.
  
2. State sanctions--Missouri statutes prohibit the following acts:

***Missouri Liquor Laws:***

The Liquor Control Law for the State of Missouri (311 RSMo.) provides that any person under the age of 21 years who purchases, attempts to purchase or has in his/her possession any intoxicating liquor is guilty of a misdemeanor (311.325 RSMo). Anyone who shall procure for, sell, give away or otherwise supply intoxicating liquor to any person under the age of twenty-one years is guilty of a misdemeanor (311.310 RSMo). Anyone 17 - 20 years old that uses a fake ID to obtain alcohol is also guilty of a misdemeanor (311.320 RSMo). Under current Missouri law, a subject under the age of 21 who is visibly intoxicated can be arrested without being in physical possession of the intoxicating beverage. A person who has been convicted of a misdemeanor may be subjected to a fine ranging from \$50.00 to \$1,000.00 and/or imprisonment for up to one year (311.880 RSMo.).

***Driving While Intoxicated (DWI) in Missouri*** (RSMo. 577)

A person commits the crime of "driving while intoxicated" if he/she operates a motor vehicle while in an intoxicated or drugged condition (577.010.1 RSMo.). A person is in an "intoxicated condition" when he/she is under the influence of alcohol, a controlled substance, or drug, or any combination thereof (577.001 RSMo.). An individual is considered intoxicated with any amount of a controlled substance or

other specific drugs in their system. If you are stopped by an officer of the law in Missouri, you may be subject to receive a DWI:

- If you drive with a blood alcohol concentration (BAC) of **.08 or higher** (Regardless of whether your driving ability was actually impaired 577.012 RSMo.); or It is determined that your driving ability is impaired (even though you may be under the .08 limit).
- First offense is a class B misdemeanor subject to a fine up to \$500 and/or 6 months imprisonment (577.010 RSMo.). A defendant found guilty must also participate in a Substance Abuse Traffic Offender Program (SATOP) (577.049 RSMo.) Multiple offenses offense range from a class A misdemeanor (a fine up to \$1,000 and/or 1 year imprisonment) up to class B felony (15 years in prison 577.023 RSMo.). After multiple offenses Missouri law typically requires a driver to install an ignition interlock device on a vehicle after reinstatement of a driver's license for 6 months (577.600 RSMo.).

#### ***Refusal to Take Blood Alcohol Test***

Missouri law specifies that if you are driving a vehicle, you have given consent to submit to a chemical test for the purpose of determining the amount of alcohol in your blood (577.020 RSMo.). Refusal to take a test could result in the suspension of your license for one year (577.041 RSMo.).

#### ***Missouri Abuse and Lose Law (Drivers Under 21)***

In Missouri, the BAC limit for drivers who are under 21 is .02. Penalties include suspension of license 90 days (first offense); 1 year (any subsequent offense). The Abuse and Lose Law also includes the possession or use of alcohol and or drugs while driving or using a fake ID (see 577.500 & 577.525 RSMo. for more info.). (Alcohol & Drug Statute Review 2013, Revised: March 16, 2015)

***Missouri Administrative Sanctions*** (RSMo. 302 specifically 302.500 – 302.540 ) Individuals arrested for driving while intoxicated, driving with a blood alcohol content of .08 or higher, or driving under the influence of drugs (DUID) are processed administratively as well as criminally (302.505 RSMo.). A driver license is suspended or revoked for 90 days for the first offense. A driver convicted of a second alcohol or drug-related offense, regardless of the length of time between convictions, will normally receive a 1-year revocation for accumulation of points. A driver convicted a second time for an alcohol or drug -related offense within a five-year period may also receive a 5-year license denial (302.525 RSMo.). A driver convicted 3 or more times for an alcohol or drug related offense will receive a 10-year license denial (302.060 RSMo.). The license reinstatement process will include a SATOP along with other requirements prior to reinstatement (302.540, 302.304, & 302.541 RSMo.). (See the Missouri Department of Revenue's DWI website for more information on revocations, suspensions and multiple offenses).

#### ***Missouri Drug Laws:***

The manufacturing, possessing, sale, distribution and use of illicit drugs (i.e. controlled substance or imitation controlled substance) are prohibited by state law (195 RSMo). Penalties for first time offenses for a drug possession violation can range from a fine of \$1,000 to life imprisonment. Other prohibited acts include possession with intent to use drug paraphernalia and advertising the sale of drug paraphernalia. The following table gives information on penalties and fines for specific drug crimes in Missouri (see 195.010 RSMo for definitions and 195.017 RSMo for the scheduling information of controlled substances).

<b>RSMo 558.001 Sentence of imprisonment terms</b>	
<b>Class</b>	<b>Prison Term</b>
Class A Felony	not less than ten years and not to exceed thirty years, or life imprisonment
Class B Felony	not less than five years and not to exceed fifteen years
Class C Felony	not less than three years and not to exceed ten years
Class D Felony	a term of years not to exceed seven years
Class E Felony	a term of years not to exceed four years
Class A Misdemeanor	a term not to exceed one year
Class B Misdemeanor	a term not to exceed six months
Class C Misdemeanor	a term not to exceed fifteen days

<b>Missouri drug crimes and penalties</b>		
<b>Statute Number</b>	<b>Offense</b>	<b>Penalty</b>
579.015	Possession or Control of a controlled substance	Class D felony or class A or D misdemeanor
579.020	Delivery of a controlled substance	Class B, C, or E felony
579.030	Distribution of a controlled substance in a protected location	Class A felony
579.040	Unlawful distribution, delivery, or sale of drug paraphernalia	Class E felony
579.045	Fraudulently attempting to obtain a controlled substance	Class E felony
579.050	Manufacture of an imitation controlled substance	Class E felony
579.055	Manufacture of a controlled substance	Class E or C felony
579.060	Unlawful sale, distribution, or purchase of over the counter, methamphetamine, precursor drugs	Class A misdemeanor

579.065	Trafficking drugs, first degree	Class A or B felony
579.068	Trafficking drugs, second degree	Class C or B felony
579.070	Creating a danger	Class C felony
579.072	Furnishing materials for production of a controlled substance	Class E felony
579.074	Unlawful possession of drug paraphernalia	Class D misdemeanor or Class E felony
579.076	Unlawful manufacture of drug paraphernalia	Class A misdemeanor
579.078	Possession of an imitation controlled substance	Class A misdemeanor
579.080	Delivery of an imitation controlled substance	Class E felony
579.082	Marketing of ephedrine or pseudoephedrine	Class E felony
579.084	Distribution of controlled substance in violation of registration requirements	Class E felony or Class A misdemeanor
579.086	Unlawful delivery of controlled substance by manufacturer or distributor	Class E felony

3. Federal sanctions--United States Code prohibits the following acts:

**Alcohol offenses:** Legal sanctions for the unlawful possession or distribution of alcohol are found primarily in state and local law.

**Illegal drug offenses:**

- (1) Simple possession. It is illegal for any person to knowingly or intentionally possess a controlled substance unless obtained by a valid prescription. 21 U.S.C. ~844.
- (2) Violations of this section are punishable by imprisonment for up to 1 year, a minimum fine of \$1,000, or both. After a prior conviction for any drug offense, the violator shall be imprisoned for a term of at least 15 days and not more than 2 years and fined a minimum of \$2,500. A third conviction carries a penalty of imprisonment for at least 90 days but no more than 3 years and a minimum fine of \$5,000. A person convicted under this subsection for the possession of a mixture or substance which contains cocaine base shall be imprisoned not less than 5 years and not more than 20 years, and fined a minimum of \$1,000, if the conviction is a first conviction under this subsection and the amount of the mixture or substance exceeds 5 grams.
- (3) Where a person at least 18 years of age distributes a controlled substance to any person under 21 years of age, or where a person possesses with intent to distribute, distributes or manufactures a controlled substance in or on, or within 1000 feet of a public or private elementary, secondary, vocational or public or private college, junior college or university, or playground or housing facility owned by a public housing authority, or within 100 feet of a youth center, public swimming pool or video arcade facility, the punishment shall be twice the

maximum punishment provided in 21 U.S.C. 841 , which provides in part 1, such person shall be sentenced to a term of imprisonment which may not be less than 10 years or more than life and if death or serious bodily injury results from the use of such substance shall be not less than 20 years or more than life, a fine not to exceed the greater of that authorized in accordance with the provisions of title 18 or \$4,000,000 if the defendant is an individual or \$10,000,000 if the defendant is other than an individual, or both.

- (4) Any person convicted of a drug offense under these federal laws shall forfeit to the government any property derived from or obtained directly or indirectly as a result of the violation, or any property used to commit or facilitate the violation. 21 U.S.C. ~853.
- (5) Ineligibility to receive or purchase a firearm. 18 U.S.C. ~922(g).
- (6) Miscellaneous: Revocation of certain federal licenses and benefits, e.g. pilot licenses, public housing tenancy, are vested within the authority of individual federal agencies.

### **G. Health Risks Associated with Use of Illegal Drugs; Abuse of Alcohol/ Drugs**

*Description of Health Risks obtained from the National Institute on Drug Abuse, updated August 2016*  
[\(<http://www.drugabuse.gov>\)](http://www.drugabuse.gov)

1. Alcohol:
  - a. Ethyl alcohol or ethanol is the intoxicating ingredient in beer, wine, and liquor. Alcohol consumption causes a number of marked changes in behavior. A central nervous system depressant, it is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol affects every organ of the drinker's body, impairing brain function and motor skills. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol increases the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.
  - b. Repeated abuse of alcohol can lead to dependence and sudden cessation can produce withdrawal symptoms: severe anxiety, tremors, hallucinations, convulsions. Alcohol withdrawal can be life threatening. Heavy use can lead to permanent damage of vital organs such as the brain and liver, increasing risk of certain cancers, stroke, and liver disease.
  - c. Infants and children develop fetal alcohol syndrome (FAS) or have other damage as a result of maternal alcohol intake during pregnancy. In severe cases, children with FAS are born with physical abnormalities and mental retardation. Central nervous system damage leading to learning problems, lack of impulse control, hyperactivity and emotional/social difficulties in children can occur with even small amounts of maternal alcohol intake. There is no safe level of alcohol consumption during pregnancy.

## 2. Club Drugs:

Club drugs include GHB, Rohypnol, Ketamine, as well as MDMA (Ecstasy) and methamphetamine. GHB, Rohypnol, and ketamine are central nervous system depressants which, produce intoxicating effects, and at high doses, may result in sleep, coma, seizures, or death. Ecstasy and methamphetamines are central nervous system stimulants, which can produce feelings of increased energy, distortions in sensory and time perception, and at high doses can cause liver, kidney, or cardiovascular system failure or even death

- a. **GHB**, a depressant approved in the treatment of narcolepsy, causes slowed heart rate, memory loss, and may produce seizures or coma. Repeated use may lead to severe withdrawal effects, including insomnia, anxiety, tremors, and sweating.
- b. **Rohypnol** is chemically similar to prescription sedatives such as Valium and Xanax. The drug is often known as “the date rape drug” due to its ability to sedate and incapacitate victims.
- c. **Ketamine**, a dissociative anesthetic, mostly used in veterinary practice, produces distortions and feelings of detachment. Low-dose intoxication results in impaired attention, learning ability, and memory. At higher doses, can cause dreamlike states, hallucinations, delirium, amnesia, impaired motor function, high blood pressure, and potentially fatal respiratory problems.
- d. **MDMA (Ecstasy)**, a synthetic psychoactive drug, acts as a stimulant and hallucinogen that can deplete the brain of serotonin, causing confusion, depression, sleep abnormalities, problems with attention and memory, and anxiety.
- e. **Methamphetamine** is similar in structure to amphetamine. It is highly addictive and causes emotional and cognitive problems in chronic methamphetamine abusers. Taking even small amounts can result in many of the same physical effects as those of other stimulants, such as cocaine or amphetamines, including increased wakefulness, increased physical activity, decreased appetite, increased respiration, rapid heart rate, irregular heartbeat, increased blood pressure, and hyperthermia. Long-term methamphetamine abuse has many negative health consequences, including extreme weight loss, severe dental problems (“meth mouth”), anxiety, confusion, insomnia, mood disturbances, and violent behavior. Chronic methamphetamine abusers can also display a number of psychotic features, including paranoia, visual and auditory hallucinations, and delusions (for example, the sensation of insects crawling under the skin).

## 3. Cocaine:

- a. Cocaine (and crack, a form of cocaine processed to make a rock crystal—also called “freebase cocaine”) stimulates the central nervous system and is a powerfully addictive stimulant drug that produces potentially dangerous physical effects like raising heart rate and blood pressure. In order to sustain the “high”, users take increased dosages that leads to addiction.
- b. With repeated use, cocaine can cause long-term changes in brain functioning and can cause heart attacks, strokes, and death. Immediate effects include dilated pupils, constricted blood vessels, elevated blood pressure, heart rate, respiratory rate and body temperature. Cocaine use can cause sinus problems; severe bowel gangrene; an

increased risk for contracting HIV, hepatitis C, and other blood-borne diseases; as well as death by cardiac arrest or respiratory failure.

- c. Cocaine users can experience psychological and physical dependency, as well as severe paranoia auditory hallucinations.
4. Fentanyl:
- a. Fentanyl is a powerful synthetic opioid analgesic similar to morphine but is 50 to 100 times more potent. It is a schedule II prescription drug, and typically used to treat patients with severe pain, to manage pain after surgery, or those with chronic pain who are physically tolerant to other opioids. In its prescription form, fentanyl is known by such names as Actiq®, Duragesic®, and Sublimaze®. Street names for fentanyl or for fentanyl-laced heroin include Apache, China Girl, China White, Dance Fever, Friend, Goodfella, Jackpot, Murder 8, TNT, and Tango and Cash.
  - b. Synthetic opioids, including fentanyl, are now the most common drugs in drug overdose deaths. Fentanyl is often mixed with other drugs and very small amounts can cause an overdose. Fentanyl works by binding to the body's opioid receptors, which are found in areas of the brain that control pain and emotions.
  - c. When people overdose on fentanyl, their breathing can slow or stop. This can decrease the amount of oxygen that reaches the brain, a condition called hypoxia. Hypoxia can lead to a coma and permanent brain damage, and even death.
5. Hallucinogens:
- a. **Phencyclidine (PCP)** interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently report a sense of distance and estrangement. Time and body movements are slowed down. Muscular coordination worsens and senses are dulled. Speech is blocked and incoherent. Chronic users of PCP report persistent memory problems and speech difficulties. Some of these effects may last 6 months to a year following prolonged daily use. Mood disorders--depression, anxiety and violent behavior--also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations. Large doses may produce convulsions and coma, as well as heart and lung failure.
  - b. **Lysergic acid (LSD)**, mescaline and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness and tremors. Sensations and feelings may change rapidly. It is common to have a bad psychological reaction to LSD, mescaline and psilocybin. The user may experience panic, confusion, suspicion, anxiety and loss of control. Delayed effects, or flashbacks, can occur even after use has ceased.
6. Heroin:
- a. An opioid drug that is synthesized from morphine, heroin is used in ways that deliver the drug to the brain very rapidly which causes extreme health risks and high risk for addiction. Immediate effects include dry mouth, flushed skin, feeling of heaviness in

the extremities, and clouded mental function. Regular heroin use changes the functioning of the brain.

- b. Heroin abuse is associated with a number of serious health conditions, including fatal overdose, spontaneous abortion, and infectious diseases like hepatitis C and HIV. In addition to the effects of the drug itself, street heroin often contains toxic contaminants or additives that can clog blood vessels leading to the lungs, liver, kidneys, or brain, causing permanent damage to vital organs.

7. Inhalants:

- a. Many common products—spray paints, markers, glues, and cleaning fluids—contain volatile substances that have psychoactive (mind-altering) properties when inhaled. Most abused inhalants depress the central nervous system in a manner not unlike alcohol, causing slurred speech, lack of coordination, euphoria, and dizziness. Inhalant abusers may also experience light-headedness, hallucinations, and delusions. The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, and fatigue. Solvents and aerosol sprays decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrates cause rapid pulse, headaches and involuntary passing of urine and feces. Long-term consequences may include liver and kidney damage, hearing loss, bone marrow damage, limb spasms due to damage to myelin, brain damage, and hepatitis. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.
- b. Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops.

8. Marijuana (Cannabis):

- a. Marijuana refers to the dried leaves, flowers, stems, and seeds from the *Cannabis sativa* or *Cannabis indica* plant. The plant contains the mind-altering chemical THC and other similar compounds. People smoke marijuana in hand-rolled cigarettes, pipes, and blunts. To avoid inhaling smoke, some people use vaporizers. Another method of use is smoking or eating different forms of THC-rich resins. The popularity of edibles also increases the chance of harmful reactions. Edibles take longer to digest and produce a high. Therefore, people may consume more to feel the effects faster, leading to dangerous results.
- b. Legalization of marijuana for medical or adult recreation in some states has increased its use. When cannabis is smoked, THC rapidly passes from the lungs into the bloodstream, which carries the chemical to the brain and other organs throughout the body. The body absorbs THC more slowly when the person eats or drinks it. In that case, they generally feel the effects after 30 minutes to 1 hour.
- c. Marijuana affects brain development by over-activating receptors. Several studies have linked marijuana use to increased risk for psychiatric disorders, including psychosis (schizophrenia), depression, anxiety, and substance use disorders. Effects of cannabis use include distorted perceptions, impaired coordination, difficulty with thinking, problem solving, and disrupted learning and memory, which also reduce ability to perform tasks requiring concentration and coordination.

- d. The amount of THC in marijuana has been increasing steadily over the past several decades. Overall, the potency of illicit cannabis plant material has consistently risen from approximately 4% in 1995 to 12% in 2014. A later study showed today's marijuana contained as much as 30% THC, compared to below 10% in earlier years.
  - e. **Synthetic marijuana:** Sold under many names, "spice" drugs, including K2, fake weed, Yucatan Fire, Skunk, Moon Rocks, and others, have a strong potential for abuse. The Drug Enforcement Administration has designated the five active chemicals most frequently found in Spice as controlled substances. The effects are similar to marijuana but have also been known to produce extreme anxiety, paranoia, and hallucinations.
9. Opioids:
- Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as oxycodone (OxyContin®), hydrocodone (Vicodin®), codeine, morphine, and many others.
- a. All opioids are chemically related and interact with opioid receptors on nerve cells in the body and brain. Opioid pain relievers are generally safe when taken for a short time and as prescribed by a doctor, but because they produce euphoria in addition to pain relief, they can be misused. An opioid overdose can be reversed with the drug naloxone when given right away.
  - b. Opioids can produce drowsiness, constipation, and—depending upon the amount taken—depress breathing. The latter effect makes opioids particularly dangerous, especially when they are snorted or injected or combined with other drugs or alcohol.
10. Prescription Drugs and Cold Medicines:
- Some medications have psychoactive (mind-altering) properties and, because of that, are sometimes abused—that is, taken for reasons or in ways or amounts not intended by a doctor, or taken by someone other than the person for whom they are prescribed. Taken as intended, prescription and OTC drugs safely treat specific mental or physical symptoms. But when taken in different quantities or when such symptoms aren't present, they may affect the brain in ways very similar to illicit drugs.
- a. **Depressants.** The effects of depressants (e.g., Valium, Xanax, and Nembutal) are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait and altered perception. Very large doses can cause respiratory depression, coma and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence causing withdrawal symptoms ranging from restlessness, insomnia and anxiety to convulsions and death. Birth defects and behavioral problems also may result.
  - b. **Stimulants.** Amphetamines (Adderall), Dextroamphetamine (Dexedrine), and Methylphenidate (Ritalin and Concerta) are central nervous system stimulant prescribed drugs that, when abused, can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, hyperthermia, and decreased appetite. In addition, users may experience sweating, headaches, blurred vision, dizziness,

sleeplessness and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, physical collapse, and even death.

Abuse of stimulant injections cause a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. Persons who use large amounts of stimulants over a long period of time can develop a psychosis that includes hallucinations, delusions and paranoia. The symptoms usually disappear when drug use ceases.

- c. **OTC Drugs.** The most commonly abused Over the Counter drugs are cough and cold remedies containing dextromethorphan. When taken in very high doses, dextromethorphan acts on the same cell receptors as PCP or ketamine, producing similar out-of-body experiences. Dextromethorphan can cause impaired motor function, numbness, nausea or vomiting, and increased heart rate and blood pressure. On rare occasions, hypoxic brain damage—caused by severe respiratory depression and a lack of oxygen to the brain—has occurred due to the combination of dextromethorphan with decongestants often found in the medication.

#### 9. Steroids (Anabolic):

Anabolic steroids can be legally prescribed to treat conditions resulting from steroid hormone deficiency. But some athletes, bodybuilders, and others abuse these drugs in an attempt to enhance performance and/or improve their physical appearance.

- a. Anabolic steroids work very differently from other drugs of abuse, and they do not have the same acute effects on the brain. The most important difference is that steroids do not trigger rapid increases in the neurotransmitter dopamine, which is responsible for the rewarding “high” that drives the abuse of other substances.
- b. Long-term steroid use can affect some of the same brain pathways and chemicals—including dopamine, serotonin, and opioid systems—that are affected by other drugs, and thereby may have a significant impact on mood and behavior.
- c. Abuse of anabolic steroids may lead to aggression, extreme mood swings (“road rage”), violence, paranoid jealousy, extreme irritability, delusions, and impaired judgment.

#### 10. Synthetic Cathinones (Bath Salts):

- a. The term “bath salts” refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the khat plant. Reports of severe intoxication and dangerous health effects associated with use of bath salts have made these drugs a serious and growing public health and safety issue. The synthetic cathinones in bath salts can produce euphoria and increased sociability and sex drive, but some users experience paranoia, agitation, and hallucinatory delirium; some even display psychotic and violent behavior, and deaths have been reported in several instances.
- b. The energizing and often agitating effects reported in people who have taken bath salts are consistent with other drugs like amphetamines and cocaine that raise the level of the neurotransmitter dopamine in brain circuits regulating reward and movement. Common reactions reported for people who have needed medical attention after using bath salts include cardiac symptoms (such as racing heart, high

blood pressure, and chest pains) and psychiatric symptoms including paranoia, hallucinations, and panic attacks, dehydration, breakdown of skeletal muscle tissue, and kidney failure. Intoxication from several synthetic cathinones including MDPV, mephedrone, methedrone, and butylone has proved fatal in several instances.

#### 11. Tobacco/Nicotine and E-Cigs:

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Exposure to secondhand smoke can cause serious diseases and death. a. Cigarettes and other forms of tobacco—including cigars, pipe tobacco, snuff, and chewing tobacco—contain the addictive drug nicotine. Nicotine is readily absorbed into the bloodstream when a tobacco product is chewed, inhaled, or smoked. Upon entering the bloodstream, nicotine immediately stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, respiration, and heart rate.

b. Similar to other addictive drugs like cocaine and heroin, nicotine increases levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure.

c. **E-Cigarettes.** Although the vapor does not contain the tar responsible for most lung cancer and other lung diseases, it has been shown to contain known carcinogens and toxic chemicals (such as formaldehyde and acetaldehyde), as well as potentially toxic metal nanoparticles from the vaporizing mechanism. E-cigarette products are not regulated by the FDA, so there are currently no accepted measures to confirm their purity or safety, and the long-term health consequence of e-cigarette use remain unknown. Early evidence suggests that e-cigarette use may not only put users at risk for nicotine addiction but also serve as an introduction to nicotine that could lead to use of regular cigarettes and other tobacco products.

#### **H. Program Review**

The University will conduct a biennial review of the complete program to determine its effectiveness, make changes where necessary and ensure that it is consistently followed. A copy of the Biennial Review is available from the Office of Student Development, upon request.

#### **I. Program Notification**

Every student and employee receives a copy of the Alcohol and Other Drug Prevention Policy annually through campus electronic mail, the official notification system of the university. New staff and faculty members are informed of the policy at New Employee Orientation. Additional copies of the program can be obtained from the office of the Vice President for Student Development. In addition to the annual notification, students and employees are offered written material including pamphlets and literature on drug and alcohol abuse through the campus wellness center.