

# **Alcohol and Drug Use Policies**

## **1.01 PURPOSE AND SCOPE**

The abuse of alcohol and other drugs interferes with the processes of learning, teaching, research and public service, which are the functions of Northeastern State University. In order to accomplish its mission, and further to comply with the Drug Free Schools and Communities Act Amendment of 1989, Northeastern State University has promulgated this policy and directed its distribution to each of its students.

## **2.01 POLICY**

Pursuant to local, state and federal laws, and its own rules and regulation, Northeastern State University prohibits the unlawful possession, use and manufacture, or distribution of alcohol and other drugs by students and employees on university owned or controlled premises, as a part on any university sponsored activities, or in the workplace.

## **3.01 INTERNAL SANCTIONS**

Any student or employee who violates this policy shall be subject to disciplinary action; including, without limitation, probation, expulsion, suspension, or termination of employment; may be required to participate satisfactorily in an appropriate rehabilitation program; or may be referred for prosecution.

## **4.01 EXTERNAL SANCTIONS**

Violation of applicable local, state, and federal laws governing the possession, use, manufacture, or distribution of alcohol and other drugs may subject students or employees to fines, imprisonment, and/or community service requirements. Convictions become part of an individual's criminal record and may prohibit certain career and professional opportunities. Further information regarding these laws may be found in the Office of Student Affairs, 204 Administration Building.

## **5.01 HEALTH RISKS**

Abuse of drugs and alcohol can result in behavioral changes; impairment of judgment and coordination; elevated or lowered blood pressure; depression; anxiety; hallucinations; convulsions; temporary and permanent loss of memory; damage to the heart, lungs, liver and brain; sterility; lowered immune system and increased infection; cancer; emphysema; chronic bronchitis, and death.

## **6.01 ALCOHOL/OTHER DRUG ASSISTANCE PROGRAMS**

Numerous programs are available in the Tahlequah area to help NSU students and employees deal with substance abuse related issues. Federal laws insure all persons seeking help for alcohol and/or other drug problems will be treated with respect and in a confidential manner.

Contacts:

<b>Hotlines - 7 days a week, 24 hours a day</b>	
AIDS Hotline	1-800-522-9054
Reach-Out Hotline	1-800-522-9054
Cocaine Helpline	1-800-COCAINE
National Council on Alcoholism	1-800-622-2255
American Council for Drug Education	1-800-488-DRUG

### **7.01 COORDINATION AND REFERENCE**

Other policies, rules and regulations of Northeastern State University also deal with drug and alcohol abuse and complement this Drug Free Campus Policy statement (such as Appendix C). This policy is based on the Drug Free Workplace Act of 1988 (P.L. 100-690, Title V, Subtitle D) and the Drug Free Schools and Communities Act Amendments of 1989 (P.L. 101-226).

### ***Drug and Alcohol Abuse Prevention Policy***

The following policy statement has been developed to ensure compliance with both the “Drug-Free Work Place Act of 1988” and the “Drug-Free Schools and Communities Act Amendments of 1989”.

Northeastern State University recognizes that it is in the best interest of the University, its employees and its students, to promote a healthy and productive environment, to provide education and assistance, relative to the dangers involved in the illicit use of drugs and the abuse of alcohol. This responsibility demands implementation of programs and services which facilitate that effort.

**University policy strictly prohibits the illegal use, possession, manufacture, dispensing distribution of illegal drugs, controlled substances, 3.2 beer or alcoholic beverages in the workplace, or its premises, University housing, or as a part of any University-sponsored activity.**

All students and employees must abide by this policy as a condition of enrollment or employment. Continuance of employment or enrollment following receipt of this policy constitutes acceptance of this policy by the employee or student.

Sanctions for violation of this policy include, but are not limited to, expulsion, termination of employment, referral for prosecution and/or completion, at the individual’s expense, of an appropriate rehabilitation program. Any disciplinary action shall be taken in accordance with applicable policies of Northeastern State University.

It should be noted by employees that they are also subject to the University’s Drug-Free Work Place Policy. Employees are referred to that policy for additional sanctions. It is also within the discretion of the University to refer any violations to the appropriate authorities for criminal prosecution.

## Health Risks Associated with the Use of Drugs and the Abuse of Alcohol

Alcohol and other drug use represent serious threats to health and the quality of life. More than 25, 000 people die each year from drug-related accidents or health problems. With most drugs it is probable that users will develop psychological and physical dependence. The general categories of drugs and their effects are as follows:

**Alcohol** - short-term effects include behavioral changes, impairment of judgment and coordination, greater likelihood of aggressive acts, respiratory depression, irreversible physical and mental abnormalities in newborns (fetal alcohol syndrome) and death. Long-term effects of alcohol abuse include damage to the liver, heart and brain, ulcers, gastritis, malnutrition, delirium tremens and cancer. Alcohol combined with other barbiturates/depressants can prove to be a deadly mixture.

**Amphetamines/Stimulants** - (speed, uppers, crank, caffeine, etc.) speed up the nervous system which can cause increased heart and breathing rates, higher blood pressure, decreased appetite, headaches, blurred vision, dizziness, sleepiness, anxiety, hallucinations, paranoia, depression, convulsions and death due to a stroke or heart failure.

**Anabolic Steroids** - seriously affect the liver, cardiovascular, and reproductive systems. Can cause sterility in males and females, as well as impotency in males.

**Barbiturates/Depressants** - (downers, quaaludes, valium, etc.) slows down the central nervous system which can cause decreased heart and breathing rates, lower blood pressure, slowed reactions, confusion, distortion of reality, convulsion, respiratory depression, coma and death. Depressants combined with alcohol can be lethal.

**Cocaine/Crack** - stimulates the central nervous system and is extremely addictive, both psychologically and physically. Effects include dilated pupils, increased heart rate, elevated blood pressure, insomnia, appetite loss, hallucinations, paranoia, seizures, and death due to cardiac arrest or respiratory failure.

**Hallucinogens** - (PCP, angel dust, LSD, etc.) interrupt the functions of the part of the brain which controls the intellect and instincts. May result in self-inflicted injuries, impaired coordination, dulled senses, incoherent speech, depression, anxiety, violent behavior, paranoia, hallucinations, increased heart rate and blood pressure, convulsions, coma, and heart and lung failure.

**Cannabis** - (marijuana, hashish, hash, etc.) impairs short-term memory, comprehension, concentration, coordination, and motivation. May also cause paranoia and psychosis. Marijuana smoke contains more cancer causing agents than tobacco smoke. The way in which marijuana is smoked - deeply inhaled and held in the lungs for a long period - enhances the risk of getting cancer. Combined with alcohol, marijuana can produce a dangerous multiplied effect.

**Narcotics** - (smack, horse, Demerol, Percodan, etc.) initially produce feelings of euphoria often followed by drowsiness, nausea, and vomiting. An overdose may result in convulsions, coma, and death. Tolerance

develops rapidly and dependence is likely. Using contaminated syringes to inject such drugs may result in AIDS.

**Tobacco/Nicotine** - some 170,000 people in the United States die each year from smoking related coronary heart disease. Some 30% of the 130,000 cancer deaths each year are linked to smoking. Lung, larynx, esophagus, bladder, pancreas and kidney cancers strike smokers at increased rates. Emphysema and chronic bronchitis are ten times more likely among smokers.