



STUDENT HANDBOOK 2014-15

ALCOHOL AND ILLICIT DRUG POLICY & RESOURCES

The Student Alcohol and Other Drug Policy was established in compliance with the Drug-Free Schools and Communities Act of 1989. As part of its drug and alcohol prevention program for students, NDNU distributes in writing, via the Student Handbook, the following information:

1. Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities;
2. A clear statement of the disciplinary sanctions that the University will impose on students and employees who violate the standards of conduct;
3. A description of applicable local, state and federal legal sanctions pertaining to the unlawful possession, use or distribution of illicit drugs or alcohol; and
4. A description of health risks associated with the use of illicit, abuse of prescription and over-the-counter drugs as well as the abuse of alcohol.

Notre Dame de Namur University is committed to the education of students regarding the responsible use of alcohol, as well as the consequences and possible outcomes stemming from the misuse or abuse of alcohol. The abuse of alcohol or illicit drugs is not compatible with an optimal environment for learning and growing. Notre Dame de Namur University further recognizes that alcoholism and drug addiction are illnesses and should be treated as such. Reflecting this belief, and reflecting the fact that the University has an obligation to create an environment conducive to health and responsible choices, this policy establishes reasonable guidelines and procedures for the responsible use of alcohol for those of legal age, and for the prohibition of illicit drugs within the campus community.

The campus community is specifically defined as including all students, faculty, and staff. Alcohol and illicit drugs pose risks to the health and safety of individuals, communities, and society. University policies regarding alcohol and other drug consumption, availability, and problems are therefore designed to minimize these risks.

Notre Dame de Namur University abides by federal and state laws regarding the use of alcohol. Only persons 21 years of age or older may possess and consume alcoholic beverages. Alcoholic beverages and containers are not permitted in public areas, e.g. lounges, pool area, parking lots, academic buildings, and cafe. Once opened, no containers with alcohol may be removed from an individual residence hall room/apartment except for the purposes of disposal, preferably being transported in a bag or other container. No common source containers of alcohol (e.g. kegs, party balls, etc.) are permitted on campus. Public intoxication and serving a minor are not permitted, nor is possessing alcohol in the presence of a minor.

- Abstinence from alcohol is encouraged and provided for in all circumstances.

- Responsible (i.e. legal and moderate) consumption of alcohol in low-risk situations is supported, for those of legal age.
- Heavy consumption of alcohol is discouraged in all situations.
- Any alcohol consumption prior to or during high-risk conditions (e.g. active sports, driving, machinery operation, pregnancy, etc.) is dangerous and clearly discouraged.
- The use of any and all illicit drugs (including performance-enhancing substances such as anabolic steroids) is not permitted.
- The use or possession of drug paraphernalia on campus is not permitted.
- The sale of any illicit drug on campus is not permitted and constitutes grounds for expulsion from the University.
- In cases of high-risk drinking or use of other-drug behavior, University action may result in suspension or expulsion from the University. If there are significant extenuating circumstances and/or an agreement with the student to participate in alcohol or other drug counseling and rehabilitation program, the student may be permitted to continue enrollment.

Illicit Drug Prohibitions

The use of any and all illicit drugs (including performance enhancing substances such as anabolic steroids) is not permitted. Such behavior is subject to disciplinary action. The sale of any illicit drug on campus is grounds for sanctions up to and including expulsion.

- The university's disposition of individual cases does not preclude criminal prosecution in accordance with federal and/or state law. The University reserves the right to refer cases to federal, state and/or local authorities.
- Individuals involved in the sale or transfer of illegal drugs are subject to suspension or expulsion from the University.
- In cases of use or possession of illicit drugs, University action may result in suspension from the University or expulsion from the University. If there are significant extenuating circumstances and/or an agreement with the student to participate in drug screening and a drug counseling and rehabilitation program, the student may be permitted to continue enrollment.
- The University reserves the right to evict a resident student involved in the use or possession of a controlled substance, or drug related paraphernalia, from student housing at anytime during the academic year.
- All administrative or conduct-related action is subject to appeal in accordance with the procedures outlined in the Student Conduct Code.

Disciplinary Sanctions

NDNU has the authority to initiate disciplinary procedures for violations of the Student Code of Conduct that may result in disciplinary sanctions. Charges of violating the Alcohol and Illicit Drug Policy will be initiated against students who violate this and/or other University rules and regulations while under the influence of alcohol or illicit drugs. Sanctions will vary depending on the nature of the offense.

- Possible sanctions may also include, but are not limited to: attending and/or sponsoring alcohol or other drug education programs, writing reflection papers, restitution,

community service, removal from University Housing, being declared *persona non grata* in University Housing, suspension or expulsion.

- The University's disposition of individual cases does not preclude criminal prosecution in accordance with federal and/or state law.
- All administrative or conduct action is subject to appeal in accordance with the procedures outlined in the Student Conduct Code.

Legal Sanctions

The unlawful manufacture, distribution, possession, and/or use of controlled substances or alcohol is regulated by a number of federal, state and local laws. These laws impose legal sanctions for both misdemeanor and felony convictions. Criminal penalties for convictions can range from fines and probation to denial or revocation of federal benefits (such as student loans) to imprisonment and forfeiture of personal and real property.

The following is a list of some of the laws pertaining to the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance or alcohol. Because laws change from time to time, the information provided below is illustrative, not exhaustive. Generally, it is a criminal offense:

- To illegally manufacture, sell, distribute, or possess controlled substances (those listed in Schedules I through V of the Controlled Substances Act (21 U.S.C. 812) (21U.S.C. 828, 841, 844, 859, 860);
- To unlawfully possess or possess for sale controlled substances (those listed in Cal. Health & Safety Code 11054, 11055, 11056, 11057, 11058);
- To possess, cultivate, sell or possess for sale marijuana (Cal. Health & Safety Codes 11357, 11358, 11359); To use or be under the influence of a controlled substance (Cal. Health & Safety Code 11550);
- To transport, sell, or distribute marijuana to a minor or to use a minor to transport, sell, or distribute marijuana (Cal. Health & Safety Code 11361);
- To possess, furnish or manufacture drug paraphernalia (Cal. Health & Safety Code 11362, et seq.);
- To provide any alcoholic beverage to a person under 21 or to any obviously intoxicated person (Cal. Bus. & Prof. Code 25658; 25602);
- To be under the influence of alcohol in a public place and unable to exercise care for one's own safety or that of others (Cal. Penal Code 647(f));
- For persons under 21 to have any container of alcohol in any public place or any place open to the public (Cal. Bus. & Prof. Code 25662);
- To operate a motor vehicle while under the influence of alcohol or other intoxicants or with a blood alcohol level of .08% or higher (Cal. Veh. Code 23152);
- For any person under the age of 21 to operate a motor vehicle with a blood alcohol level of .05% or higher (Cal. Veh. Code 23140);
- To have an open container of alcohol in a motor vehicle and for persons under 21 to drive a vehicle carrying alcohol or to possess alcohol while in a motor vehicle (Cal. Veh. Code 23223; 23224);
- To have in one's possession or to use false evidence of age and identity to purchase

alcohol (Cal. Bus. & Prof. Code 25661).

- For any person under age 21 to purchase alcohol (Cal. Bus. & Prof. Code 25658.5).

Parental Notification Policy for Alcohol and Other Drug Policy Violations

Notre Dame de Namur University's Division of Student Affairs is committed to the development of a personal and community experience which significantly contributes to the intellectual, spiritual, and psychological education and development of students. Notre Dame de Namur University's Parental Notification Policy for Alcohol and Other Drug Violations is aligned with the Higher Education Amendments of 1998 which permits an educational institution to disclose to the parents or legal guardians of a student information regarding these student's violation of any federal, state, or local law or any rule or policy of an institution governing the use or possession of alcohol or a controlled substance, if the student is under age 21 and the institution determines that the student has committed a disciplinary violation with respect to such use or possession. The 1998 amendment further provides that this determination is not impingent upon a conduct hearing or process. Whenever possible, students will be notified in advance that his/her parent(s) or guardian(s) are to be contacted. Notre Dame de Namur University may exercise this right under any of the following circumstances:

- A student is transported to a medical facility for treatment related to alcohol or drug use.
- A student causes harm to him/herself or another while under the influence of alcohol or illicit drugs.
- A student is arrested or taken into police custody while under the influence of alcohol or illicit drugs.
- A student is responsible for vandalism or other destruction of property while under the influence of alcohol or illicit drugs.
- A student operates a vehicle while under the influence of alcohol or illicit drugs.
- A student disrupts teaching, disciplinary procedures, classroom learning or other University activities while under the influence of alcohol or illicit drugs.
- Information regarding a student is needed from a parent or guardian in connection with an emergency to protect the health and safety of the student or another individual.
- A student shows a pattern of alcohol violations within an academic semester.
- Other circumstances as determined by the Dean of Students, or his or her designee, to be appropriate (i.e. life threatening situations, mental illness, etc).

Counseling Services: A Commitment to Help

A problem exists when one's use of alcohol or illicit drugs causes physical or emotional harm, impairs one's judgment, infringes upon the rights of others, or interferes with one's work, relationships, or daily life. NDNU regards an alcohol or other drug problem as it does other behavioral/medical ones, and does not attach a moral or social stigma to such personal difficulties. Alcohol and other chemical dependency problems can be treated successfully if they are identified as early as possible and if appropriate treatment programs are promptly instituted. NDNU is committed to providing resources for prevention programs and referral for treatment as

needed. Specifically, workshops, counseling sessions, and referrals are available. For more information, contact Counseling Services at (650) 508-3578.

Alcohol Education and Prevention Websites:

The following websites contain information regarding alcohol and other drug education and prevention:

Al-Anon offers support to friends and family members of problem drinkers.

<http://www.al-anon.alateen.org/>

Alcoholics Anonymous gives information and support to people questioning or struggling with alcohol addiction.

<http://www.aa.org/>

American Psychological Association offers self-help brochures on mental health and psychological issues, including drug and alcohol abuse.

<http://www.apa.org>

Go Ask Alice provides answers to many questions regarding alcohol and drug use, sexuality, emotional health, and relationships.

<http://www.goaskalice.columbia.edu/>

Half of Us is a website that de-stigmatizes mental health and encourages young people to seek out ways to improve their state of mind. There are sections on alcohol, depression, suicide, eating disorders, anxiety, and stress.

<http://www.halfofus.com/>

Mental Health Screening offers free, on-line, and confidential self assessment screenings for alcohol abuse, depression, anxiety, eating disorders, and more.

<http://www.mentalhealthscreening.org/>

National Institute on Alcohol Abuse and Alcoholism provides comprehensive information and resources on alcohol and health.

<http://www.niaaa.nih.gov/>

National Institute on Drug Abuse provides comprehensive information on illicit drugs.

<http://www.drugabuse.gov/>

The Partnership at Drugfree.Org has information and resources for people who need help with or need to know more about alcohol and illicit drugs.

<http://www.drugfree.org/>

Health Risks

The following table contains information regarding the health risks associated with alcohol and illicit drugs.

Drug Category and Name	Effects and Dangers
Alcohol: Booze	Reduced inhibitions, slurred speech, motor impairment, confusion, memory or concentration problems, coma, breathing problems, tendency to cause violence, death. People who drink to excess over a long period of time are at an increased risk of developing certain cancers.
Cannabinoids: Marijuana (<i>pot, weed, chronic</i>), hashish (<i>hemp</i>)	Slowed thinking and reaction time, confusion, impaired balance and coordination, cough, frequent respiratory infections, impaired memory and learning, increased heart rate, panic attacks, paranoia, tolerance, addiction
Depressants: Barbituates (<i>barbs, reds</i>), benzodiazepines (<i>downers, sleeping pills</i>), flunitrazepam (<i>forget-me pill, roofies</i>), GHB (<i>G, liquid ecstasy</i>), methaqualone (<i>ludes, quad</i>)	Reduced anxiety, feeling of well-being, lowered inhibitions, slowed pulse and breathing, lowered blood pressure, poor concentration and memory, fatigue, confusion, impaired coordination and judgment, addiction, respiratory depression, death
Dissociative Anesthetics: Ketamine (<i>cat, Special K</i>), PCP and analogs (<i>angel dust, peace pill</i>)	Increased heart rate and blood pressure, impaired motor function, memory loss, numbness, nausea and vomiting
Hallucinogens: LSD (<i>acid, boomers</i>), mescaline (<i>buttons, mesc</i>), psilocybin (<i>magic mushroom, shrooms</i>)	Altered states of perception and feeling, nausea, persisting perception disorder (flashbacks)
Opioids and Morphine Derivatives: Codeine (<i>Captain Cody, schoolboy</i>), fentanyl and fentanyl analogs (<i>China girl, murder 8</i>), heroin (<i>dope, H</i>), morphine (<i>M, monkey</i>), opium (<i>big O, block</i>), oxycodone HCL (<i>oxy, O.C.</i>), vicodin (<i>vike, vitamin V, Watson 387</i>), Percocet (<i>perc</i>)	Pain relief, euphoria, drowsiness, nausea, vomiting, constipation, confusion, sedation, respiratory depression, tolerance, addiction, unconsciousness, coma, death
Stimulants: Amphetamine (<i>speed, uppers</i>), cocaine (<i>coke, crack, blow</i>), MDMA or methylenedioxy-methamphetamine (<i>ecstasy, X</i>), methamphetamine (<i>crystal, meth, crank</i>), methylphenidate (<i>the smart drug, vitamin R</i>), nicotine (<i>cigarettes, chew</i>)	Increased heart rate and blood pressure, feelings of exhilaration, severe dehydration, increased energy and metabolism, rapid or irregular heartbeat, weight loss, liver and heart failure, nervousness, insomnia, psychotic behavior, death
Other Compounds: Anabolic steroids (<i>roids, juice</i>), dextromethorphan or DXM (<i>found in some cough and cold medications</i>), inhalants (<i>laughing gas, poppers, whippets</i>)	Stimulation, loss of inhibition, headache, nausea, vomiting, slurred speech, loss of motor coordination, wheezing, unconsciousness, cramps, weight loss, muscle weakness, depression, memory impairment, damage to cardiovascular and nervous systems, sudden death

Emergency Information Regarding Alcohol and Illicit Drugs:

When Alcohol Use Is Involved, Why Call?

Students may be impaired or intoxicated by alcohol or drug use. Serious medical consequences can occur when well-meaning friends of an intoxicated or impaired student risk a student's physical well-being by taking care of the student themselves. Not every person knows if they have had too much to drink and there is a chance that you may be with another person whose drinking is at a dangerous level. Dangerous impairment by drugs may also not be immediately recognizable. Even a person who has consumed only a small amount of alcohol may be experiencing a dangerous interaction with illegal or prescription drugs or may have other complicating health conditions. In these rare circumstances, the University's priority is the preservation of life. A Student should not hesitate to contact Public Safety or Residential Life Professional Staff or Resident Assistants in these circumstances. Many symptoms and factors can contribute to medical emergencies such as alcohol poisoning, drug impairment, other specific medical conditions, or interactions between all three, and serious consequences can result.

Public Safety Cell Phones: (650) 504-0656 / Office No: (650) 740-1483

Residential Life Professional Staff Duty Phone: (650) 703-2051

Resident Assistants: (650) 703-2052 / (650) 703-2053

When Alcohol Is Not Involved, Why Call?

You may be faced with a medical emergency when alcohol use is not involved. For students with a medical emergency resulting from ailments such as asthma, diabetes, allergic reactions, epilepsy or other conditions who appear to need help, please contact Public Safety, Senior Housing & Residential Life Staff or Resident Assistants for medical help. Do not take chances with another person's health and safety by assuming that everything will be alright. Sometimes a person in medical distress needs YOU to make the call. If you are unsure if a person's life is in danger, but you think it might be, make the call. **You may need to ignore statements by the student in distress regarding whether or not they want you to call for help. Remember, their judgment maybe impaired by their medical condition.** Immediately contact Public Safety, Residential Life Professional Staff or Resident Assistants for help at the numbers listed above, and if they cannot be contacted, call 911.

How to Recognize a Medical Emergency

Dangerous medical situations involving alcohol or drugs, or other dangerous medical conditions can come in many shapes and forms. You may not recognize the signs of an emergency because you have become accustomed to behaviors that may look normal when you or others are under the influence of drugs or alcohol. It is important to be aware and understand that a person, whether under the influence of alcohol or drugs, or not, who is unable to perform normal functions may be in a dangerous situation and need medical help

immediately. Contact Public Safety, Residential Life Professional Staff or RA's when a person:

- is passed out and cannot be roused or awakened or cannot stay awake or conscious
- has difficulty speaking coherently or comprehending others or the situation around them
- has difficulty sitting, standing or walking or cannot do this without assistance
- is vomiting

Dangerous medical situations may result in falling, becoming unconscious or choking on vomit. Even if a person appears to be "sleeping it off," they may still have alcohol or drugs in their system that may still present a danger.