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Policy on Alcohol and Other Drugs 2016 - 17



LAMAR  
UNIVERSITY

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Federal laws mandate the creation and maintenance of academic and working environments free from illicit drug use and alcohol abuse. Lamar University fully supports the objectives of these laws and their companion regulations. This policy is designed to comply with the Drug-Free Schools and Communities Act (DFSCA) of 1989 and Drug – Free Workplace Act of 1988 and is contained in this document as well as in the student code of conduct. University regulations pertaining to alcohol and drugs are also found in the Faculty and Staff Handbooks. All these remain in effect.

[students.lamar.edu/academic-support/code-of-conduct.html](http://students.lamar.edu/academic-support/code-of-conduct.html)

[facultystaff.lamar.edu/policies.html](http://facultystaff.lamar.edu/policies.html)

This document is pursuant to the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989. It is intended to ensure the University's satisfaction of its legal obligations under that legislation.

Dr. Kenneth Evans

President

April, 2016

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Lamar University policy prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by its students and employees on University property, as part of any University activities, in vehicles owned or operated by the University, or at any work site or other location at which University duties are being performed by Lamar employees.

Likewise, Lamar University is committed to maintaining a drug-free workplace in compliance with applicable laws. For employees (including student employees), violation of this policy may result in the imposition of employment disciplines defined for specific employee categories by existing University policies, statutes, rules, regulations, employment contracts, and labor agreements. Any employee convicted of a drug offense involving the workplace will be subject to employee discipline up to and including termination of employment and/or will be required as a condition of continued employment to satisfactorily complete a drug rehabilitation program.

As a condition of continued employment, an employee of Lamar University must notify his or her supervisor within five business days of arrest or conviction for a criminal drug offense involving the workplace. The supervisor will be responsible for notifying the appropriate Human Resource consultant. In the event any such arrest or conviction involving an employee working on a federal contract or grant, the University will notify the granting or contracting federal agency within 10 days of receiving notice of an arrest or conviction .

The use of alcohol and other drugs may pose serious health risks and, moreover, is related to secondhand effects including absenteeism, poor academic performance, crime, and illness or injury. Medical care, counseling services and health promotion services for students are provided by the Student Health Center (409-880-8466); Employees are encouraged to contact Human Resources for services and programs available through Employee Assistance Program (EAP).

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Lamar University's Alcohol and Other Drug Committee (AODC) was developed to address the issue of substance abuse among students and employees on Lamar University (LU) campus. The committee's goals are to:

- Identify key issues associated with alcohol and drug abuse through an inventory of combined departmental efforts
- Develop a strategic plan to mitigate high risk behavior which is to include, but is not limited to, efforts in prevention, early intervention, policy and enforcement, and marketing measures
- Manage existing policies, programs or protocols to reduce high risk behaviors
- Utilize evidence-based practices in order to reduce high risk behaviors associated with drugs and alcohol abuse
- Support the development of and monitoring of data points to measure the effectiveness of the strategic plan

Members of the AODC include staff, faculty and student representatives from:

- Student Government Association
- Athletics and Recreation
- Counseling and Psychological Services
- Office of the Dean of Students
- Lamar Police Department
- Office of Fraternity and Sorority Life
- Health Promotion and Wellness
- Office of New Student and Leadership
- Residence Life
- Student Involvement-Peer Health Educators
- Office of Risk Management
- Lamar Institute of Technology representative
- Faculty representative

The AODC will meet at least annually to:

- Review existing policies to ensure compliance with Federal Mandates
- Modify and implement changes as needed

Any modification to the policy will be reviewed by the Vice President for Student Engagement and changes will be implemented immediately.

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Various Texas and US laws govern the possession and distribution (trafficking) of drugs and alcohol. For more detailed information on the health risks associated with substance abuse, please see the links below.

**US Drug Enforcement Administration penalties under federal law for trafficking in controlled substances and marijuana.**

DEA Drug Scheduling: <http://www.dea.gov/druginfo/ds.shtml>

DEA Federal Trafficking Penalties: <http://www.dea.gov/druginfo/ftp3.shtml>

DEA Drug Fact Sheets: <http://www.dea.gov/druginfo/factsheets.shtml>

**Federal penalties for illegal possession of a controlled substance.**

U.S. Department of Justice, Controlled Substances Act:

<http://www.deadiversion.usdoj.gov/21cfr/21usc/index.html>

**Information about the Title IV federal financial aid penalties associated with drug-related offenses**

Federal Student Aid: <https://studentaid.ed.gov/sa/eligibility/criminal-convictions>

**Sanctions for trafficking in controlled substances under Texas law. Texas Health and Safety Code – Chapter 481 Texas Controlled Substances Act:**

Sec. 481.112 Offense: Manufacture or Delivery of Substance in Penalty Group 1

<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.112>

Sec. 481.1121 Offense: Manufacture or Delivery of Substances in Penalty Group 1-A

<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.1121>

Sec. 481.113 Offense: Manufacture or Delivery of Substance in Penalty Group 2 or 2-A

<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.113>

Sec. 481.114 Offense: Manufacture or Delivery of Substance in Penalty Group 3 or 4

<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.114>

Sec. 481.134 Drug-Free Zones (*Penalty Enhancements*)

<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.134>

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**Federal penalties for illegal possession of a controlled substance. Texas Health and Safety Code – Chapter 481 Texas Controlled Substances Act:**

Sec. 481.115 Offense: Possession of Substance in Penalty Group 1  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.115>

Sec. 481.1151 Offense: Possession of Substance in Penalty Group 1-A  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.1151>

Sec. 481.116 Offense: Possession of Substance in Penalty Group 2  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.116>

Sec. 481.1161 Offense: Possession of Substance in Penalty Group 2-A  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.1161>

Sec. 481.117 Offense: Possession of Substance in Penalty Group 3  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.117>

Sec. 481.118 Offense: Possession of Substance in Penalty Group 4  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.118>

Sec. 481.119 Offense: Manufacture, Delivery, or Possession of Miscellaneous Substances  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.119>

**Lists of the Texas penalties for trafficking in or possession of marijuana. Texas Health and Safety Code – Chapter 481 Texas Controlled Substances Act:**

Sec. 481.129 Offense: Delivery of Marihuana  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.120>

Sec. 481.121 Offense: Possession of Marihuana  
<http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.121>

Sec. 481.122 Offense: Delivery of Controlled Substance/Marihuana to a Child <http://www.statutes.legis.state.tx.us/Docs/HS/htm/HS.481.htm#481.122>

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**Lists of the Texas Statutes relating to Alcohol. Texas Alcohol Beverage Code – Title IV. Regulatory and Penal Provisions, Chapter 106:**

Sec. 106.02 Purchase of Alcohol by a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.02>

Sec. 106.025 Attempt to Purchase Alcohol by a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.025>

Sec. 106.04 Consumption of Alcohol by a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.04>

Sec. 106.041 Driving or Operating Motor-Vehicle/Watercraft Under the Influence of Alcohol by Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.041>

Sec. 106.05 Possession of Alcohol by a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.05>

Sec. 106.06 Purchase of Alcohol for a Minor; Furnishing Alcohol to a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.06>

Sec. 106.07 Misrepresentation of Age by a Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.07>

Sec. 106.071 Punishment for Alcohol-Related Offense by Minor

<http://www.statutes.legis.state.tx.us/Docs/AL/htm/AL.106.htm#106.071>

**Texas Penal Code – Title 10 Offense Against Public Health, Safety, and Morals Chapter 49 Intoxication and Alcoholic Beverage Offenses:**

Sec. 49.02 Public Intoxication

<http://www.statutes.legis.state.tx.us/Docs/PE/htm/PE.49.htm#49.02>

Sec. 49.031 Possession of Alcoholic Beverage in Motor Vehicle

<http://www.statutes.legis.state.tx.us/Docs/PE/htm/PE.49.htm#49.031>

Sec. 49.04 Driving While Intoxicated

<http://www.statutes.legis.state.tx.us/Docs/PE/htm/PE.49.htm#49.04>

Sec. 49.045 Driving While Intoxicated with Child Passenger

<http://www.statutes.legis.state.tx.us/Docs/PE/htm/PE.49.htm#49.045>

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In addition to possible prosecution under the afore mentioned laws, students or employees who violate the prohibitions of this policy are subject to University-imposed disciplinary sanctions consistent with applicable procedures and regulations. Sanctions may include, but need not be limited to suspension, exclusion, termination of employment, or referral to appropriate authorities for prosecution. Any disciplinary sanction imposed may also include the completion of an appropriate rehabilitation program as a condition of reinstatement or continued employment.

Lamar University will regularly monitor its drug and alcohol abuse prevention program to determine its effectiveness, to implement any necessary changes, and to ensure that its disciplinary sanctions are consistently enforced.

## **SERVICES FOR LAMAR UNIVERSITY STUDENTS WITH ALCOHOL AND/OR OTHER DRUG CONCERNS**

### **Counseling and Psychological Services**

Lamar University's Student Health Center (SHC) provides Mental Health/Psychological Services such as counseling, crisis intervention, consultation, and outreach services for the University's students, including services related to drug and alcohol abuse. Mental Health Counselors offer a variety of treatment alternatives depending upon the level of intervention needed.

A student seeking such assistance from the SHC counselor is screened during an assessment interview for his or her level of alcohol and substance use. Based on the initial consultation and/or assessment, the counselor may refer the student to community resources specializing in alcohol or substance abuse treatment. In cases where a student is referred to outside resources and SHC has written authorization from the student to release information, SHC professionals may consult with the student's treatment providers and serve as professional resources for both the student and the provider(s), helping to arrange medical withdrawals, medical clearance for reentry, and follow-up services at SHC or in the community.

SHC mental health professionals are also available for consultation with others in the University community who are concerned about a student's use of alcohol or drugs and will assist them in planning how to refer that student for assessment and treatment. SHC mental health counselors also collaborate and consult regularly with the Health Education and medical staff.

For more information about Lamar University SHC Mental Health/Psychological Services, call 409-880-8466 weekdays from 8:00 a.m. to 5 p.m. In the event of any type of emergency, students on campus should call campus police at 409-880-8311.

### **Lamar University Student Health Center Services:**

The Student Health Center provides conventional medical care, preventative health, and health promotion services to Lamar University and Lamar Institute of Technology undergraduate, graduate, and professional students.



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## Student Health Education Department:

The Health Education Department is an integral part of the Student Health Center. Our certified health education specialist provides health education and outreach to Lamar University and Lamar Institute of Technology students through programs, presentations, individual consultations, referrals, brochures and pamphlets, and campus-wide events. Our goal is to enhance student learning and personal development through health education and promotion. We strive to promote the health of the overall campus community through primary prevention and public health services. The Health Education Department focuses on empowering students to make healthy decisions that enhance their own success and the community's well-being. Emphasis is on behavior areas that are critical during college: alcohol and other drug use, sexual health, and sexual violence prevention. Evidence-informed and innovative strategies are utilized to develop students' knowledge, attitudes, and skills and to foster a campus environment that supports healthy behaviors and reduces harmful behaviors. Periodic surveys assess student health behaviors, and data are disseminated through training sessions, educational workshops, and other presentations.

The following services and programs are among the presentations and training sessions that address alcohol and other drug use:

- **Think About It:** a web-based alcohol education program required of all incoming freshmen, transfer, and new international students before matriculation. In addition, it is also utilized for Sanctions and is available for students who have experienced a conduct issue related to alcohol.
- **Healthy Cards Peer Educator Program:** Lamar University Peer Education was founded on the belief that students can be highly effective in educating their peers and in influencing their attitudes and beliefs, especially concerning health related issues. Peer Educators will develop and present educational programs to the campus community on a variety of topics such as alcohol awareness, substance abuse and other relevant topics for Lamar University students.
- **Mocktails:** Utilized as a way to engage students about alcohol related health issues including alcohol poisoning, sexual assault, and consequences of excessive alcohol consumption. Students can see that alcohol is not a necessity by pairing mocktails with a fun and sober event offered by the university.
- **Cardinal Cabana:** As part of Safe Spring Break event students are engaged with messages concerning staying safe during spring break and drinking alcohol responsibly. They are also shown what the consequences could be if they drink and drive through interactive activities.
- **Alcohol Bingo:** Students are engaged in a BINGO game where every number contains a fact concerning alcohol, alcohol abuse, alcohol poisoning, and consequences of excessive alcohol consumption.
- **TIPS training:** The TIPS program recognizes that students are in the best position to address drinking behaviors among their peers. The TIPS for the University program helps students develop their social skills and provides specific information that allows them to determine when friends are getting into trouble with alcohol. Students develop strategies and skills for intervening in alcohol-related situations that may occur on or off campus.
- **The Lamar University Student Health Center Health Education website:** <http://students.lamar.edu/student-engagement/student-health-center/health-education.html>, provides students, parents, faculty, staff, and neighbors with a hub for information, policies, programs, and services related to alcohol and other drugs. In addition, the Student Health Center counseling website includes information on drug rehab center locator: <http://students.lamar.edu/student-engagement/student-health-center/counseling.html> as well as other valuable mental health links.

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## HEALTH RISKS ASSOCIATED WITH ALCOHOL

Alcohol consumption can cause major health problems as well as marked changes in behavior. Researchers have linked alcohol consumption to more than 60 diseases. Diseases associated with drinking, include:

- Anemia
- Cancer
- Cardiovascular disease
- Cirrhosis of the liver
- Dementia
- Depression
- Seizures
- Gout
- High Blood Pressure
- Tuberculosis
- Pneumonia
- Nerve damage
- Erectile dysfunction
- Pancreatitis

Even low doses impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase 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.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, seizures, tremors, and hallucinations. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent organ damage and possibly death.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

# Drugs of Abuse / Uses and Effects

U.S. Department of Justice Drug Enforcement Administration		DRUGS OF ABUSE / Uses and Effects							Possible Effects	Effects of Overdose	Withdrawal Syndrome
Drugs	CSA Schedules	Trade or Other Names	Medical Uses	Dependence			Duration (Hours)	Usual Method			
				Physical	Psychological	Tolerance					
<b>Narcotics</b>											
Heroin	Substance I	Diormphine, Horse, Smack, Black tar, Chiva, Negro (black tar)	None in U.S., Analgesic, Antitussive	High	High	Yes	3-4	Injected, snorted, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Wazy eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Substance II	MS-Contin, Roxanol, Oramorph SR, MSIR	Analgesic	High	High	Yes	3-12	Oral, injected			
Hydrocodone	Substance II, Product III, V	Hydrocodone w/Acaminophen, Vicodin, Vicoprofen, Tussionex, Lorab	Analgesic, Antitussive	High	High	Yes	3-6	Oral			
Hydromorphone	Substance II	Dilaudid	Analgesic	High	High	Yes	3-4	Oral, injected			
Oxycodone	Substance II	Roxicet, Oxycodone w/Acaminophen, OxyContin, Endocet, Percocet, Percodan	Analgesic	High	High	Yes	3-12	Oral			
Codeine	Substance II, Products III, V	Acetaminophen, Qualitest or Promethazine w/Codeine, Fiorinal, Fioricet or Tylenol w/Codeine	Analgesic, Antitussive	Moderate	Moderate	Yes	3-4	Oral, injected			
Other Narcotics	Substance II, III, IV	Fentanyl, Demoral, Methedone, Darvon, Stadol, Talwin, Propoxic, Buprenex	Analgesic, Antidiarrheal, Antitussive	High-Low	High-Low	Yes	Variable	Oral, injected, snorted, smoked			
<b>Depressants</b>											
gamma Hydroxybutyric Acid	Sub I, Product III	GHB, Liquid Ecstasy, Liquid X, Sodium Oxybate, Xyrem	None in U.S., Anesthetic	Moderate	Moderate	Yes	3-6	Oral	Slurred speech, drowsiness, drunken behavior without odor of alcohol, impaired memory of events, interacts with alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Benzodiazepines	Substance IV	Valium, Xanax, Halcion, Alvan, Hestron, Ralypmol (Roche), R-21, Klonopin	Antianxiety, Sedative, Anticonvulsant, Hypnotic, Muscle Relaxant	Moderate	Moderate	Yes	1-8	Oral, injected			
Other Depressants	Substance I, II, III, IV	Ambien, Sonata, Meprobaral, Chloral Hydrate, Barbiturates, Methaqualone (Quaalude)	Antianxiety, Sedative, Hypnotic	Moderate	Moderate	Yes	2-6	Oral			
<b>Stimulants</b>											
Cocaine	Substance II	Coke, Flake, Snow, Crack, Coca, Blanca, Penca, Nieve, Soda	Local anesthetic	Possible	High	Yes	1-2	Snorted, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increased body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamine/Methamphetamine	Sub II	Crank, Ica, Cristal, Krystal Meth, Speed, Adderall, Dexedrine, Desoxyn	Attention deficit/hyperactivity disorder, narcolepsy, weight control	Possible	High	Yes	2-4	Oral, injected, smoked			
Methylphenidate	Substance II	Ritalin (illy's), Concerta, Focalin, Metadate	Attention deficit/hyperactivity disorder	Possible	High	Yes	2-4	Oral, injected, snorted, smoked			
Other Stimulants	Substance III, IV	Adipex P, Ionamin, Prelu-2, Ditrax, Provigil	Vasoconstriction	Possible	Moderate	Yes	2-4	Oral			
<b>Hallucinogens</b>											
MDMA and Analogs	Substance I	(Ecstasy, XTC, Adam), MDA (Love Drug), MDEA (Eva), MDOB	None	None	Moderate	Yes	4-6	Oral, snorted, smoked	Heightened senses, teeth grinding and dehydration	Increased body temperature, electrolyte imbalance, cardiac arrest	Muscle aches, drowsiness, depression, acne
LSD	Substance I	Acid, Microdot, Sunshine, Boomers	None	None	Unknown	Yes	8-12	Oral			
Phencyclidine and Analogs	Sub I, II, III	PCP, Angel Dust, Hog, Loveboat, Ketamine (Special K), PCP, PCP, TGP	Anesthetic (Ketamine)	Possible	High	Yes	1-12	Smoked, oral, injected, snorted	Illusions and hallucinations, altered perception of time and distance	(LSD) Longer, more intense "trip" episodes	None
Other Hallucinogens	Substance I	Psilocybe mushrooms, Mescaalina, Peyote Cactus, Ayahuasca, DMT, Dextromethorphan (DXM)	None	None	None	Possible	4-8	Oral		Unable to direct movement, feel pain, or remember	Drug seeking behavior Not recognized
<b>Cannabis</b>											
Marijuana	Substance I	Pot, Grass, Sinsemilla, Blunts, Mota, Yerba, Grifa	None	Unknown	Moderate	Yes	2-4	Smoked, oral	Euphoria, relaxed inhibitions, increased appetite, disorientation	Fatigue, paranoia, possible psychosis	Occasional reports of insomnia, hyperactivity, decreased appetite
Tetrahydrocannabinol	Sub I, Product III	THC, Marinol	Aninauseant, Appetite stimulant	Yes	Moderate	Yes	2-4	Smoked, oral			
Hashish and Hashish Oil	Substance I	Hash, Hash oil	None	Unknown	Moderate	Yes	2-4	Smoked, oral			
<b>Anabolic Steroids</b>											
Testosterone	Substance III	Depo Testosterone, Sustanon, Stan, Cyp	Hypogonadism	Unknown	Unknown	Unknown	14-28 days	Injected	Virilization, edema, testicular atrophy, gynecostasia, acne, aggressive behavior	Unknown	Possible depression
Other Anabolic Steroids	Substance III	Parabolán, Winstrol, Equipoise, Anadrol, Dianabol, Primabolín-Depo, D-Bal	Anemia, Breast cancer	Unknown	Yes	Unknown	Variable	Oral, injected			
<b>Inhalants</b>											
Amyl and Butyl Nitrates		Pearls, Poppers, Rush, Locker Room	Angina (Amyl)	Unknown	Unknown	No	1	Inhaled	Fleshing, hypotension, headache	Methemoglobinemia	Agitation
Nitrous Oxide		Laughing gas, balloons, Whippets	Anesthetic	Unknown	Low	No	0.5	Inhaled	impaired memory, slurred speech, drunken behavior, slow onset	Vomiting, respiratory depression, loss of consciousness,	Trembling, anxiety, insomnia,
Other Inhalants		Adhesives, spray paint, hair spray, dry cleaning fluid, spot remover, lighter fluid	None	Unknown	High	No	0.5-2	Inhaled	vitamin deficiency, organ damage	possible death	confusion, hallucinations, convulsions
Alcohol		Beer, wine, liquor	None	High	High	Yes	1-3	Oral			

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<http://www.naabt.org/documents/Drugs%20of%20abuse%20DEA.pdf>