



## **UNIVERSITY OF HOLY CROSS DRUG AND ALCOHOL ABUSE PREVENTION POLICY**

In accordance with the Drug-Free Schools and Communities Act and the Drug-Free Schools and Campuses Regulations, The University of Holy Cross has developed the following Drug and Alcohol Abuse Prevention program. All students and employees are required to comply with the policies set forth in this document. The University of Holy Cross strives to support healthy and safe life choices when it comes to alcohol and other drugs. In doing so, UHC is committed to preventing the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on campus and at recognized events and activities.

### **Policies – Alcohol, Other Drugs, and Weapons**

As an academic community, University of Holy Cross is committed to providing an environment in which learning and scholarship can flourish. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the University environment, as well as the individual potential of our students and staff. The University enforces state laws and related University policies, including those prohibiting the following activities on campus.

- A. Providing alcoholic beverages to individuals under 21 or possession or consumption of alcoholic beverages by individuals under 21.
- B. Distribution, possession, or use of illegal drugs or controlled substances.
- C. Possession of firearms or other dangerous weapons.

The abuse of alcohol and other drugs by students, regardless of age and of location (on-campus or off-campus), is prohibited by the Student Code of Conduct. The University can, and will, impose disciplinary sanctions for violations. Students are also subject to city ordinances and state and federal laws. A separate policy addresses violations by University staff.

The University strongly encourages students and staff members to voluntarily obtain assistance for dependency or abuse problems before such behaviors result in an arrest and/or disciplinary referral which might result in their separation from the institution.

The use of, or addiction to, alcohol, marijuana, or controlled substances is not considered an excuse for violations of the Student Code of Conduct or staff expectations, and will not be a mitigating factor in the application of appropriate disciplinary sanctions for such violations.

Help is available both on campus and within the community for students and staff members who are dependent on, or who abuse the use of alcohol or other drugs. The Thomas E. Chambers Counseling and Training Center (504-398-2168), and other professional agencies will maintain the confidentiality of persons seeking help for personal dependency and will not report them to institutional or state authorities.

### **Student Sanctions, Alcohol, Other Drugs and Weapons**

Underage students confronted by the institution for the consumption of alcohol will face disciplinary sanctions ranging from fines to disciplinary probation.

Students whose use of alcohol or drugs results in harm or the threat of harm to themselves or others, or to property, regardless of the location of the incident, may face disciplinary actions by the University up to and including expulsion.

### **Testing for the presences of illegal substances may be a condition of any probationary status imposed by the University for violations of drug-related provisions of this policy.**

The appropriate authority may require drug- or alcohol-testing for employees and applicants of the safety sensitive and security positions for the following situations: on a random basis, when there is reasonable suspicion that an employee uses drugs, as a follow up to drug counseling or rehabilitation, after an on-the-job accident/incident of serious or potentially serious Testing for substance abuse may be by Breathalyzer, blood, urine or any other appropriate and scientifically accepted tests. All drug testing will include review by a qualified Medical Review Officer (MRO) and a "MRO Positive" result will be considered a positive result. Any student with a positive result, as described above, may face disciplinary action by the University up to and including expulsion.

### **Reporting Use and Misuse**

Each member of the UHC community is advised to report all suspicions of unlawful possession, use or distribution of illicit drugs or alcohol or of alcohol abuse to The University of Holy Cross Department of Public Safety by calling 504-329-4430.

### **Good Samaritan Policy**

The University of Holy Cross is committed to the health and safety of its students and strives to maintain policies that support this commitment, including its prohibition against the use of alcohol on campus for those under the legal drinking age of 21. Alcoholic beverages are not to be furnished to, possessed or consumed by those less than 21 years of age. Students of legal drinking age may drink beer or wine in their apartments / suites only if they are not in the presence of residents or guests who are under 21 years of age. The University recognizes that due to this prohibition, students may unwisely choose not to call for medical assistance when another student is intoxicated due to the sanctions that the University might impose upon them. Should a student become intoxicated, The University of Holy Cross implores individuals to seek medical assistance for themselves or others in an attempt to keep the campus community safe. This Good Samaritan Policy pertains only to use/abuse of alcohol and does not pertain to incidents involving drugs. Drug incidents will be handled on a case-by-case basis.

In an effort to maintain the health and safety of the campus community, the University has instituted this Good Samaritan Policy. Under this policy, students who seek medical attention for themselves or their fellow students related to consumption of alcohol will not be charged with a violation of The University of Holy Cross policies and/or the Guidelines for Student Housing. Students, however, may be required at the discretion of the Dean of Students and/or his/her designee to complete an alcohol assessment/alcohol education program depending on the severity of the student's situation.

This Good Samaritan Policy applies only to those students who seek emergency medical assistance in connection with an alcohol related emergency and does not apply to individuals experiencing an alcohol emergency who are found by University personnel (e.g., Campus Security, Residence Life, and University administrators). Similarly the Good Samaritan Policy only applies to alcohol related emergencies and does not apply to other unacceptable forms of behavior such as assault, property damage, or distribution and/or possession of illegal substances. Likewise, the Good Samaritan Policy does not prevent action by police or other law enforcement personnel who are required to abide by Louisiana State law. Lastly, the Good Samaritan Policy does not excuse or protect students who repeatedly violate The University of Holy Cross's policies and/or the Guidelines for Student Housing. In cases where repetitive violations of The University of Holy Cross's policies and/or Guidelines for Student Housing occur, the Dean of Students reserves the right to take judicial action on a case-by-case basis regardless of the manner in which the incident was reported.

**Commonly Imposed Disciplinary Sanctions for On-Campus Policy Violations:**

<p>4.18</p>	<p><b>Alcoholic Beverages</b></p>	<p><b>Violation of the University Alcohol and Controlled Substance Policy, including but not limited to the use, consumption, possession, purchase, sale, and/or distribution of alcoholic beverages on University property, or at any of its activities (whether on or off-campus) are prohibited, except as expressly permitted by University regulations and local, state and federal law. Alcoholic beverages may not, in any circumstances, be used by, possessed by or distributed to any person under twenty-one (21) years of age. (Refer to Alcohol and Illegal Controlled Substances Policy.)</b></p>	<p><b><u>1<sup>st</sup> offense:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Online educational program</b></li> <li>• <b>One (1) semester disciplinary probation</b></li> <li>• <b>Campus service (25-50 hours)</b></li> <li>• <b>Parental notification if meets guidelines</b></li> <li>• <b>§ Fine \$150.00</b></li> </ul> <p><b><u>2<sup>nd</sup> offense:</u></b></p> <ul style="list-style-type: none"> <li>• <b>One (1) year up to tenure disciplinary probation</b></li> <li>• <b>Educational assignment/counseling and/or campus service(25-50 hours)</b></li> <li>• <b>Parental notification if meets guidelines</b></li> <li>• <b>Fine \$300.00</b></li> </ul> <p><b><u>3<sup>rd</sup> offense:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Disciplinary probation throughout tenure at university</b></li> <li>• <b>Removal from university housing</b></li> <li>• <b>Parental notification if meets guidelines</b></li> <li>• <b>Loss of privileges to all residence halls</b></li> <li>• <b>Fine \$500.00</b></li> </ul>
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4.19	Dangerous Drugs	<p><b>Violation of the University Alcohol and Controlled Substance Policy, including but not limited to the use, consumption, possession, manufacturing, purchase, sale and/or distribution of illicit drugs, narcotics or other controlled dangerous substances are strictly prohibited; all local, state, and federal laws apply. (Refer to Alcohol and Illegal Controlled Substances Policy.)</b></p>	<p><b>Possession/personal use of controlled dangerous substance</b></p> <p><b>1st offense:</b></p> <ul style="list-style-type: none"> <li>• <b>One (1) year up to tenure disciplinary probation</b></li> <li>• <b>Campus service(50-100 hours)</b></li> <li>• <b>Mandatory substance abuse treatment program</b></li> <li>• <b>Parental notification if meets guidelines</b></li> <li>• <b>\$Fine \$500.00</b></li> </ul> <p><b>2nd offense:</b></p> <ul style="list-style-type: none"> <li>• <b>Final disciplinary probation up to suspension</b></li> <li>• <b>Removal from University housing</b></li> <li>• <b>Educational assignment/counseling and /or campus service(50-100 hours)</b></li> <li>• <b>\$Fine \$700.00</b></li> </ul> <p><b>3rd offense:</b></p> <ul style="list-style-type: none"> <li>• <b>Suspension up to expulsion</b></li> <li>• <b>Parental notification if meets guidelines</b></li> </ul> <p><b>Selling/possessing large quantities of controlled dangerous substances</b></p> <ul style="list-style-type: none"> <li>• <b>Suspension up to expulsion</b></li> <li>• <b>Parental notification if meets guidelines</b></li> </ul>
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As members of the University community, students are also subject to city ordinances and to state and federal law. Arrest and prosecution for alleged violations of criminal law or city ordinances may result from the same incident for which the University imposes disciplinary sanctions.

## Employee Sanctions

The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance by employees on University premises, or while conducting University business off University premises, is absolutely prohibited.

Violations of this prohibition by employees may result in the application of sanction, including possible required participation in an approved drug abuse assistance or rehabilitation program, and disciplinary action up to and including termination of employment under applicable University policies, statues, employment contracts, or collective bargaining agreements.

## Louisiana Sanctions for Violation of Alcohol Control Statues

### SYNOPSIS OF STATE (LOUISIANA) AND FEDERAL DRUG PENALTIES (RS 40:966-790 AND CODE 21:841)

#### IMPRISONMENT

DRUG OFFENSE	MAXIMUM STATE FINE	MAXIMUM FEDERAL FINE	STATE PRISON TIME	FEDERAL PRISON TIME
<i>Schedule I</i>				
Hallucinogens, (phencyclidide- "PCP"), Angel dust, acid, STP	Distributions/manufacturing \$50,000	\$4 Million	5-50 years	10 years to life
"Ecstasy", "Designer Drugs", (opiates; Heroin, Junk, Smack, "H", "scag")	Possession \$5000	\$1 Million	4-10 years	0-20 years
Depressants Cannabis (Marijuana- "grass"), "pot" "Weed"	Distribution \$100,000	\$4 Million	5-30 years	10 years -life
Stimulants	Possession \$2000	\$1 Million	6months-20 years	Federal Code
<i>Schedule II</i>				
Narcotics (raw opium, morphine), "M", "dreamer"	Distribution \$50,000	\$4 Million	2-30 years	10 years-life
Stimulants (amphetamines- "Speed"	Manufacturing \$500,000	\$4 Million	10-30 years	10 years-life
"Uppers," "bennies", "pep pills", "crank", "crystal", "ice"	Possession \$50000	\$1 Million	0-5 years	0-20 years

<b><i>Schedule III</i></b>				
Stimulants Depressants (barbiturates- “barbs”	Distribution \$15,000	\$250,000	0-10 years	0-5 years
“Goof balls”, “downers”, “blues” Narcotics (nalorphine)	Possession \$5000	Refer to Federal Code	0-5 years	Federal Code
<b><i>Schedule IV</i></b>				
Depressants (barbiturates and 32 other drugs)	Distribution \$50,000	\$250,000	0-30 years	0-3 years
	Possession \$5000	Refer to Federal Code	0-10 years	Federal Code
<b><i>Schedule V</i></b>				
Narcotic drugs containing non- narcotic active medicinal ingredients (buprenorphine)	Distribution \$5000	\$100,000	0-5 years	0-1 year
	Possession \$5000	Refer to Federal Code	0-5 years	Federal Code

### **A Snapshot of Annual High-Risk College Drinking Consequences**

- Death: Over 1,825 students ages 18-24 die from alcohol related unintentional injuries including motor vehicle accidents.
- Injury: 599,000 students ages 18-24 are unintentionally injured under the influence of alcohol.
- Assault: More than 696,000 students ages 18-24 are assaulted by another student who has been drinking.
- Sexual Abuse: More than 97,000 students ages 18-24 are victims of a sexual assault or date rape in which alcohol is involved.
- Unsafe Sex: 400,000 students ages 18-24 have unprotected sex and more than 100,000 reports having been too intoxicated to know if they consented to sex.
- Academic Problems: About 25% of college students report academic consequences of their drinking including missing class, doing poorly on exams and receiving lower grades overall.
- Health Problems and Suicide Attempts: More than 150,000 students develop an alcohol related health problem and 1.2 to 1.5 percent of students indicates that they tried to commit suicide within the past year due to drinking.
- Drunk Driving: 2.1 million students between the ages 18 and 24 drove under the influence of alcohol last year.
- Vandalism: About 11 percent of students report that they have damaged property while under the influence.
- Police Involvement: About 5% of 4-year college students are involved with the local or

campus police as a result of their drinking and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence.

### **High-Risk Drinking Patterns**

*High-risk college student drinking includes the following:*

- Underage drinking
- Drinking and driving or other activities where the use of alcohol is dangerous.
- Drinking when health conditions or medications make use dangerous.
- Binge Drinking; that is, 5 drinks in a row per occasion for males and 4 for females\*
- Moderate drinking by persons of legal drinking age is defined as no more than 2 standard drinks per day for men and 1 drink per day for women.

#### ***What is a standard drink?***

A standard drink contains approximately 14 grams (0.6 fluid ounces) of pure alcohol.

### **Federal Drug Laws**

The possession, use or distribution of illicit drugs is prohibited by federal law. Strict penalties are enforced for drug convictions, including mandatory prison terms for many offenses. The following information, although not complete, is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

### **Denial of Federal Aid (20 USC 1091)**

Under the Higher Education Act, a student may become ineligible for federal student aid upon conviction of any offense involving the possession or sale of illegal drugs while receiving Title IV federal financial aid. Federal aid includes Federal Direct Loans, Federal Direct PLUS Loans, Federal Direct Graduate PLUS Loans, Federal Pell Grants, Federal Supplemental Educational Opportunity Grants, Federal Work-Study, and Perkins Loans.

### **Penalties for Drug Convictions**

#### **Possession of Illegal Drugs**

First Offense: Ineligible to receive aid for 1 year from the date of conviction

Second Offense: Ineligible to receive aid for 2 years from the date of conviction

Third and Subsequent Offenses: Indefinite ineligibility from the date of conviction

#### **Sale of Illegal Drugs**

First Offense: Ineligible to receive aid for 2 years from the date of conviction

Second and Subsequent Offenses: Indefinite ineligibility from the date of conviction



## **How to Regain Eligibility**

A student can regain eligibility for federal student aid funds by successfully completing a drug rehabilitation program. To be sufficient to reinstate financial aid eligibility, the program must include at least 2 unannounced drug tests AND be recognized as a Federal, State, or local government agency program. A student will regain eligibility on the date of successfully completing the program.

## **Free Application for Federal Student Aid (FAFSA)**

A question on the FAFSA form asks if the student has ever been convicted of a drug-related offense. Failure to answer this question will automatically disqualify the student from receiving Federal aid. Falsely answering this question, if discovered, could result in fines up to \$20,000, imprisonment, or both.

## **Convictions During Enrollment**

According to the United States Department of Education, if a student is convicted of a drug offense after receiving Federal aid, he or she must notify the Financial Aid Department student. Further, the student will be ineligible for further aid and will also be required to pay back all aid received after the conviction.

## **Forfeiture of Personal Property and Real Estate (21 USC 853)**

Any person convicted of a federal drug offense punishable by more than one year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued and property is seized at the time an individual is arrested on charges that may result in forfeiture.

## **Federal Drug Trafficking Penalties (21 USC 841)**

Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The following list is a sample of the range and severity of federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe.

If death or serious bodily injury result from the use of a controlled substance which has been illegally distributed, the person convicted on federal charges of distributing the substance faces mandatory life sentence and fines ranging up to \$8 million.

Persons convicted on federal charges of drug trafficking within 1000 feet of a University (21 USC 845a) face penalties of prison terms and fines which are twice as high as the regular penalties for the offense, with a mandatory prison sentence of a least one (1) year.

**Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)**

Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty
II	Cocaine 500-4999 grams mixture	<p><b>First Offense:</b> Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual.</p> <p><b>Second Offense:</b> Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.</p>	Cocaine 5 kilograms or more mixture	<p><b>First Offense:</b> Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual.</p> <p><b>Second Offense:</b> Not less than 20 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p> <p><b>2 or More Prior Offenses:</b> Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
IV	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture	
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture	
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture	
II	PCP 10-99 grams pure or 100-999 grams mixture	PCP 100 grams or more pure or 1 kilogram or more mixture		

<b>Substance/Quantity</b>	<b>Penalty</b>
Any Amount Of Other Schedule I & II Substances	<p><b>First Offense:</b> Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.</p>
Any Drug Product Containing Gamma Hydroxybutyric Acid	
Flunitrazepam (Schedule IV) 1 Gram	
Any Amount Of Other Schedule III Drugs	<p><b>First Offense:</b> Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.</p>
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	<p><b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.</p> <p><b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.</p>
Any Amount Of All Schedule V Drugs	<p><b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.</p> <p><b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.</p>

**Chart Two-**

<b>Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances</b>	
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	<p><b>First Offense:</b> Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.</p> <p><b>Second Offense:</b> Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.</p>
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	<p><b>First Offense:</b> Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p><b>Second Offense:</b> Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50 million if other than an individual.</p>

Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	<b>First Offense:</b> Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.
Hashish More than 10 kilograms	<b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Hashish Oil More than 1 kilogram	
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	<b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. <b>Second Offense:</b> Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

\*Source-United States Department of Drug Enforcement Administration website

### **Federal Drug Possession (21 USC 844)**

Person convicted on Federal charges of possessing any controlled substance face penalties of up to 1 year in prison and a mandatory fine of no less than \$1000 up to a maximum of \$100,000. Second convictions are punishable by not less than 15 days but not more than 2 years in prison and a minimum fine of \$2,500. Subsequent convictions are punishable by not less than 90 days but not more than 3 years in prison and a minimum fine of \$5,000. Possession of drug paraphernalia is punishable by a minimum fine of \$750.

Special sentencing provisions for possession of crack cocaine impose a mandatory prison term of not less than 5 years but not more than 20 years and a fine up to \$250,000 or both if:

- A. It is a first conviction and the amount of crack possessed exceeds 5 grams;
- B. It is a second conviction and the amount of crack possessed exceeds 3 grams;
- C. It is a third or subsequent crack conviction and the amount exceeds 1 gram.

Civil penalties of up to \$10,000 may also be imposed for possession of small amount of controlled substances, whether or not criminal prosecution is pursued.

## **Health Risks Associated with the Abuse of Alcohol**

The [Substance Abuse and Mental Health Services Administration](#) (SAMSHA) and [The National Institute on Alcohol Abuse and Alcoholism](#) provide detailed information regarding the health risks associated with the abuse of alcohol. The information provided below was taken directly from their websites and was retrieved on July 17, 2016.

According to SAMSHA, excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on a single occasion for men or 4 or more drinks on an occasion for women), can increase a person's risk of developing serious health problems, including brain and liver damage, heart disease, hypertension, and fetal damage in pregnant women. According to the Centers for Disease Control and Prevention (CDC), alcohol use causes 88,000 deaths a year.

The National Institute on Alcohol Abuse and Alcoholism provides the following information on how alcohol can affect your body:

**Brain:** Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

**Heart:** Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including: Cardiomyopathy (Stretching and drooping of heart muscle); Arrhythmias (Irregular heart beat); Stroke; High blood pressure.

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

**Liver:** Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including: Steatosis, or fatty liver; Alcoholic hepatitis; Fibrosis; Cirrhosis

**Pancreas:** Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

**Cancer:** Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the: Mouth, Esophagus, Throat, Liver, and Breast.

**Immune System:** Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

More information may be found at [Alcohol and Your Health](#), which is provided by the National Institute on Alcohol Abuse and Alcoholism.

## **Health Risks Associated with the Use of Illicit Drugs**

The [Substance Abuse and Mental Health Services Administration](#) (SAMSHA) and [The National Institute on Drug Abuse](#) (NIDA) provide detailed information regarding the health risks associated with the use of illicit drugs. The information provided below was taken directly from their websites and was retrieved on July 16, 2016.

### **Cocaine**

According to SAMSHA, cocaine has two main pharmacological actions. It is both a local anesthetic and a central nervous system stimulant—the only drug known to possess both of these properties. The effects experienced in the early stages of cocaine use include a generalized state of euphoria in combination with feelings of increased energy, confidence, mental alertness, and sexual arousal.

As users come down from their cocaine high, some experience temporary, unpleasant reactions and after effects, which may include restlessness, anxiety, agitation, irritability, and insomnia. With continued, escalating use of cocaine, the user becomes progressively tolerant to the positive effects while the negative effects, such as a dysphoric, depressed state, steadily intensify. Prolonged use may result in adverse physiological effects involving the respiratory, cardiovascular, and central nervous systems. Cocaine use may also result in overdose and death.

Psychologically, the effects of chronic cocaine use are the opposite of the initial effects. These effects can include paranoia, confusion, and an inability to perform sexually. The chronic use of cocaine may also lead to acute adverse physiological effects to the respiratory, cardiovascular, and central nervous systems. Chronic cocaine use can also lead to hospital emergency room visits, prompted by chest pain or palpitations, psychiatric complaints ranging from altered mental states to suicidal ideation, and neurological problems including seizures and delirium.

More information may be found on the NIDA webpage entitled [DrugFacts: Cocaine](#).

### **Heroin**

According to SAMSHA, heroin is a powerful opiate drug. Heroin looks like a white or brownish powder, or as the black sticky substance known on the streets as “black tar heroin.” It is diluted with other drugs or with sugar, starch, powdered milk, or quinine before injecting, smoking, or snorting. Some of the physical symptoms of heroin are euphoria, drowsiness, respiratory depression, constricted pupils, nausea, and dry mouth.

A heroin overdose causes slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and can be fatal.

Many young people who inject heroin report misuse of prescription opioids before starting to use heroin. In addition to increasing the risk of overdose, the intravenous use of heroin places individuals at higher risk of diseases like HIV and hepatitis C.

More information may be found on the NIDA webpage entitled [DrugFacts: Heroin](#).

### **Marijuana**

According to SAMSHA, the short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination. Among youth, heavy cannabis use is associated with cognitive problems and increased risk of mental illness. More information may be found on the NIDA webpage entitled [DrugFacts: Marijuana](#).

## **Prescription Drug Misuse and Abuse**

According to SAMSHA, prescription drug misuse and abuse is the intentional or unintentional use of medication without a prescription, in a way other than prescribed, or for the experience or feeling it causes. This issue is a growing national problem in the United States. Prescription drugs are misused and abused more often than any other drug, except marijuana and alcohol. This growth is fueled by misperceptions about prescription drug safety, and increasing availability. A [2011 analysis by the Centers for Disease Control and Prevention](#) found that opioid analgesic (pain reliever) sales increased nearly four-fold between 1999 and 2010; this was paralleled by an almost four-fold increase in opioid (narcotic pain medication) overdose deaths and substance abuse treatment admissions almost six times the rate during the same time period.

Prescription drug abuse-related emergency department visits and treatment admissions have risen significantly in recent years. Other negative outcomes that may result from prescription drug misuse and abuse include overdose and death, falls and fractures in older adults, and, for some, initiating injection drug use with resulting risk for infections such as hepatitis C and HIV. According to results from the 2014 NSDUH report, 12.7% of new illicit drug users began with prescription pain relievers.

More information may be found on the NIDA webpage entitled [DrugFacts: Prescription and Over-the-Counter Medications](#).

DART provides a 24-hour crisis line to help callers get to a safe location, to provide information, and to answer questions. If you are in need of safety or help, call the DART crisis line at (318) 251.2255 or 1.888.411.1333

## **Health Risks Associated with the Use of Tobacco Products**

According to SAMSHA, tobacco use is the leading cause of preventable illness and death in the United States. Although the adult smoking rate has declined to about 17%, currently more than 40 million Americans smoke. Cigarette smoking and exposure to tobacco smoke account for more than 480,000 deaths annually in the United States.

In addition, E-cigarettes typically contain nicotine which is known to be harmful to the developing brain and should not be used by teens or pregnant women.

According to the Center for Disease Control and Prevention (CDC)

- Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.
- Smoking can cause cancer almost anywhere in your body.
- Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths in men and women. More women die from lung cancer each year than from breast cancer.
- About 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD) are caused by smoking.

Cigarette smoking increases risk for death from all causes in men and women.

## **Counseling and Treatment**

Short term alcohol and other drug counseling is available on campus to students, faculty, and staff through the Thomas E. Chambers Counseling and Training Center. Students may be referred through the Counseling Center to other treatment programs for more intensive treatment.

## **Prevention and Education**

There are numerous off-campus resources that students, faculty, and staff may wish to explore, including those noted below. Students, faculty, and staff may wish to contact The University of Holy Cross's Wellness Center for assistance in evaluating these options.

1. SAMSHA, the [Substance Abuse and Mental Health Services Administration](#), provides a [Behavioral Health Treatment Services Locator](#), which is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.
2. SAMSHA also offers free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues, 24 hours a day, 7 days a week. To access SAMHSA's National Helpline, call 1-800-662-HELP (4357) or use 1-800-487-4889 (TDD).
3. Louisiana's [Office of Behavioral Health](#) also offers a list of alcohol and drug abuse related agencies. This list includes a wide range of services including Alcoholics Anonymous, Adult Children of Alcoholics, and Narcotics Anonymous/Naranon.
4. A free support and resource to stop smoking: call 1-800-QUIT-NOW (1-800-784-8669) and visit [smokefree.gov/](http://smokefree.gov/).



## Health Risks of Commonly Abused Substances

SUBSTANCE	NICKNAMES/SLANG TERMS	SHORT TERM EFFECTS	LONG TERM EFFECTS
Alcohol		Slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts	Toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence
Amphetamines	Uppers, speed, meth, crack, crystal, ice, pep pills	Increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety	Delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence
Barbiturates and Tranquilizers	Barbs, bluebirds, blues, yellow jackets, red devils, roofies, rohyphol, ruffies, tranqs, mickey, flying v's	Slurred speech, muscle relaxation, dizziness, decreased motor control	Severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence
Cocaine	Coke, cracks, snow, powder, blow, rock	Loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, hyper-stimulation anxiety, paranoia, increased hostility increased rate of breathing, muscle spasms and convulsions, dilated pupils, disturbed sleep	Depression, weight loss, high blood pressure, seizure, heart attack, stroke, hypertension, hallucinations, psychosis, chronic cough, nasal passage injury, kidney, liver and lung damage

Gamma Hydroxy Butyrate	GHB, liquid B, liquid X, liquid ecstasy, G, georgia homeboy, grievous bodily harm, Gamma-oh, Fantasy	Euphoria, decreased inhibitions, drowsiness, sleep, decreased body temperature, decreased heart rate, decreased blood pressure	Memory loss, depression, severe withdrawal symptoms, physical dependence, psychological dependence
Herion	H, junk, smack, horse, skag, Brown Sugar, Black Tar	Euphoria, flushing of the skin, dry mouth, "heavy" arms and legs, slowed breathing, muscular weakness	Constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence
Ketamine	K, super K, special K	Dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression	Urinary track and bladder problems, abdominal pain, major convulsions, muscle rigidity, increased confusion, increased depression, physical dependence, psychological dependence
LSD	Acid, stamps, dots, blotter, A-bombs, E, Love Drug	Dilated pupils, change in body temperature, blood pressure and heart rate, sweating, chills, loss of appetite, decreased sleep, tremors, changes in visual acuity, mood changes	May intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, physical dependence, psychological dependence
MDMA	Ecstasy, XTC, adam, X, rolls, pills	Impaired judgment, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension	Same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, depression, anxiety, memory loss, kidney failure, cardiovascular problems, convulsions, death, physical dependence, psychological dependence

Marijuana/Cannabis	Pot, grass, dope, weed, joint, bud, reefer, doobie, roach	Sensory distortion, poor coordination of movement, slowed reaction time, panic, anxiety	Bronchitis, conjunctivas, lethargy, shortened attention span, suppressed immune system, personality changes, cancer, psychological dependence, physical dependence possible for some
Morphine/ Opiates	M, morf, duramorph, Miss Emma, monkey, rozanol, white stuff	Euphoria, increased body temperature, dry mouth, "heavy" feeling in arms and legs	Constipation, loss of appetite, collapsed veins, heart infections, liver disease, depressed respiration, pneumonia and other pulmonary complications, physical dependence, psychological dependence
PCP	Crystal, tea, angel dust, embalming fluid, killer weed, rocket fuel, supergrass, wack, ozone	Shallow breathing, flushing, profuse sweating, numbness in arms and legs, decreased muscular coordination, nausea, vomiting, blurred vision, delusions, paranoia, disordered thinking	Memory loss, difficulties with speech and thinking, depression, weight loss, psychotic behavior, violent acts, psychosis, physical dependence, psychological dependence
Psilocybin	Mushrooms, magic mushrooms, shrooms, caps, psilocybin & psilocyn	Nausea, distorted perceptions, nervousness, paranoia	Confusion, memory loss, shortened attentions pan, flashbacks may intensify existing psychosis
Steriods	Roids, juice	Increased lean muscle mass, increased strength, acne, oily skin, excess hair growth, high blood pressure	Cholesterol imbalance, anger management problems, masculinization of women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced fertility, stroke, hypertension, congestive heart failure, liver damage, psychological dependence

## ON-CAMPUS RESOURCES/INFORMATION

Human Resources	504-398-2177
Vice President of Student Affairs	504-398-2236
Thomas E. Chambers Counseling and Training Center	504-398-2168
UHC Department of Public Safety	504-329-4430
Student Health & Wellness	504-398-2127

### **Distribution of the Annual Notification**

The University of Holy Cross's Drug and Alcohol Prevention program will be distributed to the entire The University of Holy Cross community (all students, faculty and staff) in accordance with the below procedures. The University of Holy Cross's Vice President for Student Affairs will be responsible for ensuring the timely distribution of the Drug and Alcohol Prevention program.

### **Students**

1. At the beginning of the fall and spring semesters, the entire Drug and Alcohol Abuse Prevention program will be emailed to all students (undergraduate and graduate/accelerated) enrolled in the institution. This email will be sent on the first day of the third week of the fall, spring, and summer terms in order to allow for the completion of the add/drop period and thus ensuring all enrolled students receive this notification.
2. A webpage has been created on The University of Holy Cross's external webpage ([http://uhcno.edu/services-and-resources/campus\\_security/](http://uhcno.edu/services-and-resources/campus_security/)) detailing The University of Holy Cross's Drug and Alcohol Abuse Prevention program. These webpages have been created to facilitate ease of access. All e-mail notifications will provide a direct link to these webpages.

### **Employees**

1. At the beginning of the fall, spring, and summer terms, the entire Drug and Alcohol Abuse Prevention program will be emailed to all employees employed at the institution. This email will be sent on the first day of the third week of each term.
2. Employees will also receive information on where to access the Drug and Alcohol Abuse Prevention program and an overview of the program at their new employee orientation. By including this information in new employee orientation, UHC will ensure that employees who are hired at times following the distribution of the emails are informed of the Drug and Alcohol Abuse Prevention program.
3. A webpage has been created on The University of Holy Cross's external webpage ([http://uhcno.edu/services-and-resources/campus\\_security/](http://uhcno.edu/services-and-resources/campus_security/)) detailing The University of Holy Cross's Drug and Alcohol Abuse Prevention program. These webpages have been created to facilitate ease of access. All e-mail notifications will provide a link to these webpages.

## **Biennial Review**

In accordance with the U.S. Department of Education's *Drug-Free School and Communities Act*, The University of Holy Cross will complete a biennial review of its drug and alcohol abuse prevention program. This review will be completed at the end of even numbered years and will examine the variety of programs that are being offered at The University of Holy Cross to support healthy and safe life choices when it comes to alcohol and other drugs, the enforcement of the University's policies when violations of the policies occur, and recommendations for any necessary changes.

This review will be conducted by the Vice President for Student Affairs in collaboration with The University of Holy Cross's Clery Act and Safety Committees. The Clery Act Committee is a committee chaired by The University of Holy Cross's Chief of Police, Department of Public Safety, and its membership includes the following: Vice-President for Student Affairs; Director of Financial Aid; Director of Student Life; Coordinator of Student Health and Wellness; Human Resources; Director of Thomas E. Chambers Counseling Center (or designee); and at least one representative from each of the following campus constituencies: Faculty, Residence Life, or Student Government.