

## **MEMORANDUM**

Date: Summer, 2004

To: All University of San Diego Students

From: Dr. Mary Lyons, President

Re: USD Alcohol and Substance Abuse Policies

In compliance with Part 86 of the Drug Free Schools and Campuses regulations this memorandum is presented to provide students with the following (1) a description of the health risks associated with the use of illicit drugs and alcohol (2) a description of campus resources available to students including prevention and treatment resources (3) applicable federal, state and legal sanctions and (4) disciplinary sanctions as outlined in the Student Code of Rights and Responsibilities.

### **HEALTH RISKS:**

The use and abuse of alcohol can cause a number of changes in behavior and physiology. Alcohol, especially in high doses or combined with medications or illegal drugs can lead to violent behaviors including acquaintance rape, vandalism, fights, incidents of drinking and driving, injury and other medical emergencies. If you discover someone who is unconscious or requires emergency assistance, please dial extension 3000 if on campus, and 911 if off campus. Doing so may save his or her life.

Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Research has shown that using alcohol or drugs negatively affects your academic performance.

The risk of automobile accidents is increased after consuming even relatively small quantities of alcohol. Low doses may significantly impair judgment, coordination and abstract mental functioning. Drinkers may not be able to complete complex tasks.

Repeated use of alcohol and/or illicit drugs may lead to physical and/or emotional dependence. Chemical dependency is a medical condition in which the continuing uses of alcohol/and/or illicit drugs effects many aspects of your life, there is strong evidence based on medical research that alcohol abuse contributes significantly to heart disease and cancer. It can also lead to permanent damage of vital organs such as the brain and liver. There is clear evidence of serious negative effects on babies due to the use of illicit drugs and alcohol by the mother during pregnancy.

## **ADDITIONAL HEALTH RISKS:**

**Cannabis (Marijuana, Hashish).** The use of marijuana may impair or reduce short-term memory and comprehension, alter sense of time, and reduce coordination and energy level. Its effect can go on for 4-6 hours after smoking or eating it. It is addictive in nature though some believe it is not.

**Hallucinogens (LSD, Ecstasy, and PCP)** cause the user to hallucinate. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects such as loss of concentration and memory problems can occur even when the dose has worn off. Frequent use can cause permanent loss of some mental functions.

**Cocaine/ Crack** are highly addictive drugs. The immediate effects of cocaine use include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature, followed by depression. Crack can cause delirium, hallucinations, blurred vision, severe chest pain, muscle spasms, and even death. These drugs cause a temporary feeling of power, impairing decision-making and judgment.

**Amphetamines (Crystal, Speed, Crank, and Meth)** are a highly addicting, short acting stimulant, which can cause one to “rush” around and appear stimulated. Amphetamines can cause rapid or irregular heartbeat, loss of coordination, collapse, and death. Continued usage can lead to mood swings, irritability, depression, sleeplessness, and even altered personality and paranoia.

**Heroin** causes the body to have diminished pain reactions. It can cause disinterest in relationships, personal productivity, and workplace safety. The use of heroin can result in coma and death. As it is commonly injected, heroin use allows a wide range of physical health problems associated with the use of needles that are not sterile (AIDS, hepatitis).

**Prescription drugs (Anti-depressants, Depressants, Stimulants, and Tranquilizers)** are safe ONLY if taken as prescribed under the supervision of a licensed physician. If abused, they can lead to sluggishness or hyperactivity, impaired reflexes, liver and kidney damage, addiction, and nervous system damage.

## **CAMPUS RESOURCES:**

Knowing how to cope with problems and keeping yourself informed are important steps in being able to cope with the demands of college life. USD provides useful and informative preventative education programs throughout the year. A variety of departments sponsor programs, workshops and lectures on alcohol and other drug issues throughout the year to support healthy lifestyles. These programs are available through: **The Department of Alcohol and Drug Education and Services**, 619- 260-4618, **The Counseling Center**, 619-260-4655, **Student Health Center** 619-260-4595, The

Department of **Public Safety** 619-260-4517, The Office of **Residence Life** 619-260-4777, Associated Students, **Greek Life** 619-260-4590 and **Athletics** 619-260-5931

For students with a substance abuse problem, or who may be experiencing problems as a result of their drinking or use of another substance, **professional counseling is available** through the Counseling Center located in Serra Hall, Room 300. Students who prefer an appointment with an Alcohol and other Drug Educator may contact the Department of Alcohol and Drug Education and Services at Hahn University Center Room 215 and for students who prefer an appointment with a health care provider (e.g. nurse practitioner or physician) may contact the Student Health Center, Camino Hall, and Room 161. If you have concerns about your friend, your roommate or a family member's drinking or other drug use, we encourage you to contact one of these resources. Making healthy choices and talking with someone before situations get out of hand are responsible practices. USD supports and encourages students helping one another to cooperatively solve substance abuse problems as they occur.

### **LAWS AND CAMPUS POLICIES;**

In California it is illegal for anyone under the age of 21 to purchase or possess alcohol. If you violate these laws you may face a fine of \$250.00 and suspension of your driving privileges. For more information about California laws visit the California State Bar Web site <http://calsb.org/2pub/3kids/4kids-02.htm> or CA Alcohol Beverage Control Web site <http://www.abc.ca.gov/ABC/teensite.html>. For information about federal and state laws for definitions of "DRUGS" and sanctions related to their manufacture, sale, possession and use varying by type of substance and quantity, see CA State Bar Web site <http://www.calsb.org/2pub/3kids/4kids-09.htm> for more information.

Campus standards of conduct are outlined in the **STUDENT CODE OF RIGHTS and RESPONSIBILITIES, which is clearly written in the** Undergraduate and Graduate Handbooks. These handbooks are distributed to each student annually. Campus Standards prohibit the unlawful possession, use or distribution of drugs and alcohol by students on University property or as any part of University-sponsored events or activities. Students who violate these standards of conduct will face judicial proceedings and may face suspension or expulsion from the University. In addition the University will cooperate with governmental authorities in criminal and civil actions. The University does not accept alcohol or substance abuse as an excuse for any act of abuse, intimidation, violence, harassment or vandalism. For a complete outline of the University's Alcohol Policy go to <http://sa.sandiego.edu/index.php?content=policies>

Possession, consumption or sale of beer or wine is permitted at designated campus locations only with prior written approval of the designated representative of the Vice President of Student Affairs.

Federal, state laws forbid the selling, possessing, distributing or use of dangerous drugs and narcotics. On campus the sale, distribution, use and possession of dangerous drugs and narcotics are prohibited.

Residence Life, student organization, athletics and Greek Life have additional policies regarding alcohol and other drugs. Please contact the relevant administrative offices for more information.

**PARENTAL NOTIFICATION:** In accordance with FERPA 34 C.R.F. & 99.31 and the Higher Education Amendment of 1998, parents of a student who is under the age of 21 may be notified by a representative from The Division of Student Affairs in connection with use or possession of a controlled substance in violation of law or institutional policy.

As a student at USD you are responsible and fully accountable for your behavior. You are responsible for adhering to the USD Code of Conduct both on and off campus. Violations of the Code of Conduct will be subject to disciplinary procedures. Students may be expelled, suspended or placed on probation for violating University regulations regarding alcohol or other drugs.

Students, who possess, use or distribute substances such as marijuana, cocaine, methamphetamines, or other hallucinogens and narcotics and who violate statutes regarding alcoholic beverages are subject to arrest, imprisonment or a fine according to State law.

The University of San Diego is a private university and is considered private property. The USD Department of Public Safety is charged with the primary responsibility of maintaining a safe campus environment at USD. The authority to enforce University of San Diego policy is established by the Board of Trustees. The San Diego Police Department (SDPD) through a Memorandum of Understanding permits USD Public Safety to investigate misdemeanor crimes occurring on USD property. The San Diego Police Department however is the primary reporting and investigating agency for any violent crimes or other felonies that might occur on USD property.

The University Of San Diego Department Of Public Safety is empowered to enforce State Laws (misdemeanors only) San Diego Municipal Code and University Regulations such as possession of alcohol by a minor, public drunkenness, driving under the influence, local noise abatement laws and social host ordinances. For additional information about The Department of Public Safety please visit their web site at <http://safety.sandiego.edu/>

The University's commitment to enforcement of the Code of Conduct and local, state and federal laws compliments and supports students who seek help for themselves and/or their friends and acquaintances. These two approaches, combined with an active alcohol and other drug prevention program, provide a strong basis for upholding the University's mission to create and maintain a caring campus community.

I hope that you will take advantage of the many programs and activities that are offered to you and that you will join us in fostering a community dedicated to intellectual inquiry and healthy choices.

