

## **Drugs and Alcohol:**

### **Information for the Students, Staff, and Faculty at Pacific University**

Updated 6.2013

Under Part 86 of the Education Department General Administrative Regulation (EDGAR) and the Drug-Free Schools and Community Act, institutions of higher education (IHEs) receiving federal financial assistance must perform:

- (a) The annual distribution in writing to each employee, and to each student who is taking one or more classes for any type of academic credit except for continuing education units, regardless of the length of the student's program of study, of—
  - Standards of conduct that clearly prohibit, at a minimum, 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;
  - A description of the applicable legal sanctions under local, State, or Federal law for the unlawful possession or distribution of illicit drugs and alcohol;
  - A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
  - A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students; and
  - A clear statement that the IHE will impose disciplinary sanctions on students and employees (consistent with local, State, and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.
- (b) A biennial review by the IHE of its program to—
  - Determine its effectiveness and implement changes to the program if they are needed; and
  - Ensure that the disciplinary sanctions described in paragraph (a)(5) of this section are consistently enforced.

In accordance with these laws, this report is distributed annually to Pacific University faculty, staff and students in compliance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Community Act of 1989. The University's drug and alcohol prevention program and protocols will be reviewed biennially to determine the program's effectiveness, to implement necessary changes, and to ensure consistent enforcement of disciplinary sanctions. The information below is presented for your knowledge.

### **Standards of Conduct**

Pacific University prohibits the irresponsible use or unlawful possession, use or distribution of alcohol and drugs by students, faculty and staff on University premises or as part of any of its activities.

#### **Students**

Under the Student Code of Conduct, the following is prohibited for all students (see the full Student Code of Conduct at: <http://www.pacificu.edu/studentlife/conduct/codes/handbook.cfm>):

- **Alcohol** (Student Code of Conduct, Article III.B.9) – Use, possession, or distribution of alcoholic beverages (except as expressly permitted by University regulations), or obvious intoxication. This includes the promotion of binge

drinking or rapid, excessive alcohol consumption, or the aiding of another to obtain alcohol inappropriately. Alcoholic beverages may not, in any circumstance, be used by, possessed by or distributed to any person under twenty-one (21) years of age. This includes, but is not limited to, all violations of State and Federal laws. All activities and events where alcohol is served must be authorized through appropriate University personnel and conducted in accordance with University regulations.

- NOTE: Situations in which students are under the influence of alcohol may present health and safety concerns. The University regards the health and safety of community members as paramount and expects students to be responsible in their use of alcohol. Anyone aware of a health or safety concern should contact emergency personnel immediately.
- **Illegal Substances/Illegal Use of Substances/Paraphernalia** (Student Code of Conduct, Article III.B.10) – Use or possession of illegal or potentially harmful substances, including, but not limited to, marijuana, heroin, narcotics, or other controlled substances except as expressly permitted by law. Possession of items that facilitate the use of illegal substances such as pipes, bongs, and/or homemade devices are prohibited, except as expressly permitted by law. This includes, but is not limited to, all violations of State and Federal laws. Also the illegal or harmful use of legal substances.
- **Distribution and/or Manufacturing of Illegal Substances** (Student Code of Conduct, Article III.B.11) – The manufacturing or distribution of illegal or potentially harmful substances, including, but not limited to, marijuana, heroin, narcotics, or other controlled substances except as expressly permitted by law. This includes, but is not limited to, all violations of State and Federal laws. Because this behavior is actively destructive to the fabric of the community, sanctions related to the conduct will be more severe.

For more information and for the latest updates on the Student Code of Conduct, please refer the Code directly. Please note that students residing or visiting the residence halls must also comply with the policies and protocols outlined in the Residence Hall Handbook.

### **Staff and Faculty**

- The use of alcohol while on Pacific University owned and controlled grounds, including meal periods and breaks, is absolutely prohibited except when authorized by the University for approved University functions. Reporting for work under the influence of alcohol is not permitted.
- Manufacturing, distributing, selling, using or possessing, for illicit purposes, illegal drugs, narcotics, or controlled substances is prohibited. This prohibition applies to campus behavior and extends to those off-campus behaviors, which negatively impact the University's ability to pursue its mission. For more information, see the Institutional Policies and Procedures, available at: <http://www.pacificu.edu/hr/policies/InstitutionalPoliciesandBenefits.cfm>.

## University Sanctions

### Students

Violations of the standards of conduct listed above will result in one or more disciplinary sanctions, as described in the Student Code of Conduct and/or legal action consistent with local, state, and federal laws. Possible University sanctions include warning, probation, loss of privileges, fines, suspension, and expulsion. A complete list of student sanctions may be found at:

<http://www.pacificu.edu/studentlife/conduct/codes/handbook.cfm#sanctions>

### Staff & Faculty

The Drug-Free Workplace Act of 1988 requires that any employee of the University community who has been convicted of a violation of the statute involving illegal drugs shall notify the Director of Human Resources within five days of the criminal conviction if the conduct giving rise to the conviction occurred on campus or while the member was engaged in activities sponsored by or connected to the University. The University will then make any reports to government agencies that may be required by law.

The University also reserves the right to remove any and all persons from University facilities or otherwise separate those persons from the institution whenever there may be a threat to the safety, health, or well-being of the University or a member of the university community, whether alcohol- or drug-related or otherwise.

Non-compliance with this policy will subject an employee to disciplinary action up to and including termination and/or satisfactory participation in a recovery program.

### Legal Sanctions under Local, State, and Federal Law

A description of possible legal sanctions under local, state, federal law for the unlawful possession or distribution of illicit drugs and alcohol.

#### City of Forest Grove Sanctions

Consumption of alcoholic beverage on public property, public rights-of-way, and public premises is prohibited and may result in an officer taking into possession any property being used in violation of the law (Forest Grove City Code 5.040). Additionally, a violation may be punishable by a fine not to exceed \$1000. However, if a substantially similar offense is described by state law, the penalty shall not exceed that provided by the state law (Forest Grove City Code 1.095).

#### State of Oregon Sanctions

##### *Alcohol*

**Minor in Possession (MIP):** The legal drinking age in Oregon is 21. If you are under 21, it is illegal for you to

1. attempt to purchase, or to acquire alcoholic beverages;
2. have personal possession of alcoholic beverages, including accepting any gift, or consuming alcohol that belongs to someone else;
3. enter or attempt to enter any portion or licensed premises posted or otherwise identified as prohibited use by minors. Penalty: Fine of up to \$250.

Minors under the age of 18 who are convicted of any crime involving the possession, use, or abuse of alcohol or controlled substances will lose their driver's license for one year for the first offense and two years for a second offense. Unlicensed minors who are convicted will lose their right to apply for a license for one year or until the age of 17, whichever is longer.

*Identification:* It is illegal to

1. loan your ID to someone else;
2. attempt to use ID belonging to someone else or attempt to use falsified ID;
3. make a written statement of age that is false when applying for ID or in trying to enter a bar.

Penalty: Fine of up to \$2,500 and up to one year in jail.

**Furnishing to a Minor:** It is illegal to furnish or make alcohol available to a minor in any fashion, including selling or collecting party donations. Parents or legal guardians may provide alcohol to their own minor children in a private residence. Penalty: First offense, fine of \$350; second offense, fine of \$1,000; third offense, fine of \$1,000 and not less than 30 days in jail. These are minimum penalties that the judge cannot reduce. Maximum penalty is a fine of up to \$2,500 and up to one year in jail.

**Furnishing to an Intoxicated Person:** A dispenser of alcohol, including the host or hostess of a party, may be sued if it is shown that excessive amounts were negligently served. If negligent abuse of alcohol is shown to have contributed to a criminal offense or accident, civil damages may be imposed upon the dispenser. Penalty: Maximum criminal penalty, \$2,500 fine plus one year in jail. Civil penalties determined by court.

**Driving Under the Influence of Intoxicants (DUI):** You may be found guilty of DUI if you drive a vehicle while you have 0.08 percent or higher blood alcohol level shown by chemical analysis of your breath, blood, or saliva, or are demonstrably impaired by alcohol and/or another intoxicating drug. If you are arrested for DUI and refuse to take a breath test or fail it, your driver's license will be immediately seized and it will be suspended for one full year. Penalty: For first offense that does not involve injury to others, violator may apply for diversion from the courts to a counseling program or traffic safety school. Drivers under 21 years of age will lose their license for 90 days if found to have consumed any alcohol while driving, for one year if a test of blood alcohol level exceeds .08%. If tried and convicted, a first offense requires a minimum penalty of either 48 hours in jail or 80 hours of community service, plus up to \$2,500 in fines, one year's suspended driver's license and mandated alcohol/drug evaluation and treatment or education. Second convictions result in loss of license for three years if committed within five years of the first DUI.

**Open Container:** Drinking alcohol or having an open bottle in a vehicle is prohibited. You must store any open containers of alcohol in the trunk or some other area not normally occupied by the driver or passengers. Penalty: Maximum fine of \$250.

### ***Marijuana***

**Delivery for Payment:** Penalty: Up to 10 years in jail and up to \$100,000 fine plus twice the value of any resulting gain of property or money.

**Delivery not for Payment:** Penalty: For less than one ounce, up to one year in jail and up to \$2,500 fine; for less than 5 grams, fine of \$500 to \$1,000.

**Possession:** Penalty: For less than one ounce, fine of \$500 to \$1,000 plus twice the value of any resulting gain of property or money.

### ***Other Illegal Drugs***

Penalties for manufacture, distribution, or unlawful possession of illicit drugs are determined by the Controlled Substance Schedule.

### **Federal Sanctions**

The following are Federal penalties and sanctions for Illegal Possession of a Controlled Substance. Additional penalties are imposed for trafficking.

*21 U.S.C. 844(a)*. First conviction: Up to one year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.

After one prior drug conviction: At least 15 days in prison, not to exceed two years and fined at least \$2,500 but not more than \$250,000, or both.

After two or more prior drug convictions: At least 90 days in prison, not to exceed three years and fined at least \$5,000 but not more than \$250,000, or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least five years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

1. 1st conviction and the amount of crack possessed exceeds five grams.
2. 2nd crack conviction and the amount of crack possessed exceeds three grams.
3. 3rd or subsequent crack conviction and the amount of crack possessed exceeds one gram.

*21 U.S.C. 853(a)(2) and 881(a)(7)*. Forfeiture of personal real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one year imprisonment. (See special sentencing provisions re: crack.)

*21 U.S.C. 881(c)(4)*. Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

*21 U.S.C. 844a*. Civil fine of up to \$10,000 (pending adoption of final regulations).

*21 U.S.C. 853a*. Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to one year for first offense, up to five years for second and subsequent offenses.

*18 U.S.C. 922(g)*. Ineligible to receive or purchase a firearm.

*Miscellaneous*. Revocation of certain Federal licenses and benefits, e.g., pilot licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies.

### **Health Risks**

A description of the health risks associated with the use of the abuse of alcohol and illicit drugs:

#### **Abuse of Alcohol**

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here’s 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
  - 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.

(From the National Institute on Alcohol Abuse and Alcoholism, NIAAA:  
<http://www.niaaa.nih.gov/alcohol-health/alcohols-effects-body>)

### **Use of Illicit Drugs**

Health risks vary from drug to drug. A brief summary is provided below regarding a number of illicit drugs (Adapted from information from the National Institute on Drug Abuse, <http://www.drugabuse.gov>):

- **Bath Salts (Synthetic Cathinones):** The term “bath salts” refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the Khat plant.
  - Possible effects include euphoria, paranoia, agitation, hallucinatory delirium, dehydration, breakdown of skeletal muscle tissue, and kidney failure, psychotic and violent behavior, death.
- **Cocaine:** White crystalline powder that can be snorted, injected or smoked.
  - Possible effects include increased body temperature, heart rate and blood pressure; nausea; erratic and violent behavior; panic attacks. Long-term

effects include addiction, anxiety, irritability, paranoia, mood disturbances, insomnia, nasal damage and difficulty swallowing from snorting, GI problems, HIV. When combined with alcohol, there is a greater risk of overdose and sudden death than either drug alone.

- **Hallucinogens:** LSD, PCP, Psilocybin, Salvia, Ketamine.
  - Possible effects include depression, paranoia or panic, feelings of despair, fear of insanity and death; impulsive behavior, rapid shifts in emotions; distortions in perception. Increased body temperature, heart rate, blood pressure; nausea; loss of appetite; sweating; dry mouth; jaw-clenching; numbness; sleeplessness; dizziness, weakness, tremors, feelings of invulnerability and exaggerated strength; seizures, coma, hyperthermia. Long-term effects include frightening flashbacks, Hallucinogen Persisting Perception Disorder (HPPD), cognitive impairment including verbal and short-term memory, blurred vision, loss of coordination.
- **Inhalants:** Volatile solvents, Aerosols, Gases, Nitrites (Poppers). Effects depend on the properties of the chemical, but inhalation is the common route of abuse.
  - Possible effects include confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition, lightheadedness, hallucinations/ delusions; headaches; suffocation; convulsions/seizures; hypoxia; heart failure; coma; sudden sniffing death (butane, propane, and other chemicals in aerosols.) With nitrites, effects include systemic vasodilation; increased heart rate; brief sensation of heat and excitement; dizziness; headache. Long-term effects include: muscle spasms, tremors, possible permanent motor impairment, liver/kidney damage, addiction; with nitrites: HIV/AIDS and hepatitis, lipoid pneumonia. Combination with alcohol can increase risk of adverse cardiovascular effects and dangerously low blood pressure.
- **Marijuana:** Greenish-gray mixture of the dried, shredded leaves, stems, seeds, and/or flowers of Cannabis sativa or cannabis indica—the hemp plant.
  - Possible effects include impaired short term memory, attention, judgment, coordination and balance; increased heart rate. Long-term effects include addiction in 9% of users, possible causal factor in mental disorders, association with depression and anxiety, chronic cough, bronchitis. When combined with alcohol, results can include magnified tachycardia and effect on blood pressure; amplified impairment of cognitive, psychomotor, and driving performance.
- **MDMA (Ecstasy):**
  - Possible effects include decreased fear, anxiety; increased/irregular heartbeat; dehydration; chills; sweating; impaired cognition and motor function; muscle cramping; teeth grinding/clenching; in rare cases—hyperthermia, rhabdomyolysis, and death. Long-term effects may include Impulsiveness; irritability; sleep disturbances; anxiety addiction.
- **Methamphetamine:** White, odorless, bitter-tasting crystalline powder that is easily dissolved in water or alcohol; can be ingested orally, intranasally, injected, or smoked.
  - Possible effects include increased heart rate, blood pressure, body temperature, dry mouth. Long-term effects include Addiction, memory loss; weight loss; impaired cognition; insomnia, anxiety, irritability,

- confusion, paranoia, aggression, mood disturbances, hallucinations, violent behavior; liver, kidney, lung damage; severe dental problems; cardiac and neurological damage; HIV, Hepatitis.
- **Prescription Sedatives, Sleeping Pills, Anxiolytics:** Central nervous system depressants include barbiturates (e.g., Nembutal) and benzodiazepines (e.g., Valium, Xanax)
    - Possible effects include Drowsiness, relaxation; overdose. Long-term effects include Tolerance, physical dependence, addiction. Combination with alcohol can be fatal.
  - **Prescription Stimulants:** Amphetamine (Dexedrine, Adderall), Methylphenidate (Ritalin, Concerta).
    - Possible effects include irregular heartbeat, dangerously high body temperature, potential for cardiovascular failure or seizures. Long-term effects include anxiety, hostility, paranoia, psychosis; addiction. Combined with alcohol, it can mask the depressant action of alcohol, increasing risk of alcohol overdose.
  - **Steroids (Androgenic Anabolic):** Synthetic substances related to testosterone. Promote growth of skeletal muscle (anabolic) and the development of male sexual characteristics (androgenic) Taken orally, or by injection in doses much higher than would be prescribed.
    - Possible effects include headaches, acne; fluid retention (especially in the extremities), gastrointestinal irritation, diarrhea, stomach pains, and an oily skin, jaundice, and hypertension. Infections can develop at the injection site. Long-term effects may include liver damage; CVD: high blood pressure; increases in LDL (“bad” cholesterol); and decreases in HDL (“good” cholesterol). Cardiac hypertrophy, atherosclerosis, addiction. When used in combination with alcohol, may be synergistic in precipitating impulsive violent behavior.
  - **Street Opioids (Heroin, Opium):** Processed from poppy plants; a white or brownish powder or black sticky substance known as “black tar heroin.” Usually smoked or injected, could be taken orally (opium).
    - Possible effects include thinking; alternate wakeful and drowsy states; itching; nausea; depressed respiration. Long-term effects include addiction, collapsed veins, abscesses, infection of heart lining and valves, arthritis/other rheumatologic problems, HIV, Hepatitis C. Used in combination in alcohol, effects may include dangerous slowdown of heart rate and respiration, coma, death.
  - **Prescription Opioids:** Abuse of Hydrocodone, Oxycodone, Codeine.
    - Possible effects include drowsiness, nausea, constipation. When taken by routes other than as prescribed (e.g., snorted, injected), increased risk of depressed respiration, leading to coma, death. Long-term effects include tolerance and addiction. When used in combination with alcohol, possible effects include dangerous slowing of heart rate and respiration, coma, death.

**Resources**  
**Students**

- **Student Counseling Center: 503.352.2191**  
The Student Counseling Center provides a range of services focused on the mental health and well-being of Pacific students. Services are provided by professionally trained Psychologists and Counselors, who commonly help student with topics such as substance abuse and stress management. Confidential individual, group, and couples counseling are available to all enrolled Pacific University Students, except for Lane County and MFA students who are off site and do not pay the student health and counseling fees.
- **Campus Wellness Coordinator: 503-352-CARE**  
The Campus Wellness Coordinator provides programming, information, consultation, and advocacy to Pacific Students within the areas of substance use risk reduction, healthy relationships, sexual assault or unwanted sexual experiences, body image, and stress management.
- **Student Health Center: 503.352.2269**  
Pacific University's Student Health Center provides confidential medical services to help students stay healthy and succeed in their academic and personal lives. The Student Health Center provides services to students enrolled in one or more credits regardless of what insurance coverage they have, except for MFA, Lane County, and Gerontology students.

#### **Staff and Faculty**

- Pacific University provides an Employee Assistance Plan, offering up to three sessions of confidential assessment and referral counseling.
- In addition, the treatment of alcohol and chemical dependency is covered under the University's medical plans.

#### **Other Resources**

- **Alcoholics Anonymous: 503-223-8569**  
AA is an international organization with local meetings to help alcoholics become and stay sober.
- **Narcotics Anonymous: 503-727-3733**  
NA is an international organization with local meetings to help addicts become and stay sober.
- **AL-ANON/ALATEEN:** A resource for people who love someone who has a problem with alcohol. They provide support groups and other resources. [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)