

ALCOHOL, ILLEGAL DRUGS, AND SUBSTANCE ABUSE EDUCATION

The information in this section is in accordance with the Drug-Free Workplace Act of 1988 and the Drug-Free Schools and Communities Act Amendments of 1989.

The University of Louisiana at Lafayette is concerned about your health and safety. Abuse of alcohol and controlled substances can seriously impair your health and your ability to work and study. It can cause you to endanger the safety and well-being of others.

The university promotes an environment that rejects substance abuse as an acceptable life style, informs you about resources for preventing or treating substance abuse, and helps you make healthy decisions about alcohol and other drugs. You should familiarize yourself with the university's standard of conduct and disciplinary actions taken against students or employees who violate that standard (all outlined below).

Educational programming consists of primary prevention and awareness programs for all incoming students and new employees, as well as ongoing awareness and prevention campaigns for students and employees that:

Prevention of substance abuse is sought in several ways by:

- promoting accurate information on drug use
- encouraging healthy use of leisure time through recreation and other activities
- enhancing skills for dealing with stress, and
- working through campus leaders and influencers to establish a healthy environment.

Effects of Alcohol

Alcohol consumption results in various marked behavioral changes. Even low doses significantly impair one's judgment and coordination. Alcohol consumption increases the likelihood of aggressive acts such as abuse; results in marked impairments in higher mental functions responsible for learning and remembering information; and can lead to respiratory distress and DEATH.

Repeated alcohol use can lead to dependence. Sudden cessation of alcohol can result in withdrawal symptoms such as anxiety, tremors, hallucinations, and convulsions which can be life-threatening. Long-term alcohol use can lead to permanent damage to vital organs such as the brain, liver, and digestive system.

Warning signs of a substance dependence disorder include the following:

- Developing a tolerance: needing increased amounts of the drug or alcohol to reach desired effects;
- Emotional changes: becoming more irritable, moody, fatigued;
- Sleep disturbances: either a decreased need for sleep or difficulty with insomnia;
- Changes in eating behaviors;
- Loss of interest in previously enjoyed activities in favor of spending more time consuming alcohol and/or drugs;

- Missing classes and not turning assignments in;
- Neglecting personal hygiene;
- Hanging out with a new and different group of friends;
- Using any excuse to consume alcohol and/or drugs;
- Conversations centering on being high and/or drunk;
- Inability to stop using once started;
- Inability to cut back or quit using;
- Becoming secretive about their usage or using in secret.

The above is just a partial list of substance dependence warning signs. An individual can have any combination of the above warning signs as well as having additional warning signs that are not on the list. If you notice these warning signs in yourself or in another person, please know that help is available. **For further information regarding alcohol and drugs, screenings for alcohol/drug dependence disorders, or for help in dealing with alcohol and drug use problems, please contact the UL Lafayette Counseling & Testing Center at 337.482.6480 and set up an appointment to speak with a counselor. The Center offers an unlimited number of sessions free of charge to all students, faculty, and staff of the University.**

HOW DRUG USE AFFECTS YOUR HEALTH

Adverse health effects can range from nausea and anxiety to coma and death. There are risks associated with the chronic use of all psychoactive drugs, including alcohol. A pregnant woman who uses alcohol, cigarettes, or other drugs exposes her fetus to serious risks, including miscarriage, low birth weight, and brain damage.

Substance abuse may involve controlled substances, illegal drugs, and alcohol—all of which pose a health risk. When drugs are used in combination with each other, their negative effects on the mind and body are often multiplied beyond the effects of the same drugs taken on their own.

Alcohol is the drug most frequently abused on college campuses and in our society. Even small amounts of alcohol significantly impair the judgment and coordination required to drive a car, increasing your chances of having an accident. Consumption of alcohol may be a factor in the incidence of aggressive crimes, including acquaintance sexual assault and domestic abuse. Moderate to large amounts of alcohol severely impair your ability to learn and remember information. Because alcohol is a depressant, very large amounts can cause respiratory and cardiac failure, resulting in death.

Marijuana impairs short-term memory and comprehension. It can cause confusion, anxiety, and for some, lung damage, and abnormalities of the hormonal and reproductive system. Hours after the feeling of getting high fades, the effects of the drug on coordination and judgment remain, heightening the risk of driving or performing other complex tasks. Cannabis, a

fat-soluble substance, may remain in the body for weeks, and overuse can cause paranoia, panic attacks, or psychiatric problems.

Club Drugs refers to a wide variety of drugs including MDMA (Ecstasy), GHB, rohypnol, ketamine, methamphetamine, and LSD, and are often used at raves, dance clubs, and bars. No club drug is safe due to variations in purity, potency, and concentration, and they can cause serious health problems or death. They have even more serious consequences when mixed with alcohol.

Depressants such as barbiturates, Valium and other benzodiazepines, Quaaludes, and other depressants cause disorientation, slurred speech, and other behaviors associated with drunkenness. The effects of an overdose of depressants range from shallow breathing, clammy skin, dilated pupils, and weak and rapid pulse to coma and death.

Hallucinogens such as LSD, MDA, PCP (angel dust), mescaline, and peyote can cause powerful distortions in perception and thinking. Intense and unpredictable emotional reactions can trigger panic attacks or psychotic reaction. An overdose of hallucinogens can cause heart failure, lung failure, coma, and death.

Narcotics like heroin, codeine, morphine, methadone, and opium cause such negative effects as anxiety, mood swings, nausea, confusion, constipation, and respiratory depression. Overdose may lead to convulsions, coma, and death. The risk of being infected with HIV/AIDS or other diseases increases significantly if you inject drugs and share needles, and there is a high likelihood of developing a physical and psychological dependence on these drugs.

Stimulants – cocaine, amphetamines, and others – can cause agitation, loss of appetite, irregular heartbeat, chronic sleeplessness, and hallucinations. Cocaine and crack cocaine are extremely dangerous and psychologically and physically addictive. An overdose can result in seizures and death.

Tobacco, with its active ingredient nicotine, increases your heart rate and raises your blood pressure. The tar in cigarette smoke is a major cause of cancer and other respiratory problems. Carbon monoxide in cigarette smoke can promote arteriosclerosis, and long-term effects of smoking include emphysema, chronic bronchitis, heart disease, and lung cancer.

DRUG USE BY STUDENTS AND EMPLOYEES

The university is committed to maintaining a drug- and alcohol-free environment for its students and employees, in compliance with applicable federal and state laws. Students or employees who violate federal or state laws concerning the possession, use, or sale of drugs or alcohol are subject to criminal prosecution, as University Police actively enforce these laws; those who violate university policies may also be subject to institutional sanctions.

No one under the age of 21 may store, possess, or consume alcoholic beverages on any property under the control of the University of Louisiana at Lafayette. Persons of legal drinking age—21 years of age or older—may possess or consume alcoholic beverages only in areas or at functions specifically designated or approved for such use.

The unlawful or unauthorized possession, use, distribution, dispensation, sale, or manufacture of controlled substances or alcohol is prohibited on university property or as part of any university activity. Students will also be subject to disciplinary action for violations of the alcohol or drug policy that occur off campus or on private property. Employees or students who violate the policy may be disciplined in accordance with university policies, statutes, rules, regulations, employment contracts, and labor agreements, up to and including dismissal and referral for prosecution. The university may contact the parents of students under the age of 21 for violations of the Student Code.

DISCIPLINARY ACTIONS OF UNIVERSITY EMPLOYEES

Employees are subject to disciplinary action – including discharge – for unauthorized consumption of alcohol on institutional time or property; inability to perform satisfactorily their assigned duties as a result of consuming alcohol; illegal or excessive use of drugs, narcotics, or intoxicants; or unauthorized sale or distribution of drugs, narcotics, or intoxicants.

If you have a problem with controlled substances or alcohol, please seek professional advice and treatment. You may seek confidential help with your problem or obtain a list of counseling and assistance programs by calling Counseling and Testing at 337.482.6480. In some cases, your supervisor may direct you to request this information.

VIOLATION OF THE DRUG POLICY BY UNIVERSITY STUDENTS

Students who illegally possess, use, distribute, sell, or manufacture drugs are subject to disciplinary action and may be dismissed from the university. For more information about the university's drug policy, refer to the Student Code

The university provides educational programs and counseling to students who are substance abusers or who are affected by the substance abuse of others. For confidential help with these problems, contact the Counseling Center at 337.482.6480 or the Office of the Dean of Students at 337.482.6267

DRUG AND ALCOHOL USE: FEDERAL LAWS

Under federal sentencing guidelines, federal courts can sentence simple-possession first offenders to one year in prison and a \$100,000 fine. Penalties for subsequent convictions are significantly greater [21 U.S.C. 844(a)]. A sentence of life imprisonment can result from a conviction for possession of a controlled substance that results in death or bodily injury. Possession of more than five grams of cocaine can trigger an intent-to-distribute penalty of 10 to 16 years in prison [U.S.S.G.S. 2D2.1(b)(1)].