

ALCOHOL AND OTHER DRUG ABUSE

I. FHSU PHILOSOPHY

Fort Hays State University has long recognized that an academic community is harmed in many ways by the abuse of alcohol and the use of other drugs. This high risk behavior is exemplified by decreased productivity of members of the community, serious health problems, strained social interactions as well as forms of vandalism. Problems associated with the illicit use and abuse of substances have a pervasive impact upon our academic community and are not associated with a singular socioeconomic group or age level. The processes of education and learning are especially impaired by alcohol abuse and the use of illicit drugs.

Fort Hays State University subscribes to the basic philosophy of the Network of Colleges and Universities committed to the Elimination of Drug and Alcohol Abuse. Which states:

- A. The institutional establishment enforces clear policies that promote an educational environment free from the abuse of alcohol and other drugs.
- B. The institution will provide education for its members for the purpose of preventing alcohol and other drug abuse as well as educating them about the use of legal drugs in ways that are not harmful to self or others.
- C. Fort Hays State will create an environment that promotes and reinforces healthy responsible living; respect for community laws; campus standards and regulations; the individual's responsibility within the community; and the intellectual, social, emotional, spiritual or ethical, and physical well-being of its community members.
- D. The institution will provide for a reasonable level of care for alcohol and drug abusers through counseling, treatment and referral.

The foundation of the philosophy concerning alcohol and drug abuse for Fort Hays State University is the firm commitment to an educational program which provides the adequate information and counseling to help all members of the academic community to make informed and responsible decisions concerning the use of any controlled substance. The institution is committed to a healthy environment for learning and living.

FHSU FACULTY SENATE has adopted a statement to support the membership guidelines and standards of the Network of Drug Free Colleges and Universities and its commitment to the elimination of drug and alcohol abuse.

II. HEALTH RISKS (from We Want You to Succeed)

A. Alcohol and the Body

Mouth and Esophagus —Alcohol irritates the delicate linings of the throat and esophagus; that's why it causes a burning sensation as it goes down.

Stomach and Intestines — Alcohol also irritates the stomach's protective lining and can result in gastric or duodenal ulcers. In the small intestine, alcohol blocks absorption of substances such as thiamin, folic acid, xylose, fat, vitamin B1, vitamin B12, and amino acids.

Bloodstream — Ninety-five percent of the alcohol taken into the body is absorbed into the bloodstream through the lining of the stomach and duodenum. Alcohol causes a slowing of the circulation systems and deprives tissues of oxygen. Alcohol also slows the ability of white blood cells to engulf and destroy bacteria and the clotting ability of blood platelets.

Pancreas — Alcohol irritates the cells of the pancreas and can lead to acute hemorrhagic pancreatitis. Pancreatitis can destroy the pancreas and create a lack of insulin.

Liver — Alcohol inflames and destroys the cells of the liver. This condition prevents bile from being properly filtered through the liver. Jaundice develops, turning the whites of the eyes and the skin yellow.

Heart — Alcohol causes inflammation of the heart muscle.

Urinary Bladder and Kidneys — Alcohol inflames the lining of the urinary bladder. In the kidneys alcohol causes an increased loss of fluids through its irritating effect.

Sex Glands — Swelling of the prostate gland caused by alcohol interferes with the ability of the male to perform sexually. It also interferes with the ability of the male and female to climax during intercourse.

Brain — The most dramatic and noticed effect alcohol has is on the brain. It produces lack of coordination, confusion disorientation, stupor, anesthesia, coma, and finally death.

B. Marijuana/Other Illegal Drugs and the Body

Eyes and Skin — Marijuana smokers may have inflamed watery eyes, and develop wrinkled skin due to irritants present in smoke. Cocaine users have increased sensitivity to light, see fuzzily, see 'floaters', have double vision or image distortion.

Mouth, Larynx, Esophagus — Marijuana contains 50% more tar than tobacco and 400 other identified chemicals. Using 3-5 marijuana joints a week equals smoking 16 cigarettes daily. Smoking is associated with gum disease, loss of teeth, cancer of the cheeks, gums, palate, tongue, lips, larynx and esophagus.

Heart — Smoking one marijuana joint may cause increases in heart rate and blood pressure by as much as 50%. Cocaine increases heart rate and arteries constrict. Restricted blood flow to the heart may cause a heart attack.

Bladder and Kidneys — Concentration of tars, carcinogens, and chemicals from marijuana in the kidneys and bladder is associated with cancers in these organs. Cocaine use causes inflammation and breakdown of small and medium arteries in the kidneys and gastrointestinal tract.

Bronchials and Lungs — Marijuana is a respiratory irritant that causes sore throats and chronic coughs. Use of crack/cocaine may cause the respiratory system to fail.

Reproduction — The gonads are high fat organs which absorb and hold more THC (Tetrahydrocannabinol - Chemical in marijuana with greatest mood altering effects) than most other cells of the body. Males experience lowered testosterone levels; essential for development of secondary male characteristics. Users may experience impotency and infertility. Females may experience infertility, pregnancy complications, and changes in sexual characteristics. Cocaine users have babies addicted at birth.

Brain and Central Nervous System (CNS) — Marijuana use causes the synaptic cleft to enlarge which may result in impairment of speech, comprehension, memory and sleep. Cocaine stimulates the CNS causing restlessness, tremors and convulsions. Cocaine alters normal electrical activity of the brain which can result in seizures or convulsions similar to epilepsy.

C. Tobacco and the Body

Mouth Larynx and Esophagus — Smokers have three times as many cavities as nonsmokers. Tobacco, both smoked and smokeless, is the leading cause of cancers of the cheeks, gums, palate, tongue and lips. Smokers lose their teeth at a rate three times greater than nonsmokers. A one pack a-day smoker increases his/her chances of cancer of the esophagus by as much as 500%.

Stomach and Heart — Peptic ulcers are twice as high in smokers as nonsmokers. Nicotine from any source causes secretion of excessive amounts of gastric acids, and delays healing of ulcers. Nicotine is a powerful constrictor of small arteries. Insufficient oxygen supply to the heart is a cause of heart attacks.

Pancreas, Bladder and Kidneys — Smokers have a 100% increased risk of developing cancer of the pancreas, three times the risk of bladder cancer, and a 50% greater rate of kidney cancer. Carcinogens absorbed from cigarette smoke and smokeless tobacco are concentrated and excreted in the urine. The bladder and the kidneys are in constant contact with these cancer-causing chemicals.

Bronchials and Lungs — Smoking causes the lungs and bronchials to be inflamed and congested. Chronic bronchitis predisposes smokers to emphysema, an incurable lung disease. Emphysema is characterized by stretching and breaking of the tiny air sacs of the lungs, making them useless for breathing. Cigarette smokers are ten times more likely to die of lung cancer than nonsmokers.

Reproduction — Smoking more than 1/2 pack daily is associated with higher incidence of infertility in women. Babies born to women who smoke are lighter and smaller than those born to nonsmokers. This is important because birth weight is a predictor of infant health. Women who take birth control pills and who smoke are at greater risk for cancer.

Brain — A combination of high blood pressure and smoking is associated with stroke, the third leading cause of death in the U.S. Nicotine from any source constricts blood vessels and restricts oxygen supply.

These examples are not intended to be all inclusive. It is recommended that you consult your physician for a more extensive description.

III. POLICY

A. Employees

It is the policy of Fort Hays State University that the unlawful manufacture, distribution, dispensing, possession or use of controlled substances is prohibited in its workplace. Any full or part-time or employee of the University, including faculty, other unclassified staff, classified staff, and students, found to be illegally manufacturing, distributing, distributing, possessing or using controlled substances at (the workplace of) the University, shall be subject to disciplinary action in accordance with applicable policies of the State of Kansas, the Board of Regents, and Fort Hays State University. Officers and employees are reminded that illegal manufacture, distribution, dispensing, possession or use of controlled substances may also subject individuals to criminal prosecution.

As a condition of employment, all employees of Fort Hays State University shall abide by the terms of this policy statement and will notify Fort Hays State University of any criminal drug statute conviction for a violation occurring in the workplace no later than ten (10) days after such conviction. For purposes of this policy, "conviction" means a finding of guilt (including a plea of nolo contendere) or imposition of sentence, or both, by any judicial body charged with the responsibility to determine violations of the Federal or State criminal drug statutes.

The term "controlled substance" as used in this policy means those substances included in Schedules I through V of section 202 of the Controlled Substances Act and as further defined by regulation at 21 CFR 1300.11 through 1300.15 (a listing of controlled substances will be maintained in the campus personnel office and at other appropriate locations on campus). The term does not include the use of a controlled substance pursuant to a valid prescription or other uses authorized by law.

This policy statement is an integral part of Fort Hays States University's drug-free awareness program. This policy shall be given to all affected employees.

B. Students

Fort Hays State University does not permit or condone the consumption of alcoholic beverages by any individual under the age of 21. All laws, local, state and federal, concerning the possession or use of illegal drugs by any student, faculty or staff member will be strictly enforced on the campus and at any even sponsored by the University.

Liquor may only be served at luncheons, dinners or receptions which honor individuals and which occur in connection with official University events and/or fund-raising activities for University programs. The serving of alcohol at such events must be approved, in advance, by the chief executive officer of the institution.

The 3.2 beer law which went into effect on July 1, 1985 makes it illegal for persons younger than, 21 to buy and consume 3.2 beer. The new policy reflects compliance with this law and the University's stance on the issue of alcohol. The specific points of the policy are:

1. No alcoholic or cereal malt beverages will be sold or served or consumed on University property pursuant to the policy without prior approval of the President.

2. Student organizations are prohibited from using their organization funds to purchase beer or alcoholic beverages off campus.
3. Alcoholic and cereal malt beverages may not be consumed on campus by anyone under the age of 21.
4. Canned beer may be possessed and consumed by students living in the residence halls, sorority/fraternity houses, and Wooster Place if they are of legal age. Living groups may develop rules which prohibit drinking.

IV. **LEGAL SANCTIONS**

Students and employees are reminded that local, state and federal laws provide for a variety of legal sanctions and penalties for the unlawful possession or distribution of illicit drugs and alcohol. These sanctions include, but are not limited to, incarceration and monetary fines.

The Federal Controlled Substances Act provides penalties of up to 15 years imprisonment and fines or up to \$25,000 for unlawful distribution or possession with intent to distribute narcotics. For unlawful possession of a controlled substance, a person is subject to up to one year of imprisonment and fines up to \$5,000. Any person who unlawfully distributes a controlled substance to a person under 21 years of age may be punished by up to twice the term of imprisonment and fine otherwise authorized by law.

Kansas law provides that any person who violates the criminal statutes on controlled substances by possessing, offering for sale, distributing, or manufacturing opiates and narcotics, such as cocaine and heroin, shall be guilty of a Class C felony. For conviction of a Class C felony, the court may sentence a person to a term of imprisonment of a minimum of three to five years, a maximum of 10 to 20 years, and a fine of up to \$15,000. Unlawful possession of a depressant, stimulant or hallucinogenic drug is punishable as a Class A misdemeanor, with a penalty of to a year in jail and a fine of \$2,500. Depressants include barbiturates, Valium, and barbital. Hallucinogens include LSD; marijuana, and psilocybin. State law classifies amphetamines and methamphetamines as stimulants.

Article 7 of the Kansas Liquor Control Act provides for punishments ranging from up to six months imprisonment and fines of up to \$1,000 for violation of the statutes relating to the possession and distribution of alcohol.

The local ordinances of Hays also provide for prohibitions relating to illicit drugs and alcohol. Generally, these local ordinances are similar in content to state law.

Further information on these local, state and federal ordinances and statutes will be maintained in the Office of Student Affairs and the Campus Assistance Program Center and will be available to students and employees. Students and employees are encouraged to obtain copies of this information.

V. UNIVERSITY SANCTIONS

A. Employees

In accordance with Fort Hays State University disciplinary policies and practices, when an employee is found to be in violation of the Drug-Free Workplace Statement of Fort Hays State University, he/she may be subject to penalties up to and including termination. Employees may also be required to satisfactorily participate, at their expense, in a drug abuse assistance or rehabilitation program before being allowed to return to work. Appropriate action will be taken within thirty (30) days of Fort Hays State University's notice of a conviction or violation of the University's statement on a drug-free workplace.

B. Students

Procedures which will be followed if a student violates the stated University Policy.

All violations of policy will be handled on an individual basis affording each student the right to due process. Procedures of this process are described in the student handbook. Sanctions which may be imposed include:

- reprimand
- probation
- suspension
- expulsion

It is the University's belief that all disciplinary sanctions should provide the opportunity for personal growth; to that end counseling and referral for individual assessment may be included as a condition of any sanction.

VI. REFERRAL SOURCES

On Campus

- A. Campus Assistance Program Center - (785) 628 – 4218
- B. Kelly Psychological Service Center - (785) 628 – 4401
- C. Student Health Center - (785) 628 - 5301

Off Campus

- A. High Plains Mental Health Center - (785) 628 – 2871
- B. Smoky Hill Foundation for Chemical Dependency - (785) 625 – 5521
- C. Adult Children of Alcoholics, Al a Teen, Al Anon - (785) 625 – 9860
- D. Alcoholics Anonymous - (785) 625 – 9860
- E. Narcotics Anonymous - (785) 625 - 9368 or (785) 628 - 3976

State of Kansas

Alcohol and Drug Abuse Section
Department of Social and Rehabilitation Services - (785) 296 - 3925

National Hotline Numbers

1 – 800 – COCAINE	Directs callers to cocaine abuse treatment centers
1 – 800 – 662 – HELP	Directs callers to cocaine abuse treatment centers
1 – 800 – 342 – AIDS	AIDS
1 – 800 – 241 – 9746	National Drug Abuse Hotline
1 – 800 – SAY – NO – TO	National Clearinghouse for Alcohol and Drug Abuse
1 – 800 – 767 – 0117	Rock Stars message and instructions for getting information from the National Institute on Drug Abuse

This brochure has been developed in compliance with the National Drug Control Strategy. This measure, issued in September 1989, proposed that the Congress pass legislation requiring schools, colleges and universities to implement and enforce firm drug prevention and education programs as a condition of eligibility to receive Federal financial assistance. On December 12, 1989, the President signed the Drug-Free Schools and Communities Act Amendments of 1989 which require that institutions of higher education implement a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by its students and employees on school premises or as part of any of its activities.

This law, in addition to the Drug Free Workplace Act (Pub. L. No 100-690, 5151-5160), which requires applicants for federally funded grants and contracts to certify that they will institute affirmative steps to prohibit the unlawful manufacture, distribution, possession, and use of controlled substances in the workplace, established the legal requirements of Fort Hays State University's policy.

Adopted by Cabinet 08/08/90