

ALCOHOL & DRUG EDUCATION

A yellow brushstroke graphic that starts on the right side of the page and extends horizontally towards the left, ending near the word 'ALCOHOL'.

ALCOHOL & OTHER DRUGS TASK FORCE
TEXAS A&M UNIVERSITY-COMMERCE

THE MISSION OF OUR UNIVERSITY IS TO REDUCE ALCOHOL AND OTHER DRUG ABUSE BY CREATING A SAFE AND HEALTHY CAMPUS ENVIRONMENT THAT MAXIMIZES THE POTENTIAL AND PROMOTES THE SUCCESS OF STUDENTS AND EMPLOYEES, BOTH INSIDE AND OUTSIDE THE CLASSROOM.

THIS BROCHURE IS A PUBLICATION OF STUDENT HEALTH SERVICES AND THE ALCOHOL AND OTHER DRUGS (AOD) TASK FORCE. IT IS OFFERED TO HELP YOU MAKE INFORMED, INTELLIGENT CHOICES SO THAT YOU CAN REDUCE THE HARM AND MANAGE THE RISKS ASSOCIATED WITH ALCOHOL AND DRUG USE.

IT COMPLIES WITH THE DRUG-FREE SCHOOLS AND CAMPUSES ACT (EDGAR PART 86) THAT REQUIRES SCHOOLS TO ANNUALLY DISTRIBUTE TO STUDENTS AND EMPLOYEES A CLEAR DESCRIPTION OF STANDARDS OF CONDUCT, LAWS, SANCTIONS, HEALTH RISKS, AND REFERRALS APPLICABLE TO ALCOHOL AND DRUG. MORE INFORMATION CAN BE VIEWED ONLINE AT:

[HTTP://WWW.2ED.GOV/POLICY/FUND/REG/EDGARREG/EDGAR.HTML](http://www.2ed.gov/policy/fund/reg/edgarreg/edgar.html)

Campus Resources

- Deer Oaks Employee Assistance Program (EAP)
www.deeroaks.com.....888-993-7650
- Counseling Center
Halladay 204..... 903-886-5145
- Human Resources
BA 171..... 903.468.8741
- Residential Living & Learning
Halladay 100..... 903.886.5797
- Student Health Services
Henderson.....903.886.5853
- University Policy Department (UPD)
Henderson.....903.886.5868

Community Resources

- Glen Oaks Hospital
Greenville.....903.454.6000/800.443.1109
- Glen Oaks Hospital
Dallas..... 972.991.9504
- Timberlawn Mental Health System
Dallas..... 214.381.7181

Texas A&M University-Commerce

Alcohol Policies & Procedures

Students and employees are expected to obey all federal, state, and local laws in addition to the regulations of the University.

Standards of Conduct specify that:

Alcoholic beverages are not allowed on University property except in approved areas. For additional information and details: [34.03.99 R1.01 Alcoholic Beverages on University Property.](#)

University Disciplinary Sanctions

Alcohol Violations

If you violate federal, state, or local laws regarding alcohol or the University's Standards of Conduct, the University will impose a range of disciplinary sanctions to include the following:

- A formal written warning
- Probation
- Referral to complete an alcohol/drug education program
- Suspension from the University or employment
- Expulsion from the University or termination of employment

The determination of what sanctions are warranted depends on the severity of the offense and the outcome of the student's or employee's disciplinary hearing.

Residence Life Policies

In accordance with System Policy 34.03, Alcoholic Beverages: alcohol is permitted in University Apartments and Residence Hall Rooms for individuals 21 years or older. Alcohol is strictly prohibited in the assigned spaces of residents under 21 years of age. Residents who are at least 21 years of age are permitted to have alcohol in their assigned bedroom (this does not include common areas) in accordance with Texas law. Texas law requires individuals must be at least 21 years of age to purchase, possess, or consume alcoholic beverages. In addition to this, all residents are held to the following standards:

- Residents are prohibited from being in possession of empty alcohol containers, including decoration
- Residents less than 21 years of age, may not knowingly be in the presence of alcohol or under the influence of alcohol
- Residents will not possess, share, sell or use kegs, beer bongs, beer balls or other common-source containers of alcohol, nor will they possess a large quantity of alcohol or alcohol containers intended for or used by a group rather than an individual
- Residents may not be visibly intoxicated
- Residents will not manufacture or sell alcohol either directly or indirectly
- Residents may not display advertisement of alcohol that are visible outside of their assigned residence hall/apartment
- Residents will not provide or serve alcohol to anyone less than 21 years of age, nor will they host or promote an event where alcohol is present and any guest who is less than 21 years of age is in attendance
- Residents will not possess or consume alcohol in public places including, but not limited to, lounges, study rooms, hallways, entryways, elevators, stairwells, balconies, terraces and decks. If the door of the residence hall room/apartment is open, the space is considered a public place
- Residents guest's, regardless of age, are not permitted to consume alcohol

Legal Sanctions

The Law in Texas

Anyone who violates the law and is arrested for the unlawful possession or distribution of alcohol and illicit drugs will face legal sanctions.

Alcohol Violation Penalties

Underage Drinking

It is illegal for anyone under 21 (a minor) to purchase, attempt to purchase, possess (MIP), or consume alcohol; possess a fake ID; drive under the influence (DUI); or be publicly intoxicated (PI). A minor who violates the law will face significant penalties: a fine, community service, loss of driver's license, and/or mandatory alcohol awareness classes.

Zero Tolerance Law

If you're under 21:

The first time you're found in possession of any amount of alcohol, it may result in the following penalties:

- 30 day driver's license suspension
- Pay a fine up to \$500
- 8-12 hours of community service
- Mandatory alcohol awareness classes

The second offense may result in the following penalties:

- 60 day driver's license suspension or denial
- Class C misdemeanor; pay a fine up to \$500
- 20-40 hours of community service
- Possible alcohol awareness classes

The first time you're stopped for driving with any detectable amount of alcohol, it will result in the following penalties:

- 60 day driver's license suspension or denial
- Pay a fine of up to \$500
- 20-40 hours of community service
- Mandatory alcohol awareness classes

Alcohol Violation Penalties

Driving While Intoxicated (DWI)

A person commits a DWI if he/she is intoxicated while operating a motor vehicle in a public place. If convicted of a DWI and depending on the offense, you could face:

- 90 day-2 year driver's license suspension
- A fine ranging from \$2,000-\$10,000
- 24-60 hours of community service
- 72 hours in jail or up to 10 years in prison

On average, your first DWI offense will cost you at least \$7,500, or more. That only pays for your fines, probation, and driver's license surcharges. A driver's license surcharge is a charge assessed annually that will cost you at least \$1,000 a year for three years.

Selling alcohol to any person under the age of 21 is a class A misdemeanor. It is punishable by up to \$4,000 in fines and/or up to one year in jail.

Health Risks & Consequences

What you don't know about alcohol can harm you.

Alcohol affects every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. Alcohol is metabolized in the liver by enzymes; however, the liver can only metabolize a small amount of alcohol at a time, leaving the excess alcohol to circulate throughout the body. The intensity of the effect of alcohol on the body is directly related to the amount consumed.

Moderate alcohol consumption is defined as having up to 1 drink per day for women and up to 2 drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days. It is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.

Health Risks & Consequences

Drinking & Driving

It may surprise you to learn that you don't need to drink much alcohol to affect your ability to drive. Your driving skills are impaired by a blood concentration level (BAC) as low as .02 %.

Although the limit for adults who drive after drinking is set as .08%, impairment of driving skills begins with the first drink. The more alcohol you consume, the more impaired your skills will be.

Your judgement is impaired first, preventing you from making good decisions. Your gender, body weight, amount of alcohol you drink, and food in your stomach affect your ability to handle alcohol.

Interactions with Medications

Alcohol interacts negatively with more than 150 medications. For example, if you are taking antihistamines and you drink alcohol, the alcohol can increase the drowsiness that the medication alone can cause. If you are taking large doses of the painkiller acetaminophen and drinking alcohol, you are risking liver damage.

Alcohol-Related Birth Defects

Alcohol causes a range of birth defects, the most serious being fetal alcohol syndrome (FAS). Children born with alcohol-related birth defects have lifelong learning and behavior problems. Those born with FAS have physical abnormalities and mental impairment.

Interpersonal Problems

The more heavily you drink, the greater the potential for problems at home, school, or work. These problems may include:

- Arguments or estrangement from your spouse, partner, or family
- Strained relationships with friends or co-workers
- Absence from school or work
- Loss of employment or failure in school
- Committing or becoming the victim of violence

Health Risks & Consequences

Alcohol & Sex

Alcohol lowers your inhibitions and interferes with your ability to make decisions. Being under the influence may increase your chances of engaging in potentially dangerous sexual relations.

At best, sleeping with someone after you've been drinking can put you in an embarrassing situation the next morning. At worst, it may leave you with an Sexually Transmitted Infection (STI) or as a victim of sexual assault.

If you choose to drink, have a plan to prevent yourself from getting in sexual jeopardy.

Acute Alcohol Intoxication

Perhaps you think the worst that can happen to you when you drink too much is you'll pass out or have a hangover the next day. Keep in mind that many people die each year from acute alcohol intoxication, commonly known as alcohol poisoning.

Binge drinking (drinking five or more drinks for men, or four or more for women within a two hour period) is a much too common phenomenon on college campuses. Drinking too much alcohol too fast depresses the vital centers in the brain. The amount of alcohol it takes for you to become unconscious is dangerously close to a fatal dose. Understand that you can survive alcohol poisoning yet suffer irreversible brain damage.

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students whether they choose to drink or not.

Health Risks & Consequences

Here's a snapshot of college students' drinking behaviors and consequences. In one year:

- Drunk Driving: 3,360,000 student between the age of 18-24 drive under the influence of alcohol.
- Injuries: 599,000 students between the age of 18 and 24 are unintentional injured under the influence of alcohol.
- Deaths: 1,825 college students between the ages of 18 and 24 die from alcohol related unintentional injuries, including motor vehicle crashes.
- Assaults: 696,000 students between the ages of 18-24 are assaulted by another student who has been drinking.
- Unsafe Sex: 400,000 students between the age of 18 and 24 have unprotected sex, and more than 100,000 report having been intoxicated to know if they consented to having sex.
- Academic Problems: About one-quarter of college students report having academic consequences because of their drinking, including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

The facts clearly show that alcohol abuse has a significant impact on the lives and well-being of students and campus communities (facts from National Institute on Alcohol Abuse and Alcoholism).

What happens when you drink too much?

Alcohol is a depressant drug. In the short-term you may experience the following: slow heart rate, blood pressure, breathing, dull senses, impaired coordination, reflexes, and judgment. In the long-term you may experience the following: damages the liver, pancreas, kidneys, and brain, and psychological and physical dependence on the substance.

Medical Amnesty Policy

The University recognizes that the fear of potential disciplinary action by the University might create a barrier to or inhibit students from seeking emergency medical assistance for themselves or others when an alcohol or other drug overdose is apparent or suspected. In order to remove that barrier, the University has instituted the/a Medical Amnesty Policy (MAP).

In accordance with MAP, students who have sought emergency assistance for others (at the time of the incident, stay on scene, and cooperate with authorities) will not face disciplinary action from Student Rights & Responsibilities.

Please see the Student Code of Conduct, located in the [Student Guidebook](#) for additional information.

Texas A&M University-Commerce

DRUG Policies & Procedures

Students and employees are expected to obey all federal, state, and local laws in addition to the regulations of the University.

Texas A&M University-Commerce Standards of Conduct specify that: The university abides by The Texas A&M University System (system) policy regarding the unlawful manufacture, distribution, possession, or use of illicit drugs or alcohol on university property, in university vehicles, and while on official duty and/or participating in university activities. For additional information and details: [34.02.01. R1. Drug Free Workplace and Campus.](#)

University Disciplinary Sanctions

If you violate federal, state, or local laws regarding drug use or the University's Standards of Conduct, the University can impose a range of disciplinary sanctions to include the following:

- A formal written warning
- Probation
- Referral to complete an alcohol/drug education program
- Suspension from the University or employment
- Expulsion from the University or termination of employment

The determination of what sanctions are warranted depends on the severity of the offense and the outcome of the student's or employee's disciplinary hearing.

Illegal Drug Penalties

Drug Possession

The penalties for the possession of any controlled substance or unauthorized prescription medication can be significant. Controlled substances include illegal drugs such as marijuana, cocaine, hallucinogens, methamphetamines, heroin, and others.

A criminal drug possession penalty is determined by the type of drug possessed and the amount of drug in possession.

Penalties include a fine, jail or prison time, loss of your driver's license, and a mandatory treatment program.

If you are a college student, any drug-related violation can cost you the loss of eligibility for federal grants and loans.

Drug Risks & Consequences

You've gotten the lecture about drugs for years, but have your experiences, or your friend's, matched what everyone's told you? The truth is that drugs affect people in different ways—and you never know how a particular drug is going to affect you.

You don't need a fancy definition to tell you if you have an addiction. There is a simple test. If you think you might have a problem, then you probably do. Most definitions of addiction include loss of control, tolerance and continued use despite negative consequences.

You don't have to be addicted to experience problems. Maybe you've missed classes or work, had a fight with someone, or experienced more serious problems while high. Whatever the case, there's always a healthier choice than drug use!

Drug Risks & Consequences

How Other Drugs May Affect You

Marijuana

(pot, weed, herb, ganja, chronic, reefer, grass, bud, sticky, green, trees)

Short-term: feeling of relaxation, euphoria, the “munchies”, short attention span, sometimes paranoia, delayed reaction time which affects driving

Long-term: memory loss, lack of motivation, breathing problems, lung damage, lowered immune system

Methamphetamine (Meth) is a powerful, long lasting synthetic drug that is highly addictive. It appears as a powdery substance and is sold in forms such as, pills, capsules, powder and crystals. Street names for this drug include, speed, crank, vitamin C, crystal, glass, or ice. Meth tempers with the brains pleasure receptors by producing an excess of dopamine, a natural chemical found in the brain. This will cause an increase in activity, a suppressed appetite, and a sense of well- being for a short period of time. But in the long run meth will cause an increase in anxiety, depression, insomnia, aggression, paranoia, hallucinations, suicidal or homicidal thoughts. With prolonged use, the user will find that the pleasure from normal experiences will decline creating extreme boredom. This scenario is what makes meth such an addictive and powerful drug to the user.

Cocaine, also known as, “coke, blow, crack, snow, powder, or nose candy”; is the most powerful stimulant of natural origin. Cocaine derives naturally from the coca plant. When Coca Cola first came out it contained 9 milligrams of cocaine per glass. In 1903 the drug was removed, but the drink still has coca flavoring. Cocaine can be snorted, injected or smoked. Cocaine affects the nervous system incredibly by increasing the dopamine levels creating highly sensational feelings of enhancement. The long term of the usage though may lead to gradual changes in the brain’s reward system which will cause addiction. Eventually, causing memory loss, weight loss heart problems, colds, and insomnia.

Drug Risks & Consequences

How Other Drugs May Affect You

Hallucinogens are drugs that cause hallucinations. People in this state may see images, sounds or sensations that seem real, but do not exist. There is no evidence of hallucinations increasing creativity or have therapeutic value. These hallucinations may haunt the person if affected by post-traumatic stress disorder or any other disorder that may link to the brain's previous feelings or thoughts. The range of the effects varies from person to person depending on the amount ingested, the personality of the person, the mood, if the person is alone or with others, and whether more drugs or alcohol were taken.

LCD is the abbreviation of the German words for lysergic acid diethylamide, also known as "acid" in street context. This drug is the most commonly referred to when considering hallucinogens, because it is the most potent of them all. It's initially produced in crystalline form and sold in the street as tablets, capsules or in liquid form. Users of LSD typically begin to experience the "high" within 30 to 90 minutes of ingestion, and the effects may last as long as 12 hours. Users refer to LSD hallucinogenic experiences as "trips" and to the negative ones as "bad trips." Most LSD trips include both pleasant and unpleasant aspects. A person on LSD may experience physiological effects, these including raised blood pressure and heart rate, dizziness, loss of appetite, dry mouth, sweating and tremors; but the drug's major effects are emotional and sensory. The user's emotions may shift rapidly from fear to euphoria, with transitions so rapid that the user may feel several things simultaneously, including panic and extreme terror.

PCP (phencyclidine), often called angel dust, was developed in the 1950s as an anesthetic drug for veterinarian medicine. It was not approved for humans however because it causes psychotic behavior and extreme agitation. When PCP is snorted or smoked, it rapidly passes to the brain to disrupt the functioning of sites known as NMDA receptor complexes, which are receptors for the neurotransmitter glutamate. Glutamate receptors play a major role in the perception of pain, in cognition, including learning and memory, and in emotion.

Drug Risks & Consequences

How Other Drugs May Affect You

Mushrooms (caps, magic mushrooms, shrooms) are a hallucinogen that contains the active compound of psilocybin. Mushrooms have been used for centuries by many different cultures. An example would be a native tribe using it to “seek guidance” from the mushroom by eating it and drifting from reality. Like the other hallucinogens, mushrooms may create physiological effects from the user and a sudden change in emotions while taking the drug creating fear and euphoria while in use.

Heroin is a highly addictive drug processed by morphine, a natural substance extracted from the seed pod of certain varieties of poppy plants. Heroin is also known as, “smack, dope, junk, thunder, horse, H, or black tar”. In 2012, about 669,000 Americans reported using heroin in that year, and currently much more on the rise. Heroin binds and activates receptors in the brain called mu receptors (MORs). The natural chemical in our body that binds to these is the neurotransmitter, regulating pain, hormone release, and feelings of well-being. Heroin affects the body by a rush of euphoria, dry mouth, heavy extremities, slowed breathing, slow and slurred speech, constricted pupils, vomiting and constipation. Taking Heroin for a prolonged use would increase the chance of addiction, overdose and death, collapsed veins hepatitis C, HIV, AIDS, infection of the heart lining, and liver disease.

Cheese Heroin is when heroin and nighttime pain relievers are combined together to form a severely dangerous and deadly drug. Cheese is a combination of drugs, made by combining heroin with crushed tablets of certain over the counter cold medication, such as Tylenol PM. Such cold medications contain acetaminophen (paracetamol), the active ingredient in Tylenol, and the antihistamine diphenhydramine, the active ingredient in Benadryl. Users commonly take the powder by insufflation (“snorting”) rather than by intravenous injection. This mixture is also known as “Tylenol With Smack”, by analogy to the Tylenol With Codeine series.

Drug Risks & Consequences

How Other Drugs May Affect You

Steroids, also known as “roids” or juice but better described as anabolic steroids, may be used by medical doctors to treat muscle wasting like seen in AIDS, or loss in testicular function. But, they are also abused by athletes because they are a synthetic form of testosterone. This increase in testosterone may increase muscle, but it come with consequences. Men who take steroids may develop breasts, get painful erections, have their testicles shrink, have a decreased sperm count, and/or become infertile. Women who take anabolic steroids may grow excessive face and body hair, have their voices deepen, experience menstrual irregularities, have an enlarged clitoris, have reduced breast size, and/or have a masculinized female fetus. Both men and women may get acne, have oily skin become bald, have heart attacks, develop a risk of liver disease and liver cancer, mood swings, and/or suffer delusions.

Counseling & Rehabilitation Services

Although you may think that you will never end up having a drinking or drug problem, a compulsion to drink or use drugs may be there from the very first time you experiment. It has nothing to do with your values, intelligence, or willpower. It has more to do with environmental and biochemical risks.

Abuse problems can be hereditary. Your body may process alcohol or drugs differently from your friends, and you may have a more difficult time stopping once you start.

Being on a college campus adds an entirely new dimension to your personal risk for substance abuse. Because alcohol and drug use are more prevalent in the college setting, you will undoubtedly face pressures to use them.

Counseling & Rehabilitation Services

Think before you drink!

Pay special attention to the choices you make about using alcohol and other drugs, and watch out for signs that you may be in trouble, such as:

- Wondering if you are using too much
- Using alcohol or other drugs to solve problems
- Doing things while you are high that you wouldn't do otherwise
- Losing interest in friends, academics, or other activities you once enjoyed
- Spending more time getting high or thinking about the next opportunity

If you have questions, or you need help for yourself or someone else, please seek advice from a counselor, health educator, or other knowledgeable professional.

The campus Counseling Center provides individual counseling free of charge for students with substance abuse issues.

Attending substance abuse rehabilitation programs may qualify under the Family Medical Leave Act for 75% to full time employees of the University.

Please see Campus/Community Resources at the start of the brochure.