

There are a variety of programs and services that address a wide range of problems which may be related to drug and alcohol abuse. For information or assistance, you may contact the following A&M-Commerce offices:

Community Counseling Center
(903) 886-5149

Counseling Center
(903) 886-5145

Dean/Assistant Dean of Students
(903) 886-5084 or 886-5171

Dept. of Human Resources/EEO
(903) 886-5668

Psychoeducational Clinic
(903) 886-5660

OR

Contact your local
MHMR center or hospital

This is a publication of
The Alcohol and Other
Drug Education Task Force of
Texas A&M University-Commerce

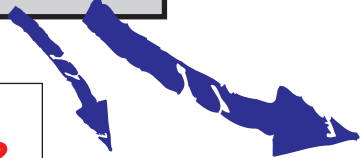
It's all about...

Choices



Make wise choices...

If you choose to use then you should know - alcohol and other drugs have a variety of effects. These will vary from person to person, but they are all dangerous. . . . Here is a rundown of what you will incur:



Cocaine & Amphetamines

- * stimulate central nervous system
- * elevate blood pressure, heart rate, respiration, and body temperature
- * dilate pupils
- * psychological and physical dependency
- * moodiness & irritability
- * high doses lead to psychosis

Sedatives

Rohypnol or "Roofies" and GHB are known as "Date-Rape" drugs. They can cause black outs and death.

Designer Drugs

- * underground chemists modify the molecular structure of certain illegal drugs to circumvent their legal restrictions (ex. GHB, Ecstasy)
- * these can be several hundred times stronger than the drugs they are designed to imitate
- * some can cause brain damage in just one dose

Alcohol

- * acts as a depressant
- * dulls the senses
- * impairs coordination, reflexes, memory and judgement
- * can permanently damage the liver, pancreas, kidneys, and brain
- * tolerance is easily developed and leads to psychological and physical dependence

Marijuana

- * increase in heart rate
- * blood shot eyes
- * dry mouth and throat
- * increased appetite
- * interferes with sleep
- * damages lungs
- * alters sense of time
- * impairs concentration
- * impairs memory and comprehension
- * chronic use can lead to psychosis and paranoia
- * leads to severe psychological dependence

Narcotics

- * such as heroine and pain pills
- * nausea & vomiting
- * slowed heart rate
- * heart palpitations
- * initial euphoria
- * decreased respiration
- * dizziness & light headedness
- * sweating
- * sedation
- * tolerance develops rapidly & physical dependence occurs

Hallucinogens

- * such as LSD and PCP
- * visual distortions/hallucinations
- * reality distortions
- * extreme anxiety
- * impair concentration
- * impair motivation
- * persistent memory problems
- * speech difficulties
- * alter sense of time
- * severe mood disturbances
- * psychosis
- * depersonalization (feeling out of one's body)
- * violent episodes & self-inflicted injuries
- * flashbacks can occur long after use has stopped

If this isn't enough to deter you, then consider the following legal implications



Old enough to drink? Think!

If you are a minor,
 -Purchase
 -Attempt to purchase
 -Possession
 -Fake ID
 -Consumption

1st offense
 Class C Misdemeanor \$0-500.
 Alcohol awareness course
 8-12 hours community service
 30 days no driver's license

2nd offense
 Class C Misdemeanor \$0-500.
 Possible alcohol awareness course
 20-40 hours community service
 90 days no driver's license

3rd offense
under 17
 180 days no driver's license
 Juvenile court- child in need of supervision
 Criminal court - tried as an adult
17 or older
 Class B Misdemeanor \$250-2000
 Jail up to 180 days
 Possible Alcohol course
 180 days no driver's license

Class C Misdemeanor \$0-500.
 Alcohol awareness course
 20-40 hours community service
 60 days no driver's license
 30 days no occupational license

Class C Misdemeanor \$0-500.
 Alcohol awareness course
 40-60 hours community service
 120 days no driver's license
 90 days no occupational license

3rd offense
Under 17
 180 days no driver's license
 no occupational license
 juvenile court- delinquent conduct
 or Adult Criminal Court
17 or older
 class B Misdemeanor \$500-2000
 jail up to 180 days
 180 days no driver's license
 no occupational license

If you are a minor driving under the influence
 Any detectable amount of alcohol constitutes an offense, It does not have to be .08

Providing alcohol to a minor
 Fines from \$100-\$2,000
 Jail up to 180 Days

Selling alcohol to a minor
 Class A Misdemeanor
 \$4,000 Fine
 Jail up to 1 year

Driving While Intoxicated

first offense- Class B Misdemeanor
 fines \$500 - 2000 jail 3 days - 2 years
 Fines, jail terms, and categorization
 escalate with each subsequent offense

.08 is the legal BAC limit

Possession of a Controlled Substance
 must be an amount small enough to be considered for "personal use"

1st offense
 up to a year in prison
 minimum \$1000 fine

2nd offense
 prison 15 days to 2 years
 minimum \$2500 fine

3rd offense
 prison 90 days to 2 years
 minimum fine \$5000

PLUS

once convicted, the person will be fined the costs of investigation and prosecution

PLUS

Distribution, dispensation or manufacture; or possession with the intent to do the above

Sanctions depend on the type of controlled substance and the amount in possession.
 These sanctions range from:
 - fines up to \$1,000,000
 - prison from 1 year to life

But, wait, it doesn't stop there

A&M-Commerce will also impose Disciplinary Sanctions for violation of the University Alcohol and Drug Policy

Disciplinary sanctions for drug and alcohol violations may range from a formal written warning to expulsion from the University depending upon the severity of the offense and the outcome of the student's disciplinary hearing. In addition to sanctions, students may be referred to the counseling center, and required to complete an alcohol/drug awareness program.

Students - sanctions range from a warning to expulsion

Employees- sanctions range from a referral for treatment to termination.

PLUS

(Sec. 483) states that a student who has been convicted of any offenses under any Federal or State law involving the possession or sale of a controlled substance **shall not be eligible to receive any grant, loan, or work assistance** under this title during the period beginning on the date of such conviction.

First offense conviction involving possession of a controlled substance results in loss of eligibility for one year.

The second offense results in a two-year loss of eligibility to receive Federal Aid.

The third offense results in a loss of eligibility for an indefinite time.

Sale of a controlled substance for the first offense results in a loss of eligibility for two years. A second offense results in a loss of eligibility for an indefinite period of time.

University Alcohol Policy

January 2000

Consumption of alcoholic beverages shall be limited to student rooms or apartments of individual students who are of legal age and shall be subject to all requirements of state and local laws and pertinent University regulations. Possession or consumption of alcoholic beverages is prohibited in hallways, lounges, or any public area outside the building.

The alcohol risk management plan requires that an organization desiring to serve alcohol at an approved function must first seek approval from the Dean of Students Office and ARAMARK Food Service by requesting an official alcohol approval form. Alcohol may only be served by ARAMARK Food Service and must be approved by the Dean of Students Office.

For information or clarification contact the Dean of Students Office at 886-5084.

Make Wise Choices