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Drug-Free Schools & Campuses Act Notification

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In accordance with the Drug Free Schools and Campuses Act passed by Congress, the University of Connecticut is required to provide enrolled students, faculty and staff with various pieces of information regarding the unlawful use of drugs or alcohol on University property. The following information describes legal sanctions, health risks, available assistance and treatment avenues as well as University-imposed disciplinary standards for the Storrs and Regional Campuses.

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Alcohol and Other Drugs: Standards for Students

The University of Connecticut recognizes the problems associated with substance use and abuse and has a policy that addresses the following two areas:

- Students should be educated, informed, and at times, counseled in the areas of substance use and abuse, and supported when they choose to seek assistance regarding these issues.
- In order to help maintain a safe environment that is conducive to living and learning for all students, the University must hold students accountable for violations of the policy on alcohol and other drugs.

The University of Connecticut provides a professionally trained counseling staff for students. Additionally, the University of Connecticut offers the Department of Wellness and Prevention Services whose purpose is to ensure the optimal wellness of the student body including the area of Alcohol and Other Drugs. Students with alcohol/drug-related problems are encouraged to seek assistance from either of these two resources. Counselors in Counseling and Mental Health Services (CMHS) are bound by state law while the Department of Wellness and Prevention Services operates under the guidelines of the Family Education Rights to Privacy Act (FERPA). Wellness and Counseling staff are experienced in working with issues of substance abuse and can assist the student directly as well as provide information about off-campus assessments, treatment facilities, and/or provide contact information for area support groups.

While the University will hold students accountable for violations of the alcohol and other drug policies noted below, it is also committed to supporting any student who makes the responsible decision to address his or her substance use. Students should feel confident in knowing that Hall Directors, Advisors, Faculty and Staff will support any student who is struggling to address his or her substance use. This support may include referrals to CMHS, Wellness and Prevention Services, educational programming or intervention plans off campus to assist a student in meeting his or her goals. The University will generally address behavior contrary to the alcohol and other drugs policy outlined below.

Policy on Alcohol and Other Drugs

The consequences of college drinking can be significant and more destructive than commonly realized according to the 2012 study done by the National Institute on Alcohol Abuse and Alcoholism (NIAAA).

Consequences of Underage Alcohol Use:

- Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing an AUD. In addition, underage drinking contributes to a range of acute consequences, including injuries, sexual assaults, and even deaths.

Researchers at NIAAA estimate that each year:

- 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.
- 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.
- Roughly 20 percent of college students meet the criteria for an AUD.
- About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.

<http://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.htm>

In recognition of these statistics, the University has created and adopted this Alcohol and Other Drug Policy ("AOD Policy"), with an emphasis on individual and shared responsibility, healthy and informed decision-making, and maintaining a caring environment. The AOD Policy of the University of Connecticut has been established to support a safe and legal use of alcohol. The AOD Policy both (1) identifies actions the University does not support in an effort to prevent harmful situations resulting from the irresponsible and/or illegal use of alcohol and other drugs; and (2) provides guidelines to support safe and legal use of alcohol for all university constituents.

Jurisdiction

The AOD Policy for the University of Connecticut applies to all students as defined by *Responsibilities of Community Life: The Student Code (The Student Code)*. Each member of the University of Connecticut community shall be involved in the implementation of and compliance with this policy. Unless otherwise stated by law, each individual retains responsibility for his or her actions at all times regardless of his or her mental or physical state, even if altered by alcoholic beverages or other drugs. Campus organizations may develop and enforce additional group/individual standards which are more restrictive than those established in this policy.

Persons who violate the laws of this state may be subject to arrest or citation. Students of the University may also be referred to the appropriate University authority for disciplinary sanctions for policy violations. Visitors who violate the laws or policies of the University may be required to leave University property. The AOD Policy will be interpreted and adjudicated through *The Student Code* (this AOD Policy applies to students of the University of Connecticut. Professionals, faculty and staff are subject to separate University policy regarding alcohol and other drugs, specifically the General Rules of Conduct)

Philosophy of the Alcohol and Other Drug Policy

Our community at the University of Connecticut is maintained by each individual and organization adhering to a code of conduct which emphasizes compassion, respect to self and others, honesty and integrity. The concern for these values and ethics are expressed in *The Student Code* and in other policies published throughout the University.

As an institution of higher education, the University of Connecticut strives to support the scholastic, physical, and mental development of our students. The University's principle role is to engage in education that leads to high standards, respectful conduct and a healthy, productive environment. When those are compromised, the University will take disciplinary action against organizations and individuals violating *The Student Code*. The University offers reasonable assistance for students who are substance-dependent.

Policy Statement

Alcohol

As members of the University community, students have an obligation to uphold *The Student Code* as well as obey all federal, state and local laws. The University of Connecticut has established the following policy requirements that define illegal alcohol use (including being under the influence), possession, sale or distribution of alcoholic beverages that violate university policy.

University standards regarding alcohol include but are not limited to the following:

1a. *Illegal consumption, possession, proximity.* Possession of alcohol on all of the University of Connecticut campuses is limited to persons 21 years of age or older. If an individual is under 21 years of age that person is not permitted to consume alcohol or carry alcohol on their person. Alcohol paraphernalia (which includes but is not limited to: empty beer cans or bottles, shot glasses, etc.) being owned displayed or in the possession of a person is considered a violation of this policy.

1b. *Strength of alcohol.* Any alcohol that is stronger than 80 proof is not permitted on University of Connecticut campuses except where approved for academic purposes of the University.

1c. *Serving, distributing or obtaining alcohol.* Serving, distributing to or obtaining alcohol for any individual who is under 21 years of age is prohibited. Allowing a person under the age of 21 to consume alcohol is prohibited. Providing alcohol to a person who is visibly intoxicated and or pressuring others to use alcohol is a violation of this policy.

1d. *Public Consumption.* Alcohol may not be consumed anywhere on University of Connecticut campuses except in designated locations such as a restaurant or bar where the permittee assumes all liability of properly monitored events. University officiated events require proper server training of all personnel providing alcohol. No alcohol is to be consumed in public areas and open containers of alcohol are not permitted in public areas on University property except as defined by above criteria. ("Public areas" are defined as any area that could be used for general use including but not limited to stairways, hallways, lounges, bathrooms, dining halls, arenas, library, academic and administration buildings, and outside buildings on University property.)

1e. *Location for Consumption.* Alcohol can only be consumed on University of Connecticut campuses where there is a liquor permit to serve alcohol. A consumer can only ingest alcohol at the event location.

1f. *Alcohol Procurement.* Alcohol may not be purchased with University funds or Trustee student organization fees. The Department of Dining Services is the sole liquor permit holder on University campuses.

1g. *Alcohol Service on University Campuses* - The Department of Dining Services is the sole liquor permit holder on University campuses and is responsible for ensuring the proper service of alcohol at official University events. The Department of Dining Services must be used to serve alcohol on campus locations where they have a permanent installation. At University sites where Dining Services does not have a permanent installation, departments must seek approval from Dining Services to use an alternate service. Exceptions must be approved in writing by the Department of Dining Services.

1h. *Tap Systems.* No tap systems to administer alcohol may be used on University property except by a licensed permittee.

1i. *Drinking games and paraphernalia.* Drinking games are prohibited. Paraphernalia used to administer drinking games or assist the user in ingesting alcohol at a fast rate are a violation of University policy. This includes, but is not limited to, funnels and beer pong. Such paraphernalia may not be maintained on University property and will be confiscated if discovered.

1j. *Common Source Containers.* Common source containers containing alcohol are prohibited. This includes but is not limited to, kegs, beer balls, and/or punch bowls being used to serve alcohol.

1k. *Off-campus Functions.*

There are policies for student organizations holding events off University property at which there is alcohol.

- All Registered Student Organizations (RSO's) must participate in the Student Activities Off Campus Event Registration process. RSO's must register off campus events, and subsequently receive risk management advising.
- Law School student organizations must assure compliance with Law School Off-Campus Social Event Guidelines.

1l. *Driving under the influence.* Driving under the influence of alcohol on campus or off-campus is prohibited.

Drugs

As members of the University community, students have an obligation to uphold *The Student Code* as well as obey all federal, state and local laws. The University of Connecticut has established the following policy requirements that define drug and medication use (including being under the influence), possession, sale, distribution or manufacturing of controlled substances and/or drugs, or drug paraphernalia, except as expressly permitted by law and University policy. University requirements regarding drug and medication use by students include but are not limited to the following (employees must abide by a separate policy regarding alcohol and other drugs identified in the General Rules of Conduct):

2a. *Illegal Drugs* - Illegal drugs are not permitted on University property.

2b. *Medications* - Prescription drugs are permitted on University of Connecticut campuses if accompanied by an authentic medical prescription. Use of legal medication outside the parameters of the medical authorization is prohibited.

2c. *Contraband* - Substance use paraphernalia, use, possession, sale, distribution and manufacturing except as permitted by law and the University's AOD Policy is prohibited.

2d. *Driving under the influence* - Driving under the influence of drugs on campus or off-campus is prohibited (exception: the use of medication prescribed by a doctor for whom physician recommendations are followed).

Alcohol and Drugs: Standards for Faculty and Staff

The University of Connecticut operates a highly structured academic and residential program that is designed in part to help students internalize such structures. Consequently, it is vital that all University employees act in a manner that provides a model for personal organization and responsible behavior. This standard extends beyond University campuses to any educational or social activity in which University employees interact with students.

Faculty and Staff should exercise good judgment and discretion when involved in any educational or social activity with of-age students, when alcohol is present. In addition, the University of Connecticut is a drug free work place.

Drug Free Work Place

The State of Connecticut is committed to fighting the problem of substance abuse. Substance abuse jeopardizes a stable family structure, increases crime, impacts worker productivity, and presents a continuing and growing drain of government funds. For our youth, substance abuse is an especially serious threat. Drugs destroy their hopes and dreams and, all too often, their very lives. The workplace is not immune to the influence of substance abuse. Worker safety, health and efficiency are adversely affected. Therefore, in harmony with Connecticut's three-pronged strategy of education, treatment and enforcement to combat substance abuse and in accordance with federal legislation, this Drug-Free Workplace Policy has been adopted.

Effective March 18, 1989, the federal government enacted the "Drug-Free Workplace Act", (41 U.S. Code §§701 et seq.). This act requires that any employer receiving federal funding must certify that it will maintain a drug-free workplace. Among other things, the act requires that a policy be published notifying employees that the unlawful manufacture, distribution, possession, or use of controlled substances is prohibited in the workplace. It also requires that certain actions be taken if this policy is broken.

General Policies

It is the policy of the State of Connecticut that each employee has a right to come to work and perform his or her job in an environment that is free from the illegal use of drugs. It is also in the interest of the State and the public that employees be able to perform their duties safely and efficiently. The State is firmly committed to promoting high standards of health, safety, and efficient service. Thus, our goal is to maintain a work environment free from the effects of drug abuse. It is the policy of the State of Connecticut that employees shall not unlawfully manufacture, distribute, dispense, possess or use a controlled substance while on the job or in the workplace, or be under the influence of a controlled substance, not prescribed for him/her by a physician, while on the job or in the workplace. Any employee violating this policy will be subject to discipline, up to and including termination. It is the policy of the State of Connecticut that employees with substance abuse problems are encouraged to participate in a counseling or rehabilitation program prior to being in a disciplinary situation. Employees should be advised of the Employees Assistance Program provided by the agency and any available drug counseling or rehabilitation programs.

Employee Requirements

Employees shall not unlawfully use, possess, distribute, dispense or manufacture controlled substances or be under the influence of a controlled substance while on the job or in the workplace. Any employee violating this policy will be subject to discipline, up to and including termination. "Controlled substances" are specifically defined in federal law and consist of two classes of drugs: (1) those commonly thought of as "illegal" drugs; and (2) certain medications if not being taken under a physician's prescription or according to a physician's orders, which the federal government has determined have a potential for abuse, or are potentially physically or psychologically addictive.

Employees must give notification in writing to their agency's human resources director (or other official serving in that role for the agency) within five (5) calendar days of any conviction for violation of a criminal drug statute if the violation occurred in the workplace. A conviction means a finding of guilt (including a plea of nolo contendere) and/or the imposition of a sentence by a judge or jury in any federal or state court. This reporting requirement is in addition to any agency work rules that require notice of arrests and/or convictions. An employee who is so convicted or who fails to report such a conviction is subject to discipline, up to and including termination.

"Workplace" includes any locations owned, operated or controlled by the State, whether the employee is on or off duty, and any other locations while on duty where State business is conducted, including traveling on State time to or from such work locations. The agency must notify the appropriate federal agency in writing, as well as the Office of Labor Relations, within ten (10) calendar days of receiving notice that one of its employees funded under a federal grant or contract has been convicted for a violation of a state or federal drug statute occurring in the workplace.

Employees who have substance abuse problems are encouraged to participate in a rehabilitation program and should be notified of the Employee Assistance Program and available drug counseling or rehabilitation programs. The federal act requires that an employer take action within 30 calendar days of receiving notice of a workplace drug conviction to impose discipline upon and/or to require satisfactory participation in a substance abuse rehabilitation program by the convicted employee.

Since it is a federal certification requirement that employees be notified of this policy, each employee will receive a copy of it. The policy will also be available at Agency Human Resources Offices.

Legal Sanctions

Federal Penalties and Sanctions for Illegal Trafficking of a Controlled Substance

The Controlled Substances Act (1970) places all substances regulated under federal law into one of five schedules based on the substance's medical use, potential for abuse, and safety or dependence liability.

Federal Trafficking Penalties

| Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana) | | | | |
|--|---|--|---|---|
| Schedule | Substance/Quantity | Penalty | Substance/Quantity | Penalty |
| II | Cocaine 500-4999 grams mixture | First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. | Cocaine 5 kilograms or more mixture | First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. |
| II | Cocaine Base 28-279 grams mixture | | Cocaine Base 280 grams or more mixture | |
| IV | Fentanyl 40-399 grams mixture | Fine of not more than \$5 million if an individual, \$25 million if not an individual. | Fentanyl 400 grams or more mixture | Fine of not more than \$10 million if an individual, \$50 million if not an individual. |
| I | Fentanyl Analogue 10-99 grams mixture | | Fentanyl Analogue 100 grams or more mixture | |
| I | Heroin 100-999 grams mixture | Second Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual. | Heroin 1 kilogram or more mixture | Second Offense: Not less than 20 yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. |
| I | LSD 1-9 grams mixture | | LSD 10 grams or more mixture | |
| II | Methamphetamine 5-49 grams pure or 50-499 grams mixture | | Methamphetamine 50 grams or more pure or 500 grams or more mixture | 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. |
| II | PCP 10-99 grams pure or 100-999 grams mixture | | PCP 100 grams or more pure or 1 kilogram or more mixture | |
| Substance/Quantity | | Penalty | | |
| Any Amount Of Other Schedule I & II Substances | | First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual. | | |
| Any Drug Product Containing Gamma Hydroxybutyric Acid | | Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual. | | |
| Flunitrazepam (Schedule IV) 1 Gram | | | | |
| Any Amount Of Other Schedule III Drugs | | First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. Second Offense: Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual. | | |
| Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam) | | First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual. | | |
| Any Amount Of All Schedule V Drugs | | First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual. | | |

Federal Trafficking Penalties - Marijuana

| Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances | |
|---|---|
| Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants | <p>First Offense: Not less than 10 yrs. or more than life. if death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.</p> <p>Second Offense: Not less than 20 yrs. or more than life. if death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.</p> |
| Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants | <p>First Offense: Not less than 5 yrs. or more than 40 yrs. if death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.</p> <p>Second Offense: Not less than 10 yrs. or more than life. if death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.</p> |
| Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants | <p>First Offense: Not more than 20 yrs. if death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.</p> |
| Hashish More than 10 kilograms | <p>Second Offense: Not more than 30 yrs. if death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.</p> |
| Hashish Oil More than 1 kilogram | |
| Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) | <p>First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual.</p> <p>Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.</p> |
| 1 to 49 marijuana plants | |
| Hashish 10 kilograms or less | |
| Hashish Oil 1 kilogram or less | |

Federal Penalties and Sanctions for Illegal Possession of a Controlled Substance

Sentencing Provisions (21 U.S.C. 844(a))

- 1st conviction: Up to 1 year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.
- After 1 prior drug conviction: At least 15 days in prison, not to exceed 2 years and fined at least \$2,500 but not more than \$250,000, or both
- After 2 or more prior drug convictions: At least 90 days in prison, not to exceed 3 years and fined at least \$5,000 but not more than \$250,000, or both.
- Special sentencing provision for possession of crack cocaine: Mandatory at least 5 years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:
 - 1st conviction and the amount of crack possessed exceed 5 grams.
 - 2nd crack conviction and the amount of crack possessed exceeds 3 grams
 - 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.

Forfeitures

- Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1 year imprisonment. (See special sentencing provisions re: crack) 21 U.S.C. 853(a)(2) and 881(a)(7)
- Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance. 21 U.S.C. 881(a)(4)

Denial of Federal Benefits

- 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. 21 U.S.C. 853a

Miscellaneous

- Ineligible to receive or purchase a firearm. Revocation of certain Federal licenses and benefits, e.g., pilot licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies. Note: These are only Federal penalties and sanctions.

Summary of Relevant Provisions of Connecticut Law

Connecticut law controls the possession and sale of alcoholic beverages and illicit drugs within the State of Connecticut. Violations of these laws may result in criminal sanctions. Involvement with the criminal justice system is a serious matter even if maximum fines or prison sentences do not result. A criminal record can adversely affect job opportunities, admission to graduate or professional schools, and eligibility for training and financial aid opportunities. Some of the specific laws and criminal sanctions are described below:

Alcohol

It is a crime for a person under 21 years old (minor) to procure, possess, or transport alcohol. Penalties for procuring, possessing, or transporting alcohol are an infraction for a first offense and up to \$500 for a second offense. It is a crime to sell or furnish alcohol to a minor. Penalties for selling or furnishing alcohol to a minor include a fine up to \$1,000 and/or imprisonment up to one year. It is a crime to misrepresent one's age, possess a false identification card, use someone else's identification card, forge or alter an identification card, or loan an identification card to another for the purpose of obtaining alcohol. For more information please see Connecticut General Statute §30.

Marijuana

It is a crime to knowingly cultivate, deliver, or sell marijuana. Penalty for a first violation of possession includes a fine up to \$150 and for a second violation be fined up to \$500. Also, those under the age of 21 will incur a 60-day license suspension. Penalties for a first offense for delivering or selling marijuana include a fine up to \$25,000 and/or imprisonment up to seven years. Subsequent violations include fines up to \$100,000 and imprisoned up to 15 years. For more information please see Connecticut General Statute §21a-279.

Medical Marijuana

Medical marijuana is not permitted on University property. This includes, but is not limited to campus grounds, residence halls, Regional campuses (Avery Point, West Hartford, etc.) and remote University locations such as the Spring Valley Farm. Marijuana is a schedule I drug and is therefore prohibited at any university or college, including for medicinal purposes. For more information on medical marijuana in Connecticut please see Connecticut Bill No. 5389.

Cocaine

It is a crime to knowingly possess, deliver, or sell cocaine. Penalties for possession include a fine up to \$50,000 and/or imprisonment up to seven years for a first offense. Penalties for delivering or selling up to a one-half ounce of cocaine include imprisonment up to 20 years. Penalties for selling cocaine include life imprisonment. For more information please see Connecticut General Statute §21a-279.

Heroin

It is a crime to knowingly possess, deliver, or sell heroin. Penalties for possession include a fine up to \$50,000 and/or imprisonment up to seven years for a first offense. Penalties for delivering or selling up to one ounce of heroin include imprisonment up to 20 years. Penalties for delivering or selling heroin over one ounce include life imprisonment. It is a crime to knowingly possess, deliver, or sell depressants, stimulants, and narcotic drugs other than heroin or cocaine. Penalties are very similar to those for heroin or cocaine. For more information please see Connecticut General Statute §21a-279.

Health Risks

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol is correlated to an increase in the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described. Repeated use of alcohol can lead to tolerance and dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage to vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Other Drugs

There is significant health risks associated with the use of illegal substances. Illicit drugs used in excess over time can produce illness, disability, and death. The health consequences of substance abuse may be immediate and unpredictable, such as cardiac arrest with cocaine use. In addition to health related problems, other concerns relating to substance abuse include the following:

- Regular users of alcohol and other drugs often have erratic life styles which interfere with sleep, nutrition, and exercise.
- Substance use and abuse may lead to financial difficulties, domestic violence, deterioration of the family structure, motor vehicle accident injuries, and reduced job performance.
- Repeated use of a drug can lead to dependence.

Health Risks Associated with the Use of Illicit Drugs

Narcotics

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|-----------------------------|----------------------------|---------------------------------|--------------------------------------|----------------------------|----------------------------|
| Heroin | High | High | Euphoria | Slow and shallow breathing | Yawning |
| Morphine | High | High | Drowsiness Respiratory depression | Clammy Skin | Loss of Appetite |
| Codeine | Moderate | Moderate | Constricted Pupils | Convulsions | Irritability |
| Hydrocodone | High | High | Nausea | Coma Possible | Tremors |
| Hydromorphone | High | High | | death | Panic |
| Oxycodone | High | High | | | Cramps |
| Methadone and LAAM | High | High | | | Nausea |
| Fentanyl and Analogs | High | High | | | Runny nose |
| Other Narcotics | High-Low | High-Low | | | Chills and sweating |
| | | | | | Watery eyes |

Depressants

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|--------------------------|----------------------------|---------------------------------|--|----------------------------|----------------------------|
| Chloral Hydrate | Moderate | Moderate | Slurred speech | Shallow respiration | Anxiety |
| Barbiturates | High-Moderate | High-Moderate | Disorientation | Clammy skin | Insomnia |
| Benzodiazepines | Low | Low | Drunken behavior without the odor of alcohol | Dilated pupils | Tremors |
| Glutethimide | High | High | | Weak and rapid pulse | Delirium |
| Other Depressants | Moderate | Moderate | | Coma Possible death | Convulsions |
| | | | | | Possible death |

Stimulants

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|------------------------------------|----------------------------|---------------------------------|---|----------------------------|----------------------------|
| Cocaine | Possible | High | Increase alertness | Agitation | Apathy |
| Amphetamine/Methamphetamine | Possible | High | Euphoria | Increased body temperature | Long periods of sleep |
| Methylphenidate | Possible | High | Increased pulse rate and blood pressure | Hallucinations | Irritability |
| Other stimulants | Possible | High | Excitation | Convulsions | Depression |
| | | | Insomnia | Possible death | Disorientation |
| | | | Loss of appetite | | |

Cannabis

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|--------------------------------|----------------------------|---------------------------------|-------------------------|----------------------------|--------------------------------|
| Marijuana | Unknown | Moderate | Relaxed inhibitions | Fatigue | Occasional reports of insomnia |
| Tetrahydrocannabinol | Unknown | Moderate | Euphoria | Paranoia | Hyperactivity |
| Hashish and Hashish Oil | Unknown | Moderate | Disorientation | Possible Psychosis | Decreased appetite |
| | | | Increased appetite | | |

Hallucinogens

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|----------------------------------|----------------------------|---------------------------------|---|-------------------------------------|----------------------------|
| LSD | None | Unknown | Illusions and hallucinations | Longer illusions and hallucinations | Unknown |
| Mescaline and Peyote | None | Unknown | Altered perception of time and distance | More intense "trip" episodes | |
| Amphetamine Variants | Unknown | Unknown | | Psychosis | |
| Phencyclidine and Analogs | Unknown | High | | Possible death | |
| Other Hallucinogens | None | Unknown | | | |

Anabolic Steroids

| Drug | Physical Dependence | Psychological Dependence | Possible Effects | Effects of Overdose | Withdrawal Syndrome |
|---|----------------------------|---------------------------------|--|----------------------------|----------------------------|
| Testosterone (Cypionate, Enanthate) | Unknown | Unknown | Viralization | Unknown | Possible depression |
| Nandrolone (Decanoate, Phenpropionate) | Unknown | Unknown | Acne | | |
| Oxymetholone | Unknown | Unknown | Testicular atrophy Gynecomastia Aggressive Behavior Edema | | |

Support Systems and Resources

For Students

Students with alcohol or drug-related problems are encouraged to seek the help of Wellness and Prevention Services and/or Counseling and Mental Health Services. Wellness and counseling staff are experienced in working with issues of substance use and abuse and can provide direct assistance, as well as provide information about off-campus assessments, treatment facilities, and area support groups.

While the University will hold students accountable for violations of the AOD Policies noted below, it is also committed to supporting any student who makes the responsible decision to address his or her substance use. Students should feel confident in knowing that Hall Directors, Advisors, Faculty and Staff will support any student who is struggling to address his or her substance use. This support may include referrals to CMHS, Wellness and Prevention Services, educational programming or intervention plans off campus to assist a student in meeting his or her goals.

The University offers the following alcohol and other drug programs and services for students:

- Brief Alcohol Screening in College Students (BASICS) and Marijuana Abuse Prevention Program (MAPP), one-on-one brief intervention programs
- Online alcohol and marijuana assessments
- Individual and group counseling
- Educational presentations for groups and classes
- Undergraduate peer educators: UConn Peer Drug and Alcohol Wellness Group (UP DAWG)
- When student interest is shown, support is given for student run national programs such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Adult Children Of Alcoholics (ACOA), and Al-Anon.

For Employees

The University recognizes that employees may have difficulties with drug abuse which are not immediately obvious in their job performance, but which they wish to find help in controlling. A confidential counseling and referral service for University Employees.

To speak with an EAP counselor on the Storrs Campus regarding services please contact:

Gary Alger, LADC, CEAP
Arjona – Room 136
Hours: Monday-Friday, 8:00 a.m. – 5:00 p.m.
Phone: (860) 486-1307

Other Locations – Statewide – 24 Hours
Phone: (860) 679-2877
Toll-free in CT: (800) 852-4392

We encourage you to call between 8:00 a.m. and 5:00 p.m., Monday through Friday. If office hours are inconvenient, leave a voice message or send an email at any time about when and how to reach you. You will be contacted as soon as possible.

UCHC EAP Website: http://doem.uchc.edu/clinical_services/eap/index.html

Online Resources

University of Connecticut Office of Community Standards:

<http://www.community.uconn.edu>

University of Connecticut Office of Alcohol and Other Drugs:

<http://www.aod.uconn.edu>

University of Connecticut Counseling and Mental Health Services:

<http://www.cmhs.uconn.edu>

Connecticut General Statutes:

<http://www.cga.ct.gov/current/pub/titles.htm>

United States Code:

<http://uscode.house.gov/>

National Institute on Alcohol Abuse and Alcoholism:

<http://www.niaaa.nih.gov/>

Center for Disease Control:

<http://www.cdc.gov/>