

Alcohol and Other Drugs



Alcohol

Alcoholism is a disorder that has profound psychological, biological and societal effects. Directly, it affects over 18 million people; indirectly, it affects another 56 million.* Alcohol abuse is usually characterized by one of three different patterns: (1) regular daily intoxication, (2) drinking large amounts of alcohol at specific times or (3) periods of sobriety interspersed by periods of heavy daily drinking. The course of the disorder is usually progressive and physical dependence can develop; if this happens, serious symptoms, sometimes life-threatening, can develop when alcohol is withdrawn. Short-term effects of alcohol use can include depression, gastritis, liver diseases and automobile accidents and domestic violence. Chronic alcohol abuse can produce irreversible changes, including dementia, sexual impotence, cirrhosis of the liver and heart disease. Death can occur either as a complication of one of these chronic problems, or acutely, secondary to alcohol intoxication by poisoning or aspiration of vomitus or as the result of an automobile accident while driving intoxicated.

Alcohol and You — Choices and Guidelines*

Many students already have used alcohol by the time they arrive on campus. Some students have only limited experience with the effects of alcohol. Many already have had problems related to alcohol use. A third group of students have not used alcohol at all. For each of these groups of students, it is important to establish and follow personal guidelines for choices about alcohol use and nonuse.

Choices

As you think about your choices, it is helpful to remember that there are benefits to using alcohol safely and wisely and benefits from abstaining from alcohol use. For many people, alcohol is a complement to social events, good food and conversation with friends or family. For others, alcohol may be part of family tradition or ritual. Some people simply like the taste of wine with a meal or a cold beer on a hot summer afternoon.

Abstaining from alcohol also has benefits. Alcohol-free lifestyles allow people of all ages to be free to grow in their ability to manage stress and develop life skills without the interference of alcohol. People who abstain have no risk of developing alcoholism. For those with a family history of alcoholism, a choice to remain abstinent will help break the

cycle of addiction. Lastly, abstinence from alcohol is a lifesaving choice for people recovering from chemical dependency. Choosing to use or not to use alcohol is a personal choice for which each student is responsible. At any age, we are responsible for the consequences of our decisions.

For example, nationwide a high percentage of date or acquaintance rapes on campus are alcohol-related. Alcohol use affects judgment and can result in vandalism and aggressive or even violent behavior. Sexually transmitted diseases and unplanned pregnancies occur more often when judgment is impaired by alcohol. Driving after drinking can result in legal hassles and crashes causing serious injury or death. For students, excessive alcohol use is a major factor in academic problems. Many times people who have been drinking too much say and do things that can hurt people they care about or love. College is a time for building relationships, and alcohol can make that difficult.

Guidelines

Safe and wise choices about using or abstaining from alcohol will enhance health and reduce the risk of experiencing the wide range of alcohol-related problems that some college students have experienced.

Here are a few guidelines to help you think about your choices:

1. The use of alcohol is a personal choice.

No one should feel pressured to drink or be made to feel uneasy or embarrassed because of a personal choice. However, peer pressure and internal pressure to fit in and successfully integrate into the college scene can exist. Many people will choose to use alcohol safely, moderately and appropriately. Others will simply have no desire to experience the effects of alcohol. A small percentage of students may use alcohol unsafely or appear to use it excessively. Everyone has the right to decide how he/she wants to use, or not use, alcohol. If a student feels he/she is struggling with this decision or the pressure of self/others, he/she can always speak to his/her resident assistant or a counselor at Student Counseling and Psychological Services (S-CAPS).

2. Alcohol use is not essential for enjoying social events.

The real value of parties and other social activities is meeting new people, being with friends and taking time out from the pressures of school and work. Drinking alcohol should not be seen as a necessary component for having fun and being with friends. If alcohol is used, it can be an enjoyable complement to other activities, not the only reason for socializing. Actually, focusing on alcohol use as the main reason for a party can result in intoxicated people who get sick, cannot carry on a conversation and generally aren't much fun to be with after a while.

* Adapted, with permission, from Svendsen, Griffin, Tom and Roger. *Alcohol: Choices and Guidelines for College Students*. St. Paul, Minn.: Health Promotion Resources, 1991.

3. Know when to abstain from alcohol.

- When under the legal drinking age
- When pregnant or breastfeeding
- When operating equipment: cars, motorcycles, boats, firearms, machinery, etc.
- When studying or working
- When performing in fine arts or competing in athletics
- When taking certain medications

Each of these situations presents specific risks and are times when alcohol use should be avoided. As caring friends, we can help each other choose not to use during these times.

4. Drinking that leads to impairment or intoxication is unhealthy and risky.

Getting drunk is not a condition to be admired, laughed at or taken lightly. Rude, destructive or just plain foolish behavior triggered by alcohol use is socially unacceptable. It also may indicate an alcohol-use problem. Drinking games often result in drunkenness and can present serious risks for those involved. Alcohol poisoning is a potentially fatal condition that is the result of drinking too much, too fast. Warning signs of alcohol poisoning are vomiting, slow or irregular breathing (less than 8–12 breaths per minute or more than 10 seconds between breaths); cold, clammy skin, bluish-skin color or paleness; mental confusion, stupor, coma or unable to rouse a person; no response to pinching the skin; and/or seizures. A person seeing or knowing anyone with these signs must get help immediately.

5. Know personal limits of moderation.

Everyone who chooses to drink alcohol should know his or her personal limit of moderation. It is important that each person set the limit before having any alcohol. It is also important to know a few facts about alcohol and its effects before establishing personal limits.

- Drinking on an empty stomach can have a greater effect on judgment and behavior than expected.
- Alcohol's effects can be greater than expected when a person is feeling tired, stressed out, angry, lonely or other strong emotions.
- Because of differences in body composition and chemistry, females are affected more than males of equal weight after drinking the same amount of alcohol.
- The effects of alcohol vary with body weight and the strength and number of drinks.

6. There are ways to minimize health and safety risks when serving alcohol. Examples include:

- Emphasize other activities besides drinking.
- Offer a variety of attractive nonalcoholic drinks that are easily available.
- Provide a variety of foods.
- Be sure to have designated drivers who abstain from alcohol.
- Inform guests whether beverages such as punch contain alcohol.
- Stay alert and assume responsibility for helping a guest who may have had too much to drink.

- Create an environment that allows guests to feel comfortable making a personal choice about alcohol use or nonuse.
- Avoid drinking games that can quickly lead to intoxication.

7. Avoid situations where someone else's alcohol or other drug use may put you at risk.

- Make an alcohol-intake plan for the day/evening ahead of time and stick to it. Think about the goal ahead of time and how to achieve it.
- Make a plan for getting to and from an event.
- Eat before drinking, and eat while drinking.
- Space and pace the drinks.
- Drink water between drinks.
- Avoid drinking games.

What to Do on Campus

- If you have questions about developing your own personal guidelines;
- If you are concerned about someone else's use/abuse of alcohol; or
- If your life already has been affected by alcohol-related problems:

Campus resources to assist you with questions about psychoactive substance use and abuse include at the **Metropolitan Campus**, Student Counseling and Psychological Services (S-CAPS) (201) 692-2174 and Student Health Services (201) 692-2437, and at the **Florham Campus**, Counseling Services (973) 443-8504 and Student Health Services (973) 443-8535. You can drop in or schedule an appointment. (An appointment is recommended as you can talk privately without interruption.) All conversations are strictly confidential and focus on offering information, sharing feelings and making you feel comfortable in exploring your choices and personal guidelines.

Counseling and treatment for alcohol and drug abuse is available through Student Counseling and Psychological Services (S-CAPS) and Student Health Services and off-campus sources.

Alcohol Violations

II.2C:33-15 Possession or Consumption of Alcoholic Beverage by Person Under Legal Age

- Knowingly possesses without legal authority or knowingly consumes an alcoholic beverage in any school, public or private conveyance, public place, public assembly or motor vehicle.

— Disorderly Persons Offense (not less than \$500.00 fine)*

— In addition to the sentence authorized from the offense, the court shall suspend or postpone for six months the driving privileges of the defendant.*

II.2C:33-16 Possession of Alcoholic Beverage on School Property

- Any person of legal age to purchase alcoholic beverages, who knowingly and without express written permission of the school board, its delegated authority or any school principal, brings

*In addition to the general penalty prescribed for Disorderly Persons Offense, the court may require the defendant to participate in an alcohol education or treatment program.

any alcoholic beverage on any property used for school purposes, which is owned by any school or school board.

— Disorderly Persons Offense

III.2C:33-17 Offering Alcoholic Beverages to Underage Person

- Purposely or knowingly offers or serves or makes available an alcoholic beverage to a person under the legal age for consuming alcoholic beverages or entices that person to drink an alcoholic beverage.

— Disorderly Persons Offense

General Requirements of the Drug-free Schools and Communities Act: Amendments of 1989

The Drug-free Schools and Communities Act: Amendments of 1989 require an institution of higher education, as a condition of receiving funds or any other form of financial assistance under any federal program, to certify that it has adopted and implemented a program to prevent the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees.

As part of its drug prevention program for students and employees, Fairleigh Dickinson University annually distributes in writing to each student and employee the following information:

- Standards of conduct that clearly prohibit the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property as part of any of its activities;
- Description of applicable local, state and federal legal sanctions pertaining to the unlawful possession, use or distribution of illicit drugs and alcohol;
- Description of health risks associated with the use of illicit drugs and the abuse of alcohol;
- Description of available drug and alcohol counseling, treatment, rehabilitation and re-entry programs; and
- Clear statement of the disciplinary sanctions that the University will impose on students and employees who violate the standards of conduct.

The University will conduct a biennial review of its drug prevention program to determine its effectiveness, implement needed changes and ensure that disciplinary sanctions are consistently enforced.

Standards of Conduct

The unlawful possession, use or distribution of illicit drugs and alcohol by students or employees on University property or as part of any other University-regulated activities is prohibited.

Disciplinary Sanctions

The University will impose disciplinary sanctions on students and employees (faculty, classified and nonclassified staff) who violate the above standards of conduct.

Students should be cognizant of the fact that for violation of these standards they will be subject to University disciplinary

sanctions up to and including suspension or expulsion from the residence halls and/or the University and referral for criminal prosecution.

Employees should be cognizant of the fact that for violation of these standards they will be subject to disciplinary sanctions up to and including immediate dismissal and referral for criminal prosecution

You should consult your *Student Handbook*, employee handbook and faculty handbook for review of specific sanctions, as may be applicable.

State and Federal Legal Sanctions Concerning Drugs and Alcohol

Federal law penalizes the manufacture, distribution, possession with intent to manufacture or distribute and simple possession of drugs (“controlled substances”) [Controlled Substances Act 21 U.S.C. Sections 841, 843 [b], 844, 845, 846 (1988)]. The following is a list of the punishments prescribed for each crime/offense:

Crime/Offense	Jail Time	Fine (\$)
1st-degree Crime	10–20 years	max. \$100,000.00
2nd-degree Crime	10 years	max. \$100,000.00
3rd-degree Crime	5 years	max. \$7,500.00
4th-degree Crime	up to 18 months	max. \$7,500.00
Disorderly Persons (offense)	up to 6 months	max. \$1,000.00
Petty Disorderly (offense)	up to 30 days	max. \$500.00

Controlled Dangerous Substances

Controlled dangerous substances (CDS) are classified into five different schedules (I–V):

Schedule I

- Opiates (Dimepheptanol, Hydroxypethidine, Normethadone)
- Narcotics (Acetylcodeone, Bensylmorphine, Heroin, Morphine, Nicocodeine)
- Hallucinogenic (LSD, Marijuana, Mescaline, Peyote, Psilocybin)

Schedule II

- Oxycodone (Percodan)
- Fentanyl (Sublimaze)
- Methadone (Dolophine)
- Meperidine (Demerol)

Schedule III

- Amphetamine (Biphetamine)
- Phenmetrazine
- Glutethimide (Doriden)
- Phencyclidine

Schedule IV

- Barbital
- Meprobamate (Equanil, Miltown)
- Chloral hydrate
- Phenobarbital (Donnatal, Bellergal)

Schedule V

- Codeine
- Codeine Phosphate (Robitussin)
- Diphenoxylate (Lomotil)

New Jersey Laws Criminal Statutes

I.2C:35-3 Leader of a Narcotic Trafficking Network

- Conspires with others as an organizer (or) financier, supervisor (or) manager

- To manufacture or distribute:

Methamphetamine, Lysergic Acid Diethylamide, Phencyclidine

Any CDS in Schedule I or II
— *First-degree Crime (Life Term)*

II.2C:35-4 Maintaining or Operating a CDS Production Facility

- Knowingly maintains or operates a premise used to manufacture: Methamphetamine, Lysergic Acid Diethylamide

Any CDS in Schedule I or II
— *First-degree Crime*

III.2C:35-5 Manufacturing, Distributing or Unlawfully Dispensing Controlled Dangerous Substances

- Knowingly or purposely:

Manufactures, distributes or dispenses (or possesses with intent to dispense) a CDS (or analog); or creates, distributes or possesses (or possesses with intent to distribute) any counterfeit CDS.

Possession with intent to distribute.
— *Degree of crime dependent on drug and amount involved*

IV.2C:35-5.1 Distribution, Manufacture or Possession with Intent to Distribute Anabolic Steroids

— *Third-degree Crime*

V.2C:35-6 Employing a Juvenile in a Drug Distribution Scheme

- Any person 18 years of age who knowingly uses, solicits, directs, hires or employs
— *Second-degree Crime*

VI.2C:35-7 Distribution or Possession with Intent to Distribute a CDS Within 1,000 Feet of School Property or School Bus

- Violates 2C:35-5 within 1,000 feet of school property or school bus
— *Third-degree Crime — three-year minimum*
— *Marijuana less than one ounce — one-year — minimum*

VII.2C:35-8 Distribution to Person Under 18 or Pregnant Female

— *Twice the term of imprisonment*
— *Twice the fines*
— *Twice the term of parole ineligibility*

VIII.2C:35-9 Strict Liability for Drug-induced Deaths

- Any person who manufactures, distributes or dispenses Methamphetamine, Lysergic Acid Diethylamide, Phencyclidine or any other Schedule I or II or controlled analog thereof
- Is strictly liable for a death that results from injection, inhalation or ingestion of that substance
— *First-degree Crime*

IX.2C:35-10 Possession, Use or Being Under the Influence
— *Violation of this section by a person while on any property used for school purposes, or within 1,000 feet of any school property, school bus or on any school bus, who is not sentenced to a term of imprisonment, shall be required to serve not less than 100 hours of community service.*

— *Degree of crime dependent on drug and amount involved.*

X.2C:35-11 Imitation CDS

- Distribution, possession, manufacturing, etc.
— *Third-degree Crime*

Drug Paraphernalia

XI.2C:36-1 Drug Paraphernalia Defined:

- All equipment, material and products of any kind, used or intended for use in planting, growing or harvesting, manufacturing, compounding, testing, preparing or introducing a CDS into the human body.

- Drug paraphernalia includes kits, scales, balances, dilutants, adulterants, sifters, blenders, grinders, spoons, capsules, balloons, envelopes, water paper, roach clips, ceramic pipes and chillers.

XII.2C:36-2 Use or Possession of Drug Paraphernalia with Intent to Use

— *Disorderly Persons Offense*

XIII.2C:36-3 Distribute, Dispense or Possession of Drug Paraphernalia with Intent to Distribute or Manufacture

— *Fourth-degree Crime*

XIV.2C:36-4 Advertising to Promote Sale of Drug Paraphernalia

— *Fourth-degree Crime*

XV.2C:36-5 Delivering Drug Paraphernalia to Person Under 18 Years of Age

— *Third-degree Crime*

XVI.2C:36-6 Possession or Distribution of Hypodermic Syringe

— *Disorderly Persons Offense*

Anabolic Steroids

It is unlawful for any person, knowingly or purposely, to obtain or possess, actually or constructively, an anabolic steroid, unless the substance was obtained directly or pursuant to a valid prescription or order form from a practitioner, while acting in the course of his or her professional practice. Any person who violates this section is guilty of a crime of the fourth degree.

Counseling and Treatment for Alcohol and Drug Abuse

Counseling and referral services are available on our campus: Office of Counseling Services, (973) 443-8504; Student Health Services, (973) 443-8535.

Federal Drug Trafficking Penalties

(See table on following page)

Federal Drug Trafficking Penalties*

As of January 1, 1996

CSA**	Drug	Quantity	1st Offense	2nd Offense	Quantity	1st Offense	2nd Offense
I and II	Methamphetamine	10–99 gm pure or 100–999 gm mixture	• Not less than five years, no more than 40 years.	• Not less than 10 years, no more than life.	100 gm or more pure or 1 kg or more mixture	• Not less than 10 years, no more than life.	• Not less than 20 years, no more than life.
	Heroin	100–999 gm mixture	• If death or serious injury, not less than 20 years or more than life.	• If death or serious injury, not less than life.	1 kg or more mixture	• If death or serious injury, not less than 20 years or more than life.	• If death or serious injury, not less than life.
	Cocaine	500–4999 gm mixture	• Fine of not more than \$2 million individual, \$5 million other than individual.	• Fine of not more than \$4 million individual, \$10 million other than individual	5 kg or more mixture	• Fine of not more than \$4 million individual, \$10 million other than individual.	• Fine of not more than \$8 million individual, \$20 million other than individual.
	Cocaine Base	5–49 gm mixture			50 gm or more mixture		
	PCP	10–99 gm mixture or 100–999 gm mixture			100 gm or more pure or 1 kg or more mixture		
	LSD	1–9 gm mixture			10 gm or more mixture		
	Fentanyl	40–399 gm mixture			400 gm or more mixture		
	Fentanyl Analogue	10–99 gm mixture			100 gm or more mixture		
	Drug	Quantity	1st Offense		2nd Offense		
	Others <i>(Law does not include marijuana, hashish or hash oil)</i>	Any	• Not more than 20 years • If death or serious injury, not less than 20 years, not more than life. • Fine \$1 million individual, \$5 million other than individual.		• Not more than 30 years. • If death or serious injury, life. • Fine \$2 million individual, \$10 million other than individual.		
III	All <i>(Includes anabolic steroids as of 02/27/91)</i>	Any	• Not more than 5 years. • Fine not more than \$250,000 individual, \$1 million other than individual.		• Not more than 30 years. • If death or serious injury, life. • Fine \$2 million individual, \$10 million other than individual.		
IV	All	Any	• Not more than 3 years. • Fine not more than \$250,000 individual, \$1 million other than individual.		• Not more than 30 years. • If death or serious injury, life. • Fine \$2 million individual, \$10 million other than individual.		
V	All	Any	• Not more than 1 year. • Fine not more than \$100,000 individual, \$250,000 other than individual.		• Not more than 30 years. • If death or serious injury, life. • Fine \$2 million individual, \$10 million other than individual.		

* Does not include marijuana, hashish and hash oil.

** Controlled Substance Act

Marijuana[†]

As of January 1, 1996

Description	Quantity	1st Offense	2nd Offense
Marijuana	1,000 kg or more mixture or 1,000 or more plants	• Not less than 10 years, no more than life. • If death or serious injury, not less than 20 years, no more than life. • Fine not more than \$4 million individual, \$10 million other than individual.	• Not less than 20 years, not more than life. • If death or serious injury, not more than life. • Fine not more than \$8 million individual, \$20 million other than individual.
Marijuana	100 kg–999 kg mixture or 100–999 plants	• Not less than 5 years, no more than 40 years. • If death or serious injury, no less than 20 years, no more than life. • Fine not more than \$2 million individual, \$5 million other than individual.	• Not less than 10 years, not more than life. • If death or serious injury, not more than life. • Fine not more than \$4 million individual, \$10 million other than individual.
Marijuana	50–99 kg mixture or 50–99 plants	• Not more than 20 years. • If death or serious injury, no less than 20 years, no more than life. • Fine \$1 million individual, \$5 million other than individual.	• Not more than 30 years. • If death or serious injury, not more than life. • Fine \$2 million individual, \$10 million other than individual.
Marijuana or Hashish ^{††}	Less than 50 kg mixture or 10 kg or more	• Not more than 5 years. • Fine not more than \$250,000 individual, \$1 million other than individual.	• Not more than 10 years. • Fine \$500,000 individual, \$2 million other than individual.

[†] Marijuana is a Schedule 1 Controlled Substance.

^{††} Includes hashish and hash oil.

*Reference: Substance Abuse (1988) in the Let's Talk Facts series published by the American Psychiatric Association.

Alcohol and Other Drugs at the Vancouver Campus

For information go to <http://view2.fdu.edu/publications/student-handbook>.

Alcohol

In British Columbia, Canada, the legal drinking age is 19, and it's illegal to be served alcoholic beverages if one is younger than 19. It is also illegal to drink and drive or to drink alcohol in public places such as streets or parks.

One can buy alcohol in provincial liquor stores and licensed beer and wine stores. Alcohol is not sold in supermarkets, convenience stores or from vending machines.

In order to purchase alcohol or to attend events where alcohol will be served, students may need to prove that they are 19 years or older. Instead of carrying a passport and an additional piece of identification, students can obtain official British Columbia identification called a BCID card.

Students can get a BCID card at any driver-licensing office. They should bring one piece of primary and one piece of secondary identification with them. They will pay the BCID card fee (about \$35) and get their photo taken. Their new BCID card will be mailed within a few weeks. For a list of driver li-

censing offices, visit the ICBC website (www.icbc.com/driver-licensing/BCID).

Tobacco

In British Columbia, Canada, a person must be 19 years or older to purchase cigarettes. Cigarette smoking is not permitted in any indoor and many outdoor public places in the city of Vancouver. This includes bars, lounges, pubs, bus stops, parks and beaches, etc. For more information visit Vancouver Coastal Health or call City of Vancouver Property Use at 604-873-7398.

Other Drugs

University students in Canada may encounter marijuana (pot or weed), magic mushrooms, ecstasy (E), crystal meth, LSD, cocaine or heroin. These drugs are illegal and possession of them can carry a penalty that may include jail time.

Although some people might say some of these drugs are harmless, they pose a range of physical and psychological health risks, such as impairing one's ability to learn, concentrate, think critically, as well as one's motor coordination. They can also trigger depression and irritability. All drugs are potentially lethal when combined with alcohol or prescription drugs. Individuals have the right to refuse drugs if they are offered to them.