



# Substance Abuse Bulletin

*Salve Regina University, as an institution of higher learning, exists to enhance the mental, physical, and spiritual development of each and every member of its community. Substance abuse is at odds with the basic purposes of any learning environment. The University remains dedicated to the reduction and elimination of substance abuse within the University community.*

*The federal regulations for the implementation of this act, issued in August of 1990, require Salve Regina University to provide the following information to all students, faculty, and staff. Please take time to read the following information carefully.*

**TABLE 1**

## **FEDERAL PENALTIES FOR ILLEGAL POSSESSION OF A CONTROLLED SUB-**

### **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, 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, or both.

Offenders may also forfeit any personal property, such as a car or house, used to possess or facilitate possession of a controlled substance. Offenders will also forfeit any professional and/or commercial licenses, student loans, grants, or financial aid to a college or university,

## **Contents**

Federal Penalties .....	1
Standards of Conduct .....	2
Legal Sanctions .....	2
Health Risks .....	2
RI State Laws .....	3
Controlled Substances – uses and effects .....	4
Disciplinary Sanctions .....	6
Counseling Treatment & Rehabilitation Programs .....	6

## **I. STANDARDS OF CONDUCT**

Salve Regina University expects all members of its community to adhere to and abide by all federal, state, and local laws concerning illegal substances and alcohol.

Specifically, this University prohibits the unlawful manufacture, possession, use, or distribution of alcohol or illicit drugs anywhere on University property or within the framework of University function. Alcohol use or possession on University property is not permitted except at officially sanctioned University functions. This policy applies to all staff, faculty, students, and their guests.

## **II. LEGAL SANCTIONS**

Federal and state law require mandatory prison terms for repetitive users and distributors of illegal substances and that the full minimum prison term must be served.

Persons convicted of drug possession under federal and state law are ineligible for federal student grants and loans for up to one year after the first conviction, and for five years after the second. The penalty for distributing drugs is loss of benefits for five years after the first conviction, ten years after the second, and permanently after the third.

Federal law states that those convicted of drug distribution within 1,000 feet of a college or school to legal minors are subject to twice the normal penalty with a mandatory prison term of one year. A third conviction for such an offense will result in mandatory life imprisonment.

Federal law requires greatly increased jail sentences for the trafficker if death or serious injury result from use of the illegal substance distributed.

The laws of the United States, the State of Rhode Island, and the City of Newport make the illegal use of alcohol and illicit drugs serious crimes punishable by a prison term, heavy fines, or a combination of both.

Please examine *Table 1 – Federal Penalties*, *Table 2 – Rhode Island State Laws* for further information regarding the consequences of the illegal use and/or sale of alcohol or controlled substances. Note that the penalties represented in the tables have become more severe recently and may become more so as time passes.

## **III. HEALTH RISKS**

The social costs of alcohol and other drug abuse are well known. Fatalities, violent crimes, arrests, and ruined relationships can result. Needless to say, these factors can have a ruinous effect on one's health. Alcoholism, drug addiction on a physical or psychological basis, birth defects, irreparable damage to vital organs or the brain itself, and severe emotional disorders can destroy lives and future careers. Consult Table 3 for further information.

### **Alcohol: What is it?**

Alcohol is a central nervous system depressant that slows down bodily functions. The body can break down approximately 1/2 ounce of pure alcohol per hour. This means that it will take the body one hour to detoxify a 12 ounce can of beer, or a five ounce glass of wine, or 1 1/2 ounces of 80 proof liquor. There is no quick way to sober up when excessive alcohol has been consumed. Contrary to popular belief the use of coffee, cold showers, amphetamines, or other stimulants will only produce an awake drunk.

### **Alcohol: What effects?**

Alcohol affects all nine body systems. How fast alcohol acts on the brain depends on the rate at which it is absorbed into the blood stream from the stomach. Factors such as the amount of food (which slows the rate), how much and how quickly the alcohol is consumed, and the weight of the individual will influence the absorption rate. Using alcohol affects dream sleep (REM) by reducing the dreaming stages of sleep by 80%. To make up loss of dream sleep, the following night the person will dream more and thus awaken less rested. Alcohol also will cause a chemically created anxiety approximately 72-96 hours after ingestion. This is called a "rebound" effect.

## RHODE ISLAND STATE LAWS – TABLE 2

### DRUG POSSESSION

Simple possession of the minimum amount of any narcotic substance (any opium derivative) is a felony. Simple possession of most controlled substances with the exception of marijuana is a felony. Possession of marijuana is a misdemeanor for the first offense and a felony for the second offense. Therefore, possession of LSD or cocaine is a felony.

### REGULATIONS FOR PEOPLE UNDER 21

**If you are under the age of 21, it is unlawful for you:**

- To enter a liquor store or restaurant for the purpose of buying or being served liquor.
- To drink, purchase, or attempt to purchase liquor or to have another purchase the liquor for you.
- To misrepresent or mistake your age or the age of any other person by: an armed service ID card, a driver's license, a RI ID card.

(If your age is in doubt, bars and liquor stores may make you sign a book to show good faith.)

#### Penalties by State Law

(Chapter 8, Section 3-8-6)

**1st offense** ..... \$100-\$500  
**2nd offense** ..... \$200-\$750  
**3rd offense or subsequent offense** ..... \$750-\$1,000

*In addition, community service hours and loss of license can accompany these violations.*

- To drive on a public highway, except when accompanied by a legal parent or guardian, and have in your vehicle any liquor or intoxicating beverage (opened or unopened) in any form, or in any part of the vehicle.

#### Penalties by State Law

(Chapter 8, Section 3-8-9, 3-8-10)

The penalty for possession of liquor in a vehicle is a license suspension or right to operate a motor vehicle denied for a period of not more than 30 days. The penalty for underage possession is a fine of not more than \$500.

### DRUNK DRIVING PENALTIES

Anyone who operates a motor vehicle while under the influence of liquor or drugs shall be guilty of a misdemeanor if convicted.

#### Penalties by State Law

(Chapter 27, Section 31-27-2)

**1st offense:** min. fine \$100-\$500. 10-60 hours public service or 1 year in jail; driver's license suspended 3-6 mos.;

required attendance at D.W.I. school and/or alcohol/drug treatment. If under age 18, 6 mos. suspension of driver's license.

**2nd offense:** (within 5yrs) \$400-\$1,000 fine. Driver's license suspended 1-2yrs; 10 days – 1 yr. in jail; required drug and alcohol and drug treatment.

Any person convicted of this violation shall pay a highway assessment fine of \$250; \$1 medical fund; \$20 crime fund; and \$23.50 in court costs.

### DRUG TESTING, EMPLOYEES

The current job market is extremely competitive and many employers are routinely using drug testing as a prerequisite for employment.

### PARTY IN YOUR HOME

If you have a party and sell or give alcoholic beverages to anyone under 21 years of age in your home or anywhere else, you may be arrested.

#### Penalties by State Law

(Chapter 8, Section 3-8-5)

**1st offense** ..... \$250  
**2nd offense** ..... \$500  
**3rd or subsequent offense.** ..... \$750

In addition, if you furnish alcohol to anyone under 21, and that person while intoxicated causes injury to the person or property of another, you may be held just as liable for monetary damages as the minor who committed the injury.

### BUYING FOR PERSONS UNDER 21

If you buy beer or any other intoxicating beverage for your child or any other person under 21, or if you buy alcohol from a liquor store for the purpose of serving minors, you may be arrested. This is a felony.

#### Penalties by State Law

(Chapter 8, Section 3-8-11 1-rev. 5-17-83)

**1st offense:** \$1000. (max.) up to 6 months in jail

### DRINKING ON PUBLIC PROPERTY

In many municipalities in RI it is unlawful to have in your possession any open bottle, can, or drinking container of an alcoholic beverage while on a public street, highway, or property, or in a town building or recreation area. The city of Newport does have an ordinance forbidding the possession of an open container of alcohol on any public street by a person of any age.

## CONTROLLED SUBSTANCES – *USES AND EFFECTS* – TABLE 3

NARCOTICS	CLASS	TRADE OR OTHER NAMES	POSSIBLE EFFECTS
Opium	II, III, V	Paragoric, Parepectolin	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea, slow and shallow breathing, clammy skin, convulsions, coma, possible death, watery eyes, runny nose, yawning, loss of appetite, irritability, panic, cramps, chills and sweating
Morphine	II, III	MS-Contin, Roxanol, Roxanol SR	
Codeine	II, III, V	Tylenol w/codeine (Tylenol #3&4)	
Heroin	I	Horse, smack, China White	
Hydromorphone	II	Dilaudid	
Meperidine (pethidine)	II	Demerol, Mepergan	
Methadone	II	Dolophine, Methadone, Methadose	
Other Narcotics	I, II, III, IV, V	Percodan, Percocet, Vicodan	

### DEPRESSANTS

Chloral Hydrate	IV	Noctec	Shallow respiration, disorientation, drunken behavior without odor of alcohol, Seconal, Phenobarbital, Downerschills, Benzodiazepines IV Ativan,
Barbituates	II, III, IV	Amytal, Butisol, Nembutal	
cramps, irritability, dilated pupils,			
Dalmane, Diazepam	weak and rapid pulse, coma, possible death,		
Benzodiazepines	IV	Ativan, Dalmane, Diazepam Librium, Xanax, Serax, Valium Halcion	anxiety, insomnia, tremors, delirium, convulsions, possible death by cardiovascular collapse or cerebral hemorrhage
Methaqualone	I	Quaalode, Sopors	
Glutethimide	III	Doriden	

### STIMULANTS

Cocaine	II	Coke, Flake, Snow, Crack	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite, agitation, increase in body temperature, hallucinations, convulsions, liver damage, stroke, heart attack, possible death, apathy, long periods of sleep, depression, disorientation
Amphetamines	II	Dexedrine, Uppers, Black Beauties	
Phenmetrazine	II	Preludin	
Methylphenidate	II	Ritalin	

### HALLUCINOGENS

LSD	I	Acid, Microdot, Sugar Cubes	Illusions and hallucinations, poor perception of time and distance, longer and more intense “trip” episodes, psychosis, strong suicidal urges, possible death
Mescaline & Peyote	I	Mesc, Buttons, Cactus	
Amphetamine Variants	I	MDA, MDMA, Ecstasy	
Phencyclidine	II	PCP, Angel Dust, Hog	
Other Hallucinogens	I	Bufotenine, Ibogaine, DMT, DET, Psilocybin, Psilocyn, Ketamin, MDMA, GHB	

### CANNABIS

Marijuana	I	Pot, Weed, Dope	Euphoria, relaxed inhibitions, increased appetite, disoriented behavior, fatigue, paranoia, possible psychosis, insomnia, hyperactivity and decreased appetite is occasionally reported
Tetrahydrocannabinol	I, II	THC, Marinol	
Hashish	I	Hash	

## **Alcohol: Statistics**

One out of three American adults report that alcohol abuse has brought trouble into his or her family. About 65 out of every 100 persons in the U.S. will be in alcohol-related auto crashes in their lifetime. In 1996, there were 45,708 automobile fatalities in the U.S. Preliminary estimates show that alcohol was involved in approximately 50% of those crashes. Alcohol-related highway deaths are the number one killer of 15-24 year olds.

**Fetal Alcohol Syndrome** is the third leading cause of birth defects. The incidence is approximately 1 in 750 live births.

## **Alcohol and Breast Cancer**

According to the recent study done by Harvard Medical School and the National Cancer Institute, women who consume alcohol even in moderate amounts may be doubling their risk of developing breast cancer. It was found that a woman who consumes as little as three alcoholic drinks a week may increase her risk by 50 to 100 percent. (One drink is defined as 1 ounce of liquor, 4 ounces of wine or 12 ounces of beer.) Although researchers agree that the studies indicate a connection between alcohol intake and breast cancer, there is a disagreement about what risk, if any, exists for women who consume less than three drinks per week.

## **Alcohol: Effects on the body**

Alcohol is a drug. It can be dangerous. It can be habit-forming. It can harm health. Here's what alcohol can do to the different parts of the body.

### **Brain**

Alcohol may reduce the flow of oxygen to the brain. Fuzzy thinking, staggering, and confused speech can result. With increased amounts, alcohol can cause brain damage, unconsciousness, or death. Alcohol even in small amounts makes it difficult to get a good night's sleep.

### **Heart**

Alcohol can increase the workload of the heart. Heavy use of alcohol over a period of years can damage the main heart muscle. Alcohol can also cause the heart to beat irregularly. An irregular heartbeat can lead to heart failure in some cases. Alcohol can raise blood pressure.

### **Liver**

Alcohol over a period of time can cause the liver to become swollen and tender. This can keep the heart from working properly and induce diseases that can kill. An alcohol-damaged liver can also reduce the production of substances that clot blood and help stop bleeding.

### **Stomach**

Alcohol irritates the lining of the stomach and can cause vomiting. Repeated use can cause sores called ulcers. Alcohol can lead to cancer of the esophagus, the tube that takes food to the stomach.

## **MARIJUANA**

Marijuana is much more potent today than it was ten years ago. The active ingredient in marijuana, THC, is present in levels 10 - 100 times greater than a decade ago. As a result, more and more users develop psychological and physiological addictions, along with suffering from the well-known side effects of marijuana: decreased concentration, memory loss (both short term and long term), sexual dysfunction, and respiratory problems.

## COCAINE SIDE EFFECTS

The severe feelings of depression, irritability, social withdrawal, intense craving for more cocaine, muscle pain, eating disturbances, tremors, electroencephalographic (brain-wave recordings) alterations, and changes in sleep patterns are typical effects associated with cocaine dependence and addiction.

## CLUB DRUGS

Ketamin, MDMA (also known as Ecstasy), and GHB are three substances relatively new to the drug scene. These substances are both illegal to possess or distribute, and harmful to the user. In the past two years, there has been a marked increase in hospitalizations for the misuse of these substances, and the number of deaths attributed to these drugs is increasing dramatically each year. GHB is a club drug that is also used as a date rape drug. Rapists will slip this colorless and odorless substance into victims' drinks at a bar or party, rendering them unconscious for several hours.

## IV. DISCIPLINARY SANCTIONS

**Students** who have been found in violation of student code of conduct in regards to offenses involving alcohol, substances, products, and drugs may receive a variety of sanctions ranging from a written warning and educational/developmental sanctions to probation, suspension or expulsion depending on the severity of the violation and/or student's previous conduct history. Students may also be referred to a drug or alcohol counselor or referred to civil authorities for prosecution.

**Faculty or Staff** who violate Salve Regina University's policy face, in effect, the same sanctions as the students. Verbal or written warnings, suspension or dismissal, or referral for counseling may be deemed appropriate, depending on the nature of the violation. If appropriate, the University will not hesitate to refer the offender to civil authorities for prosecution.

## V. COUNSELING, TREATMENT, AND REHABILITATION PROGRAMS

If you know someone who may have a substance abuse problem, you may refer them to any number of on and off campus resources where support may be received.

### AT SALVE REGINA UNIVERSITY:

Health Services Office	401-341-2904
Counseling Services	401-341-2919
Mercy Center for Spiritual Life	401-341-2326
Employee Assistance Program	1-800-445-1195 ( <a href="http://www.coastlineeap.com">www.coastlineeap.com</a> )

*(Staff and Faculty only - Coastline EAP)*

### OFF-CAMPUS

Alcoholics Anonymous	Newport	401-438-8860
Child and Family Services	Middletown	401-849-2300
CODAC III	Newport	401-846-4150