

Salve Regina University

2020 Alcohol and Other Drug (AOD) – Annual Notification

INTRODUCTION

This report is distributed annually in compliance with The Drug-Free Schools and Campuses Act of 1989. Part 86, the Drug-Free Schools and Campuses Regulations, requires that, as a condition of receiving funds or any other form of financial assistance under any federal program, an Institution of Higher Education (IHE) must 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.

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.

STANDARDS OF CONDUCT

It is the policy of Salve Regina University to strive to maintain a secure work environment that is free from the effects of students and employees under the influence of unlawful drugs or abuse of alcoholic beverages.

EMPLOYEES

Alcoholic beverages may only be consumed by those persons over the age of 21. Employees are expected to comply with state law regarding the consumption and possession of alcoholic beverages and to exercise good judgment when using alcoholic beverages. Alcohol use or possession on University property is not permitted except at officially sanctioned University functions. It is illegal to manufacture, distribute, dispense, possess, or use controlled substances on University property.

For more information on employee standards of conduct, please refer to the University's "Employee Alcohol Use" policy at

<https://portal.salve.edu/mysalveinfo/officesservices/humanresources/layouts/15/WopiFrame.aspx?sourcedoc=/mysalveinfo/officesservices/humanresources/Policies/Employee%20Alcohol%20Use.pdf&action=default>

STUDENTS

The University is committed to maintaining high standards of behavior. The student conduct process supports the Mission of the University and provides a framework within which the University behavioral standards are applied and reviewed. No person under 21 years of age is allowed to drink alcoholic beverages in the State of Rhode Island. The use of illegal drugs by persons of any age is a violation of State law. No person may purchase, procure, sell, deliver, serve, or give alcoholic or intoxicating beverages to a person under 21 years of age.

For more information on the student code of conduct, please refer to "Offenses Involving Alcohol, Substances, Products and/or Drugs" on p.16 of the Student Handbook at <http://salve.edu/document/student-handbook>

Housing and Residence Life Policy

In addition to the University-wide policies involving alcohol and other drugs, additional regulations apply to the use of alcohol in University housing. Salve Regina University extends the privilege of possessing alcohol to those students 21 years of age and older in designated areas. Due to COVID-19 and de-densification for the 2020-2021 academic year juniors and seniors have been moved to the Marriott and sophomore residents have been placed in apartments throughout campus making them dry areas.

For a complete list of designated residence halls in which alcohol is permitted for those students 21 years of age and older and other information regarding this policy, please refer to "Residence Life Alcohol Policy" on p.38 of the Student Handbook at <http://salve.edu/document/student-handbook>.

AMNESTY POLICY

Salve Regina University considers the safety and personal well-being of the student body a priority. The University recognizes that there may be alcohol or other drug-related medical or safety emergencies in which the potential for disciplinary action could act as a deterrent to students who want to seek assistance for themselves or others. The Amnesty Policy is designed to enable all students, or their guests, to receive the professional medical treatment they need.

Intoxicated or impaired students who are medically evaluated or hospitalized for alcohol or other drug use:

1. Will be required to have a follow up meeting with a member of the Dean of Students' office or a member of the Residence Life staff.
2. Will be required to complete an alcohol and/or drug educational program.
3. May also be referred to an outside program or counselor for substance abuse evaluation and/or appropriate treatment.

In rare circumstances such as cases where other violations occur, students may be referred for disciplinary adjudication. Examples include, but are not limited to fights, verbal or physical harassment, disorderly conduct, property damage or vandalism; failure to comply with directives.

If an intoxicated or impaired student is found in need of medical attention by University or Residence Life staff (professional staff or paraprofessional staff), the Amnesty Policy will not apply. Formal disciplinary action will be taken in instances when a student has a subsequent or repeat alcohol or drug related incident requiring medical assessment

LEGAL SANCTIONS

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

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.

Federal Laws

For a list of federal drug trafficking penalties, see https://www.dea.gov/sites/default/files/drug_of_abuse.pdf

How Drug Convictions May Affect Federal Student Aid

By law, some students who have drug-related convictions under any federal or state law may be ineligible for federal student aid. According to the law, if you are convicted of a drug-related offense during a period of enrollment for which you are receiving federal student aid, you may face these restrictions:

For possession of illegal drugs, you are ineligible for Federal student aid from the date of conviction (not arrest) for:

- 1 year for a first offense
- 2 years for a second offense
- Indefinitely for a third offense

For selling or conspiring to sell illegal drugs, you are ineligible for Federal student aid from the date of conviction (not arrest) for:

- 2 years for a first offense
- Indefinitely for a second offense

If a student loses federal student aid eligibility due to a drug conviction, the College will provide written notice describing the ways in which the student can regain eligibility. For information about specific legal implications, please consult the U.S. Department of Education Federal Student Aid webpage.

Rhode Island State Laws

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. Therefore, possession of LSD or cocaine is a felony.

Although small amounts of marijuana have been decriminalized, possession of marijuana up to one ounce by an individual 18 years or older is a civil violation, punishable by a \$150 fine, no jail time, and no criminal record. Possession of 1 ounce to 1 kilogram is a misdemeanor that is punishable by a maximum of 1 year imprisonment and a maximum fine of \$500.

For more information on drug related offenses and their penalties under Rhode Island Law, refer to Title 21, chapter 28 of the "Uniform Controlled Substance Act" at <http://webserver.rilin.state.ri.us/Statutes/TITLE21/21-28/INDEX.HTM>

ALCOHOL 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 IDcard.

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

For more information on alcohol related offenses and their penalties under Rhode Island Law, refer to Title 3, chapter 8 "Regulation of Sales" at <http://webserver.rilin.state.ri.us/Statutes/TITLE3/3-8/INDEX.HTM> .

HEALTH RISKS

The social costs of drug and alcohol abuse are well known. Injuries, fatalities, violent crimes, arrests, and ruined relationships result from excessive drinking or drug abuse. These factors can have adverse physical and psychological effects. Alcoholism and drug addiction cause irreparable damage to vital organs, including the brain, and may cause severe emotional disorders that can destroy lives and future careers.

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.

What does it affect?

Alcohol affects all nine body systems. How fast alcohol acts on the brain depends on the rate of 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.

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 abuse 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

Ketamine, MDMA or MOLLY (also known as Ecstasy), and GHB are three substances very popular in 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.

AOD PROGRAMS

**Due to the ever-changing restrictions and developments around COVID-19 guidelines, some efforts surrounding alcohol and other drug education and programming were unable to be carried out as regularly planned. The following reflects administered programs:*

First Year Transition (FYT) Sexual Violence Prevention Content

All first-year students are enrolled in FYT and receive lessons of content surrounding Title IX, Salve Regina's Sexual Misconduct Policy, how to report, resources on campus, alcohol use, and bystander intervention. Title IX is defined, and the Sexual Misconduct Policy is outlined thoroughly. Students are educated on what a CSA and Responsible Employee is and what their responsibilities are. After the two classes, students should feel informed on policies, procedures, and support/resources on campus.

Civility/Alcohol and Sexual Violence Awareness

Every fall Semester, all first-year students go through a one-hour program during WOW (Week of Welcome), formerly Exploriantation, by the speakers from Safe and Civil Campus. This presentation proactively addresses the topics of sexual assault, dating violence, stalking, civility, alcohol, and bystander invention, as well as other Title IX and VAWA compliant sexual assault prevention information.

My Student Body

My Student Body is designed to reduce risky student behavior using strategies that research has shown are most effective—motivational, attitudinal, and skill-training interventions. More than a one-time through prevention course, My Student Body is available for information on drugs, alcohol, sexual violence, and other health and wellness issues that can affect their academic success.

Residence Hall AOD Programming and Trainings

Each of the Resident Advisors (RAs) is required to complete 1 alcohol/ drug related physical or passive program per semester for their resident students, including: bulletin boards, mocktail parties, programs using our "drunk goggles", etc.

Safety and the Community

Each year Safety and Security along with the Newport Police, host "Safety and the Community" for Student Leader Trainings, including presentations with Students who are Residential Advisors, Peer Mentors, and Orientation Leaders.

Safety and Security and Newport Police also host this mandatory program for all first-year students during WOW, covering topics on being safe. Local laws on alcohol and other drugs are discussed at Salve and in the jurisdictions of Newport/ Middletown, and the State of Rhode Island.

Friday Night Live (FNL)

The Office of Student Engagement hosts Friday Night Live Events (FNL) as alternative events to prevent drinking. Friday Night Live is a series that provides events every Friday Night, ranging from speakers, carnivals, movies, casino nights, paint nights, and more. During the 2020 academic year, FNL was offered both in-person before March, and virtually following the impact of COVID-19.

Other alcohol and drug programming from the Office of Student Engagement:

- 9-10 Saturday night movies per semester
- Saturday Scenes - Student Engagement Programs hosted on Saturdays
- Student Leadership Training: to provide education and resources around safe and responsible drinking

AA Meetings

Local in-person chapter meetings are offered on campus (prior to COVID-19's impact in March of 2020). Due to COVID-19 local chapters offer virtual meetings, providing an effective, self-supporting approach to problematic drinking. Students and employees may be referred to these AA meetings, providing a localized support system that influences sobering behavior changes that member's desire.

National Alcohol Screening Day (NASD)

Annually, the Office of Counseling Services offers the NASD College Screening form, consisting of 10 questions on alcohol use from the Alcohol Use Disorders Identification Test (AUDIT) and another 13 questions on demographics. This screening is offered 1x a year for about an hour and receives >100 student completed responses. Students are able to receive personalized feedback from a counselor on their personal results on their relationship with alcohol.

SASSI

Students who struggle with alcohol or drug abuse may seek assistance from University Counseling Services and be referred to a specialist or program based on their clinical needs when appropriate. Counselors in Counseling Services have been trained to administer and score Substance Abuse Subtle Screening Inventory (SASSI) to help identify students that may have high probability of substance disorders.

Substance Abuse Subtle Screening Inventory (SASSI) is a brief, easily administered psychological questionnaire. <https://www.sassi.com>. It is available in both adult and adolescent versions, as well as versions for diverse cultures, including those with disabilities. The SASSI can identify people who may have a Substance Use Disorder with a high degree of accuracy, even when someone is reluctant to self-disclose.

The tool identifies high or low probability of substance use disorders. It also provides a measure of profile validity and clinical insight into level of defensiveness and willingness to acknowledge experienced consequences of substance use disorder. An alcohol assessment always includes a clinician narrative assessment with the student in addition to the assessment tool.

E-CheckUp to go online alcohol prevention intervention program

The eCHECKUP TO GO substance programs are designed to motivate individuals to reduce their consumption using personalized information about their own use and risk factors

BASICS – Brief Alcohol Screening and Intervention for College Students

A brief motivational intervention for high-risk college students that uses alcohol screening and feedback to reduce problem drinking, excessive drinking, and binge drinking by enhancing motivation to change, promoting healthier choices, reviewing myths and facts about alcohol, and teaching coping skills to moderate drinking.

STUDENTS

Resources On Campus

Health Services Office: 401-341-2904 – Lower level of Miley Hall

Counseling Office: 401-341-2919 – Lower level of Miley Hall

Mercy Center for Spiritual Life: 401-341-2326 – Mercy Chapel

Resources Off Campus

Alcohol Abuse and Drug Help Line: 1-800-622-7422

Alcoholics Anonymous: Providence, 401-438-8860

Child and Family Services: 31 John Clarke Rd, Middletown, 401-849-2300

CODAC Behavioral Health Care: 93 Thames St, Newport, 401-846-4150

EMPLOYEES

Resources On Campus

Human Resources Office: 401-341-2137 - Walgreen Hall

Mercy Center for Spiritual Life: 401-341-2326 – Mercy Chapel

Resources Off Campus

Alcohol Abuse and Drug Help Line: 1-800-622-7422

Alcoholics Anonymous: Providence, 401-438-8860

Child and Family Services: 31 John Clarke Rd, Middletown, 401-849-2300

CODAC Behavioral Health Care: 93 Thames St, Newport, 401-846-4150

Employees who are committed to the ideal of a Catholic university should accept responsibility for supporting and aiding one another, and the rest of the community, in times of need. They should recognize that alcoholism or drug addiction is a disease and should encourage colleagues to recognize that getting help is a sign of strength, not weakness. The appropriate way to express concern for one another and to accept responsibility for the well-being of the community will depend upon the severity of the drinking or drug problem and its impact upon others. Possible appropriate responses include:

- Speaking to the colleague about the perceived problem and suggesting that the colleague contact Coastline EAP at 800-445-1195 or coastlineeap.com for assessment and, if appropriate, follow-up care and counseling by other agencies. The University contracts with Coastline EAP for assessment and referral. The services provided by Coastline EAP are confidential and the University is not informed of the names of any who voluntarily seek their services. Coastline EAP is aware of the University's benefit packages and attempts to make referrals that are covered by the person's benefit package.
- Bringing concerns about a colleague with an apparent alcohol or drug problem to the attention of Human Resources or the relevant administrator, either the Academic Dean, or the designated person in the Provost's Office.

DISCIPLINARY SANCTIONS

STUDENTS

Students who violate the university's code of conduct in regard to alcohol or other drugs may be subject to one or more of the following disciplinary actions. Action may range from warning to expulsion, depending on the magnitude and specifics of the infraction. Several disciplinary actions are listed below.

For a complete list of all potential disciplinary actions, please refer to p.22 of the Student Handbook "Disciplinary Actions" at <http://salve.edu/document/student-handbook> .

- Warning – a warning (either verbal or written), is an official notice to the student that their behavior has violated the Student Code of Conduct. A letter of warning serves as notification to the student that further misconduct/violations may result in additional disciplinary action.
- Developmental sanction - an assigned task or tasks intended to involve the student in a positive learning experience appropriate to the violation. Developmental sanctions of this type include, but are not limited to: alcohol education workshop (i.e. BASICS, etc.), reflection paper, educational project, My Student Body Conduct Course, and/or involvement with an established university program or committee.
- Fine – a monetary fee/financial sanction imposed for specific infractions and/or cost associated with participation in a required program.
- Loss of Privileges – denial of specific privileges for a designated period of time.
- Parental/Guardian Notification - notification of parents/guardians when a student has violated the University's alcohol or drug policy, when there is a serious health or safety issue regarding a student, or if a student's residency or student status is in jeopardy.
- Counseling/Health Services Referral – a referral to the Counseling Center or Health Services or another appropriate office for consultation or assessment. The number of counseling sessions in which the student participates is at the discretion of the student's counselor.
- Residence Hall Relocation – required assignment to another residence area.
- Residence Hall Probation – a written reprimand for violation of the Student Code of Conduct. This sanction is for a defined period of time and includes the probability of more severe disciplinary sanctions if the student is found responsible for any additional violations during the probationary period.
- Residence Hall Suspension – separation of the student from their residence hall for a definite period of time, after which the student is eligible to return. Reapplication for housing does not guarantee immediate placement. Conditions for returning to the residence halls may be specified.
- Residence Hall Dismissal – permanent separation of the student from the residence halls.
- Disciplinary Probation – a sanction indicating that a student's behavior has placed themselves on a disciplinary status that is close to suspension. It is imposed for a specific period of time. Any further violations while on University Probation may result in suspension and/or dismissal from the University.
- Deferred Suspension – a warning that a student may be immediately separated from the University if found responsible for any further violations of the Student Code of Conduct during a specific period of time.
- Suspension – separation of the student from the University for a definite period of time, after which the student is eligible to return. Conditions for readmission may be specified. During a period of suspension, the student is not allowed on campus or at university sponsored events.

- University Dismissal – permanent separation of the student from the University. Student is not eligible to reapply.

EMPLOYEES

Employees who violate university policy will receive corrective action through verbal warning, written reprimand, disciplinary time off or dismissal. The form of discipline depends upon the employee's misconduct and disciplinary record. Time-off or dismissal may result from one act of serious misconduct or from repeated but less serious acts. Dismissal need not be preceded by other disciplinary action.

Possession and/or use, conviction for possession and/or use or delivery, of illegal substances or conviction for felonies, may be grounds for dismissal. Alcohol use during the workday, or arrival at work under its influence, may result in immediate termination.

For more information on employee disciplinary sanctions for violation of University policy, please refer p.14 of the Staff Handbook Drugs and Alcohol at <http://salve.edu/document/staff-handbook>

December 2020

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