1996

UA1B3 Western Kentucky University as a Drug-Free Institution

WKU Health & Safety Committee

Follow this and additional works at: https://digitalcommons.wku.edu/dlsc ua_records

Part of the Community Health and Preventive Medicine Commons, Higher Education Administration Commons, Law Commons, Mass Communication Commons, Organizational Communication Commons, and the Public Health Education and Promotion Commons

Recommended Citation


This Other is brought to you for free and open access by TopSCHOLAR®. It has been accepted for inclusion in WKU Archives Records by an authorized administrator of TopSCHOLAR®. For more information, please contact topscholar@wku.edu.
Western Kentucky University promotes a healthy campus environment where the use of alcohol and other drugs does not interfere with learning or performance. As a recipient of federal grants and contracts, Western Kentucky University gives notice to students, faculty and staff that it is, both philosophically and in policy, in compliance with the Drug-Free Workplace Act of 1988 and the Drug-free Schools and Communities Act Amendment of 1989. Students, faculty, and staff are herein notified of the standards of conduct which shall be applicable while on Western Kentucky University property, and/or at University-sponsored activities. Sanctions may be imposed under University regulations and federal and state laws.

Western Kentucky University As A Drug-Free Institution

Alcohol and other drug abuse affects health, academic success, family and peer relationships, personal opportunities, and physical and emotional well-being. Substance abuse by individuals impacts families, friends, peers, and co-workers. While each individual must make his or her own decisions about alcohol and other drug use, as a university, and in keeping with federal guidelines and regulations, Western is responsible to educate members of the campus community for the purpose of preventing alcohol and other drug abuse, and to build a university environment which reinforces healthy lifestyles, supports personal growth and responsibility, and promotes a positive educational climate which is free from substance abuse.
Surveys show that over ninety percent of college students use, and often abuse, alcohol. Alcohol use is directly related to a number of campus problems, including accidents, illnesses and injuries, physical and sexual assault, vandalism, academic failure, and alcohol dependency. Concern is also raised because of the legal drinking age of 21 years and the liability individuals and the University are held liable for injuries and damages incurred or caused by drinking students.

The use of illicit drugs carries similar risks for individuals and the University. Education, learning, and development in college life and activities are often impaired by alcohol and other drug abuse. For these and other reasons, the University has adopted the following new policy in relation to alcoholic beverages and controlled substances.

Health Risks

The following is a summary of known health risks associated with the abuse of alcohol and illicit drugs.

Effects of Alcohol Abuse

Short-term: Alcohol consumption causes a marked changes of behavior. Even low doses significantly impair judgement and coordination. Driving under its influence greatly increases the risk for having an accident; alcohol-related accidents are the leading cause of death among individuals 15-24 years. Low to moderate doses of alcohol decrease inhibition and increase aggressiveness in a much higher incidence of aggressive acts, including physical and sexual assault, vandalism, and spouse and child abuse. Poor decisions and aggressive acts, such as date rape, are almost always associated with alcohol use. Moderate to high doses of alcohol cause marked impairment in higher mental functions, and much higher doses will produce these effects.

Long-term: Repeated use of alcohol can lead to a range of problems, including hangovers, blackouts, relationship problems, school problems, job-related problems, and family problems. Alcohol dependence. Sudden cessation of heavy alcohol intake may produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions, and can be life-threatening. Long-term use of large quantities, particularly when combined with poor nutrition, may result in irreversible physical abnormalities, developmental problems, and mental retardation. Research indicates that children with alcoholic parents may produce symptoms of brain damage in vital organs such as the brain, liver, and digestive tract.

Women who drink alcohol during pregnancy may give birth to babies with birth defects, which may result in irreversible physical abnormalities, developmental problems, and mental retardation. Drinking while pregnant can be harmful to the fetus and can result in death. Women who share needles are at higher risk for HIV/AIDS.

Other Drugs

Women and men who use other drugs have the potential for abuse. Learning about dynamics of dependency can help you to identify or prevent problems. If you have concerns or questions, seek professional advice.

Did you know...

Only time reduces alcohol’s effects because the liver breaks it down at a constant rate of about one drink per hour. Drinking black coffee or taking a cold shower may make a person feel more alert but will not reduce the impairment of judgment, coordination, or abstract thinking ability.

When stimulants, including coffee, cocaine, and amphetamines, are mixed with alcohol, they can mask the alcohol’s depressive effects, but do not lower the blood alcohol level (BAL).

Stands of Conduct

Alcohol

University regulations require students, faculty, and staff to abide by state laws concerning the use and possession of alcoholic beverages (including beer, wine, and wine coolers). Kentucky laws state that for persons under 21 years, it is unlawful to (1) attempt to purchase, purchase, possess, or consume any alcoholic beverages, misrepresent one’s age for the purpose of purchasing alcoholic beverages; or (2) consume any alcoholic beverages. For all persons, regardless of age, the possession of alcoholic beverages is unlawful to sell, to purchase or procure alcoholic beverages for anyone under 21 years of age, or to appear impaired in any public place. The University and campus and buildings are deemed as public places for purposes of these laws, except for a facility used as a private residence.

Kentucky law also prohibits the operation of any motor vehicle while under the influence of any substance, including alcohol, which may impair driving ability. Driving under the influence is legally defined as .10 percent or greater blood alcohol level (BAL).

Local ordinance prohibits anyone under 21 from remaining at a public place which serves alcoholic beverages after 1:00 a.m., unless the establishment primarily serves food. In addition to federal, state, and local laws, the University’s policy prohibits the possession, furnishing, or use of alcohol on University-owned or controlled property, except in appropriate faculty/staff situations.

Other Drugs

By University regulations, federal law, state law and, in some instances, local ordinances, students, faculty, and staff are prohibited from participating in the unlawful possession, use, dispensation, distribution, use or sale of illicit drugs on University-owned property and for at University-sponsored activities.

Tobacco

Due to fire regulations and in recognition of the increased fire and health risks by tobacco use and passive smoke, University regulations prohibit the smoking of tobacco in all classrooms, laboratories, on all floors of University buildings, and in residence hall rooms, except where residents mutually agree otherwise.
Sanctions

University Sanctions. Under University regulations, students who violate the standards of conduct relating to alcohol and other drug use are subject to disciplinary action from a minimum of a warning to a maximum of suspension from the University. Students who reside in University housing are subject to further disciplinary action which may vary from a warning to termination of their housing contracts.

Specifically defined sanctions for conduct violations appear in the Hillelphs handbook for students.

Facially and staff who violate these standards may be subject to disciplinary action from a minimum of a warning to a maximum of termination from employment. Specific procedures are outlined in the faculty and staff handbooks.

In addition to University sanctions, students or employees may face prosecution and imprisonment under state and federal laws which make such acts felony and misdemeanor crimes. Under University regulations, and state and federal drug laws, the gravity of the sanction depends on the classification of the controlled substance, the particular activity (possession or trafficking), which includes manufacture, sale, and possession with intent to sell, and amounts involved, and whether it is a first or multiple offense or conviction.

State of Kentucky Sanctions. Sanctions for violation of state alcohol laws vary from a fine of $100.00 to $2,000.00, and for a violation of twenty-four hours to twelve months in jail, and suspension of one’s operator’s license and/or a requirement for community service or substance abuse treatment. In Kentucky, a blood alcohol level measurement of 0.10 percent alcohol or greater is sufficient for arrest or conviction for driving under the influence; intoxication does not have to be proved. The schedule of Kentucky state penalties for driving under the influence is summarized in adjacent panel.

The Schedule of Drugs classifies federally-regulated drugs on the basis of their potential for abuse, their medical uses, and their potential for creating psychological and physical dependence. Schedule II drugs have the highest potential for abuse and chemical dependency, and no accepted current medical uses. Schedule V drugs have the lowest potential for abuse and dependency.

Under Kentucky law, the most severe drug statutes relate to trafficking in, or conspiring to traffic in, a Schedule I or II drug. A first conviction may result in a fine of up to $5,000.00 and/or sentence of up to ten years in the penitentiary. For subsequent offenses, the penalties are doubled. Penalties for the manufacture, sale, or possession with intent to sell marijuana range from one to three years in a county jail and/or a fine of less than $500.00 for a first offense involving less than eight ounces of marijuana to up to ten years in the penitentiary and/or a fine of up to $10,000.00 for an offense involving five or more pounds. Possession or conduct are subject to up to ninety days in a county jail and/or a $250.00 fine. The use or possession of drug preparations is also subject to up to four years in a county jail and/or a $500.00 fine.

United States Sanctions for Illegal Possession and Trafficking. Specific penalties under federal law for trafficking in various controlled substances are summarized below. Simple possession of a controlled substance may result in imprisonment for up to one year and/or a fine of up to $1,000,000. Subsequent offenses may result in up to three years in jail and/or a fine of up to $5,000,000. Federal trafficking offenses result in a penalty of up to an eight million dollar fine and/or a sentence of from ten years to life in prison. Other drug violations may result in a life sentence or the death penalty.

Under both state and federal laws, any and all property, proceeds, and vehicles which may have been used in the drug trade may be confiscated.

Notice of Drug Related Convictions

Also in compliance with the Federal Drug-Free Workplace Act, any employee shall be required to notify the immediate supervisor if he or she is convicted of a criminal drug offense occurring in the workplace or while on University business within five years of the conviction. The University shall take appropriate action and remedial actions within its policies. This provision also applies to students who are University employees. If the employee is a student or faculty contract or grant, the University shall notify the contracting or granting agency of the conviction and of its actions. This section is also applicable to students who receive a Pell Grant (federal grant).

Penalties of Kentucky Law for Driving Under the Influence (KRS 189)

First Offense

Fine of $200.00 to $500.00 AND/OR Serve 2 to 30 days in the county jail.

AND Revocation of driver’s license for 90 days (may apply for hardship license for last 60 days unless refusal BAC drug testing) AND Mandatory assessment for substance abuse and education/treatment program (up to 90 days).

AND If a person is under age 18, the license will be revoked for 6 months or until age 18, whichever is longer.

AND Possession of $200.00 to $500.00

AND Conviction of drug testing.

AND Revocation of driver’s license for 90 days (may apply for hardship license for last 60 days unless refusal BAC drug testing) AND Mandatory assessment for substance abuse and education/treatment program (up to 90 days).

AND If a person is under age 18, the license will be revoked for 6 months or until age 18, whichever is longer.

AND Possession of $200.00 to $500.00

AND Conviction of drug testing.

AND Revocation of driver’s license for 90 days (may apply for hardship license for last 60 days unless refusal BAC drug testing) AND Mandatory assessment for substance abuse and education/treatment program (up to 90 days).

AND If a person is under age 18, the license will be revoked for 6 months or until age 18, whichever is longer.

AND Possession of $200.00 to $500.00

AND Conviction of drug testing.

AND Revocation of driver’s license for 90 days (may apply for hardship license for last 60 days unless refusal BAC drug testing) AND Mandatory assessment for substance abuse and education/treatment program (up to 90 days).

AND If a person is under age 18, the license will be revoked for 6 months or until age 18, whichever is longer.

AND Possession of $200.00 to $500.00

AND Conviction of drug testing.
### Federal Trafficking Penalties

As of November 18, 1988

<table>
<thead>
<tr>
<th>CSA</th>
<th>1st Offense</th>
<th>2nd Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Methamphetamine</td>
<td>100 g or more in 5 kg or more</td>
</tr>
<tr>
<td></td>
<td>Heroin</td>
<td>1 kg or more in 5 kg or more</td>
</tr>
<tr>
<td></td>
<td>Cocaine</td>
<td>5 g or more in 50 g or more</td>
</tr>
<tr>
<td></td>
<td>Cocaine Base</td>
<td>1 lb or more (in 100 lb or more)</td>
</tr>
<tr>
<td></td>
<td>PCP</td>
<td>500 mg or more in 5 g or more</td>
</tr>
<tr>
<td></td>
<td>LSD</td>
<td>100 mg or more in 1 g or more</td>
</tr>
<tr>
<td></td>
<td>Fentanyl</td>
<td>200 mg or more in 2 g or more</td>
</tr>
<tr>
<td></td>
<td>Fentanyl Analogue</td>
<td>100 mg or more in 200 mg or more</td>
</tr>
</tbody>
</table>

### Federal Trafficking Penalties - Marijuana

As of November 18, 1988

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
<th>1st Offense</th>
<th>2nd Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000 kg or over</td>
<td>Marijuana</td>
<td>Not less than 10</td>
<td>Not less than 10</td>
</tr>
<tr>
<td>1,000 kg or over</td>
<td>Marijuana</td>
<td>Not less than 10</td>
<td>Not less than 10</td>
</tr>
<tr>
<td>100 kg to 1,000 kg</td>
<td>Marijuana</td>
<td>Not less than 20</td>
<td>Not less than 20</td>
</tr>
<tr>
<td>100 kg to 1,000 kg</td>
<td>Marijuana</td>
<td>Not less than 20</td>
<td>Not less than 20</td>
</tr>
<tr>
<td>50 kg to 100 kg</td>
<td>Marijuana</td>
<td>Not less than 30</td>
<td>Not less than 30</td>
</tr>
<tr>
<td>50 kg to 100 kg</td>
<td>Marijuana</td>
<td>Not less than 30</td>
<td>Not less than 30</td>
</tr>
<tr>
<td>1 to 50 kg</td>
<td>Hashish</td>
<td>Not less than 40</td>
<td>Not less than 40</td>
</tr>
<tr>
<td>1 to 50 kg</td>
<td>Hashish</td>
<td>Not less than 40</td>
<td>Not less than 40</td>
</tr>
<tr>
<td>50 to 999 plants</td>
<td>Marijuana</td>
<td>Not less than 50</td>
<td>Not less than 50</td>
</tr>
<tr>
<td>50 to 999 plants</td>
<td>Marijuana</td>
<td>Not less than 50</td>
<td>Not less than 50</td>
</tr>
<tr>
<td>Less than 50 kg</td>
<td>Marijuana</td>
<td>Not less than 60</td>
<td>Not less than 60</td>
</tr>
<tr>
<td>Less than 10 kg</td>
<td>Hashish</td>
<td>Not less than 70</td>
<td>Not less than 70</td>
</tr>
<tr>
<td>Less than 1 kg</td>
<td>Hashish</td>
<td>Not less than 70</td>
<td>Not less than 70</td>
</tr>
</tbody>
</table>

---

**Are You at Risk?**

One out of ten Americans who drink have significant problems related to alcohol. Over ninety percent of college students report drinking, at least on occasion; many will also experience problems related to alcohol use. While full-blown symptoms of alcoholism or other drug dependency may take years to develop, there are several factors that put people at higher risk for problems of abuse, including:

- Family history of alcoholism or drug abuse
- Highly favorable attitudes toward drug use
- Friends who are regular or heavy users
- Extreme shyness/social isolation
- Lack of skills for handling stress, frustration
- Feelings of low self-worth; depression

**Reducing the Risks**

For many people, drinking problems can be lessened or avoided by using good judgment in making decisions about when, where, and how much you will drink. Here are some steps designed to reduce the likelihood that drinking will cause you problems:

1. Use alcohol as an adjunct to social activities rather than as a primary focus.
2. Have something to eat before and while drinking.
3. Set personal limits on how much to drink during a night out or at a party in advance - and stick to them.
4. Resist attempts by others to pressure you into drinking more than you want; don't pressure others to drink.
5. Plan in advance to ride with someone else if you will be drinking; find another ride or drive yourself if the person you are with is drinking.
6. For women, avoid drinking alcohol during pregnancy.
7. Seek help from a friend or professional if any of these guidelines is difficult for you to keep.

---

**How to Help a Student, Co-Worker, or Friend About Whom You Are Concerned**

1. Expect the person to accept responsibility for his or her own behavior. Don't make excuses for behavior; don't cover up.
2. Encourage leisure pursuits that don't involve alcohol and other drugs.
3. Don't plead, beg, cajole. Remember the three 'Ts': You don't cause the problem; you can't control it; and, you can't cure it.
4. Confront the person with objective facts about how the person's alcohol or other drug use is affecting his or her life and how it is affecting you.
5. Understand your own feelings of anger, depression and frustration that often accompany being closely involved with a problem user. Seek professional advice on how to deal with the person who is abusing.
6. Communicate your concerns directly, but always in a caring, non-judgmental way.
7. A team approach to intervention is often most effective; you don't have to do this alone.
8. This process is difficult for you, too. Be sure to get the personal support you need.

---

**Recognizing the health and safety risks presented by alcohol consumption and that many members of the University community will choose to drink in alternate settings.**

Western Kentucky University promotes the following principles of alcoholic beverage use:

- Abstinence is accepted in all circumstances
- Any alcohol consumption in high-risk settings (e.g., driving, sports) is strongly discouraged
- Heavy consumption is always discouraged
- Moderate legal consumption in low-risk situations is tolerated

---

**Trudeau, H. (1988). Marijuana is a Schedules Controlled Substance.**

*New Sources of Knowledge* 4(4), 379-386.
Prevention/Self-Assessment

Drug use generally begins as experimentation or casual use. People use drugs for a variety of reasons, including curiosity, to relieve stress, to cope with difficult problems and situations, or to manage depression or low-self esteem. The progression into problem use or dependence is gradual, almost imperceptible, for many. No one sets out to become dependent on alcohol or another drug, and you do not have to be dependent to have alcohol or other drug-related problems. The key to preventing and treating drug abuse is education. You may be able to help yourself or someone else by educating yourself in three areas:

Early detection - recognizing signs and symptoms of problem alcohol or other drug use.

Intervention - helping someone you believe may have a problem with alcohol or other drugs.

Referral - knowing where to get help or to send someone for help.

Students are encouraged to contact the APPLE Health Promotion or P.A.T.C.H. Works! (Peer Advocates Teaching Choices in Health) Programs of the Student Health Service, the Counseling Services Center, or Resident Assistants (for campus residents) for information, education and training services, and appropriate referral. Group and individual counseling and assessment are provided on campus by the Counseling Services Center; all services are completely confidential. Additional counseling and referral assistance may be obtained through various campus ministries.

For faculty and staff, the Department of Human Resources provides information on resources which are available to employees.

Many additional counseling, treatment, and rehabilitation services are available in the community. Fees for services at selected agencies are income-based, so that those who do not have adequate financial resources may still be able to obtain needed services. Local support groups of AA, ACoA, and NA meet regularly at various locations throughout the community. Information regarding community support group meeting times and locations can be obtained from the APPLE health education office.

Do you or does someone you know...

Yes No

1. drink or use drugs to relieve tensions when having a hard time at school, work, or home?
2. drink or use drugs to feel more comfortable around other people?
3. have any family members with alcohol or other drug problems?
4. drink or use more drugs more often in the last two years, year, six months?
5. have conflicts with friends/partner/family after drinking or drug use?
6. have problems at school or at work related to drinking or drug use?
7. start drinking/eating sooner, and stop drinking/eating later, than friends?
8. keep drinking/eating after making a conscious decision to limit use or stop?
9. get annoyed or defensive if someone mentions or questions your use?
10. sometimes secretly suspect that there may be a problem?

Two or more yes' answers may indicate that you or someone you know has or is headed for a drinking or drug use problem.

About Co-dependency (if you don't drink or use): Do you or does someone you know...

Yes No

1. lose sleep because of a problem drinker or user?
2. make excuses or cover up for a problem drinker or user?
3. rationalize to self or others that the user's problem is not a problem?
4. feel responsible for, or guilty about, the other person's drinking or drug problem?
5. feel alone, anxious, fearful, angry, or frustrated a lot or most of the time?
6. try to take over chores and duties that the problem user would (should) normally perform?
7. think that everything would be O.K. if the user would just stop drinking/eating?

Two or more yes' answers indicates that someone else's chemical dependency may be negatively effecting you or someone you know.