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ALCOHOL, DRUGS AND YOUR HEALTH A RESOURCE AND POLICY GUIDE FOR STUDENTS AT HAMLINE UNIVERSITY

In compliance with the Drug Free Schools and Communities Act of 1989, Hamline University is committed to promoting an environment that rejects substance abuse as an acceptable lifestyle, and to helping individuals seek treatment for substance abuse problems. Prevention of substance abuse is sought in several ways: by providing accurate information on drug-use issues, by promoting healthy use of leisure time, by providing drug-free activities, by enhancing skills for dealing with stress, and by working through campus leaders and peers to establish healthy norms.

Standards of Conduct

Hamline University is committed to maintaining a drug-free environment for its students. In compliance with state, federal and local law, the university prohibits the unlawful possession, use, distribution, sale or manufacture of alcohol and controlled substances on university property or as part of any university activity. Consumption or display of alcoholic beverages is prohibited on public grounds of the university, including athletic facilities, lawns bordering city sidewalks, windows, walkways and parking lots. Alcohol may be served and consumed only within a confined area by those of legal age. Alcohol may not be served to, consumed, or possessed by anyone under the age of twenty-one. Alcohol may not be served or furnished to anyone who is obviously intoxicated.

Students who violate federal or state laws concerning drugs or alcohol are subject to criminal prosecution; those who violate university policy are subject to disciplinary action by the Judicial Board and other university departments, up to and including dismissal and referral for prosecution. Additional information on Hamline University alcohol policies may be found online at:

http://www.hamline.edu/policies/policies_alpha.html

Legal Sanctions

Under the Federal Sentencing Guidelines a first-time offender for unlawful possession of a controlled substance can be sentenced to up to six years in prison. A sentence of life imprisonment can result from a conviction for possession of a controlled substance that results in death or bodily injury. Possession of more than five grams of cocaine can trigger an intent-to-distribute penalty of 10 to 16 years in prison. USSG, s. 2D2.1(b)(1). Additional federal sanctions include forfeiture of property; forfeiture of vehicles, boats or aircraft used to transport or conceal a controlled substance; denial of federal benefits and revocation of licenses.

Drug Offenses

Under Minnesota Law, penalties vary with the amount of the drug confiscated; the type of drug found; the number of previous convictions; and intent to manufacture, sell or use the drug. For example, possession of three grams of cocaine can result in a fine up to \$250,000 and a prison term up to 20 years.

Driving While Impaired (DWI)

In Minnesota, any driver whose alcohol concentration is .08 or higher may be convicted of DWI. Minnesota Statute 169A.20. In addition, a driver can be convicted of DWI even if his/her alcohol concentration is under .08. or if he/she is found to be under the influence of a controlled substance. Minn.

Stat. § 169A.20. Police use observation, sobriety testing, and alcohol concentration level to determine whether a driver is under the influence. A person convicted of DWI may be sentenced to a misdemeanor, gross misdemeanor or felony. Depending on the circumstances of the case, the driver's alcohol concentration, and the number of prior offenses, a driver can be sentenced to probation, jail time for 30 days or more, or prison for one year or more. Additional consequences include revocation of the driver's license, community service, mandatory drug treatment, and anger management counseling. Under Minnesota law, it is also a crime to refuse to submit to chemical testing of the person's blood, breath or urine. Minn. Stat. §169A.20.subd. 2.

Violations by Persons Under 21

Minnesota law prohibits the consumption, possession, and purchase of alcohol by anyone under the age of 21. Minn. Stat. §340A.503. Furthermore, it is illegal for any person under the age of 21 to sell or provide to others alcohol or to enter an establishment that sells alcohol with the purpose of purchasing alcohol or to enter such an establishment by misrepresenting his/her age. Minn. Stat. §340A.503

Social Host Liability

Social host liability means that anyone over 21 who knowingly serves alcohol to someone under 21 may be held civilly liable for any damages subsequently caused by that person. Minn. Stat. §340A.90, subd. 1. This is the law both in the state of Minnesota and the city of Saint Paul.

Associated Health Risks

There are risks associated with the chronic use of all psychoactive drugs, including alcohol. Acute or "experimental" use of drugs can result in a range of adverse health effects from nausea and anxiety to coma and death. Described below are some of the health effects of alcohol and other drugs. Please note special cautions:

- The extent and the likelihood of negative side effects increase significantly if drugs are used in combination (including alcohol or over-the-counter medications).
- A pregnant woman who uses alcohol, cigarettes or other drugs exposes her fetus to serious risks, such as miscarriage, low birth weight or brain damage.
- The frequent use of any drug increases the likelihood of becoming dependent.
- There is a significant risk of being infected with the virus that causes AIDS or other diseases if you inject drugs and share needles.

Alcohol is the drug most frequently abused on college campuses and in our society. Even small amounts of alcohol can significantly impair the judgment and coordination required to safely drive a car. The consumption of alcohol also increases the incidence of aggressive acts, including acquaintance rape, spousal and child abuse, and property damage. Moderate to large amounts of alcohol can severely impair your ability to learn and remember information. Because alcohol acts as a depressant on the central nervous system, it can increase feelings of depression or suicide. In very large amounts it can cause respiratory and cardiac failure, resulting in death.

Marijuana has been found to impair short-term memory and comprehension. Hours after the feeling of getting high fades, the effects of marijuana on coordination, perception and judgment remain. Marijuana is the second most frequent drug (behind alcohol) found in the blood of individuals involved in fatal accidents. An overdose may bring on paranoia, panic attacks or other psychological problems. Chronic

use has been associated with lung damage, abnormalities in the reproductive system and decreased motivation.

Stimulants, Cocaine and Amphetamines can cause anxiety, panic attacks, agitation, high blood pressure, irregular heartbeat, chronic sleeplessness and hallucinations. Cocaine and crack cocaine are extremely dangerous and can rapidly cause addiction. An overdose can result in seizures and death.

Hallucinogens such as LSD, MDA, PCP (angel dust), mescaline, and peyote can cause powerful distortions in perception and thinking. Intense and often unpredictable emotional reactions can trigger panic attacks or psychotic reactions. Some hallucinogens can cause heart or lung failure.

Inhalants can cause nausea, headaches, irregular heartbeat and damage to lungs, bone marrow, kidneys and liver. Sudden death can occur due to brain and heart damage.

Narcotics such as heroin, codeine, morphine and opium are highly addictive. Overdose may lead to convulsions, coma or death.

Tobacco use is associated with more deaths than all other drugs combined. Nicotine increases your heart rate and raises your blood pressure. Long-term effects include emphysema, bronchitis, heart disease, and lung cancer.

Where to Go for Help

Counseling & Health Services

Students may obtain literature and referral sources by calling C&HS at (651) 523-2204.

Community Resources

Alcoholics Anonymous (24 Hours)
651.227.5502 or 1.800.333.4313

Narcotics Anonymous
612.822.9472

Chrysalis (women only)
4432 Chicago Ave S, Minneapolis
612.871.0118

St. Joseph's Hospital/Health East
Mental Health and Addiction Care
69 W. Exchange Street, Saint Paul
651.232.3222

Fairview Recovery Services
2450 Riverside Ave, Minneapolis
612-672-2736 or 1-800-338-2234

Twin Town Treatment Center
1706 University Ave., Saint Paul
651.645.3661

Hazelden Center for Youth and Families
11505 36 Avenue N, Plymouth, MN
763.509.3800

For more information

see:http://www.hamline.edu/hamline_info/offices_services/student_relations/studentaffairs/chs/counseling_links1.html