As an institution of higher education, the University of Massachusetts Dartmouth (UMass Dartmouth) is required to comply with the provisions of the Drug Free Schools and Campuses Regulations. This notice provides you with information about: UMass Dartmouth's alcohol and other drug policies, State and Federal laws relative to alcohol and other drugs, the health consequences of alcohol and other drug use and abuse, and resources available to assist with alcohol or other drug concerns.

UMass Dartmouth's Alcohol and Other Drug Policy and Associated Sanctions

UMass Dartmouth's Alcohol and Other Drug Policy clearly prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol on school property or as part of any school activities. Sanctions will be imposed on students found in violation of the university's Alcohol and Drug Policy. Sanctions are cumulative throughout a student's entire enrollment at UMass Dartmouth and differ depending upon the student's disciplinary history and the severity of the violation.

The Alcohol and Drug Policy and associated sanctions (up to and including dismissal from the university) are outlined in the Student Handbook, available online at [www.umassd.edu/studenthandbook/studentrights/alcoholpolicy.cfm](http://www.umassd.edu/studenthandbook/studentrights/alcoholpolicy.cfm)

Applicable Federal, State, and Local Laws

UMass Dartmouth will comply with all requirements of applicable laws concerning the illegal possession, use, or distribution of drugs and alcohol. Specific legislation regarding local and state sanctions for the unlawful possession or distribution of illicit drugs and alcohol is on file with the Department of Public Safety.

They include:

1. Chapter 94C, The Controlled Substances Laws lists specific controlled substances in Classes A, B, C, D, E including "marijuana, cocaine, morphine, opium, heroin etc." and also lists criminal penalties for any prohibited use of these substances. These include forfeiture of property as well as imprisonment and other criminal penalties. The law also prohibits misuse of drug paraphernalia.
2. Chapter 138, Alcoholic Liquors, regulates the sale of alcohol to minors, the use of any false identification to obtain alcohol, making false statements as to age to obtain alcohol, and minors in possession of alcohol, minors transporting alcohol, etc.
3. Chapter 90, Section 24, Operating Under the Influence Law
4. The ordinance of the Town of Dartmouth prohibits public consumption of alcoholic beverages. Sanctioned areas of the campus where alcoholic beverages
may be legally sold, served, and consumed are described in the Student Handbook.

Federal penalties and sanctions for the illegal possession of a controlled substance are detailed in the Controlled Substances Act, available online at [http://www.usdoj.gov/dea/agency/csa.htm](http://www.usdoj.gov/dea/agency/csa.htm).

They include:
21 U.S.C.S. 862, Denial of Federal benefits, including student loans, grants, contracts, and professional commercial licenses. Persons convicted of illegal possession may be denied these benefits for up to one year for a first offense and up to five years for second and subsequent offenses. Persons convicted of drug trafficking may be denied these benefits for up to five years for a first offense and up to 10 years for a second offense. Upon a third or subsequent drug trafficking conviction, a person may be permanently ineligible for all Federal benefits.

### A Summary of Health Risks Associated with Alcohol Abuse and Drug Use

This is a summary of the health risks associated with the three most common categories of drugs used and abused by today's college students. For additional information on these or other drugs, please review the web resources listed in this guide or contact the Health Education program at 508-910-6965.

Alcohol: Alcohol is the most used, and abused, drug among college students. Of great concern for college students is high-risk drinking, often referred to as "binge drinking". For men, high-risk drinking is defined consumption of five or more alcoholic drinks within two hours. For women, high-risk drinking is defined as the consumption of four or more alcoholic drinks within two hours.

The consequences of high-risk drinking pose a serious public health concern for college students between the ages of 18 and 24, as the following statistics illustrate:

* Alcohol Abuse and Dependence: 31% of college students met the criteria for a diagnosis of alcohol abuse and 6% for a diagnosis of alcohol dependence in the past year, according to questionnaire-based self-reports about their drinking
* Academic Problems: Approximately 25% of college students report academic consequences of their drinking, including: missing class, falling behind, performing poorly on exams or papers, and receiving lower grades overall
* Drunk Driving: 2.1 million students drove under the influence of alcohol last year
* Sexual Abuse: More than 97,000 students are victims of alcohol-related sexual assault or date rape each year
* Physical Assault: More than 696,000 students are physically assaulted by others who have been drinking each year
* Unintentional Injury: Approximately 600,000 students are unintentionally injured under the influence of alcohol each year
* Death: 1,700 students die each year from alcohol-related unintentional injuries, including motor vehicle crashes
Marijuana: Marijuana, which is classified as a hallucinogen, is the most widely used illicit drug among college students.

The nature and intensity of the effects of marijuana use vary according to the dose, the species or hybridization of the source plant, the method of consumption, the user's mental and physical characteristics, and the environment of consumption. Marijuana use produces a broad spectrum of possible cognitive, behavioral, or perceptual effects, the occurrence of which varies from user to user. Some of these are the intended effect desired by users, some may be considered desirable depending on the situation, and others are generally considered undesirable. Common effects of marijuana use include: increased heart rate; dryness of the mouth; reddening of the eyes; impairment of motor skills, concentration, and short-term memory; enhanced sensory experiences; and an increased sense of well-being.

Marijuana use is considered by some riskier today than in past decades because much of the drug is cultivated to increase its potency. Also of concern is the fact that not all marijuana is "pure"; it may be laced with drugs (including PCP, LSD, cocaine) or other harmful substances.

Many people incorrectly believe that marijuana is not addictive, but more than 100,000 Americans seek drug treatment each year specifically for their marijuana dependence. Frequent marijuana users who stop using marijuana report many common withdrawal symptoms, including: insomnia, depression, nightmares, vivid dreams, anger and irritability.

Prescription & over-the-counter medications: Abuse of prescription and over-the-counter medications is at an all-time high. Nationally, non-medical use of prescription medication is the second most common category of illicit drug use (second only to marijuana). The 2003 National Survey on Drug Use and Health found that an estimated 31.2 million Americans have used prescription drugs non-medically. The four most common categories of medications used non-medically are (in order of magnitude of abuse): opioids (painkillers), benzodiazepines (anti-anxiety medications), amphetamines/stimulants (ADHD medications), and over-the-counter medications (often, cough and cold medications).

Prescription medications are often obtained (either shared, stolen, or purchased) from someone with a prescription. Many prescription medications are also illegally "pharmed" on the internet; these medications are potentially counterfeit, adulterated, or contaminated. The effects of prescription and over-the-counter drug abuse vary according to the medication, the dose, the method of consumption, the user's mental and physical characteristics, and other factors. Misuse of any drug can lead to dependence. Some medications, used alone in sufficient doses, or in combination with alcohol or other drugs, can be lethal.
Alcohol and Drug Help Resources

This is only a partial listing of many available treatment and recovery resources.

Counseling Center staff can assist students concerned about their use of alcohol or other drugs. Help is also available to students who are concerned with or affected by the use/abuse of alcohol or other drugs by a family member, friend, or roommate. Call 508-999-8650.

Counseling Center can also assist faculty, staff, and students in locating resources that are best suited to meet their needs. Call 508-999-8650.

Massachusetts Substance Abuse Information and Education Helpline
1-800-327-5050
<http://www.helpline-online.com/> www.helpline-online.com
The Helpline provides consumers with comprehensive, accurate, and current information about alcohol and drug treatment and prevention services throughout Massachusetts. Free and confidential. 24/7.

Substance Abuse Treatment Facility Locator
1-800-622-HELP
A searchable directory of drug and alcohol treatment programs shows the location of facilities around the country that treat alcoholism, alcohol abuse, and drug abuse problems.

Alcoholics Anonymous World Services
<http://www.alcoholics-anonymous.org/> www.alcoholics-anonymous.org
Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women who meet together to attain and maintain sobriety through a 12-step program. Visit this site for more information and a searchable directory of offices in U.S. and Canada. Contact the office closest to your address for support group meeting locations and times.

Al-Anon Family Groups
1-888-425-2666
www.ma-al-anon-alateen.org (Massachusetts Al-Anon Alateen Web Site)
The two branches of the Al-Anon Family Groups include Al-Anon and Alateen, serving adults and teens who are relatives and friends of alcoholics. Visit this site for more information and a searchable directory of offices in U.S. and Canada. Contact the office closest to your address for support group meeting locations and times.

Narcotics Anonymous
Narcotics Anonymous is an international, community-based association of recovering drug addicts with more than 33,500 weekly meetings in over 116 countries worldwide. Visit the New England Region of Narcotics Anonymous website for regional support group meeting times and locations.

Nar-Anon Family Groups
1-800-477-6291
<http://www.nar-anon.org/> www.nar-anon.org
Nar-Anon serves adults and teens who are relatives and friends of someone with a drug problem or addiction. Visit this site for more information and a searchable directory of support groups in the U.S. and abroad.

Marijuana Anonymous
1-800-766-6779
<http://www.marijuana-anonymous.org/> www.marijuana-anonymous.org
Marijuana Anonymous is a fellowship of men and women who meet together to recover from marijuana addiction through a 12-step program modeled upon that of Alcoholic Anonymous. Call 1-800-766-6779 for support group meeting times and locations or visit www.ma-online.org for online meeting support.

Alcohol and Drug Informational/Educational Resources

This is only a partial listing of many available educational and informational resources. Health Education staff can assist faculty, staff, and students in locating resources that are best suited to meet their needs. Call 508-910-6965.

National Clearinghouse for Alcohol & Drug Information
1-800-729-6686

National Institute on Drug Abuse

Facts on Tap
<http://www.factsontap.org/> www.factsontap.org
1-800-488-DRUG (3784)
Alcohol and drug education, prevention, intervention for college students. Information for college students, their parents, and campus professionals.

MyStudentBody
<http://www.mystudentbody.com/> www.mystudentbody.com
Reliable health information on alcohol, tobacco, and sexually transmitted diseases, customized for college students.
Faculty and staff: Wish to access MyStudentBody.com? Contact the Health Education Office at 508-910-6965 for a code to enter the site.
Go Ask Alice!
Go Ask Alice! is Columbia University's leading health question and answer service with an archive of over 2,500 straight-forward and in-depth responses to questions sent anonymously.

College Drinking Prevention (National Institute on Alcohol Abuse & Alcoholism)
Information on college drinking and prevention for campus professionals, community leaders, high school guidance counselors, media, parents, and college students.