

POLICIES PROCEDURES AND SANCTIONS FOR ALCOHOL AND OTHER DRUGS

Introduction

WESTCHESTER COLLEGE OF NURSING AND ALLIED HEALTH (WCNAH) prohibits the illegal and irresponsible use of alcohol and other drugs. The College will strictly enforce the Federal, State, and local laws, as well as its own alcohol and drug policies and procedures which support these laws. It is the responsibility of every member of the College to know the risks associated with the use and abuse of alcohol and other drugs and to assist the College in creating an environment which promotes health-enhancing attitudes and activities. This form is intended to provide information about the College's alcohol, drug policies and resources for education and treatment.

I. ALCOHOL AND SUBSTANCE ABUSE POLICY

WCNAH expects all members of its community; students, faculty and staff, to be familiar with and to abide by applicable state, federal and local laws regarding alcohol and drugs. WCNAH forbids the use, possession, distribution or sale of drugs; except permitted substances when taken under a doctor's prescription and consistent with a doctor's instructions. WCNAH specifically prohibits the use, possession, distribution or sale of medical marijuana on its premises or at any WCNAH-sponsored event. The unauthorized possession, distribution, sale or consumption of alcoholic beverages anywhere on WCNAH property or at WCNAH sponsored events is also forbidden. Violation of state, federal or other local regulations with respect to illegal drugs or alcohol are subject to both criminal prosecution and campus disciplinary action. Please refer to the following sections for additional information: Drug Free Schools and Communities Act, Laws Regarding Alcohol and Drugs, School Sanctions and Local treatment Resources, and the Code of Conduct in the Student Handbook.

II. DRUG FREE SCHOOLS & COMMUNITIES ACT

Educational Guidelines Pertaining to Drug Free Schools & Communities Act

WCNAH expects all members of its community including students, faculty and staff, to be familiar with and to abide by applicable state, federal and local laws regarding alcohol drugs. Students are also responsible for knowing school regulations concerning alcohol use on campus. WCNAH forbids the unauthorized use, possession, distribution or sale of drugs or alcohol by a student anywhere on school property. Violation of these laws or regulations may subject a student to both criminal prosecution and campus disciplinary action.

Use of illicit drugs and abuse of prescription drugs pose a serious threat to mental and physical health. Alcohol is a drug. Its use in even the smallest amounts may be harmful to some people, and when used to excess, alcohol is harmful to everyone. For this reason, responsible drinking is essential and is expected of those who choose to drink.

Substance

Alcohol (at .08 Blood Alcohol Concentration & Above)

Impaired motor abilities; reduced judgment; sleepiness; increased sexual desire but reduced ability to perform; nausea, vomiting; liver disorders-alcoholic hepatitis, alcoholic cirrhosis; cancer of the-tongue, mouth, throat, esophagus, liver, breast; fetal alcohol syndrome (most common symptom is mental retardation).

Cannabis Marijuana Hash/Hash Oil THC

Diminished-short term memory, motivation & cognition, coordination & concentration, oral communication, reaction time; anxiety & panic reactions; carcinogenic elements in smoke; damaged lungs & respiratory system.

Cocaine (includes Crack Cocaine)

Increased likelihood of risk taking; seizures; sleeplessness; paranoia; irregular heartbeat; can cause sudden death by stroke or heart failure, even in young users; cocaine psychosis (paranoia & hallucinations); ulceration of mucous membranes in the nose; sexual dysfunction; during pregnancy can cause severe physical & emotional problems in babies.

Depressants, Tranquilizers, Barbiturates, Methaqualone

Dangerous effects when mixed with alcohol; calmness & relaxed muscles; slurred speech, staggering gait, loss of motor coordination; altered perceptions; respiratory depression which can result in coma or death; disruption of normal sleep cycle; during pregnancy-birth defects, brain tumors in children; tolerance develops severe withdrawal symptoms; physical & psychological dependence.

Other Stimulants (Excluding Cocaine), Amphetamines, Methamphetamines

Increased heart & respiratory rates; elevated blood; decreased appetite; headaches; blurred vision; dizziness; sleeplessness; anxiety; amphetamine psychosis-violent behavior, hallucinations, delusions, paranoia; drug tolerance & dependency; mood swings; ulcers; mental confusion.

Psychedelics, LSD, Mescaline, Psilocybin, Phencyclidine (PCP), MDMA (Ecstasy), MDA

Distorted sense of distance, space and time; blockage of pain sensations; nausea, vomiting & diarrhea; severe mood disorders, panic depression, anxiety; greater suggestibility & feelings of invulnerability; unpredictable reactions if drugs are "cut" with impurities; tolerance after (3-4 daily doses--higher doses are required to produce same effects).

Narcotics, Opium, Morphine, Codeine, Thebaine, Heroin, Methadone, Darvon, Demerol

Feeling of euphoria followed by drowsiness; nausea & vomiting; respiratory depression; central nervous system depression; use of unsterile needles promotes-AIDS, hepatitis B, endocarditis (infection in the heart); women dependent on opiates have multiple pregnancy complications-spontaneous abortions, still births, anemia, diabetes.

III. LAWS REGARDING ALCOHOL AND DRUGS

CALIFORNIA

In addition to the Federal laws, the State of California has its own laws dealing with controlled substances.

Alcohol

- **Under age consumption and/or possession**
-Misdemeanor-Driving privileges suspended for one year and \$125 license reissue fee
- **Open container in motor vehicle**
-Misdemeanor-Fine \$390
- **Driving under the influence**
-Misdemeanor-48 hours to 6 months jail time, \$390-\$1000 fine and \$125 license reissue fee

Marijuana

- **Amount possessed will determine the penalty**
 - o 6 months (min)- 10 years (max)-plus fine

All Other Narcotics

Felony

- Amount possessed will determine the penalty
- 2 years (min)-10 years (max)-plus fine

**** Information is given for first offense only. Repeat offenses carry progressively greater sanctions. Trafficking (selling) any of the above drugs, excluding alcohol, are all felonies. Amount and type of drug possessed for sale will determine penalty. The above information is presented as guidelines for educational purposes but is not binding. Actual penalties and sanctions imposed will be determined by the facts relating to each individual.***

IV. FEDERAL

Federal law penalizes the unlawful manufacturing, distribution, use, sale, and possession of controlled substances. The penalties vary based on many factors, including the type and amount of the drug involved, and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport, or conceal a controlled substance; the denial of professional licenses or Federal benefits, such as student loans, grants, and contracts; successful completion of a drug treatment program; community service; and ineligibility to receive or purchase a firearm. Federal law holds that any person, who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. See the Federal Controlled Substances Act at 21 USC 800.

V. SCHOOL SANCTIONS

The following are prohibited under the Code of Conduct applicable to students:

- Use, Possession or distribution of narcotic or other controlled substances, except as expressly permitted by law, a valid doctor's order, and the College, or being under the influence of each substance. Please note in particular that even where otherwise permitted under local law, marijuana use, possession, or influence on College premises, at College events, or that adversely affects the WCNAH community is prohibited.
- Use, possession or distribution of alcoholic beverages, except as expressly permitted by law and College regulation; or public intoxication.

The sanctions listed below may be imposed upon any covered person found to have violated the Code of Conduct. The listing of the sanctions may be used in any order and/or combination that the College deems appropriate for the conduct in question.

- a) Warning – A verbal or written notice that the respondent has not met the College’s conduct expectations.
- b) Probation – A written reprimand with stated conditions in effect for a designated period of time, including the probability of more severe disciplinary sanctions if the respondent does not comply with the College policies or otherwise does not meet the College’s conduct expectations during the probationary period.
- c) Restitution – Compensation for loss, damage or injury. This may take the form of appropriate service and/or momentary or material replacement.
- d) WCNAH Suspension – Separation of the respondent from the College for a defined period of time, after which the respondent may be eligible to return. Conditions for readmission may be specified.
- e) WCNAH Expulsion – Permanent separation of the respondent from all College locations.
- f) Suspension of Services – Ineligibility to receive specified services or all WCNAH services for a specified period of time, after which the respondent may regain eligibility. Conditions to regain access to services may be specified.
- g) Ineligibility for Services – Permanent ineligibility to receive specified or all WCNAH services.
- h) Limiting Order – Restriction on a respondent’s permission to be in the same proximity as the complainant and/or others, with the parameters of the restriction to be defined by the College (e.g., for use with allegations of sexual or other misconduct).

Faculty and Staff

While on the job or on institution property, WCNAH prohibits colleagues from:

- Using, selling, or possessing alcohol or illegal unauthorized drugs
- Being under the influence of alcohol or any illegal or unauthorized drug, and
- Using, selling, or possessing drug paraphernalia

Sanctions for this violation could lead up to termination of employment.

**These sanctions are in addition to any criminal sanctions that may be imposed. Student colleagues are subject to both colleague and student sanctions.

VI. LOCAL TREATMENT RESOURCES

The following is a sampling of local area information and treatment resources. A more comprehensive listing of available counseling and treatment programs can be obtained in the Administrative office.

Alcoholics Anonymous

(619) 265.8762 (760) 758.2514

San Diego Substance Abuse and Evaluation Resource

(619) 280.3059

Healthcare Options Center for Alcohol & Substance Abuse Treatment

(800) 547.4615

Pacific Hills Treatment Center

(888) 714-6720

San Diego California Addiction Resources

(800) 559.9503

