

Guide to Policies and Resources on Alcohol and Other Drugs

THE UNIVERSITY OF MARYLAND is committed to the health and safety of our community and believes we all have a role to play in keeping ourselves and each other safe. The recreational or nonmedical use of alcohol, cannabis or other drugs by members of the campus community jeopardizes the safety of the individual and the campus community and detracts from the academic learning process. The University of Maryland is therefore committed to having a campus that is free of the recreational or nonmedical use of alcohol, cannabis or other drugs. In keeping with this commitment, it is the policy of the University that the illegal or nonmedical use of alcohol or other drugs is prohibited on or off University property or as part of University-sponsored activities. Violation of the alcohol and other drug policies may result in University disciplinary action, as provided in the Code of Student Conduct.

Campus Alcohol and Other Drug Policies

The University of Maryland is a [CANNABIS-FREE](#) and [SMOKE-FREE](#) campus.

The [CODE OF STUDENT CONDUCT](#) applies both on and off campus. It prohibits providing alcohol or alcoholic beverages to a person under the legal age of consumption or possession (21 years old). Furthermore, the Code prohibits the illegal or unauthorized consumption, possession, or sale of alcohol or alcoholic beverages and operating a motor vehicle while intoxicated or impaired by alcohol or other drugs. The Code of Student Conduct was amended in February 2024 and approved by the University Senate, is subject to amendment from time to time, and is available for public inspection online.

The Code of Student Conduct prohibits the unauthorized distribution of any controlled substance or illegal drug or the production, manufacture, or possession of any controlled substance or illegal drug for purposes of unauthorized distribution. The Code also prohibits the unauthorized use, production, manufacture, or possession of any controlled substance or illegal drug. This includes cannabis used for medicinal purposes. ("Controlled substance" and "illegal drugs" are defined by Maryland and federal law.)

The [RESIDENT LIFE ALCOHOL POLICY IN RESIDENCE HALLS](#) and [RESIDENT LIFE DRUG POLICY](#) establish expectations regarding the use, possession, or distribution of alcohol, illegal drugs, or controlled substances in campus residence halls. The policies clearly state the following:

- Possession/use of alcohol by minors is prohibited.
- Kegs and other common sources of alcohol are prohibited.
- Parties involving alcohol are prohibited.
- Sale of alcohol is prohibited.
- Possession of alcohol in common areas is prohibited for all.
- Possession/use of any illegal drug is prohibited.
- Sale, distribution or provision of any illegal drug is prohibited.
- Drug paraphernalia is prohibited.

Expectations regarding the responsible behavior of particular student groups are further laid out in the following policies.

The [INTERFRATERNITY COUNCIL AND PANHELLENIC ASSOCIATION ALCOHOL MANAGEMENT AND SOCIAL EVENT MONITORING \(SEM\) POLICY](#) governs the behavior of fraternities and sororities belonging to the Interfraternity Council and Panhellenic Association related to social events and alcohol. It is written with the intent to stress safety, liability, and the mature management of alcohol at social events and within the Fraternity/Sorority community while following all of the chapter's national policies and University regulations. The Policy can be found at the link above.

The [UNIVERSITY RECREATION & WELLNESS AND CLUB SPORTS PROGRAM HANDBOOK](#) prohibits violation of general University policies but further specifies that the use or presence of alcohol/drugs at club activities including home/away tournaments, events, practices, travel, fundraisers, and community service events is not permitted. Furthermore, Club Sport funds may not be used for the purchase of alcoholic beverages.

The [STUDENT-ATHLETE HANDBOOK](#) has been created to ensure student-athletes understand the expectations and responsibilities of being a student-athlete.

The [UNIVERSITY OF MARYLAND, COLLEGE PARK POLICY ON EMPLOYEE ALCOHOL AND OTHER DRUG ABUSE](#) applies to all **UNIVERSITY EMPLOYEES** and is consistent with those mandated under the Federal Drug Free Workplace Act of 1988, and the State of Maryland Substance Abuse Policy. [FITNESS FOR DUTY POLICY AND PROCEDURES](#) should be followed when dealing (a) with an emergency situation in which an employee appears impaired or demonstrates violent, abusive or threatening behavior while at work or (b) with a non-emergency situation in which a supervisor has reason to believe an employee may be unfit to perform the duties and responsibilities of the position. There are [DRUG AND ALCOHOL POLICY AND TESTING PROCEDURES APPLICABLE TO EMPLOYEES REQUIRED BY JOB FUNCTION TO HAVE A COMMERCIAL DRIVER'S LICENSE](#)

The University of Maryland has adopted the [UNIVERSITY SYSTEM OF MARYLAND](#) rules governing the use of alcoholic beverages consistent with State regulations and has policies on [ALCOHOL-RELATED ADVERTISING, PROMOTIONS, OR EVENTS AND POSSESSION OR USE OF COMMON CONTAINERS OF ALCOHOL](#).

In accordance with the [POLICY ON SUBSTANCE USE DISORDER RECOVERY PROGRAMS](#), the University of Maryland offers a variety of resources for students, staff, and anyone interested in recovery. For more information, see the resources sections of this guide.

Campus Disciplinary Sanctions

The aims of sanctioning are to protect the campus community, deter future offenses, promote individual accountability, and enhance ethical development. Other factors, like a student's previous judicial history, their actions during the incident, and their remorse and cooperation during the conduct process are also considered, along with the harm and danger that their behavior brought or could have potentially brought to our community.

► What am I allowed to do on and off campus?

21 AND OVER

You are allowed to possess and consume alcohol in your residence hall space or on campus in an authorized location (i.e. tailgate, the stadium at a game).

You are allowed to possess and consume alcohol in private homes, apartments, or bars and restaurants that serve alcohol.

► What is prohibited under the Code of Student Conduct and the Residence Hall Rules?

21 AND OVER	UNDER 21
Sale or provision of alcohol to those under 21.	Use or possession of alcohol, even if the container is closed or it belongs to a friend and the provision of alcohol to those under 21.
Open containers and the consumption of alcohol in public. This includes residence hall hallways and the streets of College Park.	Open containers and the consumption of alcohol in public. This includes residence hall hallways and the streets of College Park.
Kegs and common sources of alcohol in residence halls.	Kegs and common sources of alcohol in residence halls.
Use or possession of illegal drugs or controlled substances; this includes cannabis and medical cannabis. Cannabis is prohibited on campus, regardless of state or local laws permitting the use or possession of cannabis elsewhere.	Use or possession of illegal drugs or controlled substances; this includes cannabis and medical cannabis. Cannabis is prohibited on campus, regardless of state or local laws permitting the use or possession of cannabis elsewhere.
Use or possession of prescription drugs that are not yours.	Use or possession of prescription drugs that are not yours.
Drug paraphernalia in the residence halls.	Drug paraphernalia in the residence halls.
The production, manufacture, or distribution of any illegal drugs or controlled substances.	The production, manufacture, or distribution of any illegal drugs or controlled substances.
Operation of a motor vehicle while intoxicated or impaired by alcohol or drugs.	Operation of a motor vehicle while intoxicated or impaired by alcohol or drugs.
Use, possession, manufacture, or sale of false identification, including the borrowing of identification from a friend.	Use, possession, manufacture, or sale of false identification, including the borrowing of identification from a friend.

► What happens if I violate one of the rules?

There are no standard sanctions for violations. The sanctions listed below are meant to be a guide and to help students understand what might be the range of sanctions for a violation.

TYPE OF OFFENSE	SANCTION RANGE
Illegal drug distribution	Dismissal from the University (expulsion or suspension), permanent housing termination
Illegal drug production or manufacture	Dismissal from the University (expulsion or suspension), permanent housing termination
Illegal drug use or possession: first-time marijuana, student is cooperative, takes responsibility, and it is a small amount (under 10 grams)	Disciplinary probation, educational sanctions through the health center, housing probation
Possession of drug paraphernalia in the residence halls	Written warning or housing probation, educational sanction, removal of paraphernalia
DUI: Drugs	Suspension, educational sanctions through the health center upon return or as a condition of withholding suspension
DUI: Alcohol	Disciplinary probation, educational sanctions through the health center
Underage use, possession of alcohol in the residence halls	Housing probation, educational sanctions through the health center
Underage use, possession of alcohol on or off campus outside of residence halls	Disciplinary reprimand, educational sanctions through the health center
False ID: manufacturing or selling (including other people's IDs)	Dismissal from the University (expulsion or suspension), housing termination
False ID: use or possession (including other people's IDs)	Disciplinary Reprimand, educational sanctions

Promoting Responsible Action in Medical Emergencies

The health and safety of University students is of paramount concern. All members of the University community are encouraged to act responsibly when an individual may require medical assistance by dialing 911 or (301) 405-3333 or seeking a University or Department of Resident Life (DRL) official. It is recognized that in situations in which either a student summoning or requiring help is under the influence of alcohol and/or drugs, the threat of disciplinary sanctions for violating the University's alcohol and/or drug policy is a barrier to seeking help. As such, the University of Maryland will do all that it can to promote student health, safety, and well-being. **PROMOTING RESPONSIBLE ACTION IN MEDICAL EMERGENCIES** is a policy administered by the Office of Student Conduct (OSC) that will reduce barriers to seeking help in cases of alcohol- and/or drug-related emergencies by providing relief from administrative or disciplinary action on the part of the University if either a University official or other authority is contacted in a timely fashion. The complete University of Maryland **POLICY ON PROMOTING RESPONSIBLE ACTION IN MEDICAL EMERGENCIES** can be viewed online at: [HTTPS://POLICIES.UMD.EDU/STUDENT-AFFAIRS/UNIVERSITY-OF-MARYLAND-POLICY-ON-PROMOTING-RESPONSIBLE-ACTION-IN-MEDICAL-EMERGENCIES](https://policies.umd.edu/student-affairs/university-of-maryland-policy-on-promoting-responsible-action-in-medical-emergencies).

Policy Summary:

1. A student in possession or under the influence of alcohol and/or drugs who summons medical emergency assistance for themselves or on behalf of a fellow student experiencing a medical emergency will not face disciplinary charges under the Code of Student Conduct or Residence Hall Rules for the possession or use of alcohol and/or drugs, with the exception of the exclusions noted in the policy. In lieu of disciplinary charges and as a condition of such relief, students handled under this policy will usually be required to be evaluated by the University Health Center (UHC) staff and successfully complete an approved alcohol and/or drug intervention program.
2. This policy also extends to the students for whom medical emergency assistance has been summoned.
3. A "summons" for medical emergency assistance is deemed to be contacting police, University staff, or other officials who are designated emergency medical providers.
4. Students who are referred to the Substance Use Intervention & Treatment Unit will not have to pay any fees for SUIT services if the alcohol or drug violation is covered by the responsible action policy.

Do you wonder if your friend has a problem with alcohol or drugs? In the past year, has your friend:

If the answer to any of these questions is yes, please help your friend by referring them to the **University Health Center, Substance Use Intervention and Treatment (SUIT) Program** (301) 314-8106. You can also seek support for yourself by calling that same phone number and scheduling an appointment with a substance use therapist to learn about how to care for yourself while feeling concerned about a friend's substance use.

Had times when they ended up drinking/using more or longer than they intended? More than once wanted to cut down or stop drinking or using, or tried to, but couldn't?

More than once gotten into situations while or after drinking or using that increased their chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?

Had to drink or use much more than they once did to get the effect they want? Or found that their usual number of drinks or hits had much less effect than before?

Continued to drink or use even though it was making them feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?

Spent a lot of time drinking or using? Or being sick or getting over other aftereffects? Continued to drink or use even though it was causing trouble with their family or friends?

Found that drinking or using—or being sick from drinking or using—often interfered with taking care of their job or school responsibilities?

Given up or cut back on activities that were important or interesting to them, or gave them pleasure, in order to drink or use?

More than once gotten arrested, been held at a police station, or had other legal problems because of their drinking or use?

Found that when the effects of alcohol or drugs were wearing off, they had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure? Or sensed things that were not there?

Adapted from [Rethinking Drinking](#), The National Institute on Alcohol Abuse and Alcoholism

Health Risks Associated with Alcohol and Other Drug Use

ALCOHOL

People drink to socialize, celebrate, and relax. Alcohol often has a strong effect on people—and throughout history, people have struggled to understand and manage alcohol's power. Alcohol is a central nervous system depressant and can cause a number of marked impairments in mental functions and abilities. When taken in low doses, alcohol can lower inhibitions and impair the judgment and coordination required to complete activities such as driving. Moderate to high doses cause impairment in higher mental functions and alter a person's ability to learn and remember information. Very high doses can cause respiratory depression and fatal consequences. The dangerous effects of alcohol are increased when it is used along with other substances.

CANNABIS

The cannabis plant contains the mind-altering chemical THC and other similar compounds. THC causes altered senses and sense of time, changes in mood, impaired body movement, difficulty with thinking and problem solving, and memory impairment. In high doses, THC can cause hallucinations, delusions, and psychosis. University of Maryland School of Public Health research demonstrated that cannabis use adversely affects college academic outcomes, both directly and indirectly through poorer class attendance.* College students' brains are especially sensitive to the effects of cannabis, with those heavily using cannabis showing disadvantages in neurocognitive performance, macrostructural and microstructural brain development, and alterations in brain functioning.** Heavy cannabis use may result in loss of IQ points and a decline in general knowledge and verbal ability.

Please note that cannabis use of any kind is still illegal at the federal level, therefore all forms of cannabis use are prohibited at the University of Maryland, despite recent changes to Maryland State law.

* Arria AM, Caldeira KM, Bugbee BA, Vincent KB, O'Grady KE. The Academic Consequences of Marijuana Use during College. *Psychology of addictive behaviors* : journal of the Society of Psychologists in Addictive Behaviors. 2015;29(3):564-575. doi:10.1037/adb0000108.

** Jacobus J, Tapert SF. Effects of Cannabis on the Adolescent Brain. *Current pharmaceutical design*. 2014;20(13):2186-2193.

NICOTINE

Nicotine is a powerfully addictive substance in tobacco. It is also present in electronic cigarettes and other vaping devices. Upon entering the blood, nicotine stimulates the adrenal glands to release the hormone epinephrine (adrenaline). Epinephrine stimulates the central nervous system and increases blood pressure, breathing, and heart rate. As with most addictive substances, nicotine activates the brain's reward circuits and also increases levels of a chemical messenger in the brain called dopamine, which reinforces rewarding behaviors. Short-term health effects related to smoking tobacco can include wheezing, coughing, frequent colds, and decreased senses of smell and taste. Smoking can also trigger asthma symptoms. Long-term health effects of tobacco use can include chronic bronchitis, lung cancer, or cancer of the mouth, throat, bladder, pancreas, or kidney. Vaping is not a consistently effective way to quit smoking tobacco.

COCAINE

Cocaine is a powerfully addictive stimulant drug made from the leaves of the coca plant native to South America. Short-term effects include narrowed blood vessels; enlarged pupils; increased body temperature, heart rate, and blood pressure; headache; abdominal pain and nausea; euphoria; increased energy, alertness; insomnia, restlessness; anxiety; erratic and violent behavior, panic attacks, paranoia, psychosis; heart rhythm problems, heart attack; stroke; seizure; and coma.

OPIOIDS

Drugs included in this classification include opium, morphine, codeine, heroin, OxyContin, methadone, Percodan, Percocet, and other opium derivatives and synthetics. Narcotics are the most physically addictive illicit drugs. The first or second administration of narcotics results in a tremendous euphoric feeling that cannot be repeated due to the rapid development of tolerance to the drug. This leaves the user with high cravings and low benefits from continued drug use. A major physical risk associated with the use of narcotics is sudden death resulting from respiratory arrest. Other risks include infection due to IV drug use. Psychologically, cravings for narcotics can be severe. In 2017, over 49,000 Americans died as a result of opioid overdose.

<https://www.drugabuse.gov/related-topics/trends-statistics/overdose-death-rates>

HALLUCINOGENS

Hallucinogens are a diverse group of drugs that alter perception (awareness of surrounding objects and conditions), thoughts, and feelings. They cause hallucinations or sensations and images that seem real though they are not. Hallucinogens can be found in some plants and mushrooms (or their extracts) or can be human-made. Common hallucinogens include the following: ayahuasca, DMT, D-lysergic acid diethylamide (LSD), peyote (mescaline), and 4-phosphoryloxy-N, N-dimethyltryptamine (psilocybin), dextromethorphan (DXM), ketamine, phencyclidine (PCP) and Salvia. Potentially dangerous short-term effects include increased heart rate, blood pressure, breathing rate, body temperature, panic, paranoia, and psychosis.

DEPRESSANTS

Drugs in this classification include Rohypnol and other barbiturates, benzodiazepines, Xanax, Valium, GHB, and other depressants including alcohol. Depressants produce rapid tolerance. Severe withdrawal, including seizures and death, can occur if depressant use is immediately stopped. Depressants also can cause sudden death by respiratory arrest or by stroke resulting from a marked increase in blood pressure. Mixing alcohol with other depressants can be lethal.

For more information on the health risks associated with alcohol and other drugs, please visit the websites of the [NATIONAL INSTITUTE ON DRUG ABUSE](#) and the [NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM](#).

Substance Use Intervention and Treatment (SUIT) Unit

The Substance Use Intervention and Treatment (SUIT) Program is a multidisciplinary team of substance use disorder experts from the fields of Addiction Medicine, social work, and counseling, operating out of the Psychiatry and Substance Use Services unit at the University Health Center. Together they oversee a spectrum of services for students who may be struggling with alcohol or drug use, through both voluntary and mandatory services. The SUIT team works with students across a full spectrum of substance use severity, whether that is binge drinking that has started to cause problems, cannabis use that has become more compulsive, to severe addiction. The SUIT team works with students to understand and help them reach their own goals, whether that goal is abstinence, harm reduction, or various personal goals.

The SUIT team has significantly expanded its scope of practice to better serve the needs of students. In 2023, Dr. Rachel Alinsky, MD MPH joined the SUIT team as the Inaugural Medical Director. Her addition to the SUIT team opens up Addiction Medicine treatment for students for the first time. The SUIT program has also been growing with the goal of serving more voluntary students, rather than primarily seeing students referred through mandatory sanctions.

Program Services

The program consists of three broad levels of intervention with several sub-levels that can be used alone or in sequence, over the course of a student's tenure at the University, to meet the needs of students along the continuum of problematic substance use or addiction. Regardless of the level of need or intervention, motivational interviewing techniques are utilized to explore motivation for and consequences of substance misuse and to facilitate students' learning and personal change process. Supplementary components are added based on the student's individual needs and may be provided on-campus or off-campus. These additional components may include participation in the collegiate recovery community, sober or substance-free living, academic and vocational counseling, nutritional counseling, psychiatric treatment, families or couples counseling, stress management programs, meditation, acupuncture, massage, exercise programs, and referral to a higher level of care when needed.

1. **Early Intervention:** This secondary prevention program utilizes the evidence-based "eCheckup to Go" online screening and early intervention program paired with a brief intervention administered by our substance use therapists. These interventions are usually assigned and mandated by the Resident Life Office of Rights and Responsibilities (R&R) or The Office of Student Conduct (OSC) in response to a low-level risk incident involving alcohol or cannabis.
 - a. The "**Healthy Terps program**" is designed to reduce high-risk drinking and/or cannabis use. Participants complete both the online alcohol screening (eCheckup to Go for Alcohol) as well as the online cannabis screening (eCheckup to Go for Cannabis), before attending a 60 minute individual appointment with a substance use therapist to discuss their responses, feedback received, and plan for reducing the risk of recurring consequences.
 - b. The "**Cannabis Follow-Up**" is designed to address both alcohol and cannabis. Participants complete both the online alcohol screening (eCheckup to Go for Alcohol) as well as the online cannabis screening (eCheckup to Go for Cannabis), before attending a 90-minute individual appointment with a substance use therapist to discuss their responses, feedback received, and plan for reducing the risk of recurring consequences.
2. **Outpatient Therapy:** This second level of care includes a range of tertiary prevention services conducted by our team of substance use therapists. Students access this level of care either by being mandated by R&R or OSC, or through voluntary self-referral or referral from other health care providers.
 - a. **Substance Assessment, Intervention, and Treatment Program (SAIP):** students are assigned and mandated to this program by R&R or OSC in response to a higher-level cannabis, alcohol, or other drug-related incident, such as hospital transport, intoxication, EMS call, or mental health concerns in combination with substance use. Students may also access this level of care when mandated by an outside judicial authority. Students begin with a 90-minute initial intake appointment with a substance use counselor, who assesses their level of substance use/mental health severity. Based on this intake evaluation, the substance use therapist will assign one of the following:
 - i. **SAIP Level I:** After the intake, lower-risk students are assigned to complete eCheckup to Go for Alcohol and/or eCheckup to Go for Cannabis. This is followed by a 60-minute exit interview with the substance use therapist to review their eCheckup responses, feedback received, and a plan for reducing the risk of recurring consequences.
 - ii. **SAIP Level II:** After the intake, higher-risk students are assigned to complete a six to eight-hour program that follows an individualized treatment plan that may include attending 6-8 counseling sessions; self-directed work followed by motivational interviewing sessions addressing risks, protective factors, goals, psycho-educational information, and bystander intervention; 12-step meeting attendance; and/or e-Check up to Go. This concludes with an exit interview in the spirit of motivational interviewing.
 - b. **Outpatient Counseling Program:** This includes individual and/or group counseling conducted by our substance use therapists. Students access these services voluntarily, either (1) after completion of the SAIP program and continuing to have moderate to severe substance use/mental health concerns and wish to engage in further treatment, or (2) via self-referral or referral by concerned family and friends, academic advisors, or medical providers. Counseling duration and frequency are targeted to the level of student's need, risk, socioeconomic supports, and referrer requirements.
3. **Medically Managed Outpatient Care:** Medically Managed Outpatient Care: This third level of care involves voluntary treatment with SUIT's addiction medicine physician. Students can self-refer, or be referred by the SUIT therapists, other behavioral health providers (at the UHC or counseling center), medical providers, academic advisors/teachers, residence life, sports medicine/psychology, or any other concerned individual. This treatment can include medication for addiction treatment (such as Naltrexone, buprenorphine, and nicotine replacement, stimulant use disorder treatment in accordance with ASAM guidelines) as well as treatment for co-occurring disorders such as anxiety and depression. This physician will also assess for and manage associated physical health conditions or medical complications of substance use.

University Health Center Substance Use Programs and Other Campus Resources

On-Campus Recovery Meeting

Outpatient Group therapy: In Fall of 2025 the SUIT program expanded to include offering clinically-facilitated SMART Recovery group, occurring on a weekly basis at the University Health Center for any UMD student. SMART Recovery® stands for “Self-Management and Recovery Training,” and is a mutual self-help group that uses evidence-based strategies for behavioral change. This program supports individuals considering or in the process of making a change in their substance use (whether that is cutting down, or abstaining). SMART also supports recovery from addictive behaviors (such as gambling, pornography, or screens). Each group meeting includes sharing experiences and participating in structured activities/discussions led by trained SUIT facilitators to help improve well-being. This program is open to any UMD undergraduate or graduate students on a drop-in basis, no appointment needed, and no prior contact with SUIT/UHC necessary. These groups are offered free of charge.

SUIT providers can also refer students to off campus 12-step recovery meetings, with many options listed on the SUIT website.

Tobacco Cessation Program

Individual Counseling and self-help materials are available at the University Health Center for smokers who wish to quit. Individuals can learn more about their smoking behavior, the best strategies for quitting, and measures to avoid relapse. Nicotine prevention medication is also available at the University Health Center Pharmacy. For more information, please call (301) 314-8106 to schedule an appointment with the SUIT team.

The Center of Substance Abuse Research (CESAR)

The Center of Substance Abuse Research (CESAR) is dedicated to informing the public about issues associated with substance abuse. CESAR maintains an extensive library of materials on related topics on its website: CESAR.UMD.EDU.

Health Promotion and Wellness Services Substance Use and Harm Reduction Program

The Substance Use and Harm Reduction Program is housed in Health Promotion & Wellness Services and oversees campus-wide educational programming efforts as it relates to alcohol and other drugs, including You-MD Substance Use Prevention Training for incoming first-year and transfer students, with foundational education about alcohol, opioid misuse, and resources available on campus related to substance use prevention and community support. This program is comprised of a Program Coordinator, who focuses on direct outreach efforts to students, facilitation of the Harm Reduction Tabling Program, and programmatic support for the collegiate recovery community at UMD as the staff advisor for Terps for Recovery, as well as a Program Consultant, who focuses on curriculum development, advocacy efforts, and overall program administration of the You-MD first-year and transfer student onboarding training, the Gold Code alcohol risk mitigation campaign, the Green Code cannabis risk mitigation campaign, and the Overdose Response Program for opioid overdose prevention and response. This program creates supportive educational and prevention-based resources, including asynchronous presentations on alcohol, cannabis, and other drugs with lesson plans included, available for free for any student organization or class instructor to download and share. To find out more about the program, please call (301) 314-9629 or email MMOORE56@UMD.EDU (Program Consultant) or GMORRIS@UMD.EDU (Program Coordinator).

Terps for Recovery (TFR)

Terps for Recovery seeks to provide collegial, informal, peer-to-peer support for students in recovery. College campuses can be a difficult environment for students to maintain their sobriety. This is due to many factors, including living away from home, insufficient on-campus support services, and, most notably, a drinking culture that can dictate the social environment. However, social support is

a significant protective factor against relapse. Therefore, providing opportunities for students in recovery or considering recovery to connect with others is an important aspect of fostering an environment that promotes success among students in recovery. We have begun hosting free monthly breakfasts for students in recovery at the Health Center, and have already thrown two large-scale events in the Fall semester – a Terps for Recovery Kick-Off Pool Party at the start of the Fall semester, and a Sober Skellection Halloween Party on Halloween. For more information about TFR, please email GMORRIS@UMD.EDU.

Drug Testing

For individuals who are required to be drug-tested (i.e. court system, treatment providers, or a condition of employment with DOTS), the University Health Center offers confidential urine collection and drug screening through Occupational Health. The cost for this service depends on the type of tests necessary. For more information, please call (301) 314-8184.

Overdose Response and Prevention

The University Health Center's Overdose Response Program, in partnership with the Maryland Department of Health, has grown exponentially over the past year. We have multiple opportunities for students, staff, and faculty to access free Naloxone, Fentanyl Test Strips, and Xylazine Test Strips, in a variety of formats and spaces across campus. We have one-hour Overdose Response Training twice a month at the Health Center open to any member of the UMD community. We also have two Harm Reduction Tabling events per month across different high-traffic areas of campus, where UMD community members can receive these resources using our new brief training model. These resources can also be accessed through the Health Center Pharmacy during normal business hours at no cost.

As of October 1, the State of Maryland now requires all public state buildings to have Naloxone available in all AED Machine boxes, so we have had the opportunity to make Naloxone accessible across a much broader reach of campus through this new state law. Finally, all University of Maryland Police Department (UMPD) officers are trained to recognize an opioid overdose and provide naloxone. Naloxone is available with officers on patrol.

For more information about the University of Maryland Health Center's Overdose Response Program, please call (301) 314-9629 or email MMOORE56@UMD.EDU.

Counseling Center

The **COUNSELING CENTER** offers initial consultation and assessment, workshops, and individual, couples, and group counseling to UMD students. Referral services are also provided for concerns outside the scope of service of the Counseling Center. For more information, call (301) 314-7651 or visit our [WEBPAGE](#).

The Center on Young Adult Health and Development

The **CENTER ON YOUNG ADULT HEALTH AND DEVELOPMENT (CYAHD)** is part of the UMD School of Public Health and is specifically dedicated to understanding the health and development of young adults. Its **RESEARCH BRIEFS** cover a variety of issues related to young adult health risk behaviors including substance use and substance use disorders.

The Maryland Collaborative to Reduce College Drinking and Related Problems

The University of Maryland is a member school of the Maryland Collaborative. The Collaborative provides a forum for information exchange and links practitioners with faculty from the University of Maryland School of Public Health and the Johns Hopkins University School of Public Health who provide technical assistance and training to member schools on evidence-based practices to reduce excessive drinking and other drug problems.

Local, State, and Federal Law Descriptions Relating to Alcohol and Other Drug Use

Students and employees at the University of Maryland are subject to federal, state, and local laws for the possession and distribution of illegal drugs. Federal law states that it is unlawful to possess controlled substances including cannabis, cocaine, LSD, PCP, heroin, designer drugs, etc. (1). Possession and use of cannabis is a violation of the federal Controlled Substances Act, and compliance with Maryland's cannabis laws is not a legal defense to a violation of federal law. The U.S. Department of Justice (DOJ) has the authority to enforce federal cannabis laws, even in states with authorized cannabis programs. If the substance is cocaine or contains a cocaine base, the penalty for simple possession is a fine and/or imprisonment from 5 to 20 years. In February 2000, a law was enacted to categorize gamma hydroxybutyrate (GHB), also known as a "date rape drug," as an illegal drug. This means that anyone possessing, manufacturing, or distributing GHB may face up to a 20-year penalty.

For other illegal drugs, the penalty for simple possession is a fine of at least \$1,000 and/or imprisonment of up to one year. The penalties increase if the possession includes intent to manufacture, distribute, or dispense a controlled substance, especially if done near a public or private elementary, vocational, or secondary school or a public or private college or university. Additionally, any person who violates this law shall be liable for an amount of up to \$10,000 in civil penalties.

In addition to Federal laws, the State of Maryland has its own laws dealing with the distribution, manufacturing, and possession of controlled substances. For instance, any person who unlawfully manufactures or distributes any narcotic drug may be fined up to \$15,000 and may be imprisoned for up to 20 years for a first offense (2).

Students and employees at Maryland are subject to state and local laws for drinking and obtaining alcohol. It is illegal in the State of Maryland for any person under 21 to drink alcohol (3). It is also illegal for a person under 21 to falsify or misrepresent his or her age to obtain alcohol or to possess alcoholic beverages with the intent to consume them (4). It is also illegal in most situations to furnish alcohol to a person under 21 (5). The penalty is a fine of up to \$2,500 for a first offense and up to \$5,000 for repeat offenses (6).

In addition, state law dictates that it is illegal to possess alcohol in an open container in any parking lot of any shopping center or retail store unless given permission by the owner. The penalty is a fine of up to \$100 (7). It is also illegal to consume alcohol on any public property or highway unless authorized by the governmental entity which has jurisdiction over the property, with penalties including a fine of up to \$100 (8).

Students and employees are also subject to state and local laws governing drinking and driving. A person may not drive or attempt to drive while under the influence of alcohol (9). Individuals under 21 with a blood alcohol level (BAL) of only 0.02 (approximately one drink) will be charged with a violation of restricted license which may result in a suspended license until the age of 21 (10).

Any individual with a BAL of 0.08 will be presumed to be driving under the influence. An individual with a BAL of 0.10 or more shall be determined to be under the influence of alcohol per se (11). Any of these violations will result in fines, imprisonment, or both.

It is also unlawful to drive while impaired by any controlled dangerous substance whether or not it is illicit (prescribed or unlawfully obtained) (12). A person can still be charged with these violations even though they possess a driver's license from another state.

1. Federal Law 21 U.S.C.sections 841 and 844 to 860 (1990)
2. Maryland Annotated Code Criminal Article Section 5-608
3. Maryland Annotated Code Criminal Article Section 10-114
4. Maryland Annotated Code Criminal Article Section 10-113
5. Maryland Annotated Code Criminal Article Section 10-117
6. Maryland Annotated Code Criminal Article Section 10-121
7. Maryland Annotated Code Alcoholic Beverages Article Section 6-321 (2020)
8. Maryland Annotated Code Alcoholic Beverages Article Section 6-321 (2020)
9. Maryland Annotated Code Transportation Article Sections 21-902
10. Maryland Annotated Code Transportation Article Sections 16-205(d-1) (2020)
11. Maryland Annotated Code Transportation Article Sections 21-902
12. Maryland Annotated Code Transportation Article Sections 21-902(c) and (d)

The effort to produce the Guide was led by the University Health Center within the Division of Student Affairs, with support from the Office of General Counsel.

Dear University of Maryland Community Member,

Here at the University of Maryland we prioritize the health and safety of our community and give our students, staff and faculty the resources they need to be part of that joint commitment.

The Drug-Free Schools and Communities Act, Public Law 101-226, requires that as a condition of receiving financial assistance under any federal program, all institutions of higher education must implement programs to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees. The University of Maryland has such programs in place.

The Guide to Policies and Resources on Alcohol and Other Drugs describes the University's policies and programs and contains information to be distributed to all students and employees annually under the Drug-Free Schools and Communities Act and under the Maryland Higher Education Commission's Policies Concerning Drug and Alcohol Abuse Control.

All students and employees must be aware of the information contained in this document and understand that the University is seriously committed to maintaining a drug-free campus. Please read the document carefully. If there are any questions, please call the Health Promotion and Wellness Services unit at (301) 314-8128.

Thank you for your commitment to keeping our campus community safe.

Sincerely,



Dr. Darryll Pines
President