



**Drug-Free Schools & Communities Act
11th Biennial Review**

July 1, 2010 – June 30, 2012

Introduction

As a condition of receiving funding under any federal program, the Drug-Free Schools and Communities Act Amendments of 1989 (the “1989 Act”)¹ required that institutions of higher education (“IHE”) certify by October 1, 1990 that they had adopted and implemented a drug and alcohol prevention program. This was a one-time certification requirement. On September 15, 1990, the University of Maryland, College Park certified its compliance with the 1989 Act to the U.S. Department of Education.

The 1989 Act requires that each IHE's drug and alcohol program, at a minimum, include:

- a) the annual distribution to employees and students of a written statement which covers five topics, each of which is specifically defined in the implementing regulations; and,
- b) a biennial review by the IHE of its program. The purpose of the biennial review is to determine program effectiveness and implement changes as needed, and to ensure that the disciplinary sanctions imposed on students and employees for drug and alcohol policy violations are consistently enforced.
- c) the Higher Education Opportunity Act (HEOA), signed into law on August 14, 2008, amends the HEA’s biennial review provision to require institutions to determine (i) the number of drug and alcohol-related violations and fatalities that occur on campus or as part of institutional activities and are reported to campus officials and (ii) the number and type of institutional sanctions that are imposed as a result of those violations and fatalities. The University has been capturing this data since the HEA’s inception, so no changes are required. HEOA Section 107; 20 U.S.C. Section 1011(i).

Under the 1989 Act, the Secretary of Education is authorized to review annually a representative sample of IHE drug and alcohol prevention programs for compliance with the Act. As part of this review, an IHE is required to provide the Secretary access to personnel records, and any other information requested by the Secretary to review the IHE's adoption and implementation of its program. Upon request, an IHE must provide to the Secretary, and to the public, a copy of the writing provided annually to employees and students, as well as a copy of the IHE's biennial review.

Compliance

The University's 11th Biennial Review; covering period of July 2010 to June 2012, of its drug and alcohol prevention program and policies was conducted with representation from the University Health Center, Department of Public Safety, the Office of Student Conduct, Department of Resident Life, and the Department of Fraternity & Sorority Life. In compliance with the 1989 Act, the Evaluating Committee determined that since 2006 the Review should consist of three parts:

1. Documentation and evaluation of the University's compliance with the 1989 Act's requirement that a written statement be sent annually to each employee and student;

¹ **Public Law 101-226, 34 CFR Part 86.**

2. Documentation and evaluation of the effectiveness of drug and alcohol prevention programs; and;
3. Documentation and evaluation of the enforcement of disciplinary sanctions imposed on students and employees. The 1989 Act requires that similarly situated offenders be treated in a similar manner.

Electronic copies of the Biennial Review are kept in the Campus Alcohol Programs office within the University Health Center and the Office of Legal Affairs. To request a current or past Biennial Review please contact the Office of Legal Affairs. Currently, all past (starting with the 1996 report) and current Biennial Reviews are permanently kept on file in an electronic format.

Annual Distribution of Drug and Alcohol Policy

Distribution to Employees:

Acting President Wallace D. Loh, respectively, sent an electronic notice of the *University's Employee Drug and Alcohol Abuse Policy* (Appendix 1) to all University employees at their individual campus email addresses during the Fall semesters for each year of the reporting period. Supervisors were instructed to provide written copies of the policy for any employee who does not have access to a computer.

The *University's Employee Drug and Alcohol Abuse Policy* covers the following topic areas:

1. Prohibited Conduct & Review of Campus Alcohol and Other Drug Policies
2. Disciplinary sanctions that the University will impose on Employees
3. Legal Sanctions under Federal, State, and Local laws relating to alcohol and drug use
4. Health Risks
5. Drug and Alcohol Programs Available to Employees

The [*University's Employee Alcohol and Other Drug Abuse Policy*](#) is also available for review online.

Distribution to Students:

An electronic notice of the *University's Student Alcohol and Other Drug Policy and Resource Guide* (Appendix 2) was sent to each student who was taking one or more classes for any type of academic credit during the Fall semesters for each year of the reporting period. The electronic delivery method increases the receipt rate as more students maintain their e-mail address than their mailing address; additionally, this method reduces expenses and the environmental impact by the University.

The *Student Alcohol and Other Drug Policy and Resource Guide* covers the following topic areas:

1. Review of Policies and Disciplinary Sanctions
2. Health Risks and Physiological Effects
3. Local, State, and Federal Laws
4. University Programs and Intervention Options
5. Campus and Community Resources

The University's [*Student Alcohol and Other Drug Policy and Resource Guide*](#) is also available for review on the University Health Center's website.

Alcohol and Other Drug Policies and Enforcement

I. Policy Review

The University of Maryland at College Park recognizes that the illegal or abusive use of drugs or alcohol by members of the campus community jeopardizes the safety of the individual and the campus community, and is inimical to the academic learning process. The University of Maryland is therefore committed to having a campus that is free of the illegal or abusive use of drugs and alcohol. In keeping with this commitment, it is the policy of the University that the illegal or abusive use of drugs or alcohol is prohibited on University property or as part of University activities.

Policies and procedures related to alcohol and other drugs include:

Student Affairs Policies

- [V-1.00\(B\)](#) – Student Code of Conduct
- [V-1.00\(D\)](#) – Resident Life Alcohol Policy
- [V-1.00\(E\)](#) – Resident Life Drug Policy
- [V-1.00\(I\)](#) - Greek Social Policy
- [V-1.00\(J\)](#) – Promoting Responsible Action in Medical Emergencies

Student Athlete Policies

- [V-2.00\(B\)](#) – Drug Policy for Student-Athletes
- [V-2.00\(C\)](#) – Policy on Conduct and Ethics for Student-Athletes

Policies on Use of Alcoholic Beverages

- [VI-8.00\(A\)](#) – Policy on Employee Alcohol and Other Drug Abuse
- [VI-8.00\(B\)](#) – Policy on Student Alcohol and Other Drug Abuse
- [VI-8.00\(C\)](#) – Policy on Possession or Use of Common Containers of Alcohol
- [VI-8.00\(D\)](#) – Policy on Alcohol-Related Advertising, Promotions, or Events
- [VI-8.00\(E\)](#) – Drug and Alcohol Policy and Testing Procedures Applicable to Employees Required by Job Function to have a Commercial Driver’s License
- [VI-8.00\(F\)](#) – Fitness for Duty Policy and Procedures
- Athletic Council Policy Manual – [Distribution at Athletic Events](#)
 - Comcast Center - page 18
 - Byrd Stadium – page 77
- Event Management Handbook – [Campus Event Alcohol Policy](#) (page 38)

II. Enforcement

Employees: The University Human Resources Staff Relations Office is responsible for providing advice to employees, administrators, managers, and supervisors on a variety of employee relations issues; including enforcing employee alcohol and other drug policies. Services such as drug testing for employees and the Faculty Staff Assistance Program (FSAP) are housed within the University Health Center. More information on FSAP can be found in the AOD Programs & Interventions Section of this report.

Students: The University has three primary departments that enforce and address student policy violations:

A. University of Maryland Department of Public Safety

The University of Maryland Police Department is a professional law enforcement organization that employs over 100 dedicated men and women. These individuals provide a complete array of law enforcement and related services to a community of approximately 60,000 members, which includes a student population of approximately 37,000. UMPD Officers are State certified in accordance with Article 41, Section 4-201 of the Annotated Code of Maryland and have all the same powers and authority as any other sworn police officer in Maryland; each officer is empowered by State law to make arrests, investigate crimes, and carry firearms. Furthermore, the University of Maryland Police Force is the primary agency responsible for policing property owned, operated, leased by, or under the control of the University of Maryland System.

Alcohol and Other Drug Incidents	FY11	FY12
Alcohol Violations	189	214
Drug Incidents	312	289
Total Incidents	501	503

Crime/Incident Reports Involving AOD	FY11	FY12
Injured/Sick Person	87	60
Disorderly Conduct	33	22
Property Crimes (Theft, Vandalism, etc.)	24	14
Crimes Against Person (Robbery, Assault, etc.)	11	10
Miscellaneous Reports	27	38
Total Reports	182	144

Drug/Alcohol Arrests	FY11	FY12
DUI Arrests (traffic)	274	249
Arrests/Citations in Lieu of Arrest for Drug/Alcohol Offenses (non-traffic)	346	389
Total AOD Arrests	620	638

B. The Office of Rights & Responsibilities

The Office of Rights and Responsibilities is a unit of the Department of Resident Life and administers rules and adjudicative processes that serve three necessary goals: (1) maintain the safety and necessary order for an academic residence community, (2) determine accountability for prohibited behavior and, (3) to foster among students an understanding of their accountability as community members. The office promotes the Department of Resident Life's Community Living Principles by balancing the needs of individual students with the needs of the community, and strives to educate students about each individual's obligation to help assure a safe, secure, and nurturing academic environment.

Students found responsible for alcohol related violations are typically placed on Housing Probation for a minimum of one semester and assigned to complete an online alcohol education assessment and meet with a counselor in the Health Center for a Brief Motivational Interview. Students who require a higher level of intervention receive more intensive counseling through the Health Center. Students found

responsible for drug related violations are typically terminated from Housing and suspended from the University. For students who are willing to enter the University's Drug Testing and Substance Abuse Intervention Program, they are able to withhold the Suspension as long as they successfully complete the programs.

Alcohol and Other Drug Incidents	FY11	FY12
Alcohol as the main policy violation	298	262
Alcohol Transports to Hospital	59	76
Alcohol Near-Transports	27	39
Drug-Related Incidents	172	173
Rule A10 Violations (distribution, sale, or provision of alcoholic beverage to a minor)	4	2
Rule B21 Violations (possession or use of alcoholic beverages by a minor)	411	348
Rule A9 Violations (possession, use, sale, distribution, or provision of inhalants, marijuana, or any controlled substance or illegal drug)	52	43
Rule B24 Violations (use/possession of drug paraphernalia)	54	40
Incidents under the Responsible Action Policy	61	68

C. The Office of Student Conduct

The Office of Student Conduct strives to resolve allegations of misconduct under the Code of Student Conduct and the Code of Academic Integrity in a manner consistent with the core values of fairness, honesty and integrity. Moreover, we acknowledge the importance of balancing the interests of the individual student and the community at large, as well as protecting the integrity of the institution and its values. As a component of our work, we seek to involve students in the judicial process - recognizing the significant responsibility they maintain in the protection of the university community. To foster future leaders and sound citizens, we promise to invest in their learning and character development.

Reporting Period (2010-2011)*

Alcohol and Other Drug Incidents	AY2010-2011
Alcohol Violations	53
Incidents under the Responsible Action Policy	13
Drug-Related Incidents	42

*Reporting Period specifies the period incidents referred to the Office of Student Conduct between June 1, 2010, through May 31, 2011.

During the FY2011 year, the Responsible Action Protocol was proposed and passed by the University Senate to be codified as a University Policy. Additionally there were changes to the *Code* which included Alcohol as a stated prohibition rather than being contained as part of Part 9(o) [Other University Policies]. The promotion of the Responsible Action Policy along with the changes to the Alcohol policy led to changes in the numbers of alcohol violations and applications of the Responsible Action Policy.

Reporting Period (2011-2012)*

Alcohol and Other Drug Incidents	AY2011-2012
---	--------------------

Alcohol Violations	25
Incidents under the Responsible Action Policy	16
Drug-Related Incidents	44

*Reporting Period specifies the period incidents referred to the Office of Student Conduct between June 1, 2011, through May 31, 2012.

Under the Code of Student Conduct, the penalty for a first time drug related offense is a one-year suspension. Offenders may be offered an alternative sanction that would withhold an active suspension, but require random drug testing for a period not to exceed two years and completion of a substance abuse education program. Students may also be required to complete research papers, university and/or community service. During the 2010-2011 reporting period 37 students were given an alternative sanction. A total of 4 students were suspended and 1 student was expelled for drug related offenses. During the 2011-2012 reporting period, 43 students were given an alternative sanction while 1 student was suspended for drug related offenses.

First time offenders of the alcohol policy may be issued a Disciplinary Reprimand and required to complete an educational sanction. Repeat offenders may receive an extended period of Disciplinary Probation, required community service hours, and completion of a substance abuse program. In 2010-2011, 37 students were required to complete a substance abuse program while in 2011-2012, 58 students were required to complete this program.

**Disclaimer: Due to a change in data management software by the Office of Student Conduct and Office of Rights and Responsibilities, there may be discrepancies in statistical data reported for these purposes.*

Alcohol and Other Drug Programs and Interventions

I. Department of Public Safety

Along with providing traditional law enforcement services, the University of Maryland Police Department at College Park is a leader in education -- both of community members and other law enforcement officers. To combat crime, UMPD offers many crime prevention programs that are available to community members at no cost. The Department of Public Safety's (UMPD) commitment to educate the community is demonstrated through numerous initiatives and programs facilitated by the University Police Officers. Such programs and interventions include:

- A. University of Maryland Police Academics:** In addition to the Standardized Field Sobriety Testing Program, officers participated in and taught several additional training programs intended to help officers accurately identify impaired drivers. These courses included:

<u>Course</u>	<u># Officers</u>
Intoximeter Recertification	21
Drug Interdiction	4
Drug Recognition Expert	2
A.R.I.D.E.	4
Standardized Field Sobriety Test	9
SFST Instructor	2

Drug Impaired Driving	9
11th Annual Top Gun School, Investigating and Prosecuting Drug Cases	2
Party Patrol and Controlled Party Dispersal Techniques for Preventing and Breaking Up Underage Drinking Parties	4
Annual Narcotics Investigators Conference	1
Fictitious Identification	2
Alcohol Enforcement Training	17
PBT	2
DUI Institute	2
Fraudulent Document Training	3
Sobriety Checkpoint Manager Training	1
SFST Instructor	1
Basic Intoximeter	1

B. Educational Presentations: University Police Officers conduct numerous educational presentations on and off campus that include information on alcohol and other drugs. Presentations are conducted during crime prevention programs, Campus Orientation, and training courses for students, faculty, and staff. Additionally, UMPD has partnered with the University Health Center, the Department of Resident Life, and local liquor establishments to facilitate demonstrations with the Fatal Vision Goggles, Portable Breath Test, and Fake ID Detection.

- number of presentations in 2010-2011: 195
- number of presentations in 2011-2012: 162

C. Community Multi-Agency Service Team (CMAST)– In an effort to further the downward trend of violent crime on and off campus, CMAST was formed by the University of Maryland Police Department and is comprised of stakeholders from the University Health Center, Office of Student Conduct, Off-Campus Housing Services, Department of Fraternity and Sorority Life, City of College Park, Prince George County Police Department, State’s Attorney’s Office, Prince George County Property Owner’s Association, Fire Marshal, and Prince George County Liquor Board. The main function is to discuss, analyze, and address concerns and quality of life issues and collaboratively plan for events within our shared community. The CMAST committee is currently chaired by Chief David Mitchell.

II. Department of Resident Life

The Department of Resident Life aims to promote the existence of an environment where student and community development, academic excellence, respect for individual differences, and constructive social interaction is valued and advanced; and to insure that fiscal and human resources are managed effectively and consistent with University policies and procedures. Understanding that the residence hall environment also has an impact upon the development and well-being of residents, programs and services are provided to shape the quality of the on-campus living experience. Programs related to alcohol and other drugs include:

A. New Resident Orientation/Fall Welcome Program: The New Resident Orientation Program/Fall Welcome is held by DRL during every fall opening in order to welcome new first-year students to

campus and provide opportunities for residents to interact with each other, learn about the University and its resources, and learn important messages that will help students navigate their residence hall and University experience.

Each year, as part of the program, several activities are designed to provide messages related to responsible decision-making around alcohol and drugs. The Protect Your Shell Fair is the most vital of those events. Created in 2008 in collaboration with the Health Center, the fair is designed to provide opportunities for students to learn valuable safety messages in a fun and interactive way. Alcohol-related exhibits include the use of fatal vision goggles by the Health Center and University Police and creative exhibits put together by the Alcohol Coalition and Health Center's SAFER Peers, while additional exhibits include information on personal safety, fire safety, sexual assault and relationship violence, and preventing personal and identity theft among other topics.

Additionally, alcohol education was provided during the Stamp Extravaganza Mocktails/Karaoke program (held in 2010 and 2011), which provided students with the chance to be social and have fun performing karaoke and playing trivia in a fun club-like atmosphere while learning important alcohol messages and how to make fun non-alcoholic beverages. Finally, late-night activities (activities stretching until 1am) were provided for the first time in 2011 (laser tag, Capture the Flag, and Ultimate Frisbee).

- B. Alcohol Talking Points Document:** Every year DRL trains all professional and graduate staff about responding to alcohol incidents, and train and educate all Resident Assistants (RAs), Customer Service Supervisors (CSSs), and Community Assistants (CAs) to respond to alcohol incidents and behaviors. DRL requires all supervisors to discuss alcohol use and its impact on students' roles as employees each year, and we have created a brochure that discusses guidelines to be followed, possible consequences, potential scenarios and helpful language that can be used at floor meetings to discuss the topic with students.
- C. DRL Web Site and Publications:** DRL has created, and updated occasionally, extensive information on our website about alcohol policies, educational information, and specific information geared toward students and parents. The two pages, "Alcohol Policy and Practices in University of Maryland Residence Halls" (www.resnet.umd.edu/policies/alcoholpolicy) and "Making Safe Choices About Alcohol" (www.resnet.umd.edu/policies/aboutalcohol) include links to other important campus and national resources. Additionally, the Department distributes a brochure with information on our alcohol policies as part of our "Safety on Campus Q&A" series.
- D. Alcohol Poster Series:** In partnership with Public Safety, the Counseling Center, and the Health Center, in 2010 DRL created and began to distribute a road-sign themed poster series that provided alcohol-related information, including references to the legal drinking age, emphasis on alcohol and the negative impact it can have on the academic environment, how to help a friend and how to identify when a person may have alcohol poisoning or a drinking problem. The series of six posters were placed on every residence hall floor and in suites and apartments. Over 10,000 students each year were served with this campaign.

In 2011, this series was redesigned into a five-poster series with messaging that addressed behaviors to avoid as a college student, and encouraging students to make smart choices around alcohol.

- E. Community-Based Programmatic Efforts:** In addition to campus-wide programming, residence hall communities offer programming designed to meet the needs of their particular population. Examples of community-based and building-based programming included:
- South Campus Alcohol Mix-Off – A large-scale program held during the fall semester for all South Campus residents. Held in the South Campus Dining Hall, it attracts over 300 students each year. All SC staff teams (RA, CA and Area Councils) create and serve mocktails and residents are invited to taste them and vote on their most favorite. Alcohol education materials are distributed during the event. This program has been partially funded each year by the Alcohol Coalition.
 - Thumpin’ Thursdays – A program sponsored by Leonardtown RAs and Area Council every other Thursday night as an alternative to going to the bars/parties. These varied events include casino nights, movie nights, ice cream socials, “glow in the dark capture the flag”, basketball games, “halloscream” and game nights.
 - North Campus Programming – For several years, Resident Life staff in North Campus halls have been focusing building-wide or community-wide programming on Tuesday, Thursday, Friday, and Saturday nights, nights that are popular drinking nights for students. In addition, Resident Assistants were encouraged to conduct follow-up meetings with students transported for excessive alcohol consumption. RAs were also assigned to earlier duty rounds beginning in Fall 2010 in order to confront pre-gaming activities.
- F. RA Floor Meetings:** RAs host mandatory first-floor meetings in the first days of check-in to cover a range of important topics including information related to alcohol and drug policies.
- G. RA Programs:** In 2008-2009, RAs coordinated 3793 programs and activities for resident students over the course of the year. Programs were divided between impromptu activities – dinners with residents, campus tours, floor movie/discussion nights – and planned events, with topics including academics, safety, multiculturalism, alcohol/substance awareness, the environment, and sportsmanship. In 2011-2012, RAs coordinated 4120 activities and interactions—1944 planned and 2176 impromptu.

III. Department of Transportation Services

The Department of Transportation Services provides a full range of parking and transportation options for the campus community and surrounding areas; including the late-night program Nite-Ride. Nite-Ride is a curb-to-curb service operating seven nights a week from 5:30 p.m. to 7:30 a.m., and serves the immediate campus community. NITE Ride is designed to serve the areas of campus that are not included on the evening service routes. The NITE-Ride program is promoted as a safe transportation option to ensure students are not driving under the influence or walking alone.

IV. Faculty Staff Assistance Program (FSAP)

The Faculty Staff Assistance Program provides assessment, referral, and short-term counseling services (up to 10 sessions) to faculty, staff, and family members of employees. Problem areas for which employees seek out services include: substance abuse; emotional and psychological problems; relationship and family issues; financial; legal and job problems. During the 24 year existence of the program, FSAP have provided direct clinical services to over 3,414 employees and hundreds of their

family members. FSAP has also provided loans to 830 employees, totaling \$567,696.

Services specifically addressing alcohol and other drugs include:

A. Substance Use Counseling: Employees are placed in the “Primary Problem” category when their chemical dependency is the primary cause of all the other assessed problems (i.e. job, financial, legal, and relationship difficulties) as well as the presence of one or more of the following: loss of control, blackouts, high tolerance, or physical withdraw symptoms upon the cessation of alcohol/drugs. A “Secondary Problem” of substance abuse may occur when the employee’s use of substances is in reaction to other life stressors and not yet to the point where it can be identified as a physical dependency problem.

	Alcohol	Drug	Impacted by another’s AOD use
Primary Problem	23	8	14
Secondary Problem	8	5	4
Total	31	13	18

B. Fitness for Duty Evaluations: FSAP conducts fitness for duty evaluations for employees who are acutely impaired and dangerous to themselves or others. Supervisors are instructed to bring the employee to the Health Center, where they are evaluated by a physician, and if appropriate, they are also breathalyzed and drug tested. An FSAP counselor interviews the employee and the supervisor, and must meet with the employee again before they are able to return to work.

C. Supervisor Trainings: Supervisors and Department Heads are trained in how to recognize and confront a substance-abusing employee. Skills are provided to help the supervisor to understand how not to “enable an employee to continue their abuse, and how to appropriately refer them to FSAP in order to receive the help needed”. Individual consultations are also provided whenever a supervisor finds themselves in a position to confront an employee. Orientations are also provided to all new faculty, staff and administrators so that they can be aware of the policies addressing alcohol and drug issues and so they will be aware of the free and confidential services available to them to address these issues.

V. University Health Center - Health Promotion Department

The Health Promotion Unit aims to increase knowledge of personal and community wellness; to facilitate the adoption and maintenance of positive health behaviors and wellness practices; to collaborate with Health Center staff in the delivery of client education services; to increase awareness of Health Center programs and services; and to provide experiential opportunities for peer educators, interns, and other students interested in health related professions. Topic areas include sexual health education, general health and well-being, nutrition, mediation, smoking cessation, and alcohol and other drug education.

Programs related directly to alcohol and other drug education include:

A. Alcohol Coalition: Although the Coalition did not meet regularly over the past year, the committee did co-sponsor two Late Night Maryland events. The first event was held in the Eppley Recreation

Center specifically geared for students in Greek Life. The second event was held in the Stamp Student Union. Each late night event attracted approximately 300 students.

- B. AlcoholEdu:** A web-based course that helps students make safer, healthier decisions about alcohol. AlcoholEdu was first implemented at the University of Maryland in 2005 at the recommendation of the Alcohol Task Force and the university has continued to utilize this program for all incoming first-year students.
- C. Alcohol Education Campaign:** The University Health Center in collaboration with the Alcohol Coalition continued to implement a campus wide alcohol poisoning campaign using materials remaining from the “Be Smart. Party Smart” campaign while also focusing more closely on the “Know. Call. Care.” message; which served to educate students on identifying alcohol poisoning and taking appropriate actions. This campaign included the distribution of magnets, club card flyers, water bottles, and pens.
- D. CHOICES Peer Education Program:** The CHOICES (Choosing Healthy Options in the College Environment Safely) peer education program covers topics that include high risk alcohol use, drug use, low-risk decision making, warning signs of alcohol and drug abuse, warning signs of alcohol poisoning, information on how to help a friend with alcohol poisoning, alcohol and sex, current drug trends on campus, and resources for seeking help for family, friends, or for one’s self. The peer education program is designed to provide this information in a non-biased, non-judgmental way. Students who participate in CHOICES receive 3 academic-credits for a one year commitment.
- 2010-2011: 85 programs serving 2,870 students
 - 2011-2012: 71 programs serving 2,386 students
- E. NCAA CHOICES Grant:** As a Spring 2010 recipient of the NCAA CHOICES Grant, the University Health Center had the remainder of a \$15,000 grant allotment as well as an additional \$10,000 to increase education and outreach to student athletes and Greek students. Having been substantially delayed in achieving Year One goals, we were able to catch up early in the fall semester. We meet with a portion of all NCAA recognized varsity teams. Each team received an educational workshop specifically directed towards student athletics. Before the end of the first semester, we meet with representatives from all of the IFC and PHA chapters within the Greek system.
- F. Smoking Cessation Program:** The Smoking Cessation program is a free service provided by the University Health Center to the campus community. The smoking cessation counselor is available for both individual and group counseling. The program offers CO screenings, stress reducing techniques, coaching and support, NRT products such as the gum and patch along with the option of five acupuncture treatments to support quitting the use of tobacco. The program works with the UHC Pharmacy who makes NRT products available for clients.
- G. Student Health Advisory Committee (SHAC):** The Student Health Advisory Committee (SHAC) acts as a student voice to the University Health Center staff and administration. SHAC members participate in a variety of UHC committees and plan health related events for the campus community. In partnership with the Smoking Cessation Program, SHAC planned and implemented the Great American Smoke Out event.

VI. University Health Center – Office of Substance Abuse Programs

The Office of Substance Abuse Programs is located in the University Health Center and provides comprehensive assessment of alcohol and other drug use and related concerns. The counseling approach relies heavily on Motivational Interviewing; a collaborative, client-centered approach to help students consider positive alternatives. All treatment is individualized and determined by a member of the counseling team.

In addition to assessment and referral services, substance use counseling, and co-occurring disorders counseling; programs and interventions include:

- A. Athlete Intervention Program:** SUIT provides counseling to student-athletes who fail their drug tests or whose use is of concern to athletic staff. These athletes are seen for a minimum of five sessions and attend a minimum of three 12-Step meetings.
 - 2010-2011: 9 student-athletics were seen for a total of 42 hours
 - 2011-2012: 19 student-athletics were seen for a total of 94 visits

- B. Drug Testing Program:** The Drug Testing Program is responsible for the ongoing random testing for CDL employees and the Office of Student Conduct. This program operates under drug testing policies established by these departments and agreed to by the students and employees who participate in these programs. Drug testing services are also made available to the student population as well to the local community.
 - 2010-2011: 1,949 tests conducted
 - 2011-2012: 1,135 tests conducted

- C. DUI/DWI Intervention Program:** Intended for UMCP students who have been arrested and/or convicted of a Driving While Impaired or Driving Under the Influence charge. The program focuses on alcohol-related issues that are common to college students and drivers.
 - Number of students who participated in 2010-2011: 37

- D. Healthy TERPS: Targeting Early Intervention High-Risk Participating Students:** Developed under the auspices of a United States Department of Education grant, the Healthy TERPS (HT) program provides brief motivational interventions (BMI) for first time violators of the alcohol policy (not those with alcohol citations or those that have been transported to the hospital). Most of these students are referred from Resident Life, with some students referred from the Office of Student Conduct, the Department of Intercollegiate Athletics, and the University Health Center.
 - 244 students completed a Healthy Terps session during 2010-2011; with a 13% increase the following year.

- E. Prince George's County Diversion Program:** The program was created by the university Health Center, Department of Public safety, and Student Affairs in association with the Prince George's County District court and state Attorney's office. It was piloted in April and May 2005 and began on June 1, 2005. The program was established to provide UMD students receiving their first alcohol related citation the option of completing education and/or counseling at the University Health Center instead of receiving both a court sanction and having a permanent record. The Diversion Program involved attending an alcohol screening at the health center and completing an assigned intervention based on the results of the screening. Most students are assigned to either SAIP I or

SAIP II.

- 2010-2011: 81 students enrolled in the program (reduction of 30% from previous year)
- 2011-2012: Program continued during this time but discussions occurred regarding the possibility of discontinuing in the future.

F. Outpatient Counseling Program: Established to provide chemically dependent UMD students with an alternative to community-based treatment programs that provide less of a specific support that college students require to establish lasting recovery programs. Program provides clients who are coping with substance abuse or dependence with accessible medical exams, psychiatric evaluation, nutritional counseling, and complementary medicine such as acupuncture, massage, mediation and stress management, in accordance with each student's needs.

- 2010-2011: 88 individuals were seen for a total of 456 sessions

G. Substance Abuse Intervention Program (SAIP): Designed as an early intervention program for students found to be in violation of campus judicial policy, the Substance Abuse Intervention Program (SAIP) has grown to include those students identified by community agencies, including court-based diversion programs as potentially having a problem with alcohol or other drugs. Prior to entering SAIP, each of these students is given a thorough evaluation. After the intake, students are directed to one of two programs. In some instances, students are asked to complete SAIP I, consisting of a web-based intervention entitled e-CHUG, **Electronic Check-Up to Go**, and an exit interview (where personalized output summaries are reviewed). Students directed to SAIP II complete the above; attend a 3-session group or additional counseling sessions, and/or 12-Step meetings. At any point in the process, students that appear to be experiencing significant problems associated with their other drug or alcohol use or mental health concerns are given an opportunity for counseling or customized referrals.

- 2010 -2011: 246 students participated in SAIP

Appendix 1 – Employee Annual Distribution Alcohol and Other Drug Policy and Resource Information

Document can be found online at <http://www.umd.edu/pdfs/edaap09.pdf>.



EMPLOYEE DRUG AND ALCOHOL ABUSE POLICY

The University of Maryland is dedicated to the pursuit and dissemination of knowledge. The illegal or abusive use of drugs or alcohol by members of the campus community jeopardizes the safety of the individual and the campus community, and is inimical to the academic learning process. The University is therefore committed to having a campus that is free of the illegal or abusive use of drugs and alcohol. In keeping with this commitment, it is the policy of the University that the illegal or abusive use of drugs or alcohol is prohibited on University property or as part of University activities. The University will not hire anyone who is known currently to abuse drugs or alcohol.

In order to inform all University employees of their responsibilities under this policy, and to meet the University's responsibilities as set forth in the Drug-Free Schools and Communities Act Amendments and the Maryland Higher Education Commission's Policies Concerning Drug and Alcohol Abuse Control, the following information is provided:

- I. Prohibited conduct.
- II. Disciplinary sanctions that the University will impose on employees.
- III. Applicable legal sanctions under federal, state and local laws.
- IV. Health risks associated with the use of illegal drugs and the abuse of alcohol.
- V. Drug and alcohol counseling, treatment and rehabilitation programs available on campus.

I. PROHIBITED CONDUCT

The following policies and rules are consistent with those mandated under the Federal Drug Free Workplace Act of 1988, and the State of Maryland Substance Abuse Policy.

- (1) All employees in the workplace must be capable of performing their duties.
- (2) Employees are prohibited from:
 - (a) Abusing alcohol or drugs;
 - (b) Committing a controlled dangerous substance offense;
 - (c) Committing an alcohol driving offense;
 - (d) Working under the influence of alcohol;
 - (e) Working under the inappropriate influence of prescription drugs or over-the-counter drugs;
 - (f) Working under the influence of a controlled dangerous substance.
- (3) When the University learns or, based on observation or reliable information, suspects that an employee has committed a controlled dangerous substance or alcohol offense at the workplace, the University shall refer the matter to an appropriate law enforcement authority for further investigation and prosecution.

- (4) All employees shall cooperate fully with law enforcement authorities in the investigation and prosecution of suspected criminal violations.
- (5) An employee charged with an alcohol driving offense or a controlled dangerous substance offense shall report a finding of guilty, an acceptance of a plea of nolo contendere, or a probation before judgment to his or her supervisor within 5 work days.
- (6) The supervisor shall report the final conviction of an alcohol driving offense or a controlled dangerous substance offense immediately to the Director of University Human Resources, and in the case of a controlled dangerous substance offense only, to the Director of the Office of Research Administration and Advancement (“ORAA”). In the event it is determined by the University that an employee convicted of a controlled dangerous substance offense which occurred in the workplace was employed in the performance of a federal contract or grant, the Director of ORAA shall notify the sponsoring federal agency within 10 days of receiving notice from the employee or otherwise receiving actual notice thereof.

"Controlled substances" and "illegal drugs" prohibited under this policy are those set forth in Md. Ann. Code Criminal Art., Sections 5-401 through 5-406. "Sensitive employee" means an employee whose classification or position has been designated sensitive by the University. "Sensitive employees" include, but are not limited to, campus police officers and employees whose job duties require them to have a Commercial Driver's License.

II. ALCOHOLIC BEVERAGES ON UNIVERSITY PREMISES

The Stamp Student Union and Campus Programs' Alcohol Policy, found in their Event Management Handbook, controls the use, possession or distribution of alcohol by employees on University premises at University sponsored activities. This policy prohibits the possession or use of alcohol by any person under the age of 21 or the furnishing of alcohol to a person known to be under the age of 21. Alcoholic beverages otherwise may not be possessed, consumed or distributed by employees at University sponsored events occurring on University premises for which a state or local alcohol license is required, unless the sponsor of the event has complied with the Stamp Student Union and Campus Programs' Alcohol Policy guidelines and has obtained advance written approval from the Campus Reservations Office. Copies of the Handbook are available from the Campus Reservations Office in 1133 Stamp Student Union, and at <http://www.union.umd.edu/reservations/handbook.shtml>. Questions about state and local alcohol license requirements may be directed to the Campus Legal Office at 405-4945.

III. POLICY ON POSSESSION OR USE OF COMMON CONTAINERS OF ALCOHOL

(1) Prohibited Conduct

The University prohibits the possession or use of kegs, beer balls, punch bowls, and other common containers of alcoholic beverages of a similar nature on University property, except for possession and use resulting from licensed purchases by the University's Department of Dining Services.

(2) Disciplinary Sanctions

The University may take appropriate legal action, including but not limited to issuance of no access citations or institution of trespass proceedings against any individual found in violation of this policy. If the individual is a student or an employee of the University, additional administrative penalties may also be taken.

IV. DISCIPLINARY SANCTIONS THAT THE UNIVERSITY WILL IMPOSE ON EMPLOYEES

- (1) The first time a sensitive employee is convicted of an at-the-workplace alcohol driving offense, or found under the influence of alcohol while at-the-workplace, the employee shall be suspended for 15 days and required to successfully participate in an alcohol treatment program designated by the University's Faculty/Staff Assistance Program ("FSAP").
- (2) A sensitive employee convicted of an off-the-workplace alcohol driving offense, and a non-sensitive employee convicted of any alcohol driving offense shall:
- (a) On the first conviction be referred to the FSAP, and in addition, be subject to any other appropriate disciplinary actions;
 - (b) On the second conviction, at a minimum, be suspended for at least 5 days, be referred to the FSAP, be required to participate successfully in a treatment program, and in addition, be subject to any other appropriate disciplinary actions, up to and including termination;
 - (c) On the third conviction, be terminated.
- (3) A sensitive employee convicted of any controlled dangerous substance offense shall be terminated.
- (4) A sensitive employee who tests positive for a controlled dangerous substance as a result of a random drug test shall be suspended for 15 work days and be required to successfully participate in a drug treatment program designated by the FSAP.
- (5) A sensitive employee who abuses a legally prescribed drug or an over-the-counter drug shall, on the first offense:
- (a) Be suspended for 5 work days; and
Be required to participate successfully in a drug treatment program designated by the FSAP.
- (6) **General Sanctions.** Any employee found to be in violation of any of the provisions of this policy shall be subject to disciplinary action under applicable University personnel policies and applicable penalties contained in the Annotated Code of Maryland, State Personnel and Pensions Article. Disciplinary action includes sanctions up to and including termination. As a condition of continued employment, the University may require an employee to successfully

participate in a drug or alcohol abuse assistance or rehabilitation program.

V. LEGAL SANCTIONS UNDER FEDERAL, STATE AND LOCAL LAWS RELATING TO ALCOHOL AND DRUG USE

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 a controlled substance, including marijuana, cocaine, LSD, PCP, heroin, designer drugs, etc.¹ 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), better known as the “date rape drug,” like heroin or cocaine. 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 \$1000 and/or imprisonment up to 3 years. 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 up to \$10,000 in civil penalties.

In addition to Federal laws, the State of Maryland has its own laws dealing with distribution, manufacturing, and possession of controlled substances. For instance, any person who unlawfully manufactures or distributes any narcotic drug may be fined up to \$25,000 and may be imprisoned for up to 20 years for a first offense.²

University employees are subject to state and local laws for drinking and obtaining alcohol. It is illegal in 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 \$500 for a first offense, and up to \$1000 for repeat offenses.

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 \$100.⁶ 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 \$100.⁷

Employees are also subject to state and local laws governing drinking and driving. A person may not drive or attempt to drive under the influence of alcohol or under the influence of alcohol per se.⁸ Individuals under 21 with a blood alcohol level (“B.A.L.”) of only .02 (approximately 1 drink) will be charged with a violation of a restricted license and result in suspended license until the age of 21.⁹ A person with a B.A.L. of 0.08 will be presumed to be driving under the influence of alcohol.¹⁰ Also, an individual with a B.A.L. of 0.08 or more shall be determined to be “under the influence of alcohol per se.”¹¹ It is also unlawful to drive while impaired by any Controlled Dangerous Substances whether or not they are 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.

¹Federal Law Title 21 USC, Sections 841 and 844 to 845

²Md. Ann. Code Criminal Art., Section 5-608

³Md. Ann. Code Criminal Art., Section 10-114

VI. HEALTH RISKS

Substance abuse, that is abuse of alcohol and drugs, is now recognized as the number one public health problem in the United States. Approximately 30% of all admissions to general hospitals and 50% to psychiatric hospitals have detectable substance abuse. Substance abuse accounts for approximately 150,000 deaths annually. This includes deaths from stroke, diseases of the heart and liver, and all alcohol and drug related suicides, homicides, and accidents. Early detection can minimize or prevent the devastating consequences of substance abuse.

VII. DRUG AND ALCOHOL PROGRAMS AVAILABLE ON CAMPUS

The Faculty/Staff Assistance Program (FSAP)

This FSAP is a free and confidential assessment, referral, and short-term counseling service available to all campus employees. Alcohol and drug problems represent 30-50% of the employees utilizing this service. Other problem areas addressed include: family, marital, mental health, financial, legal, job, and many others. A professional assessment is conducted and referrals will be made to reputable community resources that are financially and geographically feasible, and that will not interfere with the employee's work schedule. In appropriate situations, short-term counseling is provided instead of a referral. Campus employees who are concerned about a family member, friends, or colleague with a possible substance abuse problem are also encouraged to contact this program. Appointments can be made by calling 314-8170.

Alcohol/DWI Programs

The Department of Public Safety, in cooperation with other campus offices, provides educational programs to the University community on the effects of alcohol on the body and the consequences of Driving Under the Influence ("DUI") and Driving While Impaired ("DWI"). For specific information on presentations available, contact the Department of Public Safety at 405-3555. These presentations are available to any group or organization.

Counseling Center

The Counseling Services Division of the Counseling Center offers up to three interviews of initial consultation with faculty and staff. Referral resources in the community are discussed when further counseling is appropriate. For appointments call 314-7651.

Responsible Administrative Office

The Department of University Human Resources shall be responsible for overseeing all actions and programs

relating to this policy. The Director of University Human Resources shall conduct a biennial review of the policy and its implementation to determine its effectiveness, make necessary changes and ensure that disciplinary sanctions are consistently enforced.

⁴Md. Ann. Code Criminal Art., Section 10-113

⁵Md. Ann. Code Criminal Art., Section 10-117

⁶Md. Ann. Code Art. 2B, Section 19-204

⁷Md. Ann. Code Art. 2B, Sections 19-202 and 19-204

⁸Md. Ann. Code Transportation Art., Section 21-902

⁹Md. Ann. Code Transportation Art., Sections 16-113(b)

¹⁰Md. Ann. Code Courts and Judicial Proceedings Art., Section 10-307(g)

¹¹Md. Ann. Code Transportation Art., Section 11-174.1

¹²Md. Ann. Code Transportation Art., Sections 21-902(c)(d)

Appendix 2 – Student Annual Distribution Alcohol and Other Drug Policy and Resource Information

Document can be found online at

<http://www.health.umd.edu/sites/default/files/AOD%20Policy%20And%20Resource%20Guide%202014-2015.pdf>

STUDENT ALCOHOL AND OTHER DRUG POLICY AND RESOURCE GUIDE

STUDENT ALCOHOL AND OTHER DRUG ABUSE POLICY

The University of Maryland, College Park is dedicated to the pursuit and dissemination of knowledge. The illegal or abusive use of alcohol or other drugs by members of the campus community jeopardizes the safety of the individual and the campus community, and is inimicable to the academic learning process. The University of Maryland is therefore committed to having a campus that is free of the illegal or abusive use of alcohol or other drugs. In keeping with this commitment, it is the policy of the university that the illegal or abusive 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](#).

ALCOHOL POLICIES

The Code of Student Conduct prohibits use or possession of any alcoholic beverage under the age of 21 on University premises or University-sponsored activities; knowingly providing alcoholic beverages to a person known to be under the age of 21 on University premises or University-sponsored activities. These policies, generally described below and subject to amendment from time to time, are available for public inspection during normal business hours in the Office of Student Conduct.

The Resident Life Alcohol Policy controls the use, possession, or distribution of alcohol in campus residence halls. This policy prohibits the possession or use of alcohol by any student under the age of 21 or the furnishing of alcohol to a person known to be under the age of 21. It prohibits kegs, the sale of alcohol, and parties involving alcohol. Students of legal drinking age may consume alcohol in their rooms, suites, or apartments only.

The Office of Campus Activities Alcohol Policy controls the use, possession, or distribution of alcohol by students on university premises or at university sponsored activities. This policy prohibits the possession or use of alcohol by any student under the age of 21 or the furnishing of alcohol to a person known to be under the age of 21. Alcoholic beverages otherwise may not be possessed, consumed, or distributed at events occurring on university premises or at university sponsored events unless advance written approval has been obtained from the Office of Campus Activities.

The university prohibits the possession or use of kegs, beer balls, punch bowls, and other common containers of alcoholic beverages of a similar nature on university property, except for possession and use resulting from licensed purchases by the university's Department of Dining Services. Violation of university drug or alcohol policies, on or off-campus, may result in university disciplinary action, as provided in the [Code of Student Conduct](#).

OTHER DRUGS POLICY

The Code of Student Conduct prohibits on university premises or at university sponsored activities, the

- unauthorized distribution;
- possession for purposes of distribution;
- use; or
- possession of any controlled substance or illegal drugs.

"Controlled substance" and "illegal drugs" prohibited under the Code are set forth in the Maryland Annotated Code Criminal Law Article Sections 5-401 to 5-406.

DISCIPLINARY SANCTIONS

Sanctions for violations of university alcohol policies include expulsion, suspension, disciplinary probation, disciplinary reprimand, restitution, dismissal from university housing, housing probation, work or research projects, and restrictions on further use of university facilities. Students may be accountable to both civil authorities and to the university for acts which constitute violations of law and university policy.

The standard penalty for first time possession or use of illegal drugs is a one year suspension and immediate housing contract termination, if applicable. This penalty may be withheld contingent upon a period of random drug testing and completion of a substance abuse program. **The standard penalty for distribution of illegal drugs is expulsion.** Disciplinary action at the university will normally proceed during the pendency of criminal proceedings and will not be subject to challenge on the ground that criminal charges involving the same incident have been dismissed or reduced.

PROMOTING RESPONSIBLE ACTION IN MEDICAL EMERGENCIES

Purpose

The health and safety of University students is of paramount concern. All members of the University community are encouraged to act in a responsible manner 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.

Policy

1. A student in possession or under the influence of alcohol and/or drugs who summons medical emergency assistance for him/herself 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 below. 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 designated emergency medical providers.

You may view the complete UNIVERSITY OF MARYLAND POLICY ON PROMOTING RESPONSIBLE ACTION IN MEDICAL EMERGENCIES by visiting the following link: <http://president.umd.edu/policies/v100j.html>.

<p style="text-align: center;">KNOW the signs of alcohol poisoning</p>	<ul style="list-style-type: none"> • Passed out • Unconscious or semiconscious • Cold, clammy skin, or pale bluish colored skin • Vomiting while passed out and not waking up • Slow or irregular breathing
<p style="text-align: center;">CALL for help</p>	<ul style="list-style-type: none"> • 911 • (301) 405-3333 (University Police Emergency Number) • (240) 432-6053 (Office of Fraternity & Sorority Life Duty Phone) • (301) 314-9386 (University Health Center After Hours Nurse Line) • Resident Hall Service Desk
<p style="text-align: center;">CARE for someone with alcohol poisoning</p>	<ul style="list-style-type: none"> • Get your friend to a safe place • Monitor breathing • Don't leave your friend alone; Stay until help arrives • Turn your friend on their side to prevent choking on vomit • Find out how much alcohol was consumed, what was consumed, and if any other drugs were taken

PHYSIOLOGICAL EFFECTS OF ALCOHOL

- **Muscular system:** Normal muscular coordination is impaired.
- **Circulatory system:** Blood vessels dilate causing increased heat loss from the body. Circulation of blood to the heart is impaired.
- **Respiratory system:** Small doses initially stimulate the respiratory rate, but increased doses cause a dramatic decrease. This can be life threatening, especially if mixed with other depressant drugs.
- **Digestive system:** Secretions cause irritation of the stomach and a greater accumulation of fat deposits in the liver. Alcohol slows digestion and inhibits the absorption of vitamins.
- **Nervous system:** An initial relaxation at low doses is followed by mental confusion and uncontrolled mood swings at higher doses.
- **Hormone system:** Increased secretions of various hormones affect blood sugar levels, dilate pupils, and raise blood pressure.
- **Reproductive system:** Alcohol overuse during pregnancy causes miscarriages, infant deaths, smaller, weaker newborns, and more problem pregnancies. Alcohol can have a toxic effect, known as fetal alcohol syndrome (FAS), on a developing fetus. In males, alcohol can lower testosterone levels.

Source: Information and Resource Guide, University of Oregon

HEALTH RISKS ASSOCIATED WITH ALCOHOL USE:

Ethyl alcohol, the form of alcohol found in beer, wine, and liquor, is a psychoactive drug as powerful as even the most notorious drugs. It is classified as a central nervous system depressant, although its effects are often misinterpreted as stimulating.

Low doses limit inhibition and can facilitate social interactions, though it can also impair the judgment and coordination required to complete activities; such as safely operating a motor vehicle.

Moderate to high doses cause marked impairments in higher mental functions and alter a person's ability to learn and remember information. Very high doses can cause respiratory depression and death.

About one in ten people will find it difficult to control consumption, will have continuing problems associated with its use, and will develop the disease of alcoholism. Even those who do not eventually develop alcoholism can experience and/or cause considerable harm to themselves, others, and the community. Individuals with a family history of chemical dependency face a higher chance of developing alcoholism or other forms of drug addiction.

Women who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, alcohol misuse has been found to be significantly related to the transmission of HIV and other sexually transmitted infections, unplanned pregnancy, fighting, assaults, vandalism, and the incidence of acquaintance rape and other crimes.

LOCAL, STATE, AND FEDERAL LAW DESCRIPTIONS RELATING TO ALCOHOL AND OTHER DRUG USE

Students and employees at the University of Maryland at College Park 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 marijuana, cocaine, LSD, PCP, heroin, designer drugs, etc. (1) 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 \$1000 and/or imprisonment up to 3 years. 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 up to \$10,000 in civil penalties.

In addition to Federal laws, the State of Maryland has its own laws dealing with distribution, manufacturing, and possession of controlled substances.

For instance, any person who unlawfully manufactures or distributes any narcotic drug may be fined up to \$25,000 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 \$500 for a first offense, and up to \$1000 for repeat offenses.

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. (6)

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. (7)

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. (8) Individuals under 21 with a B.A.L. of only 0.02 (approximately 1 drink)

will be charged with a violation of restricted license and result in suspended license until the age of 21. (9)

Any individual with a B.A.L. of 0.08 will be presumed to be driving under the influence. An individual with a B.A.L. of 0.10 or more shall be determined to be under the influence of alcohol per se (10). 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). (11) A person can still be charged with these violations even though they possess a driver's license from another state.

1. Federal Law 21 USCA/sections 841 and 844 to 845a (1990)
2. Md. Code Criminal Art. Section 5-608
3. Md. Code Criminal Art. Section 10-114
4. Md. Code Criminal Art Section 10-113
5. Md. Code Criminal Art. Section 10-117
6. Md. Ann. Code Art. 2B, Section 19-204
7. Md. Ann. Code Art. 2B, Section 19-204
8. Md. Code Transportation Art. Sections 21-902
9. Md. Code Transportation Art. Sections 16-113(b)
10. Md. Ann. Code Transportation Art. Sections 21-902
11. Md. Code Transportation Art. Sections 21-902 (c) and (d)

HOW WILL ALCOHOL AFFECT YOU?

The same amount of alcohol can affect different people in different ways. Here are some factors which determine the way alcohol will affect you.

How fast you drink. If you sip a drink and do not have more than one drink per hour, the alcohol is less likely to build up in the bloodstream.

What type of beverage you drink. A 12oz. can or bottle of beer, a 5oz. glass of wine, 1oz. of liquor, and 1.5oz. of grain alcohol have the same alcoholic content. However, wine and beer are absorbed less rapidly than straight liquor. Mixing alcohol with water or juice will slow absorption into the circulatory system while mixing with carbonated beverages may increase absorption.

Whether or not you have eaten. Eating, especially high protein foods like cheese and meats, will slow down the absorption rate

How much you weight. The same amount of alcohol has a greater effect on a lighter weight person than it does on a heavier one.

If you are a woman. Women have less of the enzyme that metabolizes alcohol than men, and have more fat and, therefore, less water in their bodies to dilute alcohol. These factors can lead to greater impairment.

Your mood, attitude, and drinking experience can determine the impact alcohol will have on your body. If you are tired or upset, alcohol will have a stronger impact than usual.

Adapted from the University of Delaware's "Alcohol and the Residence Hall Community."

HEALTH RISKS ASSOCIATED WITH DRUG USE

NARCOTICS

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. The user must continue ingesting the drug in order not to develop withdrawal symptoms. 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.

STIMULANTS

Drugs included in this classification include cocaine (e.g. coke, crack), methamphetamine, Ritalin/adderall, amphetamines (speed), high doses of caffeine and other stimulants. Cocaine has been known to cause sudden death by causing the heart to beat in an abnormal rhythm resulting in a heart attack. The heart attack can be sudden and unexpected and can occur at anytime when a person is

Stimulants can cause a person to become emaciated, resulting from an increased metabolism and an extremely decreased appetite. Psychologically, cocaine and most amphetamines are extremely addictive and affect the pleasure center of the human brain. Stimulant intoxication can lead to visual, auditory, and tactile hallucinations and delusional type thinking. After a person develops dependence upon cocaine or an amphetamine, sudden or gradual cessation in use can cause markedly diminished interest or pleasure in most daily activities. Fatigue, insomnia, and feelings of worthlessness are also common and can possibly result in suicide attempts.

HALLUCINOGENS

Drugs in this classification include LSD (acid), mescaline (peyote), mushrooms (psilocybin), amphetamine variants (ecstasy), and other hallucinogens. The greatest short-term risk associated with ecstasy is dehydration and overheating. Additionally, consequences that ecstasy may have on the brain include depression, anxiety, and effects on the brain's ability to think and store memories.

The greatest risk associated with LSD use is a "bad trip." A bad trip can occur at any time, even occurring in individuals who have used the drug many times.

A bad trip is a psychological reaction to the ingestion of LSD and is primarily based upon the user's mindset and environment at the time of administration. A bad trip can result in extreme paranoia, panic attacks, a loss of self-control, and in extreme cases permanent psychosis or even death.

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.

CANNABIS

Drugs in this classification include: marijuana, tetrahydrocannabinol (THC), hashish, and hashish oil. The most severe consequences of cannabis use affect brain functioning. Chronic marijuana use can result in changes in perception, motor activity, sensation, emotional response, motivation, memory and states of awareness.

INHALANTS

Inhalants include a wide variety of breathable chemicals that produce mind-altering results. The three major subcategories of inhalants include volatile solvents, aerosols, and anesthetic. The most commonly abused inhalants are gas, glue, paint, and nitrous oxide (including whippets). A major physical consequence in inhalant use is sudden death occurring from heart beat irregularities. Inhalants produce an inebriation effect with associated bizarre thoughts, dizziness, numbness and a lack of coordination. The intoxicated person will have problems performing even the most mundane tasks, and serious accidents can result.

Long term effects can include brain damage, poor concentration, and memory loss.

PHENCYCLIDINE/KETAMINE

These drugs form a distinct category of their own because the effects produced are unlike any other drugs. Ketamine ("Special K") and Phencyclidine (PCP) act similarly to a hallucinogen, in some respect. In other respects they act similarly to that of a central nervous system (CNS) stimulant as well as a CNS depressant. Among their side effects are delirium, visual disturbances, hallucinations and severe violence. Some evidence of long-term memory disorders and psychological

disturbances resembling schizophrenia also has been linked to the use of these drugs.

NICOTINE

Nicotine is the powerfully addictive substance in tobacco that can "hook" a user in as few as three cigarettes. Short-term health effects related to smoking can include wheezing, coughing, frequent colds, and decreased senses of smell and taste. Smoking can also trigger asthma symptoms. Long-term health effects can include chronic bronchitis, lung cancer, or cancer of the mouth, throat, bladder, pancreas, or kidney.

WHAT TO DO WHEN YOU ARE CONCERNED ABOUT A FRIEND OR LOVED ONE

Start by recognizing that helping someone with an alcohol or other drug problem is a difficult and often frustrating task. You won't win any popularity contests when you bring up this subject. Take strength from the hope that, once into recovery, this person will recognize that you helped to save his or her life.

Learn the basic facts about alcohol and other drugs, substance abuse, chemical dependency, and how it affects others. Allow the person to accept responsibility for his/her own behavior. Don't cover up for the person or make excuses for the person's behavior. What might appear to be "helping out" will only make it more difficult for your friend or family member to recognize that help is needed.

Communicate your concerns to the person in a caring, non-judgmental way. Your message should be "I care about you as a person." Some suggestions for you to say:

- "I can't ignore this because you are my friend and you are important to me."
- "It scares me when you drink or use drugs and you can't remember things you've said or done."
- "Last week you drove home drunk and that scared me."

Discuss your concerns with a professional. Ask about setting up a crisis or family intervention. This is a caring, non-judgmental way to help your friend or family member recognize that there is a problem. Avoid any attempt to set limits for or directly control your friend or family member's use of alcohol and other drugs. Efforts of this type will very likely fail causing frustration, anger, and hopelessness for all involved. The focus of any attempts to address this situation with the problem user should be to help that person access some form of counseling or treatment.

By speaking to a counselor and/or attending Al-Anon, Nar-Anon, ACOA, or Co-Dependents Anonymous meetings you will get the support and understanding you need to cope with the feelings of anger, depression, and frustration that accompany being closely involved with a problem user.

"WHAT IS ALCOHOL EDU?"

As part of the University's comprehensive alcohol prevention campaign all incoming first year students will be required to complete AlcoholEdu, an online course designed to educate students about alcohol and its affects. AlcoholEdu is an interactive, online program designed to inform students about the effects of alcohol use on the body, mind, perceptions and behaviors. The research based course provides students with accurate information in a non-judgmental tone and provides personalized feedback that encourages students to consider their own drinking decisions and those of their peers.

UNIVERSITY HEALTH CENTER SUBSTANCE ABUSE PROGRAMS

CHOICES

ALCOHOL AND OTHER DRUG PEER EDUCATION PROGRAM

In this program, students participate in a three credit course in which they are trained to present workshops to other students on a variety of alcohol and other drug topics. The workshops are informal discussions led by peer educators that last approximately 45-60 minutes. Workshops can be requested by any campus organization, residence hall, or faculty member. Peer educators are also involved in promoting alcohol-free activities. To find out more about the program, call (301) 314-8123.

ASSESSMENT AND REFERRAL SERVICE

This service provides students an opportunity to meet individually with a professional counselor and discuss concerns they may have about their own, a friend's, or a family member's use of alcohol and/or other drugs. These issues are explored in a non-threatening manner, and student's confidentiality is always insured. When appropriate, referrals to campus or community prevention and treatment programs can be arranged. To discuss your situation, call (301) 314-8106.

SUBSTANCE ABUSE COUNSELING

This addictions/counseling program has been established specially to work with college students experiencing problems with or related to their use of alcohol and/or other drugs. The program includes individual and group counseling, 12-step support group meetings, education, and coordination with other treatment professionals. For information, please call (301) 314-8106.

HEALTHY TERPS PROJECT

The Healthy TERPS Program has the goal of reducing the high-risk drinking and associated negative consequences for Maryland students through the use of brief motivational interventions with students. Participants will complete a brief online alcohol assessment through the use of e-CHUG (electronic Check-Up to Go) before meeting with the project coordinator for a 15-30 minute discussion about their current drinking habits and goals as students at Maryland. All students are eligible to participate in the program. For more information or to schedule a meeting, please call (301) 314-8106.

DRUG TESTING

For those individuals who are required to be drug tested (by either the court system, employers, attorneys, treatment providers, or the Office of Student Conduct) the University Health Center offers confidential urine collection and drug screening. The cost for this service depends on the type of tests necessary. For more information, contact the Drug Test Administrator at (301) 314-8106.

SMOKING CESSATION

Group classes, individual counseling, and self-help materials are available for smokers who wish to quit. Smokers can learn more about their smoking behavior.

the best strategies for quitting, and measures to avoid relapse. For more information, call (301) 314-9629

SUBSTANCE ABUSE INTERVENTION PROGRAM

This early intervention and education program is intended for UMCP students who have been charged with an alcohol or other drug-related violation (other than DUI or DWI) of campus judicial policy or state law. The program focuses on alcohol and other drug information, values clarification, and dealing with the consequences of misuse. There is a charge for the service. To enroll or obtain more information, call (301) 314-8106.

Do you or does someone you know:

Yes/No

- 1. Drink or use other drugs to forget about problems?
- 2. Drink or use other drugs to feel relaxed or comfortable around other people?
- 3. Have family members with alcohol or other drug problems?
- 4. Have conflicts with friends after drinking or using other drugs?
- 5. Ever feel guilty about drinking, drug use, or behavior when under the influence of alcohol or other drugs?
- 6. Ever have trouble remembering what was done or said while drinking or using other drugs?
- 7. Ever get drunk or high after making a conscious decision to stay sober/straight?
- 8. Drink until there is nothing left to drink, or use other drugs until the supply is exhausted?
- 9. Ever miss a class because of a hangover?
- 10. Sometimes feel like your drinking or drug use is getting out of control?

For help for yourself or a friend or family member with an alcohol or other drug problem, please call (301)314-8106.

DUI/DWI INTERVENTION PROGRAM

This 12 or 26 hour program is intended for UMCP students and community members who have been arrested or convicted of D.W.I. or D.U.I. It focuses on alcohol-related problems that are common to college students. Most lawyers recommend that students facing charges enroll in this type of program prior to going to trial. There is a change for these programs. To obtain more information, call (301) 314- 8106.

INTERNSHIP PROGRAM

Undergraduates and graduate students interested in the substance abuse field are recruited each year as interns to the

department. Opportunities include clinical, education, and administrative experiences. At a minimum, counseling interns must be enrolled in an appropriate master's program. For more information, contact (301) 314-8126.

GENERAL INFORMATION

For more information about any of the above programs, please call (301) 314-8106 or view our website at: <http://www.health.umd.edu/mentalhealth/substanceuse>

e-CHUG

Electronic Check-Up to Go
When was your last check-up?
Take 10 Minutes and
Find Out How You Compare

The University of Maryland Alcohol Coalition is pleased to be able to offer a new service for Maryland students. Through a brief, anonymous survey, students can see how their current alcohol use compares to other Maryland students.

www.echug.umd.edu

INTERVENTION OPTIONS

Residential and Outpatient Treatment Programs

Long term residential treatment programs provide 24-hour care. Treatment facilities may use a combination of individual therapy, group therapy, and a 12-step treatment approach.

Therapeutic Communities

Therapeutic communities provide residential programming from 6 to 12 months.

Short-Term Residential Treatment

Short term residential programs are brief and may take place over 28 days. Group, individual therapy, and a modified 12-step approach may be utilized. It is normally expected that the client continue outpatient treatment after completing a short term residential program.

Outpatient Programs

Outpatient programs can vary in length; these programs typically include educational groups, group therapy, urinalysis testing, and a modified 12-step treatment approach.

Support Groups:

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership. Go to: www.aa.org or www.aa-dc.org, or call 202.966.9115.

Al-Anon

Adapted from Alcoholics Anonymous to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Go to www.al-anon.org, or call 202.635.2023

Narcotics Anonymous

Narcotics Anonymous is a fellowship of men and women for whom drugs have become a major problem. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives. Go to: www.na.org. or locally, go to: <http://portaltools.na.org/portaltools/MeetingLoc/> or call: 202.399.5316, 1.800.543.4670.

Marijuana Anonymous

Marijuana Anonymous is an internet resource for individuals seeking support, information, and recovery from marijuana addiction. Go to www.ma-online.org

Other 12-Step meetings include, but are not limited to, issues of addiction to food (Overeaters Anonymous and Recovery from Food Addiction), gambling (Gamblers Anonymous), relationships (Codependents Anonymous), and sexual abuse (S-Anon).

OTHER CAMPUS RESOURCES

University of Maryland Department of Public Safety

The University of Maryland Police, in cooperation with other campus offices provides educational programs to the University community on the effects of alcohol on the body and the consequences of Driving Under the Influence (DUI) or Driving While Impaired (DWI). These presentations are available to any group or organization. For specific information on presentations available, contact the Police Department at (301) 405- 3555.

Counseling Center

The Counseling Center offers initial consultation and assessment, individual, couples, and group counseling to students with alcohol and/or drug abuse concerns. Stress management and time management workshops are offered each semester. For more information, call (301) 314- 7651.

Center of Substance Abuse Research (CESAR)

CESAR is dedicated to informing the campus community, substance abuse specialists, policymakers, and the general public about issues associated with substance abuse. CESAR maintains an extensive library of materials on related topics which is available to the public. All CESAR publications are available on its website: www.cesar.umd.edu.

COMMUNITY RESOURCES

The following is a list of agencies and self-help groups that provide support and/or treatment for alcohol and other drug related issues. Help is available for both the individual with the problem and the family and friends of that individual.

Outpatient Services

UMCP Outpatient Program	(401) 328-8667
Montgomery General Hospital	(301) 774-8874
Kolmac Clinic	(301) 589-0255
Suburban Hospital	(301) 896-2036

Hotlines

Alcohol Hotline	(800)-ALCOHOL
Treatment Referral Hotline	(800) 622-HELP
LGBT Lifeline	(866) 488-7386

Additional Information

Federal Substance Abuse and Mental Health Services Administration	(800) 662-HELP
Treatment Referral Routing Service	

Websites

www.nida.nih.gov	www.smartrecovery.org
www.hamsnetwork.org	www.aa-dc.org
www.hellosundaymorning.org	www.ma-online.org
www.findtreatment.samhsa.gov	www.goaskalice.columbia.edu
www.mantherapy.org	www.alcoholscreening.org
www.talktofrank.org	www.dancesafe.org

A Letter from the President

October 1, 2014

Dear Student:


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 Student Alcohol and Other Drug Policy and Resource Guide describes the University's policies and programs and

contains information to be distributed to all students 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 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 you have any questions, please call the Office of Student Affairs at (301) 314-8428.

Sincerely,



Wallace D. Loh
President

RESPONSIBLE ADMINISTRATIVE OFFICE

The Vice President for Student Affairs (301-314-8428) shall be responsible for overseeing all actions and programs relating to this policy. This office also conducts a biennial review of the policy and its implementation to determine its effectiveness. Copies may be found at www.President.umd.edu/legal.