

# Students' Guide to Policies and Resources on Alcohol and Other Drugs

**THE MISSION OF THE UNIVERSITY OF MARYLAND, COLLEGE PARK** is to provide excellence in teaching, research, and service. The University educates students and advances knowledge in areas of importance to the state, the nation, and the world. The illegal or excessive use of alcohol 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 illegal or excessive 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.

## Campus Alcohol and Drug Policies

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 January 2018 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** establishes expectations regarding the use, possession, or distribution of alcohol in campus residence halls. The Policy clearly states 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.

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

The **INTERFRATERNITY COUNCIL AND PANHELLENIC ASSOCIATION MANAGEMENT AND SOCIAL EVENT MONITORING (SEM) POLICY** governs the behavior of fraternities and sororities 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 Greek 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 AND 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 **POLICY ON CONDUCT AND ETHICS FOR STUDENT-ATHLETES** calls for athletes to abstain from using tobacco, alcohol, and non-therapeutic drugs.

## 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 all also considered, along with the harm and danger that their behavior might have 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, 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 consuming alcohol in public. This includes residence hall hallways and the streets of College Park.	Open containers and consuming 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 marijuana and medical marijuana.	Use or possession of illegal drugs or controlled substances; this includes marijuana and medical marijuana.
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	Suspension, housing termination (one-year, permanent), educational sanctions through the health center upon return or as a condition of withholding suspension
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)	Dismissal from the University (expulsion or suspension), housing termination

## 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 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. The complete University of Maryland **POLICY ON PROMOTING RESPONSIBLE ACTION IN MEDICAL EMERGENCIES** can be viewed online at: <HTTPS://PRESIDENT.UMD.EDU/SITES/PRESIDENT.UMD.EDU/FILES/DOCUMENTS/POLICIES/V-100J.PDF>.

### 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.

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

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

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 or contact **The Haven at College Park** (310) 822-1234 or [info@thehavenatcollege.com](mailto:info@thehavenatcollege.com)

## 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 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.

### NICOTINE

Nicotine is the 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.

### 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.

\* 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.

### 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 and 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 for the **NATIONAL INSTITUTE ON DRUG ABUSE** and the **NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM**.

## University Health Center Substance Use Programs and Other Campus Resources

### Substance Use Intervention & Treatment Unit

The Substance Use Intervention & Treatment Unit provides students with 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 drugs. It works specifically with college students experiencing concerns with or related to alcohol and/or drugs in a non-threatening environment. The program provides individual and group counseling, referral to 12-step support group meetings, psycho-education, and coordination with other treatment professionals. When appropriate, referrals to campus or community prevention and treatment programs can be arranged.

Substance Use Intervention & Treatment also provides an early intervention and education program intended for UMD 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. For more information about Substance Use Intervention & Treatment Unit programs, please call (301) 314-8106.

### Healthy TERPS Program

With the goal of reducing high-risk drinking and associated negative consequences through the use of brief motivational interventions, participants complete a brief online alcohol assessment before meeting with the project coordinator for a 15- to 30-minute discussion about their current drinking habits and goals as students at Maryland. For more information or to schedule a meeting, please call (301) 314-8106.

### Drug Testing

For individuals who are required to be drug-tested (i.e. court system, treatment providers, 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, please call (301) 314-8106.

### Health Promotion & Wellness Services

The Alcohol and Other Drug Programs Coordinator is housed in Health Promotion & Wellness Services and oversees campus-wide educational programming efforts as it relates to alcohol and other drugs, including AlcoholEdu and the Substance Use Peer Education Program. Students who participate in the peer education program complete credit bearing courses in which they are trained to present workshops to other students on a variety of alcohol and other drug topics. The Coordinator is also available to meet with students on an individual basis to discuss any questions or concerns about their alcohol or drug use or the use of a friend. To find out more about the program, please call (301) 314-8128.

### 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. For more information, please call (301) 314-9629.

### Terps for Recovery/ TFR (Student Organization)

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 has been shown to be a significant protective factor against relapse. Therefore, providing opportunities for students in recovery or considering recovery to connect with others is therefore an important aspect of fostering an environment that promotes success among students in recovery. Find TFR on [ORGSYNC.COM](http://ORGSYNC.COM).

### On-Campus Recovery Meeting

An open 12-step recovery meeting is held weekly and is attended primarily by undergraduate and graduate UMD students. This and other local sanctioned meetings can be found on the [WASHINGTON AREA INTERGROUP ASSOCIATION](#) web page.

### Recovery-Oriented Housing

UMD has partnered with The Haven at College to provide a Recovery Residence in College Park. For more information, contact [THE HAVEN AT COLLEGE](#) or call (301) 314-8106.

### Overdose Response and Prevention

All University of Maryland Police Department (UMPD) officers are trained to recognize opioid overdose and provide naloxone. Naloxone is available with officers on patrol. The University Health Center is approved as an education and training site for overdose response. For more information, please call (301) 314-8106.

### The Counseling Center

The [COUNSELING CENTER](#) offers initial consultation and assessment, and individual, couples, and group counseling to students with alcohol and/or drug abuse concerns. For more information, call (301) 314-7651.

### 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](http://CESAR.UMD.EDU).

### The Center on Young Adult Health and Development

The [CENTER ON YOUNG ADULT HEALTH AND DEVELOPMENT](#) is the first such center in the United States specifically dedicated to understanding the health and development of young adults. Its [RESEARCH BRIEFS](#) cover a variety of issues related to young adult drug and alcohol use.

## 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 medical cannabis is a violation of the federal Controlled Substances Act, and compliance with Maryland State medical 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 medical 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 up to three 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 \$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 and 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 USCA/sections 841 and 844 to 845a (1990)
2. Maryland Code Criminal Article Section 5-608
3. Maryland Code Criminal Article Section 10-114
4. Maryland Code Criminal Article Section 10-113
5. Maryland Code Criminal Article Section 10-117
6. Maryland Code Criminal Article Section 10-121
7. Maryland Code Alcoholic Beverages Article Section 19-204
8. Maryland Code Alcoholic Beverages Article Section 19-2024
9. Maryland Code Transportation Article Sections 21-902
10. Maryland Code Transportation Article Sections 16-205(d-1)
11. Maryland Code Transportation Article Sections 21-902
12. Maryland Code Transportation Article Sections 21-902(c) and (d)

This guide was produced by the University Health Center in cooperation with the Office of General Counsel.

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 there are any questions, please call the Office of Student Affairs at (301) 314-8428.

Sincerely,



Wallace D. Loh  
President