

University of Utah
Drug-Free Schools and Campuses Regulations
Biennial Review 2011-2012

Introduction

The Center for Student Wellness (CFSW) is the office responsible for substance abuse prevention efforts on campus. The CFSW is an affiliate office of the University Counseling Center and the Student Health Center at the University of Utah.

The efforts of the Center for Student Wellness are administered by a Program Manager and two Health Educators. The mission of the CFSW is to create, nurture, and promote a University environment supportive of healthy life-long behaviors and enhance academic and personal success. The Center strives to assist students in skill development that will enhance their personal wellness and ability to succeed, not only in the classroom, but in all areas of life: intellectual, physical, social, spiritual, and emotional. An important component of increasing student wellness is striving to reduce substance abuse on campus.

In addition to academic excellence, the University of Utah offers a rich spectrum of support services to its students. The CFSW functions by helping students and staff make easy connections with offices that can fulfill their needs. For example, recent survey data show that depressed students drink much more heavily than other students. There are at least three campus offices—the Counseling Center, Student Health Services, and the Women’s Resource Center—that students and staff can access to get appropriate help for depression. One of the CFSW’s goals, therefore, is to help people with specific needs find help on their own, or to be referred more effectively. The campus community can call, email, and walk in for service. The CFSW is accessed online at www.wellness.utah.edu.

The CFSW maintains traditional substance abuse prevention roles and programs, including ensuring compliance with the federal Drug Free Schools, Communities, and Workplace Acts; teaching an Alcohol Education Course for students who violate campus alcohol or drug policy; coordinating a campus Alcohol and Drug Advisory Panel and the Wellness Network; participating in and co-sponsoring Alternative Spring Break, Greek Leadership Summit, & the Student Athlete Mentors program. The CFSW also develops and maintains strong affiliations with community and higher education prevention groups, such as the Salt Lake City Mayor’s Coalition on Alcohol, Tobacco, & other Drugs, the Utah Prevention Advisory Council, the Utah State Substance Abuse Prevention Consortium, and the Network Addressing Collegiate Alcohol and Other Drug Issues and Violence Prevention.

In terms of prevention activities, the office conducted outreach presentations, meetings and events that involved over 350 hours of staff time, while making contact with approximately 11,184 individuals.

The Alcohol and Drug Abuse Prevention Panel (ADAPP) is an advisory group created by the CFSW in 2004. ADAPP is a group of about 20 professionals on campus with interest in alcohol

and drug abuse prevention. The purpose of this panel is to assure compliance with federal requirements based on the Drug-Free Schools and Communities Act and to assure effective prevention planning and programming on campus. ADAPP is the guiding panel for this biennial review; it will detail campus prevention efforts related to substance abuse during the 2009-2010 period.

1. Descriptions of AOD Program Elements

a. Awareness Building

CFSW's guiding rationale is that the more we are able to help students access needed services, the more their problematic alcohol/drug use will decline. For example, students with mental health problems sometimes do not know they can access mental health services in at least three offices on campus. By making it easier for students to get help they need, their overall wellness increases, and by implication, high-risk alcohol or drug use that is related to particular problems decreases.

A variety of events have been held on campus in the past two years to create a greater awareness of alcohol and other drug issues and available resources. Some of these events were not focused specifically on AOD issues, but CFSW maintained a presence at the events, distributing information, offering alcohol screenings, and/or engaging in other awareness activities. CFSW participated in the following awareness events during the past 2 years:

- New Student Orientation
- Student Athlete Conference
- Plaza Fest
- Plaza Fest II
- First Week Panic Free
- Wellness Fair
- Greek Leadership Summit
- Preview Day
- Residential Advisors Orientation
- International Student Orientation
- Center for Ethnic Student Affairs Orientation
- Upward Bound Orientation
- University Housing- Block Party
- High School Counselors Conference
- Athletics: Coaches/Trainers Breakfast
- Love Your Body Week
- Tobacco Free Week
- TiRO Student Support Services
- Sexual Responsibility Week

b. Wellness Network

The University of Utah's Wellness Network (WN) has been committed to promoting campus-wide awareness of wellness issues. This mission is accomplished through educational programming and events such as lectures and fairs, focused on increasing the sense of a healthy campus community. Through the years the Network has dissolved and evolved into using Healthy Campus 2020 to help guide practice. Because of transition in the Center for Student Wellness is reviving the process, mission, and inviting other campus members to participate in the Wellness Network.

c. Student Involvement

Student Athlete Mentors

The Student Athlete Mentors (SAMs) are a group of student athletes who serve as team mentors. Each team has an appointed representative who participates in trainings and bi-monthly meetings. The purpose of SAMs is to promote positive lifestyles among student athletes through mentoring and education. Mentors serve as exemplary role models and as spokespeople exhibiting the powerful influence that quality student athletes have on this university and community. The primary function is for the mentors to offer their experiences and knowledge to fellow student athletes in hopes that, ultimately, it will improve quality of life of all student athletes at the University of Utah. Mentors provide essential support, information and referrals for other team members.

SAMs received a NCAA Choices Grant from 2011-2012. During the first year of the grant each Student Athlete Mentor planned a get together with their team to build unity, talk about their role as a SAM, and discuss the NCAA article *Alcohol and Athletic Performance*. SAMs strived to plan something interactive, engaging and beneficial for their teams. They were also able to sponsor eight substance free "alternative activities" hosted by student groups during high-risks times for substance abuse.

Smart CHOICES is designed to help student athletes avoid alcohol-related problems during their collegiate career, and in a more proactive sense, to enhance all areas of wellness—physical, mental, emotions, intellectual, social, and spiritual. The program has provided education about high-risk drinking and increased opportunities for pro-social, substance free activities to student athletes and to other students on campus. The program also facilitated a staff training to better inform coaches and trainers of new policies and regulations, warning signs of substance abuse, and strategies on how to help their athletes effectively.

The program has facilitated greater collaboration between the Athletic department and the Center for Student Wellness, as well as the University Counseling Center. All three offices collaborated on the training for the Athletics Department's Staff. The program has also increased awareness of the Student Athlete Mentors program as the mentors have engaged with their teams, as mentors, in additional ways this year. Particularly, as they planned and implemented a team activity to facilitate discussions about high-risk

drinking. In addition, the grant has raised awareness among student groups on campus. The project provided funding to student groups that sponsored alcohol-free events during high-risk times. Most student groups were not aware that Athletics engaged in these types of projects. The grant monies expired 2011-2012.

Alternative Spring Break

Alternative Spring Break (ASB) sends teams of University of Utah students to various locations throughout the Western United States to engage in community service and experiential learning during an alcohol-free spring break. This program provides students with a healthy alternative to traditional spring break activities. Students leave behind the world of books and labs to enter communities grappling with issues such as urban and rural poverty, prejudice, hunger, HIV/AIDS, and environmental degradation. Host communities benefit from tangible assistance, while students gain a new perspective of the world in which they live. Alternative Spring Break is co-sponsored by CFSW and the Bennion Community Service Center. There were ten in 2011 and in 11 2012.

Approximately 222 students went on these trips and provided approximately 5,550 hours of community service. A sample of locations and volunteer organizations follows:

- Seattle, WA Boomtown Café
- San Francisco, CA Glide Foundation
- Los Angeles, CA AIDS Project of Los Angeles
- Point Reyes, CA Point Reyes National Sea Shore
- Arcata, CA Friends of the Dunes
- Portland, OR Portland Community Gardens
- San Diego, CA American Friends Services Committee
- San Juan, UT River Restoration and Clean Up
- Las Vegas, NV After School All Stars
- Vancouver, BC Coast Mental Health
- Rio Mesa, UT Rio Mesa Center

d. Workshops/Presentations/Class

Presentations

Presentations are tailored to meet the needs of each request. Over the past two years, a variety of presentations and workshops have been done with academic departments and other campus groups and offices. In 2011, 65 presentations were given. In 2012, 75 presentations were given. Service continues upon request.

Prime for Life

CFSW also teaches an alcohol and drug education class, based on the Prime for Life program. This class is attended by students who are sanctioned for breaking University of Utah alcohol or drug use policies. The class is therefore primarily a course taken as a sanction, but is intended to be educational in nature and to increase students' motivation

to make healthier choices regarding any alcohol and/or drug use. In 2011, there were 10 classes offered and 125 students participated. In 2012, there were 10 classes offered and 141 students participated.

AlcoholEdu for Sanctions

Housing and Residential Education currently utilizes a sanction called 3rd Millennium for first time alcohol offenders over 21 years of age or at off times when Prime for Life is not offered. There is also an online Marijuana 101 that is offered to first time offenders at their expense. Housing sanctioning is no longer connected with AlcoholEdu.

e. Tobacco Prevention and Control Grant

The CFSW received a three-year grant from the Utah Department of Tobacco Prevention and Control. The funding period is from FY 2011-FY 2012. The vision of the tobacco control project is to collaborate with other offices and groups on campus to create and promote a healthy campus community. This project will have a special emphasis on student involvement. The project seeks to see changes in how tobacco programming is viewed and conducted here on campus.

Current policies, guidelines, and activities related to tobacco use and past programming on our campus will be evaluated. Upon completion of this assessment we will plan, implement and evaluate activities focused on policy change, preventing initiation, promoting cessation, and lessening exposure to second-hand smoke.

The project will strive to provide students, faculty and staff with accurate information about the addictive nature and effects of tobacco, including second-hand smoke, as well as provide resources for cessation.

The project will combine efforts with existing health initiatives on campus and promote campus resources related to overall health and wellness. It will also be linked with statewide and national media activities and campaigns.

This grant has increased the CFSW's capacity to implement appropriate and effective tobacco prevention and control activities on campus, as well as consider potential policy changes. In 2011, the CFSW conducted a tobacco use and perception survey, starting August 2011 and ending the end of November 2011. The data collected gauged student tobacco use and views on a tobacco free campus. The CFSW surveyed approximately 1310 students, and found most University of Utah do not use tobacco, and 63% either strongly favor or in favor of a tobacco free campus.

f. Networking

Utah State Substance Abuse Prevention Consortium (USSAP)

The CFSW is an active member of USSAP. USSAP is a network of directors and coordinators of prevention and education program who represent Utah colleges and universities. The overall goal of the consortium is to establish a statewide network that facilitates increased communication and collaboration in an effort to improve substance abuse prevention on Utah campuses.

This involvement provides great benefits for our campus program. Benefits include: increased communication and collaboration with other professionals throughout the state, additional funding opportunities, information sharing, and technical assistance.

The Network

As part of USSAP, the CFSW is also actively involved in the Network. The Network was created in 1987 by the U.S. Department of Education. The Network is a voluntary membership organization whose member institutions agree to work toward a set of standards aimed at reducing alcohol and other drug problems at colleges and universities. Approximately 1,600 colleges and universities belong to the Network.

Members have the opportunity to be informed in a timely manner of events, at both regional and national levels, relevant to alcohol and other drug problem prevention. The Network maintains a Web site for information, and members of the Network also contact one another for ideas, suggestions, and information relevant to prevention issues.

This involvement provides great benefits for our campus program. Benefits include: assistance in raising prevention on the campus agenda, information sharing, technical assistance from peers, collaboration with other professionals, and access to current resources.

g. Assessment

The CFSW utilizes numerous forms and sources of data to assess needs, establish priorities, monitor program development and implementation, and to determine effectiveness. The following are evaluation sources used during the reporting period:

- American College Health Assessment (2008, 2010, 2011)
- Prime for Life participants pre- and post tests (started in 2008)
- Alternative Spring Break leaders and participants pre- and post- surveys (2009, 2010).
- Parental Surveys of the Freshman Letter Campaign (2009 & 2010).
- Interviews with Student Athletes that participated in SAMs (2009 & 2010).
- Continual process evaluation of outreach events (i.e. number in attendance, etc.)
- Tobacco use and perception (2011)

2. AOD Program Goals and Goal Achievement

Program goals and achievements relate directly to the preceding *Program Elements* section. Each program element is essentially an ongoing goal/activity.

The CFSW maintains a complete record of all activities. In 2009-2010, the CFSW conducted outreach presentations and events that involved over 569 hours of staff time, while making contact with 7,589 individuals.

3. Summary of AOD Program Strengths and Areas of Improvement

Strengths

- CFSW maintains what is known as the Environmental Management approach to prevention work. This approach focuses on enhancing wellness in the general campus population as a direct means of reducing problem alcohol/drug use.
- CFSW engages in a wide variety of prevention activities that reach a broad range of student populations on campus.
- CFSW is highly collaborative with other service providing offices on campus. CFSW co-founded the Wellness Network in 2000, which has remained a stable functioning group ever since. The group, comprised of most service delivery offices on campus, meets regularly, collaborates on events, shares resources, and coordinates long-range wellness initiatives.
- CFSW has spearheaded innovative programs on campus, such as the Alternative Spring Break program. Programs like these tend to be planned and managed in such a way as to be highly successful and long-lived, as opposed to one-time events or activities.
- CFSW sends out a letter to all parents of incoming freshman, under the age of 21, before the fall semester starts to encourage parents to talk to their students about alcohol and college campuses.
- As indicated in the Outreach reports, CFSW is highly active and involved in many networking opportunities on campus. CFSW responds to requests for services in a timely and thorough manner, as well as proactively making people more aware of available services.
- The University Counseling Center has added clinical staff with expertise in alcohol treatment.
- CFSW has received additional grant funding and continues to seek additional funding opportunities. During the reporting period the CFSW received:
 - A three-year Tobacco Prevention and Control grant from the Utah Tobacco Prevention and Control Program.
 - A three-year NCAA Choices Grant
 - Highway Safety Funds
 - Funds from the Utah Department of Substance Abuse and Mental Health

Areas of Improvement

- Funding: Inability to fund alternative activities impacts students directly. Therefore, reduced funds for prevention looms as one of our biggest anticipated weaknesses.
- Collaboration with Study-Abroad Office, currently not providing information to students and faculty in pre-departure orientation for study-abroad trips.
- Communication and data sharing among appropriate offices, in regards to sanctions.
- Communication and data sharing among appropriate offices (i.e. International Center), in regards to usage rates.
- Examining state data available on high school students to better understand the drinking culture of incoming college freshman.
- Utilizing parent website and materials that go to students during the summer.
- Helping students to access available resources.
- Collaboration with the Interfaith Council.
- Finding ways to assure we are effectively reaching high-risk groups.
- Assure evidence-based approach to programming.
- Continued focus on creating a positive campus culture.

4. Procedures for Distributing AOD Policy

Distribution of Policy

UU policy on alcohol and other drugs can currently be found in the Policy and Procedures Manual. The manual can be easily accessed via the internet at <http://www.regulations.utah.edu/index.html>. The policy, along with other information concerning alcohol and other drugs, can also be found on the CFSW website at www.wellness.utah.edu.

The Office of Financial Aid and Scholarships sends out email notices to all students, staff, and faculty, as required by the Higher Education Act, which has a link to the policy.

In addition, all students residing on campus must view the policy and agree to comply.

In the summer of 2009, 2010 and 2011, a letter and pamphlet was sent to the parents of all incoming freshman, under the age of 21, regarding preventing underage drinking. This letter also included our policy. This letter campaign is based on the *Parents Empowered Campaign* and research indicating that youth report parental disapproval of underage drinking as the key reason they chose not to drink.

5. Recommendations for Revising AOD Programs

- Continually seek additional sources of funding.
- Increase communication among appropriate offices regarding sanctions and usage rates.
- Track sanctions for certain student groups to create targeted programming.
- Consider creating reports for various offices to inform them of the rates among their students.

- Look at state data available on high school students to better understand the drinking culture of incoming college freshman.
- Add materials to parent website, summer packets, and to new marketing materials.
- Add links and/or info to sites students are driven to: HRE website, Financial Aid website, Parking, U-Card, etc.
- Consider sending out packets to incoming freshman under the age of 21, similar to what was sent to their parents last year related to underage drinking and the college culture.
- Connect with Interfaith Council.
- Assure we are targeting the high-risk groups; find innovative ways to properly deliver messages.
- Assure programming is evidence-based and targeted at high-risk groups.
- Continue to focus on creating a positive campus culture.

7. Copy of Policy Statements Distributed to Students and Employees

University of Utah Alcohol & Drug Policy

The federal Drug-Free Schools and Campuses Act requires institutions of higher education to have written policy which describes: 1) legal sanctions under federal, state, and local law for the unlawful use, possession, or distribution of illicit drugs and alcohol; 2) a description of the health risks associated with the use of illicit drugs and the abuse of alcohol; 3) a description of any drug and alcohol programs that are available to employees or students; and 4) a clear statement that the school will impose disciplinary sanctions on students and employees for violations of the standards of conduct.

The University of Utah is dedicated to providing a safe and healthy environment for its students, faculty, and staff. The following document provides the information required by the Drug-Free Schools and Campuses Act. Please contact the Center for Student Wellness at (801) 581-7776 for additional information and resources.

Legal Sanctions: Federal, State, Local Law

Federal and Utah State laws prohibit the use of illicit drugs and actions related to the abuse of alcohol. The University of Utah has policies in place for disciplinary action of faculty, staff, and students who violate alcohol and drug policies. Listed below are the general federal, state, and university policies or links to these policies.

Federal

For federal drug trafficking penalties go to:
www.usdoj.gov/dea: (and see table below)

In 1984, the National Minimum Drinking Age Act (Public Law 98-363) was passed. For more information go to:

Table of Federal Trafficking Penalties

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500 – 4999 gms mixture	<p>First Offense:</p> <p>Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$2 million if an individual, \$5 million if not an individual</p> <p>Second Offense:</p> <p>Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$4 million if an individual, \$10 million if not an individual</p>	5 kgs or more mixture	<p>First Offense:</p> <p>Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$4 million if an individual, \$10 million if not an individual.</p> <p>Second Offense:</p> <p>Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$20 million if not an individual.</p> <p>2 or More Prior Offenses: Life imprisonment</p>
Cocaine Base (Schedule II)	5-49 gms mixture		50 gms or more mixture	
Fentanyl (Schedule II)	40 - 399 gms mixture		400 gms or more mixture	
Fentanyl Analogue (Schedule I)	10 - 99 gms mixture		100 gms or more mixture	
Heroin (Schedule I)	100 - 999 gms mixture		1 kg or more mixture	
LSD (Schedule I)	1 - 9 gms mixture		10 gms or more mixture	
Methamphetamine (Schedule II)	5 - 49 gms pure or 50 - 499 gms mixture		50 gms or more pure or 500 gms or more mixture	
PCP (Schedule II)	10 - 99 gms pure or 100 - 999 gms mixture	100 gm or more pure or 1 kg or more mixture		
PENALTIES				

Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any amount	First Offense: Not more than 20 yrs. If death or serious injury, not less than 20 yrs, or more than Life. Fine \$1 million if an individual, \$5 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious injury, not less than life. Fine \$2 million if an individual, \$10 million if not an individual
Flunitrazepam (Schedule IV)	1 gm or more	
Other Schedule III drugs	Any amount	First Offense: Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual
Flunitrazepam (Schedule IV)	30 to 999 mgs	
All other Schedule IV drugs	Any amount	First Offense: Not more than 3 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 6 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.
Flunitrazepam (Schedule IV)	Less than 30 mgs	
All Schedule V drugs	Any amount	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 2 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

Federal Trafficking Penalties - Marijuana

DRUG	QUANTITY	1 st OFFENSE	2 nd OFFENSE
Marijuana	1,000 kg or more mixture; or 1,000 or more plants	<ul style="list-style-type: none"> • Not less than 10 years, not more than life • If death or serious injury, not less than 20 years, not more than life • Fine not more than \$4 million if an individual, \$10 million if other than an individual 	<ul style="list-style-type: none"> • Not less than 20 years, not more than life • If death or serious injury, mandatory life • Fine not more than \$8 million if an individual, \$20 million if other than an individual
Marijuana	100 kg to 999 kg mixture; or 100 to 999 plants	<ul style="list-style-type: none"> • Not less than 5 years, not more than 40 years • If death or serious injury, not less than 20 years, not more than life • Fine not more than \$2 million if an individual, \$5 million if other than an 	<ul style="list-style-type: none"> • Not less than 10 years, not more than life • If death or serious injury, mandatory life • Fine not more than \$4 million if an individual, \$10 million if other than an individual

		individual	
Marijuana	more than 10 kgs hashish; 50 to 99 kg mixture more than 1 kg of hashish oil; 50 to 99 plants	<ul style="list-style-type: none"> • Not more than 20 years • If death or serious injury, not less than 20 years, not more than life • Fine \$1 million if an individual, \$5 million if other than an individual 	<ul style="list-style-type: none"> • Not more than 30 years • If death or serious injury, mandatory life • Fine \$2 million if an individual, \$10 million if other than individual
Marijuana	1 to 49 plants; less than 50 kg mixture	<ul style="list-style-type: none"> • Not more than 5 years • Fine not more than \$250,000, \$1 million other than individual 	<ul style="list-style-type: none"> • Not more than 10 years • Fine \$500,000 if an individual, \$2 million if other than individual
Hashish	10 kg or less		
Hashish Oil	1 kg or less		

State

Article XXI of the United States Constitution, which repealed prohibition, grants states the right to regulate alcohol distribution and sale. State laws are unique, but each allows local communities to regulate youth access to alcohol through local ordinances and law enforcement. For general information on Utah State laws go to www.le.state.ut.us

Driving Under the influence:

http://www.le.state.ut.us/~code/TITLE41/htm/41_04045.htm

Minor in possession:

<http://www.le.state.ut.us/~code/TITLE32A/htm/32A0D015.htm>

Health Risks

The use of any illicit drug or abuse of alcohol is potentially hazardous to your health. Faculty, staff, and students should evaluate the health risks associated with use of illicit drugs or abuse of alcohol. Synthetically produced drugs may contain impurities and the true amounts and ingredients are rarely known. The effects of a drug may be significantly different with each use.

The U.S. Drug Enforcement Administration states: “The illegal importation, manufacture, distribution, and possession and improper use of controlled substances have a substantial and detrimental effect on the health and general welfare of the American people.”

According to Ralph W. Hingson, SC.D., Professor of Social Behavioral Sciences and Associate Dean for Research at Boston University School of Public Health, “The harm that college students do to themselves and others as a result of excessive drinking exceeds what many would have expected.” (<http://www.collegedrinkingprevention.gov/Media/pressrelease.aspx>)

The National Institute of Alcohol Abuse & Alcoholism (NIAAA) provides comprehensive information and resources associated with alcohol abuse. Some of the major health risks of alcohol abuse include alcohol dependence, lasting effects on the brain, sexual assault, and suicide.

Visit www.niaaa.nih.gov for more information. For college students in particular, visit www.collegedrinkingprevention.gov.

Health risks associated with other drugs are indicated in the following table:
(Visit <http://www.usdoj.gov/dea/> for more specific drug information)

Drugs	Physical Dependence	Psychological Dependence	Possible Effects ⁽¹⁾ , Overdose ⁽²⁾ and Withdrawal ⁽³⁾
Heroin	High	High	(1) Euphoria, drowsiness, respiratory depression, constricted pupils, nausea (2) Slow and shallow breathing, clammy skin, convulsions, coma, possible death (3) Yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, runny nose, chills and sweating, watery eyes
Morphine	High		
Codeine	Moderate	Moderate	
Methadone	High	High	
Other Narcotics - Percodan, Darvon, Talwin, Percocet, Opium, Demerol	High-Low	High-Low	
Barbiturates - Amytal, Nembutal, Phenobarbital, Pentobarbital	High-Moderate	High-Moderate	
Benzodiazepines - Ativan, Diazepam, Librium, Xanax, Valium, Tranxene, Versed, Halcion	Low	Low	
Methaqualone	Moderate	Moderate	
GHB			
Rohypnol			
Other Depressants	Moderate	Moderate	(1) Slurred speech, disorientation, drunken behavior without odor of alcohol (2) Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death (3) Anxiety, insomnia, tremors, delirium, convulsions, possible death
Cocaine	Possible	High	
Amphetamine	Possible	High	
Methamphetamine	Possible	High	
Ritalin	Possible	High	
Other Stimulants	Possible	High	
Marijuana	Unknown	Moderate	
THC, Marinol	Unknown	Moderate	
Hashish	Unknown	Moderate	
Hashish Oil	Unknown	Moderate	
LSD	None	Unknown	(1) Increased alertness, increased pulse rate and blood pressure, loss of appetite, euphoria, excitation, insomnia (2) Agitation, increased body temperature, hallucinations, convulsions, possible death (3) Apathy, long periods of sleep, irritability, depression, disorientation
Mescaline & Peyote	None	Unknown	
Psilocybin mushrooms	None	Unknown	
Ecstasy (MDMA)	Unknown	Unknown	
Phencyclidine (PCP)	Unknown	High	
Ketamine			
Other hallucinogens	None	Unknown	
Testosterone	Unknown	Unknown	
Nandrolone	Unknown	Unknown	
Oxymethalone	Unknown	Unknown	
			(1) Euphoria, relaxed inhibitions, increased appetite, disorientation (2) Fatigue, paranoia, possible psychosis (3) Occasional reports of insomnia, hyperactivity, decreased appetite
			(1) Illusions and hallucinations, altered perception of time and distance (2) Longer, more intense "trip" episodes, psychosis, possible death (3) Unknown
			(1) Virilization, Testicular atrophy, acne, edema, gynecomastia, aggressive behavior (2) Unknown (3) Possible depression

Drug and Alcohol Programs Available at the University of Utah

The University of Utah offers faculty, staff, and students a variety of alcohol and drug treatment options. Faculty and staff can contact the university's Employee Assistance Program (EAP) for information and referrals for treatment. Call the EAP at 587-9391. In addition to the EAP, individual and group drug and alcohol abuse treatment are available for faculty, staff, and students through the University Counseling Center. Call the University Counseling Center at 581-6826. There are also numerous treatment options available in the community. Contact

Campus Wellness Connection at 581-7776, or visit its website at <http://www.wellness.utah.edu> for more information.

University of Utah Policy: Student Code of Conduct

The University of Utah complies with federal and Utah state laws and penalties regarding the misuse of legal drugs (alcohol and tobacco) and use of illegal drugs.

The following information on student code can be found at:
<http://www.regulations.utah.edu/index.html>

Policy 8-10 Rev 5

Subject: UNIVERSITY REGULATIONS- Chapter X

CODE OF STUDENT RIGHTS AND RESPONSIBILITIES (“STUDENT CODE”)

SECTION III: STUDENT BEHAVIOR

A. Standards of Behavior

In order to promote personal development, to protect the University community, and to maintain order and stability on campus, students who engage in any of the following acts of behavioral misconduct may be subject to behavioral sanctions:

8. Use, possession or distribution of any narcotic or other controlled substance on University premises, at University activities, or on premises over which the University has supervisory responsibility pursuant to state statute or local ordinance, except as permitted by law and University regulations.

9. Use, possession or distribution of alcoholic beverages of any type on University premises except as permitted by law and University regulations.

11. Violation of federal, state or local civil or criminal laws on University premises, while participating in University activities, or on premises over which the University has supervisory responsibility pursuant to state statute or local

Violation of the student code may result in one or more of the following sanctions:

- Compliance with federal and/or state laws as appropriate to the law violated, and/or
- Review of violation by University of Utah Student Behavior committee with possible sanctions that may include suspension or expulsion dependent upon the nature of the offense, circumstances, and previous violations.

In addition to these sanctions, students who violate the Standards of Behavior should expect to be involved in processes indicated by the matrix below.

Since a variety of factors must be considered when sanctioning, sanctions may be increased or decreased at the discretion of university personnel responsible for administering the Student Code. Factors affecting the imposition of sanctions include such issues as the severity of the incident, impact upon other individuals or the community, and other prior judicial history. The

matrix below represents examples of actions that could be or are typically taken with students who violate the student code regarding alcohol and drug use on campus. Local, state, and federal laws may also apply to alcohol and drug violations.

1 st Violation	2 nd Violation	3 rd Violation
<ul style="list-style-type: none"> • University unit/organization-specific disciplinary action (e.g. Athletics, Greek system, Office of Housing and Residential Education) • Meeting with Dean of Students • Alcohol & Drug Education Class (with fee) • Parental notification • Legal consequences 	<ul style="list-style-type: none"> • Meeting with Dean of Students • Clinical assessment • Parental notification • Legal consequences 	<ul style="list-style-type: none"> • Meeting with Dean of Students • Parental notification • Suspension/expulsion from university • Legal consequences

Relevant Sections of the Staff/Faculty Code of Conduct

The University of Utah complies with federal and Utah state laws and penalties regarding the misuse of legal drugs (alcohol and tobacco) and use of illegal drugs. The following information on staff/faculty code can be found at:

<http://www.admin.utah.edu/ppmanual/8/8-12-4.html>

Subject: UNIVERSITY REGULATIONS - Chapter XII CODE OF FACULTY RIGHTS AND RESPONSIBILITIES - PART IV

D. Obligations to the University

8. Faculty members may also be subject to discipline for violation of the Drug-Free Workplace Policy and the Field Trip Policy in accordance with the procedures described in those policies.

Drug Free workplace

<http://www.admin.utah.edu/ppmanual/2/2-12.html>

The Policy and Procedure Manual (2-12) states that the university maintains a drug-free workplace. It shall be a violation of this policy for employees to engage in the unlawful manufacture, distribution, dispensation, possession and/or use of a controlled substance or alcohol at a university workplace, or while engaged in university business off campus. Any person accepting employment with the university agrees to abide by the terms of this policy. Employees assigned to a federal contract or grant should be aware of special conditions of employment regarding violations of drug statutes. Other violations include: smoking in violation of the Utah Indoor Clean Air Act and possession and/or consumption of alcohol on University premises.

Any employee of the university who violates this policy may be required to participate in a drug or alcohol abuse assistance or rehabilitation program approved by the director of human resources in accordance with federal law; and/or disciplinary action and sanctions imposed may include a written reprimand, fine, probation, suspension without pay or partial pay, and/or dismissal. Employees must notify their supervisor of any criminal drug statute conviction occurring in the workplace within five days of the conviction. Whenever permitted by university regulations, rehabilitation is preferred to discipline for violations of this section.