

STUDENT ALCOHOL AND OTHER DRUG POLICY AND RESOURCE GUIDE

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](#).

Campus Alcohol and Drug Policies

The **Code of Student Conduct** prohibits use or possession of any alcoholic beverage under the age of 21; and knowingly providing alcoholic beverages to a person known to be under the age of 21. 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 **Code of Student Conduct** prohibits the unauthorized 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.

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*.

Campus Disciplinary Sanctions

Sanctions for violations of university policies include expulsion, suspension, disciplinary probation, disciplinary reprimand, and 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

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.

The complete University of Maryland Policy on Promoting Responsible Action in Medical Emergencies can be viewed online at: <http://president.umd.edu/policies/docs/V-100j.pdf>.

Know the Signs of Alcohol Poisoning	Unconscious/Unresponsive, Vomiting (while passed out), Slow Breathing, Cold Skin
Call for Help	911 or 301-405-3333 (UMPD Emergency Line); Residence Hall Service Desk
Care for individual until help arrives	Monitor breathing; Don't leave individual alone; Turn the individual on their side

An answer of yes to as few as two or three of these questions may indicate that you, or someone you know, could be at risk for an alcohol or other drug problem.

Do you or someone you know:

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

For help for yourself, a friend, or family member with an alcohol or other drug problem, please contact the Substance Use Intervention and Treatment Unit of the University Health Center at 301-314-8106.



The eCHECKUP TO GO program, offered through the University Health Center, is designed to provide students with personalized feedback on individual patterns of use, specific health consequences, and information about campus and community resources. The program is completely online, self-guided, confidential, and provides immediate results! The eCHECKUP TO GO [Alcohol](#) & [Marijuana](#) programs are available at www.health.umd.edu!

Health Risks Associated with Alcohol and Other Drug Use

<p>Alcohol</p>	<p>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.</p> <p>Chronic alcohol use can lead to dependence, high blood pressure, heart disease, and liver disease. Those 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. In addition, alcohol misuse has been found to be 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.</p>
<p>Narcotics</p>	<p>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.</p>
<p>Stimulants</p>	<p>Drugs included in this classification include cocaine, methamphetamine, Ritalin/Adderall, amphetamines, and high doses of caffeine. Cocaine has been known to cause sudden death by causing the heart to beat in an abnormal rhythm resulting in a heart attack. 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. Fatigue, insomnia, and feelings of worthlessness are also common and can possibly result in suicide attempts.</p>
<p>Hallucinogens</p>	<p>Drugs in this classification include LSD, mescaline, mushrooms (psilocybin), and amphetamine variants (ecstasy). 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.</p>
<p>Depressants</p>	<p>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.</p>
<p>Cannabis</p>	<p>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.</p>
<p>Inhalants</p>	<p>Inhalants include a wide variety of breathable chemicals that produce mind-altering results. 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.</p>
<p>Nicotine</p>	<p>Nicotine is the powerfully addictive substance in tobacco. 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.</p>

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 Abuse Programs & Resources

Substance Use Intervention & Treatment Unit

The Substance Use Intervention & Treatment Unit 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 drugs. The program is established to work specifically with college students experiencing concerns with or related to alcohol and/ drugs in a non-threatening environment. The program provides individual and group counseling, 12-step support group meetings, education, and coordination with other treatment professionals. When appropriate, referrals to campus or community prevention and treatment programs can be arranged. For more information, please call 301-314-8106.

Substance Use Intervention & Treatment also provides an early intervention and education program 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. For more information or to enroll in the program, 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 Campus Alcohol 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 CHOICES Peer Education Program. Students who participate in the peer education program complete 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 Coordinator is also available to meet with students on an individual basis to discuss any questions or concerns about their alcohol use or the use of a friend. To find out more about the program, please call 301-314-8123.

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 15-30 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.

Tobacco Cessation Program

Individual Counseling and self-help materials are available 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.

Campus Resources

University of Maryland Department of Public Safety

provides educational programs on the effects of alcohol on the body and the consequences of Driving Under the Influence (DUI) or Driving While Impaired (DWI). For more information, please call 301-405- 3555.

The Counseling Center offers initial consultation and assessment, 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) is dedicated to informing the public about issues associated with substance abuse. CESAR maintains an extensive library of materials on related topics available on its website: www.cesar.umd.edu.

Community Resources

Outpatient Services:

UMCP Outpatient Program	401-328-8667
Montgomery Medical Center	301-774-8874
Kolmac Clinic	301-589-0255
Suburban Hospital	301-896-2036

Hotlines

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

Websites

[National Institute on Alcohol Abuse and Alcoholism](http://www.niaaa.nih.gov)
[National Institute on Drug Abuse](http://www.nida.nih.gov)
[Marijuana Anonymous](http://www.marjuanadefiance.com)
[Alcoholics Anonymous](http://www.alcoholicsanonymous.org)
[Narcotics Anonymous](http://www.narcoticsanonymous.com)

Local, State, and Federal Law Descriptions Relating to Alcohol & 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 \$2,500 for a first offense, and up to \$5,000 for repeat offences (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 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 (10).

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 (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. 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. Code Criminal Art. Section 10-121
7. Md. Ann. Code Art. 2B, Section 19-204
8. Md. Ann. Code Art. 2B, Section 19-204
9. Md. Code Transportation Art. Sections 21-902
10. Md. Code Transportation Art. Sections 16-113(b)
11. Md. Ann. Code Transportation Art. Sections 21-902
12. Md. Code Transportation Art. Sections 21-902 (c) and (d)


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, 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