

# STUDENT ALCOHOL AND OTHER DRUG POLICY AND RESOURCE GUIDE 2009 - 2010

## 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 the violation of published university regulations or policies regarding the possession, use or distribution of alcoholic beverages, as approved and compiled by the Vice-President for Student Affairs. 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 Schedules I through V in Article 27, section 279 of the Annotated Code of Maryland.

### 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

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 official. In situations in which either a student summoning or requiring help is under the influence of alcohol, the threat of disciplinary sanctions for violating the University's alcohol policy should not be a barrier to responsible action. Promoting Responsible Action in Medical Emergencies is an administrative protocol authorized by the Director of Student Conduct to provide conditional relief in certain defined situations. The purpose is to encourage students to seek assistance for medical emergencies. The protocol may be found at <http://www.osc.umd.edu>

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

## 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.
- Nervous system: An initial relaxation at low doses is followed by mental confusion and uncontrolled mood swings at higher doses.
- 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.
- 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 of alcohol significantly impair the judgment and coordination required to safely operate 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 use 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 impaired or under the influence of alcohol. (8) Individuals under 21 with a B.A.L. of only .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. 0.08 will be presumed to be driving under the influence of alcohol. An individual with a B.A.L. of .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 12 oz. can or bottle of beer, a 5 oz. glass of wine, one oz. of liquor, and one-half oz. 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, while mixing it with carbonated beverages may increase absorption into the circulatory system.

**How much you weigh.** 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.

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

**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, percocan, 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 any time when a person is using cocaine. 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.

## 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.

## 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 mind set and environment at the time of administration. A bad trip can result in extreme paranoia, panic attacks and a loss of self-control. The most extreme outcome of a bad trip can be permanent psychosis or even death.

## 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.

## 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 anesthetics. 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.

## CANNABIS

Drugs in this classification include: marijuana, tetrahydrocannabinol (THC), hashish, and hashish oil. Physical risks of marijuana use include damage to the lungs, chromosomes, and reproductive system. 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.

## 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.

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

1. 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.

2. Learn the basic facts about alcohol and other drugs, substance abuse, chemical dependency, and how it affects others.

3. 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.

4. 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."

5. 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.

6. 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.

7. 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.

### Do you or does someone you know:

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	1. Drink or use other drugs to forget about problems?
<input type="checkbox"/>	<input type="checkbox"/>	2. Drink or use other drugs to feel relaxed or comfortable around other people?
<input type="checkbox"/>	<input type="checkbox"/>	3. Have family members with alcohol or other drug problems?
<input type="checkbox"/>	<input type="checkbox"/>	4. Have conflicts with friends after drinking or using other drugs?
<input type="checkbox"/>	<input type="checkbox"/>	5. Ever feel guilty about drinking, drug use, or your behavior under the influence of alcohol or other drugs?
<input type="checkbox"/>	<input type="checkbox"/>	6. Ever have trouble remembering what was done or said while drinking or using other drugs?
<input type="checkbox"/>	<input type="checkbox"/>	7. Ever get drunk or high after making a conscious decision to stay sober/straight?
<input type="checkbox"/>	<input type="checkbox"/>	8. Drink until there is nothing left to drink, or use other drugs until the supply is exhausted?
<input type="checkbox"/>	<input type="checkbox"/>	9. Ever miss class because of a hangover?
<input type="checkbox"/>	<input type="checkbox"/>	10. Sometimes feel like your drinking or drug use is getting out of control?

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. Both the University and the local community offer programs and assistance for helping individuals with alcohol or other drug problems.

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

### “What is AlcoholEdu?”

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 effects. 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-judgemental 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

### TERP CHOICES ALCOHOL AND OTHER DRUG PEER EDUCATION PROGRAM

In this program, students participate in a three credit internship 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 minutes to an hour. Workshops can be requested by any campus organization, residence hall or faculty member. Peer educators also get 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 either their own, a friend’s or family member’s use of alcohol and/or other drugs. These issues are explored in a non-threatening manner, and students’ 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 specifically 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 Project has the goal of reducing the high-risk drinking and the 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.

### 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 this service. To enroll or obtain more information, 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) 314-8104.

### 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 charge for these programs. To obtain more information, call (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.

### INTERNSHIP PROGRAM

Undergraduate and graduate students interested in the substance abuse field are recruited each year as interns to the department. Opportunities include clinical, educational 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: [www.health.umd.edu/services/substanceabuse](http://www.health.umd.edu/services/substanceabuse).

## 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) 405-5731.

### 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 for Substance Abuse Research (CESAR)

[www.cesar.umd.edu](http://www.cesar.umd.edu)

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.

## 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	(301) 314-8106
Montgomery General Hospital	(301) 774-8800
Kolmac Clinic	(301) 589-0255
Suburban Hospital	(301) 896-2036

### Hotlines

Alcohol Hotline	(800) ALCOHOL
Treatment Referral Hotline	(800) 662-HELP

### Additional Information

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

### Websites

[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)  
[www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

## 12-STEP GROUP INFORMATION

12-step programs include admitting there is a problem, seeking help, engaging in a thorough self-examination, confidential self-disclosure, making amends for harm done, and helping drug addicts who want to recover.

### 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](http://www.aa.org), call 202.966.9115 or go to: [www.aa-dc.org](http://www.aa-dc.org).

### 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](http://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](http://www.na.org), or locally, go to: [www.cprna.org](http://www.cprna.org), 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](http://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).

## A Message from President Mote

October 1, 2009

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,



C.D. Mote, Jr.  
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. The Vice President for Student Affairs 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.

**This guide was  
produced by the  
University Health Center  
in cooperation with the  
President's Legal Staff.**

## A Message from Student Body President Steven Glickman

Dear Fellow Terp,

College consists of much more than just learning from textbooks. We also learn how to live independently and make our own decisions, but with this we must take responsibility for our actions. Decisions are rarely easy, and one of the most difficult is the consumption of alcohol.

Rather than tell you what to do, as the decision is ultimately yours, I will instead implore you to be smart and safe in your actions. We have a responsibility to both ourselves and to our fellow students to create a safe environment. If you choose to consume alcohol, know the risks and don't look to your peers to make the decision for you. Safety is of the utmost importance, and we hope you

will take this opportunity to work together to keep our community safe and healthy.

Sincerely,

Steve Glickman  
Student Body President

## 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](http://www.echug.umd.edu)

(eCHUG Program provided by US Dept of Education Grant)