



The University of Toledo - Main Campus Policy

IV-12 3360-30-12 Alcohol and Substance Abuse.

(A) Alcohol and drug abuse policy statement

The University of Toledo is committed to promoting and maintaining a work and academic environment that is free from illegal use of alcohol and drug use/abuse, in accordance with all federal, state, and local laws as well as the federal drug free schools and campus regulations. The use of alcohol and illicit drugs also poses a health threat to members of the University community (see appendix A).

(B) Standards of conduct/violations

The University of Toledo prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on its property or part of any of its activities. Employees, students, and campus visitors age 21 years or older, consuming alcohol at University functions or while on University business where such use is approved, are expected to use alcohol responsibly and not engage in illegal, unprofessional or disruptive behavior.

When there has been a violation of the standards of conduct, the University shall initiate appropriate measures which may include disciplinary action. Such action may result in sanctions up to and including suspension or separation from the University. Violations may be reported by the university to appropriate law enforcement authorities. Those referred to law enforcement authorities are subject to prosecution (see 3360-30-11 "Policy on alcoholic beverages" appendix A for description of local, state, and federal laws).

(C) University services for treatment and referral

Students, faculty and administrators who violate this policy or encounter difficulties with alcohol and/or drugs shall be informed about, and referred to, resources available on campus through the University counseling center or student health services (see appendix B).

(D) Annual policy distribution

The overall responsibility for the annual policy distribution resides with the vice president for student affairs. At minimum, there will be a written annual policy distribution directed to all students, faculty and staff which will include:

- (1) University standards of conduct regarding alcohol and drug use;
- (2) A list of applicable sanctions under federal, state and local laws for unlawful drug and alcohol use;
- (3) A description of health risks associated with use and abuse;
- (4) A list of drug and alcohol counseling, treatment, rehabilitation, or re-entry programs that are available; and

- (5) A clear statement that disciplinary action will be taken for violations of University standards.

(E) Review of The University of Toledo's alcohol and drug prevention program

Every two years, the alcohol/substance abuse advisory committee will review its alcohol and drug abuse prevention program to determine its effectiveness, implement changes, and ensure that sanctions are consistently enforced.

Effective date: August 1, 2003

Certification: Sandra A. Drabik
Secretary, Board of Trustees

Date: June 25, 2003

Promulgated under: RC section 111.15
Statutory Authority: RC section 3360
Rule amplifies: RC section 3360.01

Prior effective dates:

Appendix A

Health Risks

Alcohol

Alcohol consumption causes a number of marked changes in behavior. Even low doses impair judgment and coordination, and increase the incidence of aggressive behavior. Very high doses can cause respiratory depression and death. Alcohol intoxication is equivalent to a drug overdose. Repeated use of alcohol can lead to a change in tolerance and dependence. Cessation of alcohol intake can produce withdrawal symptoms including tremors, hallucinations, convulsions, and death. Long-term consumption of large quantities of alcohol can lead to permanent damage to vital organs such as the brain and the liver. Women who drink even small amounts of alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. Children of alcoholic parents have a 40 percent greater risk of developing alcoholism than those children of non-alcoholic parents.

Cannabis

The mood-altering effects of marijuana are the result of a chemical delta-9 tetrahydrocannabinol (THC). THC is fat-soluble and remains in the body up to three weeks after smoking one marijuana cigarette. Consequently, even the occasional user can be detected through urinalysis. Research indicates that regular use may have long-term effects of the user's brain, heart, and reproductive organs. The numerous carcinogenic chemicals found in marijuana smoke make it particularly harmful to the lungs.

Depressants

The use of depressants can result in a change in tolerance and physical, as well as psychological, dependency. The combining of several depressants (e.g., valium and alcohol) will potentate the depressant effects multiplying the health hazards. Withdrawal symptoms include anxiety, vomiting, acute psychotic episodes, seizures, and death.

Stimulants

High doses of stimulant drugs result in intense personality disturbances including visual and auditory hallucinations, delusions, and paranoia. Tolerance develops rapidly. Cross-tolerance does develop among stimulant drugs (e.g., methamphetamine and cocaine). The use of cocaine can cause death by cardiac arrest or respiratory failure. Stimulants are addictive and while withdrawal from stimulants is less dangerous than with depressants, depression can make a person vulnerable to suicide.

Narcotics

Tolerance, especially to the euphoric effects of narcotics, and physical dependence develops rapidly. In order to avoid the abstinence syndrome, the addict becomes preoccupied with acquiring the drug. Withdrawal symptoms are extremely uncomfortable; however, they are seldom life-threatening.

Hallucinogens

Phencyclidine (PCP). Large doses of PCP may result in convulsive seizure, coma, and death. Mood disorders occur and the user may become violent, irrational, and potentially harmful to self and others. Lysergic acid (LSD), mescaline, and psilocybin cause sensations and feelings to change rapidly. The user may experience panic, confusion, anxiety, depersonalization, and loss of control. While relatively rare, flashbacks, the spontaneous reappearance of the drug experience after use has ceased, may occur.

Anabolic-Androgenic Steroids

Steroid users can experience serious cardiovascular, liver, central nervous system, gastrointestinal, and reproductive disorders. In males, use can result in testicular atrophy, sterility, impotence, and arrested growth. Irreversible masculinization and sterility can result when women use steroids. Psychological impairments include mood swings, depression, and very aggressive behavior.

Warning Signs

- A dramatic drop in grades
- A major change in friends and peer groups
- Significant mood swings
- Extravagant tastes on a tight budget
- Indifference to personal hygiene and environment
- Daydreams a lot
- Others mention their concern and notice the change
- Long-term relationships begin to suffer
- Phone calls at odd hours
- Unexplained and long absences
- Sudden, constant lack of money

Appendix B

University Services for Treatment and Referral

Resource information (booklets, brochures, pamphlets, videos, etc.) regarding health and safety concerns related to substance abuse and/or abuse and information regarding campus and community services is available through a variety of university services, including:

- The Student Medical Center
- The Counseling Center
- Campus Police
- Interfaith Center
- Human Resources

Drug and Alcohol Counseling, Treatment, Rehabilitation /Re-entry Programs

- Alcoholics Anonymous - Self-help group for alcoholics. No fee.
- Al-Anon-Alateen - Self-help group for persons who are close to an alcoholic. No fee.
- Rescue Crisis - 24-hour emergency hotline
- First Call for Help - For referral and information about self-help groups
- COMPASS, Inc. - Substance abuse treatment, detoxification, and after care. Sliding fee scheduled based on ability to pay.
- Harbor Behavioral Healthcare - Diagnostic assessment, counseling, medical, and education services. Sliding fee scheduled based on ability to pay.
- Narcotics Anonymous - Self-help group for drug addicts. No fee.
- SASI - Information, group counseling, individual treatment of substance abusers. Sliding fee schedule.
- Toledo Hospital Alcohol/Drug - Free assessments. Treatment center for substance abusers. After care.
- Compass - Treatment center for substance abusers.
- Urban Minority Alcoholism & Drug Abuse Outreach Program - Prevention, intervention, and replace prevention program targeted for minorities. No fee.