

### **Drug-Free Policy**

#### **In Accordance with the Drug-Free Schools and Communities Act Amendments of 1989 (Public Law 101-226)**

The unlawful possession, use, or distribution of illicit drugs, prescription medication, and alcohol by students and employees of St. Francis College is prohibited on the College's property, student-occupied housing, or any other property on which a College activity takes place.

Allegations of any violation of this standard by a St. Francis College student shall be dealt with in accordance with the Judicial Process applicable to all alleged violations of the College's Standards of Conduct Expected of Students. Students are advised that disciplinary sanctions will be applied following a finding of guilt, and that these may include expulsion from the College.

All members of the College community are further advised that the College may, in addition to imposing its own penalties, refer to appropriate authorities any case involving a violation of the standard of conduct pertaining to drug and alcohol abuse, wherein a finding of guilt is rendered.

### **Drug and Alcohol Counseling**

#### **Treatment and Rehabilitation Programs Available to Employees and Students**

The resources listed below are agencies with which the College has developed a good working relationship. Students who believe that they might benefit from any of the services provided below should see the Dean of Students, who will be glad to facilitate a referral, in confidence. Similarly, employees should contact the Director of Human Resources.

- (1) **Daytop Village**  
500 8th Avenue  
New York, NY 10018  
(212)904-1500

Services:

- (a) Counseling, treatment, and rehabilitation for abusers of all drugs. (non methadone).
- (b) In- and out-patient treatment.
- (c) Job training.

- (2) **Alcoholics Anonymous**  
Hotline: (718)339-4777

- (3) **Neighborhood Counseling Center**  
7701 13th Ave (Dyker Heights)  
(718)232-1351

- (4) **Community Affairs Liaison**  
84<sup>th</sup> Precinct, NYPD  
(718)875-6850

- (5) **SAFE Horizon**  
2 Lafayette Street  
New York, New York  
(212)577-7700  
Hotline (24 hours a day) – (212)577-7777

## **Additional Resources**

For additional information, please contact The National Institute on Drug Abuse Hotline, 1-800-662-4357, an information and referral service that distributes Department of Education publications about drug and alcohol prevention programs.

In addition, the College's Student Health Center, 718-489-5366, and Counseling Center, 718-489-5335, is stocked with literature and other materials concerning illicit drugs and alcohol abuse treatment resources frequently used by students in the vicinity of the College. Students and employees are encouraged to take advantage of this valuable in-house resource with the assurance that any inquiry will be treated in the strictest confidence.

### **Legal Sanctions Concerning Alcohol and Drugs**

A. Federal Law: The Federal Controlled Substances Act prohibits the knowing, intentional, and unauthorized manufacture, distribution, or dispensing of any controlled substance or the possession of any controlled substance with intent to manufacture, distribute, or dispense. Federal law also prohibits the knowing, intentional, and unauthorized creation, distribution, dispensing, or possession with intent to distribute or dispense a "counterfeit substance."

Simple possession carries a penalty of up to one (1) year imprisonment and a fine of not less than \$1,000. Maximum penalties for narcotic trafficking violations range from twenty (20) years to life imprisonment. Certain violations carry mandatory minimum prison sentences of either five (5) years or ten (10) years. For example, the possession with intent to distribute one (1) kilogram or more of a substance containing a detectable amount of heroine carries a term of imprisonment of not less than ten (10) years and up to life imprisonment. Possession with intent to distribute five hundred (500) grams or more of a mixture or a substance containing a detectable amount of cocaine carries a sentence of not less than five (5) years and not more than forty (40) years imprisonment.

Penalties are increased for certain specific drug crimes under federal law as follows:

- a) the distribution of narcotics to persons under 21 years of age;
- b) the distribution or manufacturing of narcotics near schools and colleges;
- c) the employment of juveniles under the age of 18 years in drug-trafficking operations;
- d) the distribution of controlled substances to pregnant women.

Penalties for the violation of federal narcotic statutes vary greatly and depend upon two principal factors: the type of drug involved and the quantity of the drug involved. More severe penalties are imposed if a firearm is used in the commission of a drug offense. If a drug offense results in death or serious bodily injury to a person who uses the drug, the penalties are increased.

B. New York Law: The use, possession, and sale of controlled substances are subject to severe sanctions under New York law. The specific criminal sanctions are set forth in the New York State Penal Law and the severity of each offense is contingent upon the type and quantity of the illegal substance as well as the intent of the holder, such as personal use or distribution. For example, knowingly and unlawfully possessing a narcotic drug is a class C felony subject to up to five and one-half (5 ½) years imprisonment. Knowingly and unlawfully possessing a narcotic drug with the intent to sell is a class B felony subject to up to nine (9) years imprisonment. Criminally using drug paraphernalia, including capsules, glassine envelopes, vials, or any other material suitable for the packaging of individual quantities of narcotic drugs or stimulants is considered a class A misdemeanor and is subject to up to one year imprisonment.

Additionally, under New York State laws, the sale or distribution of alcoholic beverages to a person under the age of 21 is deemed a misdemeanor and punishable by a fine of up to \$1,000 and imprisonment for up to one year. New York has a Zero Tolerance Law for individuals under the age of 21 who operate a motor vehicle after consuming alcohol, irrespective of whether the individual's blood alcohol content exceeds the legal limits for intoxication. Under the Zero Tolerance Law an individual can be subject to various penalties including fines and license revocation or suspension.

### **Health Risks Concerning Alcohol and Drugs**

A. Drugs and alcohol are toxic to the human body and can have catastrophic health consequences if abused. Some drugs are so toxic that even one use can be fatal. St. Francis College does not seek to give specific medical advice by disseminating this policy but offers the following information solely for its educational value.

B. Alcohol is the most widely used and abused drug in the United States. Alcohol consumption has acute effects on the body and causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car or operate machinery safely.

C. Low to moderate doses of alcohol increase the incidence of aggressive acts, including spouse and child abuse and dangerous risk-taking behavior. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses can cause respiratory depression and death.

D. If combined with other depressants of the central nervous system, even low doses of alcohol can be fatal.

E. Alcohol-related automobile accidents account for a significant number of deaths among people ages 15 to 24 years.

F. Repeated use of alcohol can lead to physical and psychological dependence.

G. Dependent persons who suddenly stop drinking are likely to suffer withdrawal symptoms, including severe anxiety, tremors, hallucinations, and seizures.

H. Alcohol withdrawal can be life-threatening. Long term consumption of large quantities of alcohol, especially when combined with poor nutrition, can lead to permanent damage of vital organs, such as the brain and the liver.

I. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants can have irreversible physical abnormalities, as well as learning, memory, attention span, communication, vision, or hearing problems.

J. Research also indicates that children of alcoholic parents are at increased risk to become alcoholics themselves.

K. Drugs interfere with the brain's ability to take in, sort, and synthesize information. They distort perception, which can lead users to harm themselves or others. Drugs also effect sensation and impair memory. In addition, there are specific health risks associated with particular types of drugs.

L. Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucus membrane of the nose. Injecting cocaine with contaminated equipment can cause AIDS, hepatitis, and other diseases. Preparation of free base, which involves the use of volatile solvents, can result in death or injury from fire or explosion.

M. Cocaine can produce psychological or physical dependency, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly, thus leading to higher and higher doses to produce the desired effect.

N. Crack or free base rock is a purified form of cocaine that is smoked. Crack is far more addictive than heroine or barbiturates. Repeated use of crack can lead to addiction within a few days. Once addicted, many users have turned to stealing, prostitution, and drug dealing in order to support the habit.

O. The effects of crack are felt within seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. Continued use can produce violent behavior and a psychotic state similar to schizophrenia.

P. Cocaine in any form, but particularly in the purified form known as crack, can cause sudden death from cardiac arrest or respiratory failure.

Q. Marijuana can cause:

- 1) Elevated blood pressure, coughing, dryness of the mouth and throat, decrease in body temperature, sudden increased appetite, and swollen red eyes;
- 2) A panic reaction or paranoia;
- 3) Distortions of time, reality, and perception, often impairing short term memory;
- 4) Possible psychological dependence;
- 5) Dysfunctional thinking, learning, and recall;
- 6) Impaired ability to drive, operate machinery, or do other things that require physical and intellectual coordination;
- 7) Irritation of the lungs, aggravating asthma, bronchitis, or emphysema;
- 8) Listlessness, tiredness, inattention, carelessness about personal grooming, withdrawal, and apathy.

R. Narcotics such as heroin, codeine, and morphine can cause:

- 1) Loss of appetite;
- 2) Addiction with severe withdrawal symptoms;
- 3) Drowsiness, clouding of the mental processes, apathy, slowing of the reflexes and physical activity;
- 4) Infection, hepatitis, or AIDS from contaminated needles;
- 5) Death from overdose.

S. Hallucinogens such as LSD, PCP, and angel dust can cause:

- 1) Frightening hallucinations;
- 2) Worsening problems for a person who has a history of mental or emotional instability;
- 3) Distortions of reality, including the feeling that the frightening effects of the drug will last forever;
- 4) Tolerance from repeated use, leading to increased dosages to bring about the same effects;
- 5) Flashbacks, days or even weeks later;
- 6) Death from suicide or accident.

T. Amphetamines, methamphetamines, and other stimulants can cause:

- 1) Elevated blood pressure, dilated pupils, and decreased appetite;
- 2) Sweating, headaches, blurred vision, dizziness, sleeplessness, and anxiety;
- 3) Rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse;
- 4) Sudden increases in blood pressure that can cause a stroke, very high fever, or heart failure;
- 5) Restless, anxious, and moody feelings;
- 6) Amphetamine psychosis that includes hallucinations, delusions, and paranoia.

U. Barbiturates, Quaaludes, Valium, and other tranquilizers and depressants can cause:

- 1) Many of the same effects as alcohol;

- 2) Calmness and relaxed muscles at smaller doses, but slurred speech, staggering, and altered perception with larger doses;
- 3) Respiratory depression, coma, and death;
- 4) Physical and psychological dependence;
- 5) Increased use as drug tolerance develops;
- 6) Withdrawal systems ranging from restlessness, insomnia, and anxiety to convulsions and death;
- 7) Birth defects and behavioral problems in the children of users;
- 8) Physical dependence and withdrawal symptoms in babies born to mothers who have used depressants during pregnancy.

V. Inhalants such as laughing gas and whippets can cause:

- 1) Nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, and loss of appetite;
- 2) Decreased heart and respiratory rate;
- 3) Impaired judgment;
- 4) Rapid pulse, headaches, and involuntary passing of urine and feces;
- 5) Brain damage from long term use;
- 6) Disorientation, violent behavior, unconsciousness, or death;
- 7) Weight loss, fatigue, electrolyte imbalance and muscle fatigue from long term use;
- 8) Permanent damage to the nervous system.

W. Anabolic steroids can cause:

- 1) Liver disease;
- 2) Cancer;
- 3) Growth problems;
- 4) Testicular atrophy;
- 5) Bone fusions;
- 6) Acne;
- 7) Psychological problems;
- 8) Rage and uncontrollable anger;
- 9) AIDS from contaminated equipment;
- 10) Breast reduction;
- 11) Failure to develop secondary sex characteristics;
- 12) Sexual dysfunction, sterility, and impotence;
- 13) Fetal damage;
- 14) Jaundice, purple or red spots on the body, swelling of feet or lower legs, unexplained darkening of the skin, and persistent breath odor;
- 15) Heart attack;
- 16) Stroke.