

## Drug-Free Schools and Campuses Regulations Annual Notification 2021-2022

In accordance with the [Drug-Free Schools and Campuses Regulations](#) and the [Drug-Free Workplace Act of 1988](#), the following serves as notification to the Fayetteville State University community about the unlawful use of drugs or alcohol on University property or as part of University activities.

### Standards of Conduct

Fayetteville State University is committed to a campus culture free of illegal drug use, misuse and abuse of prescription drugs, underage drinking, and alcohol abuse. The University prohibits the unlawful possession, use or distribution of illegal drugs or alcohol on its property or as part of its activities. Should a student or an employee violate criminal statutes regarding illegal drugs or possession or sale of alcohol, the University will cooperate fully with law enforcement agencies and will apply appropriate internal disciplinary processes.

The University reserves the right to take necessary and appropriate action to protect the safety and well-being of the campus community. The Fayetteville State University [Illegal Drugs and Alcohol Policy](#) is applicable to all students and employees. All students, faculty and staff are responsible for knowing and complying with the policy. A student or employee who violates the Illegal Drugs and Alcohol Policy is subject to both the University's sanctions and criminal sanctions provided by federal, state, and local law.

Additional policies and procedures, such as the [Student Code of Conduct](#), also prohibit the illegal use or possession of alcohol or drugs on campus. The University institutes these policies and procedures to provide a safe and healthy environment for all members of our community.

### Federal, State, and Local Laws

North Carolina law [Chapter 18B](#) regulates all activities related to alcohol, from its manufacture to consumption. It is unlawful to manufacture, sell, transport, import, deliver, furnish, purchase, consume, or possess alcoholic beverages except as expressly permitted by law.

It is the responsibility of all University students and employees to comply with the provisions of North Carolina law that make it a crime to possess, sell, deliver, or manufacture those drugs designated collectively as "controlled substances" in [Article 5 of Chapter 90 of the North Carolina General Statutes](#). Any member of the University community who violates this law is subject to criminal prosecution and punishment by the civil authorities, as well as disciplinary proceedings by the University. The penalties to be imposed by the University may range from written warnings to expulsions from enrollment and discharge from employment.

Federal penalties and sanctions for the illegal possession of a controlled substance are detailed in [The Controlled Substances Act](#). The [Denial of Federal Benefits](#) applies to individuals found guilty of violating the Controlled Substances Act and includes denial of student loans, grants, contracts, and professional commercial licenses. More detailed information about federal laws governing illegal drugs can be found in the U.S. Department of Justice Drug Enforcement Administration's 2020 edition of a publication entitled, "[Drugs of Abuse](#)."

## Health Risks Associated with Alcohol and Drug Misuse

The following summarizes some of the health risks associated with the use of alcohol and other drugs. It is important to note that alcohol and drugs affect people in different ways based on a variety of physical and psychological factors, such as physical tolerance and body size. More information about the health risks for illegal drugs and alcohol is available at <https://www.drugabuse.gov/drug-topics/publications/drug-facts> and <https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>.

### Alcohol

Alcohol consumption causes changes in cognition and behavior, including impaired judgment and coordination, fine motor control and vision, speech, and hearing. Higher doses cause disorientation, confusion, and exaggerated emotional states. Very high consumption of alcohol can cause respiratory depression, unconsciousness, and possibly death. Alcohol combined with other drugs, especially prescription medications can be harmful, even toxic to the body. These interactions can put one at risk for internal bleeding, heart problems, or difficulty breathing. Prolonged heavy use of alcohol can lead to dependence, increase risk for certain cancers, liver disease and other health problems. It can also have consequences at home, work, and with friends.

### Prescription Medications

Prescription drugs that are abused or used for non-medical reasons can alter brain activity and lead to dependence or addiction. Commonly abused classes of prescription drugs include opioids, central nervous system (CNS) depressants, and stimulants. When taken as prescribed, opioids can safely and effectively manage pain. They can also produce drowsiness, mental confusion, nausea, constipation, and overdose of the drug can depress respiration. If use is suddenly reduced or stopped, withdrawal symptoms can occur. These include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, cold flashes, and involuntary leg movements.

CNS depressants include benzodiazepines (used to treat anxiety), non-benzodiazepine sleep medications, and barbiturates (used less frequently to treat anxiety or to help with sleep problems). These medications inhibit brain activity and produce a drowsy or calming effect. Very large doses or doses taken in combination with other central nervous system depressants (e.g., alcohol) may cause respiratory depression, coma, and even death.

Stimulants are prescribed to treat conditions, such as ADHD, narcolepsy, and occasionally depression. These medications increase alertness, attention, and energy, as well as elevate blood pressure, heart rate, and respiration. Repeated abuse can lead to feelings of hostility or paranoia and high doses may result in dangerously high body temperature and irregular heartbeat.

### Marijuana

Marijuana use can lead to several physical and psychological effects, including increased heart rate, impaired short-term memory and comprehension, and decreased motivation. With extended use, it can produce depression, anxiety, paranoia, and psychosis. Smoking marijuana damages the lungs and pulmonary system and can cause coughing and breathing problems like those caused by cigarette smoking. Research has shown that daily marijuana users may function at a reduced intellectual level, even after the acute effects of the drug wear off. Marijuana use can impact fertility by suppressing ovulation and lowering male sex hormones.

### Cocaine

The health effects associated with cocaine use include elevated body temperature and blood pressure, increased heart rate, nausea, tremors and muscle twitches, and restlessness. Snorting cocaine may severely damage nasal tissue and the septum and cause the loss of sense of smell, nosebleeds, and a frequent runny nose. Long-term health effects of cocaine use include malnourishment due to decreased appetite, paranoia and hallucinations, and movement disorders, such as Parkinson's disease.

## **Amphetamines**

Amphetamines, methamphetamine, or other stimulants can cause increased heart and respiratory rates, elevated blood pressure, and dilated pupils. Larger doses cause rapid or irregular heartbeat, tremors, and physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, high fever, heart failure, and death. An individual using amphetamines might begin to lose weight, sweat profusely, and appear restless, anxious, moody, and unable to focus. Extended use may produce psychosis, including hallucinations, delusions, and paranoia.

## **Hallucinogens**

Hallucinogenic drugs alter perception, thoughts, and feelings and can cause hallucinations. Commonly used hallucinogens include LSD, PCP, Peyote, and psilocybin ("shrooms"), salvia, and others. Short-term effects include increased heart rate, intensified feelings and sensory experiences, dry mouth, sleep problems, excessive sweating, panic, paranoia, and psychosis. Long-term effects of some hallucinogens include persistent psychosis and flashbacks.

## **Steroids (anabolic)**

Anabolic steroids are synthetic substances related to male sex hormones. Some athletes abuse anabolic steroids to enhance performance. Abuse of anabolic steroids can lead to serious health problems, some of which are irreversible. Short term side effects include depression, hallucinations, paranoia, severe mood swings and aggressive behavior. Major side effects can also include liver tumors and cancer, jaundice, high blood pressure, kidney tumors, severe acne, and trembling. In males, side effects may include shrinking of the testicles and breast development. In females, side effects may include growth of facial hair, menstrual changes, and deepened voice. In teenagers, growth may be halted prematurely and permanently.

## **Heroin**

Some signs of heroin use are euphoria, excessive drowsiness, constricted pupils, lack of sex drive and appetite and nausea. Because heroin is generally injected, the use of contaminated needles may result in the contraction of many different diseases, including AIDS and hepatitis. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, constipation and gastrointestinal cramping and liver or kidney disease. If chronic use is abruptly stopped, the user may experience severe withdrawal symptoms, including restlessness, muscle and bone pain, insomnia, diarrhea and vomiting, cold flashes and kicking movements. Users also experience severe craving for the drug during withdrawal, which often precipitates continued abuse and/or relapse. Symptoms of overdose include shallow breathing, clammy skin, convulsions, and coma and may result in death.

## **Education and Support Resources**

The University's Substance Abuse and Prevention Program is housed within the [Counseling and Personal Development Center](#) (CPDC). The goal of this program is to increase awareness among students regarding the programs, information, and services available on and off-campus. A comprehensive prevention approach combines traditional educational programs with strategies aimed at informing the campus social environment. Alcohol and drug education programs are available to the entire campus population with the assistance of the [University College](#), [Academic Affairs](#), and the [Office of Residence Life](#).

The University offers various counseling and referral services to students through the CPDC. The hours for the center are Monday through Friday, 8:00 a.m. – 5:00 p.m. The Center is also open upon request during the evening hours for the convenience of all students. Members of the University community who are aware of individuals with drug problems should make referrals to the [Office of Human Resources](#), the

[Counseling and Personal Development Center](#), the [State Employees' Assistance Program](#), and/or other agencies. The University maintains relationships with outside agencies willing to accept referrals and offers employees assistance through [ComPsych](#). Employees can call the confidential ComPsych hotline 1-866-465-8933. Contact the FSU [Employee Assistance Program](#) or the Employee Relations Manager at 910-672-1455 for more information.

## External Resources

This is a partial listing of additional educational, treatment, and recovery resources.

### [Rethinking Drinking](#)

Drinking can be beneficial or harmful, depending on your age and health status, and, of course, how much you drink. For anyone who drinks, this site offers valuable, research-based information. *Rethinking Drinking* can help you look at your drinking habits and how they may affect your health

### [GenerationRx](#)

GenerationRx provides educational resources to help prevent the misuse of prescription medication, how to recognize and help someone who may be misusing prescription medication, and how to act in drug-related emergencies.

### [SAMHSA's National Helpline](#) 1-800-622-HELP (4357)

National treatment referral and information service for individuals and families facing mental and/or substance use disorders. Free and confidential, 24/7, 365-day-a-year. A searchable directory is also available [here](#).

### [Alcoholics Anonymous World Services](#)

Alcoholics Anonymous is an international fellowship of people who meet to attain and maintain sobriety through a 12-step program. Visit this site for more information and a searchable directory of offices in U.S. and Canada. Contact the office closest to your address for support group meeting locations and times.

### [Al-Anon Family Groups](#) 1.888.425.2666 (Toll-free Meeting Line)

The two branches of the Al-Anon Family Groups include Al-Anon and Alateen, serving adults and teens who are relatives and friends of people with alcohol use disorder. A searchable directory of in-person and electronic (online or phone) meetings and contacts worldwide is available [here](#).

### [Narcotics Anonymous](#) 1-888.835-8801 <http://ncregion-na.com/greater-sandhills-area/>

Narcotics Anonymous is an international fellowship of people who meet to attain and maintain recovery from substance use disorder through a 12-step program.

### [Nar-Anon Family Groups](#) 1-800-477-6291

Nar-Anon serves relatives and friends of someone with substance use disorder. Visit this site for more information and a searchable directory of support groups in the U.S. and abroad.

### [Marijuana Anonymous](#) 1-800-766-6779

Marijuana Anonymous is a fellowship of people who meet to attain and maintain recovery from cannabis use disorder through a 12-step program. A searchable directory of in-person and electronic (online or phone) meetings is available [here](#).