# Federal Drug-Free Schools and Campuses Regulations [Edgar Part 86]

# GRAMBLING STATE UNIVERSITY'S ANNUAL POLICY NOTIFICATION/DISTRIBUTION

As a requirement of these regulations, **GRAMBLING STATE UNIVERSITY** is to disseminate and ensure receipt of the below policy/information to all students, staff, and faculty on an annual basis. This process is formally conducted by the Office of the Vice President of Student Affairs via email. Questions concerning this policy and/or alcohol and other drugs programs, interventions and policies may be directed to Mrs. Beverly Crawford, Director of Student Judicial Affairs at crawfordc@gram.edu and 318-274-6149.

#### Policies - Alcohol, Other Drugs, and Weapons

As an academic community, Grambling State University is committed to providing an environment in which learning and scholarship can flourish. The possession or use of illegal drugs, or the abuse of those which may otherwise be legally possessed, seriously affects the University environment, as well as the individual potential of our students and staff. The University enforces state laws and related University policies, including those prohibiting the following activities on campus.

- A. Providing alcoholic beverages to individuals under 21 or possession or consumption of alcoholic beverages by individuals under 21.
- B. Distribution, possession, or use of illegal drugs or controlled substances.
- C. Possession of firearms or other dangerous weapons.

The abuse of alcohol and other drugs by students, regardless of age and of location (on-campus or off-campus), is prohibited by the Student Code of Conduct. The University can, and will, impose disciplinary sanctions for violations. Students are also subject to city ordinances and state and federal laws. A separate policy addresses violations by University staff.

The University strongly encourages students and staff members to voluntarily obtain assistance for dependency or abuse problems before such behaviors result in an arrest and/or disciplinary referral which might result in their separation from the institution.

The use of, or addiction to, alcohol, marijuana, or controlled substances is not considered an excuse for violations of the Student Code of Conduct or staff expectations, and will not be a mitigating factor in the application of appropriate disciplinary sanctions for such violations.

Help is available both on campus and within the community for students and staff members who are dependent on, or who abuse the use of alcohol or other drugs. The Student Counseling and Wellness Resource Center (318-274-3277), Office of Human Resources (318-274-2377, our University Employee Assistance Program), and other professional agencies will maintain the confidentiality of persons seeking help for personal dependency and will not report them to institutional or state authorities. Beverly Crawford, the Office of Student Judicial Affairs,

oversees the alcohol and other drug prevention program. This office provides educational and awareness programming, information and assistance.

#### Student Sanctions, Alcohol, Other Drugs and Weapons

Underage students confronted by the institution for the consumption of alcohol will face disciplinary sanctions ranging from fines to disciplinary probation.

Students whose use of alcohol or drugs results in harm or the threat of harm to themselves or others, or to property, regardless of the location of the incident, may face disciplinary actions by the University up to and including expulsion.

Testing for the presences of illegal substances may be a condition of any probationary status imposed by the University for violations of drug-related provisions of this policy.

The appropriate authority may require drug- or alcohol-testing for employees and applicants of the safety sensitive and security positions for the following situations: on a random basis, when there is reasonable suspicion that an employee uses drugs, as a follow up to drug counseling or rehabilitation, after an on-the-job accident/incident of serious or potentially serious results and when employees are selected for transfer or promotion to positions identified in Policy #53015-Drug Screening, Appendix I. Testing for substance abuse may be by Breathalyzer, blood, urine or any other appropriate and scientifically accepted tests. All drug testing will include review by a qualified Medical Review Officer (MRO) and a "MRO Positive" result will be considered a positive result. Any student with a positive result, as described above, may face disciplinary action by the University up to and including expulsion.

### **Commonly Imposed Disciplinary Sanctions for On-Campus Policy Violations:**

4.18	Alcoholic Beverages	Violation of the University Alcohol and	1st offe	nse:
		Controlled Substance Policy, including but not	\$	Online educational
		limited to the use, consumption, possession,		program
		purchase, sale, and/or distribution of alcoholic	\$	One (1) semester
		beverages on University property, or at any of		disciplinary
		its activities (whether on or off-campus) are		probation
		prohibited, except as expressly permitted by	\$	Campus service
		University regulations and local, state and		(25-50 hours)
		federal law. Alcoholic beverages may not, in	\$	Parental
		any circumstances, be used by, possessed by or		notification if
		distributed to any person under twenty-one (21)		meets guidelines
		years of age. (Refer to Alcohol and Illegal	\$	Fine \$150.00
		Controlled Substances Policy.)	2nd offe	ense:
			\$	One (1) year up to
				tenure disciplinary
				probation
			\$	Educational
				assignment/counsel
				ing and/or campus
				service(25-50
				hours)
			\$	Parental
				notification if
				meets guidelines
			\$ .	Fine \$300.00
			3rd offe	
			\$	Disciplinary
				probation
				throughout tenure
				at university
			\$	Removal from
				university housing
			\$	Parental
				notification if
				meets guidelines
			\$	Loss of privileges
				to all residence
				halls
			\$	Fine \$500.00

4.19	Dangerous Drugs	Violation of the University Alcohol and Controlled Substance Policy, including but not limited to the use, consumption, possession, manufacturing, purchase, sale and/or		
		distribution of illicit drugs, narcotics or other controlled dangerous substances are strictly prohibited; all local, state, and federal laws	\$	One (1) year up to tenure disciplinary probation
		apply. (Refer to Alcohol and Illegal Controlled Substances Policy.)	\$	Campus service(50-100 hours)
			\$	Mandatory substance abuse treatment program
			\$	Parental notification if meets guidelines
			\$ 2nd offe	Fine \$500.00 ense:
			\$	Final disciplinary probation up to suspension
			\$	Removal from University housing Educational
			•	assignment/counsel ing and /or campus service(50-100
			\$	hours) Fine \$700.00
			<b>3rd offe</b> \$	Suspension up to
			\$	expulsion Parental notification if meets guidelines
			quantiti	possessing large es of controlled
			dangero \$	ous substances Suspension up to expulsion
			\$	Parental notification if
				meets guidelines

As members of the University community, students are also subject to city ordinances and to state and federal law. Arrest and prosecution for alleged violations of criminal law or city ordinances may result from the same incident for which the University imposes disciplinary sanctions.

#### **Employee Sanctions**

The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance by employees on University premises, or while conducting University business off University premises, is absolutely prohibited.

Violations of this prohibition by employees may result in the application of sanction, including possible required participation in an approved drug abuse assistance or rehabilitation program, and disciplinary action up to and including termination of employment under applicable University of Louisiana System, Board of Supervisors regulations, University policies, statues, employment contracts, or collective bargaining agreements.

#### **Louisiana Sanctions for Violation of Alcohol Control Statues**

# SYNOPSIS OF STATE (LOUISIANA) AND FEDERAL DRUG PENALITIES (RS 40:966-790 AND CODE 21:841)

#### **IMPRISONMENT**

DRUG OFFENSE	MAXIMUM STATE FINE	MAXIMUM FEDERAL FINE	STATE PRISON TIME	FEDERAL PRISON TIME
Schedule 1		•	1	•
Hallucinogens, (phencyclide- "PCP"), Angel dust, acid, STP	Distributions/manufacturing \$50,000	\$4 Million	5-50 years	10 years to life
"Ecstasy", "Designer Drugs", (opiates; Heroin, Junk, Smack, "H", "scag")	Possession \$5000	\$1 Million	4-10 years	0-20 years
Depressants Cannabis (Marijuana- "grass"), "pot" "Weed"	Distribution \$100,000	\$4 Million	5-30 years	10 years -life
Stimulants	Possession \$2000	\$1 Million	6months-20 years	Federal Code
Schedule II				
Narcotics (raw opium, morphine), "M", "dreamer"	Distribution \$50,000	\$4 Million	2-30 years	10 years-life
Stimulants (amphetamines- "Speed"	Manufacturing \$500,000	\$4 Million	10-30 years	10 years-life
"Uppers," "bennies", "pep pills", "crank", "crystal", "ice"	Possession \$50000	\$1 Million	0-5 years	0-20 years

Schedule III				
Stimulants	Distribution \$15,000	\$250,000	0-10 years	0-5 years
Depressants				
(barbiturates-				
"barbs"				
"Goof balls",	Possession \$5000	Refer to Federal	0-5 years	Federal Code
"downers", "blues"		Code		
Narcotics				
(nalorphine)				
Schedule IV				
Depressants	Distribution \$50,000	\$250,000	0-30 years	0-3 years
(barbiturates and				
32 other drugs)				
	Possession \$5000	Refer to Federal	0-10 years	Federal Code
		Code		
Schedule V				
Narcotic drugs	Distribution \$5000	\$100,000	0-5 years	0-1 year
containing non-				
narcotic active				
medicinal				
ingredients				
(buprenorphine)				
	Possession \$5000	Refer to Federal Code	0-5 years	Federal Code

#### A Snapshot of Annual High-Risk College Drinking Consequences

- Death: Over 1,825 students ages 18-24 die from alcohol related unintentional injuries including motor vehicle accidents.
- Injury: 599,000 students ages 18-24 are unintentionally injured under the influence of alcohol.
- Assault: More than 696,000 students ages 18-24 are assaulted by another student who has been drinking.
- Sexual Abuse: More than 97,000 students ages 18-24 are victims of a sexual assault or date rape in which alcohol is involved.
- Unsafe Sex: 400,000 students ages 18-24 have unprotected sex and more than 100,000 reports having been too intoxicated to know if they consented to sex.
- Academic Problems: About 25% of college students report academic consequences of their drinking including missing class, doing poorly on exams and receiving lower grades overall.
- Health Problems and Suicide Attempts: More than 150,000 students develop an alcohol related health problem and 1.2 to 1.5 percent of students indicates that they tried to commit suicide within the past year due to drinking.
- Drunk Driving: 2.1 million students between the ages 18 and 24 drove under the influence of alcohol last year.
- Vandalism: About 11 percent of students report that they have damaged property while under the influence.
- Police Involvement: About 5% of 4-year college students are involved with the local or

campus police as a result of their drinking and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence.

#### **High-Risk Drinking Patterns**

*High-risk college student drinking includes the following:* 

- Underage drinking
- Drinking and driving or other activities where the use of alcohol is dangerous.
- Drinking when health conditions or medications make use dangerous.
- Binge Drinking; that is, 5 drinks in a row per occasion for males and 4 for females\*
- Moderate drinking by persons of legal drinking age is defined as no more than 2 standard drinks per day for men and 1 drink per day for women.

#### What is a standard drink?

A standard drink contains approximately 14 grams (0.6 fluid ounces) of pure alcohol.

#### **Federal Drug Laws**

The possession, use or distribution of illicit drugs is prohibited by federal law. Strict penalties are enforced for drug convictions, including mandatory prison terms for many offenses. The following information, although not complete, is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

#### Denial of Federal Aid (20 USC 1091)

Under the Higher Education Act of 1998, students convicted under federal or state law for the sale or possession of drugs will have their federal financial aid eligibility suspended. This includes all federal grants, loans, federal work study programs, and more. Students convicted of drug possession will be ineligible for one year from the date of the conviction of the first offense, two years for the second offense, and indefinitely for the third offense. Students convicted of selling drugs will be ineligible for two years from the date of the first conviction, and indefinitely for the second offense. Those who lose eligibility can retain eligibility by successfully completing an approved drug rehabilitation program.

#### Forfeiture of Personal Property and Real Estate (21 USC 853)

Any person convicted of a federal drug offense punishable by more than one year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued and property is seized at the time an individual is arrested on charges that may result in forfeiture.

#### **Federal Drug Trafficking Penalties (21 USC 841)**

Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The following list is a sample of the range and severity of

federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe.

If death or serious bodily injury result from the use of a controlled substance which has been illegally distributed, the person convicted on federal charges of distributing the substance faces mandatory life sentence and fines ranging up to \$8 million.

Persons convicted on federal charges of drug trafficking within 1000 feet of a University (21 USC 845a) face penalties of prison terms and fines which are twice as high as the regular penalties for the offense, with a mandatory prison sentence of a least one (1) year.

Federal T	Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
Schedule	Substance/Quantity	Penalty	Substance/Quantity	Penalty	
II	Cocaine 500-4999 grams mixture	<b>First Offense:</b> Not less than 5 yrs. and not more than 40	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than	
II	Cocaine Base 28-279 grams mixture	yrs. If death or serious bodily injury, not less than 20 yrs. or more than	Cocaine Base 280 grams or more mixture	life. If death or serious bodily injury, not less than 20 yrs. or more than	
IV	Fentanyl 40-399 grams mixture	life. Fine of not more than \$5 million if an	Fentanyl 400 grams or more mixture	life. Fine of not more than \$10 million if an	
I	Fentanyl Analogue 10-99 grams mixture	individual.	Fentanyl Analogue 100 grams or more mixture	individual, \$50 million if not an individual.	
I	Heroin 100-999 grams mixture	Second Offense: Not less than 10 yrs. and not more than	Heroin 1 kilogram or more mixture	Second Offense: Not less than 20 yrs, and not more than	
I	LSD 1-9 grams mixture	life. If death or serious bodily injury, life imprisonment. Fine	LSD 10 grams or more mixture	life. If death or serious bodily injury, life imprisonment. Fine	
II	Methamphetamine 5-49 grams pure or 50-499 grams mixture	of not more than \$8 million if an individual, \$50 million if not an individual.	Methamphetamine 50 grams or more pure or 500 grams or more mixture	of not more than \$20 million if an individual, \$75 million if not an individual.	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75	

			million if not an individual.
Substance/Quantity	Penalty		
Any Amount Of Other Schedule I & II Substances	injury, not less than 2	ore than 20 yrs. If dead yrs. or more than Li	fe. Fine \$1 million
Any Drug Product Containing Gamma Hydroxybutyric Acid	Second Offense: Not	illion if not an individed more than 30 yrs. If	death or serious
Flunitrazepam (Schedule IV) 1 Gram	bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.		
Any Amount Of Other Schedule III Drugs	<b>First Offense</b> : Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not an individual. <b>Second Offense</b> : Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.		
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	<b>First Offense</b> : Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. <b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual		
Any Amount Of All Schedule V Drugs	\$100,000 if an individ Second Offense: Not	fore than 1 yr. Fine no dual, \$250,000 if not a more than 4 yrs. Fine dual, \$500,000 if not a	nn individual. e not more than

### **Chart Two-**

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances					
Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual.  Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.				
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual.  Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not				

	more than \$8 million if an individual, \$50million if other than an individual.
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	<b>First Offense:</b> Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual.
Hashish More than 10 kilograms	<b>Second Offense:</b> Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Hashish Oil More than 1 kilogram	individual, \$10 million il other than an individual.
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	<b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. <b>Second Offense:</b> Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

<sup>\*</sup>Source-United States Department of Drug Enforcement Administration website

#### Federal Drug Possession (21 USC 844)

Person convicted on Federal charges of possessing any controlled substance face penalties of up to 1 year in prison and a mandatory fine of no less than \$1000 up to a maximum of \$100,000. Second convictions are punishable by not less than 15 days but not more than 2 years in prison and a minimum fine of \$2,500. Subsequent convictions are punishable by not less than 90 days but not more than 3 years in prison and a minimum fine of \$5,000. Possession of drug paraphernalia is punishable by a minimum fine of \$750.

Special sentencing provisions for possession of crack cocaine impose a mandatory prison term of not less than 5 years but not more than 20 years and a fine up to \$250,000 or both if:

- A. It is a first conviction and the amount of crack possessed exceeds 5 grams;
- B. It is a second conviction and the amount of crack possessed exceeds 3 grams;
- C. It is a third or subsequent crack conviction and the amount exceeds 1 gram.

Civil penalties of up to \$10,000 may also be imposed for possession of small amount of controlled substances, whether or not criminal prosecution is pursued.

#### **Counseling and Treatment**

Short term alcohol and other drug counseling are available on campus to students through the Student Counseling and Wellness Resource Center @318-274-3277. Students may be referred through the Counseling Center to other treatment programs for more intensive treatment. Through the Office of Human Resources, the Employee Assistance Program offers employees additional education and counseling, as well as appropriate referrals. Within Ruston/Grambling, the following substance abuse counseling agencies exist. Pine Hills Advocacy Center, Sexual Assault Center, P. O. Box 777, Ruston, LA 71273; Crisis Hotline: 1-800-869-1033; Telephone (318) 255-7273 and Domestic Abuse Resistance Team (D.A.R.T) Domestic Abuse Response, Team of Lincoln, P.O. Box 1223, Ruston, LA 71273; Crisis Phone: (318) 251-2255, Telephone: (318) 251-2255 or (318)513-9373; Fax: (318) 254-8230 provide a variety of services.

#### Pine Hill Advocacy Center

Pine Hill Advocacy Center is dedicated to providing help and healing for survivors of sexual trauma and violent crime, challenging the social dynamics that foster sexual assault, and promoting community awareness of sexual assault issues.

- Provide emotional support to all victims of sexual assault in Lincoln, Union, Jackson, Claiborne, and Bienville
- Parishes, regardless of whether they choose to report the crime to law enforcement
- Supply a medical escort who will accompany the sexual assault survivor to the hospital and remain with them during the examination, evidence collection, and statement to law enforcement
- Provide short-term crisis intervention counseling on an individual basis to the survivor of sexual assault/abuse and their families
- Provide a 24-Hour Crisis Hotline to all individuals in the five parish area
- Offer legal advocacy to assist in criminal prosecution
- Enhance community awareness by providing information on the subject of sexual assault and its effects on the victim and their significant others.

#### **Domestic Violence**

The Domestic Abuse Resistance Team (DART) is a non-profit organization whose mission is twofold:

To protect, empower and advocate for all victims, survivors and their children in North Central Louisiana who are affected by domestic and dating violence.

To offer and implement public education programs in regards to the far-reaching consequences of domestic and dating violence.

#### Safety Planning

DART staff will assist survivors and their children in establishing individually-tailored, survivor-directed safety plans and in updating those plans as the circumstances and the safety needs of the families change.

Safety planning includes assessment of risk, education about high risk times and actions, and emergency response protocols.

#### Case Management

Domestic violence victims need a variety of community services. DART works with individuals to establish goals and to provide direction and support to obtain their goals. DART also networks with other community agencies to supplement survivor's needs.

#### Crisis Line

DART provides a 24-hour crisis line to help callers get to a safe location, to provide information, and to answer questions. If you are in need of safety or help, call the DART crisis line at (318) 251.2255 or 1.888.411.1333

#### Shelter

DART provides safe housing to assist a woman in escaping from a threatening or dangerous situation. Women and their children may stay confidentially for a limited time at no charge. The shelter does not house men, but DART will assist battered men in finding safe places to stay. If you need assistance with emergency safe housing, please contact our shelter at [318] 251.2255.

#### Supportive Counseling

Trained domestic abuse advocates are available to provide crisis intervention, group, and individual counseling. The program is designed to offer emotional support and information to battered persons. After-work support groups meet weekly. Children's groups meet at the same times as the adult programs. Please call for times and dates of our group meetings and/or to set up an appointment for individual counseling.

#### Legal Advocacy

DART assists individuals in obtaining legal representation, providing clerical assistance filing protective orders, pressing charges, and working with law enforcement to bring justice to their abusers. The program helps victims understand their legal rights and supports them in their effort to protect their rights. Please call the DART office in your parish for more information on legal advocacy. DART's advocates are not attorneys and cannot give legal advice.

#### Child Advocacy

DART provides a safe, violence-free environment for residential and non-residential children who have experienced or witnessed abuse. Children's services include individual and group activities. Our Child Advocate works with children on crisis intervention, coping skills, safety, and self-esteem.

The children's program also offers the following activities: school supplies and uniforms, summer camp, and the Christmas Angel Tree.

#### Community Education

DART is committed to ending domestic violence through education and public awareness. DART's Community Advocate and other staff members are present in the community on a regular basis speaking about domestic violence, dating violence, sexual assault, and children's issues related to domestic violence. DART offers seminars to law enforcement, clergy, and other concerned groups in the community. DART offers speakers to civic, church, and school groups on all facets of domestic violence. Call for more detailed information about scheduling a speaker.

Interested individuals are encouraged to contact each agency for additional information regarding specific services and costs.

#### **Prevention and Education**

Through the Office of Student Judicial Affairs, Student Counseling and Wellness Resource Center and University Police Departments they provide the primary leadership of alcohol and other drug prevention and education to individual, group and community programs and interventions administered on our campus.

Agencies Licensed through Louisiana Department of Alcoholism and Substance Abuse

Ruston Addictive Disorders Clinic 206 E. Reynolds Drive Ruston, LA 71270 (318) 251-4125

Primary Leadership of AOD Prevention/Education

GSU Student Counseling Center GSU Box 4603 Grambling, LA 71245 (318) 274-3163

GSU Office of Residential Life/Housing GSU Box 4249 Grambling, LA 71245 (318) 274-2504

GSU Office of Student Judicial Affairs GSU Box 4309 Grambling, LA 71245 (318) 274-3169

GSU Police Department GSU Box 8642 Grambling, LA 71245 (318) 274-2222 These agencies provide a variety of services. Summary of Prevention/Education Individuals, Groups and Community Programs and interventions commonly administered on campus includes:

Programs led by trained staff. Programs are primarily focused on an identified prevention issue and keeping young adults healthy. By focusing on prevention before a student has been exposed to illicit substances, the more likely that he or she will avoid problems with drugs, alcohol and smoking in the future.

As mandated by the Drug-Free Schools and Campuses Act, this policy is distributed to all students, faculty and staff on an annual basis, and every even year a biennial review of the comprehensive alcohol and other drug program is conducted. For more information concerning current programs, interventions and policies, contact Mrs. Beverly Crawford in the Office of Student Judicial Affairs at crawfordb@gram.edu or at 318-274-3169.

#### **Health Risks of Commonly Abused Substances**

SUBSTANCE	NICKNAMES/SLANG TERMS	SHORT TERM EFFECTS	LONG TERM EFFECTS
Alcohol	TERMS	Slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts	Toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence
Amphetamines	Uppers, speed, meth, crack, crystal, ice, pep pills	Increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety	Delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence
Barbiturates and Tranquilizers	Barbs, bluebirds, blues, yellow jackets, red devils, roofies, rohyphol, ruffies, tranqs, mickey, flying v's	Slurred speech, muscle relaxation, dizziness, decreased motor control	Severe withdrawal symptoms, possible convulsions, toxic psychosis, depression, physical dependence
Cocaine	Coke, cracks, snow, powder, blow, rock	Loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, hyperstimulation anxiety, paranoia, increased hostility increased rate of breathing, muscle	Depression, weight loss, high blood pressure, seizure, heart attack, stroke, hypertension, hallucinations, psychosis, chronic cough, nasal passage injury, kidney, liver and lung damage

		spasms and convulsions, dilated pupils, disturbed sleep	
Gamma Hydroxy Butyrate	GHB, liquid B, liquid X, liquid ecstasy, G, georgia homeboy, grievous bodily harm	Euphoria, decreased inhibitions, drowsiness, sleep, decreased body temperature, decreased heart rate, decreased blood pressure	Memory loss, depression, severe withdrawal symptoms, physical dependence, psychological dependence
Herion	H, junk, smack, horse, skag	Euphoria, flushing of the skin, dry mouth, "heavy" arms and legs, slowed breathing, muscular weakness	Constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence
Ketamine	K, super K, special K	Dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression	Urinary track and bladder problems, abdominal pain, major convulsions, muscle rigidity, increased confusion, increased depression, physical dependence, psychological dependence
LSD	Acid, stamps, dots, blotter, A-bombs	Dilated pupils, change in body temperature, blood pressure and heart rate, sweating, chills, loss of appetite, decreased sleep, tremors, changes in visual acuity, mood changes	May intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, insomnia, physical dependence, psychological dependence
MDMA	Ecstasy, XTC, adam, X, rolls, pills	Impaired judgment, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension	Same as LSD, sleeplessness, nausea, confusion, increased blood pressure, sweating, depression, anxiety, memory loss, kidney failure, cardiovascular problems, convulsions, death, physical dependence,

			psychological
			dependence
Marijuana/Cannabis	Pot, grass, dope, weed, joint, bud, reefer, doobie, roach	Sensory distortion, poor coordination of movement, slowed reaction time, panic, anxiety	Bronchitis, conjunctivas, lethargy, shortened attention span, suppressed immune system, personality changes, cancer, psychological dependence, physical dependence possible for some
Morphine/ Opiates	M, morf, duramorph, Miss Emma, monkey, rozanol, white stuff	Euphoria, increased body temperature, dry mouth, "heavy" feeling in arms and legs	Constipation, loss of appetite, collapsed veins, heart infections, liver disease, depressed respiration ,pneumonia and other pulmonary complications, physical dependence, psychological dependence
PCP	Crystal, tea, angel dust, embalming fluid, killer weed, rocket fuel, supergrass, wack, ozone	Shallow breathing, flushing, profuse sweating, numbness in arms and legs, decreased muscular coordination, nausea, vomiting, blurred vision, delusions, paranoia, disordered thinking	Memory loss, difficulties with speech and thinking, depression, weight loss, psychotic behavior, violent acts, psychosis, physical dependence, psychological dependence
Psilocybin	Mushrooms, magic mushrooms, shrooms, caps, psilocybin & psilocyn	Nausea, distorted perceptions, nervousness, paranoia	Confusion, memory loss, shortened attentions pan, flashbacks may intensify existing psychosis
Steriods	Roids, juice	Increased lean muscle mass, increased strength, acne, oily skin, excess hair growth, high blood pressure	Cholesterol imbalance, anger management problems, masculinization of women, breast enlargement in men, premature fusion of long bones preventing attainment of normal height, atrophy of reproductive organs, impotence, reduced

	fertility, stroke,
	hypertension,
	congestive heart failure,
	liver damage,
	psychological
	dependence

### ON-CAMPUS RESOURCES/INFORMATION

Foster Johnson Health Center	318-274-2351
Human Resources	318-274-2237
Office of Vice President for Student Affairs	318-274-6120
Residential Life/Housing	318-274-2504
Student Counseling and Wellness Resource	318-274-3277
Center	
Student Judicial Affairs	318-274-6149
University Police	318-274-2222