



2016-2017 ANNUAL NOTIFICATION OF ALCOHOL AND OTHER DRUG INFORMATION

Information for Students, Faculty and Staff

Oregon State University is required by [law](#) to notify annually all students, staff and faculty of alcohol and other drug policies, sanctions and risks associated with use.

This notification provides the campus community the following information:

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A. DRUG AND ALCOHOL PROGRAMS AVAILABLE TO EMPLOYEES OR STUDENTS

At Oregon State University, we strive to provide an excellent teaching and learning environment that supports healthy choices for living. Included in the choices that confront everyone are decisions about the use of alcohol and other substances. If you or someone you know is being affected by alcohol or drug use, please use the recommended resources below.

RESOURCES FOR STUDENTS

If you have any questions about the purpose of this email or its content, please contact:

- Robert C. Reff, Ph.D. – Director of Prevention, Advocacy & Wellness, Student Health Services
541-737-7564 or robert.reff@oregonstate.edu
- Dan Larson – Interim Dean of Student Life
541-737-2382 or dan.larson@oregonstate.edu

Certified Alcohol and Drug Counselor

Student Health Services offers individual sessions with a Certified Alcohol and Drug Counselor (CADC). These sessions are confidential and can help students create a personalized plan to meet their goals related to reducing substance use. The service is free unless a student is referred as part of a conduct violation or other sanction. To make an appointment, call 541-737-9355.

e-CHUG

Online at: <http://studenthealth.oregonstate.edu/prevention-center/e-chug>

The e-CHUG is a brief, anonymous, online assessment tool. It takes about 10 minutes to complete and helps students understand their use of alcohol.

e-TOKE

Online at: <http://studenthealth.oregonstate.edu/prevention-center/e-toke>

The electronic THC Online Knowledge Experience, or e-TOKE, is a brief, interactive marijuana-specific assessment and feedback tool that provides insight into marijuana use, utilizing personalized information about students' behaviors and risk factors. The anonymous, self-guided assessment takes about 10-15 minutes to complete.

Counseling and Psychological Services

541-737-2131

Counseling and Psychological Services (CAPS) is dedicated to addressing the challenges and difficulties students face. The services provided by CAPS are designed to help students understand themselves better, create and maintain satisfying relationships, improve their academic performance, and make healthy and satisfying career and life choices. To schedule an appointment or learn about services please visit: <http://counseling.oregonstate.edu/>

[Collegiate Recovery Community: Student Success Built on Sobriety](#)

541-737-1184 or recovery@oregonstate.edu

The Collegiate Recovery Community (CRC) seeks to engage and support students in recovery or those who are contemplating entering into recovery. The community is rooted in the belief that no student should feel alone and that every student should receive the support they need, in the way they need it, from the people who they find most comfortable. The CRC's doors are open to anyone who is looking for support. Additionally, Dixon Lodge is a dedicated recovery living community with scholarships available to students. For more information about the CRC or special housing options, see: <http://studenthealth.oregonstate.edu/recovery>

[AlcoholEdu](#)

All new, first-year, degree-seeking students on both the Corvallis and Cascades campuses are required to complete the online program, AlcoholEdu. This requirement helps to foster an environment that prevents high-risk alcohol use and subsequent negative academic and personal outcomes. AlcoholEdu is just one of many methods which attempt to correct college myths and norms, as well as provide students with relevant policies and resources prior to matriculation.

There is evidence which supports the efficacy of AlcoholEdu. In the program, students are taken through several interactive modules that include lessons such as how to recognize and respond to an alcohol-related emergency; how to use low-risk drinking strategies; how to model safer decision-making; and strategies to be an active bystander. Students are required to complete Part 1 of this two-part course prior to the first day of classes, and Part 2 thirty days after completion of Part 1. If a student does not complete AlcoholEdu, a grades hold is placed on their student account. That hold is lifted once all parts of the course are completed. For more information about AlcoholEdu please visit: <http://studenthealth.oregonstate.edu/welcome>

RESOURCES FOR FACULTY AND STAFF

Employees interested in more information may contact:

- Donna Chastain – Acting Chief Human Resources Officer
541-737-2806 or human.resources@oregonstate.edu

[Employee Assistance Program \(EAP\)](#)

Contact: Cascade Centers Inc. 1-800-433-2320

OSU provides an Employee Assistance Program (EAP) available to all employees with .50 FTE or greater appointments. Through this program, each employee is allowed up three visits per calendar year at no cost for evaluation, limited counseling and referral. Employees who live and work elsewhere in the state are provided the same services in their local areas. All employee contact with the EAP is confidential.

For more information, see : <http://www.oregon.gov/oha/pebb/Pages/EAPIndex.aspx>

Health Insurance Coverage for Treatment

PEBB Health Insurance plans (PEBB Statewide, Providence, Moda, Kaiser and AllCare) provide coverage for substance abuse treatment. Consult your medical plan for details. For questions or assistance, contact the Benefits section of Human Resources at 541-737-2805.

Time off Work

Employees seeking treatment for substance abuse may be eligible for time off from work through the federal Family and Medical Leave Act (FMLA) and/or Oregon Family Leave Act (OFLA). Contact the Benefits section of Human Resources at 541-737-2805 for more information.

RESOURCES FOR STUDENTS, FACULTY OR STAFF

12-Step Programs

Oregon State University acknowledges the value of 12-step programs in attaining and maintaining a drug-free lifestyle. Schedules of meetings for Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Al-anon and other 12-step groups can be obtained from the Benton County Health Department, 530 N.W. 27th Street, Corvallis, OR 97330, by calling 541-766-6835 or by visiting:

AA meetings: <http://aaoregon-district21.org/meetings/>

NA Meetings: www.lbana.org

B. STANDARDS OF HEALTH RISKS ASSOCIATED WITH ALCOHOL ABUSE AND ILLICIT DRUG USE

Commonly Abused Drugs

<http://www.drugabuse.gov/drugs-abuse/commonly-abused-drugs/commonly-abused-drugs-chart>

Nicotine		
Commercial/Street Names	How Administered*	Effects
Found in cigarettes, cigars, bidis, smokeless tobacco (snuff, spit tobacco, chew)	Smoked, snorted, chewed	Chronic lung disease; cardiovascular disease; stroke; cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and acute myeloid leukemia; adverse pregnancy outcomes; addiction; increased blood pressure and heart rate

Commonly Abused Drugs – cont.

Alcohol (ethyl alcohol)		
Commercial/Street Names	How Administered*	Effects
Found in liquor, beer, and wine	Swallowed	In low doses euphoria, mild stimulation, relaxation, lowered inhibitions. In higher doses: drowsiness, slurred speech, nausea, emotional volatility, loss of coordination, visual distortions, impaired memory, sexual dysfunction, loss of consciousness. Increased risk of injuries, violence, fetal damage (in pregnant women); depression; neurologic deficits; hypertension; liver and heart disease; addiction; fatal overdose

Marijuana		
Commercial/Street Names	How Administered*	Effects
Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, sinsemilla, skunk, weed	Smoked, swallowed	Euphoria; relaxation; slowed reaction time; distorted sensory perception; impaired balance and coordination; increased heart rate and appetite; impaired learning, memory; anxiety; panic attacks; psychosis; cough, frequent respiratory infections; possible mental health decline; addiction

Hashish		
Commercial/Street Names	How Administered*	Effects
Boom, gangster, hash, hash oil, hemp	Smoked, swallowed	Euphoria; relaxation; slowed reaction time; distorted sensory perception; impaired balance and coordination; increased heart rate and appetite; impaired learning, memory; anxiety; panic attacks; psychosis; cough, frequent respiratory infections; possible mental health decline; addiction

Heroin		
Commercial/Street Names	How Administered*	Effects
Diacetylmorphine: smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, China white; cheese (with OTC cold medicine and antihistamine)	Injected, smoked, snorted	Euphoria; drowsiness; impaired coordination; dizziness; confusion; nausea; sedation; feeling of heaviness in the body; slowed or arrested breathing; Constipation; endocarditis; hepatitis; HIV; addiction; fatal overdose

Opium		
Commercial/Street Names	How Administered*	Effects
Laudanum, paregoric: big O, black stuff, block, gum, hop	Swallowed, smoked	Euphoria; drowsiness; impaired coordination; dizziness; confusion; nausea; sedation; feeling of heaviness in the body; slowed or arrested breathing; Constipation; endocarditis; hepatitis; HIV; addiction; fatal overdose

Commonly Abused Drugs – cont.

Cocaine		
Commercial/Street Names	How Administered*	Effects
Cocaine hydrochloride: blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot	snorted, smoked, injected	Increased heart rate, blood pressure, body temperature, metabolism; feelings of exhilaration; increased energy, mental alertness; tremors; reduced appetite; irritability; anxiety; panic; paranoia; violent behavior; psychosis; nasal damage from snorting; weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction

Amphetamine		
Commercial/Street Names	How Administered*	Effects
Biphetamine, Dexedrine: bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	swallowed, snorted, smoked, injected	Increased heart rate, blood pressure, body temperature, metabolism; feelings of exhilaration; increased energy, mental alertness; tremors; reduced appetite; irritability; anxiety; panic; paranoia; violent behavior; psychosis; weight loss, insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction

Methamphetamine		
Commercial/Street Names	How Administered*	Effects
Desoxyn: meth, ice, crank, chalk, crystal, fire, glass, go fast, speed	swallowed, snorted, smoked, injected	Increased heart rate, blood pressure, body temperature, metabolism; feelings of exhilaration; increased energy, mental alertness; tremors; reduced appetite; irritability; anxiety; panic; paranoia; violent behavior; psychosis; severe dental problems; weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction

MDMA (methylenedioxy-methamphetamine)			
Commercial/Street Names	How Administered*	Acute Effects	Health Risks
Ecstasy, Adam, clarity, Eve, lover's speed, peace, uppers	swallowed, snorted, injected	Mild hallucinogenic effects; increased tactile sensitivity; empathic feelings; lowered inhibition; anxiety; chills; sweating; teeth clenching; muscle cramping	

Flunitrazepam**		
Commercial/Street Names	How Administered*	Effects
Rohypnol: forget-me pill, Mexican Valium, R2, roach, Roche, roofies, roofinol, rope, rophies	swallowed, snorted	Sleep disturbances; depression; impaired memory; hyperthermia; addiction; sedation; muscle relaxation; confusion; memory loss; dizziness; impaired coordination; mild hallucinogenic effects; increased tactile sensitivity; empathic feelings; lowered inhibition; anxiety; chills; sweating; teeth clenching; muscle cramping

Commonly Abused Drugs – cont.

GHB**		
Commercial/Street Names	How Administered*	Effects
Gamma-hydroxybutyrate: G, Georgia home boy, grievous bodily harm, liquid ecstasy, liquid X, soap, scoop, goop	swallowed	Drowsiness; nausea; headache; disorientation; loss of coordination; memory loss; mild hallucinogenic effects; increased tactile sensitivity; empathic feelings; lowered inhibition; anxiety; chills; teeth clenching; sweating; muscle cramping; sleep disturbances; depression; impaired memory; hyperthermia; addiction; unconsciousness; seizures; coma

Ketamine		
Commercial/Street Names	How Administered*	Effects
Ketalar SV: cat Valium, K, Special K, vitamin K	injected, snorted, smoked	Anxiety; tremors; numbness; memory loss; nausea; feelings of being separate from one's body and environment; impaired motor function; analgesia; impaired memory; delirium; respiratory depression and arrest; death

PCP and analogs		
Commercial/Street Names	How Administered*	Effects
Phencyclidine: angel dust, boat, hog, love boat, peace pill	swallowed, smoked, injected	Anxiety; tremors; numbness; memory loss; nausea; feelings of being separate from one's body and environment; impaired motor function; Analgesia; psychosis; aggression; violence; slurred speech; loss of coordination; hallucinations

Salvia divinorum		
Commercial/Street Names	How Administered*	Effects
Salvia, Shepherdess's Herb, Maria Pastora, magic mint, Sally-D	chewed, swallowed, smoked	Anxiety; tremors; numbness; memory loss; nausea; feelings of being separate from one's body and environment; impaired motor function

Dextromethorphan (DXM)		
Commercial/Street Names	How Administered*	Effects
Found in some cough and cold medications: Robo, Robotripping, Triple C	swallowed	Anxiety; tremors; numbness; memory loss; nausea; feelings of being separate from one's body and environment; impaired motor function; Euphoria; slurred speech; confusion; dizziness; distorted visual perceptions

Commonly Abused Drugs – cont.

LSD		
Commercial/Street Names	How Administered*	Effects
Lysergic acid diethylamide: acid, blotter, cubes, microdot yellow sunshine, blue heaven	swallowed, absorbed through mouth tissues	Altered states of perception and feeling; nausea; hallucinations; increased body temperature, heart rate, blood pressure; loss of appetite; sweating; sleeplessness; numbness, dizziness, weakness, tremors; impulsive behavior; rapid shifts in emotion; flashbacks, Hallucinogen Persisting Perception Disorder
Mescaline		
Commercial/Street Names	How Administered*	Effects
Buttons, cactus, mesc, peyote	swallowed, smoked	Altered states of perception and feeling; hallucinations; nausea; increased body temperature, heart rate, blood pressure; loss of appetite; sweating; sleeplessness; numbness, dizziness, weakness, tremors; impulsive behavior; rapid shifts in emotion
Psilocybin		
Commercial/Street Names	How Administered*	Effects
Magic mushrooms, purple passion, shrooms, little smoke	swallowed	Altered states of perception and feeling; hallucinations; nausea; nervousness; paranoia; panic

Anabolic steroids		
Commercial/Street Names	How Administered*	Effects
Anadrol, Oxandrin, Durabolin, Depo-Testosterone, Equipoise: roids, juice, gym candy, pumpers	Injected, swallowed, applied to skin	No intoxication effects. Hypertension; blood clotting and cholesterol changes; liver cysts; hostility and aggression; acne In adolescents: premature stoppage of growth. In males: prostate cancer, reduced sperm production, shrunken testicles, breast enlargement. In females: menstrual irregularities, development of beard and other masculine characteristics

Inhalants		
Commercial/Street Names	How Administered*	Effects
Solvents (paint thinners, gasoline, glues); gases (butane, propane, aerosol propellants, nitrous oxide); nitrites (isoamyl, isobutyl, cyclohexyl): laughing gas, poppers, snappers, whippets	Inhaled through nose or mouth	Cramps; muscle weakness; depression; memory impairment; damage to cardiovascular and nervous systems; unconsciousness; sudden death Also, varies by chemical: Stimulation; loss of inhibition; headache; nausea or vomiting; slurred speech; loss of motor coordination; wheezing

Commonly Abused Drugs – cont.

CNS depressants		
Stimulants		
Opioid pain relievers		
Commercial/Street Names	How Administered*	Effects
For more information on any of these prescription medications, please visit the Commonly Abused Prescription Drug Chart		

Notes

* Some of the health risks are directly related to the route of drug administration. For example, injection drug use can increase the risk of infection through needle contamination with staphylococci, HIV, hepatitis, and other organisms.

** Associated with sexual assaults.

Principles of Drug Addiction Treatment

More than three decades of scientific research show that treatment can help drug-addicted individuals stop drug use, avoid relapse, and successfully recover their lives. Based on this research, 13 fundamental principles that characterize effective drug abuse treatment have been developed. These principles are detailed in [NIDA's Principles of Drug Addiction Treatment: A Research-Based Guide](#). The guide also describes different types of science-based treatments and provides answers to commonly asked questions.

C. STANDARDS OF CONDUCT AND DISCIPLINARY SANCTIONS FOR STUDENTS REGARDING ALCOHOL AND DRUG USE

Student Conduct and Community Standards

The current Student Conduct Code can be found here:

http://leadership.oregonstate.edu/sites/leadership.oregonstate.edu/files/policies/student_conduct_2-25-15_576-15.pdf

University Housing and Dining Policy Guide

The current student University Housing and Dining Policy Guide can be found here:

<https://uhds.oregonstate.edu/housing/housing/uhds-policy-guide>

Students that are found responsible for violation of university policy related to alcohol or drugs are typically referred to the IMPACT program at Student Health Services. For more information on the IMPACT program, please visit: <http://studenthealth.oregonstate.edu/impact>

D. STANDARDS OF CONDUCT AND DISCIPLINARY SANCTIONS FOR EMPLOYEES REGARDING ALCOHOL AND DRUG USE

Oregon State University responds to cases of alcohol abuse and illegal drug activity by employees or students on a case-by-case basis. Details of each case are taken into consideration along with outcome of any legal action against the individual. Employees and students found to be in violation of the University's drug-free campus and workplace policy may be subject to conduct or disciplinary sanctions consistent with applicable provisions of state and federal laws, as well as University and Oregon State Board of Higher Education administrative rules. Sanctions imposed by the University can range from a warning or disciplinary action up to and including termination of employment or suspension from school. Other potential sanctions may include employment or academic probation, restrictions, attendance in an educational program, or referral to counseling or treatment. OSU employees and students who violate drug laws are subject to prosecution in the courts. Additionally, the law requires the University to report to the United States Department of Education any recipient of federal financial aid (e.g., Pell Grants, research grants) who is convicted of a drug-related crime on University property or at University events. The law also requires the University to report to federal agencies any employee convicted of violating a criminal drug statute if the employee is involved in work which is supported by that federal agency.

Oregon State University complies with the United States Drug-Free Schools and Campuses Act, the United States Drug-Free Workplace Act, Oregon Revised Statutes 352.008, and OSSHE Administrative Rule 580-19-001. Annual distribution of drug-free campus and workplace information to employees and students is required by law.

For more information please visit: <http://hr.oregonstate.edu/policies-procedures/employees>

E. FEDERAL AND STATE LEGAL SANCTIONS

The following are federal penalties and sanctions for illegal possession of a controlled substance. Additional penalties are imposed for trafficking.

21 U.S.C. 844(a)

First conviction: Up to one year imprisonment and fined at least \$1,000 but not more than \$100,000, or both.

After one prior drug conviction: At least 15 days in prison, not to exceed two years and fined at least \$2,500 but not more than \$250,000, or both.

After two or more prior drug convictions: At least 90 days in prison, not to exceed three years and fined at least \$5,000 but not more than \$250,000, or both.

Special sentencing provisions for possession of crack cocaine: Mandatory at least five years in prison, not to exceed 20 years and fined up to \$250,000, or both, if:

- 1st conviction and the amount of crack possessed exceeds five grams.
- 2nd crack conviction and the amount of crack possessed exceeds three grams.
- 3rd or subsequent crack conviction and the amount of crack possessed exceeds one gram.

21 U.S.C. 853(a)(2) and 881(a)(7)

Forfeiture of personal real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one year imprisonment. (See special sentencing provisions re: crack.)

21 U.S.C. 881(c)(4)

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. 844a

Civil fine of up to \$10,000 (pending adoption of final regulations).

21 U.S.C. 853a

Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to one year for first offense, up to five years for second and subsequent offenses.

18 U.S.C. 922(g).

Ineligible to receive or purchase a firearm.

Miscellaneous.

Revocation of certain Federal licenses and benefits, e.g., pilot licenses, public housing tenancy, etc., are vested within the authorities of individual Federal agencies.

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For current information regarding Measure 91 in Oregon please visit:

http://www.oregon.gov/olcc/marijuana/documents/measure91_faq.pdf

State of Oregon sanctions include:

- Oregon Chapter 475 — Controlled Substances; Illegal Drug Cleanup; Paraphernalia; Precursors
https://www.oregonlegislature.gov/bills_laws/ors/ors475.html
- Oregon Chapter 471 – Alcoholic Liquors; Controlled Substances; Drugs
https://www.oregonlegislature.gov/bills_laws/ors/ors471.html

A guide to alcohol laws and minors can be found at:

http://www.oregon.gov/olcc/docs/publications/oregons_alcohol_laws_and_minors.pdf