

2020-21

Annual Notification

ALCOHOL AND OTHER DRUG INFORMATION

for Students, Faculty and Staff



Oregon State
University

If you would like this information in an accessible alternative format, please call Student Health Services at 541-737-9355 or email SHSIS@oregonstate.edu

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.

This notification provides the university community the following information:

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

Student Health Services
(request to speak to someone in Alcohol & Other Drug Prevention)
541-737-9355

Office of the Dean of Students
541-737-8748
deanofstudents@oregonstate.edu

A. DRUG AND ALCOHOL PROGRAMMING

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

COUNSELING AND TREATMENT

Certified Alcohol Drug Counselor

541-737-9355

Short-term alcohol and other drug counseling is available on the Corvallis campus to students through Student Health Services. SHS offers individual sessions with a Certified Alcohol Drug Counselor (CADC). These sessions are confidential and can help students create a personalized plan to meet their goals related to reducing or eliminating substance use. The service is free unless a student is referred as part of a Student Conduct and Community Standards violation or other sanction.

To make an appointment, call 541-737-9355. Students may be referred through Student Health Services or Counseling and Psychological Services to other treatment programs for more intensive treatment.

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. The CAPS office offers Self-Management and Recovery Training (SMART) Recovery group sessions to assist those that may be struggling with addiction.

To schedule an appointment or learn about services please visit:

<http://counseling.oregonstate.edu/> or call 541-737-2131. Emails are also accepted at CAPS@oregonstate.edu.

[Student Wellness](#) services support the emotional, social and physical wellness of students at OSU-Cascades. Students can connect with the health advisor or make an appointment with a counselor.

PREVENTION, EDUCATION, AND SUPPORT

The Student Health Services Prevention and Wellness Department (see: <https://studenthealth.oregonstate.edu/prevention-wellness>) offers a variety of individual and group education programs. Individual and group educational programs and interventions are designed to prevent and reduce alcohol and other drug use/abuse by the Oregon State University student community. These programs include:

AlcoholEdu

All first-year, Corvallis, Newport and La Grande based, and OSU Cascades degree-seeking students 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 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, including: how to recognize and respond to an alcohol-related emergency; how to adopt low-risk drinking strategies; how to model safer decision-making; and strategies to be an active bystander. Students are required to participate in Part One of this two-part course prior to the first day of classes, and Part Two 30 days after completion of Part One. If a student does not complete AlcoholEdu, a grade hold is placed on their student account. That hold is lifted once the course is completed.

For more information about AlcoholEdu visit: <http://studenthealth.oregonstate.edu/alcoholedu/>.

Up2U

The Up2U program is an education-based prevention effort that focuses on the reduction of high-risk alcohol use and Cannabis use. Up2U is a voluntary program, and in person or online presentations are available upon request for students, student organizations, faculty, staff, coaches, and the Center for Fraternity and Sorority Life. Students can also meet with Up2U staff to ask questions or receive information.

For more information on Up2U, please contact Student Health Services at 541-737-9355 or visit <https://studenthealth.oregonstate.edu/prevention-wellness/>. To request a workshop, please see: <https://studenthealth.oregonstate.edu/paw-workshops/>.

Collegiate Recovery Community: Student Success Built on Sobriety

The Joan and Tom Skoro Collegiate Recovery Community (CRC) seeks to engage and support Corvallis campus students in recovery from substance abuse and 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 students looking for recovery support. Additionally, Dixon Lodge is a dedicated recovery living facility with scholarships available to Corvallis campus students.

For more information about the CRC or special housing options visit: <http://studenthealth.oregonstate.edu/recovery/>, call 541-737-1184, or send an email to Recovery@oregonstate.edu.

Recovery Meetings

Recovery Meetings are offered online and/or in person multiple times throughout every week.

For more information or an updated schedule, please email recovery@oregonstate.edu or visit <https://studenthealth.oregonstate.edu/recovery/>.

Resources for Faculty and Staff

COUNSELING AND TREATMENT

Beyond Benefits: Employee Assistance Program

Oregon State University's Human Resources department offers employee assistance through its Beyond Benefits Employee Assistance Program (EAP). This is a confidential and no-cost service for employees and their household members to use. Through this program, employees have access to legal, financial, work-life and mental health and wellness services and resources. The Beyond Benefits program provides consultations whenever and where ever employees need them. is allowed up to 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, phone 1-855-327-4722, or online at <https://www.guidanceresources.com>. Employees can register using organization web ID: OSUbeyond. The program is available 24 hours a day, 7 days a week.

Health Insurance Coverage for Treatment

PEBB Health Insurance plans (PEBB Statewide, Providence, Moda, and Kaiser) 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.

Recovery Meetings in Dixon Lodge

Recovery Meetings are offered online to students at all OSU campuses and/or in person on the Corvallis Campus multiple times throughout every week.

For more information or an updated schedule, please email recovery@oregonstate.edu or visit <https://studenthealth.oregonstate.edu/recovery/>.

B. HEALTH RISKS ASSOCIATED WITH ALCOHOL ABUSE AND OTHER DRUG USE AND ABUSE

Health Risks of Commonly Abused Substances

Substance	Nickname/Slang Terms	Short-term Effects	Long-term Effects
Alcohol	Booze	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, rohypnol, 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 spasms and convulsions, dilated pupils, disturbed sleep	Depression, weight loss, high blood pressure, seizure, heart attack, stroke, hallucinations, psychosis, chronic cough, nasal passage injury, kidney/ liver/lung damage

Substance	Nickname/Slang Terms	Short-term Effects	Long-term Effects
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	Depression, severe withdrawal symptoms, physical dependence, psychological dependence
Heroin	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
Inhalants	Solvents (paint thinners, gasoline, glues); gases (butane, propane, aerosol propellants, nitrous oxide); nitrites (isoamyl, isobutyl, cyclohexyl): laughing gas, poppers, snappers, whippets	Cramps, muscle weakness, loss of inhibition, headache, nausea or vomiting, slurred speech, loss of motor coordination, wheezing	Depression, memory impairment, damage to cardiovascular and nervous systems, unconsciousness, sudden death
Ketamine	K, super K, special K	Dream-like states, hallucinations, impaired attention and memory, delirium, impaired motor function, high blood pressure, depression	Urinary tract and bladder problems, abdominal pain, major convulsions, muscle rigidity, increased confusion, increased depression, physical dependence, psychological dependence

Substance	Nickname/Slang Terms	Short-term Effects	Long-term Effects
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 (methylenedioxy methamphetamine)	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
Mescaline	Peyote cactus	Nausea, vomiting, anxiety, delirium, hallucinations, increased heart rate, blood pressure, and body temperature	Lasting physical and mental trauma, intensified existing psychosis, psychological dependence
Morphine/ Opiates	M, morf, duramorph, Miss Emma, monkey, roxanol, white stuf	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

Substance	Nickname/Slang Terms	Short-term Effects	Long-term Effects
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 attention span, flashbacks may intensify existing psychosis
Steroids	Anabolic Roids, juice, gym candy, pumpers	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

C. ALCOHOL AND OTHER DRUG POLICIES

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 situation are taken into consideration along with the outcome of any legal action against the individual, if any. 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 federal, state, and local laws, as well as OSU standards and policies; collective bargaining agreements may also apply.

Sanctions imposed by the University can range from a warning or disciplinary action up to and including termination of employment or suspension/expulsion for students. Other potential

sanctions for students may include conduct probation, restrictions, attendance in an educational program, or referral to counseling or treatment. OSU employees and students who violate drug laws may be 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.

As an academic community, Oregon State University is committed to supporting 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 applicable federal, state, and local laws and related University standards and policies. The University's prohibitions for students concerning alcohol, marijuana/cannabis, and other drugs are as follows:

Alcohol

The following behavior is prohibited per the Student Code of Conduct:

- a. use, possession, or procurement of alcohol by persons under the legal drinking age; students are also considered to be in possession if the substance is in their bodies or the use is otherwise detectable;
- b. furnishing, manufacturing, distributing, or selling alcohol except as expressly permitted by law and the University's policies regarding alcohol;
- c. driving under the influence of alcohol in excess of the applicable legal limit;
- d. public intoxication, possession, or use while on University property or at events except as expressly permitted by University policies regarding alcohol;
- e. disruptive behavior or other Code violations due to alcohol intoxication regardless of location;
- f. failure of a Student Organization to take all necessary steps to ensure that no person under the legal drinking age possesses alcoholic beverages at functions it sponsors or organizes, or within any property or transportation it owns, operates, and/ or rents; or
- g. using alcohol to facilitate incapacitation or forcing ingestion of alcohol without consent.

Marijuana/Cannabis

The following behavior is prohibited:

- a. use, possession, or procurement of marijuana or its derivatives or paraphernalia related to use by persons under the legal age; students are also considered to be in possession if the substance is in their bodies or the use is otherwise detectable;

- b. public intoxication, possession, or use of marijuana or its derivatives or paraphernalia related to use while on University property or at University events;
- c. furnishing, manufacturing, distributing, or selling marijuana or its derivatives except as expressly permitted by law;
- d. driving under the influence of marijuana or its derivatives;
- e. disruptive behavior or other Code violations due to marijuana cannabis intoxication regardless of location;
- f. failure of a Student Organization to take all necessary steps to ensure that no person under the legal age possesses or consumes marijuana or its derivatives at functions it sponsors or organizes, or within any property or transportation it owns, operates, and/or rents; or
- g. facilitating incapacitation or ingestion without consent through the use of marijuana or its derivatives; or
- h. use, or possession, of marijuana in a way that is prohibited by applicable law.

Drugs

The following behavior is prohibited, where “drugs” includes but is not limited to federally controlled substances, synthetic drugs or inhalants, natural substances used for drug effects, and medication used/ possessed/handled in non-prescribed manners:

- a. use, possession, or procurement of drugs or paraphernalia related to use; students are also considered to be in possession if the substance is in their bodies or the use is otherwise detectable;
- b. furnishing, manufacture, distribution, or sale of drugs except as expressly permitted by law;
- c. public intoxication due to drug use;
- d. driving under the influence of drugs;
- e. disruptive behavior or other Code violations due to drug intoxication regardless of location;
- f. failure of a Student Organization to take all necessary steps to ensure that no person possesses or consumes drugs at functions it sponsors or organizes, or within any property or transportation it owns, operates, and/or rents; or
- g. facilitating incapacitation or ingestion without consent through the use of drugs

Source: The OSU Code of Student Conduct

(https://studentlife.oregonstate.edu/sites/studentlife.oregonstate.edu/files/student-conduct-community-standards/Code/code_of_student_conduct_8_14_20.pdf)

Drug-Free Workplace

The University maintains a drug-free workplace policy in alignment with the Drug-Free Workplace Act of 1988. This statute requires that all institutions receiving grants from any federal agency certify to that agency that they will maintain a drug-free workplace. The OSU

Drug-Free Workplace Policy was developed to accomplish this purpose and is available at: <https://fa.oregonstate.edu/gen-manual/drug-free-workplace-policy>.

The University strongly encourages students and employees to voluntarily obtain assistance for dependency or abuse of alcohol or drugs before such behavior results in an arrest and/or disciplinary referral which might result in their separation from the institution.

Help is available both on OSU's campuses and within their local communities for students and faculty/staff members who are dependent on, or who abuse the use of alcohol or other drugs. Oregon State University's Student Health Services (541-737-9355) or Counseling and Psychological Services (541-737-2131), and [OSU-Cascades Wellness services](#) Employees can access assistance through Human Resources [Beyond Benefits Employee Assistance Program](#) (are confidential resources available to those seeking help for personal dependency.

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

For information on sanctions applicable to OSU students for violations of the [Code of Student Conduct](#), see Section 6, Sanctions.

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

Oregon State University is committed to maintaining a workplace free from the unlawful manufacture, use, dispensing, possession, or distribution of controlled substances (as defined in section 102 of the Controlled Substances Act [21 U.S.C. 802]). Unlawful manufacture, use, dispensing, possession, or distribution of controlled substances by university employees in the workplace is prohibited under university policy. All university employees must abide by this policy.

Employees found to be in violation of this policy may be subject to disciplinary sanctions consistent with applicable provisions of state laws and regulations, collective bargaining agreements, University policies and standards, as well as penalties under local, state, and federal law. Information about applicable federal, state and university sanctions regarding drugs and alcohol in the workplace can be found on [OSU's Drug-Free Workplace website](#).

University employees are encouraged to seek assistance for controlled substance dependency through the HR Beyond Benefits Employee Assistance Program. Evaluation, counseling, and referral services are available to employees through this program, and assistance is provided on a confidential basis. The health benefits packages available to all university employees provide at least partial reimbursement for the treatment and rehabilitation associated with substance abuse problems.

Information about the Employee Assistance Program can be obtained at the Office of Human Resources, 236 Kerr Administration Building, 541-737-8300. For more information please visit: <http://hr.oregonstate.edu/policies-procedures/employees>

APPENDIX: FEDERAL AND STATE SANCTIONS AND LOCAL MUNICIPAL CODES

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 is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

Relevant federal, state and local codes are available online at:

https://studenthealth.oregonstate.edu/files/121720_appendix_for_aod_notification.pdf