

Drug and Alcohol Abuse Prevention Program

The following information is presented to familiarize you with our institutional policies related to the use of alcohol or drugs on campus as well as the legal implications, associated health risks, sanctions, and resources for obtaining help.

College Policy on Alcohol

1. New York State law makes it illegal for:

- persons under the age of 21 to purchase or possess alcoholic beverages with the intent to consume.
- individuals under the age of 21 to purchase or attempt to purchase an alcoholic beverage through fraudulent means.
- individuals to furnish alcohol to anyone under 21 years of age.
- individuals to sell, deliver, or give away alcoholic beverages to any intoxicated person or any person under the influence of alcohol regardless of the age of the person.
- individuals to drive while intoxicated.

2. It is a violation of the Student Code of Conduct to be intoxicated on campus.

3. Alcohol is not permitted in Brescia and Ursula residence halls because the predominant age of the students in residence is under 21. Angela Hall has special alcohol guidelines because the predominant age group is usually 21 or over. Guidelines for areas in which alcohol is allowed can be obtained from the Residence Director or the SD Office.

4. All events at which alcohol will be served on the New Rochelle campus must be registered by submitting a completed reservation form to the Office of Student Services and making an appointment with the Director of Student Development. She will evaluate requests for events involving alcohol, based on the requirements of New York law and College policies and procedures. All other campuses should refer to their Campus Director for specific policies governing their campus.

5. A reasonable quantity of an attractive variety of non-alcoholic beverages must be available from the same location as alcoholic beverages.

6. A variety of food and snacks must be available for the duration of an event which includes serving alcohol.

7. "Bring your own bottle" (BYOB) affairs are not permitted at College-sponsored events.

8. "All you can drink" parties and events for which the admission charge includes the availability of alcohol are prohibited.

9. The service of alcohol must be terminated at least one-half hour prior to the conclusion of any event which is at least two hours in duration.

10. Advertising for events where alcoholic beverages will be consumed must emphasize that the primary purpose of the activity is other than drinking. The availability of alcoholic beverages must be given equal emphasis with the availability of non-alcoholic beverages and snack foods. All advertising for events which states that alcohol will be served must stipulate that two forms of proof of age, including one photo I.D., is required for admittance.

11. Alcoholic beverages may not be brought into or removed from the immediate area at which a College-sponsored event is occurring. Alcoholic beverages may not be removed from any area at which a registered event is occurring.

College Policy on Drugs

The College of New Rochelle recognizes its duty to uphold existing State and Federal laws regarding the unlawful possession, use, and sale of marijuana, hallucinogens, and other drugs, and cannot protect any member of the College community who violates the law.

Accordingly, any person discovered on campus by College officials in illegal possession of marijuana, hallucinogens, or any of the other drugs proscribed by the penal law will be subject to sanctions up to and including expulsion from the College. In every case, the drugs found will be turned over to the proper authorities and, should the facts warrant, the person as well will be turned over to the proper authorities.

Any student arrested by civil authorities in connection with illegal possession or use of drugs will be subject to disciplinary action by the College if it is judged that his/her actions have been detrimental to the general welfare of the College community, or that his/her general mode of life has rendered him/her unfit to pursue the normal College program.

Should guests, or anyone purporting to be a guest of students or of anyone else in the College community, bring drugs on campus, the College will take immediate action by notifying the proper authorities. Since the College does not consider itself a "sanctuary" outside the law for its own students, faculty or staff, neither can it be a place of refuge for persons not a part of the College community. Loitering on campus is subject to the specifics of penal law in this regard, and the College recognizes its freedom to act within the context of this law.

Description of Sanctions for Drug and Alcohol Abuse

Federal law makes it a criminal offense to manufacture, distribute, dispense, or possess with intent to manufacture, distribute or dispense, or simply possess a controlled substance. See Title 21 U.S. Code

section 801, et seq. Controlled substances are defined by the schedules contained in section 812 of Title 21 of the U.S. Code.

New York State Penal Law makes it a criminal offense to possess, possess with intent to sell, or actually sell various drugs. The drugs to which this law applies include marijuana and those listed in the schedules contained in the New York State Public Health Law, section 3306 thereof. See Penal Law Articles 220 and 221.

The possible sanctions for the violation of Federal and State law depend upon the particular offense violated. The various offenses are premised on aggravating factors which include the type and quantity of drugs involved.

Depending upon the particular aggravating circumstances involved, violations of said law could result in sanctions from a monetary fine to life imprisonment.

Violation of Penal Law Articles 220 and 221 may also result in civil penalties of up to \$100,000 plus costs and expenses pursuant to section 10-201 et seq. of the New York City Administration Code.

It is a violation of New York State Penal Law section 240.40 for a person to appear in public under the influence of narcotics or a drug other than alcohol to the degree that he or she may endanger himself or herself or other persons or property, or annoy persons in the vicinity. A violation of this law could result in imprisonment up to 150 days.

It is a violation of New York State Penal Law section 260.20(d)(4) for a person to give or sell an alcoholic beverage to a person less than 21 years old. A violation of this law could result in imprisonment up to three months.

The New York City Administration Code, section 10-125 thereof, prohibits the consumption of alcohol in a public place. Possible sanctions for a violation of said law include a fine of up to \$25 or imprisonment up to five days or both.

Any person who operates a motor vehicle while his or her ability to operate such a vehicle is impaired by the consumption of alcohol or by drugs in violation of Vehicle and Traffic Law section 1192 is subject to imprisonment up to 15 days and/or a monetary fine of at least \$250 and at most \$350, plus a 90-day license suspension.

Institutional Sanctions for Drug and Alcohol Abuse Violations

The College of New Rochelle has established the Student Judicial Process to pursue violations of College policies and standards of behavior. Written incident/infraction reports may be submitted to the Office of the Dean of Students or designee by any member of the College community.

Any student who is identified as having a drug or alcohol problem may be required to meet with a professional counselor on or off campus. Disciplinary sanctions might include education, mandatory

referrals, community service, restitution, fines, and/or any other sanction deemed appropriate as published in the Student Handbook or Catalog.

Description of Health Risks Associated with Drug and Alcohol Use

A drug is a chemical substance that has an effect upon the body or mind. Alcohol is defined as a drug. Drugs and alcohol are capable of impairing judgment and physical capacity and diminishing individual performance in activities of daily living. Problems associated with inappropriate use of drugs and alcohol are complex in nature.

One class of drugs is the sedative-hypnotic which relaxes the central nervous system. These include alcohol, barbiturates, tranquilizers (depressants), marijuana and hashish.

Alcohol is clearly the nation's most common drug of abuse. With moderate drinking a person may experience flushing, dizziness, dullness of senses and impairment of coordination, reflexes, memory and judgment. Taken in larger quantities, alcohol may produce staggering, slurred speech, double vision, dulling of senses, sudden mood changes, and unconsciousness. When used over a long period of time and in larger amounts, it can cause heart and liver damage, and death from overdose and car accidents.

Barbiturates and tranquilizers (central nervous system depressants) can cause intoxication and produce such signs as tremors of the hands, lips and tongue, confusion, poor judgment and poor muscular coordination, drowsiness, slurred speech, and constricted pupils.

Marijuana and hashish alter mood and perception and produce anxiety, euphoria, talkative behavior, floating feelings, and hunger. They interfere with memory and intellectual performance and can impair concentration. Long-term, regular marijuana smoking causes irritation of the respiratory tract and can produce lung disease and possible damage to the heart and immune system.

Nicotine acts as a stimulant on the heart and nervous system. When tobacco smoke is inhaled the immediate effects on the body are a faster heartbeat and elevated blood pressure. Young smokers may experience shortness of breath and a nagging cough. Some long-term effects of smoking cigarettes are emphysema, chronic bronchitis, coronary heart disease, and lung cancer.

Caffeine, one of the oldest and most widely used stimulants, is found in coffee, tea, cola, and some cold medications. Dependence on caffeine generally develops in habitual users, with headaches being the most common symptom of withdrawal.

Cocaine, whether it is smoked (crack), injected or snorted, is risky in all forms. Physical effects include dilated pupils, increased blood pressure, heart rate, breathing and body temperature, and restlessness and anxiety.

Amphetamines increase alertness and activity and are often referred to as speed, uppers, pep pills, and diet pills. Mood swings, irritability, nervousness, and muscle pain are some of the effects of continued use. Eventually, hallucinations, paranoia, convulsions, brain damage, heart problems, and death can occur.

Hallucinogens (psychedelics) include PCP, LSD and mescaline. Hallucinogens temporarily distort reality, cause visual hallucinations, perceptual distortion and psychotic experiences, and sometimes depression and flashbacks.

Dependency causes the deterioration of the moral, physical, and intellectual fiber of an individual and abuse impairs the user's health, emotional well being, family life, job performance, and friendships. The College is aware of the stresses associated with daily living, and strongly urges that the entire College community meet these stresses by participating in holistic behaviors. It is our goal to assist in this endeavor by creating an environment that promotes and reinforces healthy and responsible living.

For further information about the effects of these drugs, please contact the Office of Counseling and Health Services or your campus director.

Resources and Referrals

Campus Resources

Counseling Services offer resources, workshops, counseling, and referral for members of The College of New Rochelle community regarding substance use and abuse.

Informational pamphlets and handouts are available in the Student Services Resource Room for all students, faculty, and staff. Workshops to provide educational information and encourage preventative attitudes and behaviors are open to students, faculty, and staff. Topics include creating social alternatives to alcohol-related activities, learning to manage stress without alcohol or drugs, recognizing the warning signs of substance abuse in self and others, intervening when friends or family members appear to be engaged in alcohol or substance abuse, and understanding issues of adult children of alcoholics.

Individual counseling is available to students in the School of Arts and Sciences and School of Nursing, and referral to community resources is available to students of all four schools. All referrals respect the privacy of the individual and counseling is confidential.

Community Resources

Alcoholics Anonymous - a self-help program which offers support and assistance for those with alcohol dependency; led by recovering alcoholics.

Alanon - provides mutual support and assistance to families and friends of alcoholics.

Alateen - a self-help group for children of alcoholic parents, led by non-professionals who have had similar experiences. (Not for alcoholic teenagers.)

Daytop Village - day, evening and residential programs for drug and alcohol abusers age 14 and up. Parent and sibling support groups are available.

Yonkers General Hospital - inpatient 10-day detoxification program for drug abusers and 50-day program for alcohol abusers. Family counseling and self-help groups are available.

St. Vincent's Hospital Westchester - inpatient and outpatient group and individual therapy provided for the chemically dependent, as well as family counseling, early recovery groups, DWI referrals, and treatment for adult children of alcoholics.

Renaissance Project Westchester - a residential treatment center and outpatient facilities which provide rehabilitation for drug abusers.