

ALCOHOL AND SUBSTANCE ABUSE POLICIES, PREVENTION AND RESOURCES

SMU POLICY

Alcohol and substance abuse is a serious issue at colleges and universities throughout the country. For many years, SMU has had in place programs, policies and resources aimed at alcohol and substance abuse education and prevention. The University enforces state law and prohibits the possession and consumption of alcohol by those younger than 21 as well as the use, sale, possession or manufacturing of any controlled substance.

When this policy is violated, SMU will impose sanctions including but not limited to parent notification, a fine, a referral to substance abuse counselors in SMU Counseling Services, educational sanctions and a status sanction that may or may not affect the student's standing with the University. Sanctions for drug use can include suspension or expulsion from the University.

Q. What actions is SMU taking to prevent substance abuse and encourage responsible choices?

A. Alcohol and other drug abuse is a serious issue at colleges and universities throughout the nation. This issue calls for a partnership involving the University through our programs to educate, assist and enforce; parents who remain a tremendous influence on their students; and students who must be responsible for obeying laws and regulations.

SMU is committed to providing its students with an educational environment in which healthy lifestyle choices can be made. Toward this end, for many years the University has had in place numerous programs, policies and resources aimed at substance abuse education, prevention, intervention, and treatment.

SMU's programs are monitored by the President's Commission on Substance Abuse Prevention. The Commission's initiatives address health and medical services, enforcement, academic life, social life, partnerships with parents and communications with the University community. Learn more online at smu.edu/LiveResponsibly.

Q. What resources are available for students?

A. SMU offers extensive programs and resources to new and continuing students aimed at substance abuse prevention. As outlined on the next page, these include education, counseling, assessments, support for recovering students, peer support and special training for leaders in Residential Commons and Greek houses, as well as faculty and staff.

In addition, SMU offers resources such as educational programs and counseling for students coping with eating disorders, sexual assault and depression.

RESOURCES

Counseling Services:

Substance Abuse Counseling And Resources

214-768-2277

Mailing Address: PO Box 750195, Dallas TX 75275-0195

smu.edu/healthcenter smu.edu/liveresponsibly

MISSION

SMU has licensed, full-time counselors available to SMU students, their families and the campus community. Counseling, referrals and support:

- Confidential counseling, with referrals for outside support and treatment when necessary.

- Self-help groups on campus and in the community, including Alcoholics Anonymous and twelve-step programs for a student-age group and a student-only recovery group.
- Support for recovering students, relapse prevention and assistance with re-entry to college after treatment.

ASSESSMENT AND INTERVENTION

- Coordination with family, friends, faculty and staff to reach out to students in distress and provide them with help.
- Educational and screening programs.

HEALTH EDUCATION

214-768-2393

Mailing Address: PO Box 750195, Dallas TX 75275-0195

healthed@smu.edu

SMU has a full-time health educator who promotes activities and programs with student support to educate the campus community about various health issues including alcohol and drug abuse prevention. Health Education at SMU includes:

EDUCATION AND CAMPUS AWARENESS

- Orientation programs for incoming students and their parents during July and August.
- An online, science-based education program, required for all incoming students, that addresses substance abuse prevention, as well as sexual misconduct.
- “TIPS” (Training for Intervention Procedures) for Student Affairs staff, Greek leadership and the student body to assist students in preventing alcohol misuse.
- Peer Health Educators, students trained to provide education and outreach to fellow students on wellness issues.
- The Well: Health Promotion and Wellbeing, a student-led group focused on holistic health, including preventing alcohol poisoning and overdoses.

RISK OF ALCOHOL AND SUBSTANCE ABUSE

Data published by the National Institute on Alcoholism and Alcohol Abuse (NIAAA) illustrate the extent and impact of alcohol abuse on college campuses.

- Death: 1,825 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.
- Injury: 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol.
- Assault: More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- Sexual Assault: More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault.
- Unsafe Sex: 400,000 students between the ages of 18 and 24 have unprotected sex, and more than 100,000 students in this age group reported having been too intoxicated to know if they gave consent to have sex.
- Academic Problems: About 25 percent of college students report academic consequences of their drinking, including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

- Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol related health problem, and between 1.2 and 1.5 percent indicate that they tried to commit suicide within the past year due to drinking or drug use. It is important to remember that these consequences may affect students whether or not they drink.

DRUGS REPORTED ON COLLEGE CAMPUSES

In addition to engaging in high-risk drinking, some college students report using illicit drugs. According to the 2013 CORE Alcohol and Drug Survey, 31.1 percent of college students nationwide reported marijuana use in the previous year, 4.1 percent reported cocaine use, and 3.7 percent reported using sedatives. 62 Important Conversations About Alcohol and Drug Use Communication between parents/families and students about alcohol and other drugs is an important, ongoing conversation. Ultimately, it is up to students to make responsible choices, but studies show that parents continue to influence college students. The opinions and guidance of parents and families do make a difference. Here are some tips that might help families begin the conversation...

WHAT ARE ALCOHOL AND SUBSTANCE ABUSE RISK FACTORS?

- Family history of alcohol/drug dependency
- An initial high tolerance: minimal effects are felt at the onset of alcohol use
- An acquired high tolerance: due to repeated exposure, more alcohol is needed to achieve the same effect
- High-risk drinking behaviors: drinking to get drunk, any drinking that causes tolerance to increase, drinking games and contests, doing shots of alcohol
- Heavy episodic drinking
- Use of drugs that are illegal or not prescribed to the student.

WHAT ARE SIGNS AND SYMPTOMS OF SUBSTANCE ABUSE?

Depending on the type of substance being used, a person may exhibit one or more of the following behaviors:

- Loss of inhibition, poor judgment, slow reactions, loss of coordination
- Sudden changes in attitude, work, or behavior
- Sudden deterioration of friendships
- “Explosive” arguments over small matters
- Frequent hangover symptoms
- Secretive behaviors, paranoia
- Erratic behavior, forgetfulness, indecision, mood swings
- Deterioration in personal appearance, poor hygiene
- Hyperactivity, easy excitability, restlessness
- Financial problems, frequent borrowing of money
- Stealing or lying
- Changes in sleep patterns
- Deteriorating work quality, missed deadlines, missed class, falling grades
- Easily fatigued or constantly tired
- Physical changes like blood spots or bruises on skin, bloodshot or watery eyes, runny or irritated nose, persistent cough, sore throat
- Changes in weight
- Changes in speech – slurred, faster or
- Tremors or jitters

- Constricted or dilated pupils
- Unusual odors (odor of marijuana, solvents, etc.)

The presence of one or more of these behavioral cues does not necessarily mean that someone is using substances, but these cues usually indicate that something is wrong. If these behaviors are observed in someone, talk to them and offer to connect them to campus resources if there are issues that need professional attention.

WHAT IS CONSIDERED LOW-RISK AND HIGH-RISK BEHAVIOR?

LOW-RISK BEHAVIOR:

- Abstaining (the lowest risk choice)
- Drinking alcoholic beverages only if you are 21 or older
- Thinking about whether you will drink before the party

Eating a meal before drinking

- Drinking no more than one drink per hour; no more than three drinks per day
- Knowing exactly what you are drinking
- Alternating alcohol-free drinks throughout the evening
- Knowing how you will get home safely before you go out

HIGH-RISK BEHAVIOR:

- Chugging, drinking games, shots (drinking anything out of a punch bowl, trough, hose, or funnel)
- Drinking to get drunk
- Driving after drinking or riding with someone under the influence
- Drinking alcoholic beverages if you are younger than 21
- Drinking too much or too fast or on an empty stomach
- Having little or no clue what is in your glass or leaving it unattended
- Mixing alcohol with any medications or illegal drugs
- Going to parties where people drink too much

WHAT ARE OTHER RISK FACTORS OF SUBSTANCE ABUSE?

Substance abuse can present immediate health risks such as alcohol poisoning and death from overdose. Substance abuse also presents immediate safety risks that are not so obvious.

- A decrease in the ability to make safe and healthy decisions
- The increase in violence associated with alcohol and other drugs
- The increased likelihood of sexual assault

SMU POLICIES ON ALCOHOL AND SUBSTANCE ABUSE

The University enforces state law and prohibits the possession and consumption of alcohol by those younger than 21 as well as the use, sale, possession or manufacturing of any controlled substance. The SMU Student Code of Conduct applies to behavior that occurs both on and off campus. A complete copy of the SMU Student Handbook can be found on the SMU Student Life web page www.smu.edu/studentlife/studenthandbook.

Information about the University alcohol and/or drug use policies for students living in on-campus housing (Residential Commons and apartments) can be found on the SMU Residence Life and Student Housing

ADDITIONAL LEGAL RAMIFICATIONS

In addition to violating the Student Code of Conduct, a student's behavior may also be a violation of the law. In these cases, action by law enforcement authorities may also occur. Thus, students may be adjudicated through the Office of Student Conduct & Community Standards as well as through the court system.

ALCOHOL. Minors convicted in the criminal court system of possession or consumption of alcoholic beverages may be subject to fines, suspension of driver's license, community service and a mandatory alcohol education class. Convictions for providing alcohol to minors may subject individuals to fines and a jail term of up to one year. Convictions for driving while intoxicated may subject individuals to fines totaling as much as \$2,000 and a jail term of up to six months for a first offense. Fines and jail terms escalate after the first conviction.

CONTROLLED SUBSTANCE (DRUGS). Sanctions upon conviction in the criminal court system for possession, distribution, or manufacture of controlled substances range from fines to probation to imprisonment. Amount of fines, terms of probation, or years of imprisonment generally are contingent upon the circumstances and amounts of drugs in possession, sale, distribution, or manufacture.

FICTITIOUS LICENSE OR CERTIFICATE. Students under the age of 21 may not possess documentation which represents them as being 21 years of age or older. Texas law states, "A person under the age of 21 years commits an offense if the person possesses, with the intent to represent that the person is 21 years of age or older, a document that is deceptively similar to a driver's license or a personal identification certificate unless the document displays the statement 'NOT A GOVERNMENT DOCUMENT' diagonally printed clearly and indelibly on both the front and back of the document in solid red capital letters at least one-fourth inch in height." This type of offense is a Class C misdemeanor.

THE CALL FOR HELP

GOOD SAMARITAN POLICY / MEDICAL AMNESTY POLICY

Student welfare is a primary concern at SMU. Everyone is responsible for creating a healthy community whose members care for one another. One demonstration of caring involves seeking medical assistance for fellow students when lives may be in danger due to alcohol and/ or other drug intoxication. To seek medical assistance, please call 911.

Students who seek medical assistance for themselves (Medical Amnesty) or another student (Good Samaritan) due to intoxication of alcohol and/or other drugs will not normally be subject to the SMU conduct review process, except when it has been determined that another violation of University policy has occurred (for example: destruction of University property; fire safety violation; physical harm to another person, etc.).

Any exemption from the SMU conduct review process which is granted under this policy may only apply to disciplinary action and/or sanctions under the SMU alcohol and/or drug policies in the SMU Student Code of Conduct (www.smu.edu/studentlife/studenthandbook) and, therefore, does not prevent the SMU Police or another police agency from detaining a student, issuing a citation, or making an arrest if they deem that action necessary.

In order for this policy to apply, the student must meet with their assigned Conduct Officer, complete an application and, once referred, complete any and all recommendations made by a substance abuse counselor in SMU Counseling Services. (These recommendations will include at minimum an individual appointment with a counselor and a follow-up appointment.)

While this policy applies to individual students, if an organization has been found in violation of the University's alcohol and/or drug policies, then the organization's willingness to seek medical assistance for a guest may be viewed as a mitigating factor if or when sanctions are issued.

CAMPUS AND COMMUNITY RESOURCES FOR STUDENTS

OFFICE OF THE DEAN OF STUDENT LIFE

Hughes-Trigg Student Center, Room 302,
214-768-4564

www.smu.edu/studentlife

The Office of the Dean of Student Life serves as a resource for faculty, staff, students and their parents. The dean regularly meets with individual students and takes an active role in supporting student success, both academically and personally.

OFFICE OF STUDENT CONDUCT & COMMUNITY STANDARDS

Hughes-Trigg Student Center, Room 318,
214-768-4563

www.smu.edu/studentlife/studentconduct

Assists students in their personal development by providing a fair conduct review process that issues consistent sanctions for behavior that is incongruent with the University's expectations for students. The Office addresses academic and non-academic behavior.

COUNSELING SERVICES

214-768-2277

www.smu.edu/healthcenter Substance abuse counseling provides students with a confidential source of help and information when confronted with alcohol or drug abuse or addiction issues. Counseling Services offers assessments, interventions, referrals, and short-term counseling as well as ongoing support for recovering students.

HEALTH EDUCATION

To learn more about the following programs, contact
the Assistant Director of Health Education
214-768-2393

healthed@smu.edu.

Information also is available at www.smu.edu/StudentAffairs/HealthCenter/HealthEducation/

- Training for Intervention Procedures (TIPS) helps students take a leading role in the effort to prevent intoxication, alcohol misuse and drunk driving.
- Peer Health Educators are a diverse group of students who are trained to provide education and outreach to fellow students on wellness issues.
- The Well: Health Promotion and Wellbeing is a student-led program that encourages students to be responsible in social settings.

COLLEGIATE RECOVERY AND SUPPORT SERVICES

- A weekly on-campus meeting is open to SMU students in recovery or struggling with a substance abuse or related issue.

214-768-1490;

email recovery@smu.edu or

mail PO Box 750195, Dallas TX 75275-0195.

Information also is available at

www.smu.edu/StudentAffairs/HealthCenter/Counseling/AlcoholDrugSupportGroups.

- Highland Park United Methodist Church hosts weekly closed and open AA meetings, including a young adult's group. www.hpumc.org/life-resources/support-groups/ or www.aadallas.org

PARENT AND FAMILY PROGRAMS OFFICE

Hughes-Trigg Student Center, Room 320B,

214-768-4797 www.smu.edu/parents

The Parent and Family Programs Office is available to answer your questions about the conduct process and recommended responses and to assist in connecting your student to the right resources.

LIVE RESPONSIBLY WEB SITE

www.smu.edu/liveresponsibly

Find campus resources and learn about the President's Commission on Substance Abuse Prevention.