

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.

SMU ALCOHOL POLICY

1. Policy Statement

The Board of Trustees of the University has affirmed that abusive use of alcoholic beverages and the corresponding effects upon persons constitute one of the more serious problems in our nation. In keeping with the University's heritage as an institution affiliated with the United Methodist Church, the Board of Trustees has urged all members of the University community to consider use of alcoholic beverages with responsibility, prudence, and moderation. As a University community which espouses the value and worth of persons in an environment of free and open inquiry and expression, it is recognized that individuals must be free to follow their own conscience regarding the use of alcoholic beverages; provided, however, that such freedom does not imply license to violate the law or University policy. The possession and consumption of alcoholic beverages in public places on campus on property owned or controlled by the University is restricted subject to the provisions set forth below.

2. Liquor Laws

All members of the University community should at all times be cognizant of and comply with all applicable liquor laws. The University expects each individual and group within the University community to obey these laws. Failure to do so will subject the offender(s) to potential University action and/or action by civil authorities.

3. Alcohol Abuse and Conduct

All members of the University community are expected to maintain self-control and to uphold their dignity and that of the University at all times in all places on or off campus. Conduct should be consistent with ideals of excellence of mind, healthy bodies, and responsible social behavior, including recognition of the rights of others. Intoxication and alcohol abuse are inconsistent with the spirit of the University and will not be tolerated. In recognition of this fact, the University reserves the right to initiate disciplinary action when individuals and groups neglect or abdicate their responsibility to observe the Student Code of Conduct of which this policy is a part.

4. Approved Alcohol on Campus

The authority to approve the possession and consumption of alcoholic beverages on property owned or controlled by the University is delegated to the President of the University, and the President or his/her designee shall have the right and discretion to prohibit, or place restrictions and conditions upon such activities he/she deems

appropriate and in the best interest of the University. The President may adopt rules and/or approval procedures governing the possession or consumption of alcoholic beverage on property owned or controlled by the University consistent with this policy. Such rules and procedures may limit or restrict the areas where possession and consumption of alcoholic beverages will be permitted.

5. Procedures

For procedures for the sale and service of alcohol and for more information regarding the process for the approval of alcohol service on property owned or controlled by the University, please see:

<https://www.smu.edu/StudentAffairs/SAVicePres/Resources/Alcohol>

SMU CONDUCT STANDARDS

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 web page:**

www.smu.edu/StudentAffairs/ResidenceLifeandStudentHousing/LivingOnCampus/Policies

STUDENT CODE OF CONDUCT

<https://www.smu.edu/StudentAffairs/OfficeoftheDeanofStudents/StudentHandbook>

OFFICE OF INSTITUTIONAL ACCESS AND EQUALITY (IAE)

<https://www.smu.edu/iae>

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.

LEGAL SANCTIONS

In addition to violating the Student Code of Conduct, a student's behavior may also be a violation of the local, state or federal laws for the unlawful possession or distribution of illicit drugs or alcohol. 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.

HEALTH RISKS OF ALCOHOL AND SUBSTANCE ABUSE

Data published by the National Institute on Alcoholism and Alcohol Abuse (NIAAA) and the National Institute of Drug Abuse (NIDA) 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.
- 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 or date rape.
- 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.
- Alcohol Use Disorder: About 20 percent of college students meet the criteria for an AUD.
- Other Consequences: These include suicide attempts, health problems, injuries, unsafe sex, and driving under the influence of alcohol, as well as vandalism, damage, and involvement with the police.

DRUGS REPORTED ON COLLEGE CAMPUSES

- In addition to engaging in high-risk drinking, some college students report using illicit drugs. According to the 2019 Monitoring the Future alcohol and drug use study, the annual prevalence for use of any illicit drug for college students, other than marijuana, was 17%;
 - 43% of college students reported use of marijuana in the previous year;
 - 5.6% reported cocaine use; and
 - 8.1% reported using amphetamines.

State laws are rapidly changing with the legalization and decriminalization of marijuana laws around the U.S. Thirty-three states have laws that either allow marijuana to be used medically and/or recreationally. Eleven states (Alaska, California, Colorado, Illinois, Maine, Massachusetts, Michigan, Nevada, Oregon, Vermont, Washington and the District of Columbia) have made recreational cannabis legal for individuals over the age of 21 years. Other states have decriminalized the use of cannabis but have not legalized its use. Although some states have either legalized or decriminalized cannabis use, it is still illegal federally under the *Controlled Substances Act*.

The use, possession, or sale of marijuana is illegal in the State of Texas.

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

CAMPUS AND COMMUNITY RESOURCES FOR STUDENTS

OFFICE OF THE DEAN OF STUDENT LIFE

Hughes-Trigg Student Center, Room 205

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 205

214-768-4563

www.smu.edu/StudentAffairs/OfficeoftheDeanofStudents/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

Dr. Bob Smith Health Center, Second Floor

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/DrBobSmithHealthCenter/Health-Promotion-and-Wellness

- 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 ("Wellness Champions") are a diverse group of students who are trained to provide education and outreach to fellow students on wellness issues.

ALCOHOLEDU

AlcoholEdu is a research backed training that helps prevent risky drinking and other drug use on campus and helps students reach their academic goals.

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. A Recovery Coordinator facilitates support groups and is available to meet with students.

214-768-2948 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.

The University will review its alcohol and other drugs programs biennially for effectiveness and consistency of application and, where necessary, make appropriate changes.

