

To All Employees of the Allegheny College Community,

In 1989, Congress passed the Drug-Free Schools and Communities Act Amendments (P.L. 101-226) to the higher Education Act of 1965. Those amendments require that -- as a condition of receiving funds or any other form of financial assistance under any Federal program after October 1, 1990 -- all institutions of higher learning must certify that they have adopted and implemented a program to prevent the use, of illicit drugs and the abuse of alcohol by students and employees. This notice is provided to all members of the Allegheny College community in compliance with that law.

Federal regulations require that this notice include a description of:

- The standards of conduct that prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on Allegheny College property or as part of any of its activities;
- The applicable legal sanctions under local, state or federal law for the unlawful possession or distribution of illicit drugs and alcohol;
- The health risks associated with the use of illicit drugs and the abuse of alcohol;
- The drug and alcohol counseling, treatment, rehabilitation, and re-entry programs available to Allegheny community members; and
- The College sanctions for violation of the standards of conduct.

If you have any questions about this law or related matters, please feel free to call the Human Resources Department. All inquiries will be handled confidentially unless otherwise directed.

Jennifer Padlan  
Director, Human Resources

## **Standards of Conduct Related to Drugs and Alcohol**

It is the policy of Allegheny College that the unlawful manufacture, dispensation, use, possession, consumption or distribution of illicit drugs and alcohol by employees on College property or as part of any of its activities is strictly prohibited.

The College will impose disciplinary sanctions on employees for violations of this Policy, based on the severity of the violation, up to and including termination of employment and referral for prosecution consistent with local, state and federal law.

As a condition of employment or continued employment with the College, all employees will be required to: (a) abide by the terms of Allegheny College's policy statement and (b) notify Allegheny College in writing within five calendar days after receiving notice of any criminal drug statute conviction for a violation occurring in a workplace.

Allegheny College is committed to the education of students, faculty, and staff regarding the dangers of alcohol and other drug abuse.

## **Legal Sanctions**

### **Alcohol**

Allegheny College adheres to the laws and the regulations that the state has mandated through the Pennsylvania Crimes Code and Act 31 (enacted March, 1988). The College does not tolerate or condone the misuse or abuse of alcoholic beverages. Any person violating the specific offenses outlined in the Pennsylvania Crimes Code is subject to external prosecution through the criminal justice system.

The specific criminal offenses and penalties include:

- 6309 Representing that a minor is of age. Misdemeanor of the third degree and carries a minimum of \$300 fine for a first time violation.
- 6310 Inducement of minors to buy liquor or malt or brewed beverages. Misdemeanor of the third degree and carries a minimum of \$300 fine for a first time violation.
- 6310.1 Selling or furnishing liquor or malt or brewed beverages to minors. Misdemeanor of the third degree and carries a minimum \$1,000 fine and a \$2,500 fine for a second offense. These fines are levied on a per person basis. Ten underage drinkers at a party could result in \$10,000 in fines for each person listed on the lease.
- 6310.2 Manufacture or sale of false identification cards. Misdemeanor of the second degree and carries a minimum of \$1,000 fine and \$2,500 for subsequent offenses. Maximum Penalties are \$5,000 in fines and two years in prison.

### **Other Penalties**

- Drunk driving is a serious crime that results in serious penalties. A first offense is \$300 - \$5,000 in fines, 48 hours - 2 years in prison, and a mandatory 12-month license suspension.
- Public drunkenness may result in a maximum fine of \$300 and 90 days in prison.
- Other violations may include bringing alcoholic beverages into the state without paying Pennsylvania taxes and selling or offering for sale alcoholic beverages without a liquor license. Violations of these laws can result in fines, imprisonment and confiscation of vehicles.

## Drugs and Controlled Substances

Allegheny College supports Act No. 64 (effective June 13, 1972) from the Pennsylvania Crimes Code which states that an individual(s) is in violation of the law if he/she manufactures, uses, sells, delivers, possesses and/or transfer controlled substances. Any employee in violation of any part of this Act is subject to prosecution.

Controlled substances include:

**Schedule I** - Drugs that have a high potential for abuse and no medical use in the U.S., such as LSD, Heroin, Mescaline, Quaaludes, and Marijuana.

**Schedule II** - Drugs having a high potential for abuse, but which are used medically and cause moderate dependency.

**Schedule III** - Drugs with less potential for abuse than those in Schedules I and II. These drugs are used as medicine and are said to cause moderate dependency.

**Schedule IV** - Drugs with less potential for abuse than those in Schedules I, II and III, which are also used medically and are said to cause limited dependency.

**Schedule V** - Drugs with a potential for abuse which are also used medically.

Schedule I drugs may not be dispensed, possessed or used legally under any circumstances. These are all contraband. Schedule II drugs may be used in an emergency when prescribed by a physician. Schedule III, IV and V drugs may be dispensed on a written or oral order of a physician and may be refilled a maximum of 5 times within 6 months of issue.

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The penalties for the manufacture, delivery, possession with intent to manufacture or deliver any controlled substance by an unlicensed person are as follows:

**Schedule I and II** drugs (defined as narcotics) - Felony; up to 15 years and/or \$250,000 fine.

**Schedule I, II or III** drugs (other than narcotics) - Felony; up to 5 years and/or \$15,000 fine.

**Schedule IV** drugs - Felony; 3 years and/or \$10,000 fine.

**Schedule V** drugs - Misdemeanor; 1 year and/or \$5,000 fine.

## Health Risks Associated with Alcohol and Other Drugs

### Alcohol

Although many people do not think of it as such, alcohol is a powerful, mood-altering drug. It is a central nervous system depressant that falls into a class of drugs known as sedative-hypnotics.

Like all drugs, alcohol's effects depend upon dosage. With alcohol, dosage is measured in terms of standardized drinks or "drink equivalents". A "drink" is defined as a 12 ounce beer, a 5 ounce glass of wine, a standard-sized mixed drink, or one shot of hard liquor. All these contain approximately the same amount of alcohol. The following two tables describe the effects of varying dosages of alcohol.

### Blood Alcohol Levels (BAC) and Effects

#### Approximate Blood Alcohol Levels

	<b>Body Weight</b>							
<b># of Drinks</b>	<b>100</b>	<b>120</b>	<b>140</b>	<b>160</b>	<b>180</b>	<b>200</b>	<b>220</b>	<b>240</b>
1	0.04%	0.03%	0.03%	0.03%	0.02%	0.02%	0.01%	0.01%
2	0.08	0.05	0.05	0.05	0.05	0.03	0.03	0.03
3	0.11	0.1	0.08	0.08	0.06	0.05	0.05	0.04
4	0.14	0.13	0.11	0.1	0.08	0.07	0.07	0.05
5	0.18	0.15	0.14	0.13	0.1	0.09	0.08	0.08
6	0.22	0.18	0.16	0.15	0.13	0.11	0.1	0.1
7	0.25	0.21	0.19	0.18	0.15	0.15	0.13	0.12
8	0.29	0.25	0.21	0.2	0.18	0.16	0.15	0.14
9	0.33	0.28	0.24	0.22	0.2	0.18	0.17	0.15
10	0.37	0.3	0.26	0.24	0.22	0.2	0.19	0.17
11	0.39	0.33	0.29	0.27	0.23	0.22	0.2	0.19
12	0.43	0.36	0.31	0.29	0.25	0.23	0.22	0.21
13	0.47	0.39	0.34	0.32	0.28	0.25	0.24	0.23
14	0.5	0.42	0.37	0.35	0.3	0.28	0.26	0.25
15	0.54	0.45	0.4	0.38	0.33	0.3	0.28	0.27

Note: This table assumes that all drinks are consumed in 1 hour. If drinking takes place over a longer period, subtract .02 from the chart for each additional hour. For example, if a person were drinking over a 3-hour period, subtract .04 from the chart reading to correct for additional two hours.

#### **BAC Predictable Effects on Behavior and Mental State**

- 0.02 - 0.03%      Few obvious effects; possible mild lightheadedness; mild relaxation; slight loosening of inhibitions; slight loss of shyness, mild intensification of existing mood.
  
- 0.05 - 0.06%      Slight sedation; feelings of warmth and relaxation; mild euphoria; loss of shyness; emotion and behavior may become exaggerated; deficits in fine motor skills and increased reaction times begin to appear at this level; there may or may not be recognition of these deficits. Driving is risky. (A commonly used term for this condition is "a little buzzed.")
  
- 0.08 - 0.09%      Feeling of euphoria; motor skills are clearly impaired; mild speech impairment may become noticeable; balance may be affected; sight and hearing acuity are reduced; judgment is impaired and decisions about further drinking are problematic; ability to evaluate or respond to sexual situations is similarly impaired

*(warning-legally, impaired consent is the same as no consent)*; recognition of cognitive and motor deficits is lost, and the drinker believes he/she is functioning better than he/she actually is; depression, if present, may become more pronounced. Driving is dangerous - in Great Britain, 0.8% is the level at which a driver can be cited for “driving while intoxicated.” (Common terms: “pretty buzzed,” “feeling no pain.”)

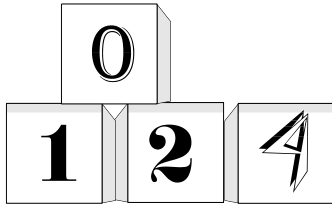
0.1 - 0.12%	Euphoria; motor skills are markedly impaired; lack of coordination and balance; memory and judgment are markedly impaired; recognition of impairment is lost; people often forget how many drinks they have had; inhibitions are gone; impotence can occur; emotions are exaggerated; increasing belligerence in some; “play” becomes increasingly louder. Driving is extremely dangerous - at 0.10% and beyond, a driver in Pennsylvania can be cited for “driving while intoxicated” (Common term: “faced.”)
0.14 - 0.17%	Major impairment of all mental and physical functions; euphoric (pleasant) feelings are beginning to give way to dysphoric (unpleasant) feelings; difficulties in walking, talking, and standing; severe deficits in judgment and perception; “play” becomes increasingly violent; risk of accidental injury to self and others increased; impotence is likely; blackouts (periods of amnesia for all or part of a drinking episode) occur for some at this level; significant loss of control over behavior. (Common term: “hammered.”)
0.20%	Dysphoria predominates; the individual feels confused and dazed; movement requires assistance from others; physical harm to self often goes unnoticed or is ignored; the person has the appearance of a “sloppy drunk”; nausea and vomiting may occur; gag reflex is affected and choking can occur if the individual vomits; blackouts are likely; standing upright is difficult. (Common terms: “blotto,” “trashed.”)
0.30%	Stuporous; little comprehension of the environment; loss of consciousness can occur; difficult to arouse.
0.35%	This is the level of surgical anesthesia; death due to respiratory arrest can occur in a few cases at this level.
0.40%	Comatose; absence of perception; death due to respiratory arrest is more likely.
> 0.40%	Deep coma and death due to anesthesia of nerve centers controlling respiration and heartbeat.

**NOTE:** The effects on an uninitiated drinker may be somewhat greater than those listed in the chart. Conversely, the effects on a heavy drinker will be modified somewhat by the drinker’s tolerance level.

### **Long-Term Health Risks and Other Medical Problems**

Other medical problems and long-term effects of excessive alcohol consumption can include elevated blood pressure, increased risk of heart attack, pancreatitis, cancer of the mouth and throat, cancer of the digestive system, and cirrhosis of the liver. In males, chronic heavy usage is associated with testicular atrophy and breast enlargement. Women should be aware that consumption of as little as one drink per day sharply increases the risk of breast cancer. Women who drink while pregnant risk the occurrence of fetal alcohol syndrome (FAS) in their unborn children. Fetal alcohol syndrome is associated with birth defects and mental retardation. Another side effect of alcohol consumption is unwanted weight gain. A standard service of alcohol has between 75-150 calories, depending on the type of drink, and merely adding one glass of wine a day to one’s diet can result in a weight gain of ten pounds in a year.

# “By the Numbers”



David Hunnicutt, Ph.D.  
Robert C. Schroeder, M.A.  
Maggie Mann, B.S.

## Setting Limits

How do you know when enough is enough? How can you reduce your risks for experiencing alcohol-related problems? The decision to drink should never be made without first considering your history with alcohol, your family history, and the current situation. In addition to figuring your BAC, you can use the following formula to determine how you can reduce your risks for alcohol-related accidents.

- ⊖ No more than **one** drink per hour.
- ⊖ No more than **two** drinks per day for men; **one** for women.
- ⊖ No more than **four** days per week.

Research indicates that if you exceed these recommendations, you increase the likelihood for experiencing an immediate impairment-related problem, a longer term health problem, or both.

## Other Drugs

**Mood-Altering Substances** - One of the major problems with the use of mood-altering substances is that tolerance and/or dependence may develop. Tolerance means that a drug becomes less effective with repeated use, and higher doses are needed to achieve its pleasurable effects. Use of the higher doses may have serious or catastrophic consequences. Dependence may be psychological or physiological. Dependent persons cannot, or feel that they cannot, function without the drug. When individuals are physiologically dependent, they experience withdrawal symptoms when they do not take the drug. All of the following substances, except LSD, have the potential for development of tolerance and dependence.

## Marijuana

<b>Methods of Use</b>	Smoked in joints or eaten
<b>Short-Term Effects</b>	A “high” or happy feeling; faster pulse rate; reddened eyes; quietness; sleepiness
<b>With Larger Doses and Longer Use</b>	Distorts time; sharpens or distorts senses; impairs short-term memory, thinking, ability to perform complex tasks; combining with alcohol increases effects on thinking, behavior, muscle control
<b>Long-Term Effects</b>	Loss of energy; ambition; risk of bronchitis, lung cancer; reduced sex hormones; impaired judgement; decrease in immunity; psychological dependence and moderate tolerance
<b>Withdrawal Symptoms</b>	Possible insomnia; irritability; appetite loss; anxiety

## Ecstasy

<b>Methods of Use</b>	Oral; inhaled; injected
<b>Short-Term Effects</b>	Increased alertness, heart rate; dilated pupils; dry mouth; nervousness; muscle tension
<b>With Larger Doses and Longer Use</b>	Possible overdose; hyperthermia; liver damage; exhaustion; anxiety; delusions; paranoia

## Stimulants Amphetamines, Cocaine, Benzedrine, Nicotine, Caffeine

<b>Methods of Use</b>	Oral; smoked; injected
<b>Short-Term Effects</b>	Enhanced mood; increased energy; talkativeness; alertness; restlessness; reduced appetite; rise in heart rate and blood pressure; dilated pupils
<b>With Larger Doses and Longer Use</b>	Excitability; sense of power; aggression; delusions and hallucinations; violence; high blood pressure; dry mouth; fever; sweating
<b>Long-Term Effects</b>	Malnutrition; emaciation; susceptibility to infections; kidney damage; lung problems; strokes; tolerance; and psychological dependence
<b>Withdrawal Symptoms</b>	Long, troubled sleep; ravenous hunger; depression; sometimes suicidal

## Depressants Barbiturates, Tranquilizers, Methaqualone

<b>Methods of Use</b>	Oral; sometimes injected
<b>Short-Term Effects</b>	Small dose produces mild “high”; dizziness; lethargy; drowsiness; impaired short-term memory; nausea; abdominal pain; with large doses effects similar to alcohol; mood swings; risk taking; bad judgement; lower blood pressure, heart rate, and breathing
<b>With Larger Doses and Longer Use</b>	Unpredictable; extreme behavior; severely impaired thinking, coordination; distorted perceptions; sleep or unconsciousness; extremely dangerous when combined with other depressants; possible death from overdose
<b>Long-Term Effects</b>	Impaired memory, thinking; hostility, depression; mood swings; impotence; chronic fatigue; menstrual irregularities; rapid tolerance and dependence
<b>Withdrawal Symptoms</b>	Temporary sleep disturbances; trembling; anxiety; weakness; seizures; delirium; hallucinations; high temperature

## LSD and Other Hallucinogens

<b>Methods of Use</b>	Oral; sniffed; injected
<b>Short-Term Effects</b>	Rapid pulse; dilated pupils; arousal; raised temperature; distortions of perception; exhilaration, or anxiety, panic; sense of power; violent behavior; occasionally convulsions
<b>With Larger Doses and Longer Use</b>	Anxiety; panic; paranoid delusions; occasional psychosis; injury or accidents due to delusions; tolerance develops rapidly/disappears quickly
<b>Long-Term Effects</b>	May include muscle tenseness; “flashbacks” (brief, spontaneous recurrence of prior hallucinations); panic; profound depression
<b>Withdrawal Symptoms</b>	possible flashbacks; anxiety

**Narcotics** - (opiates) are drugs which relieve pain and induce sleep. Some examples of narcotics are heroine, morphine, opium, codeine, meperidine, and methadone. The effects of narcotics use include shallow breathing, a reduction of appetite, thirst and sex drive; and drowsiness; brief euphoria; lethargy; heaviness of limbs; apathy; loss of ability to concentrate; and loss of judgment and self control. Some hazards of abuse include tolerance and physical and psychological dependence. Withdrawal is very painful. Overdose can cause coma, convulsions, respiratory arrest, and death. Risks from long-term use include malnutrition, infection, and hepatitis. Sharing of needles increases the risk of contracting AIDS.

**Performance-Enhancing Drugs** - The use of performance-enhancing drugs (e.g. anabolic steroids, amphetamines, etc.) by athletes in an attempt to gain a possible athletic advantage is a threat to their health and undermines the spirit of sportsmanship. Such drug use also threatens the health of others because of the pressure it may put on them to experiment with dangerous substances.

**The Abuse of Prescription and Over-the-Counter Drugs** - Individuals should follow the instruction of the prescribing physician in using prescription and/or over-the-counter drugs. Abuse of such drugs can result in serious physical and mental disability.

<b>Bomb Squad: Use with Booze and Lose</b>	
Drug Class/Trade Name(s)	Effects with Alcohol
<b>Anti-Alcohol</b> Antabuse	Severe reactions to even small amounts
<b>Anti-Depressants</b> Elavil, Prozac, Tofranil, Nardil	Increased central nervous system (CNS) depression, blood pressure changes. Combination use of alcohol with MAO inhibitors can trigger massive increase in blood pressure, resulting in brain hemorrhage and death.
<b>Depressants</b> Valium, Ativan, Halcion	Dangerous CNS depression, loss of coordination, coma. High risk of overdose and death.
<b>Narcotics</b> Heroin, Codeine, Darvon	Serious CNS depression. Possible respiratory arrest and death.
<b>Stimulants</b> Amphetamine, Cocaine	Masks depressant action of alcohol. May increase blood pressure, physical tension. Increases risk of overdose.



## Where To Go For Help or More Information

Several resources exist, both on and off campus, for students and employees to receive counseling, consultation, information, and programming resources related to alcohol and other drug use.

Area	Location	Phone #
Counseling Center*	Reis Hall	332-4368
Dean of Students Office	Reis Hall	332-4356
Residence Life	Reis Hall	332-3865
Student Athlete Mentors	Athletics	332-3351
Crawford County Drug and Alcohol Commission	898 Park Avenue	724-4100
Crisis Line		724-2732
Alcoholics Anonymous		337-4019
Stepping Stones Treatment Center	Meadville Medical Ctr.	333-5810
<b>Emergency Numbers</b>		
Security	Newton Observatory	332-3357
Meadville Medical Center	Emergency Room	333-5500
Winslow Health Center	Schultz Hall	332-4355

\*The Counseling Center is a service primarily available to students, but on rare occasions may be utilized for crisis intervention and/or employee referrals.