Howard University Alcohol and Drug Prevention Notice

Alcohol and Drug Abuse (Substance Abuse) Policy

In accordance with federal law, Howard University has adopted policies consistent with the Drug-Free Schools and Communities Act Amendments of 1989. Violations of University alcohol and drug abuse policy include, but are not limited to:

1. Use, possession, manufacture, distribution, or sale of illicit drugs or drug paraphernalia on University premises or in University-supplied vehicles.
2. Use, possession, or any manufacture, distribution, or sale of a controlled substance on University premises or in University-supplied vehicles.
3. Storage of any illicit drug, drug paraphernalia, or controlled substance whose use is unauthorized in a locker, desk, or other repository on University premises.
4. Possession, use, or distribution of alcohol by underage persons (under 21 years old); providing alcohol to underage persons or providing a space for the consumption of alcohol by underage persons.
5. Possession of an open alcohol container in a public area regardless of the individual's age.
6. Being under the influence of an unauthorized controlled substance or illicit drug on University premises or in University-supplied vehicles.
7. Use of a controlled substance that adversely affects the individual's work performance, safety at work, or safety of others at work that causes disruptive conduct due all or in part to being under the influence of a controlled substance; and/or that adversely affects the University's reputation in the community.
8. Possession, use, manufacture, distribution, or sale of illicit drugs off University premises that adversely affects the individual's work performance or safety, or safety of others at work.
9. Conviction under any criminal drug statute for a violation occurring in the workplace, residence hall, off-campus domicile, and/or under circumstances that adversely affect the University's reputation in the community.
10. Failure to notify the University of any conviction under any criminal drug statute for conduct occurring on campus or off-campus (for registered students), within five (5) days of conviction.
11. Refusal to sign a statement acknowledging receipt of University policy on alcohol and illicit drugs.

Assistance with Substance Abuse-Related Matters

Individuals with substance abuse-related problems should seek professional help from University and local community resources where such assistance is handled with the utmost confidentiality. Members of the University community suffering from substance abuse problems or having concerns in this area are encouraged to seek help without fear of punitive consequences.

Policy Violations Sanctions

Students, faculty and staff who violate the University's alcohol and drug policies will be subject to disciplinary action that may include referral for prosecution, expulsion from Howard University (for students), or termination of employment (for faculty and staff). On-campus affiliates may be recommended for termination of contract or agreement. The types of sanctions that may be imposed include prosecution that could result in federal and state fines and imprisonment. University penalties may include:

**Students**
- Participation in special workshops, classes or seminars
- Warning or reprimand
- Requirement to seek counseling
- Mandatory University or community service
- Restitution
- Parental/guardian notification
- Suspension or probation
- Expulsion from Howard University

**Employees**
- Verbal warning or written warning
- Requirement to seek counseling
- Suspension
- Demotion
- Termination of employment

Howard University reserves the right, on a case-by-case basis, to advise individuals who exhibit behaviors indicative of problematic use of alcohol or other drugs to seek professional assistance. This may include a referral to the Employee Assistance Program (EAP) for a professional assessment to determine the presence of alcohol or drug dependence, or a referral to the University Counseling Center, the Student Health Center, or the Dean for Student Services for counseling, advisement and/or treatment, as appropriate. Completion of referral recommendations may be included as part of the sanctions for violating University alcohol and drug policy.
Howard University Alcohol and Drug Prevention Notice

I. Summary of Alcohol and Drug Policy
Howard University alcohol and drug policy is consistent with applicable federal, state and local laws. University policy prohibits the unlawful manufacture, distribution, dispensation, possession, or use of any controlled substance or illicit drug by students, faculty and staff on or off its property or as a part of campus activities. To that end, Howard University wants students, faculty and staff to be informed about the possible consequences of their actions and the risks they take regarding the penalties imposed under University policies and local, state and federal laws for alcohol and drug abuse. This document complies with a federal law requirement and is distributed annually to students, faculty, staff and other members of the University community.

II. Alcohol and Drug Prevention Services Network
Office of the Dean for Student Services, University Counseling Service, Student Health Center, Office of Human Resources and Howard University Department of Public Safety form an alcohol and drug prevention services network and serve to increase awareness of the risks associated with alcohol and/or illicit drug abuse; sanctions that may be imposed; and guidance, assistance and support for those suffering from or at risk of having a substance abuse problem.

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<thead>
<tr>
<th>Network Services</th>
<th>Student</th>
<th>Faculty/Staff/Other member of HU</th>
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<tr>
<td>Office of the Dean for Student Services (202) 238-2420</td>
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<td>Howard University - Special Student Services</td>
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<td>University Counseling Service (202) 806-6870</td>
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<td><a href="https://www.howard.edu/services/counseling/nav20links/staff.html">https://www.howard.edu/services/counseling/nav20links/staff.html</a></td>
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<tr>
<td>Student Health Center (202) 806-7540</td>
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<td><a href="http://www.howard.edu/studenthealth/">www.howard.edu/studenthealth/</a></td>
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<td>Office of Human Resources (EAP) 202-806-1280</td>
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<td><a href="http://www.hr.howard.edu/Documents/GuidanceResources.pdf">http://www.hr.howard.edu/Documents/GuidanceResources.pdf</a></td>
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<td>Employee Assistance Program (EAP)</td>
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<td>Phone: 866-519-8354 / TDD: 800-697-0350</td>
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<td>Contact: guidanceresources.com</td>
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<td>HU Department of Public Safety (202) 806-1100</td>
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<td><a href="http://www.howard.edu/publicsafety/contact.html">www.howard.edu/publicsafety/contact.html</a></td>
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III. Health Risk Information

ALCOHOL - a drug/central nervous system depressant.

Insight
A number of college students in the United States die each year from excessive alcohol use. Drinking too much alcohol too fast can result in death. Mixing alcohol and other drugs, whether prescribed, over-the-counter medications, or street drugs, can also be deadly. If you encounter a person who is passed out, unconscious or cannot be easily aroused, or appears to have trouble breathing, it can be a fatal decision to put the person to bed, unattended, "to sleep it off." The safest action is to call for help. Call HU-Campus Police on (202) 806-1100 or 911 medical services.

1. Severe consequences can result from the use and abuse of alcohol and other psychoactive substances, without the development of dependence on alcohol or other drug.
2. Alcohol or other drug dependence can and does develop rapidly in teenagers and young adults from families with a history of alcoholism tend to be at a greater risk for developing an alcohol and other problems.
3. Acute alcohol poisoning, occurs when an individual consumes a large amount of alcohol in a short period of time. It may result in changes in breathing, and/or heart rate, the gag reflex and can lead to one being in a coma and/or to death.
4. Consumption of alcohol while using any over-the-counter and/or non-physician prescribed medications, especially pain killers such as OxyContin, can result in an unintended health consequences, e.g., addiction and dangers of an overdose.

Health Risks
1. It is important to understand that alcohol alters perception as well as impairs motor skills and judgment.
2. Moderate Use - May result in mood changes, impulsive actions, loss of judgment and loss of coordination.
3. Excessive and Long-Term Use - May cause heart damage, liver damage, damage to the digestive tract, cancer, brain damage, mental disorders, and blood disorders and birth defects; and may affect relationships, employment, academic and athletic performance, and self esteem.
CONTROLLED PSYCHOACTIVE SUBSTANCES - PRESCRIPTION PAIN RELIEVERS - Opium/morphine/codeine; Oxycodone (trade names include Percodan, Percocet and OxyContin); Hydromorphone (Palladone, Dilaudid); Hydrocodone (Vicodin, Lortab); Meperidine (Demerol); Fentanyl; Methadone; and Buprenorphine. The addiction disease can develop in almost any chronic user of psychoactive substances.

Health Risks
1. Oxycodone is a central nervous system depressant and can impair mental and physical abilities.
2. Whether swallowed, snorted, smoked, or injected these drugs are highly addictive.
3. Causes breathing irregularity/respiratory depression, headaches, nausea, dizziness, seizures, low blood pressure, and heart failure.
4. Overdose death is possible due to cardiac arrest or slowed breathing, especially when ingesting or snorting crushed pain relievers.

CLUB DRUGS - ROHYPNOL, GHB, AND ECSTASY (“MOLLY”) – odorless, tastless and colorless also known as “date rape” drugs.

Health Risks
1. The mere uncertainties about the sources, chemicals and possible contaminants used to manufacture these drugs and their effects on the brain make Club Drugs dangerous.
2. Rohypnol can impair judgment and motor skills and cause memory loss or blackouts (lasting 8 to 24 hours after ingestion). An individual may not remember events he/she experienced while under the influence of this drug.
3. GHB has sedative effects and at high doses may result in extreme drowsiness or sleep; can cause one to become comatose or cause seizures.
4. Ecstasy (“Molly”) has both stimulant and psychedelic effects; chronic abuse appears to cause damage to the brain and long-term use can cause depression and cognitive problems, particularly in memory and learning tasks.

Insight - If you feel disoriented, out of control, or not able to care for yourself, or make decisions, ask for help from a trustworthy person.
1. Do not go to parties alone; there is safety in numbers.
2. Do not accept a mixed drink or opened container and watch your drink as it is being mixed.
3. Don't share or exchange drinks with others nor leave your drink unattended.

AMPHETAMINES - PRESCRIPTION STIMULANT ABUSE - ADDERALL, CONCERTA, OR RITALIN - sometimes non-prescribed stimulants are used to cram for tests or do an “all-nighter” to write a paper.

Health Risks
1. Abuse and use of stimulants is dangerous and can cause serious cardiovascular, central nervous system, and other medical problems.
2. Taking stimulants without a doctor’s prescription can cause dangerous side effects in individuals with heart disease. It can increase heart rate, effect blood pressure, stimulate an overactive thyroid, cause anxiety, mental illness, and other medical conditions, e.g., can cause a stroke.

METHAMPHETAMINES – sometimes prescribed for obesity and ADHD; the illicit form is known as “CRYSTAL METH.”

Health Risks
1. Same as those for amphetamines.
2. Chronic use can result in drug cravings, withdrawal symptoms, paranoia, drug-related psychosis, brain-damage, “meth mouth” and stroke.

MARIJUANA (TETRAHYDROCANNABINOL) - is not a benign drug, its effects are not as dramatic and one tends to deny that this drug is addictive and dangerous.

Health Risks
1. It is well established that the use of marijuana disrupts short term memory.
2. Can cause mental confusion, distortion of the passage of time, impaired judgment, and may result in a user’s inability to perform multiple interactive tasks. Heavy use can have serious effects on motivation, drive and focus that may not become apparent until after the person stops using the drug.
3. For some, use of the drug can trigger, or be associated with, development of mental health problems such as anxiety and depression.

COCAINE - central nervous system stimulant.

Health Risks
1. Use can deplete energy resources, induce paranoia/schizophrenia, trigger intense craving, cause sexual dysfunction; damage heart muscles, arteries, other blood vessels, and increase risk of seizures and strokes.
2. Chronic use can worsen an existing depressive disorder.

HEROIN – affects the central nervous system.

Health Risks:
1. Effects cardiac functions that severely slow down breathing sometimes to the point of death.
2. Using pure forms of the drug can cause a fatal overdose by suppression of respiration.
SYNTHETIC STIMULANTS ("BATH SALTS") AND K2 OR SPICE ("FAKE WEED") - these drugs are not sold through legitimate channels. As with all drugs purchased on the “street” or over the internet, one must be aware of the dangers of using an unknown and unregulated substance.

Health Risks:
1. Synthetic Stimulants ("bath salts") effects include agitation, insomnia, irritability, dizziness, depression, paranoia, delusions, suicidal thoughts, seizures, panic attacks.
2. Cause impaired perception of reality, reduced motor control, decreased ability to think clearly and can cause increased heart rate, chest pains, nosebleeds, sweating, nausea, and vomiting.
3. K2 or Spice effects are similar to marijuana and can include paranoia, anxiety, increased heart rate and blood pressure.

Sanctions
Below are descriptions and brief summaries of some of the sanctions under federal, state and local drug and alcohol offense statutes. Concerned individuals should consult local, state or federal prosecutors or their own attorneys for further information. Howard University students are not exempt from these laws by virtue of their status as students or their presence on Howard University property. The following information is provided for informational purposes only and is not intended to describe fully all of the pertinent laws regarding drug or alcohol offenses.

Federal Sanctions

Federal Law prohibits generally the manufacture, distribution, or dispensing of a controlled dangerous substance and, under certain circumstances, of a counterfeit substance. It is also a crime to possess a controlled dangerous substance with the intent to manufacture, distribute or dispense the substance. Conviction for one of these "distribution offenses" is punishable by imprisonment, a fine, or both. The length of imprisonment and the amount of the fine depend on the type and amount of the drug involved.

Further, the federal law states that a first conviction for any federal or state drug possession offense may disqualify the offender from receiving any federal benefits (including, for example, student loans) for up to one year.

State and Local Sanctions

Maryland Drug Law states that an individual convicted of the manufacture, distribution, dispensing, or possession of certain controlled dangerous substance with an intent to do any of the foregoing is subject to imprisonment, a fine, or both. Depending on the drug types and amount and the Maryland statute provides for increasingly stiff penalties with each drug offense conviction.

Maryland Alcohol Law states that it is unlawful for any person under 21 years of age to possess alcoholic beverages, misrepresent his/her age or the age of another to obtain alcoholic beverages; further, to furnish alcoholic beverages to another if he/she knows the recipient of the beverage is under 21 years old.

Driving Under the Influence of Alcohol or Drugs - no individual shall...under the influence of intoxicating liquor or any drug or any combination thereof, operate or be in physical control of a vehicle in the District. No individual under 21 years of age shall, when the individual’s blood, breath, or urine contains any measurable amount of alcohol, operate or be in physical control of any vehicle in the District. No individual shall, while the individual’s ability to operate a vehicle is impaired by the consumption of intoxicating liquor, operate or be in physical control of any vehicle in the District. This includes the operation of a non-motorized bicycle.

District of Columbia Drug Law states that it is unlawful for any person to knowingly or intentionally manufacture, distribute, or possess, with intent to manufacture or distribute, controlled substances or drug paraphernalia. A conviction under local laws may result in imprisonment, a fine, or both. The length of prison term and the amount of the fine depend upon the particular type of controlled substance(s) involved. Subsequent convictions and violations involving distribution to minors carry increased penalties, up to twice the usual sanctions.

District of Columbia Alcohol Law states that no person under 21 years of age may consume, purchase, and attempt to purchase, or otherwise possess alcohol, falsely represent his/her age, possess or present fraudulent identification for the purpose of procuring alcohol. Nor may a person purchase alcohol for the purpose of delivering it to another person who is under 21 years of age. Nor may a person who is not an Alcoholic Beverage Regulation Administration license holder may make available alcohol to any person under 21 years of age, except when necessary for the person under 21 years of age to perform lawful employment responsibilities (e.g., restaurant wait staff).

Driving Under the Influence of Alcohol or Drugs - no individual shall...under the influence of intoxicating liquor or any drug or any combination thereof, operate or be in physical control of a vehicle in the District. No individual under 21 years of age shall, when the individual’s blood, breath, or urine contains any measurable amount of alcohol, operate or be in physical control of any vehicle in the District. No individual shall, while the individual’s ability to operate a vehicle is impaired by the consumption of intoxicating liquor, operate or be in physical control of any vehicle in the District. This includes the operation of a non-motorized bicycle.
University Sanctions

Howard University prohibits the unlawful manufacture, distribution, dispensation, possession, or use of any controlled substance or illicit drug on its property or as a part of campus activities. Students, faculty and staff who violate the University’s alcohol and drug policy will be subject to disciplinary actions that could range from being referred for prosecution, to include students being recommended for expulsion from the University and faculty and staff being recommended for termination from employment. The University reserves the right, on a case-by-case basis, to advise individuals who exhibit behaviors that indicate problematic use of alcohol or other drugs to seek or be referred to a professional for assessment as to the presence of alcohol or drug dependence and referral for counseling and/or treatment, as appropriate. Completion of referral recommendations may be included as part of the sanctions for these violations. (See University policy at www.howard.edu/policy)

Referral List: Alcohol and Substance Abuse Programs

The Addiction Prevention and Recovery Administration (APRA) is the Single State Authority (SSA) for substance abuse services for the District of Columbia. APRA regulates and sets policy for substance abuse prevention, treatment, and recovery services. It is also the major purchaser of substance abuse services for District of Columbia residents without insurance.

Howard University Office of Human Resources
Employee Relations, Employees Assistance Program (EAP)
The EAP contact: guidanceresources.com
Phone: (866) 519-8354 / TDD: (800) 697-0350

Addiction Prevention and Recovery Administration (APRA) - Administration Office
Hours of Operation: 8:15 am - 4:45 pm
Phone: (202) 727-8857  Fax: (202) 727-0092

Assessment and Referral Center (ARC)
Hours of Operation: 7 am - 5 pm
70 N Street, NE, Washington, DC 20002
Phone: (202) 727-8473  Fax: (202) 727-8411

Safe Haven, Inc.
1140 North Capitol Street, NW (9th & 10th Floors)  
Washington, DC 20001  
(202) 589-0804

Salvation Army Adult Rehabilitation & Treatment Center Harbor Lights
2100 New York Avenue, NE, Washington, DC 20018
(202) 269-6333

So Others Might Eat (SOME)
71 2nd Street NW, Washington, DC 20001
(202) 797-8806

Washington Hospital Center
Chemical Dependence Treatment Services
216 Michigan Ave NE, Washington, DC 20017
(202) 877-6508 or (202) 877-0886

Family and Medical Counseling Services, Inc.
2041 Martin Luther King Jr. Ave, SE, Washington, DC 20020
(202) 889-7900

Regional Addiction Prevention (RAP), Inc. is a nonprofit organization offering residential substance abuse treatment using the therapeutic community (TC) modality. The Calvin Rolark Center - our central facility
1949 4th Street, N.E., Washington, D C 20002
Call us at (202) 462-7500 or email at info@rapinc.org

Providence Hospital/Seton House
1053 Buchanan St NE, Washington, DC 20017
(202) 269-7222, (202) 269-7777 or 7395

Clean and Sober Streets
425 2nd St., NW, 2 North, Washington DC 20001
Walk-ins accepted. Please call (202) 783-7343
Payment: there is no payment for treatment.

Kolmac Clinic
1411 K Street, N.W., Suite 703, Washington, DC 20005
Phone: (301) 589-0255

Costs & Insurance: The daily charges are $400 for detoxification, $193 for rehabilitation, $120 for the initial clinical evaluation and $100 for continuing care. Most insurance plans cover part or all of the costs at Kolmac. The exact out-of-pocket expense for the patient varies accordingly. Patients interested in treatment with us should call with insurance information and our staff will explain costs. Once the patient has scheduled an appointment, our staff will verify the insurance coverage. Payment plans are available if needed. Some of the insurance plans and managed care companies that cover treatment at Kolmac:

- Aetna
- AmericanPsychSystems
- Carefirst BlueCross BlueShield (FEP, HMO, PPO)
- CIGNA
- Kaiser
- Magellan
- MAGMIS
- National Capital PPO (NCPPO)
- United Behavioral Health
- United Healthcare
- ValueOptions

Other Resources

Alcoholics Anonymous
Al-Anon/Alateen
National Council on Alcoholism and Drug Dependence Inc.