



American Academy of Health and Wellness
**PROMOTING AN ALCOHOL AND DRUG-FREE
CAMPUS:
A RESOURCE AND POLICY GUIDE FOR STUDENTS**

In compliance with the Drug Free Schools and Communities Act Amendments of 1989 (Public Law 101-226), the American Academy of Health and Wellness (AAHW) is committed to promoting an educational and workplace environment which ensures that students and employees can learn, work and develop to their full potential. The use and abuse of alcohol and other controlled substances has a negative impact on the ability of students and employees to learn and work to their full potential. In recognition of this fact, AAHW has implemented and will enforce the following drug- and alcohol-free campus policies. This guide also contains information on the health risks associated with the use of controlled substances and provides a list of community resources available to students and employees who may wish to seek help.

Drugs, Alcohol Prohibited:

AAHW is committed to maintaining a drug-free environment for its students. In compliance with state, federal and local law, AAHW prohibits the unlawful possession, use, distribution, sale or manufacture of alcohol, controlled substances, or illicit drugs on school property or as part of any institutionally-authorized activity. Consumption or display of alcoholic beverages or controlled substances is prohibited on school property. The Roseville Professional Building also has restrictions against the consumption or sale of controlled substances in the building or parking lot. Alcohol may not be served to, consumed, or possessed by anyone under the age of twenty-one.

Exceptions:

Drugs prescribed by a physician, dentist, or other person licensed to prescribe or dispense controlled substances or drugs used in accordance with their instructions are not subject to this policy. Students and staff using any substances, drugs, or medicines that cause drowsiness or other side effects that may impair their ability to perform in a school-related or classroom setting are obligated to inform a school administrative officer or faculty member of such medication use.

Liquids containing alcohol are permitted to be used by faculty members, or by students under the supervision of faculty members, when they are being used for instructional purposes in a classroom setting to demonstrate the processing of medicinal herbs in accordance with traditional Chinese medicine principles.

Tobacco:

The use of tobacco products is not permitted in the campus building. Tobacco products may be used outdoors, in areas designated for smoking. AAHW's Student Clinic can provide acupuncture treatments for smoking cessation.

Disciplinary Actions:

Students who violate federal or state laws concerning drugs or alcohol are subject to criminal prosecution.

The unlawful possession, use, distribution, sale or manufacture of alcohol or controlled substances on AAHW premises will constitute grounds for dismissal from the program. Illegal violations will be reported to local law enforcement.

Any student or employee under the influence of drugs or alcohol while on AAHW premises will be subject to discipline, up to and including dismissal from the program or termination of employment.

Disciplinary action may be altered or reduced if the student agrees to an alcohol/drug assessment by a state-approved agency, conducted by a certified alcohol/drug abuse counselor, and follows the counselor's recommendations. Any counseling and treatment costs related to this policy shall be the responsibility of the student.

Legal Sanctions for Drug- and Alcohol-Related Offenses:Drug Offenses

Under Federal Sentencing Guidelines, a first-time offender for unlawful possession of a controlled substance can be sentenced to up to six years in prison. A sentence of life imprisonment can result from a conviction for possession of a controlled substance that results in death or bodily injury. Possession of more than five grams of cocaine can trigger an intent-to-distribute penalty of 10 to 16 years in prison. USSG, s. 2D2.1(b)(1). Additional federal sanctions include forfeiture of property; forfeiture of vehicles, boats or aircraft used to transport or conceal a controlled substance; denial of federal benefits and revocation of licenses.

Under Minnesota Law, penalties vary with the amount of the drug confiscated; the type of drug found; the number of previous convictions; and intent to manufacture, sell or use the drug. For example, possession of three grams of cocaine can result in a fine up to \$250,000 and a prison term up to 20 years.

Driving While Impaired (DWI)

In Minnesota, any driver whose alcohol concentration is .08 or higher may be convicted of DWI. Minnesota Statute 169A.20. In addition, a driver can be convicted of DWI even if his/her alcohol concentration is under .08. or if he/she is found to be under the influence of a controlled substance. Minn. Stat. § 169A.20. Police use observation, sobriety testing, and alcohol concentration level to determine whether a driver is under the influence. A person convicted of DWI may be sentenced to a misdemeanor, gross misdemeanor or felony. Depending on the circumstances of the case, the driver's alcohol concentration, and the number of prior offenses, a driver can be sentenced to probation, jail time for 30 days or more, or prison for one year or more. Additional consequences

include revocation of the driver's license, community service, mandatory drug treatment, and anger management counseling. Under Minnesota law, it is also a crime to refuse to submit to chemical testing of the person's blood, breath or urine. Minn. Stat. §169A.20.subd. 2.

Violations by Persons Under 21

Minnesota law prohibits the consumption, possession, and purchase of alcohol by anyone under the age of 21. Minn. Stat. §340A.503. Furthermore, it is illegal for any person under the age of 21 to sell or provide to others alcohol or to enter an establishment that sells alcohol with the purpose of purchasing alcohol or to enter such an establishment by misrepresenting his/her age. Minn. Stat. §340A.503

Social Host Liability

Social host liability means that anyone over 21 who knowingly serves alcohol to someone under 21 may be held civilly liable for any damages subsequently caused by that person. Minn. Stat. §340A.90, subd. 1.

Associated Health Risks:

There are risks associated with the chronic use of all psychoactive drugs, including alcohol. Acute or "experimental" use of drugs can result in a range of adverse health effects from nausea and anxiety to coma and death. Described below are some of the health effects of alcohol and other drugs. Please note special cautions:

- The extent and the likelihood of negative side effects increase significantly if drugs are used in combination (including alcohol or over-the-counter medications).
- A pregnant woman who uses alcohol, cigarettes or other drugs exposes her fetus to serious risks, such as miscarriage, low birth weight or brain damage.
- The frequent use of any drug increases the likelihood of becoming dependent.
- There is a significant risk of being infected with the virus that causes AIDS or other diseases for those who inject drugs and share needles.

Alcohol is the drug most frequently abused on college campuses and in our society. Even small amounts of alcohol can significantly impair the judgment and coordination required to safely drive a car. The consumption of alcohol also increases the incidence of aggressive acts, including acquaintance rape, spousal and child abuse, and property damage. Moderate to large amounts of alcohol can severely impair one's ability to learn and remember information. Because alcohol acts as a depressant on the central nervous system, it can increase feelings of depression or suicide. In very large amounts it can cause respiratory and cardiac failure, resulting in death.

Marijuana has been found to impair short-term memory and comprehension. Hours after the feeling of getting high fades, the effects of marijuana on coordination, perception and judgment remain. Marijuana is the second most frequent drug (after alcohol) found in the blood of individuals involved in fatal accidents. An overdose may bring on paranoia,

panic attacks or other psychological problems. Chronic use has been associated with lung damage, abnormalities in the reproductive system and decreased motivation.

Stimulants, including cocaine and amphetamines, can cause anxiety, panic attacks, agitation, high blood pressure, irregular heartbeat, chronic sleeplessness and hallucinations. Cocaine and crack cocaine are extremely dangerous and can rapidly cause addiction. An overdose can result in seizures and death. Hallucinogens such as LSD, MDA, PCP (angel dust), mescaline, and peyote can cause powerful distortions in perception and thinking. Intense and often unpredictable emotional reactions can trigger panic attacks or psychotic reactions. Some hallucinogens can cause heart or lung failure. Inhalants can cause nausea, headaches, irregular heartbeat and damage to lungs, bone marrow, kidneys and liver. Sudden death can occur due to brain and heart damage.

Narcotics such as heroin, codeine, morphine and opium are highly addictive. Overdose may lead to convulsions, coma or death.

Tobacco use is associated with more deaths than all other drugs combined. Nicotine increases heart rate and raises blood pressure. Long-term effects include emphysema, bronchitis, heart disease, and lung cancer.

Resources for Alcohol/Drug Treatment:

National:

Substance Abuse & Mental Health
Services Administration (SAMSA)
1-800-662-4357 (24 Hours)

National Rehabs Directory
www.rehabs.com

Twin Cities:

Alcoholics Anonymous (24 Hours)
St Paul: 651-645-4005
Minneapolis: 612-871-2218

Narcotics Anonymous
3737 3rd Ave. So. Mpls
612-822-9472

Tubman Chrysalis Center
(women only)
4432 Chicago Ave S, Minneapolis
612-870-2426

Hazelden Betty Ford Foundation
11505 36th Ave. No., Plymouth, MN
877-803-1520

Fairview Recovery Services
606 24th Ave. So, Ste. 700, Minneapolis
612-672-6600

Twin Town Treatment Center
463 Aldine St., Saint Paul
651.645.3661

For more information about drug use and prevention, visit the National Institute for Drug Abuse website at: www.nida.nih.gov