

# Alcohol and Drug Abuse Policies and Educational Programs

**Northern Kentucky University prohibits the unlawful possession, use, or distribution of drugs and alcohol on its property or as a part of its activities:**

A clear statement of unacceptable conduct and consequences related to substance abuse is found in the NKU student handbook, Code of Student Rights and Responsibilities, and is restated in this statement in Section I.

## **SECTION I:**

Students may be accountable to both civil authorities and to the University for acts which constitute violations of law and of this code. Those charged with violations are subject to University disciplinary proceedings pending criminal proceedings and may not challenge University proceedings on grounds that criminal charges for the same incident have been dismissed, reduced, or not yet adjudicated.

**The following misconduct is subject to disciplinary action:**

- Unauthorized distribution or possession for purposes of distribution, or use of any controlled substance or illegal drug, as defined by Kentucky Revised Statutes, chapter 218A, on University premises or at University-sponsored activities.
- The use or possession of alcoholic beverages on University property except as authorized by University policy.
- Appearing in a public place on University premises or at University-sponsored activities manifestly under the influence of a controlled or other intoxicating substance to the degree that there is danger to self, others, or property, or there is unreasonable annoyance to persons in the vicinity.
- Aiding or abetting any conduct described above.

The legal drinking age in Kentucky is twenty-one (21). Individuals are personally responsible for knowing the laws applying to substance abuse in the Commonwealth of Kentucky. In particular, individuals should be aware of the legal consequences for violation of the legal age, use of false identification, drunk driving, and the sale or distribution of illicit drugs.

## **SECTION II:**

Recognizing that alcohol and drug abuse is a serious problem in our society, Northern Kentucky University offers a variety of educational and assistance programs to the student population:

- An alcohol and drug abuse awareness week will be held bi-annually.
- The Department of Athletics has an alcohol/drug education and assistance program for athletes.
- Residence hall programs on drug and alcohol abuse are held annually.
- Alcohol and drug training sessions are held annually for residence hall assistants.
- Information on presentations and literature on substance abuse are available in Health, Counseling and Prevention Services, Room 440, University Center. For more information call 859.572.5650.

- Students concerned about their own alcohol and/or substance use or if they are concerned about a friend are encouraged to consult with the Alcohol and Other Drug Counselor at Health, Counseling and Prevention Services. Students may receive a confidential evaluation and referral to appropriate community agencies, if necessary.
- Alcohol and/or drug use can present serious problems to student’s health and quality of life. Students who use drugs, abuse prescription medications or overindulge in alcohol could face damaging legal consequences and lose financial aid and be expelled from the university. Some of the possible emotional and physical health consequences of specific drugs are listed below:

Drug	Short-Term Effects	Long Term Effects	Risk of Dependence	Effects of Overdose
Alcohol: A central nervous system depressant	Impairs judgment, reduced alertness & coordination, depression.	Cancer, liver damage, respiratory arrest, heart disease, delirium tremens & death	Physical: High Psychological : High	Alcohol poisoning, coma & death
Cannabis(marijuana, Hashish): A central nervous system depressant	Impairs memory, paranoia, difficulty learning new things	A motivational syndrome, Cancer of the mouth, throat, lungs, anxiety and panic attacks	Physical: Low Psychological : High	Death
Depressants(Barbiturates, Benzodiazepines, Gamma Hydroxybutyrate-GHB)	Depression, slurred speech, disorientation	Convulsions, coma, and death especially if mixed with other depressants like alcohol	Physical: Moderate to High Psychological: High	Drowsiness, fainting, coma and death
Stimulants(Cocaine, Amphetamines, Methamphetamines)	Increased heart rate, blood pressure, euphoria, increased energy, mental alertness followed by crash	Tremors, psychosis, stroke, seizures, risk of contracting HIV/AIDS	Physical: High Psychological: High	Seizures, coma, and death
Hallucinogens(LSD, PCP, Psilocybin-mushrooms, dextromethorphan-DXM)	Paranoia, Impaired coordination, perception and cognition, delusions, sweating, nausea	Convulsions, coma, cardiac arrest, flashbacks, sleep problems and death	Physical: None Known Psychological: Moderate to High	Uncontrolled flashbacks, stroke, death
Narcotics(Heroin, Opium, Morphine, Codeine)	Euphoria followed by depression, drowsiness, and cognitive impairment	Continued use can cause convulsions, coma, and death	Physical: High Psychological: High	Can range from euphoria to death
Tobacco (Nicotine)	Bad breath, damage to skin, hair, blood circulation and breathing problems	Cancer of lungs, mouth, throat, COPD, and death	Physical: High Psychological: High	Can lead to cardiac arrest and death if ingested
Anabolic Steroids	Acne, hair loss, liver and kidney dysfunction	Testicular atrophy, menstrual problems, heart failure, death	Physical: Low Psychological: High	Liver damage, cardiovascular problems, Cancer, and death

\*NIDA (March 2011), *Commonly Abused Drugs*, retrieved June 2013 from [www.drugabuse.gov](http://www.drugabuse.gov) .