

DRUG & ALCOHOL ABUSE PREVENTION INFORMATION

ALCOHOL AND DRUG POLICIES

The use of alcoholic beverages, though acceptable for persons 21 years of age or older, is a matter of concern for the College. The College is committed to the safety and welfare of all students and the College community. The College also is charged with the responsibility of maintaining an academic and social environment conducive to learning, growth, and development. Parents of students under the age of 21 will be notified of any alcohol or controlled substance violations.

The Drug-Free Schools and Communities Act Amendments of 1989, Public Law 101-226, require AIB College of Business to adopt and implement a program to prevent the unlawful possession, use, or distribution of illicit drugs and the abuse of alcohol by students and employees. All students, employees, and visitors of the College are prohibited from the unlawful possession, use, or distribution of drugs or alcohol on the property owned by AIB or as part of any College-sponsored activities.

Alcohol Policy:

The laws of the State of Iowa regulating the purchasing, dispensing, possession, and consumption of alcoholic beverages will apply to all members of the College community. Each person will be expected to abide by the laws and will be held responsible by civil law enforcement agencies for his or her own actions in any situation involving a violation of Iowa laws regarding alcoholic beverages.

Students of legal age (21 years or older) will be permitted to consume alcoholic beverages in the privacy of their own apartment if they reside in Dalton Hall, Merk Hall, Davidson Hall, Honors Hall, Power Hall, Opie Hall, or Kay Smith Eagles Hall, as long as ALL of the roommates are 21 or older. At no time will alcohol or empty alcohol containers be permitted in Fenton Hall or in any apartment where minors reside. Students who are of legal age are not allowed to consume alcohol in common housing areas such as hallways, outside of the buildings, or in the parking lots. Residence Life staff will be able to answer any questions a student might have concerning the AIB alcohol policy. All students must have a valid driver's license or government issued ID card and be ready to prove their age should they be asked by College personnel or safety officers.

The College's decision to allow students age 21 or above to drink alcohol is an accommodation of their legal rights. We expect those students to behave in an adult manner. Drunkenness will not be tolerated.

- **The first time a student violates the alcohol policy, the student will receive a written warning.**
- **A second violation of the alcohol policy will result in a \$50.00 fine.**
- **A third violation of the alcohol policy will result in a \$75.00 fine.**
- **A fourth violation of the alcohol policy will result in a \$250.00 fine.**
- **Subsequent violations will result in further disciplinary action, including but not limited to, social probation or expulsion from the College.**

Questions often arise, so let us be clear:

"I'm 22 and my roommate is 20. Is it all right for me to drink in the apartment?"

No – all residents must be at least 21 years of age for alcohol to be allowed.

"Am I allowed to have keg parties in my on-campus apartment?"

No – Kegs are not allowed anywhere on campus.

"My roommate and I are both 24 – is it all right for us to drink if we have some 19-year-old friends visiting our apartment?"

No – at no time should you have alcohol present while minors are in your apartment. It's often hard to determine who is drinking and who is not. Never give alcohol to minors; this is a serious offense in the eyes of the law.

"We are all of age and we want to have 20 friends over to party – is this okay?"

No – large gatherings of people consuming alcohol usually get out of hand. Loud music and commotion are a disruption to the other students living in your building. Please be respectful of their privacy.

Iowa State Penalties and Sanctions

Iowa Code§123.46: A person shall not use or consume alcoholic liquor, wine, or beer upon public streets or highways. A person shall not use or consume alcoholic liquor in any public place except premises covered by a liquor control license. A person shall not possess or consume alcoholic liquors, wine, or beer on public school property or while attending a public or private school-related function. (See: Simple Misdemeanor)

Iowa Code§123.47(1): Providing alcoholic liquor, wine or beer to a person knowing or having reasonable cause to believe that person to be under the legal age. Depending on the result the violation has on the underage person(s), penalties range from confinement not to exceed 1 year, 2 years or 5 years and/or fines not to exceed \$1,500 to \$5,000. (See: Serious Misdemeanor, Aggravated Misdemeanor, Class D felony)

Iowa Code§123.47(2): Purchasing or possession by a person or persons under the legal age. Depending on the number of violations, penalties range from a simple misdemeanor, a fine of \$500, or community service of an equivalent value to the fine imposed, and a substance abuse evaluation and/or suspension of the person's motor vehicle operating privileges for a period not to exceed one year.

Iowa Code§123.49: Providing alcoholic liquor, wine or beer to an intoxicated person. (See: Simple Misdemeanor)

Illicit Drug Policy:

When any member of the College community has been charged with the use, possession, distribution, or sale of marijuana, cocaine, amphetamines, or any other controlled substance as outlined by the federal and state Controlled Substance Act, the College may contact law enforcement agencies, which is likely to result in arrest and prosecution.

- Any student who violates the drug policy will receive a written warning and may be placed on social probation.
- A second violation of the drug policy will result in social probation, removal from campus housing, and a \$150.00 fine.
- A third violation of the drug policy will result in expulsion from the College.

Students who are asked to leave campus housing because of disciplinary action during a term are not eligible to receive a refund of unused rent or their housing deposit. If the resident, who is found in violation, does not cooperate with the outlined sanctions, he/she faces further disciplinary action, which can include expulsion from the College. Violations non-academic in nature, may be appealed to the Vice President of Student Life within three days of receiving notice.

Federal Penalties and Sanctions for Illegal Possession of a Controlled Substance

21UnitedStatesCode844(a): 1st conviction: Any person who violates this subsection may be sentenced to a term of imprisonment of not more than 1 year, and shall be fined a minimum of \$1,000, or both. After 1 prior drug conviction: shall be sentenced to a term of imprisonment for not less than 15 days but not more than 2 years, and shall be fined a minimum of \$2,500.

After 2 or more prior drug convictions: shall be sentenced to a term of imprisonment for not less than 90 days but not more than 3 years, and shall be fined a minimum of \$5,000. Special sentencing provisions for possession of crack cocaine: shall be imprisoned not less than 5 years and not more than 20 years, and fined a minimum of \$1,000, if:

- a) 1st conviction and the amount of crack possessed exceeds 5 grams.
- b) 2nd crack conviction and the amount of the crack possessed exceeds 3 grams.
- c) 3rd or subsequent crack conviction and the amount of crack possessed exceeds 1 gram.

21UnitedStatesCode853(a) and 881(a)(7):

Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than 1 year imprisonment. (See special sentencing provisions re: crack.)

21UnitedStatesCode881(a)(4):

Forfeiture of vehicles, boats, aircraft, or any other conveyance used to transport or conceal a controlled substance.

21UnitedStatesCode844a:

Penalties for simple possession

1st conviction – Imprisonment of not more than 1 year, and shall be fined a minimum of \$1,000 or both.

2nd conviction – Imprisonment for not less than 15 days but not more than 2 years, and shall be fined a minimum of \$2,500.

3rd conviction – Imprisonment for not less than 90 days but not more than 3 years, and shall be fined a minimum of \$5,000.

21UnitedStatesCode862b:

Denial of Federal benefits, such as student loans, grants, contracts, and professional and commercial licenses, up to 1 year for 1st offense, up to 5 years for 2nd and subsequent offenses.

18UnitedStatesCode922(g):

Ineligible to receive or purchase a firearm.

Iowa State Penalties and Sanctions

IowaCode§124.401(5): Possession of a controlled substance. Substances other than marijuana: (See: Serious Misdemeanor). Marijuana: Imprisonment not to exceed 6 months and/or fine not to exceed \$1,000. Suspended sentences may include probation and required participation in drug treatment program.

IowaCode§124.401: Manufacture, delivery, or possession with intent to manufacture or deliver a controlled substance or counterfeit or simulated controlled substance. Depending on nature of substance, penalties range from imprisonment for periods not to exceed 6 months, 2 years, 5 years, 10 years, 25 years or 50 years and/or \$1,000,000. (See: Class B, C, D Felony)

IowaCode§124.406: Distribution of a controlled substance to person under age 18. Depending on nature of substance and ages of parties, penalties range from imprisonment for periods not to exceed 25 years, 10 years or 2 years and/or fines not to exceed \$100,000, \$50,000 or \$5,000. (See: Class B, C, D, and Aggravated Misdemeanor)

IowaCode§124.407: Sponsoring, promoting or assisting with a gathering with knowledge that controlled substance will be distributed, used or possessed there. Controlled substances other than marijuana: (See: Class D felony). Marijuana: (See: Serious Misdemeanor).

Second or subsequent offenses of most of the above-referenced offenses may be punished by imprisonment for a period up to three times the term otherwise authorized and/or a fine of up to three times the amount otherwise authorized.

IowaCode§124A.4: Manufacture, delivery or possession with intent to deliver an imitation controlled substance. Depending on ages of the participants: (See: Class D or Aggravated Misdemeanor).

IowaCode§903.1: Unless there is a specific penalty attached (such as for operating while intoxicated or domestic assault), misdemeanors can be punishable simply by monetary fine, although there is also the possibility of a jail or prison term. Work release may be granted to those serving jail terms, to allow them to maintain employment. Generally, the penalties for misdemeanor level offenses in Iowa are as follows:

Simple Misdemeanor: Shall be a fine of at least \$65 but not to exceed \$625 and/or imprisonment not to exceed 30 days.

Serious Misdemeanor: Shall be a fine of at least \$315 but not to exceed \$1,875 and possibility of imprisonment not to exceed 1 year.

Aggravated Misdemeanor: Shall be imprisonment not to exceed 2 years and a fine of at least \$625 but not to exceed \$6,250. When a judgment of conviction of an aggravated misdemeanor is entered against any person and the court imposes a sentence of confinement for a period of more than 1 year, the term shall be an indeterminate term.

IowaCode§902.9: Unless there is a specific penalty attached (such as for forcible felonies, including sexual assault and murder), the penalties for felony level offenses in Iowa are as follows:

Class ~~A~~ felony: Shall be committed into the custody of the Director of the Iowa Department of Corrections for the rest of the defendant's life.

Class ~~B~~ felony: Shall be confined for no more than 25 years.

Class ~~C~~ felony: Shall be confined for no more than 10 years, and in addition shall be sentenced to a fine of at least \$1,000 but not more than \$10,000.

Class ~~D~~ felony: Shall be confined for no more than 5 years, and in addition shall be sentenced to a fine of at least \$750 but not more than \$7,500.

Acute and Long Term Effects of Alcohol and Drug Abuse



Alcohol

Health Effects

Acute	<ul style="list-style-type: none">• Unintentional injuries, including traffic injuries, falls, drownings, burns, and unintentional firearm injuries,• violence, including intimate partner violence and child maltreatment• risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault, miscarriage and stillbirth among pregnant women• alcohol poisoning
Long-term	<ul style="list-style-type: none">• Neurological problems, including dementia, stroke and neuropathy.• Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension.• Psychiatric problems, including depression, anxiety, and suicide.• Social problems, including unemployment, lost productivity, and family problems.• Cancer of the mouth, throat, esophagus, liver, colon, and breast.• Liver diseases, hepatitis & cirrhosis• Gastrointestinal problems, including pancreatitis and gastritis.

Cannabis (Marijuana)

Greenish-gray mixture of the dried, shredded leaves, stems, seeds, and/or flowers of Cannabis sativa.

Health Effects

Acute	<ul style="list-style-type: none">• Heightened sensory perception• Euphoria, followed by drowsiness/relaxation• Impaired short-term memory, attention, judgment, coordination and balance• Increased heart rate• Increased appetite
Long-term	<ul style="list-style-type: none">• An increased tolerance for the drug• Depression and anxiety• Impaired memory and learning• Impaired immune defense• Complications in pregnancy• Frequent respiratory infections• Increased heart attack risk• Increased risk for lung and respiratory tract cancer

Cocaine

White crystalline powder that can be snorted, injected or smoked

Health Effects

Acute	<ul style="list-style-type: none">• Dilated pupils• Increased body temperature, heart rate, and blood pressure;• Nausea• Increased energy• Alertness; euphoria• Decreased appetite and sleep• Erratic and violent behavior,• Panic attacks
Long-term	<ul style="list-style-type: none">• Addiction restlessness• Anxiety• Irritability,• Paranoia• Panic attacks• Mood disturbances• Insomnia• Nasal damage and difficulty swallowing from snorting• GI problems• HIV

Prescription Stimulants (Abuse)

Amphetamine (Dexedrine, Adderall), Methylphenidate (Ritalin, Concerta)

Health Effects

Acute	<ul style="list-style-type: none">• Increased alertness• Attention, energy• Irregular heartbeat• Dangerously high body temperature• Potential for cardiovascular failure or seizures
Long-term	<ul style="list-style-type: none">• Anxiety• Hostility• Paranoia• Psychosis• Addiction

Methamphetamine

White, odorless, bitter-tasting crystalline powder that is easily dissolved in water or alcohol; can be ingested orally, intranasally, injected, or smoked

Health Effects

Acute	<ul style="list-style-type: none">• Enhanced mood• Increased heart rate, blood pressure, body temperature, energy and activity• Decreased appetite• Dry mouth• Increased sexuality• Jaw-clenching
Long-term	<ul style="list-style-type: none">• Addiction• Memory loss• Weight loss• Impaired cognition• Insomnia, anxiety, irritability, confusion, paranoia, aggression, mood disturbances, hallucinations, violent behavior• Liver, kidney, lung damage• Severe dental problems• Cardiac and neurological damage• HIV, Hepatitis

Inhalants

Volatile solvents, Aerosols, Gases, Nitrites (Poppers): Effects depend on properties of chemical; inhalation common route of abuse

Health Effects

Acute	<ul style="list-style-type: none">• Confusion• Nausea• Slurred speech• Lack of coordination; euphoria• Dizziness; drowsiness• Disinhibition• Lightheadedness, hallucinations/ delusions; headaches• Suffocation; convulsions/seizures• Hypoxia• Heart failure; coma• Sudden sniffing death (butane, propane, and other chemicals in aerosols)
Long-term	<ul style="list-style-type: none">• Muscle spasms, tremors and possible permanent motor impairment• Liver/kidney damage• Addiction

Prescription Sedatives, sleeping pills, or anxiolytics (Abuse)

Central nervous system depressants include barbiturates (e.g., Nembutal) and benzodiazepines (e.g., Valium, Xanax)

Health Effects

Acute	<ul style="list-style-type: none">• Drowsiness• Relaxation• Overdose
Long-term	<ul style="list-style-type: none">• Tolerance, physical dependence, addiction

Hallucinogens

LSD, PCP, MDMA (Ecstasy), Psilocybin, Salvia, Ketamine

LSD

Acute	<ul style="list-style-type: none">• Elation, depression, arousal, paranoia or panic• Impulsive behavior, rapid shifts in emotions• Distortions in perception• Increased body temperature, heart rate, blood pressure• Nausea• Loss of appetite• Jaw-clenching• Numbness• Sleeplessness• Dizziness, weakness, tremors
Long-term	<ul style="list-style-type: none">• Frightening flashbacks• Impulsiveness• Irritability• Sleep disturbances• Anxiety addiction

Street Opioids (Heroin, Opium)

Processed from poppy plants; white or brownish powder or black sticky substance known as "black tar heroin;" Usually smoked or injected, could be taken orally (opium)

Health Effects

Acute	<ul style="list-style-type: none"> • Euphoria; • Warm flushing of skin; dry mouth • Heavy feeling in extremities • Clouded thinking • Alternate wakeful and drowsy states • Itching • Nausea • Depressed respiration
Long-term	<ul style="list-style-type: none"> • Addiction • Physical dependence • Collapsed veins • Abscesses • Infection of heart lining and valves • Arthritis/other rheumatologic problems • HIV • Hepatitis C

Prescription Opioids (Abuse)

Hydrocodone, Oxycodone, Codeine

Health Effects

Acute	<ul style="list-style-type: none"> • Pain relief, • Drowsiness • Nausea • Constipation • Euphoria
Long-term	<ul style="list-style-type: none"> • Tolerance • Addiction

Androgenic Anabolic Steroids (Abuse)

Synthetic substances related to testosterone; promote growth of skeletal muscle (anabolic) and development of male sexual characteristics (androgenic); taken orally or by injection in doses much higher than would be prescribed

Health Effects

Acute	<ul style="list-style-type: none"> • Headaches • Acne • Fluid retention (especially in the extremities) • Gastrointestinal irritation, diarrhea, stomach pain • Oily skin • Jaundice • Hypertension • Infections possible at injection site
Long-term	<ul style="list-style-type: none"> • Liver damage • High blood pressure • Increases in LDL and decreases in HDL • Cardiac hypertrophy • Atherosclerosis

Chemical Substance Assessment Resources

If you have insurance, please contact any of the following:

**Iowa Health Systems
Powell Chemical Dependency Center**
Lutheran Hospital
700 E. University
Des Moines, IA
263-2424

First Step Mercy Recovery Center
1818 48th St.
Des Moines, IA
271-6111

MECCA (Mid-Eastern Council Chemical Abuse)
3401 Easton Blvd.
Des Moines, IA
262-0349

If you do not have insurance, please contact any of the following which have a sliding scale fee:

EFR, Employee, Family Resource
505 – 5th St.
Insurance Exchange Building
Suite # 600
Des Moines, IA
471-2390 (Andrea)

House of Mercy (Females only)
Angela Porath, MS, CADC, LMHC
Client Services Coordinator
1409 Clark Street
Des Moines, IA 50314
(515) 643-6504 fax (515) 643-6598
www.houseofmercydesmoines.org

Top 5 Ways to Prevent Substance Abuse

November 12, 2009 <http://www.treatmentsolutions.com/top-5-ways-to-prevent-substance-abuse/>

While it's practically impossible to prevent anyone and everyone from using drugs, there *are* things we can all do to avoid drug and/or alcohol abuse. By sharing this knowledge with those closest to you, you yourself may be able to prevent them from doing drugs, too. Here are the top five ways to help prevent drug abuse:

1. Effectively deal with peer pressure. The biggest reason teens start using drugs is because their friends utilize peer pressure. No one likes to be left out, and teens (and yes, some adults, too) find themselves doing things they normally wouldn't do, just to fit in. In these cases, you need to either find a better group of friends that won't pressure you into doing harmful things, or you need to find a good way to say no. Teens should prepare a good excuse or plan ahead of time, to keep from giving into tempting situations.

2. Deal with life pressure. People today are overworked and overwhelmed, and often feel like a good break or a reward is deserved. But in the end, drugs only make life *more* stressful — and many of us all too often fail to recognize this in the moment. To prevent using drugs as a reward, find other ways to handle stress and unwind. Take up exercising, read a good book, volunteer with the needy, create something. Anything positive and relaxing helps take the mind off using drugs to relieve stress.

3. Seek help for mental illness. Mental illness and substance abuse often go hand-in-hand. Those with a mental illness may turn to drugs as a way to ease the pain. Those suffering from some form of mental illness, such as anxiety, depression or post-traumatic stress disorder should seek the help of a trained professional for treatment before it leads to substance abuse.

4. Examine the risk factors. If you're aware of the biological, environmental and physical risk factors you possess, you're more likely to overcome them. A history of substance abuse in the family, living in a social setting that glorifies drug abuse and/or family life that models drug abuse can be risk factors.

5. Keep a well-balanced life. People take up drugs when something in their life is **not** working, or when they're unhappy about their lives or where their lives are going. Look at life's big picture, and have priorities in order.