

ALCOHOL & DRUG AWARENESS

an information guide to
MSC's policies





OPPORTUNITIES
&
CHALLENGES

Parents of First-Year MSC Students,

The time you've waited for is finally here. Congratulations on your son's or daughter's acceptance to Murray State College! They have selected a great college, and your family is probably filled with a mixture of anticipation, excitement, and pride.

I look forward to meeting you and sharing in your student's MSC experience.

As you are aware, first-year students face many new challenges as they join the MSC's community. Some of these challenges are obvious, while others are not. For most students, this is the first time they have lived independently, and the values you have instilled will be their guide for making good decisions.

Safety and academic success are two major concerns of every family who sends a child to college, and the use and misuse of alcohol and drugs are behaviors that can jeopardize your student's college experience. Students are not immune to the consequences of breaking the law or violating college policies when they participate in underage drinking, high risk drinking, illegal drug use and/or the misuse of prescriptions. MSC takes a strong stance on alcohol and drug use; thus the consequences for violating our policies can be severe. High risk alcohol and drug choices are not consistent with MSC's mission and values. These choices often interfere with academic pursuits and are not conducive to MSC's residential living environment.

The entire MSC community supports the ongoing alcohol and drug prevention/education programming taking place on campus. In this brochure you will find college policies and laws related to alcohol and drugs. Also included is information on sexual assault, substance abuse education, counseling, intervention, treatment, and referral.

Thank you for your assistance and support in addressing these concerns.

We look forward to working with you and your new student in the years ahead!

Best wishes,



Michaelle Gray
Vice President for Student Affairs



ALCOHOL & DRUG POLICY

There is probably nothing that presents a greater risk to the successful completion of a college career than the high-risk use of alcohol. Drinking is directly related to lower academic performance, dropping out of college, legal problems, high-risk sexual activity, sexual assault, rape, vandalism, violent behavior, injury, and even death.

Talking about alcohol and drugs may not be easy for some families. Your son or daughter may tell you there is no need to worry. However, it is important for everyone to be aware of the consequences associated with high-risk drinking and using illegal drugs. In this way, you can help your son or daughter get off on the right foot by making safer and healthier choices from day one.

Impaired judgment due to drinking can lead to risky behavior. It can cause physical harm to those who drink and result in physical harm or sexual assault. Additional consequences often include academic, legal, personal, and financial problems.

It is important for students to understand that not all college students drink. The majority of MSC students prefer not having alcohol or other drugs present at their parties, and many students are making low-risk choices. They don't want to put themselves or others at risk.

By talking about alcohol and drugs with your student, you can help them resist the temptation to make high-risk choices due to peer pressure and misperceptions.

Alcohol

MSC is committed to providing a campus environment free of the abuse of alcohol and the illegal use of alcohol and other drugs. The college affirms the abuse and illegal use of alcohol are at odds with the mission of the institution. As such, the college provides alcohol education programs to students and staff.

The college recognizes that too many college students, both legally and underage, drink to excess. Such abuse can lead to serious health risks and behavioral problems (i.e., violence, sexual assault, accidents, vandalism, and other dangerous acts). MSC's alcohol policy, therefore, grows out of the commitment to maintain a campus environment that supports the educational program and promotes the general welfare of the college community.

The college affirms the following ideals related to alcohol use:

1. The college supports the decision of students not to use alcohol.
2. Alcohol education is an important and on-going process that will be provided throughout the college experience.
3. Students who drink alcohol and infringe on the rights of others or disrupt the college community will be subject to student conduct action.
4. The college upholds and supports all federal and state laws related to the regulation and use of alcohol. Students who violate such laws may be held accountable by local and college authorities.
5. The college emphasizes prevention education and low-risk decision-making as cornerstones of the overall educational experience of students at the college.
6. The college supports behavior and social interactions that are legal, low-risk, healthy, and reflective of the college's values and character.

Alcohol Policy

All Students and Employees Regarding the Drug-Free School and Communities Act: The Board, recognizing that the illegal possession, use, or distribution of drugs and alcohol by students or employees is not only harmful to one's health, but also subjects the individual to civil and criminal litigation, accepts and supports the Drug-Free Schools and Communities Act and Amendments of 1989 (Public Law 101-226). Murray State College is committed to providing an alcohol- and drug-free environment in which to learn and work. Therefore, employees and students of MSC are expected to abide by all applicable local, state, and federal laws prohibiting use of alcohol and illegal drugs.

1. MSC embraces the ideals of a healthy and balanced social environment where students model the character and values of the institution.
2. The MSC upholds and supports all federal and state laws in regard to the regulation and use of alcohol.
3. The goal of the policy is to encourage students to abstain from the use of alcohol.
4. The residence halls are unique living units on the campus intended for large groups of students to reside without undue peer pressure related to the use of alcohol. As such, alcohol is not allowed in any of the residence halls on campus.

The regulations and practices governing the use of alcohol on the campus apply to all MSC students as well as their guests and visitors. As with all other student conduct policies, the responsibility for knowing and abiding by the policy rests with the student.

All local, state and federal laws are in effect and violations may result in student conduct action and/or local law enforcement action.

General Regulations

Murray State College prohibits the following:

- Possession and/or consumption of alcohol by anyone under the age of 21.
- Possession and/or consumption of alcohol in the residence halls regardless of age.
- Abusive, excessive, and/or harmful consumption of alcoholic beverages.
- Public consumption and/or possession of alcohol in common areas of buildings and outdoor venues, unless previously approved by the college as a special event.
- Alcohol in academic facilities.
- Public intoxication.
- Driving under the influence of alcohol.
- The possession and/or use of a fake/false identification (which is considered a violation of the Falsification of Records Policy).
- Public display of alcohol and/or containers carried around campus.
- Housing & Residence Life policy prohibits empty alcohol containers in the residence halls, including those used for decorative purposes.
- Distribution and/or provision of alcohol to anyone under the age of 21.
- Sponsorship of activities involving the use of alcoholic beverages without prior written approval by the college. Specifically, parties are not allowed in any of the residential buildings. *Common characteristics of a party can include, but are not limited to, any or all of the following: presence of bulk quantities of alcohol, large volume of people, loud music or noise, and/or behavior that draws attention to a student apartment.*
- Common containers of alcoholic beverages or excessive amounts of alcohol on college-owned property including but not limited to: kegs, pony kegs, party balls, bulk containers or bulk amounts of individual containers, or other devices used for drinking games. *High-risk drinking, drinking games, and drinking game paraphernalia (including but not limited to: beer pong tables, funnels, etc.) are strictly forbidden because they encourage the abuse of alcohol.*

Disciplinary Sanctions

The college will impose conduct sanctions on students who violate the alcohol policy regulations. Repeated violations of the alcohol policy may result in suspension or expulsion.

IT SHOULD BE NOTED THAT ALCOHOL VIOLATIONS WHICH ARE ALSO IN CONJUNCTION WITH OTHER STUDENT CONDUCT CODE VIOLATIONS WILL RESULT IN MORE STRINGENT SANCTIONS.

Drug Free Campus: General Regulations

- The possession, consumption (without a legal prescription), sale and/or distribution of controlled and illegal substances (consistent with federal, state or local laws), is strictly prohibited. The possession or use of prescription drugs without a valid medical prescription and use of substances for purposes or in manners not as directed is prohibited.
- Possession, consumption, sale and/or distribution of synthetic cannabinoids, such as spice (also known as K2), is prohibited.
- Possession, consumption, sale and/or distribution of synthetic stimulants, such as “bath salts” (also known as Cloud 9, White Dove, Hurricane Charlie, White Lightning) is prohibited. Normal bathing salts are permitted.
- Students may not use or possess drug paraphernalia, including but not limited to hookahs and other smoking devices, weights, scales, and rolling papers.
- Students may not be in the presence of or aid and abet the possession, sale or use of controlled or illegal substances.
- Misbehaving or causing disruption as a result of drug use on or in college property, or at functions sponsored by the college or by a recognized college organization is prohibited.
- Testing positive for illegal substances is considered consumption and will be treated as such. Student-athletes may be randomly tested per athletic department and NJCAA policies. Failure to take and/or pass these screenings will result in student conduct action being taken.
- Students convicted of any offense involving the possession or sale of a controlled substance may also be deemed ineligible to receive financial aid.

Disciplinary Sanctions

The university will impose conduct sanctions on students who violate the drug free campus policy. Repeated violations of the drug free campus policy may result in suspension or expulsion.

LEGAL SANCTIONS – DRUGS

Federal and state laws impose grave penalties on those who illegally possess, use, or distribute drugs or alcohol. According to the Oklahoma Criminal Laws, a person found in possession of a controlled, dangerous substance within this state, such as marijuana, cannabis, or methamphetamine, and/or drug paraphernalia (pipes, roach clips, cocaine spoons, etc.) will be placed under arrest. All vehicles or any other means of transportation used to transport a controlled, dangerous substance and money, weapons, or devices therein, are subject to forfeiture. Upon conviction, penalties range from fines to a year in the county jail, to life in the state penitentiary, and/or both.

The Uniform Controlled Substance Act sets up five schedules of controlled substances based on dangerousness and medical uses. It prohibits the manufacture, distribution, sale or acquisition by misrepresentation or forgery of controlled substances, except in accordance with the Act, as well as the knowing possession of controlled substances unlawfully acquired. Penalties for first-time violators of the Act range from not less than 5 years imprisonment and fines of not more than \$250,000 or both for possession or distribution of a small amount of marijuana or hashish, not for sale, to 40 years or \$10 million or both for the manufacture or delivery of a Schedule I or II narcotic. (Marijuana is a Schedule I controlled substance.) Second offense penalties range from not more than 10 years imprisonment and fines of \$500,000 to not less than 10 years imprisonment and fines of not more than \$10 million, or both, to not less than 20 years imprisonment and fines of not more than \$20 million, or both.

This is only a summary of legal sanctions. Additional federal and state penalties may apply.

OTHER FEDERAL SANCTIONS

In addition to fines and prison terms, federal sanctions for the possession or distribution of illicit drugs may include the forfeiture of federal Financial Aid eligibility for a period of one or more years. If the conviction occurs while the student is enrolled and receiving aid, the student may be required to repay all federal aid received. Eligibility may be regained by completing an acceptable drug rehabilitation program.

OTHER LESS UNDERSTOOD OFFENSES

Misdemeanors (M) are punishable by imprisonment in county jail for not more than one year and/or a fine not exceeding \$500 unless a different amount is specified for the Offense. Felonies (F) are punishable by imprisonment in the state corrections system for up to two years and/or a fine not exceeding \$1,000 unless a different amount is specified for the offense.

- Refer to Current Oklahoma State Law at: <http://norml.org/laws/item/oklahoma-penalties-2>

Conviction of a felony can render person ineligible for licensure/certification/employment in their career profession; examples are law, medicine, engineering, architecture, accounting, teaching, law enforcement/public safety and military. It can also prevent acquisition of a security clearance necessary to many other jobs.

Medical Marijuana

In June, Sate Question 788 became law in Oklahoma. This state question was an initiative to legalize medical marijuana. Despite passage of State Question 788, the use, possession, sale, or distribution of marijuana (including medical marijuana, edibles, and products containing marijuana) on any college owned or controlled property or at any college event remains illegal pursuant to the controlled Substances Act, the Drug Free Schools and Communities Act, and the Drug Free Workplace Act, and against Murray State College (MSC) policy.

You may not bring marijuana on any college property or to any college event, smoke or consume marijuana or any product containing marijuana on any college property or at any college event, and you may not come to class or work under the influence of any illegal substance including marijuana. Even though medical marijuana is now legal under Oklahoma law, it remains illegal under federal law. As a recipient of federal funding, Murray State College must abide by federal law which prohibits the unlawful manufacture, distribution, possession, and use of illegal drugs including medical marijuana. Regardless of having a license for medical marijuana, its use on campus or at college events is strictly prohibited and violation of MSC policy regarding controlled substances such as marijuana may result in disciplinary action.

HEALTH RISKS

Use of alcohol and other drugs represents a serious threat to health and the quality of life. More than 25,000 people die each year from drug-related accidents or health problems. With most drugs, it is possible that users will develop psychological and physical dependence. The general categories of drugs and their effects are as follows:

- Alcohol produces short-term effects that include behavioral changes, impairment of judgment and coordination, greater likelihood of aggressive acts, respiratory depression, irreversible physical and mental abnormalities in newborns (fetal alcohol syndrome) and death. Long-term effects of alcohol abuse include damage to the liver, heart and brain; ulcers; gastritis; malnutrition; delirium tremens; and cancer. Alcohol combined with barbiturates and other depressants can prove to be a deadly mixture.
- Amphetamines/stimulants (speed, uppers, crank, caffeine, etc.) speed up the nervous system and can cause increased heart and breathing rates, higher blood pressure, decreased appetite, headaches, blurred vision, dizziness, sleeplessness, anxiety, hallucinations, paranoia, depression, convulsions, and death due to a stroke or heart failure.
- Anabolic steroids seriously affect the liver, cardiovascular and reproductive systems. Anabolic steroids can cause sterility in males and females as well as impotency in males.
- Barbiturates/depressants (downers, Quaaludes, valium, etc.) slow down the central nervous system and can cause decreased heart and breathing rates, lowered blood pressure, slowed reactions, confusion, distortion of reality, convulsions, respiratory depression, coma and death. Depressants combined with alcohol can be lethal.
- Cocaine/crack stimulates the central nervous system and is extremely addictive, both psychologically and physically. Effects include dilated pupils, increased heart rate, elevated blood pressure, insomnia, loss of appetite, hallucinations, paranoia, seizures and death due to cardiac arrest or respiratory failure.
- Hallucinogens (PCP, angel dust, LSD, etc.) interrupt the functions of the part of the brain that controls the intellect and instincts. May result in self-inflicted injuries, impaired coordination, dulled senses, incoherent speech, depression, anxiety, violent behavior, paranoia, hallucinations, increased heart rate and blood pressure, convulsions, coma, and heart and lung failure.
- Cannabis (marijuana, hashish, hash, etc.) impairs short-term memory comprehension, concentration, coordination and motivation, may also cause paranoia and psychosis. Marijuana smoke contains more cancer-causing agents than tobacco smoke. The way in which marijuana is smoked – deeply inhaled and held in the lungs for a long period – enhances the risk of getting cancer. Combined with alcohol, marijuana can produce a dangerous multiplied effect.
- Narcotics (heroin, morphine, Demerol, Percodan, etc.) initially produces feelings of euphoria often followed by drowsiness, nausea and vomiting. An overdose may result in convulsions, coma and death. Tolerance develops rapidly and dependence is likely. Using contaminated syringes to inject such drugs may result in AIDS.
- Tobacco/nicotine causes death among some 170,000 people in the United States each year due to smoking-related coronary heart disease. Some 30 percent of the 130,000 cancer deaths each year are linked to smoking. Lung, larynx, esophagus, bladder, pancreas, and kidney cancers strike smokers at increased rates. Emphysema and chronic bronchitis are 10 times more likely among smokers. Smokeless tobacco has been associated with other types of cancers, as well as heart disease. It can speed tooth decay, may cause your gums to recede, stain your teeth, and give you bad breath. In addition, high nicotine levels (higher than cigarettes) make this kind of tobacco extremely addictive.

WHAT CAN FAMILIES DO?



Parental Notification

Federal law recognizes parent's rights to be notified if their son or daughter is involved in risky or illegal behavior such as underage drinking, public drunkenness, drug use, or criminal activity. The law permits, but does not require, schools to notify families any time a student under 21 violates drug or alcohol laws. Murray State College reserves the right to notify families of those students under age 21 of violations of campus drug and alcohol policy in compliance with FERPA (Family Educational Rights and Privacy Act) regulations.

What Can Families Do?

Emphasize safety and security. Help your son or daughter understand his or her right to be safe. High-risk alcohol use contributes to problems such as assault or unwanted sexual advances. When students are impacted in a negative way by alcohol use, we recommend they ask for help and support from housing and residence life, counseling center, student health services, a resident assistant, academic advisor, or MSC police.

Many times families and young adults have a difficult time talking about alcohol and drugs. To avoid negative outcomes, it is important for families and students to be aware of the risks and possible consequences associated with alcohol and drug use. Research indicates families play a key role in the overall success of college students. Your opinion and thoughts really do matter.

When talking to your son or daughter, show care and respect. Believe in him or her and give encouragement and support. Believe in your power to help. First-year college students are typically just a little older than high school seniors, and they need their parent's support and guidance.

Remember:

- Do not enable them; rather, help them recognize and accept the responsibilities and consequences of their own choices.
- Be a good listener. Ask what is going on in his or her college life.
- Bring up the subject of drugs and alcohol. Tell your son or daughter you are aware of the trends of alcohol and drug abuse in college.
- Remind them of the legal drinking age.
- Tell your son or daughter you care about his or her safety, wellbeing and academic success.
- Do not use scare tactics, and do not lecture.
- Tell your son or daughter you are always there for him or her.
- Set clear and realistic expectations regarding academics, finances, alcohol, and drug use.
- Discuss your family values and expectations regarding the choices he or she makes in college.

- Discuss a balance between social time and study time.
- Help him or her set priorities. Studies show heavy drinking contributes to lower grades. If a student believes his or her families expect excellent grades, he or she is more likely to keep up with that expectation.
- Be a good example/role model.

If your student intends not to drink, ask:

- What will you do if you find yourself at a party with only alcohol to drink?
- What will you say if someone asks you why you are not drinking?
- What will you do if someone offers you drugs?
- What will you do if you are asked to “babysit” someone who is very drunk?

Once your student is at MSC, ask questions such as:

- How are your classes going?
- Are you getting involved on campus?
- Are you meeting many new people?
- What is the social scene like, what do you do for fun?
- What is different from what you expected?
- What challenges have you faced?

KEEP ASKING QUESTIONS!

Alcohol and Drug Education Programs

The Student Affairs Office coordinates a proactive, comprehensive approach to meeting students’ health and wellness needs by addressing the dangers of alcohol and drug use. The mission of the office is to prevent and reduce underage drinking, high-risk drinking, and the related social harm for students.

RESOURCES



Referral Services for MSC employees and students: TREATMENT PROGRAMS AND HELP AGENCIES

A.D.A Area Chemical Dependency Center:

Out-Patient Services A.D.A: 580.332.3001

Alcoholics Anonymous

405.949.0910 (OKC)

405.524.1100 (Hotline)

Advisement Inc.: Family/Youth Svcs.

Tishomingo: 580.371.3551 or 580.371.3576

Brief Interventions (Madill)

580.677.9013

Substance Abuse Advisement, Evaluations, DUI School and Assessments

Broadway Safe House for Men

Half-Way House for Drug/Alcohol

Ardmore: 580.226.3252

Center for Substance Abuse

1.800.662.HELP

M-F 8:30-4:30

Crisis Control Center (Durant) Physical, Emotional, Sexual Abuse

580.924.3030

Department of Human Services

Tishomingo 580.371.4000

Family Crisis Center, Inc.: Domestic Violence & Sexual Assault Services

A.D.A: 580.436.3504

Drug Recovery (Inpatient/ Outpatient: Adults/Youth

OKC: 405.424.4347

Families First Inc. (Out-Patient Advisement Services)

Ardmore: 580.226.9388

A.D.A: 580.310.9000

Family Shelter of Southern Oklahoma (Crisis hotline-24 hours/7 days a week)

Ardmore: 580.226.6424

Johnston County Health Department

580-371-2470

Mercy Memorial Health Center (Ardmore)

580.220.6700

National Council on Alcoholism (24 hours a day)

1.800.622.2255

Pregnancy Resource Center of Southern Oklahoma

580.223.7218

Reach-Out Hotline

(Mental health and/or substance abuse issues, crisis intervention & referrals)

1.800.522.9054