

**Biennial Review of the Trinity University
Alcohol and Other Drug Prevention Program
for Academic Years 2006-2007 and 2007-2008**

October, 2008

Preface

In compliance with the Drug-Free Schools and Communities Act, President John Brazil appointed a committee to conduct a biennial review of Trinity's alcohol and other drug prevention program. The committee met to produce this report. Committee members were:

- Dr. Duane Coltharp, Associate Vice President for Academic Affairs
- Mr. Rudolph Gonzalez, Director of Campus Security
- Ms. Pamela Johnston, Director of Human Resources
- Dr. Richard Reams, Assistant Director, Counseling Services
- Dr. Diane Saphire, Director of Institutional Research and Associate Vice President for Information Resources (*chair*)
- Dr. Paul Giolma, Associate Professor of Engineering Science
- Mr. David Tuttle, Dean of Students and Director of Residential Life

By law this document must be made available to the public upon request. It must be retained for three years after the fiscal year in which it was created.

For more information about Trinity University's response to the use and abuse of alcohol and other drugs among students and employees, you may contact:

- Mr. Rudolph Gonzalez, Director of Campus Safety, (210) 999-8310
- Ms. Pamela Johnston, Director of Human Resources, (210) 999-7507
- Dr. Gary Neal, Director of Counseling and Health Services, (210) 999-7411
- Mr. David Tuttle, Dean of Students and Director of Residential Life, (210) 999-8843

Introduction

The committee charged with reviewing Trinity University's alcohol and other drug prevention program feels an obligation to do more than simply assure that Trinity's program met the minimal legal requirements. Part of the University's mission states:

Trinity University is dedicated to creating a superior intellectual environment by: recruiting, developing and retaining outstanding faculty members dedicated to teaching, to scholarship and creative endeavor, and to service to the University and its community; identifying, and attracting talented and highly motivated students to its predominantly full-time, residential student body; and providing a supportive and challenging experience wherein students, faculty, and staff can realize the potential of their abilities and engage their responsibilities to others.

To best achieve the goal of liberal education and the exercise of our responsibilities to society, Trinity strives to educate the University community about effects of illicit drugs and alcohol. It is our conviction that this knowledge can contribute to a more responsible approach to drugs and alcohol and to a healthier and happier life.

The committee has examined Trinity's compliance with the Drug-Free Schools and Communities Act, and has made some recommendations (see page 11) for assuring our continued compliance. We have also included in this document a summary of the larger efforts within the entire University community to assist all students and employees to develop an informed and responsible approach to alcohol and other drugs.

Documents Describing the University Policies

Trinity's philosophy, policies, procedures, and resources are prominently displayed on the alcohol web page at http://www.trinity.edu/departments/student_affairs/alcohol/index.htm.

To describe our policies regarding the use of illicit drugs and alcohol, Trinity University annually distributes two different documents, one to students, and one to employees. These documents are included in Appendices II and IV.

The committee reviewed both documents and verified that they contain the following items as described in the Drug-Free Schools and Communities Act:

- Standards of conduct that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
- A description of the applicable legal sanctions under local, State or Federal law for the unlawful possession or distribution of illicit drugs and alcohol.
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol.

- A description of any drug or alcohol counseling, treatment, or rehabilitation or re-entry programs that are available to employees or students.
- A clear statement that the institution will impose disciplinary sanctions on students and employees (consistent with local, State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

In addition to the two documents described above, Trinity also publicizes our drug and alcohol policies in other places. The student document also appears in each year's Student Handbook. The employee document also appears in the Personnel Policy Manual for Classified Employees. Additionally, the Drug and Alcohol Abuse Policy is posted on the Trinity University website under Fiscal Affairs Policies and Procedures (http://www.trinity.edu/departments/fiscal_affairs/fapolicy/general/drgabuse.htm). The Faculty and Contract Staff Handbook (online document, available at http://www.trinity.edu/departments/academic_affairs/hb/index.htm) includes links to both the Drug and Alcohol Abuse Policy and the alcohol web page (http://www.trinity.edu/departments/student_affairs/alcohol/index.htm).

To further enhance our policies, processes, and documentation, the employee document was sent to the university's labor attorneys for review. As a result, two minor changes were made: (1) Definitions, 14: "*Impaired*" means under the influence of an illegal drug or alcohol such that adversely affects the employee's ability to perform his/her assigned tasks." and (2) Other Regulations, 2: the addition of the following sentence: "*However, such use and referrals do not limit the University in implementing or enacting any form of discipline, including termination.*"

Distribution of Documents

For students, university policy states that since all Trinity University students are supplied an e-mail address that "Email is an official means of communication and will be utilized to conduct business and supply information to students, staff and faculty." Each year, the University electronically sends the information on illicit drugs and alcohol policies to all students. A copy of the email messages to students for 2006 and 2007 is found in Appendix I and a copy of the student policy is found in Appendix II.

In reviewing this electronic dissemination process, the committee has discovered that the distribution list being used ("Trinity Students") includes all undergraduate students but does not include the graduate students. We recommend that in the future, the Dean of Students also distribute the email message to the graduate student distribution list ("Trinity Graduates").

To assure that all of our employees are informed annually about our alcohol and other drug prevention program, The Vice President for Information Resources and Administrative Affairs sends a message each fall, by email, including an attachment

containing the required information, to all employees who have Trinity University email addresses. The few who do not have email addresses are sent a paper copy of the material. A copy of the information sent can be found in Appendix III, and the policies can be found in Appendix IV.

Enforcing of Sanctions

The student discipline system is primarily under the jurisdiction of the Student Conduct Board. The professional Residential Life Staff handles relatively simple cases of first offense alcohol possession originating in the residence halls unless the accused student wishes to take the case to Student Conduct Board. Such cases, and cases involving multiple charges or repeat offenses, are referred to Student Conduct Board. The Dean of Students handles cases involving felonious behavior, off-campus incidents, and/or violations by student organizations as well as cases adjudicated when Student Conduct Board is not in session.

The Department of Campus Security works closely with the Dean of Students to provide a safe and secure campus. When campus peace officers detect criminal activities of a serious nature on campus, an arrest is made. For most minor offenses, such as possession of alcohol by a minor, the individuals are turned over to the Dean of Students and the Student Conduct Board. These offenses are still counted as arrests for statistical purposes as required by the Jeanne Clery Act (formerly known as the Campus Security Act).

The following statistics, provided in compliance with the Crime Awareness and Campus Security Act of 1990, are calculated on a calendar year basis and include referrals/arrests that occurred on the Trinity University campus and on property owned/controlled by the university.

OFFENSE	Number of Arrests or Referrals for Specific Violations & Offenses		
	2005	2006	2007
LIQUOR LAW OFFENSES			
Liquor Law Arrests by DCS	0	0	0
Liquor Law Violations Referred by DCS	14	11	53
<i>Occurred in Residence Halls</i>	<i>11</i>	<i>11</i>	<i>51</i>
<i>Occurred in Non-Residence Halls</i>	<i>3</i>	<i>0</i>	<i>2</i>
Liquor Law Violations Referred By Res Life for Disciplinary Action			
<i>Occurred in Residence Halls</i>	<i>309</i>	<i>142</i>	<i>224</i>
DRUG LAW OFFENSES			
Drug Abuse Arrests by DCS	0	0	0
Drug Abuse Violations Referred by DCS	14	5	21
<i>Occurred in Residence Halls</i>	<i>12</i>	<i>5</i>	<i>21</i>
<i>Occurred in Non-Residence Halls</i>	<i>2</i>	<i>0</i>	<i>0</i>
Drug Abuse Violations Referred by Res Life for Disciplinary Action			
<i>Occurred in Residence Halls</i>	<i>43</i>	<i>24</i>	<i>9</i>

Liquor & Drug Law violations referred by DCS – may also be reflected in Liquor & Drug Law violations referred by Residential Life

The Campus Security and Residential Life staff has maintained consistent standards of enforcement of the alcohol policy for well over a decade. A tenet of the University's approach to alcohol is that we will enforce policy. Indeed, staff members are instructed that they are not permitted to give warnings when they see alcohol or violations involving containers. This has inflated our number of incidents because many times those who are referred to Conduct Board are determined to be not responsible for violations because they were roommates of violators or simply present when a violation occurred. Generally between 50 and 65% of respondents are found responsible as shown in the following tables.

Fall/Spring Year End comparison by Violation Type

	Fall 2006			Spring 2007		
Type of Violation	Total # of Charges		Not Responsible	Total # of Charges		Not Responsible
	Responsible	Responsible	Responsible	Responsible	Responsible	Responsible
Respect for Self	8	0	8	0	0	0
Respect for Others	12	6	6	5	2	3
Respect Community	18	10	8	21	14	7
Respect for Property	17	7	10	1	1	0
Personal Responsibility	28	12	16	28	7	21
Alcohol	113	67	46	136	64	72
Drugs	15	8	7	23	10	13
Sexual Misconduct/Assault	1	1	0	2	1	1
Hazing	1	0	1	11	9	2
Balconies	8	6	2	0	0	0
Excessive Noise	27	13	14	20	4	16
Misc. Safety Regs	6	4	2	5	5	0
Pets	0	0	0	5	3	2
Securing Doors	0	0	0	6	5	1
Totals	254	134	120	263	125	138

2006-2007 Year Totals			
Type of Violation	Responsible	Not Responsible	Year Grand Totals
Respect for Self	0	8	8
Respect for Others	8	9	17
Respect Community	24	15	39
Respect for Property	8	10	18
Personal Responsibility	19	37	56
Alcohol	131	118	249
Drugs	18	20	38
Sexual Misconduct/Assault	2	1	3
Hazing	9	3	12
Balconies	6	2	8
Excessive Noise	17	30	47
Misc. Safety Regs	9	2	11
Pets	3	2	5
Securing Doors	5	1	6
Totals	259	258	517

Fall/Spring Year End comparison by Violation Type

Type of Violation	Fall 2007			Spring 2008		
	Total # of Charges	Responsible	Not Responsible	Total # of Charges	Responsible	Not Responsible
Respect for Self	0	0	0	3	1	2
Respect for Others	8	2	6	3	2	1
Respect Community	76	48	28	81	51	30
Respect for Community 2	0	0	0	3	1	2
Respect for Property	8	7	1	9	3	6
Personal Responsibility	14	5	9	0	0	0
Alcohol	155	110	45	149	104	45
Drugs	12	7	5	9	4	5
Excessive Noise	24	12	12	4	0	4
Weapons	1	1	0	3	1	2
Totals	298	192	106	264	167	97

2007-2008 Year Totals			
Type of Violation	Responsible	Not Responsible	Year Grand Totals
Respect for Self	1	2	3
Respect for Others	4	7	11
Respect for Community	100	57	157
Respect for Community 2	1	2	3
Respect for Property	10	7	17
Personal Responsibility	4	0	4
Alcohol	214	90	304
Drugs	11	10	21
Excessive Noise	0	4	4
Weapons	2	2	4
Totals	347	181	528

In response to continuing first offense alcohol violations the Trinity Alcohol Coalition recommended fines for first offense alcohol violation. Beginning in October, 2007, the Conduct Board began assessing fines of \$50 to \$100 for first violations, with an ability to waive fines as appropriate. This has not proven to be a deterrent based on limited data.

No suspected drug or alcohol-related incidents involving employees have been reported to Human Resources over the past two years. One full-time employee informed Human Resources that he had a severe problem with alcohol and requested the assistance of that office in receiving treatment through our medical carrier.

Spring 2008 Health Behaviors Survey

Between January 28 and February 8 of 2008, professors administered the 2008 Health Behaviors Survey in 30 randomly selected classes, which resulted in a high response rate. The sample of TU undergraduates (203 women, 177 men) closely approximated the gender distribution of the undergraduate population. The sample was moderately representative of the undergraduate population regarding classification: the class representation was 20.2%-29.6% for each class for each sex.

As recommended in the 2006 biennial review, the 2008 Health Behaviors Survey inquired about the frequency of use of prescription medications that had not been prescribed to the user. A comparison of 2008 and 2005 data indicates that the percentage of students using non-prescribed ADD medications has not increased and may have fallen (10.5% reported use in the 2008 survey compared to 12.3% in 2005). Data regarding the frequency of use is contained in Appendix V.

Appendix V contains a summary of longitudinal findings from surveys administered during early spring semester of 2000, 2001, 2002, and 2005 as well as 2008. A review of the findings reveals that percentage of students using various substances has dropped for some substances (i.e. tobacco smoked daily, marijuana used less than monthly) and remained relatively steady for most. There has been no apparent increase in the percentage of students using any substance.

Regarding the negative consequences of drinking, most indices have shown a consistent percentage of students reporting the presence or absence of each negative consequence during the fall semester preceding each survey. Two alcohol-related consequences--getting behind in academic work (27%) and being physically injured (16%)--appear to have been experienced by a larger percentage of students during fall semester of 2007 according to the 2008 survey. Whether this change is merely a statistical blip remains to be seen. (One such statistical blip occurred in 2002 when 10% of students reported drinking 7+ drinks during an evening the two weeks preceding the survey as compared to 3-5% in all other surveys, as noted in Appendix V).

Thus, based on available data, the policies and programs described in this biennial review are not associated with any measured reduction in the negative consequences of drinking, which is disappointing. On the other hand, perhaps the policies and programs have helped to “keep a lid on” the negative consequences that can accompany excessive drinking. Alternatively, perhaps there have been improvements--i.e. reductions in the frequency of some negative consequences--that the 2000-2005 surveys failed to assess. Indeed, for the first time, the 2008 survey inquired about the *frequency* of negative consequences rather than mere presence or absence. This refinement, which had been recommended in the 2006 biennial review, will make it possible in the future to note reductions in frequency even if the percentage of students experiencing each negative consequence “at least once” remains stable.

Ongoing Efforts

In addition to providing information describing our alcohol and other drug policies and consistently enforcing the disciplinary sanctions, Trinity University strives in many ways to educate the University community about alcohol and other drugs and raise awareness of their potential dangers. The University also offers intervention efforts with individuals who are abusing or are at risk of abusing alcohol or other drugs.

The Trinity Alcohol Coalition was formed in order to coordinate campus resources and messages related to alcohol at Trinity University. Since its inception, first as a Task Force, then as a standing coalition, this group of faculty, staff, and students has met to discuss an array of issues.

The Coalition has done a complete revision of the Trinity alcohol policy and subsequent revisions related to other topics. In 2005 the Coalition revisited and affirmed the institution's philosophy related to alcohol. In 2006 the Coalition sought and received funding for a lecture by Mark Sterner (February 2007), which was preceded by a program from Dr. Richard Reams, Assistant Director of Counseling Services. The Coalition reviewed data from the Alcohol Wise program and also approved changes to the University policy for employees. Also, the group has advised Dr. Richard Reams, Assistant Director of Counseling Services, on surveys and data, and discussed at length the issues related to the implementation of a safe ride program for students.

Following is a description of efforts for education and intervention during the 2006-2007 and 2007-2008 academic years.

For Employees

- In January 2004, Trinity implemented an Employee Assistance Program at no cost to our employees (100% of the premium is paid by the University). The EAP is available to all benefits-eligible employees and family members and (among many other items) offers resources and assistance for alcohol and drug related issues/problems. In addition to an Education and Resource Center, the EAP provides 24-hour telephonic consultation, up to three face-to-face counseling sessions per issue, and online coaching and health management options.
- The new Alcohol Policy for Faculty and Staff Regarding Students was added to the revised Personnel Policy Handbook for Classified Employees in July 2007.
- In an effort to make wellness more of a priority for University employees, Human Resources has purchased various materials and publications on numerous related topics – to include Alcohol and Drug Abuse. These materials are available in the Human Resources lobby.

For Students

- Alcohol.edu is a web-based education course designed as a sanction for those who have been found responsible for violating the alcohol policy. The Conduct Board has also utilized an on-line course from ResLife.net for additional sanctions material.
- Alcohol Poisoning Wallet Card. The wallet card includes signs of alcohol poisoning and a recommended procedure for responding when another person appears to be in danger. The cards are distributed to first year students during New Student Orientation and to students through Greek clubs. They are also provided to RAs.
- Alcohol/Rape Wallet Card. One side of the card briefly summarizes campus policy and Texas laws regarding alcohol as well as providing a social norms message. The card is distributed to first year students during New Student Orientation.
- Alcohol Use Consultations. A psychologist at Counseling Services provides confidential assessment and feedback to students. Most of them are referred by the Student Conduct Board [previously called Student Court] following their second violation of the University's alcohol policy. Some seek a consultation on their own initiative.
- Alcohol Web Page. Linked to the Campus Life section of Trinity's web page, multiple resources are included for education, assessment, and assistance. http://www.trinity.edu/departments/student_affairs/alcohol/index.htm
- Alcohol Wise. In 2006 and 2007 all incoming first year students were required to complete the web-based Alcohol Wise course before being permitted to register for classes. Students took a follow-up test and then participated in one of a variety of programs with the Resident Mentors.
- Brochures. Counseling Services and Health Services provide brochures within their offices and also make them available periodically at other locations on campus via special displays, bulletin boards, etc.
- E-Chug (Electronic Check-Up to Go). This online instrument provides a drinking profile and feedback. It is linked to the Student Affairs and Counseling Services web pages and is promoted through the campus newspaper, the daily online newsletter *LeeRoy*, and the bimonthly Student Affairs newsletter
- Fitness Fair. Each fair includes tables staffed by representatives from Mothers Against Drunk Driving and the San Antonio Council on Alcohol and Drug Abuse.

- Great American Smoke-out. Health Services promotes this annual event.
- Information to Parents. New parents have received information related to alcohol through the *Trinity Parent* newsletter.
- Mark Sterner lecture. In February 2008, Mr. Sterner presented his autobiographical presentation, *DUI: A Powerful Story*, to several hundred students. Dr. Richard Reams, Assistant Director of Counseling Services, offered a brief presentation on responsible drinking called *The Optimal Buzz* prior to Mr. Sterner's presentation. An anonymous follow-up survey of attendees (n=106) indicated a positive response from most survey respondents.
- Parental Notification. Following two alcohol violations or one drug violation, students are required to have their parents contact the Dean of Students. Working in partnership with parents to help these students has been extremely successful. Because an additional alcohol or drug violation may result in suspension it is critical that parents understand the precarious position in which students place themselves.
- Resident Mentor Programs. "Resident Mentors" provide extended transitional programming for first year students. The series of programs includes one specific to alcohol use.
- Risk Management Guidelines. Since new Risk Management Guidelines (http://www.trinity.edu/departments/fiscal_affairs/fapolicy/general/alchlcmp.htm#TOP) went into effect in August of 2006, Campus & Community Involvement has been tracking permits for events with alcohol. In each of the four semesters we have data for, the number of permits has averaged 75. More than half of the events are scheduled for a weekday rather than a weekend. The most common event type is a mixer between two organizations. The permits are sought by Greeks most heavily, with non-Greek organizations only representing about 10% of the permits. The events are split nearly evenly between BYOB and Third Party events, although BYOB is the more common of the two.

Since 2006, Greek Council has adjudicated 6 violations involving alcohol. During the two years before the policy was implemented, Greek Council only adjudicated 3 cases.

- Tiger Rides. Students continue to pursue safe-ride options. The University has partnered with Safe Rides, a national company that issues debit cards to students. The University has partnered with Yellow Cab to use a voucher system for safe rides home. The rides are covered by student debit card funds.
- Tigers' Den Pub. While it may seem counter-intuitive, in 2003 the Trinity campus re-opened its campus pub. The pub was opened to create a social space on campus for members of the University community to gather where those of legal drinking

age can consume alcohol safely and in compliance with the University's policy guidelines. The Trinity Alcohol Coalition supported the opening of the pub as a venue where responsible, legal drinking can occur. The Coalition believes that the pub provides a venue for modeling responsible alcohol consumption while countering the common misperception among students that the administration is "anti-alcohol," a misperception that harms other efforts to address drinking issues.

- Trinity Alcohol Coalition: In 2002-2003 the Alcohol Task Force successfully revised the alcohol policy. The Task Force felt that its work was not complete and was granted on-going status as a Coalition. In 2003-2004 the Coalition turned its attention to reviewing the new policy and suggesting adjustments for 2004-2005. In addition, the Coalition made important recommendations regarding the campus pub, Greek policies, social norms information, and alcohol violation sanctions. The Coalition is made up of faculty, staff, and students representing a cross-section of the campus.
- 21st Birthday Greeting. The Dean of Students sends a birthday greeting to students turning 21 that includes a caution about excessive drinking.
- The Dean of Students has sent updates on all policies and violations to the University community each semester for the past four years. This includes many articles and posts about alcohol-related issues and statistics.
http://www.trinity.edu/departments/student_affairs/student_conduct/conduct_reports.htm

A look ahead

Trinity University is shifting to a new population-level course, called Alcohol.edu. This will be instituted in the fall of 2009. Data from the Alcohol Wise program and our own survey did not offer compelling data about the effectiveness of this program. The University is currently participating in a national research program sponsored by the Prevention Research Center Pacific Institute for Research and Evaluation on the effectiveness of Alcohol.edu. Alcohol.edu is an on-line population level web-based course. As a population-level course it is sent to all first-year students. Participation in this study requires that Trinity not offer any similar web course in 2008. By being part of this research, Trinity will receive this program for free for all new students in 2009. This will allow the University to compare data between the formerly used Alcohol Wise course and the Alcohol.edu course. The University will also be able to compare results with the 2008 new students serving as a control group. The research project is being done to study whether or not the Alcohol.edu course has measureable outcomes on student habits and knowledge related to alcohol.

This year the Alcohol Commission is considering recommending campus speakers on the topic of alcohol, reviewing our philosophy on alcohol, tightening up the policy (which

has expanded since it was revised three years ago), and continuing to explore a safe ride voucher program with a cab company in town.

Follow Up on Recommendations from 2006 Report

- In its last report, the committee recommended the continued administration of the Health Behaviors survey on a biennial basis, and suggested that some items be revised to assess frequency, not merely presence or absence. This has been accomplished. For details, see the section on the Spring 2008 Health Behaviors Survey.
- The committee further recommended that Dr. Reams work to gather data regarding the frequency and prevalence of the non-prescribed use of prescription medications so as to develop a better understanding of this issue at Trinity. This, too, has been accomplished. For details, see the section on the Spring 2008 Health Behaviors Survey.
- The committee has discovered that the electronic distribution of the student documents does not include the graduate student distribution list (“Trinity Graduates”). We restate this recommendation this year (see below) and task the Dean of Students with verifying that this is being done.
- In the 2006 report, the committee recommended that the university investigate the possibility of hiring a health educator. A study of the other Associate Colleges of the South institutions showed that about half of our peers have such a position. Due to competing priorities, such a position was not funded at Trinity. However, the committee reiterates its recommendation for such a position (see below).
- The committee previously recommended that more specific goals be developed for the University’s drug prevention program to improve our ability to determine its effectiveness. Articulating specific goals and then finding means of evaluating our progress towards them has been challenging. For instance, allowing students to report possible cases of alcohol poisoning without penalty has been an effort to ensure the safety of our students, and we feel that it has been successful. But we have no way of knowing how many serious situations have been prevented. In terms of statistics, we see that students are more often reporting possible alcohol poisoning cases than in the past, which might on the surface appear to indicate an increase in unhealthy drinking, but which we believe is in fact a positive result. Nevertheless, we reiterate our recommendation (below) for the development of specific goals.

Recommendations

After having compiled and carefully reviewed the material in this report, the committee makes the following recommendations:

- The committee recommends that the Dean of Students be charged with assuring that the electronic distribution of the student documents include the graduate student

distribution list (“Trinity Graduates”) in addition to the undergraduate distribution list (“Trinity Students”).

- The committee continues to recommend the hiring of a health educator to enhance the education of the campus community regarding health issues, including those relating to drugs and alcohol.
- In order for the committee to better accomplish its task of determining the effectiveness of Trinity’s drug prevention program, it would be useful if the university had more specific goals. We recommend that Student Affairs, through or with input from the Alcohol Coalition, articulate goals for its programs and also that Human Resources articulate goals for its program. We further recommend that both areas develop methods of assessing attainment of those goals.

APPENDIX I 2006 Email to Students

Dear Students,

Because I prefer to be proactive, it is my duty to inform you of the serious consequences for some violations of the standards of the University. When the University does respond to violations, we don't cling to pre-determined "cookie-cutter" sanctions that back us - and students - into a corner.

Nevertheless, consider the following as guidelines that are *generally* followed in order to provide consistent parameters. These responses are in place because the University values the rights of all community members who expect us to uphold certain basic principles that are important in an academic community. (Certainly many other violations of conduct may be very serious. The ones described below warrant some broad responses because of frequency or prevalence.)

Please refer to the Student Handbook for a full description of all major University standards.

http://www.trinity.edu/departments/res_life/media/Student_handbook.pdf

Alcohol

First sanction

- Participation in Alcohol.edu, and an on-line educational course (with a \$30 fee).
- Probation for the time remaining at Trinity University (this probation is in place only for further alcohol violations: a second violation leads to broader "general" probation).
- Parental notification if alcohol infraction is coupled with other simultaneous violations of policy.

Second sanction

- Alcohol-use consultation (a meeting with a staff member to assess if there may be potential problematic drinking).
- General probation for the time remaining at Trinity University (any violation while on general probation may result in suspension).
- Parental notification

Third alcohol violation

- Suspension for at least one semester.

To learn more about the Trinity philosophy on alcohol, the full alcohol policy, and resource information for getting help - or learning more about alcohol-related issues, please review the information on the Trinity alcohol page.

http://www.trinity.edu/departments/student_affairs/alcohol/index.htm

Drugs

First sanction - probation for the remainder of time at Trinity, parental notification, and completion of on-line educational coursework.

Second sanction/1st time incident that is severe in nature (usually involving large quantities and/or distribution) - suspension for at least one semester.

In the residence halls, students found responsible will be evicted, will not receive a refund of room and board, and will be expected to fulfill the residency requirement during subsequent semesters.

Hazing

Please refer to the Student Handbook for the full policy on Hazing. Any individual found responsible for violating the hazing policy will face suspension of at least one semester.

Vandalism, defacement, destruction of University property

Referral to the Conduct Board and, in the residence halls, removal from the specific residence hall or from living on campus, including barring from the residence halls and loss of room and board money.

Please note that documentation of violations is considered part of the student record and maintained in the Dean of Students Office (this is different than the academic record kept in the Registrars Office). At times, and only when students or former students give consent to a third party, we are asked to disclose conduct histories. This happens most often with law school admission, admittance to the (legal) bar, and in government background checks.

Please direct any comments or questions to me at dtuttle@trinity.edu.

Mr. David M. Tuttle
Dean of Students and Director of Residential Life
Trinity University
One Trinity Place #40
San Antonio, TX 78212-7200
dtuttle@trinity.edu
Northrup Hall, Room 118
Staffed office (210) 999-8843, Direct line (210) 999-8844,
Fax (210) 999-8885

APPENDIX II Student Policies

ALCOHOL

I. INTRODUCTION

Trinity University values the freedom of those who live and work here to make our own choices, and it values the education that equips us to exercise that freedom responsibly. Choices regarding alcohol, in particular, are a matter of individual and community interest because poor decisions can negatively impact our personal health and our public environment. Trinity respects the choices of those who consume alcohol within reasonable, legal bounds and those who avoid it altogether. However, because the consumption of alcohol can impair an individual's judgment and lead to devastating damage and loss, this policy aims to limit those negative consequences. It calls us to be mutually accountable for sustaining a positive, livable, learning environment on our campus. Students who consume alcohol are accountable to all University policies: That is, intoxication does not serve as an excuse for violating policies. Finally, this policy intentionally promotes awareness regarding the physical, emotional, mental, and legal ramifications of alcohol misuse because educated freedom relies not only on rules but, most importantly, on informed thinking.

The Trinity Alcohol Coalition of students, staff, and faculty has developed the following three tenets related to alcohol: Trinity University acknowledges that students will drink; cares deeply about the health and safety of students; and enforces policies related to alcohol use, possession, and consumption.

II. SUMMARY OF TEXAS STATE LAW REGARDING ALCOHOL

A. *Minors and alcohol*

1. The legal drinking age is 21, and it is illegal for a minor to possess, purchase, attempt to purchase, or consume alcohol. A first offense results in an alcohol awareness course, community service, a 30-day suspension of driver's license, and up to a \$500 fine. Repeat offenses may result in automatic suspension of driver's license and up to a \$2000 fine and 180 days in jail. All penalties are assigned at the discretion of a judge.
2. Possession of false identification results in up to a \$200 fine.
3. Making alcohol available to a minor results in up to a \$4000 fine and/or one year in jail.
4. A parent must appear in court for any alcohol charges filed against a minor under 21 years of age.

B. *Driving while intoxicated*

1. For anyone under 21, it is illegal to drive with any detectable Blood Alcohol Concentration (BAC). A first offense results in up to a \$500 fine, 40 community service hours, alcohol awareness course, and 60-day suspension of driver's license. All penalties are assigned at the discretion of a judge.
2. The legal limit for intoxication is .08 BAC. However, drivers may be cited for impaired driving due to alcohol regardless of BAC. Refusal to take a blood or breath test to measure BAC can result in a 180-day driver's license suspension.
3. A first offense results in up to a \$2000 fine, 180 days in jail and driver's license suspension up to one year. Repeat offenses may result in up to a \$10,000 fine, 10 years in penitentiary, and two years of driver's license suspension.

III. UNIVERSITY STANDARDS

A. *General University policies related to alcohol*

1. On campus, only beer and wine are permitted, and only in designated residential areas by those of legal age. Beer and wine may be served in the Tigers' Den to any students, faculty, staff, and their guests of legal age. "Hard" alcohol is prohibited regardless of the age of the student.
2. Persons or organizations that furnish alcoholic beverages to underage students or visitors will be subject to Trinity adjudicative action and/or criminal prosecution for violation of state laws.
3. Any act that causes others to involuntarily or unknowingly consume alcohol is prohibited.
4. Public intoxication is prohibited.
5. Students who contact University officials or other helping professionals out of concern for their own or another student's health and safety will not be considered for alcohol policy violations for that specific incident. (Note that when hazing may have occurred, state law requires that such incidents be reported).
6. The Board of Campus Publications will have the authority to determine policy regarding alcohol advertising in the Trinitonian.
7. Parents/guardians or spouses of students may not serve alcohol to underage students on campus or at official Trinity University events off campus.

B. *Regulations on alcohol use within the residence halls*

1. To respect legal use: All students 21 years or older and their guests of legal age may only possess and consume beer and wine in any upperclass residence hall room where at least one of the assigned residents of the room is present and is of legal age. "Hard" alcohol is prohibited, regardless of the age of the student.
2. To respect those who are under the legal drinking age and/or choose not to consume alcohol:
 - a) No open containers of alcohol may be possessed or consumed in the following locations: balconies, corridors, public areas, and designated substance-free floors.
 - b) The possession or consumption of alcohol and the possession of alcohol containers (including kegs) are prohibited in all first year halls and all upperclass rooms where neither resident is of legal age. The possession of alcohol by those under legal age in any public area is prohibited.
 - c) No alcohol in the residence halls may be provided from common source containers, including but not limited to kegs.
 - d) Since "hard" alcohol is prohibited, empty "hard" alcohol containers, decorative or otherwise, are likewise prohibited in any residence hall location, regardless of the age of the student.
3. To promote mutual accountability for all students to abide by Texas law and University policy, those who are present where there is an alcohol violation may be found responsible for violation of University policy.

C. *Regulations for University-authorized use of alcohol*

1. On-campus events
 - a) Trinity University organizations or groups (including departments, offices, and student organizations) may permit serving of alcoholic beverages for those of legal age, even with underage persons present. Student organizations must apply to the director of Campus and Community Involvement or designee for permission to hold an off-campus event at which alcoholic beverages are served to those of legal age, even with underage persons present.
 - b) Groups meeting on the campus whose constituency is entirely 21 years of age or above may appeal to the associate vice president for Fiscal Affairs for permission to serve wine and/or beer at scheduled social events in on-campus locations other than the Tigers' Den only if that event has been scheduled following established procedures.

c) Off-campus groups and individuals are not permitted to serve any alcoholic beverages on the University campus unless the event is being catered by Aramark and permission to serve beer or wine has been received from the associate vice president for Fiscal Affairs.

d) Except for the Tigers' Den or other authorized locations, there will be no place on the Trinity University campus where alcoholic beverages are sold.

2. Off-campus events

a) Students (or members acting on behalf of chartered, sponsored, or registered organizations, Greeks, or other formal or informal groups) sponsoring any events or activities off campus and not in compliance with University alcohol policies do so of their own volition and at their own personal risk and liability. Trinity University assumes no responsibility or liability for such activities. Students who attend these events are still subject to all Trinity University policies governing student conduct.

b) Student organizations must apply to the director of Campus and Community Involvement or designee for permission to hold an off-campus event at which alcoholic beverages are served to those of legal age, even with underage persons present.

c) All off-campus student organization sponsored events should be held in accordance with *Third Party Vendor* or *BYOB* guidelines found in the Student Organization Handbook.

d) When students are participating in University-related outings (for example, retreats, outdoor recreation activities, field trips, music trips, conferences, and athletic trips) only those students 21 years or older – who have the express, prior approval of their University sponsor – may purchase, possess, be served, or consume alcohol, and only at dining establishments that have a permanent license to sell alcoholic beverages. During such an outing, under no circumstances is alcohol allowed in vehicles, lodging, campsites, or other locations. While on University business, Trinity students are prohibited from driving after consuming any alcohol. (These allowances do not apply to student organizations, which are subject to policies in the Student Organization Handbook.)

3. Off-campus with University employees

a) Students who are under 21 years of age may be present at informal events or times where alcohol is being served so long as the policies of the establishment or the wishes of the hosting employee permit such students to be present; however, only those students who are 21 or older may purchase, possess, or be served alcohol. Any alcohol consumption is always subject to the approval and discretion of the event sponsor or host.

b) In instances where Trinity University directly sponsors a program abroad, led by a Trinity faculty or staff member, events hosted by the Trinity program are governed by this policy just as if the event had been hosted on campus, even if the laws of the particular jurisdiction allow for a younger drinking age.

4. Other University-related events and situations

a) Trinity University departments may host events where alcohol is served if approved in advance by the associate vice president for Fiscal Affairs. When alcohol is being served by a person other than a hosting faculty or staff member, it must be at an establishment that possesses a permanent license to sell alcohol. Student organizations may host events where alcohol is served if events are held in accordance with organizational *Third Party Vendor* or *BYOB* guidelines and approved in advance by the director of Campus & Community Involvement.

b) Students who are under 21 years of age may attend events sponsored by the Alumni Office on or off campus, but may not consume alcohol. Students who are 21 years of age or older may consume alcohol at these events at the discretion of the Alumni Office.

c) Only students who are 21 years of age or older may possess or consume alcohol at employment-related recruiting events or during the employment search process whether on or off campus. Because job candidates are always being evaluated by potential employers, Career Services advises students to avoid alcohol use during interactions with potential employers.

IV. ENFORCEMENT, EDUCATION, AND SERVICES III. ENFORCEMENT, EDUCATION, AND SERVICES

A. University enforcement of the alcohol policy

1. Students are personally responsible for complying with state and local laws and the University Alcohol Policy. Trinity University respects students' privacy and autonomy, assumes that they will behave legally and responsibly, and will not closely monitor the activities of individual students or members of student organizations.
2. Resident assistants/resident mentors and the Department of Campus Safety will respond to any observed alcohol policy violations and submit incident reports to the dean of students office and/or Student Conduct Board.
3. Alcohol policy violations will be handled through normal campus conduct procedures as described in the Trinity University "Joint Statement on Rights and Freedoms of Students." Sanctions may range from no action up to expulsion.
4. On an annual basis, the Trinity Alcohol Coalition will review the range of sanctions for alcohol policy violations.

B. The effects of alcohol consumption

1. The University encourages students who drink to do so in moderation because risks to the health and safety of self and others increase as Blood Alcohol Concentration (BAC) increases. Both episodic and chronic heavy drinking is associated with academic, social, and health problems. Potential academic problems include class absenteeism and substandard performance. Potential social problems include disrupted relationships, sexual victimization, arguments, and fights. Potential health problems include accidental injury and the consequences of unprotected sex. Additionally, because alcohol is toxic to the body, chronic heavy drinking causes a multitude of physical problems, especially in the brain and digestive system.
2. Alcohol is a central nervous system depressant that, in a low dosage (BAC under .06), produces positive feelings by reducing inhibition and anxiety while producing a mildly stimulating "buzz" and mildly impairing judgment.
3. The negative depressant effects of alcohol intensify as BAC rises above .06 and produce fatigue, impairment of coordination, and increased impairment of judgment while simultaneously erasing the positive, low-dosage effects. (Not surprisingly, intoxication is involved in a majority of violent student behaviors, including acquaintance rape, vandalism, and fights, as well as about half of vehicular accidents.)
4. If BAC rises above .15, the drinker can pass out and/or experience a memory loss (blackout) the next day. While passed out, a drinker can die from choking on his or her vomit. Breathing will slow as the central nervous system becomes increasingly anesthetized.
5. If BAC rises above .30, the drinker is at risk of alcohol poisoning from respiratory failure. An intoxicated person is at risk for death from alcohol poisoning if s/he
 - a) is passed out and cannot be awakened, or
 - b) has cold, clammy, bluish or unusually pale skin, or
 - c) breathes slowly (less than 8 times per minute) or irregularly (more than 10 seconds between breaths), or
 - d) vomits while asleep/passed out and does not awaken.As a member of the University community, anyone who recognizes that a student is in danger of alcohol poisoning should call 911 to request the assistance of Emergency Medical Services (EMS). If the call is placed from campus, students should call the Department of Campus Safety emergency line (x7000). Officers can direct EMS to the proper location as quickly as possible.
6. About 5-10% of Americans develop alcohol dependence, a brain disease that can lead to death. Although some drinkers, especially those with a genetic predisposition, are at greater risk for alcohol dependence than others, no drinker is exempt from the potential to develop an alcohol

use disorder. Therefore, the University encourages all students who drink to periodically seek an “alcohol check-up” and provides resources for doing so through Counseling Services.

C. University services

1. Counseling Services (www.trinity.edu/counseling) offers a variety of services and resources to students, including:
 - a) Anonymous, online alcohol use assessment and feedback through its Web site for those who desire an “alcohol check-up” or are concerned about their alcohol use;
 - b) Confidential consultations with a counselor for those who desire an “alcohol check-up” or who are concerned about their own alcohol use or that of a friend or family member;
 - c) Confidential counseling concerning alcohol use;
 - d) Referrals to off-campus specialists and support groups for the treatment of alcohol dependence;
 - e) Educational materials;
 - f) Educational programs for classes and other student groups.
2. Residential Life staff address residents’ concerns and make appropriate referrals related to the negative effects of alcohol use, including interpersonal conflicts, vandalism, and health concerns.
3. Health Services (www.trinity.edu/healthservices) treats injuries and illnesses associated with alcohol use and refers students who may have problems related to alcohol use to Counseling Services or an off-campus specialist for assessment and treatment, if needed.
4. The dean of students coordinates the Trinity Alcohol Coalition that periodically reviews University policy, sanctions, educational initiatives, and treatment efforts.

APPENDIX III – 2006 AND 2007 EMAILS TO EMPLOYEES

From: McCoy, Craig
Sent: Tuesday, October 17, 2006 2:56 PM
To: Trinity Faculty/Staff
Subject: Drug and Alcohol Policy

DATE: **October 17, 2006**

TO: **All University Employees**

FROM: **Craig McCoy**
 Vice President, Fiscal Affairs

SUBJECT: **Drug and Alcohol Policy Statement**

Trinity University is committed to providing a workplace environment which is free from illegal drug use and the abuse of alcohol.

The Drug-Free Workplace Act of 1988 (41 U.S.C.A. Section 701-707) and the Drug-Free Schools and Communities Act Amendment of 1989 (Public Law 101-226) (20 U.S.C. Section 1145g) require that all employees be notified that the unlawful manufacture, sale, distribution, possession or use of a controlled substance in or on any premises or property owned or controlled by the University is prohibited. A controlled substance is any substance so defined by federal or state statute or regulation.

Trinity's Drug and Alcohol policy is attached. This policy addresses objectives, standards of conduct, assistance, health risks and legal implications. I ask each of you to become familiar with this policy and to assist in keeping the University free from illegal drug use and the abuse of alcohol.

From: White, Charles B.
Sent: Monday, October 01, 2007 5:13 PM
To: Trinity Faculty/Staff
Subject: Annual Drug and Alcohol Policy Statement

DATE: **October 3, 2007**

TO: **All University Employees**

FROM: **Dr. Charles B. White**
 Vice President for Information Resources and Administrative Affairs

SUBJECT: **Drug and Alcohol Policy Statement**

Trinity University is committed to providing a workplace environment which is free from illegal drug use and the abuse of alcohol.

The Drug-Free Workplace Act of 1988 (41 U.S.C.A. Section 701-707) and the Drug-Free Schools and Communities Act Amendment of 1989 (Public Law 101-226) (20 U.S.C. Section 1145g) require that all employees be notified that the unlawful manufacture, sale, distribution, possession or use of a controlled substance in or on any premises or property owned or controlled by the University is prohibited. A controlled substance is any substance so defined by federal or state statute or regulation.

Trinity's Drug and Alcohol policy statement is attached. This policy addresses objectives, standards of conduct, assistance, health risks and legal implications. I ask each of you to become familiar with this policy and to assist in keeping the University free from illegal drug use and the abuse of alcohol.

Charles B. White, Ph.D.
Professor of Psychology
Vice President for Information Resources
and Administrative Affairs
Trinity University
San Antonio, Texas 78212

email: cwhite@trinity.edu
charlesbwhite@gmail.com

telephone: 210-999-7345
cell phone: 210-416-0717
fax: 210-999-8845

APPENDIX IV – EMPLOYEE POLICY

Drug and Alcohol Abuse

Trinity University recognizes its responsibility to provide a healthy environment within which faculty and staff may work in a drug-free workplace. If an employee is found in violation of University or state alcohol and drug abuse policies, the circumstances accompanying each individual case are considered when determining the consequences. Educational interventions are emphasized; however, when indicated, counseling or other therapeutic activities may be required.

Based on its commitment to assure the safety and health of its employees, the University seeks to maintain work and learning environments free of the unlawful manufacture, distribution, possession or use of controlled substances or the abuse of alcohol. Drug and alcohol abuse affects the responsible conduct of business, teaching and learning; therefore, it will not be tolerated.

This policy is based on the following objectives:

1. To maintain a safe and healthy environment for all students and employees;
2. To maintain the good reputation of the University and its employees within the community;
3. To minimize accidental injuries to persons or property;
4. To keep absenteeism and tardiness at a minimum and to improve the effective performance of job duties and productivity of all employees;
5. In appropriate circumstances, to assist employees in securing alcohol or substance abuse rehabilitation;
6. To comply with the federal Drug-Free Workplace Act of 1988, the Drug-Free Schools and Communities Act Amendments of 1989 and other applicable legislation; and,
7. To adopt and implement a program to prevent the use of illicit drugs and abuse of alcohol by employees.

As used in this policy, the following definitions apply:

1. "Drugs or other controlled substances" means any substance, including alcohol, capable of altering an individual's mood, perception, pain level or judgment.

2. A "prescribed drug" is any substance prescribed for individual consumption by a licensed medical practitioner. It includes prescribed drugs and over-the-counter drugs which have been legally obtained and are being used for the purpose for which they were prescribed or manufactured.
3. An "illicit drug" or chemical substance is: (a) any drug or chemical substance, the use, sale or possession of which is illegal under any state or federal law, or (b) one which is legally obtainable but has not been legally obtained. The term includes prescribed drugs not legally obtained and prescribed drugs not being used for prescribed purposes.
4. The term "controlled substance" means a controlled substance in schedules I through V of section 202 of the Controlled Substance Act (21 U.S.C.S. 812) or whose possession, sale or delivery results in criminal sanctions under the Texas Controlled Substances Act (Art. 4476-13, TCS). In general, this includes all prescription drugs, as well as those substances for which there is no generally accepted medicinal use (e.g., heroin, LSD, marijuana, etc.) and substances which possess a chemical structure similar to that of a controlled substance (e.g., "Designer Drugs"). The term does not include alcohol.
5. "Alcohol" means "alcohol, or any beverage containing more than one-half percent of alcohol by volume, which is capable of use of beverage purposes, either alone or when diluted."
6. "Alcohol abuse" means the excessive use of alcohol in a manner that interferes, but not chronically, with (1) physical or psychological functioning; (2) social adaptation; or (3) occupational functioning.
7. The term "conviction" means a finding of guilt (including a plea of nolo contendere) and/or imposition of sentence by any judicial body charged with the responsibility to determine violations of the federal or state criminal drug statutes.
8. "Cause for reasonable suspicion" shall be established by: (1) observation; (2) actions/behaviors of the individual; (3) witness by supervisor or other reliable individual of possession or use; or (4) any other legal measure used for alcohol or drug detection.
9. The term "criminal drug statute" means a criminal statute involving manufacture, distribution, dispensation, use or possession of any controlled substance.
10. "Sanctions" may include completion of an appropriate rehabilitation or assistance program, termination from employment, other disciplinary action, or referral to authorities for prosecution. If an employee has been convicted of a criminal drug statute, sanctions must be imposed within thirty (30) days.

11. “Workplace” means any office, building, classroom or property (including parking lots) owned or operated by the University or any other site at which the employee is to perform work.

12. An “employee” of Trinity University is any faculty, staff or student receiving remuneration for services rendered.

13. “Possess” means to be contained either on an employee’s person or in an employee’s vehicle, tools or areas entrusted to the employee.

14. “Impaired” means under the influence of an illegal drug or alcohol such that adversely affects the employee’s ability to perform his/her assigned tasks.

Standards of Conduct:

1. The unlawful manufacture, distribution, possession or use of illicit drugs or alcohol is strictly prohibited.

2. Sanctions will be imposed on employees (consistent with local, state, and federal law), up to and including termination of employment and referral for prosecution, for violation of the standards of conduct set forth above.

3. The University shall conduct a biennial review of its drug and alcohol abuse prevention program. It shall determine and put in report format: (1) the effectiveness of the program, and (2) the consistency of the enforcement of sanctions imposed pursuant to the program. It shall also evaluate whether any changes are needed and shall implement any such changes.

4. The University shall have available for review by the Secretary of Education, or designee, other applicable governmental agencies and the general public, if requested, copies of all documents distributed to employees under the drug and alcohol abuse prevention program and copies of the biennial review, also.

The University will establish or participate in an alcohol and drug-free awareness program to inform employees about: (1) the dangers of alcohol and drug abuse; (2) the University policy of maintaining a workplace and learning environment free from drug and alcohol abuse; (3) any available alcohol and drug counseling, rehabilitation, and employee assistance programs; and (4) the penalties that may be imposed upon employees for alcohol and drug abuse violations.

If a supervisor reasonably suspects that usage of a controlled substance or of alcohol has affected an employee’s job performance, the supervisor shall immediately notify the appropriate department head or other designated administrative official, and upon direction, the supervisor or other designated administrative official shall discuss with the employee the suspected alcohol or drug-related problems. The employee should be advised of any available alcohol and drug counseling, rehabilitation or employee

assistance programs, and the terms of any applicable disciplinary sanctions. All such meetings between the employee and the supervisor or other designated administrative official to address the suspected alcohol or drug-related problem and/or its resolution shall be documented in a memorandum to the record. Should such discussion and/or participation in any available alcohol or drug counseling, rehabilitation or employee assistance program fail to resolve the suspected alcohol or drug-related problems, or should the employee fail to meet the terms of any applicable disciplinary sanctions, the employee may be subject to disciplinary action up to and including termination.

Assistance for Employees. The Counseling Center will provide referrals to substance abuse treatment clinics, drug abuse counselors and private community organizations involved in rehabilitation programs for alcohol and drug impairment. Literature and other relevant information on alcohol and drug abuse may be obtained at University Health Services.

Other Regulations:

1. A copy of the University's drug and alcohol abuse policy shall be provided to each employee on or near their first day of employment, along with a signed acknowledgement of receipt of the policy. The signed receipt will be kept in the employee's file.
2. Any employee whose off-duty use of alcohol, drugs or other controlled substances results in absenteeism, tardiness, impairment of work performance, or is the cause of workplace accidents, will be reported to the immediate supervisor and the Human Resources Office. Referrals to drug abuse counselors will be provided by the Counseling Center. However, such use and referrals does not limit the University in implementing or enacting any form of discipline, including termination
3. Any disciplinary action shall be governed by University policies on discipline and dismissal. A record of the action will be placed in the employee's personnel file.
4. As a condition of employment, employees on government grants or contracts must abide by the required notification statement and must report any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction. The employer, in turn, must so notify the contracting federal agency within ten (10) days after receiving notice from an employee or otherwise receiving actual notice of such conviction, and within thirty (30) days must impose sanctions on the employee involved. Such sanctions may take the form of personnel actions against such an employee, up to and including termination or requiring the employee to satisfactorily participate in an approved drug abuse assistance or rehabilitation program.

Health Risks of Alcohol, Drugs and Chemicals:

1. **Alcohol.** Health hazards associated with the excessive use of alcohol or with alcohol dependency include dramatic behavioral changes, retardation of motor skills and impairment of reasoning and rational thinking. These factors result in a higher incidence of injury and accidental death for such persons than for non-users of alcohol. Nutrition also suffers and vitamin and mineral deficiencies are frequent. Prolonged alcohol abuse causes bleeding from the intestinal tract, damage to nerves and the brain, psychotic behavior, loss of memory and coordination, damage to the liver (often resulting in cirrhosis), impotence, severe inflammation of the pancreas, and damage to the bone marrow, heart, testes, ovaries and muscles. Cancer is the second leading cause of death in alcoholics and is ten (10) times more frequent than in non-alcoholics. Sudden abstinence from alcohol by persons dependent on it may cause serious physical withdrawal symptoms.

2. **Drugs and Chemicals.** The use of illicit drugs and chemicals may cause the same general type of physiological and mental changes seen with alcohol, though frequently those changes are more severe and more sudden. Death or coma resulting from overdose of drugs and chemicals is more frequent than from alcohol, but unlike alcohol, abstinence can lead to reversal of most physical problems associated with drug use. There are also health risks resulting from intravenous drug use. In addition to the adverse effects associated with the use of a specific drug, intravenous drug users who use unsterilized needles or who share needles with other drug users can develop AIDS, hepatitis, tetanus (lock jaw), and infections in the heart. Permanent brain damage may also result. Chemicals, which include solvent inhalants and aromatic hydrocarbons, such as glue, lacquers and plastic cement, also present health risks. Fumes from these substances cause symptoms similar to alcohol. Hallucinations and permanent brain damage may occur.

The chart below, excerpts of which are taken from the *Federal Register*, provides a summary of illicit drugs and their effects.

Controlled Substances Health Risks.						
Drugs Syndrome	Trade or Other Names	Dependence	Physical	Psychological	Effects of	Withdrawal Overdose
Opium	Dover's Powder, Paregoric, Parepectolin	High	High	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow, shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
Morphine	Morphine, MS-Contin, Roxanol, Roxanol-SR	High	High			
Codeine	Tylenol w/Codine, Empirin w/Codine, Robitussin A-C, Fiorinal w/Codeine	Moderate	Moderate			
Heroin	Diacetylmorphine, Horse, Smack	High	High			
Hydromor-Phine	Dilaudid	High	High			
Meperidine (Pethidine)	Demerol, Mepergan	High	High			
Methadone	Dolophine, Methadone, Methadose	High	High			
Other Narcotics	Numorphan, Percodan, Percocet, Tylox, Tussionex, Fentanyl, Darvon, Lomofil, Talwin* *not designated a drug by the CSA.	High-low	High-low			

DEPRESSANTS						
Choral Hydrate	Notec	Moderate	Moderate	Slurred speech, disorientation, drunken behavior without the odor of alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
Barbiturates	Amytal, Butisol, Fiorinal, Lotusate, Nembutal, Seconal, Tuinal, Phenobarbital	High-Moderate	High-Moderate			
Benzodiazepines	Ativan, Dalmane, Diazepam, Librium, Xanax, Serax, Valium, Tranxexa, Verstran, Versed, Halcion, Paxipam, Restoril	Low	Low			
Methaqualone	Quaalude	High	High			
Glutethimide	Doriden	High	Moderate			
Other Depressants	Equanil, Miltown, Noludar, Placidyl, Valmid	Moderate	Moderate			
STIMULANTS						
Cocaine **	Coke, Flake, Snow, Crack	Possible	High	Increased alertness, excitation, euphoria, increased pulse rate and blood pressure, insomnia, loss of appetite	Agitation, increase in body temperature, hallucinations, convulsions, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
Amphetamines	Biphetamine, Delcobese, Desoxyn, Dexedrine, Obetrol	Possible	High			

** Designated a narcotic under the CSA

STIMULANTS (Continued)						
Phenmetrazine	Preludin	Possible	High			
Methyphenidate	Ritalin	Possible	Moderate			
Other Stimulants	Adipex, Cylert, Didrex, Ionamin, Melfiat, Plegine, Sanorex, Tenuate, Tepanil, Prelu-2	Possible	High			
HALLUCINOGENS						
LSD	Acid, Microdot	None	Unknown	Illusions and hallucinations, poor perception of time and distance	Longer, more intense "trip" episodes, psychosis, possible death	With-drawal syndrome not reported
Mescaline and Peyote	Mexc, Buttons, Cactus	None	Unknown			
Amphetamine Variants	2,5-DMA, PMA, STP, MDA, MDMA, TMA, DOM, DOB	Unknown	Unknown			
Phencyclidine	PCP, Angel Dust, Hog	Unknown	High			
Phencyclidine Analogues	PCE, PCPy, TCP	Unknown	High			
Other Hallucinogens	Bufotenine, Ibogaine, DMT, DET, Psilocybin, Psilocyn	None	Unknown			

CANNABIS						
Marijuana	Pot, Acapulco Gold, Grass, Reefer, Sinsemilla, Thai Sticks	Unknown	Moderate	Euphoria, relaxed inhibitions, increased appetite, disoriented behavior	Fatigue, paranoia, possible psychosis	Insomnia, hyper-activity, and decreased appetite occasionally reported
Tetrahydrocanna-binol	THC, Marinol	Unknown	Moderate			
Hashish	Hash	Unknown	Moderate			
Hashish Oil	Hash Oil	Unknown	Moderate			

Legal Implication of Alcohol and Drug Use. This section summarizes laws concerning alcohol and drug use.

Texas Law

Offense	Minimum Punishment	Maximum Punishment
Manufacture of delivery of controlled substances (drugs)	Confinement in a state jail for a term of not more than 2 years, or less than 180 days, and not to exceed fine of \$10,000.	Confinement in TDC for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000.
Possession of controlled substances (drugs)	Confinement in jail for a term of not more than 1 year, and a fine not to exceed \$4,000.	Confinement in TDC for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000.
Delivery of Marijuana	Confinement in jail for a term not to exceed 180 days, and a fine not to exceed \$2,000.	Confinement in TDC jail for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$100,000.
Possession of Marijuana	Confinement in jail for a term of not more than 180 days, and a fine not to exceed \$2,000.	Confinement in TDC for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$50,000.
Driving While Intoxicated (Includes intoxication from alcohol, drugs, or both)	Confinement in jail for a term of not less than 72 hours.	Confinement in TDC for a term of not more than 180 days, and a fine not to exceed \$2,000.
Public Intoxication		A fine not to exceed \$500.
Purchase of alcohol by a minor; Consumption of alcohol by a minor; Possession of alcohol by a minor	A fine not to exceed \$500, plus community service, and suspension of Texas Driver's License.	Confinement in jail for a term of not more than 180 days, and/or a fine not less than \$250 and not more than \$2,000, plus community service, and suspension of Texas Driver's License.
Sale of Alcohol to a Minor		Confinement in jail for a term of not more than 180 days and a fine not to exceed \$2,000.

Federal Law

Offense	Minimum Punishment	Maximum Punishment
Manufacture, distribution, or dispensing of drugs (includes marijuana)	A term of imprisonment not more than one year, and a minimum fine of \$1000.	A term life imprisonment without release and no eligibility for parole, and a fine not to exceed \$8,000,000 (for an individual) or \$20,000,000 (if other than an individual).
Possession of drugs (including marijuana)	Civil penalty in amount not to exceed \$10,000.	Imprisonment for not more than 20 years or not less than 5 years, a fine of not less than \$5,000 plus costs of investigation and prosecution.
Operation of a common carrier under the influence of alcohol or drugs.		Imprisonment for up to 15 years, and a fine not to exceed \$250,000.

Program Review: Trinity University will conduct a biennial review of the program to determine the effectiveness and implement changes to the program, if they are required, and ensure that sanctions for violations are consistently enforced.

APPENDIX V – LONGITUDINAL SURVEY DATA

Dr. Richard Reams (Counseling Services) and Dr. Diane Saphire (Institutional Research) periodically conduct an anonymous Health Behaviors Survey with Trinity undergraduates. The survey, which is administered by professors in approximately 30 randomly-selected classes during two weeks of February of each survey year, includes items about the use of alcohol and other drugs.

*indicates data not collected that year (to keep the survey to a reasonable length, some items are rotated in and out)

AOD prevalence of use

(use at least once during preceding fall semester)

	2000 n=499	2001 n=531	2002 n=518	2005 n=498	2008 n=380
Alcohol	87%	79%	81%	80%	78%
Tobacco (smoking)	42	33	34	28	29
Daily	13	11	11	7	5
Occasionally	29	22	23	21	21
Tobacco (smokeless)	13	10	11	*	*
Marijuana	31	33	37	31	26
Daily	4	2	4	3	4
1+ times a week	4	6	5	5	4
1+ times a month	6	7	11	8	7
< Once a month	16	18	18	14	12
Other Drugs					6.9
Hallucinogens	10.0	6.4	8.4	7.8	*
Stimulants (not cocaine)	7.6	7.8	8.7	4.4	*
Sedatives (not GHB, Rohypnol)	7.4	6.7	6.4	2.4	*
MDMA (ecstasy)	7.2	6.4	6.1	2.0	*
Cocaine	6.0	2.8	3.3	4.6	*
Inhalants	5.4	2.1	2.4	1.0	*
GHB and Rohypnol	2.6	2.7	0.8	*	*
Opiates	2.6	2.6	1.5	1.2	*
Ketamine	1.4	0.9	*	*	*
Steroids	1.0	0.6	*	1.0	*
Recreational use of prescription medications (not prescribed to the survey respondent)	*	9.8	*	*	15.1
Anti-anxiety				5.2	*
Anti-depressant				1.6	*
"Pain-killer"				6.8	*
ADD				12.3	10.5
1-3 times total for semester					7.3
1-3 times per month					2.4
1or more times per week					0.6

Patterns of Drinking

The following percentages are for the 2 weeks prior to the survey:

Number of times the student consumed 5 or more drinks during an evening/sitting	2000	2001	2002	2005	2008
None	49%	37%	40%	52%	53%
1-2	28	29	22	25	27
3-4	13	20	16	14	11
5-6	6	8	12	6	5
7 or more	3	5	10	4	4

The following percentages are for the fall semester preceding the survey:

Frequency the student drank with the goal of getting drunk					
Never	27%	*	*	35%	37%
Less than once per month	24	*	*	19	19
Once or several times per month	26	*	*	23	23
Once a week	12	*	*	14	12
More than once a week	12	*	*	11	8
Negative consequences of drinking					
Attend class w/ hangover	*	*	37	34	35
1 time					14
2-5 times					8
6+ times					8
Attend class under the influence	*	*	12	12	9
1 time					6
2-5 times					1
6+ times					2
Missed class	27	29	34	31	26
1 time					12
2-5 times					12
6+ times					3
Forgot where I was or what I did	30	29	32	31	33
1 time					15
2-5 times					13
6+ times					6
Got behind in academic work	22	21	24	22	27
1 time					10
2-5 times					13
6+ times					4
Was injured	*	*	*	9	16
1 time					10
2-5 times					4
6+ times					2
Had unsafe sex	11	8	11	10	*
Had unsafe sex or sex that you regretted	*	*	*	*	12
1 time					10
2+ times					2
Was taken advantage of sexually	7	6	6	5	8
1 time					6
2+ times					3