



Office of Health Promotion
STUDENT HEALTH CENTER
SAM HOUSTON STATE UNIVERSITY

ANNUAL NOTIFICATION



@shsu_ohp



@shsu_ohp



/shsuhealthpromotion



shsu.edu/ohp



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Lee Drain Annex—Suite 111

What Is It?

The *Drug Free Schools and Communities Act* and the Education Department General Administration Regulations policy requires SHSU to adopt and implement programs “to prevent the unlawful possession, use, or distribution of illicit drugs and alcohol by all students and employees on school premises or as part of any of its activities” (EDGAR Part 86, Subpart A 86.3).

The Annual Notification includes required reporting of:

- The health risks associated with the use of alcohol and drugs.
- Standards of conduct regarding the use and prohibition of alcohol and drugs for students and employees.
- Disciplinary sanctions and penalties for the violations of illicit behavior concerning alcohol and drugs at the school, state, and federal level.
- Campus resources to assist current students and employees.

Standards of Conduct

Students. Any student who is found to have illegally possessed, used, sold or distributed any drug, narcotic, or controlled substance, whether it occurred on or off campus, shall be subject to discipline, ranging from mandatory, university or college approved counseling to expulsion.

Employees. SHSU has a Drug-Free Workplace Policy that prohibits the unlawful possession, use, or distribution of drugs and alcohol by employees on university property or as any part of the university which could result in disciplinary probation, demotion, suspension without pay, or termination, depending on the situation (p. 78, SHSU Student Handbook 2016-2018).

Dean of Students ([Student Guidelines](#))

Policies

- Commission of an act that would constitute an offense under appropriate federal, state, or municipal law
- Violation of any Regents rule, regulation, or order or Component policy, rule, or regulation, including policies or contracts relating to residential living in Component-owned or operated facilities
- Possessing and/or using, without authorization according to the Component policy, intoxicating beverages in a classroom building, laboratory,

auditorium, library building, faculty or administrative office, residence hall or apartment, intercollegiate and intramural athletic facility, or any other public campus area, or being intoxicated in any public area of the campus

- Illegal possession, use, sale, or distribution of any quantity, whether usable or not, of any drug, narcotic, or controlled substance

Possible Penalties

- Verbal written warning
- Requirement that the student complete a special project that may be, but is not limited to, writing an essay, attending a special class or lecture, or attending counseling sessions. The special project may be imposed only for a definite term.
- Cancellation of residence hall or apartment contract
- Disciplinary probation imposed for a definite period of time which stipulates that future violations may result in disciplinary suspension
- Ineligibility for election to student office for a specified period of time
- Removal from student or organization office for a specified period of time
- Prohibition from representing the Component in any special honorary role
- Withholding of official transcript or degree
- Bar against readmission
- Restitution whether monetary or by specific duties or reimbursement for damage to or misappropriation of Component, student, or employee property
- Denial or non-recognition of a degree
- Suspension of rights and privileges for a specific period of time, including access to electronic network facilities and participation in athletic, extracurricular, or other student activities
- Suspension from the Component for a specified period of time. During suspension, a student shall not attend classes or participate in any Component campus activities
- Loss of or ineligibility for student grant or loan
- Expulsion from the Component. A student who is expelled from the Component is not eligible for readmission to the Component
- Dismissal from the Component. A student, who is

dismissed, is separated from the Component for an indefinite period of time

Residence Life, ([Residence Life Handbook, pg 17-18; 24-25;34-35](#))

Alcohol

Containers. Bottles, cans and any other container packaged as an alcoholic beverage container may not be displayed in student rooms/apartments. Alcoholic beverage containers will be destroyed immediately. Empty alcohol containers should not be displayed or used as a decorative item at any time. Rationale: University officials can't determine when alcohol has been consumed when there are empty "open" containers in a room/apartment. Any minor that is present while there are open container(s) present is in violation of the University alcohol policy and can be found in violation of state law. Any occupant of the room/apartment that is 21 years of age or older can be issued a ticket for "contributing to a minor" if there are open containers present while minors are in the room/apartment.

Minors. The possession or consumption of alcoholic beverages by persons under the legal age of 21 is strictly prohibited. If both residents of a room/apartment are under 21 years of age, no alcohol may be consumed or possessed in that room/apartment. If both residents of a room/apartment are under 21 years of age, there can never be alcohol containers in the room/apartment, even if they are empty.

21 years of age and up. The possession and consumption of alcoholic beverages on any property owned and/or controlled by [SHSU] is limited to individual student residence hall rooms/apartments and areas specified in other published alcoholic beverage policies. Students of legal age who choose to consume alcohol in their rooms/apartments must keep their door closed.

Violations. The University Police Department will be called during every alcohol incident/violation. If an alcohol violation takes place in a residence hall room or apartment, the occupants of that room/apartment will be fined \$100.00 for providing a habitat for illegal alcohol consumption and/or violation of the Residence Life Alcohol Policy. Residence Life policies, and local and state laws with respect or application to the possession and consumption of alcoholic beverages will be strictly enforced, and the individuals in violation will be subject to University discipline, fines, and/or civil charges.

Drugs

A student who, by a preponderance of the evidence, under these rules and regulations, is found to have illegally possessed, used, sold or distributed any drug, narcotic, or controlled substance, whether the infraction is found to have occurred on or off campus, will have their housing contract terminated and will be referred immediately to the Office of Student Life for disciplinary action.

Possession of drug paraphernalia (such as bong, hookahs, water pipes, rolling papers, etc.) will result in the termination of their housing contract and referral to the Dean of Students for disciplinary action. Any resident who has misused, abused or has been "under the influence" of a particular drug or product "regardless of legality" with the intent purpose to become intoxicated or "high", will be in violation of the Residence Life Drug Policy and will be disciplined accordingly.

Residence Life reserves the right to require residents to be drug tested (at the resident's cost) based on the resident's involvement in the drug related incident. Students should be aware that an amendment to the Family Rights and Privacy Act (Warner Amendment) allows University officials the option to contact parents of students who are under 21 and are found to be in violation of SHSU policies and/or laws of the State of Texas concerning the possession, use, sale or distribution of any drug, narcotic or controlled substance.

Be A Good SAM

Good SAM is SHSU's Good Samaritan program. Sometimes, when potentially harmful or dangerous situations occur that involve alcohol or drugs people may be reluctant to call for help. This is often because of a fear that they can face consequences for something they shouldn't have been doing. With the Good SAM program we guarantee amnesty to anyone that is acting in the best interest of someone else.

In the case of alcohol poisoning, contact EMS immediately!

- On campus: call 4-1000
- Off-campus: dial 911

Tobacco

SHSU endorses a smoke free and tobacco free environment and prohibits the use of tobacco products on campus. These products include cigarettes, cigars, pipes, smokeless tobacco, and all other tobacco products. This policy extends to all faculty, staff, students, and visitors

The ban also includes electronic cigarettes and/or vaping.

Associated Health Risks and Effects of Alcohol and Drugs, (NIH, 2018)

Alcohol (Ethyl Alcohol)		
	Administration	Immediate Effects
Found in beer, wine, and liquor	Swallowed	<i>In low doses:</i> euphoria, mild stimulation, relaxation, and lowered inhibitions. <i>In higher doses:</i> drowsiness, slurred speech, nausea, emotional volatility, loss of coordination, visual distortions, impaired memory, sexual dysfunction, and loss of consciousness.
Health Risks	Increased risk of injuries, violence, fetal damage (in pregnant women), depression, neurologic deficits, hypertension, liver and heart disease, addiction, and fatal overdose	

Marijuana		
Other Names	Administration	Immediate Effects
Blunt, dope, ganja, grass, herb, joint, bud, Mary Jane, pot, reefer, green, trees, smoke, skunk, weed, edibles, mota, hierba	Smoked or swallowed	Euphoria, relaxation, slowed reaction time, distorted sensory perception, impaired balance and coordination, and increased heart rate and appetite
Health Risks	Panic attacks, psychosis, cough, frequent respiratory infections, possible mental health decline, and addiction	

Nicotine		
Other Names	Administration	Immediate Effects
Found in cigarettes, cigars, bidis, and smokeless tobacco	Smoked, snorted, or chewed	Mild euphoria and relaxation. Increased blood pressure, breathing, and heart rate
Health Risks	Greatly increased risk of cancer, especially lung cancer when smoked and oral cancers when chewed. Chronic bronchitis, emphysema, heart disease, cataracts, and pneumonia.	

Inhalants		
Other Names	Administration	Immediate Effects
<p>Solvents: paint thinners, gasoline, and glues</p> <p>Gases: butane, propane, aerosol propellants, and nitrous oxide</p> <p>Nitrites: isoamyl, isobutyl, Cyclohexyl, laughing gas, poppers, snappers, and whippets</p>	Inhaled through nose to mouth	<p>Cramps, muscle weakness, and unconsciousness</p> <p>Also, varies by chemical: Stimulation, loss of inhibition, headache, nausea or vomiting, slurred speech, loss of motor coordination, and wheezing</p>
Health Risks	Depression, memory impairment, sudden death, and damage to cardiovascular and nervous systems	

Amphetamine		
Other Names	Administration	Immediate Effects
Biphentamine, Dexedrine: bennies, black beauties, crosses, hearts, LA turnaround, speed, truck drivers, uppers	Swallowed, snorted smoked, or injected	Feelings of exhilaration, increased energy, mental alertness, tremors, reduced appetite, irritability, anxiety, panic, and increased heart rate, blood pressure, body temperature, and metabolism
Health Risks	Paranoia, violent behavior, psychosis, nasal damage from snorting, weight loss, insomnia, cardiac or cardiovascular complications, stroke, seizures, and addiction	

Methamphetamine		
Other Names	Administration	Immediate Effects
Desoxyn: meth, ice, crank, chalk, crystal, fire, glass, go fast, speed	Swallowed, snorted, smoked, or injected	Feelings of exhilaration, increased energy, mental alertness, tremors, reduced appetite, irritability, anxiety, panic, and increased heart rate, blood pressure, body temperature, and metabolism
Health Risks	Paranoia, violent behavior, psychosis, nasal damage from snorting, severe dental problems, weight loss, insomnia, cardiac or cardiovascular complications, stroke, seizures, and addiction	

Heroin		
Other Names	Administration	Immediate Effects
Diacetylmorphine: smack, horse, brown sugar, dope, H, junk, skag, skunk, white horse, China white, and cheese (with OTC cold medicine and antihistamine)	Injected, smoked, or snorted	Euphoria, drowsiness, impaired coordination, dizziness, confusion, nausea, sedation, feeling of heaviness in the body, slowed or arrested breathing, and constipation
Health Risks	Endocarditis, hepatitis, HIV, addiction, and fatal overdose	

Anabolic Steroids		
Other Names	Administration	Immediate Effects
Anadrol, Oxandrin, Durabolin, Depo-Testosterone Equipoise: roids, juice, gym candy, and pumpers	Injected, swallowed, or applied to skin	Builds muscles and improves athletic performance. Acne and no intoxication effects.
Health Risks	Hostility, aggression, hypertension, blood clotting, cholesterol changes, and liver cysts <i>In adolescents:</i> premature stoppage of growth <i>In males:</i> prostate cancer, reduced sperm production, shrunken testicles, and breast enlargement <i>In females:</i> menstrual irregularities and development of beard and other masculine characteristics	

Ketamine		
Other Names	Administration	Immediate Effects
Ketalar SV: Cat Valium, K, Special K, and Vitamin K	Injected, smoked, or snorted	Anxiety, tremors, numbness, memory loss, nausea, feelings of being separate from one's body and environment, impaired motor function, and analgesia
Health Risks	Impaired memory, delirium, death, respiratory depression, and arrest	

Cocaine		
Other Names	Administration	Immediate Effects
Cocaine hydrochloride: blow, bump, C, candy, Charlie, coke, crack, flake, rock, snow, toot, base, <i>pase</i> , <i>perrico</i> , and <i>hielo</i>	Smoked, snorted, or injected	Feelings of exhilaration, increased energy, mental alertness, reduced appetite, irritability, weight loss, insomnia, and increased heart rate, blood pressure, body temperature, and metabolism
Health Risks	Tremors, cardiac or cardiovascular complications, anxiety, panic, paranoia, violent behavior, psychosis, nasal damage from snorting, stroke, seizures, and addiction	

Designer Drugs			
Name	Other Names	Administration	Effects and Health Risks
MDMA	Ecstasy, Adam, clarity, Eve, lover's speed, Molly, X, peace, and uppers	Swallowed or snorted	Mild hallucinogenic effects, increased tactile sensitivity, empathic feelings, lowered inhibition, anxiety, chills, sweating, teeth clenching, muscle cramping, depression (high risk for suicide), sleep and appetite problems, problems with attention and memory, impulsivity, aggression, and less interest in sex.
Synthetic Cathinones	Bath Salts, Bloom, Cloud Nine, Cosmic Blast, Flakka, Ivory Wave, Lunar Wave, Scarface, Vanilla Sky, and White Lightning	Swallowed, snorted, or injected	Euphoria, increased sociability and sex drive, paranoia, agitation, hallucinations, psychotic and violent behavior, nosebleeds, sweating, nausea, vomiting, insomnia, irritability, dizziness, depression, suicidal thoughts, panic attacks, reduced motor control, cloudy thinking, increased heart rate and blood pressure, risk of HIV and hepatitis from shared needles, breakdown of skeletal muscle tissue, kidney failure, and death.
Synthetic Cannabinoids	K2, Spice, Black Mamba, Bliss, Bombay Blue, Fake Weed, Fire, Genie, Moon Rocks, Skunk, Smacked, Yucatan, and Zohai	Smoked or swallowed (brewed as tea)	Increased heart rate, vomiting, agitation, confusion, hallucinations, anxiety, paranoia, heart attack, increased blood pressure, and reduced blood supply to the heart

Legal Penalties

Penalties Under Texas Law		
Offense/Authority	Minimum Punishment	Maximum Punishment
Manufacture or delivery of controlled substances (drugs)	Sentence of 2 years to 10 years	Sentence of 20 to 99 years and a fine of >\$500,000
Delivery and Possession of Marijuana	Sentence not to exceed 180 days, and a fine of >\$1,000	15 to 99 years or less than 15 years and a fine of >\$250,000
Driving while intoxicated (includes intoxication from alcohol, drugs, or both)	Sentence of 72 hours to 2 years, and a fine of \$100-\$2,000	Sentence of 30 days to 2 years, or TDC for a term of 60 days to 5 years, and a fine of \$500-\$2,000
Public intoxication	Fine of \$25-\$200	A fine of >\$200
Purchase of alcohol by a minor		A fine of \$200-\$500
Consumption of alcohol by a minor	Fine of \$25-\$200	A fine of \$100-\$500
Possession of alcohol by a minor	Fine of \$25-\$200	A fine of \$100-\$500

Penalties Under Federal Law		
Offense/Authority	Minimum Punishment	Maximum Punishment
Manufacture, distribution or dispensing drugs (including marijuana)	Imprisonment term not to exceed 1 year and minimum fine of \$1,000	Life imprisonment without release (not eligible for parole) and a fine of \$800,000 (for an individual) to \$20,000,000 (other than individual)
Possession of drugs (including marijuana)	Imprisonment for not less than 1 year and a fine of not more than \$1,000	Imprisonment for not more than 20 years or less than 5 years, and 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 not less than 1 year	Imprisonment for up to 15 years, and a fine not to exceed \$250,000

Federal Tracking Penalties				
Drug/Schedule	Quantity	Penalties	Quantity	Penalties
Cocaine (Schedule II)	50-4999 gm mixture	First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	5 kg< mixture	First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Cocaine Base (Schedule II)	28-279 gm mixture		280 gm< mixture	
Fentanyl (Schedule II)	40-399 gm mixture		400 gm< mixture	
Fentanyl Analogue (Schedule I)	10-99 gm mixture		100gm< mixture	
Heroin (Schedule I)	100-999 gm mixture		1 kg< mixture	
LSD (Schedule I)	1-9 gm mixture		10 gm< mixture	
Methamphetamine (Schedule II)	5-49 gm pure or 50-499 gm mixture		50 gm< pure or 500 gm< mixture	
PCP (Schedule II)	10-99 gm pure or 100-999 gm mixture		100 gm< pure or 1 kg< mixture	

Resources for Employees

The Texas State University System group health insurance program provides for treatment of drug and alcohol abuse for all benefits eligible employees. The Human Resources Department will provide assistance to employees seeking treatment for drug or alcohol abuse.

SHSU Human Resources Department
Address: John W. Thomason Building
1831 University Ave, Suite 202
Telephone: (936) 294-1070

Campus Resources for Students

SHSU Counseling Center. The SHSU Counseling Center offers confidential treatment, education, and referrals to students who are currently enrolled. The Counseling Center is staffed by licensed psychologists, post-doctoral residents and graduate trainees and provides a range of services including individual counseling, group counseling, couples counseling, and outreach/preventive education presentations. Staff members are also available to assist students in a crisis situation.

Counseling groups that may be beneficial if you are struggling with alcohol or drug abuse are expressive arts, self-compassion and mindfulness, and understanding self and others. More information, including the times group counseling are offered, can be found on the Counseling Center website.

Website: <http://shsu.edu/dept/counseling/>
Telephone: 936-294-1720
Address: 1608 Avenue J, Huntsville, TX 77340

Psychological Services Center (PSC). The PSC is staffed by students in the clinical psychology doctoral training program housed within the Department of Psychology and Philosophy at SHSU. All students and clinical activities are closely supervised by licensed psychologist who are faculty or staff at SHSU. The PSC strives to provide psychological services for individuals and families who are underserved in the Huntsville community and the greater east Texas region. Clients are billed according to their income and other factors that influence their ability to pay for services.

Website: <http://www.shsu.edu/academics/psychology-and-philosophy/psychology/psychological-services-center/index.html>
Telephone: (936) 294-1210
Address: 1528 Avenue J, Huntsville, TX 77340

The Office of Health Promotion. The Office of Health Promotion (OHP) serves to educate and inform

the SHSU community about health and well-being. Housed under the OHP is the Alcohol and Drug Abuse Initiative (ADAI), established by former SHSU President Dr. James Gaertner in 2004 in response to alcohol-related student deaths. The ADAI has changed over the years from being managed by a large committee to becoming its own department headed by a program coordinator to currently being a program element managed under the OHP.

The OHP works proactively with the Student Health Center and continuously has events, programs, and tabling events where students can get information on drugs and alcohol. In addition, we fulfill program requests to residence halls, student organizations, and classes on the dangers of alcohol and drug abuse and tips on responsible alcohol use.

Email: healthpromotion@shsu.edu
Website: www.shsu.edu/ohp
Telephone: (936) 294-2653
Address: 1916 Ave J
in the Lee Drain Annex Building

SHARP Program. The Sam Houston Alcohol Referral Program (SHARP) is a six hour-long, state-approved Alcohol Awareness program that utilizes the Alcohol Education Program for Minors curriculum from the Texas Department of State Health Services. Completion of the course fulfills the requirement of taking an 'Alcohol Awareness' course that may be required for breaches of the alcohol policy within SHSU Residence Life or Student Guidelines or to fulfill the mandate for an Alcohol Awareness course by a Judge for alcohol policy violations (e.g., minor in possession or public intoxication).

SAFE Week. SAFE Week is a series of free events and activities designed to show students some of the risky situations they may encounter during their time in college. In addition to showing students the potential dangers they may face, students are educated on how to be safe despite these dangers and make smart decisions. Past activities include: use of drunk driving simulators and participation in a Know Your Drink activity, where students learned about standard drink sizes for various types of alcohol.

The Health Fair. Each semester in the KIN 2115 classes, students are required to watch our videos on sex education and alcohol and drug education. After watching the videos, the OHP in collaboration with the Kinesiology Department, host a health fair where students can get free STI testing and further education in specialized topics, such as alcohol and drugs.

Recovery Month. Recovery month falls every year in

September. OHP offers several different opportunities for students to learn about recovery from multiple substances. Past activities include lunch and learns and a recovery panel with members of the SHSU community who shared stories and information about the process of recovery.

NCAAW. National Collegiate Alcohol Awareness Week falls on the 3rd week of October every year. This week aims to address alcohol misuse, impaired driving prevention, and to promote responsibility, healthy decisions, and safety. Activities vary but most include informative presentations and social events. Some past activities during NCAAW include Coffee and Canvas, Lunch and Learns, and tabling. Campus Clarity. In

Fall 2015 SHSU implemented Campus Clarity/EverFi's program "Think About It" into its prevention efforts. "Think About It" is an online, comprehensive education program that addresses four key areas, sex in college, partying smart, sexual violence, and healthy relationships. Completion of this program is necessary for incoming freshman and transfer students to complete before registering for their first semester at Sam.

Kats 4 Recovery. Kats 4 Recovery is a collegiate recovery program (CRP) that was previously housed under the Counseling Center. The program offers peer mentoring, guest speakers, a support network, and fun sober activities and events. For more information see the flyer below. ■



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MISSION

Kats 4 Recovery (K4R) provides a supportive community for students in recovery from drugs and alcohol, by creating a sober college experience at SHSU. K4R provides accountability using alternative social activities, education, and a nonjudgmental attitude.

VISION

INCREASE AWARENESS
PROVIDE SUPPORT and
ENCOURAGEMENT
WORK TOGETHER FOR CHANGE
REDUCE STIGMA



ARE YOU CURRENTLY IN RECOVERY WHILE
ATTENDING COLLEGE?

DO YOU WANT TO BUILD RELATIONSHIPS WITH
OTHERS WHO ARE IN RECOVERY?

MEETINGS.
ACTIVITIES.
HEALTHY LIVING.

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MEMBER THE TEXAS STATE UNIVERSITY SYSTEM