



Sam Houston State University
Dean of Students' Office



Sam Houston State University
Student Wellness

Drug-Free Schools and Communities Act
REQUIRED NOTIFICATION
FALL 2026

Dean of Students' Office
LSC 210
doso@shsu.edu

Student Wellness
CRC 115
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What Is It?

The *Drug Free Schools and Communities Act* and the Education Department's 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 violation of illicit behavior concerning alcohol and drugs at the school, state, and federal level.
- Campus resources to assist current students and employees.

General University Policy

The possession and consumption of alcoholic beverages on any property owned and/ or controlled by SHSU are prohibited except where permitted explicitly by published policies. The minimum legal age for the purchase, consumption and/ or possession of alcoholic beverages in the state of Texas is 21. Violators of state law and university policy will be subject to university penalties and criminal charges. The SHSU UPD is responsible for the enforcement of state and under-age drinking laws.

Sponsoring organizations of events where alcoholic beverages are to be served in special use buildings or other designated facilities are required to complete a "Alcoholic Beverage Service Request" Form. The completed form will authorize the service of alcoholic beverages in conjunction with a scheduled special event. The form requires the approval signature of several university administrators including the university president; therefore, the request should be initiated at least fifteen (15) business days in advance of the event. SHSU prohibits the unlawful possession, use, manufacture, distribution, or sale of controlled substances on University property or during University-sponsored activities except as permitted by law and University policy. The SHSU UPD is responsible for the enforcement of Federal and State drug laws.

Standards of Conduct

Students. Any student who is found to have illegally possessed, used, manufactured, sold, or distributed any alcohol, drug, narcotic, or controlled substance, whether it occurred on or off campus, shall be subject to disciplinary sanctions as defined in the Student Code of Conduct, up to and including expulsion and referral for criminal prosecution where appropriate.

Employees. SHSU has a [Drug-Free Workplace Policy](#) that prohibits the unlawful manufacture, possession, use, or distribution, dispensation, of a controlled substance 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.

Dean of Students ([Student Code of Conduct](#))

Prohibited Conduct

Prohibited conduct includes but is not limited to:

- Underage Possession or Consumption of Alcohol: Unlawful possession, consumption, or attempted consumption or possession of alcohol by individuals under 21.
- Alcohol-Related Misconduct: Possessing, providing, using, or distributing alcoholic or intoxicating beverages in a manner that violates University policies or that would constitute an offense under appropriate federal, state, or municipal law (e.g., possessing or consuming alcohol in unauthorized campus areas, or being under the influence to the extent that action disrupts University activities or community or individual safety).
- Public Intoxication: Being impaired by alcohol or drugs in a public place, endangering oneself or others, or causing a disturbance.
- Driving Under the Influence or Driving While Intoxicated: Operating a motor vehicle while impaired by alcohol, drugs, or other substances.
- Illegal Drugs: Possessing, using, selling, manufacturing, or distributing any illegal drug or controlled substance on or off

University property or during University affiliated activities.

- **Drug Paraphernalia:** Possessing, using, delivering, or manufacturing drug paraphernalia on or off University property.

Disciplinary Sanctions

- Disciplinary sanctions may include, but are not limited to:
- **Warning:** Written notice that a violation has occurred, with further violations risking additional disciplinary action.
- **Educational Intervention:** Completion of an educational course or workshop when appropriate.
- **Restricted Privileges:** Denial of specified privileges including but not limited to parking, dining, living, or extracurricular participation for a designated period.
- **Special Project:** Completion of an educational essay, community service, or workshop, the purpose of which is to address the violation and prevent recurrence.
- **Restitution:** Compensation for damage caused to the University or any person's property, via payment or community service.
- **Disciplinary Probation:** Indicates a student is not in good standing for a designated period, restricting leadership roles or representation of the University.
- **Deferred Suspension:** Probation for a designated period with the understanding that a further violation results in suspension.
- **Disciplinary Suspension:** Temporary separation from the University, prohibiting enrollment or campus presence for a designated period.
- **Disciplinary Expulsion:** Permanent separation from the University and TSUS components.
- **Transcript Notation:** Notation of disciplinary action on the student's transcript, removable after seven years (except for expulsion).

Residence Life, ([Residence Life Handbook](#))

Alcohol

Containers. Bottles, cans, and any other container packaged as an alcoholic beverage container or that once contained alcohol may not be displayed in student rooms/apartments. Alcoholic

beverage containers will be destroyed immediately. Empty alcohol containers shall not be displayed or used as a decorative item at any time. . Any minor that is present while there are open container(s) present is in violation of the University alcohol policy and may be found in violation of state law. Any occupant of

a room/apartment that is 21 years of age or older may be in violation of state law and University policy for providing, serving, furnishing, or making alcoholic beverages available to persons under 21 if there are open containers 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 possessed, consumed or alcoholic containers 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. All students, residents, and guests who are 21 years of age or older and choose to drink within a resident room/apartment are responsible for their behavior and abiding by the Residence Life expectations and policies.

Violations. The University Police Department may be notified for alcohol-related incidents/violations. All university regulations, including the Student Code of Conduct, Department of Residence Life policies, and local and state laws with respect 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. Illegal alcohol will be destroyed immediately.

Drugs

Violations of the Department of Residence Life drug policy include, but are not limited to:

- The illegal possession, use, selling,

manufacturing, or distribution of any drug, narcotic, or controlled substance, whether the infraction is found to have occurred in or outside the residence hall

- Possession of any drug paraphernalia
- Possession, use, distribution, manufacture, or being under the influence of any drug or product, regardless of legality, with the purpose to become intoxicated
- Possession of prescription medications for which the student does not have a valid prescription
- Students that make a conscious decision to remain present during, or fail to report, illegal activities

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. The occupants of the room will be responsible for all actions of guests whether or not the occupants in the area in the room/apartment at the time of the violation.

A student found in violation of the Department of Residence Life drug policy will receive disciplinary action, up to and including housing contract termination and as well as disciplinary action under the Student Code of Conduct.

Students should be aware that the Family Educational Rights and Privacy Act (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 state and federal laws concerning the possession, use, sale, or distribution of any drug, narcotic or controlled substance.

Texas Online Alcohol Awareness

Students who are mandated by a court to complete the Texas State alcohol education program for alcohol policy violations are provided the option to complete the Texas Online Alcohol Awareness program.. This program is not a universal student requirement.

Amnesty 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. Sam Houston State University encourages students, faculty, and staff to contact help when they see or learn about a harmful or dangerous situation.

Pursuant to Section 106 of the Texas Alcoholic Beverage Code, amnesty is provided in certain situations when a

minor, generally, was the first person to request emergency medical assistance, remained on the scene until medical assistance arrived, and cooperated with medical and law enforcement personnel, or who reports the sexual assault of a minor or other person to a health care provider, law enforcement agency, Title IX coordinator.

Under the Student Code of Conduct, students who seek medical assistance for themselves or others due to alcohol or drug intoxication, or who report incidents of hazing, sexual misconduct, or other serious violations, will not be subject to disciplinary action under this Code for their own minor policy violations (e.g., underage drinking) at the time of seeking help or reporting, provided they cooperate with University officials and engage in recommended educational interventions. This policy is intended to remove barriers to seeking help and to encourage health and safety-related reporting.

The amnesty program only refers to on-campus disciplinary processes and sanctions, and not criminal penalties from law enforcement.. In the case of alcohol poisoning or drug overdose, contact emergency services immediately:

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

Tobacco

SHSU is a smoke-free and tobacco-free environment and prohibits the use of tobacco products oncampus. These products include electronic cigarettes, vaping, cigarettes, cigars, pipes, smokeless tobacco, and all other tobacco products. This policy extends to all faculty, staff, students, and visitors.

Associated Health Risks and Effects of Alcohol and Drugs, (NIH, 2026)

Alcohol (Ethyl Alcohol)		
Found in beer, wine, and liquor	Administration	Immediate Effects
	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, Synthetic Cannabinoids , Cannabis, and THC Products		
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, Vaped, Swallowed, or Applied to Skin	Enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite. THC vaping products mixed with the filler Vitamin E acetate (and possibly other chemicals) has led to serious lung illnesses and deaths.
Health Risks	Panic attacks, psychosis, cough, frequent respiratory infections, possible mental health decline, and addiction	
Nicotine		
Other Names	Administration	Immediate Effects
Found in cigarettes, vaping devices, e-cigarettes, cigars, etc.	Smoked, Snorted, Chewed, Vaped	Mild euphoria and relaxation. Increased blood pressure, breathing, and heart rate. Vaping products: Some are mixed with the filler Vitamin E acetate and other chemicals, leading to serious lung illnesses and deaths.
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.	
Fentanyl		
Other Names	Administration	Immediate Effects
Fent, Fenty, Dance Fever, Goodfellas, Great Bear, He-Man, Jackpot, King Ivory, Murder 8, Poison, Tango and Cash	Swallowed, snorted smoked, injected, transdermal patch	Feelings of exhilaration, drowsiness, nausea, confusion, constipation, sedation, problems breathing, unconsciousness.
Health Risks	Paranoia, violent behavior, psychosis, weight loss, insomnia, cardiovascular complications, stroke, seizures, brain damage, addiction, overdose, and death.	
Xylazine		
Other Names	Administration	Immediate Effects
Tranq, Tranq dope, Zombie	Injected, smoked, or snorted	Euphoria, sedation, difficulty breathing, low blood pressure, slow heart rate
Health Risks	Skin ulcers, abscesses, stroke, seizures, brain damage, addiction, amnesia, overdose, and death.	
Inhalants		
Other Names	Administration	Immediate Effects

Solvents: paint thinners, gasoline, andglues Gases: butane, propane, aerosol propellants, and nitrous oxide Nitrites: isoamyl, isobutyl, Cyclohexyl, laughing gas, poppers, snappers, and whippets	Inhaled through nose to mouth	Cramps, muscle weakness, and unconsciousness Also, varies by chemical: Stimulation, loss of inhibition, headache, nausea or vomiting, slurred speech, loss of motor coordination, and wheezing
Health Risks	Depression, memory impairment, sudden death, and damage to cardiovascular and nervoussystem	
Amphetamine		
Other Names	Administration	Immediate Effects
Biphetamine, 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 OTCcold 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, problemswith 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
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Note: The unlawful possession, use, manufacture, distribution, dispensing, or sale of alcohol or controlled substances is prohibited by federal and Texas law and by University policy. Violations may result in criminal penalties, civil penalties, administrative sanctions, and University disciplinary action. Penalties vary depending on the nature of the offense, the substance involved, the quantity involved, prior violations, and other circumstances established by law. Penalties include imprisonment, fines, probation, community service, educational programs, treatment requirements, driver's license revocation, and other penalties authorized by law. These tables identify commonly applicable Texas and federal laws and sanctions relating to alcohol and controlled-substance violations.

Description of Legal Sanctions under Texas Law		
Conduct	Potential Sanctions	Primary Legal Authority
Underage possession, consumption, purchase, or attempted purchase of alcohol	May result in fines, alcohol awareness education, community service, driver's license consequences, and other sanctions authorized by law.	Texas Alcoholic Beverage Code §§ 106.02, 106.04, 106.05
Providing alcohol to a minor	May result in imprisonment, fines, incarceration, driver's license consequences, and civil liability.	Texas Alcoholic Beverage Code § 106.06
Public intoxication	May result in imprisonment, fines, and other consequences authorized by law.	Texas Penal Code § 49.02
Driving While Intoxicated (DWI)	May result in fines, imprisonment, probation, driver's license suspension, education requirements, and other sanctions.	Texas Penal Code §§ 49.04-49.09
Possession of marijuana or controlled substances	May result in fines, probation, incarceration, treatment requirements, and other criminal sanctions.	Texas Health & Safety Code Chapter 481
Manufacture, delivery, or distribution of controlled substances	May result in fines and imprisonment, with penalties varying by substance and quantity involved.	Texas Health & Safety Code Chapter 481
Possession or delivery of drug paraphernalia	May result in imprisonment and fines.	Texas Health & Safety Code § 481.125

The legal authorities identified above are provided as a general description of relevant laws and sanctions. Individuals should consult the Texas Alcoholic Beverage Code, the Texas Controlled Substances Act, and the federal Controlled Substances Act for additional information regarding applicable criminal penalties and legal consequences. Students and employees are also subject to the applicable city and county ordinances and law enforcement authority in the jurisdictions in which University activities occur.

Description of Legal Sanctions under Federal Law		
Conduct	Potential Sanctions	Primary Legal Authority
Possession of controlled substances	Criminal penalties may include fines, imprisonment, supervised release, and other sanctions authorized by federal law.	21 U.S.C. § 844
Manufacture, distribution, dispensing, or trafficking of controlled substances	Criminal penalties include imprisonment and monetary fines. Penalties increase based on drug type, quantity, prior convictions, and circumstances involving injury, death, distribution to minors, or distribution near schools and universities.	21 U.S.C. § 841
Distribution of controlled substances to persons under age 21	Enhanced criminal penalties may apply.	21 U.S.C. § 859
Drug trafficking occurring near schools or colleges	Enhanced criminal penalties may apply.	21 U.S.C. § 860

The information in the tables above is provided as a summary of commonly applicable legal sanctions and is not intended to be a complete statement of all laws or penalties. Penalties vary depending on the facts and circumstances of a particular offense. Individuals seeking additional information should consult the Texas Alcoholic Beverage Code, the Texas Controlled Substances Act (Texas Health and Safety Code, Chapter 481), and the federal Controlled Substances Act.

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. People Operations Benefits unit will provide support resources to employees seeking treatment for drug or alcohol abuse.

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

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.

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: [Counseling Center](#)
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: [Psychological Services Center](#)
Telephone: (936) 294-1210

Address: 1528 Avenue J, Huntsville
TX, 77340

Jack Staggs Counseling Clinic. The Jack Staggs Counseling Clinic is staffed by master's and Doctoral level students in the SHSU Department of Counselor Education program. Counselor education faculty supervise all counseling sessions provided by counselors-in-training. The Counseling Clinic offers counseling services to students and to the community.

Main Campus

Website: [Jack Staggs Counseling Clinic \(shsu.edu\)](#)

Telephone: (936) 294-1121

Address: 1932 Bobby K. Marks Dr., Huntsville, TX 77341

The Woodlands Center

Address: 3380 College Park Dr, Conroe, TX 77384

SHSU Student Wellness. The Student Wellness office serves to educate and inform the SHSU community about health and well-being. Student Wellness works proactively with the Student Health Center and continuously has events, programs, and tabling events where students can get information on the dangers of alcohol and drug abuse and tips on responsible alcohol use.

Email: studentwellness@shsu.edu

Website: [Student Wellness](#)

Telephone: (936) 294-2653

Address: 801 Bowers Blvd, Ste. 115
in the Recreational Sports Center

TimelyCare. TimelyCare is an online, app-based program that provides an on-demand 24/7 support line (TalkNow), counseling, health coaching, and self-care resources. Students may find access to substance use support through TimelyCare. This service also provides a peer community through which students may connect and find support from other students who are experiencing the same challenges.

Website: <https://www.timelycare.com/shsu>