

Appendix D

Alcohol and Other Drugs: Policies and Prevention

- Principles for Reducing Drug-Related Harm
- Health Risks
- Discipline and Penalties
- Drug-Free Schools and Communities Act
- Smoke-Free Policy

Alcohol and Other Drugs: Policies and Prevention

UCSC is responsible for providing a healthy environment where the use of alcohol and/or other drugs does not interfere with learning. Consequently, the university is committed to promoting a campus environment where community members who choose to use substances do so in a low-risk and legal manner.

The *Alcohol and Other Drug (AOD) Abuse Prevention Program*, located in the Health Center basement, provides students with the information, resources, and support to address substance use/abuse issues. Students can meet confidentially with staff to discuss their personal involvement with mood-altering chemicals, obtain educational materials, and participate in workshops or other programs. Students can also become involved with the AOD Program through various volunteer opportunities. For more information, contact AOD@ucsc.edu.

Principles for Reducing Drug-Related Harm

- Abstinence is the safest choice.
- Know the legal consequences and/or campus sanctions that may result from inappropriate use/abuse of alcohol and/or other drugs (see below).
- Abstain periodically from use to avoid physical or psychological addiction.
- Drink no more than one drink per hour—with a maximum being three drinks for women and four for men.
- Be mindful of the reasons for your substance use (e.g., celebration vs. avoiding problems).
- Respect the rights and safety of others (e.g., not driving under the influence of alcohol or other drugs).

Health Risks

The consequences of using alcohol and other drugs may result in short and/or long-term negative effects. Poor judgment, loss of clarity and ambition, and the inability to deal with personal problems are often associated with long-term, habitual substance use.

Discipline and Penalties

All members of the university community are expected to comply with applicable federal and state laws, local ordinances, and campus policies governing alcohol and other drugs. These policies are addressed in detail in the *UCSC Student Policies and Regulations Handbook*, Appendix D, Alcohol and Drug Policy, and in sections 102.17 and 102.18.

Students violating the UCSC Alcohol and Drug Policy will be subject to disciplinary procedures and sanctions, which may include restitution, treatment, loss of housing, suspension, and dismissal. Notice of disciplinary suspension or dismissal is posted to the student's official academic record (i.e., transcript).

In addition to disciplinary actions, students may face alcohol and other drug-related legal penalties such as:

- loss of driver's license for one year for individuals under 21 found drunk in public or in possession of alcohol and/or other controlled substances;
- fine up to \$100 for possession of less than one ounce of marijuana for personal use;
- fine or jail sentence for possession of one or more ounce(s) of marijuana for personal use;
- civil fines up to \$10,000 per violation, jail sentence, and denial of federal benefits (e.g., financial aid) for simple possession of controlled substances (e.g., narcotics, hallucinogens);
- state prison sentence for manufacture, cultivation, sale, or distribution of illicit drugs.

Drug-Free Schools and Communities Act

In compliance with the federal Drug-Free Schools and Communities Act, UCSC annually notifies students, faculty, and staff of policies, procedures, and potential consequences related to unlawful possession, use, or distribution of drugs and alcohol on campus. This notice is distributed to students through the colleges and the Graduate Studies Division, and to faculty and staff through campus mail. The university also conducts a biannual review of programs related to drugs and alcohol in order to determine their effectiveness, to implement changes, and to ensure that disciplinary sanctions are consistently enforced. This review is conducted by the Office of the Vice Chancellor for Student Affairs, 459-4446.

Smoke-Free Policy

To protect the rights of the nonsmoking campus community to breathe smoke-free air, UCSC has adopted a Policy for a Smoke-Free Environment. This policy prohibits smoking in all indoor areas of all nonresidential public buildings on campus and in common areas such as lobbies, lounges, waiting areas, and rest rooms of residential buildings. Smoking is also prohibited in the outside areas beside all building doorways, windows, and ventilation air intakes; this includes patios underneath building windows or other areas where smoke

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could enter openings to buildings. For more detailed information about the smoking policy, see the web: ehs.ucsc.edu/industrial_hygiene/indoor_air_quality.php. Tobacco products will not be sold on campus either through vending machines or campus establishments. UCSC supports and assists efforts to stop smoking by providing literature and referrals to community cessation programs. Students may obtain information about the programs from the Cowell Student Health Center, 459-2211.