

Drug and Alcohol Abuse Prevention

INTRODUCTION

Multnomah intends to comply fully with the Drug-Free Schools and Communities Act amendments of 1989. This act seeks to prevent the illicit use of drugs and the abuse of alcohol by all students and employees.

This information below is provided to help you understand the types and effects of controlled substances. Also included are the legal sanctions for the unlawful possession and/or distribution of illicit drugs and alcohol. A description of resources for students and employees interested in treatment is included.

STANDARDS OF CONDUCT

All Multnomah campus locations are designated tobacco free. In addition, Multnomah intends to comply fully with the Drug-Free Schools and Communities Act amendments of 1989. This act seeks to prevent the illicit use of drugs and the abuse of alcohol by all students and employees. The unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance is prohibited in and on Multnomah owned or controlled property. The use of illegal drugs and alcohol while on Multnomah owned or controlled grounds, including meal periods and breaks, is absolutely prohibited. No employee or student will be allowed in or on Multnomah property while under the influence of illegal drugs or alcohol. Violation of these rules by an employee or student will be reason for mandatory evaluation and/or treatment for a substance use disorder or for disciplinary action up to and including termination of employment or student expulsion.

More about student standards of conduct can be found [here](#), within your relevant *Student Handbook* and, if you are living on campus, the *Residence Life Handbook*.

More about Employee standards of conduct is made available to current employees in the *Staff Handbook*.

DRUG AND ALCOHOL COUNSELING TREATMENTS AVAILABLE

If you or someone you know needs help with an alcohol, drug, or substance-related problem, please know that the Multnomah University Counseling & Wellness Center, the Human Resources Department, Student Success, and Student Life Staff (e.g., Resident Directors, Commuter Life staff) will assist those who come forward seeking help. The Multnomah University Counseling & Wellness Center offers free and confidential consultations and counseling services to all students currently enrolled in the university. These services are performed by professionally trained staff and interns who can address current needs and make necessary referrals to outside treatment. For immediate, 24/7 Support, reach out to the SAMHSA National Hotline at 1-800-662-4357.

If you are an employee (staff/faculty) seeking support, you may be eligible for Employee Connect, an Employee Assistance Program through Lincoln Financial that offers confidential help 24 hours a day, 7 days a week for employees and family members. Visit www.GuidanceResources.com (user name = LFGsupport; password = LFGsupport1). Or talk with a specialist at 888-628-4824. If you have questions you can reach out to our Human Resources Department.

HEALTH RISKS ASSOCIATED WITH DRUG AND ALCOHOL USE

The use of drugs brings with it many dangers to an individual's mental and physical health. Common results of abuse are: addiction, delusions, hallucinations, toxic psychosis, depression, convulsions, loss of appetite, cirrhosis, emphysema, heart disease, various cancers, panic reactions, brain damage, bone marrow disorders, lowered resistance to diseases, abscesses, infections, hepatitis, proneness to accidents and death. It is very evident that a few minutes of escape by using drugs may result in a lifetime of suffering. More common drug specific risks are listed below.

Tobacco and Nicotine

Smokers are more likely than nonsmokers to contract heart disease. Lung, larynx, esophageal, bladder, pancreatic, and kidney cancers also strike smokers at increased rates. Thirty percent of cancer deaths are linked to smoking. Chronic obstructive lung diseases, such as emphysema and chronic bronchitis, are 10 times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy also poses risks, such as spontaneous abortion, preterm birth, and low birth weights. Fetal and infant deaths are more likely to occur when the pregnant woman is a smoker. Nicotine is both psychologically and physically addictive.

Alcohol

Low doses significantly impair the judgment and coordination needed to operate vehicles. Small amounts can also lower inhibitions. Moderate to high doses cause marked impairments in higher mental functions, and loss of memory and the ability to learn and remember information. High doses cause respiratory depression and death. Long-term consumption, particularly when combined with poor nutrition, can also lead to dependence and permanent damage to vital organs such as the brain and the liver. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described. Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation.

Cannabis (Marijuana, Hashish, Hashish Oil, Tetrahydrocannabinol)

Physical effects of cannabis include increased heart rate, bloodshot eyes, dry mouth and throat, and increased appetite. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time, reduce ability to perform tasks requiring concentration and coordination, and impair driving ability. Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana, hashish, THC, etc., can also produce paranoia and psychosis. Long term use may result in possible lung damage, reduced sperm count and sperm motility, and may affect ovulation cycles. Cannabis can also be psychologically addictive.

Inhalants (Nitrous Oxide, Amyl Nitrite, Butyl Nitrite, Chlorohydrocarbons, Hydrocarbons)

Immediate effects of inhalants include nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and

respiratory rates and impair judgment. Amyl and butyl nitrate cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage. Deeply inhaling vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing oxygen in lungs. Long-term use can cause weight loss, fatigue, electrolyte imbalance, muscle fatigue, and permanent damage to the nervous system.

Cocaine (Crack)

Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Occasional use can cause nasal irritation; chronic use can ulcerate the mucous membrane of the nose. Crack or freebase rock is extremely addictive. Physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. The use of cocaine can cause death by cardiac arrest or respiratory failure.

Stimulants (Amphetamines, Methamphetamines, Crank, Ice)

Stimulants cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. Users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause rapid or irregular heartbeat, tremors, loss of coordination, and physical collapse. Amphetamine injection creates a sudden increase in blood pressure that can result in stroke, very high fever, or heart failure. In addition to 6 physical effects, feelings of restlessness, anxiety, and moodiness can result. Use of large amounts over a long period of time can cause amphetamine psychosis that includes hallucinations, delusions, and paranoia. The use of amphetamines can cause physical and psychological dependence.

Depressants (Barbiturates, Methaqualone, Tranquilizers)

Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. Combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying risks. Babies born to mothers who abuse depressant drugs during pregnancy may be physically dependent on the drugs and show withdrawal symptoms shortly after birth. Birth defects and behavioral problems may also result. The use of depressants can cause both physical and psychological dependence.

Hallucinogens (PCP, LSD, Mescaline, Peyote, Psilocybin)

Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls intellect and instinct. PCP blocks pain receptors, and users can have violent PCP episodes resulting in self-inflicted injuries. Lysergic acid diethylamide (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors.

Narcotics (Heroin, Methadone, Codeine, Morphine, Meperidine, Opium)

Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea and vomiting. Users may experience constricted pupils, watery eyes and itching. Overdoses may produce respiratory depression, clammy skin, convulsions, coma and death. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms. Use of narcotics can cause physical and psychological dependence.

Designer Drugs (Analogues of Fentanyl, Analogues of Meperidine, MDMA, Ecstasy, Analogues of PCP)

Many "designer drugs" are related to amphetamines and depressants and have mild stimulant and depressant properties. Use can produce severe neurochemical damage to the brain. Narcotic analogues can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage.

Analogues of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. Analogues of PCP cause illusions, hallucinations, and impaired perception.

Anabolic Steroids

Steroid users subject themselves to more than 70 side effects, ranging in severity from acne to liver cancer, including psychological as well as physical reactions. The liver and cardio-vascular and reproductive systems are most seriously affected by use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects in both sexes include very aggressive behavior, known as "roid rage," and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

More information can be found [here](#).

DESCRIPTION OF SANCTIONS

In addition to any penalties under local, state, and federal law, employees or students found to be in violation of this policy may be subject to disciplinary sanctions consistent with applicable provisions of state laws and regulations (including the MU Student Conduct Code, applicable university policies, regulations and directives).

If imposed, sanctions will include appropriate action up to and including expulsion or termination of employment and referral for prosecution and may require participation in an approved drug or alcohol abuse assistance or rehabilitation program.

CITY OF PORTLAND SANCTIONS

The City of Portland establishes sanctions for certain alcohol violations, generally punishable by a fine of not more than \$500, or by imprisonment of not more than six months, or by both. No penalty shall be greater than that allowed under Oregon law. PCC 14A.20.060.

- Alcohol on Public Property and Rights of Way (PCC 14A.50.010): prohibits drinking alcohol or possessing bottle, can or other receptacle that has been opened, the seal broken, or the contents partially removed upon any street, sidewalk or other public right of way.
- Streetcar (PCC 14A.110.220): prohibits a person from possessing an open container of alcoholic beverage or from being under the influence of alcohol or a controlled substance on a Portland Streetcar vehicle or at a Portland Streetcar station.
- Vehicle Impoundment (PCC 14B.40.010): provides that a vehicle used by a person arrested in the City for DUI may be seized and impounded.

STATE OF OREGON SANCTIONS

Alcohol

- **MIP – Minor in Possession:** No minor under 21 years of age shall attempt to purchase or be in possession of alcoholic liquor. Possession may include holding, consuming or attempting to purchase alcohol. Personal possession of alcoholic liquor includes consumption of liquor. Fine: Up to \$1,000 (Class B Violation) ORS 471.430 (1)
- **Controlling an Area Where Minors are Permitted to Consume Alcohol:** No person in control of property may knowingly allow minor(s) to consume alcohol or allow minor(s) to remain on the property after consuming. Private property may include a hotel room, camp site, or any rented/leased location. Fine: 1st offense up to \$2,000 (Class A Violation), 2nd and subsequent violation is specific fine violation with presumptive fine of \$1,000 ORS 471.410 (3)
- **Furnishing Alcoholic Liquor to a Minor:** No one shall sell, give or otherwise make available any alcoholic liquor to a person under the age of 21 years. Penalty: Fine up to \$6,250 (or double the gain from commission of offense) and/or jail or both (Class A Misdemeanor) ORS 471.410(2)
- **Driving Under the Influence:** A person commits the offense of driving while under the influence of intoxicants if the person drives a vehicle while the person has a blood alcohol content of 0.08 or more and/or under the influence of intoxicating liquor and/ or controlled substance. Under state of Oregon DUII statutes, for a person under 21 years of age, any amount of alcohol in the blood constitutes being under the influence of intoxicating liquor. Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) and subject to statute requiring minimum fine of \$1,000 for 1st offense, \$1,500 fine for 2nd offense, and \$2,000 fine for the 3rd or subsequent conviction if the person is not sentenced to a term of imprisonment. Additional penalties may include: fee to be paid on conviction, suspension of license, mandatory alcohol education, screening and treatment, mandatory imprisonment or community service, attendance at victim impact treatment session and session fee, and ignition interlock device installed on your vehicle ORS 813.01
- **Misrepresentation of Age by a Minor:** When minors misrepresent their age, purposely are not truthful about their age to purchase alcohol, enter a lounge or evade detection by law enforcement, the minor may be fined. If DMV identification is used in misrepresentation, the minor's driving privileges may be suspended for up to one year and/or the minor will have to wait for up to one year to apply for a driver's license and the minor may be required to perform community service. Penalty: Fine up to \$1,250 and/or jail or both (Class C Misdemeanor) ORS 165.805
- **False Swearing:** Falsifying information knowing that what you say is untrue. Anyone purchasing a keg using a false name or any other deceitful information shall be subject to this definition. Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) ORS 162.075 (1)
- **Entry of Licensed Premises by Persons Under 21:** No one under 21 years of age shall enter or attempt to enter any area of a licensed premise that is posted

or otherwise identified as prohibited to minors. Fine: Up to \$1,000 (Class B Violation) ORS 471.430 (3 and 4)

- **Mixing, Storing or Serving Alcohol Without a License:** No person who owns, operates or conducts a private or public club and who is not in possession of a license issued by the commission permitting the mixing, storing, and serving of alcoholic liquor at said premises, and no agent, servant or employee of such person, for a financial consideration by way of a charge for service, membership fee, admission fee, initiation fee, club dues, contributions or other fee or charge, shall serve or permit to be serve. Penalty: Fine up to \$6,250 and/or jail or both (Class A Misdemeanor) ORS 471.475

Marijuana

- **Delivery for Payment:** Penalty: Up to 10 years in jail and up to \$100,000 fine plus twice the value of any resulting gain of property or money.
- **Delivery not for Payment:** Penalty: For less than one ounce, up to one year in jail and up to \$2,500 fine; for less than 5 grams, fine of \$500 to \$1,000
- **Possession:** Possession of a marijuana item by a person under the age of 21 is a violation (unless it's in compliance with specific exceptions and provisions relating to licensing under ORS Chapter 475).
 - Class A misdemeanor (364 days in jail, a fine of **up to \$6,250**, or both) if
 - The amount possessed is less than one ounce.
 - Class C felony (maximum of five years in prison, a fine of **as much as \$125,000**, or both) if
 - the amount possessed is more than one ounce and
 - is not otherwise allowed by Oregon Law and the Adult and Medical Use of Cannabis Act.

Other Illegal Drugs

Penalties for manufacture, distribution, or unlawful possession of illicit drugs are determined by the [Controlled Substance Schedule](#).

FEDERAL SANCTIONS

The federal system establishes sanctions for unlawful distribution, possession, manufacture, etcetera, of controlled substances, based on the schedule of the drug and the amount involved. The minimum and maximum statutory penalties are driven by the type and the quantity of the drug involved, but may be increased if the offense involved death or serious bodily injury, or if the offender has a prior conviction for a felony drug offense. The statutory sanctions are also subject to the "Sentencing Guidelines for US Courts." Imposition of the guidelines may lead to higher offense levels and, thus, more strict penalties than otherwise indicated. Attached is a [chart](#) describing the federal

penalties and sanctions for illegal trafficking and possession of a controlled substance. In addition to criminal sanctions, the consequences of unlawful or irresponsible alcohol or drug use may include, but are not limited to: 1) Restrictions on future employment opportunities. 2) Potential risks for injury, including permanent disability 3) The risk of being a victim of a crime and / or committing additional crime(s) 4) The loss of driving privileges 6) Additional sanctions on your educational record and future educational opportunities.

BIENNIAL PROGRAM REVIEW OF THE DRUG AND ALCOHOL PREVENTION PROGRAM

The Drug and Alcohol Abuse Prevention Program underwent review in May of 2022 and was found to be compliant with current regulations. There are no significant revisions necessary at this time for the program.

The next review is scheduled for May 2024.

Questions related to the Drug and Alcohol Abuse Prevention Program should be directed to studentlife@multnomah.edu or hr@multnomah.edu.