
ALCOHOL AND DRUG POLICY

REASON FOR THE POLICY

This policy supports the educational mission of Blackburn College and is adopted in compliance with the Higher Education Opportunity Act (including the Drug-Free Schools and Communities Act of 1989, 20 U.S.C. §1011i) and the regulations promulgated thereunder (including 34 C.F.R. 86).

STANDARDS OF CONDUCT: STUDENTS (Student Handbook)

Blackburn College is committed to providing an education that promotes personal growth and lifelong learning. The alcohol policy stems from this commitment, and has been developed with the following tenets in mind:

Students are adults and are obligated to obey the law and take personal responsibility for their conduct. Blackburn College students are encouraged to not only watch out for themselves, but the safety and well-being of others.

The costs of alcohol abuse to members of the College community are high. These costs include, but are not limited to, physical and emotional health problems, poor academic performance, and campus crime and violence.

Disciplinary sanctions are the penalties imposed upon those who make the choice to violate policy. The severity of the sanctions reflects the College's responsibility to uphold the law and protect members of its community from the harmful consequences of alcohol abuse.

The alcohol policy and resulting disciplinary penalties are set up separately from the College's Disciplinary System due to the number and nature of alcohol violations dealt with each year. In cases involving violations of both the alcohol and other College policies, additional restrictions or other conditions may be enforced, depending upon the nature and seriousness of the misconduct and the student's overall behavior and college performance.

BE AWARE—Any violation of the following regulations will be considered an offense and the penalties outlined for alcohol violations will apply.

1. Consumption or possession of alcoholic beverages by persons less than 21 years of age is prohibited. Intoxication by students of any age will result in a violation.
2. Intoxication is defined as being under the influence as determined by Illinois State Law. This is defined at Blackburn by a Blood Alcohol Concentration (BAC) of .08 for students 21 years of age & older and a BAC of anything above .000 for students under 21.
3. Students who are 21 years of age and older may possess and consume alcoholic beverages in the confines of their own room if they have approval of their roommate (or other rooms where one resident is of legal age and present). All other alcohol regulations must be followed. The individual(s) present at the time of the incident (resident, commuter, or guest) will be held accountable for any alcohol violations taking place in their room along with any other students determined to be violating policy. Behavior resulting in violation of College policy attributed to the influence of intoxicants may be

cause for disciplinary action (under both the code of student conduct and these alcohol regulations). Any 21-year-old or older student who supplies alcohol to anyone under the age of 21 will receive an offense. Public intoxication is prohibited and will result in an alcohol violation.

4. Only beer, wine, wine coolers, and malt beverages may be consumed by those of legal age.
 - Beer kegs are prohibited (including pony kegs, party balls, and similar large multi-serving containers).
 - “Hard” liquor is prohibited on campus.
 - “Trophies” (empty hard alcohol containers) are prohibited on campus.
5. Possession or consumption of alcoholic beverages in public areas is prohibited, with the only exception being special events as outlined in #12 on the next page. Public areas are defined as any College property outside of students’ residence hall rooms. Students of legal age may transport unopened containers of alcohol to their residence hall room or the room of another student of legal age. Requests for the exceptions as outlined in #12 will be reviewed and may be permitted by the Student Life Office (with the approval of the Office of the President). Alcohol consumption, in all cases where exceptions are made, will be allowed only in designated areas.
6. Students suspected of an Alcohol Policy violation:
 - Students who are 21 years of age or older and who violate College policy and are suspected of intoxication may be held responsible for an alcohol policy violation. In such a case, the student(s) may request to take a Breathalyzer test to prove they are in compliance with College policy.
 - Underage students who are suspected of consumption or intoxication may request to take a Breathalyzer test to prove they are in compliance with College policy.
 - Students suspected of violating the alcohol policy who refuse to take a Breathalyzer test will be held responsible for an alcohol violation.
 - Behaviors that warrant suspicion of intoxication include but are not limited to: scent of alcohol, belligerent behavior, slurred speech, impaired mobility.
7. A member(s) of the Student Life Department can make a request to the Dean of Students to have alcohol prohibited on certain wings or in residence halls where documented alcohol related problems have occurred. The Student Life Committee will vote on the measure and, if necessary, set a period of prohibition.
8. All persons will be held responsible for their conduct regardless of their state of mind.
9. College funds (defined as any funds that are received by the College or by any College representative on behalf of the College) may not be used to purchase alcohol without the express permission of the President or designee, and even then within clearly defined purposes and limits. The College or College representatives will not sell alcohol.
10. The Student Life Committee (SLC) may review the alcohol policy at any time and recommend changes (with review by the Student Senate) to the President’s Cabinet to be voted upon and incorporated in the following academic year.
11. All off campus guests must obey the alcohol policies as well as other college rules and regulations. Students will be held responsible for their guest(s), which means students may receive an alcohol violation for the actions of their guest(s).
12. Process for allowing alcohol consumption in public areas:
 - a. Any registered campus club or organization can petition to the Vice President & Dean of Students to sponsor an event where alcohol is to be served to those who are 21 years of age or older.
 - b. Approved events will be limited to 2 events per month—events will be approved on a first come basis.
 - c. The event must have a “theme” or “focus” beyond simply gathering to drink alcohol.

- d. The Vice President & Dean of Students must approve the event at least 2 weeks prior to the event.
- e. The club or organization sponsoring the event must hire Fresh Ideas to serve as the bar provider for the event.
- f. The bar will be a cash bar and can only serve beer, wine, and wine coolers.
- g. The bartenders will only be allowed to serve one alcoholic beverage to one person per visit to the bar. Those who purchase alcohol must show an arm band to verify that they are 21 years of age.
- h. Anyone found to be providing alcohol to a person who is under the age of 21 will be cited for a violation of the alcohol policy.
- i. No other alcohol will be allowed to be brought into the event venue.
- j. No alcohol will be allowed to be taken out of the event venue.
- k. A volunteer full-time college employee who has participated in event monitoring training must be engaged to serve as the entrance monitor. This person's responsibility is to:
 - i. Check the 21-year-old list (provided by student life) or photo ID of guests & affix arm bands to those who are 21 and wish to purchase alcoholic beverages.
 - ii. Monitor the condition of those arriving and refuse an arm band to any who appear at the "check in" table as being intoxicated (evidenced by belligerent behavior, slurred speech or impaired mobility). If any individual is refused an arm band, they could attend the event but would be restricted from purchasing alcohol.
- l. An off-duty Carlinville Police Officer or, if available, 2 campus safety staff members must be hired by the sponsoring organization to oversee the party and help with crowd control, help assure no one is bringing in or taking out alcohol, and help ensure no underage students are consuming alcohol.
- m. It is expected that the advisor of the sponsoring organization will be present at the event, along with 2 volunteering members of the sponsoring organization. These people will assist security in monitoring the event.
- n. The sponsoring organization must provide a non-alcoholic beverage at no cost to attendees and food for the event—at no cost to attendees (a minimum of \$50 must be spent on food for the event). Food and non-alcoholic beverage service must be arranged through Fresh Ideas.
- o. Events can be no more than 4 hours in duration.
- p. Those approved to purchase alcohol can purchase a total of six (6) 12 ounce beers, or six (6) 5 ounce glasses of wine or six (6) 12 ounce wine coolers.
- q. The bartender or monitor will mark each purchaser's arm band with the number of alcoholic beverages purchased.
- r. The venue must be cleaned to the condition prior to the event no later than 1 hour after the end of the event.
- s. Venues will be limited to DCC Commons, Woodson or Jaenke and must be reserved with Auxiliary Services at least 2 weeks in advance. Other venues could be considered as exception but only if the venue suggested allows for clear distinctions for entrance and monitoring.
- t. Events will only be approved for Friday nights/Saturday mornings and Saturday nights/Sunday mornings and each event must end no later than 1:00 a.m.
- u. Guests will be limited to only 100 in the venue at any one time.
- v. Policy for non-Blackburn student guests—numbers must be limited to no more than 2 per current student and any guest MUST have a current student as a host.

- w. Any violations of the alcohol policy will result in an offense for the student violating the policy. In addition, if it is evident that the sponsoring club or organization was negligent in upholding these event regulations, the club or organization will be prohibited from hosting future events with alcohol for the next calendar year.

ALCOHOL POLICY VIOLATION CONSEQUENCES

Student violations of the alcohol regulations will minimally result in the consequences listed below. The listing of behaviors below is simply a sample listing and not exhaustive or all inclusive. **Offenses will be judged on a case-by-case basis.** Therefore, students participating in behaviors that appear to be similar may be assigned to different LEVELS and be subject to different consequences. Students of any age found in violation of alcohol policy guidelines with a high Blood Alcohol Concentration (BAC) may be assigned to a higher level---even if it's their first offense.

Determination of the assigned LEVEL will be made by the Assistant Dean of Students or other professional staff designee. The accused student will meet with the Assistant Dean (or designee) to discuss the incident and will be an active participant in helping determine the appropriate LEVEL. If it is determined that LEVEL 1 or LEVEL 2 is appropriate, the Assistant Dean (or designee) will work with the student to determine appropriate consequence(s). If it is determined that LEVEL 3 or LEVEL 4 is appropriate, the student will be referred to the Dean of Students for an administrative hearing.

*If the Assistant Dean of Students must be excused due to involvement with administering the alcohol offense, any professional member of the student life staff will step in for the hearing.

Alcohol offenses stay on a student's record for the entire time of their enrollment. When a student receives a 2nd or 3rd alcohol offense several things will be considered when the assigned LEVEL is determined. Examples of things considered may include: not only the facts involved in the current offense, but also the facts of previous offense(s); the way in which the individual subscribed to the consequences of previous offense(s); or any other information/testimony that demonstrates the individual could be forming a pattern of alcohol abuse.

Students who fail to complete the consequences assigned to them after an offense of the alcohol regulations may be raised to the next LEVEL with additional consequences, including financial penalty, parental involvement, and/or added tasks.

LEVEL 1

SAMPLE BEHAVIORS WHICH COULD RESULT IN A LEVEL 1 ALCOHOL VIOLATION:

- Any student age 21 or over found on campus possessing or consuming distilled spirits (or "hard" alcohol).
- Any student age 21 or over found in possession of an open container of alcohol in a public area on campus.
- Any student age 21 or over found violating campus quiet hours while under suspicion of possessing or consuming alcohol.
- Any student found in possession of "trophy" ("hard" or distilled spirits) alcohol containers.

Consequences:

- \$25 fine
- Written documentation to student's file
- Student is required to complete sanctioning which includes, but is not limited to, successful

completion of an on-line alcohol prevention and education course and session(s) with either the College Counselor or their designee.

- Appropriate restitution to any community member(s) aggrieved in the offense.

LEVEL 2

SAMPLE BEHAVIORS WHICH COULD RESULT IN A LEVEL 2 ALCOHOL VIOLATION:

- Any student under the age of 21 found in possession of or consuming alcoholic beverages.
- Any student age 21 or over participating in drinking games (anything that would be considered a “game” with the purpose of players consuming large quantities of alcohol).
- Any student age 21 or over found in possession of multiple serving container(s) of alcohol.

Consequences:

- \$75 fine
- Notification of parent(s)/guardian(s) of dependent students
- Report of alcohol offense sent to work supervisor and academic advisor
- Student is required to complete sanctioning which includes, but is not limited to, successful completion of an on-line alcohol prevention and education course and session(s) with either the College Counselor or their designee.
- Appropriate restitution to any community member(s) aggrieved in the offense.

LEVEL 3

SAMPLE BEHAVIORS WHICH COULD RESULT IN A LEVEL 3 ALCOHOL VIOLATION:

- Any student found causing damage to personal or College property while under suspicion of consuming alcohol
- Any student failing to comply with the reasonable request(s) of a staff member while under suspicion of alcohol consumption.
- Any student under the age of 21 participating in drinking games (anything that would be considered a “game” with the purpose of players consuming large quantities of alcohol).

Consequences:

- \$150 fine
- Notification of parent(s)/guardian(s) of dependent students
- Requirement to submit to and pay for a formal alcohol abuse assessment
- Social probation
- Report of alcohol offense sent to work supervisor and academic advisor
- Appropriate restitution to any community member(s) aggrieved in the offense.

LEVEL 4

SAMPLE BEHAVIORS WHICH COULD RESULT IN A LEVEL 4 ALCOHOL VIOLATION:

- Involvement in a physical altercation as a result of consuming alcohol.

Consequences:

- Suspension from the College for a minimum of 1 full semester with the requirement that the individual seek alcohol treatment services and provide documentation of said services prior to being considered for readmission to the College.

Appeals of these decisions would follow the same guidelines outlined on pages 19–21 of the Disciplinary

System. If it is determined that a LEVEL 1 or LEVEL 2 is appropriate, the Student Life Appeals Board will hear the appeal. If it is determined that LEVEL 3 or LEVEL 4 is appropriate, and the student has an administrative hearing with the Dean of Students, appeals of those decisions will go to the Conduct Hearing Board.

MEDICAL AMNESTY POLICY

When a student's health and safety are in jeopardy due to alcohol consumption or drug use, immediate medical attention should be sought by notifying a Residence Life staff member, a member of the Security crew, or 911 for assistance. Formal disciplinary action for a violation of the alcohol or drug policy will not be taken against those who seek or receive medical or professional assistance for themselves or others, though violation of other student conduct codes such as vandalism, disorderly conduct, and sexual misconduct may still apply. A student who receives medical assistance from medical service providers will be required to meet with the Dean of Students (or an appointed designee) and counseling services, and parents/guardians may be informed.

In order for this policy to apply, the intoxicated student(s) must agree to timely completion of substance abuse education activities, assessment, and/or treatment depending on the level of concern for student health and safety.

Serious or repeated incidents will prompt a higher degree of concern that may require additional follow-up. Failure to complete recommended follow-up may result in disciplinary action and could prompt the imposition of a medical or administrative withdrawal.

In cases where repeated violations of the College's conduct code occur, the college reserves the right to take disciplinary action on a case by case basis regardless of the manner in which the incident was reported.

CONTROLLED SUBSTANCES REGULATIONS

The College takes a firm stand on the use and abuse of controlled substances and has set forth the following policy in regard to students who are found to be in possession of or suspected to be under the influence of controlled substances:

1. If Campus Community & Safety or Residence Hall staff suspect a student to be in possession or under the influence of controlled substances, that suspicion will be documented.
2. If any one student (or group of students) is suspected of controlled substance use multiple times, the College reserves the right, with proper prior documentation, to employ any of the following to confirm that suspicion:
 - a. Perform a search of the student's room and person,
 - b. Employ trained canine search teams to search a residence hall floor or wing or the car(s) of suspected student(s) parked in campus parking lots,
 - c. The Dean of Students (or designee) may require the suspected student(s) to submit to a drug test to verify that the student is drug free,
 - d. Refusal of the test will be considered an admission of guilt,
3. Students found responsible for illegal possession, use, or distribution (including sale) of controlled substances or paraphernalia will receive at a minimum:
 - a. A minimum of a \$150 fine,
 - b. A minimum of 1 semester and a maximum of 1 year of social probation,

- c. The requirement to submit to and pay for a formal drug abuse assessment,
- d. Notification of parent(s)/guardian(s) (dependent students).
- e. Be required to submit to and pay for random drug screenings during the period of probation to verify they are staying drug free.
- f. In addition, in cases where controlled substances and/or drug paraphernalia are found, local law enforcement authorities may be notified.

Although medical & recreational marijuana is allowed in the state of Illinois, there is a federal restriction on any controlled substances as part of the federal Drug Free Schools and Communities Act which is tied to federal financial aid. Blackburn therefore prohibits medical or THC infused products on campus.

STANDARDS OF CONDUCT: EMPLOYEES (Faculty/Staff Handbook)

COMPLIANCE WITH THE FEDERAL OMNIBUS DRUG INITIATIVE ACT OF 1988

Unlawful manufacture, distribution, dispensing, possession, or use of controlled substances is specifically prohibited on the campus of Blackburn College, and as a condition of employment, all personnel are required to comply with this regulation.

Individuals within the College community who are alleged to have violated such prohibition will be referred to civil authorities for appropriate action.

Such individuals are also subject to disciplinary action by Blackburn College. Procedural due process as specified in this Handbook and elsewhere is to be provided in each case.

Persons concerned about their possible involvement with controlled substances are encouraged to consult confidentially with campus counseling personnel. The College will seek to assist individuals in need of special help.

All campus personnel are urged to become thoroughly aware of the dangers of drug abuse in the workplace and to utilize appropriate campus programs in order to further their awareness.

Under federal law, all personnel are required within five days to advise campus authorities of any knowledge they may have concerning criminal drug statute conviction for violations occurring in the workplace. In turn, Blackburn College is required within ten days to notify federal funding agencies of any knowledge of such conviction and to take appropriate personnel action in the cases, which may include discipline, termination, or mandatory drug abuse assistance.

DRUG-FREE SCHOOLS AND CAMPUSES ACT STATEMENT

Blackburn strictly prohibits the unlawful possession, use, or distribution of drugs and alcohol by students and employees on College property or as a part of College activities. Unlawful is defined in accordance with local, state, and federal laws. Each student and employee will be expected to meet these standards of conduct.

Although recreational and medical marijuana use has been legalized in the state of Illinois, it is still not permitted under Federal Law. In order for Blackburn and its students to remain eligible for Federal aid, we are obligated to comply with Federal Law. Therefore, marijuana and its derivatives may not be possessed, stored, distributed or used on College property or at any College function. In addition, employees are prohibited from reporting to work or working with cannabis in their system such that

their performance or conduct is impaired. Cannabis use off-the-job, including medical cannabis use, that impairs performance or other conduct on-the-job is prohibited.

Individuals found to be in violation of this policy will be subject to judicial action. This action will include a hearing in front of the appropriate board, possibly resulting in referral for drug or alcohol treatment. Individuals found to be selling or trafficking drugs will be subject to the most serious judicial action/termination of employment/suspension from the College and referral to legal authorities for prosecution. Legal ramifications, in general, for unlawful possession, use or distribution of illicit drugs and alcohol may include: being charged with a misdemeanor or a felony with resulting penalties of supervision, probation or assessment of a monetary fine, imprisonment or a combination of these.

One of the goals of this policy is to encourage employees to voluntarily seek help with alcohol and drug problems. Therefore, the College will also provide educational programs and referral services for the College community.

The College will be consistent in enforcing its policies against drugs and alcohol on campus.

LEGAL SANCTIONS UNDER FEDERAL AND STATE LAW

(Used by permission from the University of Illinois dean of students' office.)

A. State law - alcohol

In Illinois, it is against the law to sell or deliver alcohol to anyone under 21 or to any intoxicated person. Violations can result in fines of up to \$1,000 and one year in jail. It is also illegal for a person under 21 to present false identification in an attempt to purchase alcohol. On-campus violations are strictly enforced by University Police, and additional penalties may be imposed.

- The Secretary of State is authorized to suspend or revoke without a hearing the driver's license or instruction permit of a person under 21 who has purchased or attempted to purchase alcohol from a duly licensed establishment or who has consumed alcohol on licensed premises.
- Local liquor commissioners have the duty to report to the Secretary of State any conviction for a violation of the Liquor Control Act, or a similar provision of a local ordinance, prohibiting a person under 21 from purchasing, accepting, possessing or consuming alcohol and prohibiting the transfer or alteration of identification cards, the use of the identification card of another or a false or forged identification card, or the use of false information to obtain an identification card.
- The Secretary of State is authorized to suspend or revoke the driver's license or learner's permit of any person convicted of violating any of the prohibitions listed above or similar provisions of local ordinances.

Substantial penalties exist in Illinois for the operation of a motor vehicle by a driver with a blood or breath alcohol concentration of .08 or greater. Arrests are also possible at lower alcohol levels if driving is impaired. The first offense can result in a \$1,000 fine, incarceration for up to one year, and suspension or revocation of the offender's driver's license. Subsequent offenses entail penalties of significantly greater severity. Transporting open alcohol containers in a motor vehicle is also punishable under Illinois law.

B. State law - drugs

Except as otherwise provided in the Illinois Cannabis Regulation and Tax Act [410 ILCS 705], the possession, sale, and delivery of controlled substances is prohibited in Illinois under the Illinois Cannabis Control Act [720 ILCS 550/] and the Illinois Controlled Substances Act [720 ILCS 570/]. Under the Illinois Cannabis Control Act as amended by the Illinois Cannabis Regulation and Tax Act, courts can set penalties that increase in accordance with the amount of any substance containing cannabis in each case. In regard to both the Illinois Cannabis Control Act and the Illinois Controlled Substances Act, penalties vary with the amount of the drug confiscated, the type of drug found, the number of previous offenses held by the individual, and whether the individual intended to manufacture, deliver or possess with intent to deliver [720 ILCS 550/4-10] [720 ILCS 570/401-408].

C. Federal law

In addition to prohibiting the unlawful possession of controlled substances [21 U.S.C. 844], the federal Controlled Substance Act [Title 21 U.S.C.] prohibits the manufacture, distribution, or dispensation, or possession with intent to manufacture, distribute, or dispense, of controlled substances [21 U.S.C. 841(a)]. The Act also prohibits the creation, distribution, or dispensation, or possession with intent to distribute or dispense, of counterfeit substances [21 U.S.C. 841(a)]. Individuals can be penalized on the quantity of confiscated drugs, the type of drug(s) found, the number of previous offenses by the individual, and whether the individual intended to manufacture, sell, or use the drug.

For additional information on federal drug trafficking penalties, see page 36 of the Drug Enforcement Administration's [2020 Drugs of Abuse Resource Guide \(pdf\)](#).

HEALTH RISKS

Alcohol's Effects on the Body

Source: National Institute on Alcohol Abuse and Alcoholism (NIH)

<https://www.niaaa.nih.gov/alcohols-effects-health/alcohols-effects-body>

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer:

Source: National Cancer Institute

<https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet>

Based on extensive reviews of research studies, there is a strong scientific consensus of an association between alcohol drinking and several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The research evidence indicates that the more alcohol a person drinks — particularly the more alcohol a person drinks regularly over time — the higher his or her risk of developing an alcohol-associated cancer. Based on data from 2009, an estimated 3.5 percent of all cancer deaths in the United States (about 19,500 deaths) were alcohol related.

Clear patterns have emerged between alcohol consumption and the development of the following types of cancer:

- **Head and neck cancer:** Alcohol consumption is a major risk factor for certain head and neck cancers, particularly cancers of the oral cavity (excluding the lips), pharynx (throat), and larynx (voice box). People who consume 50 or more grams of alcohol per day (approximately 3.5 or more drinks per day) have at least a two to three times greater risk of developing these cancers than nondrinkers. Moreover, the risks of these cancers are substantially higher among persons who consume this amount of alcohol and also use tobacco.
- **Esophageal cancer:** Alcohol consumption is a major risk factor for a particular type of esophageal cancer called esophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolizes alcohol have been found to have substantially increased risks of alcohol-related esophageal squamous cell carcinoma.
- **Liver cancer:** Alcohol consumption is an independent risk factor for, and a primary cause of, liver cancer (hepatocellular carcinoma). (Chronic infection with hepatitis B virus and hepatitis C virus are the other major causes of liver cancer.)
- **Breast cancer:** More than 100 epidemiologic studies have looked at the association between alcohol consumption and the risk of breast cancer in women. These studies have consistently found an increased risk of breast cancer associated with increasing alcohol intake. A meta-analysis of 53 of these studies (which included a total of 58,000 women with breast cancer) showed that women who drank more than 45 grams of alcohol per day (approximately three drinks) had 1.5 times the risk of developing breast cancer as nondrinkers (a modestly increased risk). The risk of breast cancer was higher across all levels of alcohol intake: for every 10 grams of alcohol consumed per day (slightly less than one drink), researchers observed a small (7 percent)

increase in the risk of breast cancer. The Million Women Study in the United Kingdom (which included more than 28,000 women with breast cancer) provided a more recent, and slightly higher, estimate of breast cancer risk at low to moderate levels of alcohol consumption: every 10 grams of alcohol consumed per day was associated with a 12 percent increase in the risk of breast cancer.

- Colorectal cancer: Alcohol consumption is associated with a modestly increased risk of cancers of the colon and rectum. A meta-analysis of 57 cohort and case-control studies that examined the association between alcohol consumption and colorectal cancer risk showed that people who regularly drank 50 or more grams of alcohol per day (approximately 3.5 drinks) had 1.5 times the risk of developing colorectal cancer as nondrinkers or occasional drinkers. For every 10 grams of alcohol consumed per day, there was a small (7 percent) increase in the risk of colorectal cancer.

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Drugs' Effects on the Body

Source: Drugs of Abuse: A DEA Resource Guide, 2020 Edition, Drug Enforcement Administration, U.S. Department of Justice

https://www.dea.gov/sites/default/files/2020-04/Drugs%20of%20Abuse%202020-Web%20Version-508%20compliant-4-24-20_0.pdf

All controlled substances have abuse potential or are immediate precursors to substances with abuse potential. In addition to having abuse potential, most controlled substances are capable of producing dependence, either physical or psychological. In the sections that follow, the effects on the mind of body of various classes of drugs are profiled.

Narcotics (e.g., Fentanyl; Heroin; Hydromorphone; Methadone; Morphine; Opium; Oxycodone)

- Effect on the Mind:

Besides their medical use, narcotics/opioids produce a general sense of well-being by reducing tension, anxiety, and aggression. These effects are helpful in a therapeutic setting but contribute to the drugs' abuse. Narcotic/opioid use comes with a variety of unwanted effects, including drowsiness, inability to concentrate, and apathy.

- Effect on the Body:

Narcotics/opioids are prescribed by doctors to treat pain, suppress cough, cure diarrhea, and put people to sleep. Effects depend heavily on the dose, how it's taken, and previous exposure to the drug. Negative effects include slowed physical activity, constriction of the pupils, flushing of the face and neck, constipation, nausea, vomiting, and slowed breathing. As the dose is increased, both the pain relief and the harmful effects become more pronounced. Some of these preparations are so potent that a single dose can be lethal to an inexperienced user. However, except in cases of extreme intoxication, there is no loss of motor coordination or slurred speech.

Stimulants (e.g., Amphetamines; Cocaine; Khat; Methamphetamine)

- Effect on the Mind:

When used as drugs of abuse and not under a doctor's supervision, stimulants are frequently taken to produce a sense of exhilaration, enhance self-esteem, improve mental and physical performance, increase activity, reduce appetite, extend wakefulness for prolonged periods, and "get high." Chronic, high-dose use is frequently associated with agitation, hostility, panic, aggression, and suicidal or homicidal tendencies. Paranoia, sometimes accompanied by both auditory and visual hallucinations, may also occur. Tolerance, in which more and more drug is needed to produce the usual effects, can develop rapidly, and psychological dependence occurs. In fact, the strongest psychological dependence observed occurs with the more potent stimulants, such as amphetamine, methylphenidate, methamphetamine, cocaine, and methcathinone. Abrupt cessation is commonly followed by depression, anxiety, drug craving, and extreme fatigue, known as a "crash."

- Effect on the Body:

Stimulants are sometimes referred to as uppers and reverse the effects of fatigue on both mental and physical tasks. Therapeutic levels of stimulants can produce exhilaration, extended wakefulness, and loss of appetite. These effects are greatly intensified when large doses of stimulants are taken. Taking too large a dose at one time or taking large doses over an extended period of time may cause such physical side effects as dizziness, tremors, headache, flushed skin, chest pain with palpitations, excessive sweating, vomiting, and abdominal cramps.

Depressants (e.g., Barbiturates; Benzodiazepines; GHB; Rohypnol)

- Effect on the Mind:

Depressants used therapeutically do what they are prescribed for: induce sleep, relieve anxiety and muscle spasms, and prevent seizures. They also cause amnesia (leaving no memory of events that occur while under the influence), reduce reaction time, impair mental functioning and judgment, and cause confusion. Long-term use of depressants produces psychological dependence and tolerance.

- Effect on the Body:

Some depressants can relax the muscles. Unwanted physical effects include slurred speech, loss of motor coordination, weakness, headache, lightheadedness, blurred vision, dizziness, nausea, vomiting, low blood pressure, and slowed breathing. Prolonged use of depressants can lead to physical dependence even at doses recommended for medical treatment. Unlike barbiturates, large doses of benzodiazepines are rarely fatal unless combined with other drugs or alcohol. But unlike the withdrawal syndrome seen with most other drugs of abuse, withdrawal from depressants can be life threatening.

Hallucinogens (e.g., Ecstasy/MDMA; Ketamine; LSD; Peyote and Mescaline; Psilocybin)

- Effect on the Mind:

Sensory effects include perceptual distortions that vary with dose, setting, and mood. Psychic effects include distortions of thought associated with time and space. Time may appear to stand still, and forms and colors seem to change and take on new significance. Weeks or even months after some hallucinogens have been taken, the user may develop an uncommon disorder called Hallucinogen Persisting Perception Disorder (HPPD) or experience "flashbacks." HPPD can include fragmentary recurrences of certain aspects of the drug experience in the absence of actually taking the drug. The occurrence of HPPD is

unpredictable, but may be more likely to occur during times of stress and seems to occur more frequently in younger individuals.

- Effect on the Body:

Physiological effects include elevated heart rate, increased blood pressure, dilated pupils, and often can induce nausea and vomiting.

Steroids

- Effect on the Mind:

Case studies and scientific research indicate that high doses of anabolic steroids may cause mood and behavioral effects. In some individuals, anabolic steroid use can cause dramatic mood swings, increased feelings of hostility, impaired judgment, and increased levels of aggression (often referred to as “roid rage”). When users stop taking steroids, they may experience depression that may be severe enough to lead one to commit suicide. Anabolic steroid use may also cause psychological dependence and addiction.

- Effect on the Body:

A wide range of adverse effects is associated with the use or abuse of anabolic steroids. These effects depend on several factors including age, sex, the anabolic steroid used, amount used, and duration of use. In adolescents, anabolic steroid use can stunt the ultimate height that an individual might otherwise achieve. In boys, anabolic steroid use can cause early sexual development, acne, and stunted growth. In adolescent girls and women, anabolic steroid use can induce permanent physical changes, such as deepening of the voice, increased facial and body hair growth, menstrual irregularities, male pattern baldness, and lengthening of the clitoris. In men, anabolic steroid use can cause shrinkage of the testicles, reduced sperm count, enlargement of the male breast tissue, sterility, and an increased risk of prostate cancer. In both men and women, anabolic steroid use can cause high cholesterol levels, which may increase the risk of coronary artery disease, strokes, and heart attacks. Anabolic steroid use can also cause acne and fluid retention. Oral preparations of anabolic steroids, in particular, can damage the liver.

Users who inject anabolic steroids run the risk of contracting various infections due to non-sterile injection techniques, sharing of contaminated needles, and the use of steroid preparations manufactured in non-sterile environments. All these factors put users at risk for contracting viral infections such as HIV/AIDS or hepatitis B or C, and bacterial infections at the sight of injection. Users may also develop endocarditis, a bacterial infection that causes a potentially fatal inflammation of the heart lining.

Marijuana/Cannabis

- Effect on the Mind:

When marijuana is smoked, the active ingredient THC passes from the lungs and into the bloodstream, which carries the chemical to the organs throughout the body, including the brain. In the brain, THC connects to specific sites called cannabinoid receptors on nerve cells and influences the activity of those cells. Many of these receptors are found in the parts of the brain that influence pleasure, memory, thought, concentration, sensory and time perception, and coordinated movement. The short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination.

The effect of marijuana on perception and coordination are responsible for serious impairments in learning, associative processes, and psychomotor behavior (driving abilities). Long term, regular use can lead to physical dependence and withdrawal following discontinuation, as well as psychological addiction or dependence. Clinical studies show that the physiological, psychological, and behavioral effects of marijuana vary among individuals and present a list of common responses to cannabinoids, as described in the scientific literature:

- Dizziness, nausea, tachycardia, facial flushing, dry mouth, and tremor initially
- Merriment, happiness, and even exhilaration at high doses
- Disinhibition, relaxation, increased sociability, and talkativeness
- Enhanced sensory perception, giving rise to increased appreciation of music, art, and touch
- Heightened imagination leading to a subjective sense of increased creativity
- Time distortions
- Illusions, delusions, and hallucinations are rare except at high doses
- Impaired judgment, reduced coordination, and ataxia, which can impede driving ability or lead to an increase in risk-taking behavior
- Emotional lability, incongruity of affect, dysphoria, disorganized thinking, inability to converse logically, agitation, paranoia, confusion, restlessness, anxiety, drowsiness, and panic attacks may occur, especially in inexperienced users or in those who have taken a large dose
- Increased appetite and short-term memory impairment are common

- Effect on the Body:

Short-term physical effects from marijuana use may include sedation, bloodshot eyes, increased heart rate, coughing from lung irritation, increased appetite, and increased blood pressure (although prolonged use may cause a decrease in blood pressure). Marijuana smokers experience serious health problems such as bronchitis, emphysema, and bronchial asthma. Extended use may cause suppression of the immune system. Withdrawal from chronic use of high doses of marijuana causes physical signs including headache, shakiness, sweating, and stomach pains and nausea. Withdrawal symptoms also include behavioral signs such as restlessness, irritability, sleep difficulties, and decreased appetite.

Inhalants

- Effect on the Mind:

Inhalant abuse can cause damage to the parts of the brain that control thinking, moving, vision, and hearing. Cognitive abnormalities can range from mild impairment to severe dementia.

- Effect on the Body:

Inhaled chemicals are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Nearly all inhalants produce effects similar to anesthetics, which slow down the body's function. Depending on the degree of abuse, the user can experience slight stimulation, feeling of less inhibition, or loss of consciousness.

Within minutes of inhalation, the user experiences intoxication along with other effects similar to those produced by alcohol. These effects may include slurred speech, an inability to coordinate movements, euphoria, and dizziness. After heavy use of inhalants, users may feel drowsy for several hours and experience a lingering headache.

Additional symptoms exhibited by long-term inhalant users include:

- Weight loss, muscle weakness, disorientation, inattentiveness, lack of coordination, irritability, depression, and damage to the nervous system and other organs
- Some of the damaging effects to the body may be at least partially reversible when inhalant abuse is stopped; however, many of the effects from prolonged abuse are irreversible.
- Prolonged sniffing of the highly concentrated chemicals in solvents or aerosol sprays can induce irregular and rapid heart rhythms and lead to heart failure and death within minutes. There is a common link between inhalant use and problems in school – failing grades, chronic absences, and general apathy.

Other signs include:

- Paint or stains on body or clothing; spots or sores around the mouth; red or runny eyes or nose; chemical breath odor; drunk, dazed, or dizzy appearance; nausea; loss of appetite; anxiety; excitability; and irritability.

RESOURCES FOR COUNSELING, TREATMENT, AND REHABILITATION

The following services are available through Counseling Services for those students who are struggling with substance abuse problems:

- Assessment;
- Referral for moderate and/or frequent use;
- Individual therapy for mild and/or sporadic use; and
- Educational prevention programs.

Students may obtain the above services on a confidential basis by contacting Counseling Services. Below is a list of external resources for treatment options. Blackburn College does not have a contractual agreement with any of the listed resources.

Locust St. Resource Center
320 S. Locust St. Carlinville, IL
217-854-4706
locuststreetresourcecenter.org

Maple St. Clinic
109 E. Maple St. Gillespie, IL
217-839-1526
mcphd.net

Gateway Foundation
2200 Lake Victoria Dr. Springfield, IL
217-405-4540
gatewayfoundation.org

Substance Abuse and Mental Health Services Administration (Federal)
SAMHSA.ORG

National Alliance on Mental Illness
nami.org

CONTACT

For questions concerning this policy, please contact:

Office of Student Life
700 College Avenue
Carlinville, IL 62626
217-854-5512

EFFECTIVE DATE

This policy was approved by Planning Committee on May 4, 2021.