



Fall Semester, 2016

Dear Member of the Canisius College Community,

In accordance with the Canisius College commitment to providing a healthy and productive educational environment and the Drug-Free Schools and Communities Act Amendments of 1989, Canisius College is informing you about the College's policies on drugs and alcohol and about the health risks associated with their use.

The abuse of alcohol and the use of illegal drugs by members of the Canisius community are incompatible with the goals of an academic institution. In order to ensure that alcohol and illegal drugs do not interfere with the goals of the College, substance abuse programs have been developed which apply to the College as both an educational institution and a workplace. The programs are designed to:

- Establish and enforce clear policies for employees and students that promote an educational environment free from the abuse of alcohol and illegal drugs.
- Educate all members of the campus community about the health risks associated with the use of illegal drugs and the abuse of alcohol.
- Create a campus environment that promotes and reinforces healthy, responsible living and respect for community and campus standards and regulations.
- Provide a reasonable level of care for individuals experiencing chemical use and abuse problems through counseling, treatment and referral.

Canisius College prohibits the unauthorized possession, use, manufacture, distribution, or sale of alcoholic beverages by its employees or students on its property or as part of any of its activities. Further, while on its property or as part of any College activity employees and students are prohibited from using drugs, possessing drugs or drug paraphernalia and from selling or otherwise distributing drugs.

Violations of these policies will result in immediate sanctions consistent with the College's employee and student disciplinary procedures, College regulations and local, state and federal law. This may include but is not limited to counseling, mandatory participation in an appropriate rehabilitation program, fines, participation in community service, unpaid suspension from employment, loss of certain campus privileges, termination of employment, and/or referral for prosecution. Student disciplinary action may include the applicable disciplinary sanctions described above and/or suspension or expulsion from the residence halls or the College. *The Canisius College Student Handbook*, available in the Griff Center, Old Main 013, and on *MyCanisius* provides a complete listing of rules of the Community Standards and of the student disciplinary procedures.

HEALTH RISKS

Canisius College is committed to educating members of the community on alcohol abuse and other drug use. Teaching and learning can be impaired by alcohol and drug use. The College, therefore, has an explicit concern for the alcohol and drug use of its students, faculty and staff.

1. Alcohol - Alcohol consumption causes a number of changes in behavior. Even small amounts significantly impair the judgment and coordination required to drive a car safely. Low to moderate amounts of alcohol can increase the incidence of a variety of aggressive acts, including harassment and assault. There is an increase in violence associated with alcohol use including suicide, homicide, and sexual violence. Other negative effects include alcohol poisoning which requires hospital emergency room treatment. Long term health effects include high blood pressure, heart disease, liver disease, cancer, stroke and memory and learning problems. Alcohol use can lead to anxiety and depression, social problems, lost productivity, family problems and economic instability.

2. Cannabis (Marijuana, Hashish) - Users of marijuana can experience increased heart rate, dry mouth and throat, and increased appetite. Smoking marijuana irritates the lungs and can lead to chronic cough, phlegm production, and lung infections. Some research has identified a link between marijuana use and increased risk for mental illnesses such as depression, psychosis, anxiety and personality disturbances. Additional research suggests that marijuana use affects brain development when used by adolescents and young adults. In this age group there is a decline in cognitive functioning that could be permanent.

In 2014 New York State passed the Compassionate Care Act, which allows the use of non-smokable marijuana for individuals with identified medical conditions that are severely debilitating or life threatening for which marijuana is likely to be therapeutic or palliative. Use of medical marijuana at work or school can threaten productivity, work quality, personal and work place safety.

3. Heroin- is an illegal addictive opiate associated with very high incidents of overdose. Heroin usage and death from heroin overdose is an epidemic in Erie County and the United States. Illegal use of heroin has increased in both men and women, all age groups and all socioeconomic groups. The greatest risk factor of heroin addiction is addiction to opioid painkillers. Heroin can cause slow, shallow breathing, coma and death. It is typically injected but can also be snorted or smoked. Those who inject heroin are at risk of serious long term viral infections such as HIV, Hepatitis B and C, and bacterial infections of the skin, bloodstream and heart. There is no control over the purity of street heroin so the user is never sure of the amount of drug or drugs they are using. Heroin is often mixed with acetyl fentanyl, another very powerful opioid. It can be 5 to 15 times stronger than heroin and can lead to a more rapid onset of overdose that is more difficult to reverse using accepted medical treatment and Narcan.

4. Prescription Opioid – Opioid pain killers, such as hydrocodone, oxycodone, lortab, vicodin or other opiate derivatives, either medically prescribed or illicit use, can lead to physical and psychological dependency. Opiate pain medication has been identified as a risk factor and possible gateway drugs for heroin use. Health effects from opiates can include drowsiness, anxiety, nausea, mood swings, impaired judgment, delayed response or reaction, and emotional numbness. Use of opiates while at work or school can threaten productivity, work quality, personal safety and the safety of co-workers, fellow students and the entire campus community.

5. Hallucinogens - Lysergic acid (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. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects, or flashback, can occur even when use has ceased.

6. Phencyclidine (PCP) interrupts the functions of the neocortex, the section of the brain that controls the intellect and keeps instincts in check. Because the drug blocks pain receptors, violent PCP episodes may result in self-inflicted injuries. The effects of PCP vary, but users frequently report a sense of distance and estrangement. Speech is incoherent, coordination worsens, and senses are dulled. In later stages of chronic use, users often exhibit paranoid and violent behavior and experience hallucinations.

7. Cocaine/Crack - Cocaine users often have a stuffy, runny nose with eczema around the nostrils and possible perforation of the nasal septum. Immediate effects of cocaine include dilated pupils and elevated blood pressure, heart rate, respiratory rate, and body temperature. Crack or freebase rock cocaine is extremely addictive, and its effects are felt within 10 seconds. Crack and cocaine can cause delirium, hallucinations, blurred vision, severe chest pain, muscle spasms, convulsions, and even death.

8. Synthetic Cathinones (“Bath Salts”)-The term “bath salts” refers to an emerging family of drugs containing one or more synthetic chemicals related to cathinone, an amphetamine-like stimulant found naturally in the Khat plant. Reports of severe intoxication and dangerous health effects associated with the use of bath salts have made these drugs a serious and growing public health and safety issue. Bath salts are typically taken orally, inhaled, or injected, with the worst outcomes being associated with snorting or needle injection. The synthetic cathinones in bath salts can produce euphoria and increased sociability and sex drive, but some users experience paranoia, agitation, and hallucinatory delirium; some even display psychotic and violent behavior, and deaths have been reported in several instances.

9. MDMA (Ecstasy or Molly)-MDMA (3,4-methylenedioxy-methamphetamine), popularly known as ecstasy or, more recently, as Molly, is a synthetic, psychoactive drug that has similarities to both the stimulant amphetamine and the hallucinogen mescaline. MDMA is taken orally, usually as a capsule or tablet. It produces feelings of increased energy, euphoria, emotional warmth and empathy toward others, and distortions in sensory and time perception. Health effects include increased heart rate and blood pressure, which are particularly risky for people with circulatory problems or heart disease. MDMA users may experience other symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, faintness, and chills or sweating. Some heavy MDMA users experience long-lasting confusion, depression, sleep abnormalities, and problems with attention and memory.

Please note the above list is only a sampling of drugs, and by no means a complete one. Non-labeled use of prescription drugs, abuse of prescription drugs, unsafe use of prescription drugs, club drugs, nicotine, as well as inhalants are other drugs that pose health risks. For a complete list, go to the National Institute on Drug Abuse web site at <http://www.drugabuse.gov/>. All members of the Canisius community are urged to familiarize themselves with the specific policies on alcohol and drug use. Additional information about the health risks associated with use and abuse can be found in the Library, the Student Health Center and the Counseling Center. Information about New York State statutes and applicable penalties for violations can be found in the Library and by contacting Canisius Public Safety at Ext. 2330.

Confidential Assistance

The Employee Assistance Program (EAP) provides professional confidential help and referral to persons troubled by their own or another's use of alcohol or drugs. Their website address is: www.cfsbny.org/programs/eap. If you need any assistance in accessing the website or would like to set up an appointment for services, please call 716-681-4300.

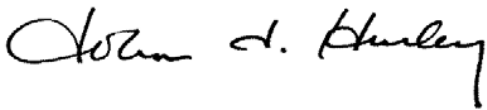
The group health insurance plans sponsored by the College for employees and their eligible dependents provide inpatient detoxifications coverage and outpatient visits for alcohol and substance abuse counseling. For names of approved counselors, co-pays, limits and further information, please contact your health insurance plan office. The student sickness and accidents plans provide coverage for alcohol and substance abuse as mandated by New York State.

In addition to the campus and health plan options, several local agencies provide confidential help. They are as follows:

- **Canisius College Employee Assistance Program (EAP) 681 4300** www.cfsbny.org
- **Alcoholics Anonymous 853 0388** www.alcoholics-anonymous.org
- **Al-Anon 856 2520 (supporting family and friends)** www.al-anon.org
- **Crisis Services Addiction hotline 831-7007** <http://crisisservices.org>
- **Kids Escaping Drugs 827-9462** www.ked.org
- **Substance Abuse Treatment Helpline 1 800 662 HELP** <http://findtreatment.samhsa.gov>
(a referral service)
- **National Council on Alcoholism (NCA) 1 800 NCA CALL** (a referral service)
- **National Institute on Drug Abuse (NIDA) 1 800 729 6686** www.nida.nih.gov
(a referral service to cocaine abuse centers)

Additional resources faculty and staff may utilize to help Canisius College students are the Counseling Center, located in Bosch room 105, 888-2620, and the Student Health Center, located in the lower level of Frisch, 888-2610.

Sincerely,



John J. Hurley President