A MESSAGE TO SAC STATE
A HEALTH ADVISORY

Alcohol and drug abuse affects everyone.

At Sac State we are concerned about the health and welfare of our students, staff, faculty and community. We believe that the dissemination of accurate information is vital to preventing alcohol and other drug related challenges. The intention of this document is to inform you about some of the health and legal consequences relative to the use and abuse of alcohol and other drugs.

Please take time to review this document, share it with others, and use our campus resources listed on the back page for further information and services.

Internet Resources
For more information about alcohol and other drugs visit the following websites:

www.collegedrinkingprevention.gov  
www.drugabuse.gov  
www.niaaa.nih.gov  
www.samhsa.gov

ALCOHOL

“Most [58%] of Sac State students drink 0-4 drinks when they party or socialize”

*Based on data from Sac State NCHA survey (Spring 2013)

Facts
- Alcohol is the most commonly abused and socially accepted drug in the United States.
- Alcohol is a drug and may be addictive.
- Delaying the onset of drinking can substantially reduce chances of later becoming a problem drinker.
- Alcohol abuse may lead to lower life expectancies and higher mortality rates.
- High-risk drinking may lead to other risky behavior such as driving under the influence, unsafe sexual practices, and injury to self and others.
- The use of alcohol may cause impairment of a person’s judgment, ability to estimate time or distance, coordination, and motor function.
- All body systems are affected by alcohol. This can result in problems such as gastritis, pancreatitis, fatty liver, hepatitis, cirrhosis, cancer, heart disease, anemia, lowered resistance to infection, increased bruising, poor clotting, and sexual dysfunction.
- Rapid ingestion of alcohol may result in illness, coma, or death.

Under 21?
- A person under the age of 21 who has a blood alcohol content of .01 may have his or her driver’s license suspended or revoked.
- Anyone under 21 years of age who buys or attempts to buy alcohol is committing a misdemeanor.
- It is a misdemeanor crime to sell, give, or furnish alcohol to anyone under 21 years of age.

Pregnant?
- Drinking alcohol during pregnancy may cause birth defects and/or behavior and learning difficulties for the child.
- Doctors advise against the use of any drugs during pregnancy.

Violence
- Alcohol is present in more than 2/3 of incidents of sexual assault.
- Alcohol is a factor in more than half of all incidents of intimate partner violence.

College
- Alcohol use may contribute to college campus problems such as missed classes, decreased studying, poor grades, dropping out, fights, vandalism, acquaintance rape, fires, injuries, and death.

Drinking and Driving
- Drinking and driving is the #1 killer in America of people ages 17-24.
- It is unlawful to drive a motor vehicle with a blood alcohol content (BAC) of .08 or higher.

1,825 college students die every year from alcohol-related injuries.

*Based on data from NIAAA (April 2012)
California DUI Penalties

First Offense within 7 years

With probation:
- Alcohol and drug (AOD) program attendance,
- $390-$1000 fine plus penalty assessments (approximately 180 of total) plus
- Either 48 hours-six months in jail and six months license suspension; or a 90 day license restriction to and from work, during work and to and from DUI program following any DMV suspension (if no refusal).

Without probation:
- 96 hours-six months in jail
- $390-$1000 fine and
- Six month license suspension

With or without probation:
- May impound vehicle for six months
- Up to three years ignition interlock device (IID) and additional jail if a child passenger was present, if driving 30 mph over speed limit on freeway or 20 mph on other roads, and if refusal of chemical test or if .20% BAC or more.

Second Offense within 7 years

With probation:
- Attendance at 18-30 month AOD program
- $390-$1000 fine plus substantial mandatory penalty assessments
- 96 hours-one year in jail
- Installation of IID for up to three years and two year license suspension, with a possible license restriction to and from work, during work and to and from DUI program after one year of suspension and enrollment in DUI program.

Without probation:
- 90 days-one year in jail
- $390-$1000 fine (plus substantial mandatory penalty assessments)
- IID up to three years and
- Two year license suspension.

Most [90%] of Sac State students use a designated driver when they party or socialize.
*Based on data from Sac State NCHA survey (Spring 2013)

| UNDER 21 VIOLATION OF DRINKING LAWS |
|----------|--------|----------------|----------------|
| OFFENSE                                          | FINE   | LICENSE         | OTHER PENALTIES |
| Under 21 purchase or consumption               | $250   | 1 year suspension or delay | 24-32 hours of community service |
| Under 21 possession of alcohol in a public place | Max $1000 | 1 year suspension or delay | Up to 6 months in jail |
| Misrepresent age; False ID                      | Max $1000 | 1 year suspension or delay | Up to 6 months in jail |
| Zero tolerance-illegal to drive after consuming any alcohol-BAC .01% or higher | $250 | 1 year suspension or delay |                     |
| DWI-BAC .08% & above. Non-injury only           | $390-$1000 | 1 year suspension or delay | 96 hrs.-6 months in jail alcohol education |

DRUGS

Club drugs

Club drugs are most often associated with use at all-night dance parties, such as raves or trances, bars, and nightclubs. 
Ecstasy, GHB, Ketamine, Rohypnol and LSD can all be classified as club drugs.

Ecstasy (MDMA)
- Can be described as a hallucinogenic stimulant usually taken in pill form.
- Causes feeling of euphoria, trust, heightened energy, empathy and emotional warmth.
- Possible unwanted effects include nausea, dizziness, increased heart rate and blood pressure, muscle tension, teeth clenching, and death.
- Long term consequences of use can include depression, psychological dependence, and impaired memory.

Ketamine
- "Special K" or "K" is an anesthetic used primarily on animals and is found in pill, powder, or liquid form.
- Causes hallucinations and floating sensations.
- May cause nausea, impaired memory, slowed breathing, loss of consciousness, delirium, and strong feeling of being out of one's body.

The actual contents of club drugs may vary. Pills described as Ecstasy may contain speed cocaine, ephedra and other ingredients. It is illegal to possess or sell almost all club drugs.

Employee Assistance Program (EAP)
Confidential, cost-free, short-term intervention, consultation, and referral services are available to all Sac State faculty, staff, and family members. Whether it involves work, personal, career or relationship, the EAP can assist you in recognizing and resolving the problem. Contact Information: 1-800-535-4985, 24 hours a day, seven days a week For more information: http://www.csus.edu/hr/departments/benefits/
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Predatory Drugs

Alcohol is the number one predatory drug. GHB and Rohypnol are also used by some people in an attempt to “prey” on others. By putting one of these into a victim’s drink, predators count on the fact that the person will become incapacitated and easy to sexually assault or rob. Both GHB and Rohypnol are illegal in the U.S. Ingestion of either usually causes memory loss.

GHB (gamma-hydroxybuturate)
- Central nervous system depressant.
- Colorless, odorless, slightly salty tasting liquid.
- Can be easily slipped into any type of drink and is hard to detect.
- It is extremely easy to overdose on GHB.

Rohypnol (Roofies)
- Prescribed in other countries for severe sleep disorders.
- Has sedative effects on the user.
- Most available in pill/tablet form.
- Risks multiply when taken with alcohol.
- Use can interfere with short-term memory, and impair judgment and motor performance.

Marijuana

Marijuana comes from the cannabis sativa plant and can be referred to as pot, grass, reefer, or weed. It is a mind-altering substance which changes levels of consciousness due to the ingredient THC.
- The average joint (marijuana cigarette) contains more than 400 chemicals and four times as much tar as an unfiltered cigarette.
- Inhaling and holding smoke in the lungs results in irritation and damage to the lungs, as well as prolonged exposure to the carcinogens found in marijuana smoke.
- Marijuana use increases heart rate. Higher potency causes a more adverse reaction.
- Long-term, regular marijuana use can result in “burnout” where some users become dull, slow, and inattentive. It has also been associated with short-term memory impairment.
- Chronic use may result in a general lack of interest, initiative and motivation in life, also known as “a motivational syndrome.”
- Marijuana use can result in injuries requiring emergency services.
- Marijuana use can impair a person’s immune system, resulting in the body’s reduced ability to fight off infection.

Hypnotics & Hallucinogens

Hallucinogens such as psilocybin (found in “magic mushrooms”), mescaline, LSD, and PCP are among the oldest of recognized mind-altering substances.
- Common physical effects of use include panic reactions, flash backs, and nausea with high levels of ingestion of compounds.
- Psychological effects include high anxiety, loss of contact with reality, paranoia, confusion, and hallucinations.
- PCP users often become violent and appear to acquire “super strength” due to the pain numbing qualities of the drug. Serious injuries often result.

If you are at a party and suddenly feel dizzy, nauseous, or really drunk.
GET HELP IMMEDIATELY!

Antianxiety Drugs

Hypnotics and antianxiety drugs, like tranquilizers and sleeping pills, can be medically useful but are often abused.
- Also known as “downers”.
- Can calm anxious people and promote sleep.
- High doses can cause unconsciousness and death.

Federal Trafficking Penalties

Under federal law, the manufacture, sale or distribution of all Schedule I and illicit drugs (e.g. cocaine, heroin, PCP, LSD, methamphetamines, Fentanyl, and all mixtures containing such substances) is a felony. First offense: prison sentences of five year to life (20 years to life if death or serious injury is involved) and fines of up to $4 million for offenses by individuals ($10 million for other than individuals). Federal law also prohibits trafficking in marijuana, hashish, and mixtures containing such substances. First offense: maximum penalties range from five years to life (20 years if death of serious injury is involved) and fines up to $4 million for offense by individuals ($10 million of other than individuals).
Penalties vary depending on the amount of drugs involved. Second offense: penalties range from 10 years to life (life if death or serious injury is involved) and fines up to $8 million ($20 million for other than individuals). The trafficking of medically useful drugs (e.g. prescription and over the counter drugs) is illegal. First offense: prison sentence up to five years. Second offense: prison sentence of up to ten years.

Standards of Conduct

Students may be expelled, suspended, or placed on probation for the use, sale, or possession of drugs on campus, and being on campus while under the influence of any controlled substance.

The unlawful manufacture, distribution, dispensing, possession, or use of controlled substances is prohibited in the workplace. Violation of this prohibition by employees may result in disciplinary action, including, but not limited to, suspension, termination, and referral for prosecution. Disciplinary action may include a requirement to participate satisfactorily in an approved drug abuse assistance or rehabilitation program.
Sac State Alcoholic Beverage and Drug Policy Statement*

Use, possession, manufacture, or distribution of alcoholic beverages (except as expressly permitted by law and University regulations), or public intoxication while on campus or at a University-related activity.*

Use, possession, manufacture, or distribution of illegal drugs or drug-related paraphernalia (except as expressly permitted by law and University regulations), or the misuse of legal pharmaceutical drugs.**

*The complete policy can be found at [http://www.csus.edu/umanual/student/UMA00550.htm](http://www.csus.edu/umanual/student/UMA00550.htm)

**Title V, Article Z, Section 41301

Sac State & Community Resources

Associated Students, Inc. 916-278-6784  Alcohols Anonymous 916-454-1100
Counseling and Psychological Services 916-278-6461  Al-Anon 916-334-2970
Residence Halls 916-278-6655  Narcotics Anonymous 916-732-2299
Student Affairs 916-278-6060  Sac State Alcohol Advisory Council 916-278-6026
Sac State Health & Wellness Promotion 916-278-5422  Sac State Women’s Resource Center 916-278-7388
Student Health & Counseling Services 916-278-6461  Sac State PRIDE Center 916-278-8720

In compliance with the **Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics Act**, Sacramento State has made crime reporting statistics available on-line at [www.csus.edu/police/cleryact.htm](http://www.csus.edu/police/cleryact.htm) Print copies are available in the library and by request from the Office of Public Safety and the Office of the Senior Vice President of Planning, Enrollment Management & Student Affairs.