

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.

Under 21?

- . A person under the age of 21 who has a blood alcohol content of .01 may have their driver license's suspended or revoked.
- . Anyone under the age of 21 years 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.

Sac State Breathe Easy Smoke & Tobacco Free

In September 2017, CSU Chancellor issued Executive Order 1108 to all 23 campuses to become smoke and tobacco free. This includes traditional cigarettes, electronic cigarettes, JUUL, hookah, snuff, vapes and chewing tobacco. The policy includes all of Sac State's indoor and outdoor areas and creates a healthier environment for our campus. Learn more about the policy and quitting resources at www.csus.edu/tobaccofree.

Alcohol

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 the chances of alcohol dependence. Alcohol abuse may lead to lower life expectancies and higher mortality rates. High-risk drinking may lead to other risky behaviors 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 judgement, 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 alcohol poisoning, illness, coma or death. 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.

Most (72%) of Sac State students drink 0-4 drinks when they party or socialize.*

*Sac State National College Health Assessment (Spring 2018)

Cannabis

Cannabis, also known as Marijuana, is a mind-altering substance which changes the levels of consciousness due to the ingredient THC.

The average marijuana blunt 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 short-term memory impairment and slow, inattentive reaction time.
- . Marijuana use can result in injuries or illness requiring emergency services.
- . Marijuana use can impair a person's immune system, reducing the body's ability to fight off infection.

Prescription & Illicit Drugs

- . Potential consequences of non-medical use of prescription drugs (e.g. OxyContin, Vicodin, Adderall) include death due to overdose, dependence, addiction, tolerance, psychotic episodes, risk of heart attack or stroke, and respiratory complications. Reasons for non-medical use of prescription drugs include to increase ability to focus and/or stay up late.
- . 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 illicit drugs.
- . Risks multiply when taken with alcohol. Use can interfere with short-term memory, and impair judgement and motor performance.
- . Possession of drugs without a valid prescription is a felony and is punishable by up to one year in jail, a \$1000 fine, or both.

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 substance 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*

Except as expressly permitted by law or University regulations, the use, possession manufacture or distribution of alcoholic beverages is prohibited while on campus or at a Sacramento State related activity. Public intoxication while on campus or a University related activity is prohibited. Intoxication includes being under the influence of alcohol or other drugs. Except as expressly permitted by law or University regulations the use, possession, manufacture, or distribution of illegal drugs or drug-related paraphernalia, or the misuse of legal pharmaceutical drugs is prohibited.

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.

Contact Information: 1-800-367-7474 for 24/7 telephone assessment/counseling. For more information: <http://www.csus.edu/hr/departments/benefits/eap.html>

For more information on alcohol or other drugs:

www.csus.edu/shcs

www.niaaa.nih.gov

www.drugabuse.gov

www.samhsa.gov

www.collegedrinkingprevention.gov

Most (91%) of Sac State students use a designated driver when they party or socialize.

*Sac State National College Health Assessment (Spring 2018)

California DUI Penalties

It is illegal to drive after consuming excessive amounts of alcohol in any form (including medications, i.e. cough syrup), taking any drug (including prescription medications, cannabis,) or using any combination of alcohol and/or drugs that impairs your ability to drive. If you are convicted of Driving under the Influence (DUI) of alcohol and/or drugs and have an excessive Blood Alcohol Concentration (BAC) level, you may be sentenced to:

- Pay a fine between \$390—\$1000
- Up to six or more months in jail.
- Your driving privilege suspended for six to ten months.
- File a California Insurance Proof Certificate (SR 22).
- Install an ignition interlock device (IID) which prevents starting your vehicle if you have any alcohol on your breath.
- Complete a DUI program; the court may order to complete a nine-month or

In cases involving serious injury or death, you may face civil lawsuits. All DUI convictions remain on DMV's records for 10 years. Courts and/or DMV may impose more stringent penalties for subsequent violations during that period. A BAC below legal limits does not mean that you are safe to drive. Almost all drivers show impairment by alcohol at levels lower than the legal limit. Signs of impairment may be enough for DUI conviction even without BAC measurement.

Resources

Campus Resources

Student Health & Counseling Services	916-278-6461	ASI Safe Rides	http://www.asi.csus.edu/programs/safe-rides
Student Affairs	916-278-6060	Alcohol, Tobacco & Other Drugs Program	916-278-6461
Alcohol Advisory Council	916-278-6026	Police Department	916-278-6000

Community Resources

Alcoholics Anonymous	www.aasacramento.org	Al-Anon	www.northerncaliforniaal-anon.org
National Council on Alcoholism & Drug Dependence	www.ncadd.org	Narcotics Anonymous	www.sacramentona.org
		Marijuana Anonymous	www.sacramentoma.org

In compliance with the *Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics*, Sacramento State has made crime reporting statistics available on-line at www.csus.edu/police. Print copies are available in the library and by request from the Office of Public Safety.