

Health Risks:

Virginia State University is dedicated to the education of students and employees about health risks associated with the abuse of alcohol and other drugs. Descriptions of some of these health risks are described below. In addition, behavioral difficulties at work, in school, or in relationships and with the law can be linked to the abuse of alcohol and other drugs.

Alcohol: Alcohol abuse is a progressive disorder in which physical dependency can develop. Even low doses of alcohol impair brain function, judgment, alertness, coordination and reflexes. Very high doses cause suppression of respiration and death. Chronic alcohol abuse can produce dementia, sexual impotence, cirrhosis of the liver, and heart disease, and sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life-threatening convulsions.

Marijuana (Cannabis): Marijuana has negative physical and mental effects. Physical effects include elevated blood pressure, a dry mouth and throat, bloodshot and swollen eyes, decrease in body temperature, and increased appetite. Frequent and/or longtime users may develop chronic lung disease and damage to the pulmonary system. Use of marijuana is also associated with impairment of short-term memory and comprehension, an altered sense of time, and a reduction in the ability to perform motor skills such as driving a car. Marijuana abuse can also produce listlessness, inattention, withdrawal, and apathy. Abuse can intensify underlying emotional problems and is associated with chronic anxiety, depression, and paranoia.

Synthetic marijuana (Spice, K2): Spice, K2 and other “incense blends” are products that contain dried, shredded plant material along with synthetic forms of THC, the psychoactive component of the Cannabis sativa plant (marijuana). The exact chemical composition of the products is unknown, may vary across brands and batches and there is concern about the presence of harmful heavy metal residues, more powerful and unpredictable effects. Short term effects may include rapid heart rate, vomiting, agitation, confusion, and hallucinations.

Help a friend - Save a Life



Resources for Prevention, Treatment and Assistance:

The University has established the Office of Substance Abuse and Sexual Assault Prevention to offer educational and risk reduction programming and to provide treatment and/or assistance to students with substance abuse related problems/issues.

Campus Resources

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| Substance Abuse Prevention | 804-524-5939 |
| VSU Police (Emergency) | 804-524-5411 |
| University Counseling Center | 804-524-5939 |
| VSU Campus Ministry | 804-524-5681 |
| Student Health Services | 804-524-5711 |

Community Resources

Narcotics/Alcoholics Anonymous 804-452-1955 (Al-Anon helps adult children of dependent parents)

Chesterfield MH/SA Services 804-768-7318
(On campus and Chesterfield County residents)

District 19 MH/SA Services 804-862-6410 (Off campus students not living in Chesterfield)

Poplar Springs Hospital 804 -733-6874
(Short-term detox 2-5 days)

John Randolph Hospital 804 -451-1600
(Emergency and outpatient services)

Website Resources

VSU Substance Abuse Prevention
www.vsu.edu/pages/916.asp

College Drinking Prevention
www.collegedrinkingprevention.gov/

National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov/alcohol-health

Substance Abuse and Mental Health Services Administration—Prevention <http://www.samhsa.gov/prevention/>

**Substance Abuse & Sexual Assault Prevention
Student Health and Counseling Center
Virginia State University
409 Memorial Hall
(804) 524-5939 or (804) 524-5061**



Alcohol & Drug Policy

“Zero Tolerance”

**Substance Abuse Prevention
409 Memorial Hall
P.O. Box 9172
Petersburg, VA 23806**

<http://www.vsu.edu/pages/322.asp>

Virginia State University complies with the Drug-Free Schools and Communities Act; 20 U.S.C. 1011i and 34 C.F.R. Section 86.100 (a) (1). and Drug Free Workplace Act of 1988

Revised January 10, 2014

Alcohol and Drug Policy

Philosophy

Virginia State University, a community of students, faculty, and staff is committed to preserving a living and learning environment where individuals can safely and successfully complete their college career free from the negative impact and disruptive influence of alcohol and other drugs. Aware of certain risks associated with alcohol and other drug use, the University views substance abuse as an obstacle to the attainment of a student's educational goals and to the University's mission. The responsibility to create and maintain a culture less vulnerable to alcohol and other drug use and one that promotes responsible attitudes and lifestyles will be shared by all members of the University community.

Recognizing substance abuse as a prevalent social issue, Virginia State University accepts its role and responsibility in helping find solutions to this problem. The University will educate members of the University community about the serious consequences and health risks associated with alcohol and other drug use. The University will help dispel faulty beliefs that suggest alcohol abuse and drug use are acceptable on a college campus.

This brochure informs the academic community of state and federal laws and penalties concerning unlawful substance use and abuse; health and behavioral risks of alcohol abuse and drug use; and resources for treatment and educational programming in accordance with federal law. [Drug-Free Schools and Communities Act; 20 U.S.C. 1011i and 34 C.F.R. Section 86.100 (a) (1), Drug Free Workplace Act of 1988]. The University expects staff and academic members of the University community to respond to the use of alcohol and other drugs in a responsible manner that includes but is not limited to:



1. Knowing and abiding by University Alcohol and Drug Policy.
2. Becoming informed about the consequences and risks associated with the use of alcohol and other drugs.
3. Supporting norms that convey the non-use of alcohol and other drugs as a responsible choice.
4. Being alert and responsive to the needs of persons who experience problems due to the irresponsible use of alcohol and other drugs, by helping persons identify and seek appropriate sources for assistance.
5. Integrating alcohol and other drug related information into topics of discussion as deemed appropriate.
6. Following procedures and enforcing sanctions established to hold persons accountable for their actions and encouraging compliance with regulations.

Policy

The Virginia State University Alcohol and Drug Policy prohibits the possession, use, manufacture, distribution, selling or consumption of alcohol and “controlled substances” (illicit drugs), including marijuana, anywhere on campus.

The Policy pertains to the activities of all students and employees on University property, and the activities of students at University sponsored events or at off-campus activities while representing the University community. Students, faculty and staff are expected to comply with all state, federal, and local alcohol and drug related laws.

Virginia Drinking Age Laws:



Virginia's Alcohol Beverage Control Act contains laws governing possession, use and consumption of alcoholic beverages. Pertinent laws are summarized below:

It is illegal for anyone under age 21 to purchase, possess, or consume any alcoholic beverage. It is illegal for any person to sell alcoholic beverages to persons under the age of 21 years.

It is illegal for any person to purchase or provide alcoholic beverages for another when, at the time of the purchase, he/she knows or has reason to know that the person for whom the alcohol is purchased is under 21 years of age.

It is illegal for any underage person to use a forged or otherwise deceptive driver's license to obtain beer or other alcoholic beverage.

Sanctions for Policy Violations

Any member of the campus community who violates the university Alcohol and Drug Policy will face appropriate disciplinary action. Students in violation are subject to disciplinary action by the Student Conduct system or criminal prosecution by federal, state or local authorities or both. Student sanctions include a range up to but not limited to referral for assessment and/or treatment, community service, probation, suspension or expulsion. Employees in violation will be subject to disciplinary action and/or referral for treatment. For additional information about violations and penalties, please consult the Student Handbook and Faculty Handbook, Appendix E.

Federal and Commonwealth of Virginia Penalties for Other Drugs

Federal and Virginia law penalizes the unlawful manufacturing, distribution, use, and possession of “**controlled substances**”, including prescription drugs. The penalties vary based on many factors, including the type and amount of the drug involved, and whether there is intent to distribute. Federal law sets penalties for first offenses ranging from less than one year to life imprisonment and/or fines up to \$10 million. Penalties may include forfeiture of property, including vehicles used to possess, transport or conceal a controlled substance, and the denial of professional licenses or federal benefits, such as student loans. Convictions under Virginia law may be misdemeanor or felony crimes with sanctions ranging from probation to life imprisonment and/or fines of up to \$1 million.

Federal law holds that any person who distributes, possesses with intent to distribute, or manufactures a controlled substance on or within one thousand feet of an educational facility is subject to a doubling of the applicable maximum punishments and fines. A similar Virginia law carries sanctions of imprisonment between one and five years and up to a \$100,000 fine for similar violations. Virginia law specifically prohibits the sale, gift, distribution, and possession of synthetic cannabinoids, which carry penalties as a Class 6 felony. It is illegal to possess or sell drug paraphernalia.