

Fairmont State University Smoking, Alcohol, and Drug Policy

Smoking

Policy Statement: Research demonstrates that cigarette smoking is a clear and present danger to health. The Surgeon General of the United States has determined that cigarette smoking causes over 350,000 preventable deaths each year. Current research also emphasizes the extreme danger to non-smokers from secondary smoke.

Therefore, Fairmont State recognizes its duty to provide a safe and healthy environment. In order to achieve the goal of a smoke-free environment, all persons will observe the following guidelines:

Smoking and the use of smokeless tobacco will be prohibited in all buildings and facilities of Fairmont State, including residence halls. This applies to the main campus in Fairmont and the Clarksburg campus. Smoking is also prohibited in any motor vehicle owned, leased or otherwise operated by Fairmont State. Visitors are expected to comply with this policy. Tobacco products will not be sold on campus.

Smoking is permitted outdoors but is prohibited within twenty (20) feet of all entrances and exits to buildings. **Smoking or carrying lighted tobacco products is also prohibited in outside areas where people will be standing in line or waiting in crowds.**

Alcohol and Illegal Drugs

Fairmont State does not permit or approve of the possession, distribution, or use of alcoholic beverages or illegal drugs on the campus, or in any College approved residence, or by recognized campus organizations. This is consistent with Interpretive Rule, State College System of West Virginia Board of Directors, Series No. 42.

The College's position is to firmly discourage use of alcoholic beverages without infringing upon the rights of those persons protected by the law. The legal age in West Virginia for purchasing alcoholic liquor, wine, or non-intoxicating beer is 21, and alcoholic liquor, wine or non-intoxicating beer cannot be legally purchased by an individual who is less than 21 years of age.

Students are advised that they will be held responsible and disciplined for any violation of the law governing the use of alcohol or other illegal drugs. As adults, students are expected to obey the law and be responsible for their own conduct.

Individuals found in violation of College alcohol policies or state law, or who display prohibited or disruptive behavior as a result of intoxication while on the College premises, or while participating in a College-sponsored activity, may be subject to College disciplinary action.

Individuals found violating municipal ordinances or state laws relating to the purchase or consumption of alcoholic beverages while on the campus of Fairmont State may also be subject to prosecution for the violation in the appropriate court. The applicable municipal

ordinances or state laws include under-age consumption of alcoholic beverages, open containers of beer or alcoholic beverages in a public place, use of false or altered identification, and public intoxication. The imposition of disciplinary proceedings is not dependent upon nor determined by existence or outcome of any criminal prosecution. Counseling services are available for students who are concerned about their drinking or drug abuse. The staff responsible for this program are not people who will judge you, criticize you, or moralize with you about your health and well-being. They are there to listen to you, to help you understand the nature of alcohol and drug abuse and to suggest a program, if appropriate, to meet your needs. For more information, call 367-4792 or refer to the College Catalog.

Parental Notification of Alcohol and Drug violations

The Higher Education Amendments of 1998 provides that:

"(i) DRUG AND ALCOHOL VIOLATION DISCLOSURES

Nothing in this Act or the Higher Education Act of 1965 shall be construed to prohibit an institution of higher education from disclosing, to a parent or legal guardian of a student, information regarding any violation of any Federal, State, or local law, or of any rule or policy of the institution, governing the use or possession of alcohol or a controlled substance, regardless of whether that information is contained in the student's education record, if -

(A) the student is under the age of 21; and

(B) the institution determines that the student has committed a disciplinary violation with respect to such use or possession."

Fairmont State Policy: Per the guidelines of the Higher Education Amendments of 1998, Fairmont State will notify the parents or legal guardians of under 21 students who are involved in disruptive or inappropriate behavior or incidents which results in residence hall or campus disciplinary action and which involve the legal use or possession of alcohol or drugs.

3. DUI - Driving under influence.

a. Drunk Driving (DUI) penalties WV Code 17C-5-2; 17B-4-3

(1) Drunk driving causing death of other person can be a FELONY, carries 1-10 years PENITENTIARY sentence; a \$1-3,000 fine and driver's license suspension for 10 years. Depending on the facts, the charge can be a misdemeanor carrying a 90 day to 1 year jail sentence; a fine of \$500-1,000 and a license suspension of 5 years. Subsequent convictions of same charge carry stiffer penalties.

(2) Drunk driving causing injury to other person carries a jail sentence of 24 hours to 1 year; a fine of \$200-1,000 and license suspension of 2 years. Subsequent convictions of same charge carry stiffer penalties.

(3) FIRST offense drunk driving, a misdemeanor, carries jail sentence of 24 hours to 6 months; a fine of \$1-500 and license suspension of 6 months.

SECOND offense drunk driving, a misdemeanor, carries jail sentence of 6 months to 1 year; a fine of \$1-3,000 and license suspension of 10 years.

THIRD and subsequent offense drunk driving, a FELONY, carries a PENITENTIARY sentence of 1-3 years; a fine of \$3-5,000 and LIFETIME license suspension.

(4) Permitting an intoxicated person to drive your car carries the same penalties for you, the owner, as for the drunk driver.

(5) Driving while your license has been suspended for prior DUI carries the following penalties:

FIRST OFFENSE - jail sentence of 6 months, fine of \$1-500 and continued license suspension.

SECOND OFFENSE - jail sentence of 1 year, fine of \$1-3,000 and continued license suspension.

THIRD OFFENSE - FELONY - PENITENTIARY sentence of 1-3 years, fine of \$3-5,000 and continued license suspension.

Stated minimum sentences are MANDATORY. Penalties are the same for driving under the influence of DRUGS. Prior convictions from other states may be considered by a West Virginia Court.

D. Prohibited Areas

Possession or use of alcoholic beverages is prohibited on or in property or facilities (including student housing) of public colleges and universities except as allowed under PB 14 or in dwellings located thereon and occupied as a family residence.

Anyone violating Fairmont State Universities Drug and Alcohol policy will not only face disciplinary actions from the University and State Police, but will be banned from any and all future outdoor recreation activities and trips sponsored by the Outdoor Recreation Leadership program.

Student Contract

I (print) _____, have read the above policy and agree to follow all rules and regulations that relate to Fairmont States' tobacco, drugs, and alcohol policy.

Students' signature: _____

Date _____

F. General Facts

Alcohol is the most commonly used drug on campus. Whether you are over or under the legal drinking age, you cannot avoid making decisions about drinking - at parties, on dates, in your room. Your decisions can increase your risk of flunking courses, getting a sexually transmitted disease, and being involved in fights and accidents. They can also increase your risk of developing a long-term drinking problem.

1. Sticking to your limits

You can stay in control of situations that involve alcohol even though others may pressure you to change your mind. First and foremost, you will find it easier to stick to your limits if you decide in advance what they are.

Here are some other tips that may help:

It is always okay to refuse a drink. Be polite but firm in your refusal and maintain eye contact. If the offer is repeated, you can still stick to your decision. Say that you prefer not to be asked again, or that you prefer not to drink alcohol today. In some instances, you might need to walk away or reverse the pressure with a comment like, "Why is it so important to you that I have another drink?"

Before entering a bar or other place where alcohol is available, decide how much you plan to drink. Know what non-alcoholic beverage you will use as a substitute once you reach your predetermined alcohol limit. Soda, juice, and mineral or carbonated spring water are among the choices. And they can be ordered with a twist of lemon or lime if you want your drink to look like it contains alcohol.

Get involved in a range of activities that you enjoy. This will help you make friendships that are not focused on alcohol and enable you to suggest alternative activities to friends with whom you habitually drink.

2. Control

The best way to stay in control in any situation is not to drink. But if you choose to drink:

- Limit the amount you drink.
- Sip drinks slowly.
- Space your drink over time.
- Eat heavy meals or dairy products before or while drinking. (These foods slow down alcohol absorption.)
- Avoid salty foods (such as salted peanuts or popcorn) that make you more thirsty.
- Drink diluted alcoholic beverages - beer, wine and mixed drinks - rather than "straight shots."
- Avoid carbonated mixers or sparkling wines - they speed up alcohol absorption into your blood stream.
- Avoid "spiked" punch, and other drinks containing unknown amounts of alcohol.

3. A guide to responsible hosting

Alcohol by itself is neither good nor bad, and the majority of those who use it do so for enjoyment and suffer few serious consequences from that use. Alcohol, however, is a very powerful and potentially harmful drug when used irresponsibly. As host or hostess to a function involving alcohol, there are a few simple thoughts to keep in mind to insure that everyone has a good time, and no one gets hurt!

a. Ask yourself what the real purpose of the event is. Alcohol is often most successfully used when it is an adjunct to other activities, such as conversation, dancing, cards,

pinball, or other sports.

- b. Provide alternative beverages, such as fruit juices and soft drinks. There are a sizable number of people who choose not to drink alcohol, and their rights should be respected.
- c. Don't push drinks on your guests. People who drink at a slower pace often enjoy themselves more, and it is rude to force booze on others.
- d. Try to create a relaxed atmosphere in which people can get to know one another. This means having the music at a level where people can converse and being sure that introductions are made.
- e. Serve food along with drinks. This slows the absorption of alcohol into the bloodstream. Both food and alcohol are enhanced when served together.
- f. Regulate the flow of booze. You may have one person be bartender for the night. If an alcoholic punch is served, use a non-carbonated base such as fruit juice, which will provide slower absorption than carbonated mixers. If you have a keg of beer, you might consider having it located somewhere other than the center of the room.
- g. Stop serving liquor about a hour before the party ends. Some people may get upset, but offering food or non-alcoholic beverages will provide time for the alcohol to begin wearing off before people go home.
- h. If someone has had too much to drink, stop serving them. This is oftentimes hard, but you may be keeping someone from real harm by this simple act of caring.
- i. If some of your friends are planning to drive home and you feel they have had too much to drink, try to get them to take a taxi, or you might give them a ride. If possible, you could provide them a place to sleep. Again, this simple measure can prevent enormous damage.

Illicit Drug Use

Classes of Drugs.

Drugs have saved lives, have greatly reduced human suffering and have improved the quality of our lives. In our society there is a huge variety of drugs available - both legally and illegally. One class of drugs is most frequently used socially or recreationally - the psychoactive drugs. These drugs are used because of the pleasurable feelings they induce. Marijuana, alcohol, cocaine, and Valium are examples of different kinds of psychoactive drugs. Decisions regarding the social use of these drugs are personal, and should be based on a general awareness of the risks and benefits of the use of each drug.

Psychoactive drugs act on the central nervous system - the brain. They may increase its activity (stimulants), decrease its activity (depressants) or cause the creation of hallucinations (hallucinogens). Every drug has multiple effects. While you may only focus on one aspect of the drug's effect, it is acting at many different locations in your brain. The effects of the drug will depend on the dosage taken - usually a higher dose will intensify the effects.

Effects of Drugs.

Several terms will be defined to provide a sound understanding of drugs' effects. The first is the concept of tolerance. Tolerance means that your body has become adapted to the drug, and that you need increasingly larger doses to produce the original desired effect. Think back to your first drink of alcohol. Perhaps you felt giddy, even drunk, after half a glass of wine, or one beer. If you can drink more than that now without having

those same effects, then you've developed tolerance to alcohol. Tolerance does develop to the psychoactive drugs.

The next concept is dependence. Dependence, either psychological or physical, is defined as when a person cannot, or feels they cannot, function without the drug. With physical dependence, your body has gotten used to the presence of the drug. When it is not present, the individual will experience withdrawal symptoms which can be unpleasant, painful, and sometimes life threatening. With a psychological dependence, a person may feel restless and anxious when the drug is not present, but usually there is no physical illness.

The last term to be defined is the phenomenon known as synergism. When two or more drugs with similar effects are taken together or in sequence, their effects may be potentiated - made stronger than their additive sum. In other words, 1 plus 1 may equal 4, 5, 6, or more!

Alcohol Effects

Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects just described.

Repeated use of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition, can also lead to permanent damage of vital organs such as the brain and the liver.

Mothers who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Alcohol and Drug Education Programs

Fairmont State College's Office of Student Affairs has been systematically addressing alcohol and other drug problems on campus. These programs provide structure, coordination, and support for a number of other programs which have evolved and continue to evolve on campus. The programs coexist on campus and attempt to work together in a coordinated fashion to reduce alcohol and other drug problems.

We attempt to coordinate our campus efforts with local and regional programs. National Collegiate Alcohol Awareness Week programs have become an integral part of our campus activities and have been used as a springboard for the year's alcohol/drug education efforts. Through the NCAAW programs, there has been greater interaction between the College community and community agencies to enhance one another's awareness of problems, intervention/prevention programs and resources available.

Events and expressed concerns pointed to the need for a program to address and alleviate problems. Thus, our objectives have been to simply provide programs that:

- A. make a special effort to reach the freshmen.
- B. create an awareness of drinking patterns on campus.
- C. make resource information about where to go for counseling, legal assistance and information available to students.
- D. inform students of the college policies on alcohol use, penalties for violation and judiciary process.
- E. involve Greek organizations in finding creative ways to socialize without alcohol.
- F. involve student organizations in such a way that the entire student body would participate in the programs.
- G. support and encourage faculty in incorporating alcohol and other drug education into the curriculum.

Our student assistance programs focus not only on students with problems, but also on students at risk for problems. Awareness education is a primary function of our alcohol and drug education programs.

Available Resources.

A. Community Assistance Programs - Counseling and Support

Alcoholic Anonymous, Fairmont, WV 26554, 363-5043

Al-Anon and Alateen, Fairmont, WV 26554, 363-5043

Al-Anon is an anonymous fellowship of relatives and friends of alcoholics.

Their one purpose is to help families of alcoholics.

Narcotics Anonymous, Charleston, WV, Helpline: 1-344-4442

Summit Center for Human Development

6 Hospital Plaza, Clarksburg, WV 26301, 1-800-352-3869

Valley Community Mental Health Center

Alcoholism and Drug Abuse Program

Pleasant Valley Road, Fairmont, WV 26554, 366-7174

B. College Assistance Programs - Counseling and Support

Student Assistance Program

College Counseling Services

Office of Student Affairs, 367-4215

Counseling is available for students who are concerned about their drinking or drug use, a friend's drinking or drug use, or about alcohol and drug misuse in their families.

Community Assistance Program

Fairmont General Hospital Addiction Recovery Unit

1325 Locust Avenue, Fairmont, WV 26554, 367-7239

C. Speaker Resources

Chestnut Ridge Hospital, 930 Chestnut Ridge Road
Morgantown, WV 26505, 293-2411

Contact: Pam Sullivan, M.D., Cheryl Riley, M.A.

Valley Community Mental Health Center

Pleasant Valley Road, Fairmont, WV 26554, 366-7174

Mimmi Byrne, ACSW, CAC

Wedgewood Family Practice and Psychiatry

1197 Van Voorhis Road, Morgantown, WV 26505, 599-9400

D. Print and Audio-Visual Resources

Clearinghouse for Alcohol and Drug Information

Rockville, MD, 301-443-6500

West Virginia University Department of Health

Behavioral Health, 1800 Washington Street, East

Charleston, WV 25305, 348-2276

Contact: Mary Petsky

Governor's Office of Highway Safety

5790-A MacCorkle Avenue, Charleston, WV 25304, 348-8814

Contact: Jim Grate

BACCHUS of the United States, Inc.

P.O. Box 10430, Denver, CO 80210, (304) 871-3068

West Virginia Library Commission

Cultural Center - Film Services, Charleston, WV 25305

348-3976, Contact: Steve Fesenmair

E. Emergency/Medical Treatment

Emergency Medical Squad, Fairmont, WV 26554, 367-9111

Fairmont General Hospital, Addiction Recovery Unit

1325 Locust Avenue, Fairmont, WV 26554, 367-7239

Chestnut Ridge Hospital, Addiction Recovery Unit

930 Chestnut Ridge Road, Morgantown, WV 26505, 293-4000

University Health Service

Health Science Center - South, Ground Floor

Hours of operation: M-F, 8:30 to 5:00

Limited service: M-F, 5:00 to 8:00 PM,

Sat. 9 to 12 noon Sunday 1 to 4 PM

For an appointment, call 293-2311

St. Joseph's Hospital Restore Program

Amalia Drive, Buckhannon, WV, 472-5922

Harold Hughes Center of Ligonier, Inc.

Rd. 1, P.O. Box 90, Stahlstown, PA, 412-593-6311
Olympic Center - Preston, Route 1, Kingwood, WV 329-2400
Preston Addiction Treatment Center
Preston Memorial Hospital, Kingwood, WV, 1-800-352-3802
Summit Center for Human Development
6 Hospital Plaza, Clarksburg, WV 26301, 1-800-352-3869
Valley Community Mental Health Center
301 Scott Avenue, Morgantown, WV 26505, 296-1731
Greenbrier Treatment Center, Washington, PA, 412-225-9700
Gateway Treatment Center, Pittsburgh, PA, 412-928-5940

Substance Abuse Quiz

Do you think drinking is all fun and games? Most of you have used alcohol and/or other drugs at one time or another. Most of you will be surprised to learn that one out of every ten who use alcohol or other drugs may someday become addicted. So take this simple test. Answer these 20 questions and find out about yourself. Please be as honest as you can.

Yes No

- ___ ___ 1. Do you lose time from school due to drinking or using drugs?
- ___ ___ 2. Do you drink or use drugs to feel more comfortable?
- ___ ___ 3. Do you drink or use drugs to build self-confidence?
- ___ ___ 4. Do you drink or use drugs alone?
- ___ ___ 5. Is drinking or using drugs affecting your reputation?
- ___ ___ 6. Do you drink or use drugs to escape from studies or home worries?
- ___ ___ 7. Do you feel guilty after drinking or using drugs?
- ___ ___ 8. Does it bother you if someone says that you drink or use drugs too much?
- ___ ___ 9. Do you feel more at ease on a date when drinking or using drugs?
- ___ ___ 10. Have you gotten into trouble at home because of your drinking/using drugs?
- ___ ___ 11. Do you borrow money or 'do without' other things so you can buy liquor/drugs?
- ___ ___ 12. Do you feel a sense of power when you drink or use drugs?
- ___ ___ 13. Have you lost friends since you started drinking or using drugs?
- ___ ___ 14. Do your friends drink or get high less than you do?
- ___ ___ 15. Have you started hanging out with a heavy drinking or "drug" crowd?
- ___ ___ 16. Do you drink until all the liquor is gone?
- ___ ___ 17. Do you ever wake up and wonder what happened the night before?
- ___ ___ 18. Have you ever been busted or hospitalized because of drinking/using drugs?
- ___ ___ 19. Do you 'turn off' studies or lectures on alcohol or drug abuse?
- ___ ___ 20. Do you think you have a problem with alcohol and drugs?

If you answered "yes" to three or more of these questions, or if your answer to any of the questions concerns you, you may be using alcohol and/or drugs in ways that are harmful. Do not waste time blaming yourself for past behavior. If you think you have or might be developing problems in which drinking or drugs plays a part, act now. You can get help. For more information and counseling, contact your counseling center (Student Affairs Office), student health center, or community mental health facility.