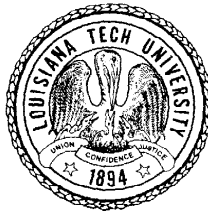


A Student Guide
for Making Decisions
about Alcohol
and Other Drugs



Louisiana Tech University

Office of the Vice President for Student Advancement

Louisiana Tech Students,

Alcohol and other drug abuse has reached epidemic levels on many of our nation's college campuses resulting in the waste of America's most treasured resource: her youth. Realizing the gravity of this situation, President George Bush signed into effect the Drug-Free Schools and Community Act Amendments of 1989 (Public Law 101-226) on December 12, 1989. Therefore, Louisiana Tech has adopted an alcohol and drug-free campus. This law requires colleges and universities not only to adopt and implement programs to prevent illicit use of drugs and the abuse of alcohol on campuses, but also to necessitate the distribution of relevant information specified in these five standards:

- I. Louisiana Tech University's code of conduct concerning unlawful use of alcohol and other drugs.
- II. A description of local, state, and federal alcohol and other drug sanctions.
- III. A description of the health risks associated with alcohol and other drug abuse.
- IV. A description of vicinity drug and alcohol counseling, treatment or rehabilitation programs.
- V. Louisiana Tech University's alcohol and other drug policy governing violations.

Please read and review the following pages concerning Louisiana Tech University's responses to these standards. Every student and employee of the University plays an important role in helping maintain a learning and living environment that is free of alcohol and other drug abuse.

Sincerely,

James M. King
Vice President for Student Advancement

STANDARD I

Louisiana Tech University adheres to all local, state, and federal laws pertaining to the use of alcohol and other drugs and will not tolerate violations thereof. Louisiana Tech University prohibits the unlawful possession, use, or distribution of alcohol and other drugs on University property or as part of University activities.

Individuals with specific concerns or questions related to this University's standards of conduct as they apply to the unlawful possession, use, and distribution of alcohol and other drugs should refer to Louisiana Tech University's CODE OF STUDENT RIGHTS, RESPONSIBILITIES, AND BEHAVIOR, Section Six, codes 6.04:02 and 6.04:21. This document is made available to each student at <<http://www.latech.edu/students/student-conduct/>> or in print from the Office of the Vice President for Student Advancement, Keeny Hall 305, phone (318) 257-2445.

STANDARD II

There are many local, state, and federal laws which pertain to the illegal consumption, use, and distribution of alcohol and other drugs. The consequences of illegal use of these substances could result in a criminal record that may have a devastating effect on your educational plans and career pursuits. Review this synopsis of local, state, and federal alcohol and other drug laws. You may be surprised to learn the penalties for alcohol and other drug offenses. This information does not constitute legal advice. For additional information or legal advice, refer to the appropriate statutes, and/or consult with an attorney. You may report illegal drug activity through Tech Crime Stoppers at 257-4018. Please help us provide a safe educational environment.

STANDARD III

Alcohol and other drugs can have a devastating effect on the body. Short-term effects of even casual drug use can be noted immediately; indeed, even small doses of a drug can have a disastrous impact. But even more alarming are long-term effects — that damage the heart, lungs, muscles, bones or skin— which will not be evident for years and possibly will be permanent. Be informed, be aware. That which you inflict upon your body may shorten your life or tragically alter your lifestyle.

LOCAL LAWS (RUSTON)

Is it illegal to drink alcohol beverages in public?

Yes. (Section 5.4) Maximum \$500 fine and/or 60 days in prison.

Is it unlawful to appear intoxicated in public?

Yes. (Section 11-103A) Maximum \$500 fine and/or 60 days in prison.

LOUISIANA STATE DRUG LAW

At what age can I legally possess alcoholic beverages?

You must be 21 years of age or older to legally purchase or possess alcoholic beverages (\$100 maximum fine and/or six months sentence and driver's license suspended for 180 days). (R.S. 14:93.12)

May I drink & drive or have open alcoholic beverage while I am driving?

NO. (R.S. 32:300) It is unlawful for the driver or passengers of a motor vehicle that is being operated on a public highway or right-of-way to possess or consume from an open alcoholic beverage container in the vehicle.

What can happen if I sell drugs to someone under 18 years old?

10-30 years in prison. (R.S. 40:981)

What can happen if I sell drugs to an elementary, high school, or college student?

Your prison term can be increased by 150% and your fine doubled! (R.S. 40:981.1)

Can my car or house be seized and forfeited if used in drug trade?

Yes. (R.S. 32:550)

What are the federal penalties for distribution of drugs?

The maximum penalty is life in prison and a \$4 million fine. (Refer to chart for additional information.)

DRIVING WHILE INTOXICATED

STATUTORY PENALTIES (RS 14.98)

FOR 1ST, 2ND, 3RD, AND 4TH OFFENSE DWI *

(BAC 0.02 under age 21 & 0.08 for 21 and over)

	<u>1st Offense</u>	<u>2nd Offense</u>	<u>3rd Offense</u>	<u>4th Offense</u>
Fine	\$300-\$1000	\$750-\$1000	\$2000 & possible forfeiture of vehicle	\$5000 & possible forfeiture of vehicle
Imprisonment	10 days to 6 months	Mandatory 48 hrs. plus 30 days to 6 months	1 to 5 yrs. with or w/o hard labor	10 to 30 years with hard labor
Suspended Sentence	4 days comm. service or 2 days jail + substance abuse and driver improvement program	30 days community service. 15 days in jail, plus substance abuse and driver improvement program	45 days in jail plus substance abuse and driver improvement program	n/a

* These statutory penalties do not include other costs such as bondsman's fees, wrecker fees, attorney's fees, court costs, increased insurance costs, motor vehicle office fees, substance abuse program fees, or driver improvement program fees.

For a 1st Offense DWI, there is more than just getting ticket.

Here are 25 reasons not to drive while intoxicated

1. Embarrassed while you take a field sobriety test on a public street.
2. Take a breath test to determine your blood alcohol content.
3. Arrested on criminal charge of DWI (on your record permanently)
4. Handcuffed and placed in police car
5. Fingerprinted
6. Photographed
7. Jailed
8. Your name may possibly appear in newspapers and on radio news broadcasts
9. Pay bondsman to put up a bond
10. Pay lawyer for handling case
11. Appear in court for arraignment
12. Spend more time in court if trial is held (miss work or school)
13. Attend pre-sentence interview
14. Court Appearance
15. If convicted, pay Fine and Court Costs
16. Work four eight hour days free labor for community service program
17. Attend substance abuse program
18. Attend driver improvement classes
19. Have a DWI conviction on your driving record for a minimum of 5 years
20. After conviction your name may possibly appear in newspaper
21. Have your license revoked for a minimum of 90 days
22. Insurance rates may double on your car
23. Some job applications require you to list your DWI arrest.
24. Some employers will not hire you to operate vehicles because of the high insurance rate caused by your DWI conviction
25. If accident was involved, you may face additional court action

SYNOPSIS OF STATE AND FEDERAL DRUG PENALTIES (RS 40:966-970 AND US CODE 21:841)

DRUGS	IMPRISONMENT OFFENSE	MAX. STATE FINE	MAX. FEDERAL FINE	STATE	FEDERAL
Schedule I					
Hallucinogens (phencyclidine-"PCP", "angel dust", "acid", "STP", "ecstasy", "designer drugs")	Distribution/Manufacturing	\$50,000	\$4 million	5-50 yrs.	10 yrs.-life
Narcotics (opiates; heroin -"junk", "smack", "H", "scag")	Possession	\$5000	\$1 million	4-10 yrs	0-20 yr
Depressants					
Cannabis (marijuana-"grass", "pot", "weed")	Distribution	\$100,000	\$ 4 million	5-30 yrs	10 yrs-life
Stimulants	Possession	\$2000	\$ 1 million	6 mon-20 yrs	Fed. Code
Schedule II					
Narcotics (raw opium, morphine) "M", "dreamer"	Distribution	\$50,000	\$4 million	2-30 yrs	10 yrs-Life
Stimulants (amphetamines-"speed", "uppers", "bennies", "pep pills", "crank", "crystal", "ice",	Manufacturing	\$500,000	\$4 million	10-30 yrs	10 yrs-Life
Cocaine- "coke", "snow", "crack", "rock")	Possession	\$5000	\$1 million	0-5 yrs.	0-20 yrs
Depressants (methaqualone- "soapers", "quads", "ludes".					
Schedule III					
Stimulants					
Depressants (barbiturates- "barbs", "goof balls", "downers", "blues".	Distribution	\$15,000	\$250,000	0-10 yrs	0-5 yrs.
Narcotics (nalorphine)	Possession	\$5000	Refer to Federal Code	0-5 yrs.	Fed. Code
Schedule IV					
Depressants (barbiturates and 32 other drugs)	Distribution	\$50,000	\$250,000	0-30 yrs.	0-3 yrs.
	Possession	\$5000	Refer to Federal Code	0-10 yrs.	Fed. Code
Schedule V					
Narcotic drugs containing non-narcotic active medicinal	Distribution	\$5,000	\$100,000	0-5 yrs.	0-1 yrs.
Ingredients (buprenorphine)	Possession	\$5000	Refer to Federal Code	0-5 yrs.	Fed. Code

Alcohol and the College Experience

Facts You Need to Know

The following information contains highlights from the National report, A Call to Action: Changing the Culture of Drinking at U.S. Colleges. The report was developed by the National Institutes of Health National Advisory Council on Alcohol Abuse and Alcoholism Task Force on College Drinking. (www.collegedrinkingprevention.gov)

A Snapshot of Annual High-Risk College Drinking Consequences

- * Death: Over 1,825 students ages 18-24 die from alcohol related unintentional injuries including motor vehicle accidents.
- * Injury: 599,000 students ages 18-24 are unintentionally injured under the influence of alcohol.
- * Assault: More than 690,000 students ages 18-24 are assaulted by another student who has been drinking.
- * Sexual Abuse: More than 97,000 students ages 18-24 are victims of a sexual assault or date rape in which alcohol is involved.
- * Unsafe Sex: 400,000 students ages 18-24 have unprotected sex and more than 100,000 report having been too intoxicated to know if they consented to sex.
- * Academic Problems: About 25% of college students report academic consequences of their drinking including missing class, doing poorly on exams and receiving lower grades overall.
- * Health Problems and Suicide Attempts: More than 150,000 students develop an alcohol related health problem and 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking.
- * Drunk Driving: 2.1 million students between the ages 18 and 24 drove under the influence of alcohol last year.
- * Vandalism: About 11 percent of students report that they have damaged property while under the influence.
- * Police Involvement: About 5% of 4-year college students are involved with the local or campus police as a result of their drinking and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence.

High-Risk Drinking Patterns

High-risk college student drinking includes the following:

- * Underage drinking
 - * Drinking and driving or other activities where the use of alcohol is dangerous.
 - * Drinking when health conditions or medications make use dangerous.
 - * Binge Drinking; that is, 5 drinks in a row per occasion for males and 4 for females*
- *Moderate drinking by persons of legal drinking age is defined as no more than 2 standard drinks per day for men and 1 drink per day for women.

What is a standard drink?

A standard drink contains approximately 14 grams (0.6 fluid ounces) of pure alcohol. Below are approximate standard equivalents.



One 12 oz. Beer
at 5% alcohol
(look at the label)



**One 5 oz.
Glass of Wine**
at 12% alcohol



**One 1.5 oz. shot
of Hard Liquor**
at 40% alcohol or
80 proof

Female students are affected differently than males by high risk drinking. Women are affected differently due to several biological factors:

1. Women have less water in the body than men. Women have 51% as opposed to men having 61%. This means that women have less capacity to dilute alcohol in their body.
2. Women also have less of the enzyme dehydrogenase, the enzyme that metabolizes alcohol before it passes into the bloodstream.
3. Variations in the hormonal levels prior to menstruation can cause women to become intoxicated faster. This is especially evident during the days just before the commencement of the periods. Women who regularly take estrogen-added medications like birth control pills often experience extended effects of intoxication since the medication slows down the rate at which the body is able to eliminate the alcohol content.

The Brain and The Buzz

Alcohol and other drugs produce a wide range of effects, from a mild buzz/euphoria to death. These effects are often a result of chemicals altering the neurological activity of the brain. While some drugs have specific effects, targeting just one or two chemical messenger systems, alcohol does not. Alcohol affects just about everything the brain does at one dose or another.

The following is a partial list of effects common to alcohol and other drugs:

- * Impairs motor coordination (e.g., the ability to walk/drive)
- * Impairs memory (e.g., blackouts and ability to recall class work)
- * Impairs judgment and decision making (“People under the influence do not make the best decisions”)
- * Impairs impulse control (e.g., increase the odds of doing things you will regret)
- * Impairs sexual function (e.g., causes impotence and decreases vaginal lubrication)
- * Significant mood swings (e.g., depression, irritability and aggressiveness)
- * Can directly cause death

Signs of Alcohol Poisoning and Overdose

Symptoms listed above can be indicators of an overdose. While these symptoms might not seem like a big deal to you, the distance between these symptoms and death is surprisingly small. An alcohol overdose can quickly turn life threatening. It is important to be aware of the risk signs and to know what to do in order to save the individual’s life.

If you have any concern at all that someone may be in danger from an overdose, call for help. Don’t be embarrassed or worried about the person getting in trouble, just do it. You might save the person’s life.

Signs of a life threatening overdose

- * **Try to wake the person.** If the person is passed out of semi-conscious and does not respond, there may be a serious problem.
- * **Listen to the person’s breathing.** Check for a rate that is irregular, or too slow/shallow.

- * **Check the person's skin.** If the skin is cold, clammy, pale or bluish this is a sign of circulatory problems.

TAKE ACTION

- * Call 911 or Campus Police (4018). Tell them that you are concerned someone has overdosed.
- * Stay with the person until help arrives.
- * Lay the person on his/her side. This will prevent choking should the person vomit.
- * Once help arrives, tell them everything. Try to give as much information as you can recall regarding the situation, such as what the person was using and when they had they had their last drink/ drug

In cases of alcohol poisoning, many students agree, they would rather have an angry friend than a dead one.

ONLINE RESOURCES

- * National Institute on Alcohol Abuse and Alcoholism
www.niaaa.nih.gov
- * Centers for Disease Control and Prevention
www.cdc.gov
- * National Highway Traffic Safety Administration
www.nhtsa.gov
- * Substance Abuse and Mental Health Services Administration
www.samhsa.gov

For campus resource information contact:

Lindsey O'Neal, MA, PLPC
Alcohol and Other Drug Education Coordinator
Counseling Services, 310 Keeny Hall
(318) 257-2488

STANDARD IV

To report the sale of alcohol to those under age 21 - Call 1-877-807-6237 (1-877-80SOBER)

Drug and Alcohol Counseling, Treatment, or Rehabilitation Programs and Information

NATIONAL HOTLINES

Alcoholism & Drug Abuse Hotline

National Institute on Drug Abuse Hotline
Open 24 hours, 1-800-252-6465
8 am to 2 am, Monday through Friday
11am to 2am, weekends
1-800-662-4357

Ruston

Description of Services

Alcoholics Anonymous
1501 White St.
251-1269

Open meeting every night at 8 pm except Tuesday;
Noon meeting daily, Monday through Sat; Sunday-10pm;
Saturday night potluck supper 7 pm (Support Group);
Teen AA, Sundays at 8 pm

314 W. California Ave.
513-9111

Cummins Counseling
206 East Reynolds Dr., Suite F1
Ruston, LA 71270
202-5878

Appointments available 7 days a week and after business hours.

Emerson Center
Rick Emerson, MSW, LCSW
301 E. Alabama
251-9100

Five-week, day treatment program,
plus once-a-month follow-up counseling
Individual/family outpatient drug abuse counseling

**Louisiana Tech University
Counseling Services**
Keeny Hall 310
257-2488

Free assessment for referral
After-care support and counseling

**Professional Counseling Services
of Ruston**
101 Reynolds Dr.
255-9210

Focus: Mix of mental health and substance abuse services
Services provided: Substance abuse treatment
Type of care: Outpatient

Ruston Behavioral SHA
602 E. Georgia Ave.
251-4125; Fax 251-5000

Focus: Substance abuse treatment services
Services provided: Substance abuse treatment
Type of care: Outpatient

AROUND THE AREA

Monroe/ West Monroe Area

Cheneyville

Edgefield Recovery Center
10631 Hwy. 71 North
Cheneyville, LA 71325
(318) 279-2751

**Glenwood Regional M.C.
Behavioral Health Unit**
6200 Cypress St.
West Monroe, LA 71291
(318) 329-4525
1 (800) 807-0951

**Office of Behavior
Health of Monroe**
2513 Ferrand St.
Monroe, LA 71202
(318) 362-3270

Shreveport/Bossier Area

Alcoholics Anonymous
2800 Youree, Ste. 362
Shreveport, LA 71130
(318) 865-2172

Brentwood
1006 Highland Ave.
Shreveport, LA 71101
(318) 678-7500
www.brentwoodhospital.com

Buckhalter Recovery Center
527 Crockett St.
Shreveport, LA 71101
(318) 222-1767

Caddo & Bossier Center
527 Crockett St.
Shreveport, LA 71101
(318) 222-1767

Palmetto Addiction Recovery
86 Palmetto Rd.
Rayville, LA 71269
1 (800) 203-6612
(318) 728-2970

**Southern Oaks
Addiction Recovery**
1416 Natchitoches St.
West Monroe, LA 71291
(318) 362-5430

**Center for Behavioral Health,
Shreveport**
1303 Line Ave. #600
Shreveport, LA 71101
(318) 425-3400

Center for Families
864 Olive St.
Shreveport, LA 71104
318-222-0759

**Center for Psychological
Services, Inc.**
Dr. Milford
2520 Line Ave.
Shreveport, LA 71104
(318) 221-3400

Core Center for Recovery
635 Stoner Ave.
Shreveport, LA 71101
(318) 424-4357
gambling@shreve.net

DDTP
510 E. Stoner, Ste. 116-A
Shreveport, LA 71101
(318) 424-6012

**Doctor's Hospital
Addictive Disease Unit**
1130 Louisiana Ave.
Shreveport, LA 71101
(318) 222-6685

First Step Services
2000 Creswell Ave.
Shreveport, LA 71104
(318) 222-4222
firststep01@hotmail.com

**Willis Knighton
Addiction Recovery**
2520 Bert Kouns, Ste. 100
Shreveport, LA 71118
(318) 212-5072

STANDARD V

It shall be the policy of Louisiana Tech University to maintain a working and living environment free of the unlawful use of alcohol and other drugs. Louisiana Tech University will impose sanctions against students and employees found in violation of University policies and standards of conduct or in violation of local, state, or federal law. These sanctions may include suspension/expulsion from the University or termination of employment and referral to proper authorities for violation of applicable laws and standards of conduct.