

# Lu Ross Academy

## Drug Free Schools & College Prevention Program

October 1, 2018

Lu Ross Academy is dedicated to providing a safe, healthy environment for students, employees, and visitors. This includes ensuring the college is a drug- and alcohol-free zone.

Students are encouraged to read and understand information about the college's drug and alcohol abuse prevention program (DAAPP) and its compliance with Drug-Free Schools and Campuses Regulations (34 CFR Part 86) and the Drug-free Schools and Communities Act.

### Standards of conduct

The unlawful possession, use, distribution, sale or manufacture of controlled substances is prohibited on any premises owned or controlled by LRA. Under no circumstance will the college tolerate unlawful possession, use, distribution, sale, or manufacture of controlled substances, or the unlawful use of alcohol on campus or at college-sponsored activities.

### College disciplinary penalties

Students who violate these Standards of Conduct will be subject to disciplinary action up to and including expulsion, in accordance with college policy, Student Standards of Conduct and Disciplinary Process.

### Legal penalties

Using illicit drugs is illegal under both the state and federal statutes. Use of alcohol by persons under 21 years of age is illegal under state law. Penalties for conviction under state and federal law include incarceration and fines. Property used in connection with illegal drugs may be confiscated. Federal student loans and grants may be denied to those convicted for a violation of a criminal drug statute. Learn more about federal, state, and local penalties for drug and alcohol violations.

### Health risks

Using drugs and alcohol can have substantial and harmful effects on health. These effects often are permanent and can lead to severe physical and psychological impairment, disability, and premature death. Learn more about the risks associated with alcohol, drugs, and college drinking.

### If you need help

Any student who has a drug- or alcohol-related problem may call upon the college for help. The school maintains a list of counseling centers that are free for students.

### Program oversight and review

In accordance with federal law, LRA notifies students annually about its drug and alcohol abuse prevention program and related policies and reviews the program every two years.

LRA's School Director oversees LRA's drug and alcohol prevention program for students and coordinates review activities.

## Policies on Alcohol & Illegal Drugs

LRA complies with local, state, and federal laws and penalties regarding the unlawful use of drugs and alcohol, including the possession of illegal drugs and drug paraphernalia on college premises and the sale or use of alcoholic beverages on LRA premises.

In addition to criminal sanctions that may apply, LRA will impose discipline on any student who violates the Student Standards of Conduct and/or policies prohibiting alcoholic beverages at LRA Student Life-sponsored events. The following are violations:

- Being under the influence of alcohol or any illegal drug or controlled substance on college premises or at college-sponsored events.
- Possessing, using, consuming, selling, or distributing alcohol or illegal controlled substances on college premises or at college-sponsored events, other than as specifically approved by the president.
- Using alcoholic beverages at any Student Life-sponsored event, activity, or conference.

In addition, registered student organizations may not serve, sponsor, or co-sponsor any activity where alcohol beverages are served, and cannot sponsor or co-sponsor events that include the distribution, sale, or profit from alcoholic beverages.

To view full college policies regarding the use of alcohol, illicit drugs, and other substances, see:

### Disciplinary penalties under the Student Standards of Conduct

The general disciplinary action for student violations of the student standards of conduct are outlined in the LRA catalog. In cases of student violations of the Drug and Alcohol Free Campus policy, the School Director has the authority to issue sanction(s) including, but not limited to, the following:

- Written reprimand
- Loss of privileges/access
- Removal from a course
- Warning
- Suspension
- Expulsion

Certain violations of student and employee standards of conduct may require referral for criminal and legal prosecution.

## Medical consequences of alcohol abuse

From the Centers for Disease Control and Prevention

There are approximately 79,000 deaths attributable to excessive alcohol use each year in the United States. <sup>1</sup> This makes excessive alcohol use the 3rd leading lifestyle-related cause of death for the nation. <sup>2</sup> Additionally, excessive alcohol use is responsible for 2.3 million years of potential life lost (YPLL) annually, or an average of about 30 years of potential life lost for each death. In the single year 2005, there were more than 1.6 million hospitalizations<sup>3</sup> and more than 4 million emergency room visits<sup>4</sup> for alcohol-related conditions.

## The standard measure of alcohol

In the United States, a standard drink is any drink that contains 0.6 ounces (13.7 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 ounces of regular beer or wine cooler.
- 8 ounces of malt liquor.
- 5 ounces of wine.
- 1.5 ounces of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).

## Definitions of patterns of drinking alcohol

### **Binge drinking**

- For women, 4 or more drinks during a single occasion.
- For men, 5 or more drinks during a single occasion.

### **Heavy drinking**

- For women, more than 1 drink per day on average.
- For men, more than 2 drinks per day on average

**Excessive drinking** includes heavy drinking, binge drinking or both.

Most people who binge drink are not alcoholics or alcohol dependent.

According to the Dietary Guidelines for Americans, if you drink alcoholic beverages, do so in moderation, which is defined as no more than 1 drink per day for women and no more than 2 drinks per day for men. However, there are some persons who should not drink any alcohol, including those who are:

- Pregnant or trying to become pregnant.
- Taking prescription or over-the-counter medications that may cause harmful reactions when mixed with alcohol.
- Younger than age 21.
- Recovering from alcoholism or are unable to control the amount they drink.
- Suffering from a medical condition that may be worsened by alcohol.
- Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

## Immediate health risks

Excessive alcohol use has immediate effects that increase the risk of many harmful health conditions. These immediate effects are most often the result of binge drinking and include the following:

- Unintentional injuries, including traffic injuries, falls, drownings, burns, and unintentional firearm injuries.<sup>7</sup>

- Violence, including intimate partner violence and child maltreatment. About 35 percent of victims report that offenders are under the influence of alcohol.<sup>8</sup> Alcohol use is also associated with 2 out of 3 incidents of intimate partner violence.<sup>8</sup> Studies have also shown that alcohol is a leading factor in child maltreatment and neglect cases, and is the most frequent substance abused among these parents.
- Risky sexual behaviors, including unprotected sex, sex with multiple partners, and increased risk of sexual assault. These behaviors can result in unintended pregnancy or sexually transmitted diseases.
- Miscarriage and stillbirth among pregnant women, and a combination of physical and mental birth defects among children that last throughout life.
- Alcohol poisoning, a medical emergency that results from high blood alcohol levels that suppress the central nervous system and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression, or death.

## Long-term health risks

Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments, and social problems. These include but are not limited to:

- Neurological problems, including dementia, stroke and neuropathy.
- Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation and hypertension.
- Psychiatric problems, including depression, anxiety, and suicide.
- Social problems, including unemployment, lost productivity, and family problems.
- Cancer of the mouth, throat, esophagus, liver, colon, and breast. In general, the risk of cancer increases with increasing amounts of alcohol.
- Liver diseases, including:
  - Alcoholic hepatitis.
  - Cirrhosis, which is among the 15 leading causes of all deaths in the United States
  - Among persons with Hepatitis C virus, worsening of liver function and interference with medications used to treat this condition.
  - Other gastrointestinal problems, including pancreatitis and gastritis.

## Medical consequences of drug/prescription drug abuse

From the National Institute on Drug Abuse

Drug addiction is a brain disease. Although initial drug use might be voluntary, drugs of abuse have been shown to alter gene expression and brain circuitry, which in turn affect human behavior. Once addiction develops, these brain changes interfere with an individual's ability to make voluntary decisions, leading to compulsive drug craving, seeking, and use.

The impact of addiction can be far-reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Some of these effects occur when drugs are used at high doses or after prolonged use; however, some may occur after just one use.

## HIV, hepatitis & other infectious diseases

Drug abuse not only weakens the immune system but is also linked to risky behaviors like needle sharing and unsafe sex. The combination greatly increases the likelihood of acquiring HIV-AIDS, hepatitis and many other infectious diseases.

Drugs that can lead to HIV, Hepatitis and other infectious diseases:

- Heroin

- Cocaine
- Steroids
- Methamphetamine

## Cardiovascular effects

Researchers have found a connection between the abuse of most drugs and adverse cardiovascular effects, ranging from abnormal heart rate to heart attacks. Injection drug use can also lead to cardiovascular problems such as collapsed veins and bacterial infections of the blood vessels and heart valves.

Drugs that can affect the cardiovascular system:

- Cocaine
- Heroin
- Inhalants
- Ketamine
- LSD
- Marijuana
- MDMA
- Methamphetamine
- Nicotine
- PCP
- Prescription stimulants
- Steroids

## Respiratory effects

Drug abuse can lead to a variety of respiratory problems. Smoking cigarettes, for example, has been shown to cause bronchitis, emphysema, and lung cancer. Marijuana smoke may also cause respiratory problems. The use of some drugs may also cause breathing to slow, block air from entering the lungs, or exacerbate asthma symptoms.

Drugs that can affect the respiratory system:

- Cocaine
- GHB
- Heroin
- Inhalants
- Ketamine
- Marijuana
- Nicotine
- PCP
- Prescription opiates

## Gastrointestinal effects

Among other adverse effects, many drugs of abuse have been known to cause nausea and vomiting soon after use. Cocaine use can also cause abdominal pain.

Drugs that can affect the gastrointestinal system:

- Cocaine
- GHB
- Heroin
- LSD
- MDMA
- Nicotine
- Prescription Opiates

## Musculoskeletal effects

Steroid use during childhood or adolescence, resulting in artificially high sex hormone levels, can signal the bones to stop growing earlier than they normally would have, leading to short stature. Other drugs may also cause severe muscle cramping and overall muscle weakness.

Drugs that can affect the musculoskeletal system:

- Inhalants
- MDMA
- PCP
- Steroids

## Kidney damage

Some drugs may cause kidney damage or failure, either directly or indirectly from dangerous increases in body temperature and muscle breakdown.

Drugs that can cause kidney damage:

- Heroin
- Inhalants
- MDMA
- PCP

## Liver damage

Chronic use of some drugs, such as heroin, inhalants and steroids, may lead to significant damage to the liver.

Drugs that can cause liver damage:

- Heroin
- Inhalants
- Steroids

## Neurological effects

All drugs of abuse act in the brain to produce their euphoric effects; however, some of them also have severe negative consequences in the brain such as seizures, stroke, and widespread brain damage that

can impact all aspects of daily life. Drug use can also cause brain changes that lead to problems with memory, attention and decision-making.

Drugs that can cause neurological problems:

- Cocaine
- GHB
- Inhalants
- Marijuana
- MDMA
- Methamphetamine
- Nicotine
- Prescription stimulants
- Rohypnol

## Mental health effects

Chronic use of some drugs of abuse can cause long-lasting changes in the brain, which may lead to paranoia, depression, aggression, and hallucinations.

Drugs that can cause mental health problems:

- Cocaine
- Inhalants
- Ketamine
- Marijuana
- MDMA
- Methamphetamine
- Prescription stimulants

## Hormonal effects

Steroid abuse disrupts the normal production of hormones in the body, causing both reversible and irreversible changes. These changes include infertility and testicle shrinkage in men as well as masculinization in women.

Drugs that can cause hormonal problems:

- Steroids

## Cancer

Cigarette smoking is the most preventable cause of cancer in the United States. Smoking cigarettes has been linked to cancer of the mouth, neck, stomach, and lung, among others. Smoking marijuana also exposes the lungs to carcinogens and can cause precancerous changes to the lungs similar to cigarette smoke.

Drugs that may cause cancer:

- Nicotine
- Marijuana
- Steroids

## Prenatal effects

The full extent of the effects of prenatal drug exposure on a child is not known; however, studies show that various drugs of abuse may result in premature birth, miscarriage, low birth weight, and a variety of behavioral and cognitive problems.

Drugs that may have adverse prenatal effects:

- Cocaine
- Heroin
- Inhalants
- Marijuana
- MDMA
- Methamphetamine
- Nicotine

## Other health effects

In addition to the effects various drugs of abuse may have on specific organs of the body, many drugs produce global body changes such as dramatic changes in appetite and increases in body temperature, which may impact a variety of health conditions. Withdrawal from drug use also may lead to numerous adverse health effects, including restlessness, mood swings, fatigue, changes in appetite, muscle and bone pain, insomnia, cold flashes, diarrhea, and vomiting.

Drugs that have global adverse health effects:

- Cocaine
- Heroin
- Inhalants
- Marijuana
- MDMA
- Methamphetamine
- Nicotine
- Prescription CNS depressants
- Prescription opiates
- Prescription stimulants
- Steroids

## Mortality

Drug-related deaths have more than doubled since the early 1980s. There are more deaths, illness, and disabilities from substance abuse than from any other preventable health condition. Today, one in four deaths is attributable to alcohol, tobacco, and illicit drug use.