



Southern University and A&M College

Drug and Alcohol Prevention Program

A People's Institution Serving the State, the Nation, and the World

BACKGROUND

Overview

Southern University and A&M College governs the possession, use/consumption, and sale of drugs and alcohol via University policies and Louisiana State Law. The usage of alcohol and drugs can have a devastating effect on the body. Short-term effects of even casual drug use can be noted immediately. While most may view it as non-harmful, even small doses of a drug can have a disastrous impact on the body. But even more alarming are long-term effects that could potentially damage the heart, lungs, muscles, bones or skin

Laws regarding the possession, sale, consumption, or furnishing of alcohol is controlled by the Louisiana Office of Alcohol and Tobacco Control. The enforcement of the University's alcohol regulations is the responsibility of the Office of the Dean of Students/Student Life (for students) and the Office of Human Resources (for employees), while the enforcement of state alcohol laws is the responsibility of the Southern University Police Department (SUPD). It is unlawful to sell, furnish or provide alcohol to anyone under the age of 21. The possession of alcohol by anyone under 21 years of age in a public place or a place open to the public is illegal. Southern University and A&M College prohibits students and student groups from possessing and consuming alcohol in a public or private area of the campus without prior University approval.

Southern University and A&M College is a designated "drug free" zone and the possession, sale, manufacture or distribution of any controlled substance is illegal under both state and federal laws. Such laws are strictly enforced by the Southern University Police Department and the enforcement of the University's drug regulations is the responsibility of the Office of the Dean of Students/Student Life (for students) and the Office of Human Resources (for employees).

Student violators of drug and alcohol regulations and laws could be subject to University disciplinary action as outlined in the *Student Code of Conduct*, ranging from fines to expulsion, as well as criminal prosecution, ranging from fines to imprisonment. Employees found in violation of drug and alcohol regulations (as outlined in the *Handbook of University Personnel*) and laws shall be subject to appropriate sanctions and penalties, which may include but are not limited to referral for counseling, written or oral reprimands, suspensions with or without pay, or termination, in accordance with the established rights of the employee, including the right to due process, as well as criminal prosecution, ranging from fines to imprisonment.

Students seeking help in overcoming drug and alcohol related issues should visit the University Counseling Center. Additional information and resources for students can be found at, www.subr.edu/studentlife. Additional information and resources for employees can be found at, www.sus.edu/humanresources.

DRUG AND ALCOHOL POLICIES

Conduct Prohibited by the University

The Southern University and A&M College *Student Code of Conduct* sets forth, in a concise and uniform manner, responsibilities which students of the University community owe one another. The *Student Code of Conduct* also sets forth administrative and judicial procedures whereby those students who are accused of violating rules, policies, and regulations may be afforded due process and fair and just sanctions. Students in violation of this drug and alcohol regulations are subject to the provision outlined in the *Student Code of Conduct*. The *Handbook of University Personnel* governs conduct acceptable by employees. Southern University and A&M College and the members of its community have equal obligations to one another in protecting the educational environment. The University has equal obligations to protect the integrity of its educational mission and the interests of its student body. Drug and alcohol regulations, the *Student Code of Conduct*, and the *Handbook of University Personnel* are updated periodically, as laws in higher education change and state laws regarding the rights of students attending a state institution in Louisiana are enforced.

The adjudication of all student violations of drug and alcohol regulations is handled through the provisions outlined in the *Student Code of Conduct*. Violations committed by employees are subject to the procedures listed in the *Handbook of University Personnel*. Members of the University community who are found to have

violated the University's drug and alcohol regulations, or to possess, consume, distribute, or manufacture illegal drugs on or about the property of the University, or in other such circumstances as provided for by University policy are subject to sanctions.

Alcoholic Beverage Policy (Students)

Generally, all students are prohibited from the use and sale of alcoholic beverages on the campus of Southern University and A&M College and at University-sponsored events and activities. The Chancellor, on the recommendation of the Vice Chancellor for Student Affairs, may grant permission to any person, group of persons, or any organization to serve, or permit the serving of, alcoholic beverages at University facilities during social events.

Specifically, per the Student Code of Conduct, the following provisions are noted:

- **Code 1.12: Illegal Use of Alcoholic Beverages:** purchasing, selling, or making available to underage persons alcoholic beverages; or providing funding for alcoholic beverages in violation of state or local statutes and/or University policy. (See Code Two, Offense Number 6, Illegal Use of Alcoholic Beverages.) *Alcoholic beverage:* beer, porter, cordial liquors, or specialty drinks, brandy, whiskey, fruit juices or wines, rum, gin, or any fluid or solid capable of being converted into a fluid for human consumption, and all similar distilled beverages having alcoholic content or more than six percent by volume, including alcohol, or as may be now or hereafter defined by law as an alcoholic beverage (Louisiana Law RS26.2).
- **Code 2.6: Illegal Use of Alcoholic Beverages:** possession or consumption of alcohol by a person who is under 21 years of age. (See Code One, Offense Number 12, Illegal Use of Alcoholic Beverages.)
- **Code 3.1: Public Drinking:** public drinking is the imbibing or drinking of alcoholic beverages in or on any campus street, alley, sidewalk, right-of-way, park, playground, square, or unenclosed boundary of the Southern University campus. An alcoholic beverage is defined as beer, porter, cordial liquors or specialty drinks, brandy, whiskey, fruit juices or wines, rum, gin, or any fluid or solid capable of being converted into a fluid for human consumption and all similar distilled beverages having an alcoholic content of more than six percent by volume, including alcohol, or as may be now or hereafter defined by law as an alcoholic beverage (Louisiana Law RS 26:2). It shall be unlawful for any person to possess any type of opened container — re-closeable containers included—containing any alcoholic beverage, as defined herein, or to drink any such alcoholic beverage from any opened container in or on any campus street, alley, sidewalk, right-of-way, park, playground, square, or unenclosed boundary of the Southern University and A&M College campus. It shall be unlawful for any person to possess any containers containing alcoholic beverages, in or upon a campus parking lot.
- **Code 3.3: Unauthorized Use of Alcoholic Beverages:** possession or consumption of alcoholic beverages in any form on University-owned or -controlled property, except where authorized by University officials; failure to comply with state and/or University regulations regarding the use and sale of beer and/or intoxicating liquors on University-owned or -controlled property; disorderly conduct resulting from the illegal use or the abuse of alcoholic beverages.

Any violation of the alcohol guidelines will result in the student(s) facing possible disciplinary sanctions as outlined in the *Student Code of Conduct*.

Drug-Free Campus Policy (Students)

Southern University and A&M College recognizes that drug use poses health and safety hazards to the campus community as a whole and does not tolerate the abuse of drugs. The Drug-free Workplace Act of 1988 requires the institution, as a federal grantee, to certify that the institution provides a drug-free workplace. The drug-free workplace requirement applies to all offices and departments of an institution that receives campus-based funds. Drug-free Schools and Communities Act Amendments of 1989 require the institution to certify that it has adopted and implemented a program to prevent drug and alcohol abuse by its students and employees.

Specifically, per the Student Code of Conduct, the following provisions are noted:

- **Code 1.15: Possession, Use, Distribution, Sale, or Manufacture of Controlled Substances:** knowingly possessing, using, distributing, selling, and/or manufacturing illegal drugs or controlled substances, including

but not limited to, narcotics, barbiturates, hallucinogens, marijuana, or amphetamines.

- **Code 2.10: Possession, Distributing, Selling, or Manufacturing Counterfeit Drug-related Paraphernalia:** knowingly possessing, distributing, selling, or manufacturing counterfeit drug or related drug paraphernalia.
- **Code 3.2: Possession of Marijuana:** possession of marijuana when such possession would constitute a misdemeanor at law.

Any student found responsible for any of the aforementioned drug violations on the Southern University and A&M College campus will be subject to disciplinary action as prescribed by the *Student Code of Conduct*.

Drug and Alcohol Sanctions (Students)

Student Code of Conduct violations are handled through the Office of the Dean of Students. The Dean of Students is the chief judicial administrative officer. The University's judicial system outlines the full process for violations of the *Student Code of Conduct*. A student committing several related offenses at one time will have one hearing. A decision will be rendered on each offense. The Dean of Students will determine if sanctions are to run concurrently. The following actions or behaviors on University premises (except where otherwise specifically stated) constitute *Student Code of Conduct* violations, which subject a student or student organization to one or more sanctions:

1. Code 1 Offenses: May result in disciplinary probation, fine (not to exceed \$500), suspension, or expulsion. The severity of each offense shall determine the appropriate sanction to be imposed. Violations that severely endanger or harm human life or property are considered major offenses that carry the maximum sanction of expulsion.
2. Code 2 Offenses: May result in disciplinary probation, fine (not to exceed \$500), or suspension. Violations of Office of Residential Life and Housing regulations are subject to expulsion from residential facilities, in addition. The circumstances or facts of a student's case shall determine the appropriate sanction to be imposed. Repeated Code Two Offenses may result in more severe sanctions.
3. Code 3 Offenses: A student found guilty of any of the following acts may be subject to the maximum sanction of disciplinary suspension and may not be allowed to reside on campus.

Drug and Alcohol Policy (Employees)

The Southern University Office of Human Resources adopted the following policy pursuant to the Drug Free Workplace Act of 1988.

A. Statement Recognizing that drug use poses health and safety hazards to employees/students and to the community at large, the University considers the abuse of drugs to be a very serious matter, one that cannot be tolerated in the workplace or classroom. Therefore, it is the policy of the Southern University and A & M System to maintain a drug free workplace and environment conducive to the learning process. All employees/students are notified that it is unlawful to manufacture distribute, dispense, possess, or use any illegal drug or alcohol or to abuse controlled substances in the workplace and classroom or other related areas associated with the learning process including the dormitories. Such actions are prohibited on all University property and at any other location where employees/students are conducting University business.

B. Definitions For purposes of this Policy Statement, the following definitions shall apply:

1. Drug - any substance, other than food, which when inhaled, injected, consumed, or introduced into the body in any manner, alters mood or function.
2. Drug Abuse - any continuing use of an illegal drug, alcohol, or controlled substance which produces problems for the user, his/her family or society at large.
3. Unlawful Manufacture - to plant, cultivate, harvest, process, make, prepare, or otherwise engage in any part of the production of a drug by propagation, extraction, chemical synthesis, compounding, or any combination of the same and includes packaging, repackaging, labeling, and other activities incidental to production.
4. Distribute – to deal in, ship, transport or deliver. This does not include the administering or dispensing of a drug by a person authorized or qualified to do so (i.e. physician, pharmacist, etc.).
5. Dispense – to sell, leave with, give away, dispose of, or deliver.

6. Possess or Possession – having control over a thing or substance. Possession may not be inferred solely from mere access to the thing or substance through ownership or occupation of the premises upon which the thing or substance is found.
7. Use – the taking, partaking or utilizing of a drug or other controlled substance.
8. Drug Abuse Offense – corrupting another with drugs, trafficking in drugs, abusing drugs (including abuse of alcohol), possessing drug abuse instruments, permitting a dangerous drug, processing drug documents illegally, abusing harmful intoxicants, or dispensing drug samples illegally; violating any state or federal law that is substantially equivalent to any of the above offenses; violating any state or federal law in which planting, cultivating, harvesting, processing, making, manufacturing, producing, shipping, transporting, delivering, acquiring, possessing, storing, distributing, dispensing, selling, including
9. Controlled Substance - a drug, compound, mixture, preparation, or other substance as defined in 40:961 to 40:995 of the Louisiana Revised Code, or as defined by applicable statutes of other states and the Federal government.
10. Reasonable Suspicion – a belief based on objective and documented facts to lead a prudent University authorized supervisor to suspect that employee/student is using drugs or alcohol.

C. Compliance with University Substance Abuse Policy

1. All employees/students of the Southern University System are expected to abide by the terms of this policy. An employee/student found in violation of this policy shall be subject to appropriate sanctions and penalties. Such penalties and sanctions may include but are not limited to referral for counseling, written or oral reprimands, suspensions with or without pay, or termination, in accordance with the established rights of the employee /student, including the right to due process. All University employees/students who are engaged in employment or other work under the terms of any grant from an agency of the Federal government shall as a condition of employment be required to:
 1. (a) Acknowledge receipt of and to abide by the terms of the University's drug free policy.
 2. Notify his/her administrative supervisor of any criminal drug statute conviction for a violation occurring in the workplace no later than five (5) days after such conviction any employee who fails to report such a substance abuse conviction within five (5) days will be subject to sanctions, up to and including termination of employment.
 3. Upon receipt of notice under the preceding paragraph or if the University should otherwise receive actual notice of such conviction, the University shall notify the granting or contracting agency within ten (10) days after receiving such notice.
 4. The principal investigator of any grant, project, or contract from a Federal agency is required to insure that each employee engaged in the performance of the grant be given a copy of this policy and be required to acknowledge its receipt.
 5. Any employee/student who is in any way chemically dependent must comply with a University approved assistance program if the dependency is disclosed. Failure to do so can result in the sanction and penalties described in C1 (above).
 6. No identified employee/student will be allowed on University property and at any other location where employees/students are conducting University business under the influence of drugs, alcohol, or any abused controlled substance (for alcohol use, see Student Alcohol Use).
 7. Upon receipt of a notice of conviction of an employee for violation of any criminal drug statute, the University, within thirty (30) days of receiving such notice, shall:
 1. Take appropriate Human Resources action against such an employee subject to established disciplinary procedures, up to and including termination, in accordance with requirements of due process; or
 2. Require such employee to satisfactorily complete a drug abuse assistance or rehabilitation program approved for such purposes by a Federal, State, or local health, law enforcement, or other appropriate agency.
- D. Searches and Inspections The University authorized supervisor has the right to conduct on the spot searches and inspections of employees/students and their personal effects as described above if said supervisor has a "reasonable suspicion" or the employees/students are in violation of this policy.

E. Drug Testing Searches and inspections under this policy may also include unannounced Urine Drug Screening. This test may be used under the following circumstances:

- For pre-employment examinations.
- When an authorized University supervisor has a reasonable suspicion or just cause that an employee/student is intoxicated, using or under the influence of controlled drugs.
- When an employee/student is found in possession of a suspected controlled substance or a controlled substance is found in an area controlled by the employee/student.
- Following a serious accident or incident in which safety precautions were violated or careless acts were performed.

F. Due Process if any disciplinary action is taken against an employee under this policy, such an employee has the right to due process. The Faculty Handbook, Handbook for University Human Resources, the *Student Code of Conduct*, and collective bargaining agreements list these procedures.

G. Good Faith Effort the University, in adopting and implementing this policy pursuant to the Drug Free Workplace Act of 1988, further certifies that it will make a good faith effort to maintain a drug-free workplace and to respect the privacy rights of its employees.

LOUISIANA LAWS REGARDING DRUGS AND ALCOHOL

The Southern University Police Department upholds the law of the State of Louisiana via Louisiana Criminal Law Revised Statutes. Louisiana laws regarding drugs and alcohol affecting the Southern University campus community are found in the next sections. Please note that this information is only a synopsis and does not constitute legal advice. For additional information, please consult applicable law or legal counsel.

Louisiana Drug Laws (Controlled Substances)

Controlled Dangerous Substance	Louisiana Revised Statute Number	Penalty For Possession	Penalty for Manufacture and/or Distribution
Marijuana (all parts of the cannabis plant)	R.S. 40:966	1st Offense: up to 6 months in jail and/or up to a \$500.00 fine. 2nd Offense: Imprisonment with or without hard labor for up to 5 years and/or up to a \$2000.00 fine. 3rd Offense: Imprisonment with or without hard labor for up to 20 years. Large quantities: Imprisonment at hard labor for 5 - 40 years plus \$50,000 - \$1,000,000 fine.	Imprisonment at hard labor for 5-30 years and a fine of up to \$50,000
Heroin or other narcotics listed in Schedule 1	R.S. 40.966	Imprisonment at hard labor for 4-10 years without probation or suspension of sentence and may pay a fine of up to \$5000.00	Imprisonment at hard labor for 5 - 50 years and may pay a fine of up to \$50,000.00
Ecstasy (MDMA)	R.S. 40:966	Imprisonment at hard labor for up to 10 years and may pay a fine of up to \$500.00	Imprisonment at hard labor for 5 - 30 years and may pay a fine of up to \$50,000.00
Hallucinogens (such as LSD, Mescaline, Peyote)	R.S. 40:966	Imprisonment at hard labor for not more than 10 years and may pay a fine of up to	Imprisonment at hard labor for 5 - 30 years and may pay a fine of up to \$50,000.00

		\$5000.00	
Phencyclidine (“Angel Dust”)	R.S. 40:966	Imprisonment with or without hard labor for 5 - 20 years and may pay a fine of up to \$5000.00	Imprisonment at hard labor for 5 - 30 years and may pay a fine of up to \$50,000.00
Opium, Opium derivatives & narcotics listed in Schedule II, e.g., Codeine & Morphine (excluding cocaine)	R.S. 40:967	Imprisonment with or without hard labor for up to 5 years and may pay a fine of up to \$5000.00	Imprisonment at hard labor for 2 - 30 years and may pay a fine of up to \$50,000.00
Cocaine (in any form)	R.S. 40:967	Imprisonment with or without hard labor for up to 5 years and may pay a fine of \$5,000. Increased penalties for large amounts.	Manufacturing: Imprisonment for 10 - 30 years and may be fined up to \$500,000. Distribution: Imprisonment for 2 - 30 years and may pay a fine up to \$50,000
Amphetamine, Methamphetamine or other stimulants listed in Schedule II	R.S. 40:967	Imprisonment with or without hard labor for 5 - 30 years and may pay a fine of up to \$600,000. Increased penalties for large amounts.	Manufacturing: Imprisonment at hard labor for 10-30 years and may pay a fine up to \$500,000.00. Distribution: Imprisonment for 2 – 30 years and fine up to \$50,000.
GHB (Gamma Hydroxybutyric Acid) and other depressants listed in Schedule II	R.S. 40:967	Imprisonment with or without hard labor for up to 5 years and may pay a fine of up to \$5000. Increased penalties for large amounts.	Imprisonment at hard labor for up to 10 years and may pay a fine of up to \$15,000
Any derivative of Barbituric Acid or other depressants listed in Schedule III	R.S. 40:968	Imprisonment with or without hard labor for up to 5 years and may pay a fine of up to \$5000	Imprisonment at hard labor for up to 10 years and may pay a fine of up to \$15,000
Phenobarbital (and other drugs listed in Schedule IV except Flunitrazepam)	R.S. 40:969	Imprisonment with or without hard labor for up to 5 years and may pay a fine of up to \$5000	Imprisonment at hard labor for up to 10 years and may pay a fine of up to \$15,000
Rohypnol (Flunitazepam)	R.S 40:969	Imprisonment with or without hard labor for up to 10 years and may pay a fine of up to \$5000	Imprisonment at hard labor for up to 5-30 years and may pay a fine of up to \$50,000
Inhalants (model glue, paint thinner, etc.)	R.S. 14:93.1	Note: penalty is for the actual act of inhaling not simple possession. Imprisonment for up to 90 days and/or fined \$25 – \$100	

Louisiana Alcohol Laws

Code	Law	Penalty
RS 14:91.7	Unauthorized possession or consumption of alcoholic beverages on public school property	Fine of no more than \$1,000 and imprisoned not less than 15 days nor more than 6 months.
RS 14:93.12	Purchase and public possession of alcoholic beverages; exceptions; penalties	Fine of no more than \$1,000 or imprisoned for not more than 6 months, or both; the driver's license of any person violating this law may be suspended upon conviction, plea of guilty, or nolo contendere for a period of 180 days.
RS 14:93.13	Unlawful purchase of alcoholic beverages by persons on behalf of persons under 21	Fine of no more than \$500 or imprisoned for not more than 30 days, or both; the driver's license of any person violating this law may be suspended upon conviction, plea of guilty, or nolo contendere for a period of 180 days.
RS 14:98	Operating a vehicle while intoxicated	(1 st offense) Fine of \$300-\$1000; Imprisonment of 10 days to 6 months; 4 days community services or 2 days jail plus substance abuse and driver improvement program; (2 nd offense) Fine of \$750 - \$1000; Mandatory 48 hours plus 30 days to 6 months imprisonment; 30 days community service; 15 days in jail, plus substance abuse and driver improvement program; (3 rd offense) \$2000 fine plus possible forfeiture of vehicle; 1 to 5 years imprisonment with or without hard labor; 45 days in jail plus substance abuse and driver improvement program; (4 th offense) \$5,000 fine and possible vehicle forfeiture; 10 to 30 years imprisonments with hard labor
RS 32:300	Possession of alcoholic beverages in motor vehicles	Fine of not more than \$100. Court costs shall be assessed in addition to the fine.

HEALTH RISKS ASSOCIATED WITH DRUG AND ALCOHOL

The following section provides highlights of information from a report developed by the National Institutes of Health National Advisor Council on Alcohol Abuse and Alcoholism Task Force on College Drinking (www.collegedrinkingprevention.gov).

A Snapshot of Annual High-Risk College Drinking Consequences

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

- **Death:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes (Hingson et al., 2009).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (Hingson et al., 2009).
- **Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking (Hingson et al., 2009).
- **Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2009).
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem (Hingson et al., 2002), and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use (Presley et al., 1998).

- **Drunk Driving:** 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol (Hingson et al., 2009).
- **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).
- **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage (Wechsler et al., 1995).
- **Police Involvement:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002), and 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 (Hingson et al., 2002).
- **Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (Knight et al., 2002).

How to Cut Down on Your Drinking

If you are drinking too much, you can improve your life and health by cutting down. How do you know if you drink too much? Read these questions and answer "yes" or "no":

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever drink after telling yourself you won't?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or have a hang-over after you have been drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure. Your doctor will be able to tell you whether you should cut down or abstain. If you are alcoholic or have other medical problems, you should not just cut down on your drinking—you should stop drinking completely. Your doctor will advise you about what is right for you.

If your doctor tells you to cut down on your drinking, these steps can help you:

1. Write your reasons for cutting down or stopping.

Why do you want to drink less? There are many reasons why you may want to cut down or stop drinking. You may want to improve your health, sleep better, or get along better with your family or friends. Make a list of the reasons you want to drink less.

2. Set a drinking goal.

Choose a limit for how much you will drink. You may choose to cut down or not to drink at all. If you are cutting down, keep below these limits:

- Women: No more than one drink a day
- Men: No more than two drinks a day

3. Keep a "diary" of your drinking.

To help you reach your goal, keep a "diary" of your drinking. For example, write down every time you have a drink for 1 week. Try to keep your diary for 3 or 4 weeks. This will show you how much you drink and when. You may be surprised. How different is your goal from the amount you drink now? Use the "drinking diary" below to write down when you drink.

- Watch it at home.
Keep a small amount or no alcohol at home. Don't keep temptations around.
- Drink slowly.
When you drink, sip your drink slowly. Take a break of 1 hour between drinks. Drink soda, water, or juice after a drink with alcohol. Do not drink on an empty stomach! Eat food when you are drinking.
- Take a break from alcohol.
Pick a day or two each week when you will not drink at all. Then, try to stop drinking for 1 week. Think about how you feel physically and emotionally on these days. When you succeed and feel better, you may find it easier to cut down for good.

Learn how to say NO.

You do not have to drink when other people drink. You do not have to take a drink that is given to you. Practice ways to say no politely. For example, you can tell people you feel better when you drink less. Stay away from people who give you a hard time about not drinking.

Stay active.

What would you like to do instead of drinking? Use the time and money spent on drinking to do something fun with your family or friends. Go out to eat, see a movie, or play sports or a game.

- Get support.
Cutting down on your drinking may be difficult at times. Ask your family and friends for support to help you reach your goal. Talk to your doctor if you are having trouble cutting down. Get the help you need to reach your goal.
- Watch out for temptations.
Watch out for people, places, or times that make you drink, even if you do not want to. Stay away from people who drink a lot or bars where you used to go. Plan ahead of time what you will do to avoid drinking when you are tempted.

Do not drink when you are angry or upset or have a bad day. These are habits you need to break if you want to drink less.

DO NOT GIVE UP!

Most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change. That is okay. If you do not reach your goal the first time, try again. Remember, get support from people who care about you and want to help. Do not give up!

PREVENTION AND INTERVENTION

Parental Notification of Alcohol and Drug Violations

In the event a student under the age of twenty-one (21) violates University drug and alcohol regulations, the parents/legal guardians of the student may be notified by the Office of the Dean of Students/Student Life in writing. The notification of parents is an intervention that is based upon assisting students in making safe and healthy life choices.

Education and Intervention

Southern University and A&M College, through the Office of the Dean of Students/Student Life, Southern University Police Department, Office of Human Resources, University Counseling Center, and the Student Health Center, provides educational programs, upon request, regarding substance abuse to the campus community.

Southern University and A&M College regards student violations of drug and alcohol regulations as a serious matter, but also as an opportunity for student development and learning. As such, in addition to disciplinary sanctions, students found responsible for violations of the University's drug and alcohol regulations may be required to participate in educational intervention program implemented by the Office of the Dean of Students/Student Life, the Southern University Police Department, the Office of Residential Life and Housing and the University Counseling Center.

Students and employees can also make use of the following 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)

Some other local resources include:

Louisiana Health and Rehabilitation Center
2121 Wooddale Blvd.
Baton Rouge, LA 70806
Phone: 225.231.2490

Capital Area Re-Entry Program
1364 Swan Ave.,
Baton Rouge, LA 70807
Phone: 225.775.7988

Capital Area Human Services District
4615 Government St # 2,
Baton Rouge, LA 70806
Phone: (225) 922-2700

Family Service of Greater Baton Rouge
4727 Revere Ave,
Baton Rouge, LA 70808
Phone: 225.924.0123

Volunteers of America Greater Baton Rouge
3949 North Boulevard
Baton Rouge, LA 70806
Phone: 225.387.0061

Counseling and Support Services

Southern University and A&M College, with the assistance of the University Counseling Center, offers confidential assessment, referral, and treatment services to students exhibiting problems with alcohol or other drugs. In those cases where students may require inpatient or outpatient treatment, the University may refer students to agencies or programs outside the University. Other Resources include:

University Counseling Center

Elton C. Harrison Dr. (near campus residence halls)
Baton Rouge, LA 70813
Hours: 8 a.m. - 5 p.m., Monday through Friday
Phone: (225) 771-2480
Fax: (225) 771-3560
Web: www.subr.edu/ucc

National Institute on Drug Abuse Hotline (Alcoholism & Drug Abuse Hotline)
Open 24 hours, 1-800-252-6465

CAMPUS NOTIFICATION

Per the regulations outlined in the Drug-Free Schools and Communities Act (DFSCA) that require annual student and employee notification of standards of conduct, description of sanctions, health risks, and treatment programs associated with drug and alcohol use, Southern University and A&M College Office of the Dean of Students/Student Life will notify the campus community, via campus-wide email, each semester on the 10th day of class. Office of the Dean of Students/Student Life will also provide additional notification to students via:

- First time freshmen and transfer students will receive materials both verbally and printed at mandatory new student orientation sessions (365 Jaguar Orientation).
- First time freshmen will also receive materials in freshman seminar courses.
- Student athletes will receive materials at student athlete orientation.

Office of Human Resources will also provide additional notification to employees via:

- New employee orientation
- Faculty and staff training institutes and convocations that take place at the start of each semester.

BIENNIAL REVIEW OF DRUG AND ALCOHOL PROGRAM

Southern University and A&M College will conduct a biennial review of its drug and alcohol program to achieve the following objectives:

- To determine the effectiveness of the policy and implementing changes to the alcohol and drug program if they are needed, and
- To ensure that the sanctions developed are enforced consistently

The review will also include a determination as to the following:

- The number of drug and alcohol – related violations and fatalities occurring on the campus or as part of their activities that are reported to campus officials; and
- The number and types of sanctions the University imposes on students or employees as a result of such violations or fatalities.

To conduct this review, the University shall implement a Biennial Review Committee to consist of the following individuals:

- Dean of Students (or designee) – Chair
- Director of Residential Life and Housing (or designee)
- Chief of Police (or designee)
- Director of Student Health Center (or designee)
- Director of University Counseling Center (or designee)
- Director of Human Resources (or designee)
- Representative from the Office of the Chancellor
- Representative from the Department of Athletics