

## **Drug-Free Schools and Communities Act**

In accordance with the Drug-Free Schools and Communities Act, the University of Wisconsin-Stout is committed to a drug free campus and encourages you to review the information provided below:

The State of Wisconsin governs age restrictions for the lawful consumption of alcohol. The State of Wisconsin's definition of controlled substances can be found in CH. 961, Wis. Stat. (<http://docs.legis.wisconsin.gov/statutes/statutes/961>) University of Wisconsin System policies regarding drugs and drug paraphernalia can be found at Chapter UWS 18.09 (2-3) and Chapter UWS 18.15 (1). The University of Wisconsin System's policy on alcohol can be found at Chapter UWS 18.09 ([https://docs.legis.wisconsin.gov/code/admin\\_code/uws/18/09](https://docs.legis.wisconsin.gov/code/admin_code/uws/18/09)). It is important to note that students and employees are subject to both institutional sanctions and to criminal sanctions provided by the federal, state, and local law.

## ***Student Disciplinary Procedures***

Under Chapter UWS 17.10, the University of Wisconsin System outlines the possible sanctions a student may be assigned. It is important to note that one or more of these sanctions can be assigned and could include mandated AOD education and/or assessment/counseling. The sanctions include:

- A written reprimand
- Denial of specified university privileges
- Payment of restitution
- Educational or service sanctions, including community service
- Disciplinary probation
- Imposition of reasonable terms and conditions on continued student status
- Removal from a course in progress
- Enrollment restrictions on a course or program
- Suspension
- Expulsion

## **Health Risks**

This is a brief summary of some of the principal health risks and hazards associated with the use of illicit drugs and alcohol. It is neither comprehensive nor exhaustive. For more detailed information concerning the dangers of drugs and alcohol, students should consult your doctor or a drug and alcohol prevention or treatment specialist.

**Alcohol** has many academic, social, legal, physical, and financial risks. According to recent surveys, missing class, doing poorly in class, not remembering actions, getting into fights, hangovers, and spending more money than expected were all reported by respondents to a campus survey about consequences of excessive alcohol use.

Further, 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 sexual violence. 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 to 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 others for becoming alcoholics.

While less prevalent than alcohol, the following information on other drugs is provided:

**Other Depressants** (barbiturates, sedatives and tranquilizers) --Addiction, accidents as a result of impaired ability and judgment, alcohol overdose, overdose when used with other depressants, causes damage to a developing fetus, heart and liver damage.

**Marijuana** use can cause significant health and psychological risks. Use, even in the short term, impairs short-term memory, thinking, and physical coordination; causes poor depth perception, inability to process information, and memory lapse. Can also cause panic reaction and increase the risk of lung cancer and emphysema. Can interfere with judgment, attention span, concentration and overall intellectual performance. Impairs driving ability. May cause psychological dependence and compromise the immune system. Physical dependence is also a high risk for regular marijuana users.

**Prescription Drug Misuse** occurs when a person uses a medication for which he or she does not have a prescription. Typical prescription drugs that are misused include pain medications and stimulants. Not only is this use illegal, it can also be dangerous as the user is not under the care of a prescribing physician. There is great risk for addiction with these medications.

**Methamphetamine** – Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system. Short term effects include decreased appetite, faster breathing, rapid and/or irregular heartbeat, increase blood pressure, and increased body temperature. Long term effects include addiction, weight loss, dental problems, anxiety, changes in brain structure and function, memory loss, paranoia, and hallucinations.

**Heroin**—A highly addictive opioid drug, synthesized from morphine. Users often shift their drug use to heroin from prescription pain medications. Short term effects include dry

mouth, nausea, vomiting, and severe itching. Other effects include drowsiness for several hours, reduced mental functioning and severely slowed heart and breathing functions. Use can also lead to coma and permanent brain damage. Heroin has a rapid tolerance, causing users to greatly increase the amount of the drug they use, which often leads to overdose.

**Cocaine** – A highly addictive stimulant. Can cause addiction as well as cardiovascular system damage including heart attack, brain damage, seizures, lung damage, severe depression, paranoia, psychosis. Similar risks are associated with other stimulants, such as speed and uppers.

**Nicotine** – Tobacco smoke contains thousands of chemical compounds, many of which are known to cause cancer. Nicotine, which is a central nervous system stimulant, is known to cause stroke, heart disease, and lung cancer.

**Inhalants** – A diverse group of chemicals that easily evaporate and can cause intoxication when their vapors are inhaled such as spray paints, markers, glues, and cleaning fluids. Most inhalants are central nervous system depressants. Use of these drugs slow down many body functions. High doses can cause severe breathing difficulties and because inhalants deprive the brain of oxygen, brain damage may result.

### ***Treatment Options***

The [Counseling Center](#) offers free consultations and counseling services for students. The Counseling Center will help you evaluate the situation, offer suggestions regarding issues being experienced, and provide resources in addressing the alcohol and other drug abuse (AODA) issues. We encourage individuals to contact 715-232-2468 to make an appointment.

The [UW-Stout Alcohol and Other Drug Education Program](#) is part of the UW-Stout Counseling Center, which offers an extensive amount of information regarding AOD issues and provides free take-away publications. Whether you need information for a report or ideas/tips for helping a friend, you're more than likely to find what you need by viewing our website or talking with one of our counselors. We offer alcohol education, safety skills training classes, outreach presentations, and other AOD related presentations for the UW-Stout community.

Information on the [Employee Assistance Program \(EAP\)](#) can be found [HERE](#).

Additional community resources for Dunn County can be found at [HERE](#) and [HERE](#).