



Ashford University Drug Free Schools and Communities Act Program Report December 2016

Introduction

In compliance with the Drug-Free Schools and Communities Act, Ashford University (“University”) has implemented a program to prevent the illicit use of drugs and the abuse of alcohol by students and employees. The Program requires the University to distribute information annually to students and employees concerning the possession, use, or distribution of alcohol and illicit drugs at the University. This information includes the University’s standards of conduct relating to the unlawful possession, use, or distribution of illicit drugs and alcohol, health risks associated with the use of illicit drugs and alcohol abuse, resources for obtaining assistance with drug and alcohol abuse, and a summary of legal sanctions for violations of Iowa State and Federal law, as well as University disciplinary actions relating to the unlawful possession, use, or distribution of illicit drugs and alcohol. Ashford University Drug Free Schools and Communities Act Program Report is sent annually in December to staff, faculty, and students, and is distributed upon new hire or enrollment throughout the year.

The Drug-Free Schools and Communities Act Program is intended to supplement and not limit the provisions of the University's Drug-Free Workplace policy applicable to University employees.

The Office of Student Affairs provides an overall coordination of the Drug-Free Schools and Communities Act Program; however, some services are the responsibility of other University departments and staff, including:

Alcohol and Drug Education: Student Access and Wellness, Student Activities, Residential Life, Employee Assistance Program

Counseling Referrals: Student Access and Wellness, Employee Relations/Human Resources

University Student Disciplinary Actions: Residential Life Staff, Director of Campus Student Affairs, Director of Student Development and Engagement

Employee Disciplinary Actions: Human Resources

Standards of Conduct

The following information outlines the University standards of conduct relating to the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on University property or as a part of University-sponsored activities:

University Student Alcohol Use Policy:

The University neither condones nor sanctions the use of alcohol. All individuals are expected to observe the applicable local, state, and federal laws. The University strictly prohibits the use, consumption, possession, and distribution of alcohol by any student, regardless of legal age, within the residence halls, on campus grounds, or at University-sponsored activities.

For certain University events or functions, alcohol may be served only to those persons of legal drinking age who, if so requested by the event sponsor, are able to verify their age with a state-

issued identification, passport, or similar document. Written permission from the Campus Director or University President to serve alcohol, and any legally required alcohol permits must be obtained prior to the function.

University Student Drug Use Policy:

The unlawful possession, use, sale, or distribution of illegal drugs or controlled substances is prohibited within the residence halls, on campus grounds, or at University-sponsored events. Drug paraphernalia is not permitted within the residence halls, on campus grounds, or at University-sponsored activities.

Student Athlete Drug, Alcohol, and Tobacco Policy:

Ashford University prohibits the unlawful possession, use, or distribution of drugs, alcohol, or tobacco by student athletes, on or off campus. The University and Athletics Department oppose the misuse or abuse of alcohol, which it defines as “any alcohol related behavior that adversely affects a person’s life in regard to physical health, feelings of self-esteem, personal or family relationships, educational, occupational goals or one’s standing in regard to local, state, or federal laws.” All student athletes are to abide by Ashford University standards and the Student Community Standards as defined in the current Academic Catalog and any additional standards as determined by their coach via team rules. Students who violate the [Ashford University Student Community Standards](#) are subject to sanctions that may be independent of and/or in addition to those described below, per Catalog policy.

Intercollegiate Athletics Drug Education and Testing Program Policy:

Ashford University hereby adopts a policy for drug education and the prevention of drug abuse. This policy includes the testing and education of student athletes involved in intercollegiate athletics at Ashford University. This policy is based on a presumption against the use of any artificial chemical substances that are not medically necessary (i.e., taken under orders of a physician, with notice to the athletic training staff). If an athlete has any questions about a given substance, then he/she should consult the Athletic Director.

Residence Hall Drugs and Alcohol Policy:

It is the University’s intent to provide a drug-free, healthy, safe, and secure academic environment. The University’s Residence Hall policies on drugs and alcohol track the university policies. The following policies and guidelines have been established to uphold the University’s obligation to its students, faculty, and surrounding community:

The University neither condones nor sanctions the use of alcohol. All individuals are expected to observe the alcoholic beverage laws of the State of Iowa. The University strictly prohibits the use, consumption, possession, and distribution of alcohol by any student, regardless of legal age, within the University housing facilities, on campus grounds, or at University-sponsored activities.

The possession, unlawful use, sale, or distribution of illegal drugs is prohibited on the University campus. Also, drug paraphernalia is not permitted on the University campus.

For certain University events or functions, alcohol may be served only to those persons of legal drinking age. Written permission from the Campus Director or University President to serve alcohol and an alcohol permit must be obtained prior to the function.

Employee Drug and Alcohol Policy:

The University prohibits the manufacture, distribution, dispensation, sale, purchase, or transfer of any controlled substance by its employees on University premises or while conducting University business. The University prohibits the unlawful possession or use of any controlled substance by its employees on University premises or while conducting University business. Employees may not report to work under the influence of an unauthorized controlled substance. Controlled substances include those drugs listed in the federal Controlled Substances Act.

The University also prohibits the use, possession, distribution, transfer or sale of any drug paraphernalia on University premises or while conducting University business. In addition, the University prohibits employees from reporting to work under the influence of, dispensing, possessing, or using alcohol on University premises or while conducting University business except as permitted at specific University events.

Legal Sanctions

Local, state, and federal laws prohibit the possession or use of, distribution of, manufacture of, or possession with intent to distribute a controlled substance or a counterfeit controlled substance. Discussed in greater detail below, these laws are subject to change by the Clinton City Council, Iowa General Assembly, and the United States Congress, as appropriate to their jurisdictions. Specific drugs, amounts, and penalties are described in the Controlled Substances Act, available online at www.deadiversion.usdoj.gov/21cfr/21usc/.

These penalties include:

21 U.S.C.S. 862, Denial of Federal benefits, including student loans, grants, contracts, and professional commercial licenses. Persons convicted of illegal possession may be denied these benefits for up to one year for a first offense and up to five years for second and subsequent offenses. Persons convicted of drug trafficking may be denied these benefits for up to five years for a first offense and up to 10 years for a second offense. Upon a third or subsequent drug trafficking conviction, a person may be permanently ineligible for all Federal benefits.

The following summary sets forth the legal sanctions under local, state, or federal law for the unlawful possession or distribution of illicit drugs and alcohol. Please note that a student or employee who violates the University's policies relating to the possession or distribution of illicit drugs and alcohol is subject both to the University's sanctions, as well as any applicable criminal sanctions provided by local, state, or federal law.

Iowa Code § 124.401 and in 21 U.S.C. § 841(b). State and Federal legal sanctions are subject to change by the Iowa General Assembly and the United States Congress, respectively.

a. Penalty Enhancement. The maximum term and fine increase significantly if state or federal penalty enhancement rules apply. Factors which raise maximum penalties under federal penalty enhancement rules include death or serious bodily injury; prior drug conviction; placing at risk or distributing a drug to a person under 21 years old; using a person under 18 years of age to assist in the drug violation; and distributing or manufacturing a drug within 1,000 feet of school property, including the Ashford University campus. Penalty enhancement rules apply to defendants 18 years or older. Factors which raise maximum penalties under state penalty enhancement rules include using firearms or dangerous weapons in the commission of the offense.

b. Possession. Both state and federal laws prohibit possession of a controlled substance and distinguish between “simple possession” and possession with intent to distribute. In Iowa, simple possession for a first time offender is a serious misdemeanor, carrying a minimum \$315 fine and a penalty of up to a year incarceration and a maximum \$1,875 in fines. § 903.1(1)(b). If the substance is marijuana, the maximum penalty for a first time offender shall not exceed \$1,000 and/or 6 months incarceration. § 124.401(5). Under federal law, simple possession of any controlled substance, including marijuana, is a misdemeanor and first time offenders are subject to a minimum \$1,000 fine and up to a year incarceration. 21 U.S.C. § 844(a).

If the defendant has prior convictions for drug offenses under either State or Federal law, the offense brings enhanced penalties. If the defendant is tried under the Federal statute, certain “mandatory minimums” may apply regardless of whether the previous offense was a State misdemeanor or a conviction under Federal law.

Additionally, a person in possession of a small amount of a controlled substance for personal use may be assessed a civil fine up to \$10,000 in addition to any criminal fine. 21 U.S.C. § 844(a). Persons in possession of a controlled substance (first offense) may also be denied Federal benefits including student loans, contracts, grants, and professional licenses for up to a year. 21 U.S.C. § 862(b).

c. Driving While Intoxicated. Under state law, a person found guilty of operating a motor vehicle while under the influence of drugs or alcohol (blood concentration of .08 or greater) shall be imprisoned for not less than 48 hours and fined not less than \$625 for the first offense. Iowa Code §321J.2(2)(a). For the second Operating While Intoxicated (OWI) offense the minimum period of confinement is seven days and a fine of not less than \$1,875. Iowa Code §321J.2(2)(b). The minimum period of confinement for the third or subsequent OWI convictions is thirty days and could be up to one year, with a fine of not less than \$3,125. Iowa Code 231J.2(2)(c).

The driver's license of an individual under 21 years of age who is found guilty of operating a motor vehicle with a blood alcohol concentration of .02 percent or more is subject to a 60-day suspension even if the individual is not legally intoxicated. Iowa Code § 321J.12(2)(c). For individuals convicted of OWI, the period of suspension is 180 days or more regardless of age. Iowa Code §321J.12(1).

d. Alcohol-Related Offenses. Under state law, the drinking age is 21. State law prohibits:

- public intoxication; **§ 123.46**
- driving a motor vehicle with an unsealed receptacle containing an alcoholic beverage in the vehicle; **§ 123.28**
- giving or selling an alcoholic beverage to anyone intoxicated; **§ 123.49**
- possession of an alcoholic beverage under legal age; **§ 123.47**
- knowingly providing alcohol to an individual under the age of 21. **§ 123.47**

e. The City of Clinton prohibits:

- Distribution of dangerous substances *Clinton Ordinance*; **§ 131.01**
- Consumption or possession of alcohol by persons under the age of 21; **§ 133.01**
- Supplying a person who is under the age of 21 with alcohol; **§ 133.01**

- Attempting to purchase alcohol when under the age of 21; **§ 133.01**
- Public Intoxication or simulated intoxication; **§ 133.02**
- Consuming alcohol on school (K-12) property or while attending a public or private school function; **§ 133.02**
- Possession of alcohol in a park or city-owned property between the hours of 6 p.m. and 9 a.m., or 9 p.m. and 9 a.m. as designated in the ordinance, unless a permit is obtained; **§ 96.05**
- Possession of alcohol in a container larger than 32 ounces in a park; **§ 96.06**
- Possession, use, manufacture, or delivery of a controlled substance; **§ 133.15**
- Use, possession with intent to use, or delivery of drug paraphernalia; (defined in **§ 133.17) § 133.19**
- Presence of persons under the age of 21 in bars; **§ 110.05**
- Persons found to violate any of the above Clinton Ordinances are generally guilty of a misdemeanor, although penalties may increase for repeat offenders or persons charged with the corresponding violation of State or Federal law.

Persons found to violate any of the above Clinton Ordinances are generally guilty of a misdemeanor, although penalties may increase for repeat offenders or persons charged with the corresponding violation of State or Federal law.

The following is a summary of Iowa state penalties for drug offenses¹:

Iowa Drug Offenses 2012

Offense - Marijuana	Type of Offense	Jail Term/Penalties	Fine
Possession – First Offense: including possession with intent to deliver (not for sale) §124.401(5)	Misdemeanor	0-6 months, includes a minimum of 48 hours, which can be suspended.	\$0 - \$1,000
Possession – Second Offense: §124.401(5); §903.1(b)(1)	Serious Misdemeanor	Up to 1 year, includes a minimum of 48 hours, which can be suspended.	\$315 - \$1,875
Possession – Third Offense or Greater: §124.401(5); §903.1(b)(2)	Aggravated Misdemeanor	Up to 2 years, includes a minimum of 48 hours, which can be suspended.	\$625 - \$6,250
Delivery, Manufacture, or Possession with intent to deliver: 50kg or less §124.401(1)(d) ²	Special Class “D” Felony	Up to 5 years	\$1,000 - \$7,500
Delivery, Manufacture, or Possession with intent to deliver: 50kg – 100kg §124.401(1)(c)	Special Class “C” Felony	Up to 10 years	\$1,000 - \$50,000

Delivery, Manufacture, or Possession with intent to deliver: 100kg – 1000kg §124.401(1)(b)	Special Class “B” Felony	Up to 25 years	\$5,000 - \$100,000
Delivery, Manufacture, or Possession with intent to deliver: Over 1,000kg §124.401(1)(a)	Special Class “B” Felony	Up to 50 years	Up to \$1,000,000
Possession of Drug Paraphernalia §124.414	Simple Misdemeanor	None, possible community service	\$65 - \$625, plus \$10 Drug abuse resistance surcharge
Offense – Controlled Substance, non-Marijuana	Type of Offense	Jail Term/Penalties	Fine

¹This chart is not a complete list of all drug-related offenses and is not intended as legal advice. The Iowa Code criminalizes acts beyond just manufacturing the actual controlled substance: manufacture or delivery of “counterfeit substance, or a simulated controlled substance, or to act with, enter into a common scheme or design with, or conspire with one or more other persons to manufacture, deliver, or possess with the intent to manufacture or deliver a controlled substance” are all crimes under §124.401. Furthermore, this chart does not include sentence enhancements which may be relevant to individuals charged with accompanying firearm possession or individuals who involve minors in the crime.

²This subsection also applies to manufacture, delivery, or possession with intent to deliver **flunitrazepam**, which is sometimes used as a “date rape drug.”

Possession – First Offense §124.401(5)	Serious Misdemeanor	Up to 1 year, includes a minimum of 48 hours, which can be suspended.	\$315 - \$1875
Possession – Second Offense §124.401(5)	Aggravated Misdemeanor	Up to 2 years, includes a minimum of 48 hours, which can be suspended.	\$625 - \$6250
Possession – Third and Subsequent Offense	Special Class “D” Felony	Up to 5 years	\$1000 - \$7500
Delivery, Manufacture, or Possession with intent to deliver: heroin §124.401(1)(a), (b)	Special Class “B” Felony	more than 1kg: Up to 50 years 100g – 1kg: Up to 25 years	more than 1kg: Up to \$1,000,000 100g – 1kg: \$5,000- \$100,000
Delivery, Manufacture, or Possession with intent to deliver: coca leaves ³ or cocaine, or ecgonine, or any mix of the above, their salts, isomers or derivatives §124.401(1)(a), (b)	Special Class “B” Felony	more than 500g, or more than 50g of a mix or substance that contains a cocaine base: Up to 50 years 100g – 500g or 10g – 50g of a mix with a cocaine base: Up to 25 years	more than 500g, or more than 50g of a mix or substance that contains a cocaine base: Up to \$1,000,000 100g – 500g or 10g – 50g of a mix: \$5,000- \$100,000
Delivery, Manufacture, or Possession with intent to deliver: PCP §124.401(1)(a), (b)	Special Class “B” Felony	more than 100g or 1kg of a mix: Up to 50 years 10g – 100g or 100g – 1kg of a mix: Up to 25 years	more than 100g or 1kg of a mix: Up to \$1,000,000 10g – 100g or 100g – 1kg of a mix: \$5,000- \$100,000
Delivery, Manufacture, or Possession with intent to deliver: LSD §124.401(1)(a), (b)	Special Class “B” Felony	more than 10g: Up to 50 years Less than 10g: Up to 25 years	more than 10g: Up to \$1,000,000 Less than 10g:

³Except coca leaves and extracts of coca leaves from which cocaine, ecgonine, and derivatives of ecgonine and their salts have been removed.

			\$5,000- \$100,000
Delivery, Manufacture, or Possession with intent to deliver: any mixture containing methamphetamine, amphetamine, or any of their salts, isomers, and salts of isomers §124.401(1)(a), (b)	Special Class "B" Felony	more than 5kg: Up to 50 years 5g – 5kg: Up to 25 years	more than 5kg: Up to \$1,000,000 5g – 5kg: \$5,000- \$100,000
Other Schedule I, II, and III Substances ⁴ - any amount	Special Class "C" Felony	Up to 10 years	\$1,000-\$50,000
Delivery, Manufacture, or Possession with intent to deliver: heroin – up to 100g §124.401(1)(c)	Special Class "C" Felony	Up to 10 years	\$1,000-\$50,000
Delivery, Manufacture, or Possession with intent to deliver: coca leaves ⁵ or cocaine, or ecgonine, or any mix of the above - up to 100g, or up to 10g of a cocaine base mix	Special Class "C" Felony	Up to 10 years	\$1,000-\$50,000
Delivery, Manufacture, or Possession with intent to deliver: PCP – up to 10g or up to 100g of a mix	Special Class "C" Felony	Up to 10 years	\$1,000-\$50,000
Delivery, Manufacture, or Possession with intent to deliver: any mixture containing methamphetamine, amphetamine, or any of their salts, isomers, and salts of isomers – up to 5g of amphetamine, or any mix	Special Class "C" Felony	Up to 10 years	\$1,000-\$50,000

⁴Some examples of other Schedule I, II, and III controlled substances include mescaline, morphine, fentanyl, and hashish.

⁵Except coca leaves and extracts of coca leaves from which cocaine, ecgonine, and derivatives of ecgonine and their salts have been removed.

Possession with intent to manufacture or deliver – ephedrine, pseudoephedrine, ethyl ether, anhydrous ammonia, red phosphorous, lithium, iodine, thionyl chloride, chloroform, palladium, perchloric acid, tetrahydrofuran, ammonium chloride, magnesium sulfate	Special Class “D” Felony	Up to 5 years	\$100 - \$7,500
Schedule IV or V ⁶	Aggravated Misdemeanor	Up to 2 years, includes a minimum of 48 hours, which can be suspended.	\$625 - \$6,250

Driver’s License Suspension: Pursuant to Iowa Code § 901.5(10), the Iowa Department of Transportation will revoke a driver’s license for 180 days under court order when a person is convicted of certain drug related offenses. If the license is already suspended or revoked, the 180 days begins after all other suspensions and revocations have expired. The triggering offenses could include any of the violations of §§ 124.401, 124.401A, 124.402, 124.403, and 126.3 and Chapter 453B, many of which are listed on the chart above.

The following is a summary of federal penalties for drug offenses:

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)				
S	Substance/Qu	Penalty	Substance/Quan	Penalty
II	Cocaine 500-4999 grams mixture	First Offense: Not less than 5 yrs. and not more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$5 million if an individual, \$25 million if not an individual. Second Offense: Not less than 10	Cocaine 5 kilograms or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine of not more than \$10 million if an individual, \$50 million if not an individual. Second Offense: Not less than 20 yrs., and not
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture	
I V	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture	
I	Fentanyl Analogue 10-99 grams		Fentanyl Analogue 100 grams or	

⁶ Some examples of Schedule IV or V controlled substances include Tylenol with codeine or Valium.

I	Heroin 100-999 grams mixture	yrs. and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$8 million if an individual, \$50 million if not an individual.	Heroin 1 kilogram or more mixture	more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual. 2 or More Prior Offenses: Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture	
II	Methampheta mine 5-49 grams pure or 50-499 grams mixture		Methampheta mine 50 grams or more pure or 500 grams or more	
II	PCP 10-99 grams pure or 100-999 grams mixture		PCP 100 grams or more pure or 1 kilogram or more mixture	

Substance/Quantity	Penalty
Any Amount Of Other Schedule I & II Substances	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than Life. Fine \$1 million if an individual, \$5 million if not an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if not an individual.
Any Drug Product Containing Gamma Hydroxybutyric Acid	
Flunitrazepam (Schedule IV) 1 Gram	
Any Amount Of Other Schedule III Drugs	First Offense: Not more than 10 yrs. If death or serious bodily injury, not more than 15 yrs. Fine not more than \$500,000 if an individual, \$2.5 million if not
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of	First Offense: Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
Any Amount Of All Schedule V Drugs	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual.

Federal Trafficking Penalties for Marijuana, Hashish and Hashish Oil, Schedule I Substances

Marijuana 1,000 kilograms or more marijuana mixture or 1,000 or more marijuana plants	First Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, not less than 20 yrs., or more than life. Fine not more than \$10 million if an individual, \$50 million if other than an individual. Second Offense: Not less than 20 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$20 million if an individual, \$75 million if other than an individual.
Marijuana 100 to 999 kilograms marijuana mixture or 100 to 999 marijuana plants	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine not more than \$5 million if an individual, \$25 million if other than an individual. Second Offense: Not less than 10 yrs. or more than life. If death or serious bodily injury, life imprisonment. Fine not more than \$8 million if an individual, \$50million if other than an individual.
Marijuana 50 to 99 kilograms marijuana mixture, 50 to 99 marijuana plants	First Offense: Not more than 20 yrs. If death or serious bodily injury, not less than 20 yrs. or more than life. Fine \$1 million if an individual, \$5 million if other than an individual. Second Offense: Not more than 30 yrs. If death or serious bodily injury, life imprisonment. Fine \$2 million if an individual, \$10 million if other than an individual.
Hashish More than 10 kilograms	
Hashish Oil More than 1 kilogram	
Marijuana less than 50 kilograms marijuana (but does not include 50 or more marijuana plants regardless of weight) 1 to 49 marijuana plants	First Offense: Not more than 5 yrs. Fine not more than \$250,000, \$1 million if other than an individual. Second Offense: Not more than 10 yrs. Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish 10 kilograms or less	
Hashish Oil 1 kilogram or less	

http://www.justice.gov/dea/druginfo/ftp_chart2.pdf

Health Risks

The following provides information on the health risks associated with the abuse of alcohol and use of illicit drugs. The U.S. Department of Justice provides information on the effects of alcohol and commonly used drugs and can be referenced on the U.S. Department of Justice's website at <http://www.justice.gov> and <http://www.justice.gov/dea/druginfo/factsheets.shtml> (last visited December 16, 2016).

Alcohol:

Alcohol consumption causes a number of marked changes in behavior. Even a low amount can 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 amounts of alcohol also increase the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high amounts of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high amounts cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower amounts of alcohol will produce the effects described here. Alcohol is an important dimension in sexual violence in that many perpetrators are drinking when they attack their victims or experience alcohol abuse problems.

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 combined with poor nutrition, can also lead to permanent damage to vital organs, such as the brain and the liver. Based on language from the Mayo Clinic, consuming alcohol during pregnancy increases the risk that the child may be born with fetal alcohol syndrome. Problems that may be caused by fetal alcohol syndrome include physical deformities, mental retardation, learning disorders, vision difficulties, and behavioral problems.

Because alcohol affects many organs in the body, long-term heavy drinking puts people at risk for developing serious health problems, some of which are described below.

Alcohol-Related Liver Disease: More than 2 million Americans suffer from alcohol-related liver disease. Some drinkers develop alcoholic hepatitis, or inflammation of the liver, as a result of long-term heavy drinking. Its symptoms include fever, jaundice (abnormal yellowing of the skin, eyeballs, and urine), and abdominal pain. Alcoholic hepatitis can cause death if drinking continues. If drinking stops, this condition often is reversible. About 10 to 20 percent of heavy drinkers develop alcoholic cirrhosis, or scarring of the liver. Alcoholic cirrhosis can cause death if drinking continues.

Heart Disease: Moderate drinking can have beneficial effects on the heart, especially among those at greatest risk for heart attacks, such as men over the age of 45 and women after menopause. But long-term heavy drinking increases the risk for high blood pressure, heart disease, and some types of stroke.

Cancer: Long-term heavy drinking increases the risk of developing certain forms of cancer, especially cancer of the esophagus, mouth, throat, and voice box. Women are at slightly increased risk of developing breast cancer if they drink two or more drinks per day. Drinking may also increase the risk for developing cancer of the colon and rectum.

Pancreatitis: The pancreas helps to regulate the body's blood sugar levels by producing insulin. The pancreas also has a role in digesting ingested food. Long-term heavy drinking can lead to pancreatitis, or inflammation of the pancreas. This condition is associated with severe abdominal pain and weight loss and can be fatal.

Drugs:

Methamphetamine: Methamphetamine releases high levels of the neurotransmitter dopamine which stimulates brain cells enhancing mood and body movement. It also appears to have a neurotoxic effect damaging brain cells that contain dopamine and serotonin, another neurotransmitter. Over time, methamphetamine appears to cause reduced levels of dopamine, which can result in symptoms like those of Parkinson's disease, a severe movement disorder. Users may become addicted quickly and use it with increasing frequency and in increasing doses. The central nervous system (CNS) actions that

result from taking even small amounts of methamphetamine include increased wakefulness, increased physical activity, decreased appetite, increased respiration, hyperthermia, and euphoria. Other CNS effects include irritability, insomnia, confusion, tremors, convulsions, anxiety, paranoia, and aggressiveness.

Hyperthermia and convulsions can result in death.

Methamphetamine causes increased heart rate and blood pressure and can cause irreversible damage to blood vessels in the brain, producing strokes. Other effects of methamphetamine include respiratory problems, irregular heartbeat, and extreme anorexia. Its use can result in cardiovascular collapse and death.

Cocaine: Cocaine is a strong central nervous system stimulant that interferes with the re-absorption process of dopamine, a chemical messenger associated with pleasure and movement. Dopamine is released as part of the brain's reward system and is involved in the high that characterizes cocaine consumption. The physical effects of cocaine use include constricted peripheral blood vessels, dilated pupils, and increased temperature, heart rate, and blood pressure. The duration of cocaine's immediate euphoric effects, which include hyper-stimulation, reduced fatigue, and mental clarity, depends on the route of administration.

High doses of cocaine and/or prolonged use can trigger paranoia. Smoking crack cocaine can produce a particularly aggressive paranoid behavior in users. When addicted individuals stop using cocaine, they often become depressed, which may lead to further cocaine use to alleviate depression. Prolonged cocaine snorting can result in ulceration of the mucous membrane of the nose and can damage the nasal septum enough to cause it to collapse. Cocaine-related deaths are often a result of cardiac arrest or seizures followed by respiratory arrest.

Heroin: Heroin abuse is associated with serious health conditions including fatal overdose, spontaneous abortion, collapsed veins, and infectious diseases, including HIV/AIDS and hepatitis. Mental functioning becomes clouded due to depression of the central nervous system. Long-term effects of heroin appear after repeated use for some period of time. Chronic users may develop collapsed veins, infection of the heart lining and valves, abscesses, cellulitis, and liver disease. Pulmonary complications, including various types of pneumonia, may result from the poor health condition of the abuser, as well as from heroin's depressing effects on respiration.

Marijuana: Recent research findings indicate that long-term use of marijuana produces changes in the brain similar to those seen after long-term use of other major drugs of abuse.

Someone who smokes marijuana regularly may have many of the same respiratory problems as tobacco smokers. These individuals may have daily cough and phlegm, symptoms of chronic bronchitis, and more frequent chest colds. Continuing to smoke marijuana can lead to abnormal functioning of lung tissue injured or destroyed by marijuana smoke.

MDMA (Ecstasy): MDMA causes injury to the brain, affecting neurons that use the chemical serotonin to communicate with other neurons. The serotonin system plays a direct role in regulating mood, aggression, sexual activity, sleep, and sensitivity to pain. Many of the risks users face with MDMA use are similar to those found with the use of cocaine and amphetamines, such as: psychological difficulties including confusion, depression, sleep problems, drug craving, severe anxiety, and paranoia – during and sometimes weeks after taking MDMA; physical symptoms such as muscle tension, involuntary teeth clenching, nausea, blurred vision, rapid eye movement, faintness, and chills or sweating; and increases in

heart rate and blood pressure, a special risk for people with circulatory or heart disease. There is also evidence that people who develop a rash that looks like acne after using MDMA may be risking severe side effects, including liver damage, if they continue to use the drug.

Rohypnol, GHB, and Ketamine: Coma and seizures can occur following abuse of GHB and, when combined with methamphetamine, there appears to be an increased risk of seizure. Combining use with other drugs such as alcohol can result in nausea and difficulty breathing. GHB may also produce withdrawal effects, including insomnia, anxiety, tremors, and sweating. In October, 1996, because of concern about Rohypnol, GHB, and other similarly abused sedative-hypnotics, Congress passed the “Drug-Induced Rape Prevention and Punishment Act of 1996.” This legislation increased federal penalties for use of any controlled substance to aid in sexual assault.

LSD: The effects of LSD are unpredictable. They depend on the amount taken; the user’s personality, mood, and expectations; and the surroundings in which the drug is used. Usually, the user feels the first effects of the drug 30 to 90 minutes after taking it. The physical effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth, and tremors.

LSD is not considered an addictive drug since it does not produce compulsive drug-seeking behavior as do cocaine, amphetamine, heroin, alcohol, and nicotine. However, like many of the addictive drugs, LSD produces tolerance, so some users who take the drug repeatedly must take progressively higher doses to achieve the state of intoxication they had previously achieved. This is an extremely dangerous practice, given the unpredictability of the drug. The National Institute on Drug Abuse (NIDA) is funding studies that focus on the neurochemical and behavioral properties of LSD. This research will provide a greater understanding of the effects of the drug.

Drug or Alcohol Counseling, Treatment or Rehabilitation

The University provides supportive intervention resources related to drug and alcohol use and abuse for students and staff. The University disseminates informational materials, education programs, and referrals regarding the use of alcohol and/or a controlled substance.

The University provides services related to drug and alcohol use and abuse for its staff, faculty and students. University employee services are coordinated through the Cigna Employee Assistance Program.

All University staff and faculty may utilize the Ashford University HELP Resource to identify support resources and appropriate response to escalated psycho-social issues, including drug and alcohol abuse. When individual students experience escalated circumstances and intervention is appropriate, support services are provided by the Student Advocates through the Ashford University HELpline.

Utilizing a case management approach, Student Advocates provide short-term support and resource identification to include both local and national resources. In this way, Student Advocates address the impact of substance abuse and action plan with students in order to coordinate support and recovery efforts.

The [Emergency Assistance page](#) of the Ashford University website includes contact information on national counseling, treatment, and rehabilitation programs for drug and alcohol resources for students, prospective students, and the community to access in a confidential manner.

The information available on the Emergency Assistance page of the Ashford University website includes the following national toll-free telephone numbers and are provided to assist any member of the University who may require assistance in dealing with a drug or alcohol problem:

American Council on Alcoholism (800) 527-5344: Addresses alcoholism as a treatable disease through public education, information, intervention, and referral.

Al-Anon (888) 425-2666: Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend.

The National Institute on Drug Abuse Hotline (877)-643-2644: Provides information, support, treatment options, and referrals to local rehab centers for any drug or alcohol problem.

Hotlines/Help Lines:

24 Hour National Alcohol & Substance Abuse Information Center
(800) 784-6776

Enforcement

The University seeks to uphold University drug and alcohol-related policies and laws and will impose disciplinary sanctions against those students and/or employees who violate said policies and laws consistent with local, State, or Federal law.

Enforcement of the University's Drug and Alcohol policies is facilitated by Safety and Security, Student Affairs, and Employee Relations. As part of the disciplinary process, the University may also request that the student or employee complete a rehabilitation program.

Students

Sanctions for students include the following: warnings, reflective essays, fines, module-based developmental instruction, written assignments, conduct probation, suspension, and expulsion. The University maintains a progressive sanctioning protocol. It demonstrates a commitment to ensuring evenly imposed sanctioning processes through the use of the Community Standards Sanctioning Chart in all sanctioning processes.

Employees

The Human Resources group, including the Vice President of Human Resources, manages staff corrective action. Employee sanctions for violations to this policy may include the following: Coaching, Mandatory EAP Referral, and Termination. The University will impose sanctions for violations of its drug and alcohol-related policies. Employees may self-refer or have a Human Resource's referral to the Employee Assistance Program for assistance in dealing with the use of alcohol or a controlled substance.

Employees are encouraged to voluntarily seek confidential information and referral assistance from the Employee Assistance Program. Employees may obtain information regarding the Employee Assistance Program on the Company Intranet.

It is the University's intent to provide a drug-free, healthy, safe, and secure academic environment. This information is very important, and we encourage you to read it carefully. The information presented in this Report is available at www.ashford.edu/DFSCA. You may also request a paper copy of this Report by responding to studentaffairs@ashford.edu, and a copy will be mailed to you.