

Drug and Alcohol Abuse Prevention Program and the Drug-Free

Workplace and Campus Program

Reviewed/Revised: August 1, 2024

Standards of Conduct

University policy strictly prohibits the unlawful manufacture, sale, delivery, possession, use and distribution of alcohol and illicit drugs on University property and during University activities off campus. Violations will result in discipline including possible dismissal from the University. This policy is necessary to support the University's mission of supporting students' efforts to achieve their academic goals, by providing a healthy environment for them and for faculty, staff, and guests. The following information explains the reasoning behind this policy and is provided in compliance with regulations implementing the Drug-Free Schools and Communities Act of 1989.

Effects of Drugs and Alcohol

Although individuals often use drugs and alcohol to achieve a variety of effects on mind and body that are found to be temporarily useful or pleasurable, drugs can be highly addictive and injurious. A person can pay a price in terms of his or her physical, emotional, and social health.

This price can be paid in a number of ways. Drug and alcohol use are often associated with increased health risks, risks of violence, and legal and economic difficulties. The risk of contracting sexually transmitted diseases, including AIDS, is increased through unwanted or unprotected sex when one is under the influence of drugs or alcohol. Drug and alcohol use can inhibit emotional regulation leading to violent actions. Involvement in the sale and purchase of illegal drugs can also be the trigger for violent crime. Additionally, chemical dependence often leads to economic and legal problems. The dependence, illness, loss of job, and loss of family or friends that can result from drug or alcohol use and abuse can be tragic.

In keeping with the mission of Westcliff University and Western State College of Law to provide a safe and healthy educational environment along with the requirements of state and federal law, Westcliff University and Western State College of Law have adopted this program to inform the campus community of school and legal penalties and health risks associated with alcohol and drug use as well as resources for individuals in need of support.

Penalties and Sanctions:

Westcliff University and Western State College of Law School Sanctions

Any member of the Westcliff University community found in violation of the drug and alcohol policy shall be subject to discipline on a case-by-case basis. Students in violation of drug and alcohol policies governed by Westcliff University and Western State College of Law and local, State, and Federal laws will be subjected to disciplinary action (including possible dismissal) and applicable legal sanctions. In the event of an alleged involvement in a criminal drug- or alcohol-related offense, his or her case may also be referred to appropriate law enforcement

officials for investigation and prosecution. A student may be subject to disciplinary action up to and including dismissal for failure to comply with the university's policies or established practices. The university, at its discretion, may require a student to participate satisfactorily in a drug and/or alcohol abuse assistance or rehabilitation program approved for such purposes by a Federal State or local health, law enforcement, or designated agency. For additional information review the school catalog.

The Student Affairs Department oversees the enforcement of the conduct policy for students at Westcliff University. The Associate Dean for Academic Affairs and the Honor Code Committee oversee the enforcement of the Honor Code for the College of Law.

As an at-will employer, the University may impose discipline whenever it determines it is necessary or appropriate. Discipline may take various forms, including verbal warnings, email or written documented warnings, performance and development review, performance improvement plan, suspension, demotion, transfer, reassignment or termination. The discipline imposed will depend on the circumstances of each case; therefore, discipline will not necessarily be imposed in any particular sequence.

Moreover, at any time the University determines it is appropriate, an employee may be discharged immediately and in the event of an alleged involvement in a criminal drug- or alcohol-related offense, the case may also be referred to appropriate law enforcement officials for investigation and prosecution.

Human Resources oversees the enforcement of the conduct policy for all University employees.

Local Sanctions:

Proposed legal sanctions for local alcohol and other drug violations are decided by the court and filing district or city attorney. Sanctions may include fines, community service, incarceration, and more. A searchable municipal code library is provided by <u>American Legal Publishing</u>

Santa Monica Campus:

Sec 63.46 of the Los Angeles Municipal Code designates all beach areas bordering the Pacific Ocean, from Santa Monica City limits to the El Segundo City limits, which are owned, leased to, managed or controlled by the city as designated "drug-free zones."

Sec 41.27 of the Los Angeles Municipal Code prohibits public intoxication.

State Sanctions

State Sanctions - California

California state laws and regulations regarding alcoholic beverages are found in the California State Constitution, the California State Business and Professional Code, and the California State Penal Code. Violations of these laws and regulations are punishable by fines and imprisonment. Where vehicles are involved, violations may be additionally punishable by loss of driving privileges.

The following is not a comprehensive list of statutes and penalties. The full text of these state laws and their associated penalties can be found in the <u>code search section of the California Legislative Information website</u>.

The following state codes specifically pertain to unlawful possession and use of illicit drugs and alcohol:

California Business and Professions Code:

DIVISION 9 Alcoholic Beverages 23000-25762

Chapter 1: General Provisions and Definitions 23000-23047

Provides definitions of alcohol, alcohol products, and related terms

Chapter 16 Regulatory Provisions; Article 1 In General 25062

Prohibits selling, furnishing, or giving alcohol to intoxicated individuals and minors. Violations can result in a misdemeanor.

Chapter 16 Regulatory Provisions: Article 3 Women and Minors 25657-25668

Prohibits selling, furnishing, giving, or otherwise distributing an alcoholic beverage to any person under the age of 21. Violations can result in a misdemeanor with a fine of \$1,000 and community service.

If consumption of alcohol by a minor (under 21 years of age) results in great bodily injury or death, the person who provided the alcohol can be subject to a fine of \$3,000 and up to 1 year in prison.

If a minor (under 21 years of age) attempts to purchase an alcoholic beverage, they may be fined up to \$250 dollars and subject to community services. Additional violations can result in higher fines and terms of community service.

Minors (under 21 years of age) in possession of an alcoholic beverage in a public place or any place open to the public can be found guilty of a misdemeanor, fined up to \$250 dollars and subject to community service.

California Civil Code:

Division 3 Obligations, Part 3, 1714 a-d

An person who provides alcoholic beverages to someone who is already intoxicated, or to a minor under 21 years of age can be held accountable for injuries caused to another person by the intoxicated individual if intoxication is found to be the proximate cause of the injuries.

California Health and Safety Code:

Division 10 Uniform Controlled Substances Act

<u>Chapter 1: General Provisions and Definitions 11000-11033</u>

Provides definitions of "controlled substances", "drug", "drug paraphernalia" and other terms associated with sanctions for drug use and distribution.

Chapter 2: Standards and Schedules: 11053-11058

Provides a list of controlled substances categorized by the substance's acceptable medical use and abuse or dependence potential. Penalties for use, possession, and distribution are often associated with the schedule of the substance with schedule 1 substances allowing for the most severe penalties due to limited acceptable medical use and high levels of abuse potential.

Chapter 6: Offenses and Penalties: 11350-11392

Provides information about offenses and penalties for specific substances including:

<u>Ch.6 Article 1: Offenses Involving Controlled Substances Formerly Classified as Narcotics:</u> 11350-11356.5

Provides information about penalties for possession of controlled substances without prescriptions and/or with specific criminal intentions. Penalties range from fines and community service to imprisonment.

Fines generally range from \$1,000-\$50,000 depending on the severity of the circumstance and prison time generally ranges from under 1 year- 9 years depending on the offense.

Multiple offenses and combinations of offenses can result in increased fines, prison time or both.

Ch.6 Article 2: Cannabis 11357-11362.9

Provides information about penalties for unlawful possession, use, and distribution of cannabis in California.

Individuals under the age of 21 are prohibited from using or possessing cannabis or cannabis products, there are limitations to where cannabis can be smoked or ingested in public.

Unlawful possession of cannabis is punishable by fines (generally no more than \$100 or for certain infraces \$250), mandated drug education and counseling programs, and/ or community service.

Federal laws prohibit the possession, use, and distribution of cannabis (see Federal Sanctions section for more information)

Ch.6 Article 4: Miscellaneous Offenses and Provisions: 11364-11376.6

Describes prohibitions on possession, use, and distribution of drug paraphernalia and other actions related to drug use. Penalties can include forfeiture, fines, and imprisonment depending on the severity of the circumstance.

California Vehicle Code:

Division 11: Rules of the Road 21000-23336

Ch.1 Article 4: Operation of Bicycles 21200-21213

It is unlawful to ride a bicycle upon a highway while under the influence of an alcoholic beverage or any drug, or under the combined influence of an alcoholic beverage or any drug. Violations are subject to fines of up to \$250

Ch 12: Public Offenses 23100-23249.50

Provides information on different types of driving offenses and penalties.

Ch 12. Article 1.3. Offenses by Persons Under 21 Years of Age Involving Alcohol: 23136

It is unlawful for a person under 21 years of age to drive a vehicle with a blood-alcohol concentration of 0.01 percent or greater

Ch 12. Article 2 Offenses Involving Alcohol and Drugs: 23152-23229.1

Describes prohibitions related to vehicle operation while using or under the influence of drugs or alcohol, such as:

It is unlawful for a person to drive a vehicle with a blood alcohol level of 0.08 or more, or to drive a commercial vehicle with a blood alcohol level of 0.04 or more.

A person shall not drink any alcoholic beverage or smoke or ingest marijuana or any marijuan product while driving a motor vehicle or while riding as a passenger in any motor vehicle being.

Division 11.5 Sentencing for Driving While Under the Influence: 23500-23675

Provides information about sentencing and court procedures for driving under the influence.

California Department of Alcoholic Beverage Control

Sales and services of alcoholic beverages must be conducted in accordance with the California Alcoholic Beverage Control Act and any regulations under the California Department of Alcoholic Beverage Control. The <u>Alcoholic Beverage Control Disciplinary Guidelines</u> provides more information.

State Sanctions - Florida

Florida state laws and regulations regarding drug and alcohol use can be found in the Florida State Statutes.

The following is not a comprehensive list of statutes and penalties. The full text of these state laws can be found on the <u>Florida Senate website law section</u>, where state statutes, laws, and the constitution can be viewed or searched.

The following state statutes specifically pertain to unlawful possession and use of illicit drugs and alcohol:

FSS Chapter 569: Tobacco and Nicotine Products

Describes the allowable use of tobacco and nicotine products and penalties for violation. Providing tobacco products to an individual under the age of 21 can result in a second-degree

misdemeanor and up to 60 days imprisonment. If an individual under 21 years of age knowingly possesses alcohol they are subject to fine and community service.

FSS Chapter 562: Beverage Law: Enforcement

Describes prohibitions related to alcohol use and the penalties associated with them. Providing alcohol to an individual under the age of 21, or possessing alcohol while under the age of 21 can result in a second-degree misdemeanor and up to 60 days imprisonment.

FSS Chapter 561: Beverage Law: Administration

Provides a summary of laws related to sale and purchase of alcohol, including licensing and shipment requirements and related penalties.

FSS Chapter 893: Drug Abuse Prevention and Control

Provides terms and definitions associated with drug abuse laws, and a schedule of controlled substances with schedule 1 substances considered to have high abuse potential and no allowable medical use.

FSS Chapter 381.986: Medical use of Marijuana:

Defines the terms and limitations of medical Marijuana use in the state of Florida. Fraudulent representation of a medical condition in order to obtain cannabis is considered a first-degree misdemeanor and can result in up to 1 year imprisonment.

FSS Chapter 500.92: Florida Kratom Consumer Protection Act

States that it is unlawful to sell, deliver, barter, furnish, or give any kratom product to a person under 21 years of age. Violation can result in second- degree misdemeanor and imprisonment of up to 60 days.

FSS Chapter 775.082 Penalties; Registration of Criminals

Describes the penalties assigned to different types of crimes, such as first- and second-degree misdemeanors often associated with violations of drug and alcohol problems.

Federal Sanctions

Federal penalties and sanctions for illegal possession of a controlled substance can be found in The Drugs of Abuse, a DEA Resource Guide 2022 Edition.

Penalties and sanctions for <u>simple possession</u> can include imprisonment of up to 1 year and a minimum fine of \$1,000 or both. For a second offense these penalties can increase to between 15 days and 2 years in person and a minimum \$2,500 fine. For three or more repeat offenses the penalty is between 90 days and 3 years imprisonment and a minimum \$5,000 fine.

Penalties and sanctions for trafficking are determined by the type of violation committed and schedule of drug involved. The chart below shows these penalties:

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (Non-Marijuana)

Substance/ Schedule	Quantity	Penalties
Cocaine (Schedule I)I	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 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.
Cocaine Base (Schedule II)	28-279 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 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.
Fentanyl (Schedule II)	40-399 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 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.
Fentanyl Analogue (Schedule I)	10-99 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 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 (Schedule I)	100-999 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 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.
LSD (Schedule I)	1-9 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 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.
Methamphetamine (Schedule II)	5-49 grams pure or 50-499 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 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.

PCP (Schedule II)	10-99 grams pure or 100-999 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 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.

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (Non-Marijuana)

Substance/ Schedule	Quantity	Penalties
Cocaine (Schedule I)I	5 kgs or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Cocaine Base (Schedule II)	280 grams or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an

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		individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Fentanyl (Schedule II)	400 grams or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Fentanyl Analogue (Schedule I)	100 grams or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Heroin (Schedule I)	1 kg or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
LSD (Schedule I)	10 grams or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.
Methamphetamine (Schedule II)	50 grams or more pure or 500 grams or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.

PCP (Schedule II)	100 grams or more pure or 1 kg or more mixture	First Offense: Not less than 10 yrs. and not more than life. If death or serious 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 15 yrs, and not more than life. If death or serious bodily injury, life imprisonment. Fine of not more than \$10 million if an individual, \$50 million if not an individual.
		Two or More Prior Offenses: Not less than 25 years. Fine of not more than \$20 million if an individual, \$75 million if not an individual.

Additional Federal Trafficking Penalties (Non-Marijuana)

Substance/ Schedule	Quantity	Penalties
Other Schedule I & II drugs (and any drug product containing Gamma Hydroxybutyric Acid)	Any Amount	First Offense: Not more than 20 yrs. If death or serious 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 millison if not an individual.
Flunitrazepam (Schedule IV)	1 gram	First Offense: Not more than 20 yrs. If death or serious 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, \$5 million if not an individual.
Other Schedule III Drugs	Any Amount	First Offense: Not more than 10 years. If death or serious injury, not more than 15 years. Fine not more

		than \$500,000 if an individual, \$2.5 million if not an individual.
		Second Offense: Not more than 20 years. If death or serious injury, not more than 30 years. Fine of not more than \$1 million if an individual, \$5 million if not an individual.
All Other Schedule IV Drugs	Any Amount	First Offense : Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
		Second Offense: Not more than 10 years. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
Flunitrazepam (Schedule IV)	Other than 1 gram or more	First Offense: Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual.
		Second Offense: Not more than 10 years. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
All Schedule V	Any Amount	First Offense: Not more than 1 year. Fine not more than \$100,000 if an individual, \$250,000 if not an individual
		Second Offense: Not more than 4 years. Fine of not more than \$200,000 if individual, \$500,000 if not an individual.

Federal Trafficking Penalties - Marijuana

Substance/ Schedule	Penalties
Marijuana (Schedule I) 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 15 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 (Schedule I)	First Offense: Not less than 5 yrs. or more than 40 yrs. If death or
100 kgs to 999 kgs	serious bodily injury, not less than 20 yrs. or more than life. Fine not
marijuana mixture or	more than \$5 million if an individual, \$25 million if other than an
100 to 999 marijuana	individual.
plants	
*	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, \$50 million if other than an individual.
Marijuana (Schedule I)	First Offense: Not less than 20 years. If death or serious bodily
More than 10 kgs	injury, not less than 20 years., or more than life. Fine \$1 million if an
hashish; 50 to 99 kg	individual, \$5 million if other than an individual.
marijuana mixture;	
more than 1 kg of	Second Offense: Not less than 30 years. If death or serious bodily
hashish oil; 50 to 99	injury, life imprisonment. Fine \$2 million if an individual, \$10
marijuana plants	million if other than an individual.
Marijuana (Schedule I)	First Offense: Not more than 5 yrs. Fine not more than \$250,000,
Less than 50 kg	\$1 million if other than an individual.
marijuan (except 50 or	
more marijuana plants	Second Offense: Not more than 10 yrs. Fine \$500,000 if an
regardless of weight); 1	individual, \$2 million if other than individual.
to 49 marijuana plants	
Hashish (Schedule I) 10	First Offense: Not more than 5 yrs. Fine not more than \$250,000.
kgs or less	\$1 million if other than an individual.
	Second Offense: Not more than 10 years. Fine \$500,000 if an
	individual, \$2 million if other than individual.
Hashish Oil (Schedule I)	First Offense: Not more than 5 yrs. Fine not more than \$250,000,
1kg or less	\$1 million if other than an individual.
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	Second Offense: Not more than 10 yrs. Fine \$500,000 if an
	individual, \$2 million if other than individual
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^{*}The minimum sentence for a violation after two or more prior convictions for a felony drug offense have become final is not less than 25 years imprisonment and a fine up to \$20 million if an individual and \$75 million if other than an individual.

Health Risks:

Health Risks Associated with the Use of Alcohol

Short Term Risks:

- Increased risks of accidents and injuries
- Alcohol-related traffic accidents (the leading cause of death for teens)
- Slower reaction time, decreased muscle coordination, and impaired vision
- Fatal overdose
- Unconsciousness or blackout
- Death by aspiration of vomit
- Nausea
- Gastritis

Long-Term Risks:

- Increased blood pressure
- Increased risk of heart attack
- Brain damage resulting in permanent psychosis
- Cancer of the mouth, esophagus or stomach
- Liver damage (cirrhosis, alcohol hepatitis, cancer)
- Ulcers and Gastritis
- Pancreatitis
- Birth defects
- In males-testicular atrophy and breast enlargement
- In females--increased risk of breast cancer
- Prolonged, excessive drinking can shorten life span by ten to twelve years

Health Risks Associated with the Use of Drugs

Amphetamines (Speed, Uppers):

- Malnutrition
- Hallucinations, mood swings and panic attacks
- Dental problems
- Cardiovascular problems
- Dependence, psychological and sometimes physical

Deliriums (Aerosols, Lighter Fluid, Paint Thinner):

- Permanent damage to lungs, brain, liver, bone marrow
- Loss of coordination, confusion, hallucinations
- Overdose causing convulsions, death

Depressants (Barbiturates, Tranquilizers, Methaqualone):

- Confusion, depression, loss of coordination
- Dependence, physical and psychological
- Coma, death (caused by overdose)
- Can be lethal when combined with alcohol

Hallucinogens (LSD, PCP, DMT, STP, Mescaline):

- Hallucinations, panic, irrational behaviors (which can lead to increased risk of accidents, injuries)
- Tolerance overdose leading to convulsions, coma, death
- Possible birth defects in children of LSD users

Intravenous Drug Use:

- Places one at risk for HIV infection (the virus causing AIDS) when needles are shared
- Skin infections, abscesses, and skin ulcers
- Vein collapse
- Increased risk of overdose

Marijuana and Hashish:

- Chronic bronchitis
- Decreased vital capacity
- Increased risk of lung cancer
- In men lower levels of testosterone and increase in abnormal sperm count

Stimulants (Cocaine):

- Painful nosebleeds and nasal erosion
- Intense "downs" that result in physical and/or emotional discomfort
- Tolerance and physical dependence can develop

Narcotics (Heroin, Morphine, Codeine, Opium):

- Malnutrition
- Hepatitis
- Loss of judgment and seel-control leading to increased risk of accidents, injuries
- Dependence
- Overdose leading to convulsions, coma, death

Danger Signals Indicating a Drug or Alcohol Problem

Following is a listing of classic danger signals that may indicate the presence of a drug or alcohol problem:

- abrupt changes in mood or attitude
- decreased efficiency at work or at school
- frequent absences, tardiness, and/or early departures
- relationship problems with family, friends, and co-workers
- unusual outbursts of anger and hostility
- social withdrawal

Counseling

If you observe any of these changes in yourself or another student, you are encouraged to talk with the psychologist/counselor for confidential counseling.

Both Westcliff University and Western State College of Law use the services of a third-party counseling services to provide confidential professional counseling. The counselor may also refer a student for limited visits with an area network mental health provider or assist the student with locating resources within the community.

As a matter of policy, the counselor is encouraged; if and when deemed appropriate, to inform persons being counseled of the procedures to report crimes on a voluntary, confidential basis, for inclusion into the annual crime statistics.

Westcliff University students can receive counseling through Impact Counseling, by calling **(866) 780-0855.**

Western State College of Law students can receive counseling through the Orange County Relationship Center by calling **(949) 393-8662** to schedule an appointment.

Employees for both Westcliff University and Western State College of Law can receive counseling services through the Employee Assistance Program by calling **1-888-780-0855**.

Abuse of alcohol or drugs can lead to dependency and addiction, with serious consequences for personal health and overall quality of life. There are drug and alcohol counseling, treatment, and rehabilitation facilities available in our area where students and employees may seek advice and treatment. The psychologist/counselor may be able to refer you to one that meets your needs.

In addition to school provided resources, outside organizations may be contacted for help.

National Resources

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline 1-800-662-4357 or TTY: 1-800-487-4889 is a confidential, free 24-hour-a-day, 365-day-a-year, information service. It is available in English and Spanish, for individuals and family members facing mental and/or substance use disorders and provides referrals to local treatment facilities, support groups, and community-based organizations. More information about SAMHSA and the resources they provide can be found online at https://www.samhsa.gov/

California: Orange County and Los Angeles County Resources Include:

1. Alcoholics Anonymous | Orange County Central Office

1526 Brookhollow Dr., Suite 75, Santa Ana, CA 92705-5466

714-556-4555 (24 Hours)
email: Manager@oc-aa.org
website: www.oc-aa.org

2. Alcoholics Anonymous | S. Orange County Central Office

30011 Ivy Glenn Drive, ste 104, Laguna Niguel, CA 92677

949-582-2697 (24 Hours) email: manager@oc-aa.org website: www.oc-aa.org

3. Al-Anon Family Groups | Orange County

12391 Lewis Street, Suite 102, Garden Grove, CA 92840

714-748-1113

email: office@ocalaonon.org website: www.ocalanon.org

4. Narcotics Anonymous | Orange County

PO Box 1058, Anaheim, CA 92815 714-590-2388 (24 Hours)

website: www.orangecountyna.org

5. **Alcoholics Anonymous | Los Angeles Central Office** 333 Wilshire Blvd #415, Los Angeles, CA 90010

323-936-4343 (24 Hours)
email: info@lacoaa.org
website: www.lacoaa.org

6. Al-Anon Family Group | Greater Los Angeles

741 Glenvia St #102, Glendale, CA 91206

818-547-3027

Florida: Orange County and Miami- Dade County Resources Include:

1. Alcoholics Anonymous | Central Florida Intergroup (Orange & Seminole Counties)

283 Live Oaks Blvd, Bldg 6 Casselberry, FL 32707

(407) 260-5408 (24 hours)

email: cfintergroup@gmail.com
website: www.cflintergroup.org

2. Al-Anon Family Group | Orange, South Lake, and Osceola Counties

3956 Town Center Blvd. #256, Orlando, FL 32837

(407) 896-4929

email: <u>AFGdistrict10info@gmail.com</u> website: <u>https://al-anonorlando.org/</u>

3. Al-Anon Family Group (Español) | Orange, South Lake, and Osceola Counties

(407) 253-9848

correo electrónico: alanon.ayuda@yahoo.com

4. Narcotics Anonymous | Greater Orlando Area

P.O. Box 532095, Orlando, FL 32853 (407) 425-5157 (24 hours)

website: www.orlandona.org

5. Alcoholics Anonymous | Miami-Dade Intergroup

1850 SW 8th St - Ste. 303, Miami, FL 33135

(305) 461-2425 (24 Hours)

email: aamiamidade@bellsouth.net website: www.aamiamidade.org

6. Alcohólicos Anónimos | Oficina Intergrupal Hispana (Miami-Dade County)

 $1770\,West\,Flagler\,St.\,\#1,\,Miami,\,FL\,33135$

(305) 642-2805

correo electrónico: info@miamialcoholicosanonimos.org

website: www.miamialcoholicosanonimos.org

7. Al-Anon Family Groups | South Area 10 (Miami)

(305) 663-1432

email: ais@alanonsofla.org
website: www.alanonsofla.org

website: www.southfloridaal-anon.org

8. Narcotics Anonymous | South Dade Area

6600 SW 62nd Ave, South Miami, FL 33143

(305) 265-9555 (24 hours) **website:** <u>www.namiami.org</u>