



Reformed University

Drug and Alcohol Abuse and Prevention Policy

Revised 6/1/2023

Introduction

In accordance with the Drug-Free Schools and Communities Act and the Drug-Free Schools and Campuses Regulations, Reformed University has developed the following Drug and Alcohol Abuse Prevention Program. All students and employees are required to comply with the policies set forth in this document. Reformed University strives to support healthy and safe life choices when it comes to alcohol and other drugs. In doing so, Reformed is committed to preventing the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on campus and at recognized events and activities. The use of alcohol, illegal drugs, and marijuana are prohibited at Reformed University for it is incompatible with the mission and goals of this Christian institution.

Reformed University Code of Conduct

The Reformed University Code of Conduct applies to conduct that occurs on University premises and at University-sponsored activities; as well as to off-campus behavior that adversely affects the University Community and/or the pursuit of its objectives. Each member of the community shall be responsible for his/her conduct from the time of application for admission or employment through the actual awarding of a degree or termination of employment. The Director of Student Affairs oversees all cases involving alleged violations of Conduct.

Reformed University takes student, faculty and staff safety very seriously. There will be no drugs, alcohol, weapons, sexual activity, violent activity or any illegal activity allowed on campus. There will be no exceptions, excluding prescription medicines. Illegitimate possession of harmful material on campus shall result in termination of student status (i.e., expulsion) without hesitation, and Reformed University may formally take legal action against the violator and/or report the violator to federal authorities.

Overview of Georgia and Local Laws

Under State of Georgia Laws and local city/county ordinances:

- Possession or use of alcoholic beverages by persons under 21 years of age, or distribution of alcoholic beverages to persons under 21 years of age, is prohibited.
- Furnishing alcoholic beverages to persons who are underage or intoxicated is prohibited.
- The sale of alcoholic beverages without a license is prohibited. The sale of alcoholic beverages within 100 yards of a college campus in the State of Georgia is also

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prohibited, unless such license was in existence prior to July 1, 1981. “Sale” includes charging admission to any activity where alcoholic beverages are served, even if the beverage is “free” to those who have gained admission.

- Public consumption, intoxication and possession of an open container of an alcoholic beverage in public are prohibited by local ordinances and State law.

The legal drinking age in Georgia is 21 years of age. Any student or employee under the age of 21 who purchases or knowingly possesses an alcoholic beverage is in violation of state law and University policy. Similarly, any person who furnishes an alcoholic beverage to a person under 21 years of age is also in violation.

Georgia law prohibits the purchase or possession of alcohol by a person under the age of 21 or the furnishing of alcohol to such a person. Driving under the influence of alcohol or other drugs is also illegal. It is against Georgia law to, under certain circumstances, walk or be upon the roadway while under the influence of alcohol or other drugs. The punishment for these offenses may include mandatory treatment and education programs, community service, payment of a fine, imprisonment, and loss of one’s driver’s license. Students facing legal action off campus may also be held accountable by Reformed University and face disciplinary action.

Under Georgia and federal law, it is a crime to possess, manufacture, sell or distribute illegal drugs. Reformed University expects all members of the community to comply with the state and federal laws pertaining to drugs.

Health Risks Associated with the Abuse of Alcohol

The [Substance Abuse and Mental Health Services Administration](#) (SAMSHA) and [The National Institute on Alcohol Abuse and Alcoholism](#) provide detailed information regarding the health risks associated with the abuse of alcohol. The information provided below was taken directly from their websites and was retrieved on July 17, 2016.

According to SAMSHA, excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on a single occasion for men or 4 or more drinks on an occasion for women), can increase a person’s risk of developing serious health problems, including brain and liver damage, heart disease, hypertension, and fetal damage in pregnant women. According to the Centers for Disease Control and Prevention (CDC), alcohol use causes 88,000 deaths a year.

The National Institute on Alcohol Abuse and Alcoholism provides the following information on how alcohol can affect your body:

Brain: Alcohol interferes with the brain’s communication pathways, and can affect the way the



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brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including: Cardiomyopathy (Stretching and drooping of heart muscle); Arrhythmias (Irregular heart beat); Stroke; High blood pressure.

Research also shows that drinking [moderate amounts of alcohol](#) may protect healthy adults from developing coronary heart disease.

Liver: Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including: Steatosis, or fatty liver; Alcoholic hepatitis; Fibrosis; Cirrhosis

Pancreas: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer: Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the: Mouth, Esophagus, Throat, Liver, and Breast.

Immune System: Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

More information may be found at [Beyond Hangovers: understanding alcohol's impact on your health](#), which is provided by the National Institute on Alcohol Abuse and Alcoholism.

Health Risks Associated with the Use of Illicit Drugs

The [Substance Abuse and Mental Health Services Administration](#) (SAMSHA) and [The National Institute on Drug Abuse](#) (NIDA) provide detailed information regarding the health risks associated with the use of illicit drugs. The information provided below was taken directly from their websites.

Cocaine

According to SAMSHA, cocaine has two main pharmacological actions. It is both a local anesthetic and a central nervous system stimulant—the only drug known to possess both of these properties. The effects experienced in the early stages of cocaine use include a generalized state

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of euphoria in combination with feelings of increased energy, confidence, mental alertness, and sexual arousal.

As users come down from their cocaine high, some experience temporary, unpleasant reactions and after effects, which may include restlessness, anxiety, agitation, irritability, and insomnia. With continued, escalating use of cocaine, the user becomes progressively tolerant to the positive effects while the negative effects, such as a dysphoric, depressed state, steadily intensify. Prolonged use may result in adverse physiological effects involving the respiratory, cardiovascular, and central nervous systems. Cocaine use may also result in overdose and death.

Psychologically, the effects of chronic cocaine use are the opposite of the initial effects. These effects can include paranoia, confusion, and an inability to perform sexually. The chronic use of cocaine may also lead to acute adverse physiological effects to the respiratory, cardiovascular, and central nervous systems. Chronic cocaine use can also lead to hospital emergency room visits, prompted by chest pain or palpitations, psychiatric complaints ranging from altered mental states to suicidal ideation, and neurological problems including seizures and delirium.

More information may be found on the NIDA webpage entitled [DrugFacts: Cocaine](#).

Heroin

According to SAMSHA, heroin is a powerful opiate drug. Heroin looks like a white or brownish powder, or as the black sticky substance known on the streets as “black tar heroin.” It is diluted with other drugs or with sugar, starch, powdered milk, or quinine before injecting, smoking, or snorting. Some of the physical symptoms of heroin are euphoria, drowsiness, respiratory depression, constricted pupils, nausea, and dry mouth.

A heroin overdose causes slow and shallow breathing, blue lips and fingernails, clammy skin, convulsions, coma, and can be fatal.

Many young people who inject heroin report misuse of prescription opioids before starting to use heroin. In addition to increasing the risk of overdose, the intravenous use of heroin places individuals at higher risk of diseases like HIV and hepatitis C.

More information may be found on the NIDA webpage entitled [DrugFacts: Heroin](#).

Marijuana

According to SAMSHA, the short-term effects of marijuana include problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination. Among youth, heavy cannabis use is associated with cognitive problems and increased risk of mental illness. More information may be found on the NIDA webpage entitled [DrugFacts: Marijuana](#).

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Prescription Drug Misuse and Abuse

According to SAMSHA, prescription drug misuse and abuse is the intentional or unintentional use of medication without a prescription, in a way other than prescribed, or for the experience or feeling it causes. This issue is a growing national problem in the United States. Prescription drugs are misused and abused more often than any other drug, except marijuana and alcohol. This growth is fueled by misperceptions about prescription drug safety, and increasing availability. A [2011 analysis by the Centers for Disease Control and Prevention](#) found that opioid analgesic (pain reliever) sales increased nearly four-fold between 1999 and 2010; this was paralleled by an almost four-fold increase in opioid (narcotic pain medication) overdose deaths and substance abuse treatment admissions almost six times the rate during the same time period.

Prescription drug abuse-related emergency department visits and treatment admissions have risen significantly in recent years. Other negative outcomes that may result from prescription drug misuse and abuse include overdose and death, falls and fractures in older adults, and, for some, initiating injection drug use with resulting risk for infections such as hepatitis C and HIV. According to results from the 2014 NSDUH report, 12.7% of new illicit drug users began with prescription pain relievers.

More information may be found on the NIDA webpage entitled [DrugFacts: Prescription and Over-the-Counter Medications](#).

Health Risks Associated with the use of Tobacco Products

According to SAMSHA, tobacco use is the leading cause of preventable illness and death in the United States. Although the adult smoking rate has declined to about 17%, currently more than 40 million Americans smoke. Cigarette smoking and exposure to tobacco smoke account for more than 480,000 deaths annually in the United States.

In addition, E-cigarettes typically contain nicotine which is known to be harmful to the developing brain and should not be used by teens or pregnant women.

According to the Center for Disease Control and Prevention (CDC)

- Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.
- Smoking can cause cancer almost anywhere in your body.
- Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths in men and women. More women die from lung cancer each year than from breast cancer.



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- About 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD) are caused by smoking.
- Cigarette smoking increases risk for death from all causes in men and women

Alcohol, Tobacco, and Other Drug Programs Available to Students & Employees

Reformed University offers students (semi-annually) to learn about the effects of alcohol and drug abuse, as well as the danger of tobacco. MyStudentBody.com provides students a good place to start for self- education on drug and alcohol abuse online, by which they can learn valuable information on the dangers of alcohol and other drugs.

There are also numerous off-campus resources that students may wish to explore, including those noted below. Students may wish to contact Reformed University's Wellness Center for assistance in evaluating these options.

SAMSHA, the Substance Abuse and Mental Health Services Administration, provides a Behavioral Health Treatment Services Locator, which is a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse/addiction and/or mental health problems.

SAMSHA also offers free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues, 24 hours a day, 7 days a week. To access SAMHSA's National Helpline, call 1-800-662-HELP (4357) or use 1-800-487-4889 (TDD).

A free support and resource to stop smoking: call 1-800-QUIT-NOW (1-800-784-8669) and visit smokefree.gov/.

Employees

Employees may access alcohol and drug education through Reformed University's Employee Assistance Program. For additional information, employees may contact the Office of Human Resources.

There are also numerous off-campus resources that employees may choose to explore, including those noted below.

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Distribution of the Annual Notification

Reformed University's Drug and Alcohol Prevention program will be distributed to the entire Reformed University community (all students, faculty and staff) in accordance with the below procedures. Reformed University's Director of Student Affairs will be responsible for ensuring the timely distribution of the Drug and Alcohol Prevention program.

Students

At the beginning of the fall semesters, the entire Drug and Alcohol Abuse Prevention program will be emailed to all students (undergraduate and graduate) enrolled in the institution. This email will be sent on the first day of the third week of the fall and spring semesters in order to allow for the completion of the add/drop period and thus ensuring all enrolled students receive this notification.

A webpage has been created on Reformed University's external webpage at <https://runiv.edu> Reformed University's Drug and Alcohol Abuse Prevention program.

Employees

At the beginning of the fall and spring semesters, the entire Drug and Alcohol Abuse Prevention program will be emailed to all employees employed at the institution. This email will be sent on the first day of the third week of the fall and spring semesters.

Employees will also receive information on where to access the Drug and Alcohol Abuse Prevention program and an overview of the program at their new employee orientation. By including this information in new employee orientation, Reformed will ensure that employees who are hired at times following the distribution of the emails are informed of the Drug and Alcohol Abuse Prevention program.



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3 A webpage has been created on Reformed University's external webpage at <https://runiv.edu/student-services/webpages> have been created to facilitate ease of access. All e-mail notifications will provide a direct link to the external webpage:

Biennial Review

In accordance with the U.S. Department of Education's Drug-Free School and Communities Act, Reformed University will complete a biennial review of its drug and alcohol abuse prevention program. This review will be completed at the end of even numbered years and will examine the variety of programs that are being offered at Reformed University to support healthy and safe life choices when it comes to alcohol and other drugs, the enforcement of the University's policies when violations of the policies occur, and recommendations for any necessary changes

This review is completed at the end of even numbered years and examine the variety of programs that are being offered at Reformed University to support healthy and safe life choices when it comes to alcohol and other drugs, the enforcement of the University's policies when violations of the policies occur, and recommendations for any necessary changes. The review is conducted by the Director of Student Affairs in collaboration with Reformed University's Academic Committee. The Academic Committee membership is the Vice President, Dean of Academic Affairs, and Registrar. The biennial review will be initiated on or before April 1 of each even numbered year, to ensure the review is begun and completed on a timely basis.