

DRUG POLICY

Illegal use, possession, manufacturing or distribution (or participation in the sale of) of marijuana, heroin, narcotics, or other controlled substances and/or any use or possession of general products as intoxicants or “means to get high” is strictly prohibited. Additionally, driving while impaired by such drugs, improper use, possession or distribution of prescription drugs, and paraphernalia commonly used to consume drugs is not permitted. Paraphernalia includes but is not limited to pipes, bongs, hookahs and homemade smoking devices.

**DRUG-FREE SCHOOLS AND COMMUNITIES
ACT AMENDMENTS OF 1989**

The Drug-Free Schools and Communities Act Amendments of 1989 require that all institutions of higher education receiving any form of financial assistance provide each student with information regarding drug and alcohol use. The websites below provide a list of policies, programs and information that is distributed to all students, including:

- 1. Written information regarding applicable federal, state and local laws regarding alcohol possession and use.
- 2. Campus policies and standards of conduct regarding alcohol and drug use and the related sanctions.
- 3. A description of health risks associated with the use of alcohol and drugs.
- 4. Description of treatment and counseling programs available on campus.

codes.ohio.gov/orc/4301

go.udayton.edu/studenthandbook

go.udayton.edu/counselingcenter

go.udayton.edu/healthcenter

Note: The University no longer provides students with the opportunity to take a drug test when accused of drug use. However, any person can request a drug test prescription from a medical doctor for submission as evidence. One should consider the time lapse between the incident and the test when submitting medical records.



2013–14
**STUDENT RESOURCE
GUIDE FOR ALCOHOL
AND OTHER DRUGS**
CHOOSE WELL. LIVE WELL.

UNIVERSITY of
DAYTON

STATEMENT OF INCLUSIVE EXCELLENCE

The division of student development recognizes the educational benefits of diversity for students, faculty and staff. We are committed to engaging in reflection, dialogue and experiences that both challenge and affirm multiple perspectives. Our Marianist charism calls us to value the dignity of every person and to advocate for social justice.

**STUDENT RESOURCE
GUIDE FOR ALCOHOL
AND OTHER DRUGS**

The information and resources in this guide can be found in the University’s Student Handbook, pages 60–62 and on the go.udayton.edu/REAL site.

- Alcohol policy
- Definition of mitigating circumstances
- Drug policy
- Getting help
- How do I know if I have a problem with drugs or alcohol?

ALCOHOL POLICY

Use and/or possession of alcoholic beverages under the legal drinking age, distribution of alcoholic beverages, drinking in public, public intoxication, manufacturing alcohol, drinking and driving, possessing consumption devices and mass containers (kegs/mixed alcohol from a common source outside of its original packaging), abuse (requiring medical attention, passing out, vomiting, loss of memory or hospitalization) are not permitted. High-risk drinking activities also constitute abuse of alcohol. Such activities include but are not limited to drinking large quantities of alcohol, consuming alcohol at an accelerated pace (chugging), participation in drinking games, use of beer bongs, and/or any activity that promotes irresponsible drinking. Any item that is used to rapidly consume alcohol or used to facilitate high-risk drinking may be confiscated and may not be returned. Additionally, the use of alcohol containers/packaging for decoration and/or signage is not permitted in residential areas where alcohol is prohibited. (Note: Students are responsible for all aspects of the code of conduct both on and off campus.)

MITIGATING CIRCUMSTANCES

In order to encourage students to seek assistance for their fellow students who may be in medical danger, students who notify public safety or other urgent assistance or care agencies (e.g., a hospital, another police agency, etc.), will not be held responsible for the alcohol policy violation should they have been in violation when assisting. Additionally, the student in need of care will not be issued any monetary fines normally associated with the violation.

GETTING HELP

There are a number of offices and resources for students who are seeking assistance with alcohol and drug issues.

ON-CAMPUS RESOURCES

COMMUNITY WELLNESS SERVICES: 937-229-1233
go.udayton.edu/wellness

ALCOHOL AND OTHER DRUGS PREVENTION EDUCATION:
937-229-2037
go.udayton.edu/REAL

COUNSELING CENTER: 937-229-3141
go.udayton.edu/counselingcenter

DEAN OF STUDENTS: 937-229-1212
go.udayton.edu/deanofstudents

HEALTH CENTER: 937-229-3131
go.udayton.edu/healthcenter

OFF-CAMPUS RESOURCES

ALCOHOLICS ANONYMOUS (DAYTON AREA):
937-222-2211

ALCOHOL AND OTHER DRUGS PREVENTION EDUCATION

RESOURCES AND EDUCATION FOR ALCOHOL IN YOUR LIFE

Resources and Education for Alcohol in your Life (REAL) programming provides an assortment of different educational topics regarding alcohol and other drugs that allows students to create the most appropriate program for their audience. The programs are interactive in nature and help facilitate real discussions with students in fraternities and sororities, student organizations, athletic teams, residence halls and in the classroom.

There are 14 predesigned programs that students can choose from. Students have the flexibility to mix and match some of the topics in order to create the most beneficial program. A program can also be designed specifically for a group if they see a need for a topic that is not already offered. Some of the most requested programs are listed below.

- Alcohol on a continuum
- Alcohol’s impact on your health
- Mocktails
- Alcohol and women
- Alcohol and men
- Alcohol and athletes
- Alcohol and policy
- Drugs and policy
- But I use it to study! The misuse of Adderall.

- “If it’s prescribed it must be safe ... right?” The misuse and abuse of prescription drugs.
- They go together like ... hot dogs and cranberries? Why alcohol and other drugs don’t mix.
- Marijuana
- It’s all fun and games ... or is it? The risk of participating in drinking games.
- Pregaming: Don’t you actually want to make it out for the night?

Through participation in these programs students learn to differentiate between responsible drinking behavior and high-risk behaviors regarding alcohol. Students will be able to describe practical strategies for keeping themselves and others safe in situations where alcohol is present. Students will be able to describe how alcohol can impact vital body systems and discuss how to make the best possible choices regarding alcohol use and their health.

COMMUNITY WELLNESS SERVICES

The community wellness services office is responsible for providing students with a menu of options and opportunities to explore issues related to drugs and alcohol. On campus services provided by community wellness services include:

ALCOHOL AND DRUG PROGRAMS

If you would like to get feedback on your use, our office offers several interventions designed to provide you with one-on-one professional service in a non judgmental setting. If you are not sure what service is best for you, a licensed alcohol and drug counselor on staff will meet with you to discuss your concerns. Following is a list of services that our office offers:

ALCOHOL/DRUG CHECKUP

Alcohol/drug checkups are designed to provide students with the opportunity to meet one-on-one with a professional to discuss their substance use. Typically, students meet with the prevention professional over two or three weeks.

ALCOHOL SKILLS TRAINING PROGRAM (ASTP)

ASTP helps students who choose to drink make informed decisions about how they drink. Practical, realistic strategies for drinking in a way that reduces risk and potential harm are provided.

SUBSTANCE EDUCATION PROGRAM (SEP)

The substance education program is an intensive drug and alcohol intervention series. The eight-hour program blends individual and group sessions and satisfies UD sanctions as well as many court-mandated sanctions.

PROFESSIONAL ASSESSMENTS

This is an individual 90-minute session that includes a com-

prehensive drug and alcohol history, alcohol and other drug (AOD) testing, diagnosis and recommendation. After the session, letters of recommendation are sent and referrals made. This assessment meets the requirements of court settings as well as the office of community standards and civility at the University of Dayton.

OFF-CAMPUS REFERRAL

If a UD student requires a higher level of AOD care services, a licensed alcohol and other drug counselor may provide the student/family with outside counseling referral source information close to campus.

CONFIDENTIAL CONSULTATIONS

Any student, staff, faculty or parent may call with questions or concerns that they have about a student. In addition, consultation is available about more general questions regarding drugs and alcohol.

VOLUNTARY POST HOSPITALIZATION TALKS

This is an opportunity for the student to sit down and debrief the particular circumstances which led to alcohol transport to the hospital. First, this will support the student and identify what triggers led to overdrinking. Second, a “mini-assessment” of the student’s overall drinking — and immediate feedback on those patterns — are provided. Recommendations/developing a plan to assist in avoiding rehospitalization is a final focus of the talk.

WELLNESS WEDNESDAYS

Wellness Wednesdays provide an opportunity for students to take a few minutes out of their busy lives to think about their personal well-being. Wellness Wednesdays include programs such as Thankful Thoughts (sending postcards to say “thank you”); cooking on campus; art de-stress, alcohol screening day, chair massages, choose well, live well day, and more.

TOBACCO CESSATION

This program is offered to full-time undergraduate students at the University of Dayton who meet one-on-one with a certified tobacco treatment specialist. It focuses on building positive coping skills for cravings, stress, negative mood states and lapses.

CLUB 6 STUDENT ORGANIZATION

Club 6 offers substance-free parties and activities in the student neighborhood. Campus South 6th floor is for Club 6 members who have volunteered to live as a community choosing a substance-free lifestyle.

SOBER FLYERS

There is an Alcoholics Anonymous (AA) meeting every Wednesday from 8:30 to 9:30 p.m. in the McGinnis Center and Fridays from 6:30 to 7:30 p.m. in Alumni Hall Room 208-B. AA meetings are open to the public; however, Sober Flyers is designed for UD students who want to abstain from alcohol/drugs and who wish to engage in a 12-step recovery process.

E-CHECKUP TO GO

e-CHECKUP TO GO is a web-based survey and alcohol education tool that allows UD students to enter information about their drinking and receive feedback about their use of alcohol. Interested students can take this online assessment in about 10 minutes. The assessment is self-guided and requires no face-to-face contact with a counselor or administrator. To access e-CHECKUP TO GO, use your internet browser to go to: interwork.sdsu.edu/echeckup/usa/alc/coll/UD. To discuss your e-CHECKUP TO GO results, contact 937-229-1233 to schedule an appointment.

HOW DO I KNOW IF I HAVE A PROBLEM WITH DRUGS OR ALCOHOL?

- Have you ever decided to stop drinking/using for a week or so, but only lasted for a couple of days?
- Do you wish people would mind their own business about your drinking/using?
- Have you ever switched from one kind of drink/drug to another in the hope that this would keep you from getting drunk/high?
- Have you had to have an eye-opener (morning drink/drug) upon awaking during the past year?
- Do you envy people who can drink/use without getting in trouble?
- Have you had problems (e.g., with relationships, school work, the law or campus policies) connected with drinking/using during the past year?
- Has your drinking/using caused trouble at home (with family or roommates)?
- Do you ever try to get “extra” drinks/drugs at a party because you do not get enough?
- Do you tell yourself you can stop drinking/using any time you want to, even though you keep getting drunk/high when you don’t mean to?
- Have you missed days of work or school because of drinking/using?
- Do you have blackouts/loss of time?
- Have you ever felt that your life would be better if you did not drink/use?

Did you answer YES to four or more of these questions? If so, there is a likelihood you are struggling with your alcohol or drug use. Please reach out to someone you feel safe speaking with and seek assistance from the on-campus resource areas listed in this guide.