

**DRUG AND ALCOHOL PREVENTION PROGRAM
AND THE DRUG-FREE WORKPLACE AND CAMPUS PROGRAM**

Standards of Conduct

The use of illegal drugs and the abuse of alcohol on the campus of the New Hampshire Institute of Art or in facilities controlled by the New Hampshire Institute of Art are prohibited by college regulations and are incompatible with the New Hampshire Institute of Art goal of providing a healthy educational environment for students, faculty, staff and guests. The following information is provided in compliance with the Drug-Free Schools and Communities Act Amendments of 1989.

Effects of Drugs & 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. 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.

Drugs can be the trigger for violent crime. Economic and legal problems usually follow directly when one tries to support a drug habit by resorting to crime. 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 the New Hampshire Institute of Art and the requirements of state and federal law, the New Hampshire Institute of Art has adopted this program to ensure a drug-free campus and workplace and to prevent the use of controlled substances and the abuse of alcohol.

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)
- Alcohol slows reaction time, decreases muscle coordination, and impairs 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

Health Risks Associated with the Use of Drugs

Amphetamines (Speed, Uppers):

- Malnutrition
- Hallucinations
- 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

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 self-control leading to increased risk of accidents, injuries
- Dependence
- Overdose leading to convulsions, coma, death

Sanctions

The New Hampshire Institute of Art, in all of its actions, seeks to uphold local, state and federal laws. In so far as permitted by these laws, the New Hampshire Institute of Art will apply sanctions that could lead to a student being suspended or expelled or an employee being disciplined, suspended or dismissed for violation of the New Hampshire Institute of Art standards of conduct. Students and employees may also be referred form prosecution. Disciplinary sanctions may include the completion of an appropriate rehabilitation program, at the student's or employee's expense, if necessary.

Alcohol and Drug Assistance Services

Due to the nature of the Institute, we utilize a system of community referrals if a learner is in need of services. Staff members are key links in the communities where we are located and a network of medical, psychological, and human service agencies are accessible in local areas.

Contact the Student Affairs Department if you need assistance. Please also visit the New Hampshire Department of Health and Human Services to connect with the following resources:

- The Resource Guide for Alcohol and Drug Prevention and Treatment Services provides a listing of state-funded alcohol and drug abuse prevention and treatment programs and other resources related to alcohol and other drugs.
- Drugfree NH is designed to help individuals, families, and communities to get informed, get involved, and get help.

The counselor located in the Student Affairs Department is available to provide onsite counseling or recommend treatment options; additionally, there are many local resources available.

Federal Drug Laws

The possession, use, or distribution of illicit drugs is prohibited by federal law. Strict penalties are provided for drug convictions, including mandatory prison terms for many offenses. The following information, although not complete, is an overview of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

- A. Denial of Federal Benefits 21 U.S.C. 862 - A federal drug conviction may result in the loss of federal benefits, including school loans, grants, scholarships, contracts, and licenses. Federal Drug Trafficking convictions may result in denial of Federal benefits for up to 5 years for a first conviction, 10 years for a second conviction, and permanent denial of federal benefits for a third conviction. Federal drug convictions for possession may result in denial of federal benefits for up to 1 year for a first conviction and up to 5 years for subsequent convictions.
- B. Forfeiture of Personal Property and Real Estate 21 U.S.C 853. Any person convicted of a federal drug offense punishable by more than 1 year in prison shall forfeit to the United States any personal or real property related to the violation, including houses, cars, and other personal belongings. A warrant of seizure is issued and property is seized at the time an individual is arrested on charges that may result in forfeiture.

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- C. Federal Drug Trafficking Penalties 21 U.S.C. 841. Penalties for federal drug trafficking convictions vary according to the quantity of the controlled substance involved in the transaction. The list below is a sample of the range and severity of federal penalties imposed for first convictions. Penalties for subsequent convictions are twice as severe. If death or serious bodily injury results from the use of a controlled substance which has been illegally distributed, the person convicted on federal charges of distributing the substance faces a mandatory life sentence and fines ranging up to \$8 million. Persons convicted on federal charges of drug trafficking within 1,000 feet of a university or university (21 U.S.C. 845a) face penalties of prison terms and fines which are twice as high as the regular penalties for the offense, with a mandatory prison sentence of at least 1 year.
 - D. Federal Drug Possession Penalties: Persons convicted on federal charges of possessing any controlled substance face penalties of up to 1 year in prison and a mandatory fine of no less than \$1,000 up to a maximum of \$100,000. Second convictions are punishable by not less than 15 days but not more than 2 years in prison and a minimum fine of \$2,500. Subsequent convictions are punishable by not less than 90 days but not more than 3 years in prison and a minimum fine of \$5,000.

New Hampshire State Laws

The legal drinking age in New Hampshire is 21. If you are under 21, it is illegal to (1) have in your personal possession any alcoholic beverages, (2) misrepresent your age for purpose of obtaining alcoholic beverages, (3) drive in a car having alcoholic beverages except when accompanied by a parent, guardian, or spouse 21 years of age, (4) be in an area where alcoholic beverages are served unless accompanied by person 21 years of age. Penalty for violation/conviction may include a fine and/or time in jail.

It is illegal for anyone to (1) sell to, give to, or procure for a minor or an intoxicated individual any alcoholic beverages, (2) charge for alcoholic beverages without a license, (3) manufacture, sell, possess or use a falsified ID, (4) lend a driver's license to be used for an unlawful purpose. Penalty for violation/conviction may include a fine and/or time in jail.

Driving While Intoxicated (DWI)

You may be found guilty of DWI if you drive a vehicle while you have a 0.08% blood alcohol concentration if 21 years of age or 0.04% if under the age of 21 (effective January 1, 1994).

Unlawful Possession

Any person under 21 years of age who has in their possession any alcoholic beverages is guilty of a violation and will be fined a minimum of \$250. Any second and/or subsequent offenses will be fined at least \$500.00 - A penalty assessment fee of 17% will be added to the above fines.

If you are under the age of 21 and are found guilty of illegal possession of alcohol you will be given a probationary driver's license until 21 years of age. Any subsequent alcohol violations will result in suspension of driver's license. It is a violation for a minor not only to possess alcohol, but also to be intoxicated or have a BAC level of .02 or more (internal possession of alcohol). Penalty: a fine and may suspend driver's license or privilege to drive.

Substance Amount Penalty – First Conviction

Prison: Not less than 10 years; Not more than life. Fine: Up to \$4 million

- Heroin 1 kg or more
- Cocaine 5 kg or more
- Crack Cocaine 50 gm or more
- Methamphetamine 100 gm or more
- PCP 100 gm or more
- LSD 10 gm or more
- Marijuana 1000 kg or more

Prison: Not less than 5 years; Not more than 40 years. Fine: Up to \$2 million

- Heroin 100 – 999 gm
- Cocaine 500 –4,999 gm
- Crack Cocaine 5 –49 gm
- Methamphetamine 10 – 99 gm
- PCP 10 –99 gm
- LSD 1 –10 gm
- Marijuana 100 –999 kg

Prison: Up to 5 years. Fine: Up to \$250,000

- Amphetamines Any amount
- Barbiturates Any amount
- Prison: Up to 20 years. Fine: Up to \$1 million
- Marijuana 50 –99 kg
- Hashish 10 –99 kg
- Hash Oil 1 –99 kg

Description of Health Risks

Serious health and personal risks are associated with the use of illegal drugs, prescription drugs and abuse of alcohol. Most people take prescription medication responsibly. When misused or abused, prescriptions drugs can be as dangerous as illegal drugs. They may include temporary or permanent physical or mental impairment, and injury or death.

Use and abuse of such substances may also give rise to conduct which causes injury, death or damage to the user/abuser or to the person or property of others, resulting in criminal or civil prosecution and liability. Use and abuse of such substances may also lead to unsafe and/or nonconsensual sex, unwanted pregnancy, and may cause defects, injury or death in unborn children. Consequences may also include temporary or permanent loss of educational or employment opportunities.

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1. **Drugs and the Body —Narcotics (ex Heroin, OxyContin, Vicodin, Percocet).** There are legal and illegal narcotics. Narcotics are effective in pain control and for other medical purposes when prescribed by a physician and used as directed. Use is often diverted however, which can produce multiple problems as narcotics are highly addictive and often associated in drug dependency and overdoses.
 - **Effects—**The user may experience initial euphoria, followed by drowsiness and nausea. Someone under the influence may have constricted pupils, watery eyes and a “dazed” look.
 - **Risks—**There is a risk of overdose with narcotics and users may develop slow, shallow breathing, clammy skin, loss of appetite and weight. Overdose can lead to possible death without intervention. Narcotics are highly addictive and may require inpatient treatment to safely detoxify the body.

 2. **Depressants (Barbiturates, Benzodiazepines) - Depressants** can also be legal and illegal. The most popular legal depressant is alcohol. Depressants slow the central nervous system and may be prescribed by a physician to induce sleep, reduce stress, or help control anxiety. There is a danger of overdosing with depressants.
 - **Effects—**The user may experience some relaxation, calmness, drowsiness and even euphoria. In high levels the user may experience confusion, disorientation and impaired motor coordination, including slurred speech and loss of balance.
 - **Risks—**Overdose may produce shallow breathing, clammy skin, weak and rapid pulse, coma and possible death. Risk of overdose.

 3. **Stimulants (Cocaine; Methamphetamine e.g., Ritalin; Amphetamines e.g., Adderall)**
Stimulants speed up the mental and physical processes of the body. Historically they have been used both in their legal (nicotine and caffeine and in the treatment of ADD/ADHD) and illegal forms. These substances help keep people awake, provide more energy, and suppress appetite. They have also been prescribed by physicians to increase enhance focus and concentration in individuals with ADD/ADHD. These drugs can be addictive and can produce withdrawal symptoms if stopped.
 - **Effects—**The user may experience an increased heart rate, increased energy and increased alertness. Users may also find they have an increased blood pressure, excessive talkativeness, and increased anxiety. In large doses, users find loss of coordination, dizziness, anxiety, cardiac and respiratory distress, and seizures, among other concerns.
 - **Risks—** Increase in body temperature, hallucinations, convulsions and possible death.

 4. **Hallucinogens (Mushrooms, LSD, PCP)**
These are drugs that alter a person’s state of mind and mood. Some types produce hallucinations, causing the person to hear, see, and smell things that are not real. Dissociative drugs do not cause hallucinations, but can cause the person to feel disassociated with their body, or feel detached from his/her surroundings.
 - **Effects—**Users may experience illusions or hallucinations. They may become confused, experience panic, anxiety, depression, and poor perception of time and distance.

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- Risks—Users may experience respiratory failure or death due to careless or accidental behaviors.
5. Dissociative Drugs (Ketamine, PCP)
- Dissociative drugs can cause a person to feel disassociated from their body, or feel detached from their surroundings.
- Effects—Users may experience feelings of detachment and distortions of space, time and body. They may become confused, experience panic, anxiety, depression, feelings of invulnerability or exaggerated strength.
 - Risks—Users can exhibit violent behavior, loss of coordination, severe muscle contractions, kidney damage, convulsions and possible death.
6. Predatory Drugs (Rohypnol, GHB)
- These drugs are considered predatory because of their sedative affects. They can leave an individual with no recollection of what happened. They are colorless and odorless and when mixed with soda, alcohol and other beverage become virtually undetectable. They metabolize quickly and can become difficult to detect in as little as 12 hours.
- Effects—Causes distortion in perception, delirium and amnesia.
 - Risks—Incapacitates
7. Club Drugs (Ecstasy or Molly)
- Ecstasy comes in a tablet or capsule form. It is a synthetic drug that has stimulating and psychoactive properties similar to methamphetamine.
- Effects—Can cause increased euphoria, energy and emotional warmth as well as distortion in time perception and tactile experiences. It can also cause nausea, chills, sweating and muscle cramps.
 - Risks—Users can experience impaired memory and learning, paranoia, psychotic behavior, hyperthermia, cardiac and liver toxicity, along with renal failure and death.
8. Cannabis (Marijuana, Hashish)
- These drugs are illegal though conversations for legalization or decriminalization occur throughout the country regularly.
- Effects—Users may experience euphoria, relaxation and/or drowsiness and an increased appetite. Short-term effects may include impaired short-term memory, impaired concentration, and attention. Long-term effects may include addiction (both psychological and physical), anxiety and memory loss. Users also report lack of motivation or difficulty setting and reaching goals.
 - Risks—There is little risk of overdose however there is a risk of an increasing tolerance which can lead to increased use. There are also medical complications such as: increased risk of respiratory infections, emphysema, certain cancers, and fertility issues.

9. Steroids (Anabolic)

Anabolic steroids are synthetic substances similar to the male sex hormone testosterone. They are generally taken orally or injected. Steroids are often abused to build muscle or enhance performance.

- Effects—using steroids can cause liver damage, water retention, and high blood pressure for both men and women. Side effects for men include shrinking testicles, baldness, breast development and infertility. For women, side effects include facial hair, male patterned baldness, menstrual changes and deepened voice.
- Risks—Abuse by adolescents can prematurely end their growth spurt causing them to remain shorter in height than they would have been. There is also the potential for fatal liver cysts, liver cancer, and blood clotting problems, cholesterol changes and hypertension which can lead to heart attack or stroke. It has also been suggested that high dose use can increase aggression.

10. Alcohol

The Food and Drug Administration defines low-risk drinking as: No more than 1 drink per day for women (if daily). No more than 2 drinks per day for men (if daily). No more than 3 drinks for women, 4 drinks for men on any given day. Alcohol is a depressant drug that is legal in the United States for those over the age of 21 years. Small quantities of alcohol (low-risk) have for a legal aged user has not been linked to any increased health risks, and in some cases, has been credited with some health benefits. However, higher quantities (high-risk use) have been associated with increased risk for breast and colon cancer and in heart disease, as well as with a variety of unintentional consequences.

- Effects—The users may experience a general relaxation, mild reduction in inhibitions and some impairment in judgment in low-risk amounts. Higher risk quantities may result in the user having greater impairment in judgment, alertness and coordination.
- Risks—High-risk amounts can increase risk for: Risk taking behaviors (example: sexual, driving)
 - Alcohol poisoning which can include: passing out (coma or becoming unconscious) nausea/vomiting and memory loss (black outs)
 - Hostility or other behavior changes.
 - Dependence and/or addiction
 - Uncharacteristic family, school, work and/or legal problems
 - Health problems such as cancers, health disease and cirrhosis of the liver
 - Unintentional injuries and death
 - Birth and developmental defects if exposed during pregnancy
 - Additionally, alcohol taken with other drugs can intensify the effects of the drug, alter the desired effect of the drug and can cause nausea, sweating, severe headaches, convulsions and death by overdose.

Alcohol & Drug Treatment Resources

Assistance for Students:

The Student Affairs Department and counseling services is available to any student presenting concerns regarding drug and alcohol issues. The services available include crisis intervention, short term individual counseling, groups with specific focus on Adult Children of Alcoholics and a community referral service. Full time students may use these services free of charge.

Individuals are clinically assessed according to their individual needs and presenting concerns. Recommendations are made in accordance with the results of that assessment.

Several off campus community programs are available in close proximity to the College:

Alcoholics Anonymous (AA), Al-Anon and Al-a-Teen Family groups are offered at varying times and location in the city of Manchester. Outpatient and inpatient treatment for drugs and alcohol abuse are available at area hospital, the Greater Manchester Mental Health Center and various programs on an outpatient basis regarding drug and alcohol abuse; fees charged are on a sliding scale to enable treatment availability for everyone.

Alcohol/Other Drug Education

The New Hampshire Institute of Art offers educational programs on wellness issues including alcohol, tobacco and other drugs including prescription drug use/abuse. As part of Orientation, Residence Life orientation and through various programs run throughout the academic school year.

Assistance Services for Staff/Faculty: Employee Assistance Program is offered through Employee Connect: 1-888-628-4824 or contact Human Resources: (603)-836-2540.