

# RELAY / GSE

## DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

### PURPOSE

Relay expects graduate students to monitor their own behavior with respect drug and alcohol consumption and applicable state laws. Being intoxicated and/or under the influence of a controlled substance will not be accepted as an excuse for behavior that violates community standards nor will it lessen graduate students' accountability to the Relay community.

Relay recognizes that a variety of factors may lead graduate students to make unhealthy choices. Relay's Drug and Alcohol Abuse Prevention Program is designed to inform graduate students about the consequences of making unhealthy choices and the resources available to graduate students in need of help.

### PROGRAM

Relay has established its drug and alcohol abuse prevention program to offer graduate students, faculty, and staff resources, implement steps to prevent abuse, and generate awareness. These steps include:

- Every year, all graduate students, faculty, and staff receive the Relay Student Handbook, which contains all institutional policies and the Relay code of conduct. Relay graduate students, faculty, and staff also have access to the handbook and the policies contained within this drug and alcohol abuse prevention program through the Relay Course Platform.
- Each Relay campus has a Designated Campus Security Authority (DCSA), who maintains a list of local treatment facilities and other local resources for graduate students, faculty, and staff. Relay graduate students, faculty, and staff are encouraged to report instances of drug and alcohol abuse by members of the campus community to their DCSA.
- In even-numbered years, Relay conducts a biennial review of its Drug and Alcohol Abuse Prevention program to determine the effectiveness of the program, ensure the consistent implementation of policies and consequences, and determine any changes or

additional support to be provided to Relay graduate students, faculty, and staff. During the biennial review, Relay invites graduate students, faculty, and staff to provide feedback and offer suggestions on improving the program.

## STANDARDS OF CONDUCT

All graduate students have an obligation to observe and follow Relay's Code of Conduct. Violations of the Code of Conduct can result in serious disciplinary action, up to and including dismissal from Relay. The Code of Conduct specifically prohibits the following activities, among others:

- Violation of Relay's policies, procedures, or safety rules.
- Unauthorized possession, use, or sale of alcohol or controlled substances on Relay premises or during class sessions.

## CONSEQUENCES

Relay complies with all applicable federal and state laws concerning the possession, use, and sale of alcoholic beverages. Relay also recognizes the illegality and danger of drug abuse and, accordingly, strictly prohibits the possession, use, manufacture, or distribution of illicit drugs on any Relay campus or during any Relay activity. Violators of state and federal laws regarding alcohol and drugs are subject to criminal prosecution, fine and imprisonment.

Graduate students, faculty, and staff are advised to familiarize themselves with their local ordinances and state laws related to illegal use and distribution of controlled substances. Each Relay Campus Security Coordinator maintains specific ordinances and laws relevant to each particular Relay campus. For federal penalties associated with illegal drug trafficking, refer to the tables provided by the U.S. Drug Enforcement Administration<sup>1</sup> located in Appendix A. Please note that additional state and local penalties may apply.

## HEALTH RISKS

Health risks associated with the use of alcohol and drugs depend on a variety of factors including duration, frequency of use, and intensity of use and can lead to both physical and psychological effects. Table 1 indicates effects associated with commonly abused substances.

---

<sup>1</sup> <https://www.dea.gov/druginfo/ftp3.shtml>

**TABLE 1: COMMONLY ABUSED DRUGS & EFFECTS<sup>2</sup>**

	Name	Acute Effects/Health Risks
Alcohol	Alcohol (ethyl alcohol)	In low doses, euphoria, mild stimulation, relaxation, lowered inhibitions; in higher doses, drowsiness, slurred speech, nausea, emotional volatility, loss of coordination, visual distortions, impaired memory, sexual dysfunction, loss of consciousness/ increased risk of injuries, violence, fetal damage (in pregnant women); depression; neurologic deficits; hypertension; liver and heart disease; addiction; fatal overdose
Tobacco	Nicotine	Increased blood pressure and heart rate/chronic lung disease; cardiovascular disease; stroke; cancers of the mouth, pharynx, larynx, esophagus, stomach, pancreas, cervix, kidney, bladder, and acute myeloid leukemia; adverse pregnancy outcomes; addiction
Cannabinoids	Marijuana	Euphoria; relaxation; slowed reaction time; distorted sensory perception; impaired balance and coordination; increased heart rate and appetite; impaired learning, memory; anxiety; panic attacks; psychosis/ cough; frequent respiratory infections; possible mental health decline; addiction
	Hashish	
Opioids	Heroin	Euphoria; drowsiness; impaired coordination; dizziness; confusion; nausea; sedation; feeling of heaviness in the body; slowed or arrested breathing/constipation; endocarditis; hepatitis; HIV; addiction; fatal overdose
	Opium	
Stimulants	Cocaine	Increased heart rate, blood pressure, body temperature, metabolism; feelings of exhilaration; increased energy, mental alertness; tremors; reduced appetite; irritability; anxiety; panic; paranoia; violent behavior; psychosis/weight loss; insomnia; cardiac or cardiovascular complications; stroke; seizures; addiction Also, for cocaine—nasal damage from snorting Also, for methamphetamine—severe dental problems
	Amphetamine	
	Methamphetamine	
Club Drugs	MDMA (methylenedioxy-methamphetamine)	MDMA—mild hallucinogenic effects; increased tactile sensitivity, empathic feelings; lowered inhibition; anxiety; chills; sweating; teeth clenching; muscle cramping/ sleep disturbances; depression; impaired memory; hyperthermia; addiction
	Flunitrazepam	Flunitrazepam—sedation; muscle relaxation; confusion; memory loss; dizziness; impaired coordination/addiction
	GHB	GHB—drowsiness; nausea; headache; disorientation; loss of coordination; memory loss/ unconsciousness; seizures; coma

<sup>2</sup> Adapted from “Commonly Abused Drugs,” *National Institute on Drug Abuse*.

<https://www.drugabuse.gov/sites/default/files/cadchart.pdf>

<b>Dissociative Drugs</b>	Ketamine	Feelings of being separate from one’s body and environment; impaired motor function/anxiety; tremors; numbness; memory loss; nausea
	PCP and analogs	Also, for ketamine— analgesia; impaired memory; delirium; respiratory depression and arrest; death
	Salvia divinorum	Also, for PCP and analogs—analgesia; psychosis; aggression; violence; slurred speech; loss of coordination; hallucinations
	Dextromethorphan (DXM)	Also, for DXM—euphoria; slurred speech; confusion; dizziness; distorted visual perceptions
<b>Hallucinogens</b>	LSD	Altered states of perception and feeling; hallucinations; nausea
	Mescaline	Also, for LSD and mescaline—increased body temperature, heart rate, blood pressure; ; blue heaven loss of appetite; sweating; sleeplessness; numbness; dizziness; weakness; tremors; impulsive behavior; rapid shifts in emotion
	Psilocybin	Also, for LSD—Flashbacks, Hallucinogen Persisting Perception Disorder Also, for psilocybin—nervousness; paranoia; panic
<b>Other Compounds</b>	Anabolic steroids	Steroids—no intoxication effects/hypertension; blood clotting and cholesterol changes; liver cysts; hostility and aggression; acne; in adolescents—premature stoppage of growth; in males—prostate cancer, reduced sperm production, shrunken testicles, breast enlargement; in females—menstrual irregularities, development of beard and other masculine characteristics
	Inhalants	Inhalants (varies by chemical)—stimulation; loss of inhibition; headache; nausea or vomiting; slurred speech; loss of motor coordination; wheezing/cramps; muscle weakness; depression; memory impairment; damage to cardiovascular and nervous systems; unconsciousness; sudden death

## RESOURCES

Relay encourages any member of its community who is struggling with substance abuse issues to seek guidance and assistance in identifying a counseling, treatment, or rehabilitation program. The following resources are available at the local and national level for any member of the Relay community in need of help.

---

### LOCAL/STATE

Each DCSA maintains information on local and state resources available at no charge to graduate students.

To find available resources in any state in which Relay has a campus, please visit the Substance Abuse and Mental Health Services Administration’s (SAMHSA) Substance Abuse Treatment Facility Locator at <https://findtreatment.samhsa.gov/locator>.

---

## NATIONAL

Relay encourages graduate students looking for more information or facing substance abuse issues to contact national agencies that can provide more resources and guidance. Some such agencies include:

**Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

**American Council on Alcoholism**

(800)527-5344

<http://www.acausa.com/>

**Cocaine Anonymous**

<https://ca.org/>

**Drug Enforcement Agency Drug Fact Sheets**

<https://www.dea.gov/druginfo/factsheets.shtml>

**Foundation for a Drug-Free World**

<http://www.drugfreeworld.org/>

**Narcotics Anonymous**

<http://www.na.org/>

**National Council on Alcoholism and Drug Dependence, Inc.**

(800) NCA-CALL (622-2255)

[www.ncadd.org](http://www.ncadd.org)

**National Institute on Alcohol Abuse and Alcoholism**

<https://niaaa.nih.gov/>

**National Institute on Drug Abuse**

(800)662-HELP (662-4357)

<https://www.drugabuse.gov/>

**The U.S. Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention**

(877) 209-8381

<http://higheredcenter.org/>

# APPENDIX A

Federal Trafficking Penalties for Schedules I, II, III, IV, and V (except Marijuana)					
Schedule	Substance/ Quantity	Penalty	Substance/ Quantity	Quantity	Penalty
II	Cocaine 500-4999 grams mixture	<p><b>First Offense:</b> 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.</p> <p><b>Second Offense:</b> 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.</p>	Cocaine 5 kilograms or more mixture		<p><b>First Offense:</b> 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.</p> <p><b>Second Offense:</b> Not less than 20 yrs, and not 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.</p> <p><b>2 or More Prior Offenses:</b> Life imprisonment. Fine of not more than \$20 million if an individual, \$75 million if not an individual.</p>
II	Cocaine Base 28-279 grams mixture		Cocaine Base 280 grams or more mixture		
II	Fentanyl 40-399 grams mixture		Fentanyl 400 grams or more mixture		
I	Fentanyl Analogue 10-99 grams mixture		Fentanyl Analogue 100 grams or more mixture		
I	Heroin 100-999 grams mixture		Heroin 1 kilogram or more mixture		
I	LSD 1-9 grams mixture		LSD 10 grams or more mixture		
II	Methamphetami ne 5-49 grams pure or 50-499 grams mixture		Methamphetamine 50 grams or more pure or 500 grams or more mixture		
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	<b>First Offense:</b> 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.
Any Drug Product Containing Gamma Hydroxybutyric Acid	<b>Second Offense:</b> 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.
Flunitrazepam (Schedule IV) 1 Gram or less	<b>First Offense:</b> 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 an individual.
Any Amount Of Other Schedule III Drugs	<b>Second Offense:</b> Not more than 20 yrs. If death or serious injury, not more than 30 yrs. Fine not more than \$1 million if an individual, \$5 million if not an individual.
Any Amount Of All Other Schedule IV Drugs (other than one gram or more of Flunitrazepam)	<b>First Offense:</b> Not more than 5 yrs. Fine not more than \$250,000 if an individual, \$1 million if not an individual. <b>Second Offense:</b> Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if other than an individual.
Any Amount Of All Schedule V Drugs	<b>First Offense:</b> Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. <b>Second Offense:</b> Not more than 4 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.