

Drug and Alcohol Policy

Drug Free Schools & Community Act

Pursuant to the Drug-Free Schools and Communities Act Amendments of 1989, the University of Missouri is required to establish a drug and alcohol prevention program for its students and employees. Following is a description of the University of Missouri-Columbia's program. A biennial review of this program will be done to determine its effectiveness, to implement changes to the program if they are needed and to ensure that the University's disciplinary sanctions are consistently enforced.

A reference listing of MU resources for alcohol and other drug educational preventions efforts, counseling, and referral are listed below. Please feel free to contact any of the offices listed for more information.

Standards of conduct

University of Missouri-Columbia regulations prohibit the unlawful possession, use, distribution, and sale of alcohol and illicit drugs by University students and their guests and for employees on University-owned or controlled property and at University-sponsored or supervised activities.

University Discipline

Violation of these University regulations can result in disciplinary action up to and including expulsion for students and discharge for employees.

Legal sanctions

Local, state and federal laws also prohibit the unlawful possession, use, distribution, and sale of alcohol and illicit drugs. Criminal penalties for violation of such laws range from fines up to \$20,000 to imprisonment for terms up to and including life.

Health risks

Specific serious health risks are associated with the use of alcohol and illicit drugs. Some of the major risks are listed below. For more information contact the Wellness Resource Center in G202 MU student Center or at www.wellness.missouri.edu.

Alcohol and Other Depressants (barbiturates, sedatives, and tranquilizers)

Addiction; accidents as a result of impaired ability and judgment; overdose when used with other depressants; damage to a developing fetus; heart and liver damage.

Marijuana

Impair short-term memory, thinking, and physical coordinations. Can cause panic reaction and increase the risk of lung cancer and emphysema. Can interfere with judgment, attention span concentration, and overall intellectual performance. Impairs driving ability. May cause psychological dependence and compromise the immune system.

Cocaine

Addiction, cardiovascular system damage including heart attack, brain damage, seizures, lung damage, severe depression, paranoia, psychosis. Similar risks are associated with other stimulants, such as speed and uppers.

Nicotine

Tobacco smoke contains thousands of chemical compounds, many of which are known to cause cancer. Nicotine, which is a central nervous system stimulant, produces and increase in heart and respiration rates, blood pressure, adrenaline production and metabolism. People can rapidly become physically and psychologically dependent on tobacco. Compromises the immune system.

Inhalants

Inhalants are a diverse group of chemicals that easily evaporate and can cause intoxication when their vapors are inhaled. Most inhalants are central nervous system depressants. Use of these drugs slows down many body functions. High doses can cause severe breathing failure and sudden death. Chronic abuse of some of these chemicals can lead to irreversible liver damage and other health problems.

Resources

Wellness Resource Center - (Campus Alcohol and Drug Abuse Prevention Office)

Alcohol and other drug abuse prevention programs, speakers, peer educators, and referral services and research. Provides educational brochures and other printed materials and houses a large resource library of books, brochures, videos and other materials on a variety of wellness issues including alcohol and other drugs of wellness. Provides BASICS (Brief Alcohol Screening Intervention for College Students) workshops and individual assessments for students caught in violation of alcohol or drug policies or individual sessions for students who would like their alcohol or drug use evaluated.

- **MUSWA (MU Student Wellness Advocates): ADAPT** (Alcohol and Drug Abuse Prevention Team)/**PAWS** (Peers Advocating Wellness solutions) and **PASS** (Peers Advocating Smoke-free Solutions)
- **Sober In College (SIC):** SIC is for students in recovery and students who want to live a sober lifestyle. Sponsors 12 step meetings.
- **GAMMA (Greeks Advocating the Mature Management of Alcohol)** is composed of Greek students who are interested in issues related to responsible alcohol use.
- **Active Minds:** Students working to de-stigmatize mental health issues and increase help seeking skills.

Counseling Center (<http://counseling.missouri.edu>)
573-882-6601

This center provides individual counseling, and group counseling.
Student Health Center (<http://studenthealth.missouri.edu>)
573-882-7481

This center offers medical services and individual consultation.

University Police crime prevention unit (<http://www.mupolice.com/cp>)
573-884-7809

This unit provides alcohol- and drug-awareness presentations as well as printed and video resources.