



Drug Abuse and Alcohol Prevention Program Report Fall 2023

Stephen F. Austin State University is required to make available the following information to all current students and employees. Please take a moment to read the following information. This report contains numerous links to websites with information that may be useful in reading this report. If any link does not function or if you have additional questions, please email dos@sfasu.edu for assistance.

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Overview/Introduction

The Drug-Free Schools and Communities Act of 1989 requires educational institutions to notify students and employees of resources and programming pertaining to drug and alcohol abuse. This method of notification is called the Drug Abuse and Alcohol Prevention Program (DAAPP). The DAAPP includes information pertaining to student and employee notification, prevention efforts, programming, policies, and potential sanctions.

Annual Notification

Student Notification

The following notice is sent via university email to all students at the beginning of each academic year. The following notice is sent to all students on the official attendance reporting date.

Welcome back to campus for the Fall 2023 semester! The purpose of the Dean of Students Office is to do everything we can to help you be successful during your time here at SFA. A key to this success is being aware of the different policies we have that impact you as a student.

In this email, you will find a list of several policies with which you should become familiar. These policies include the university's illicit drug and alcohol policy and the new code of student conduct and academic integrity. There have been **significant** changes to this policy, so we encourage you to familiarize yourself with it. Below is a link to the online policy manual where these policies can be accessed: <http://www.sfasu.edu/hop>

[01-305 – Nondiscrimination](#)

[01-307 – Title IX](#)

[04-115 – Satisfactory Academic Progress for Financial Aid Recipients](#)

[02-102 – Class Attendance](#)



[04-110 - Institutional Absences](#)
[05-411 - Tailgating](#)
[06-103 – Digital Millennium Copyright](#)
[04-106 – Code of Student Conduct and Academic Integrity](#)
[05-509 – Firearms, Explosives and Ammunition](#)
[05-512 – Illicit Drugs and Alcohol Abuse](#)
[04-113 – Missing Student Notification](#)
[05-517 – Smoking and Use of Tobacco Products](#)

Additionally, you may be interested in these links:

[Student Complaints:](#)

SFA strives to ensure all students are treated equitably and in accordance with university policies. If these informal procedures prove unsatisfactory, the student may file [a formal written complaint](#) to seek resolution. Procedures for filing a formal written complaint are contingent on the nature of the complaint. SFA policy outlines the specific procedures in the corresponding policy.

[Title IX Coordinator Information:](#)

Lumberjacks Care and Title IX Resources are now located in the McKibben Building Suite 304 and you can find more information at <http://www.sfasu.edu/lumberjacks-care/>.

Additional Important Information:

- [Annual Security and Fire Safety Report](#)
- [Campus Carry Resources](#)
- [General Consumer Information](#)
- [JackAlert Emergency Communication System](#)

These are just a few of the policies and pages that will be helpful to you as you make your academic journey. The online manual has a search feature for your convenience.

Again, welcome to campus and please call on us if we can be of any assistance to you. This link, <https://www.sfasu.edu/deanofstudents>, will provide you with more information on the services we offer or stop by the office in Rusk 3rd Floor Lobby for assistance. The SFA Dean of Students Office is dedicated to being a part of your success!

Employee Notification

All new employees receive notice of our [drug and alcohol policy](#) during new employee orientation. A signed acknowledgement of receipt is required. Failure to sign an acknowledgement of receipt shall not nullify the notice provided by the university. Existing employees will be notified of the policy and its revisions through their SFA email.



Education and Prevention Efforts

The SFA Way helps to promote a culture of respect and understanding. It is for this reason, all incoming students are required to complete an online training called Get Inclusive: Voices for Change.

This program, which is housed within SFA's Office of Title IX, is designed to help prepare college students for issues they may confront at college. It covers important topics such as students' rights and responsibilities; preventing sexual violence, dating violence, stalking, harassment, and bullying; bystander intervention; substance use; and acting as allies for others in need. The Voices for Change training is required for all incoming students and is available on the home tab of the student's mySFA platform.

Get Inclusive: Voices for change includes these topics concerning Drug and Alcohol Prevention:

- The importance of being a responsible bystander if someone has had too much to drink and it is impacting their judgment.
- The impacts of alcohol and drugs, including the way they play out in social settings, and how to set boundaries for ourselves around substance usage.
- Alcohol in college: How it is used in social settings; binge drinking and moderate drinking are defined; standard drink measurements are provided; and the effects of peer pressure are discussed.
- Information on the three most used substances on campuses: Adderall, prescription opiates, and alcohol. This sections also covers their uses, effects, and realities of misuse.
- Outcomes of misuse and how to recognize the signs of alcohol poisoning and addiction
- On-campus resources for the effects of misuse such as counseling, University Police Department, and the Health Clinic.
- Details on how to intervene if you recognize someone might be struggling with alcohol or drug misuse or addiction



Athletics Department

Stephen F. Austin State University is concerned with the health, safety and welfare of the student-athletes who participate in its intercollegiate athletic programs. The use of illegal drugs, misuse of legal drugs and over-the-counter dietary supplements, use of performance-enhancing substances, use of alcohol and inappropriate use of tobacco are completely inconsistent with the standards expected of student-athletes. Substance use and abuse in sport can pose risks to the student-athlete's health and negatively affect his or her academic and athletic performance. It can also compromise the integrity of athletic competition and the ideals of SFA.

Purpose

The Athletic Department believes that random drug testing and testing based on reasonable suspicion are appropriate to ensure the health, safety and welfare of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations on drug and alcohol abuse, to identify student-athletes who are improperly using drugs or alcohol and to assist them before they harm themselves or others. Furthermore, the Athletic Department recognizes its responsibility to provide educational programming that will support a positive decision-making process.

The intent of these policies is to prevent substance use and abuse by student-athletes through education, testing, and professional guidance.

1. Education – providing student-athletes and athletics staff with accurate information about the problems associated with substance use in sport, promoting health and safety in sport;
2. Testing – analyzing biological specimens to detect prohibited substances student-athletes may introduce to their bodies and punitive consequences resulting from use; and
3. Professional Referral – facilitating appropriate treatment and rehabilitation of student-athletes.

Implementation of Program

At the beginning of the academic year, a presentation will be made to all intercollegiate athletic teams to outline and review the department's year round and summer drug testing drug policy. A copy of this policy will be provided to each student-athlete. Each student-athlete will thereafter be asked to (1) sign a form acknowledging receipt of a copy of this policy; (2) execute voluntary consent to the urinalysis testing required by the program; and (3) sign a statement authorizing the release of test results to a limited group of individuals. Student-athletes and their parents/legal guardians are encouraged to ask questions or make suggestions at any time regarding this program. The SFA Athletics Department is committed to the success of this program and expects student-athletes to be equally committed.

Frequency of Testing

To ensure fairness and efficiency of the testing program, testing notification will come from the Assistant Athletic Director for Sports Medicine. Tests will be administered on a random or reasonable suspicion basis and may, or may not, be announced in advance. Tests may be



administered at any time throughout the year. The number, timing and other procedures for testing shall be determined by the Assistant Athletic Director for Sports Medicine.

Under the random testing program, individual student-athletes will be randomly chosen for screening by the contracted testing lab from a roster provided by the Sports Medicine staff. Failure to report for testing following notification will result in a positive test.

Testing Method

The drug testing shall consist of collecting a urine sample from the student-athlete under the supervision of a laboratory technician from an accredited lab under contract with SFA. Each urine sample shall be analyzed using such tests as the Athletics Department may deem appropriate for the presence of screened drugs. The testing agency shall report all test results to the Assistant Athletic Director for Sports Medicine. For purposes of this program, a positive result shall mean a test result which indicates, in the opinion of the outside agency performing such testing, the presence of one or more of the drugs on the NCAA's banned list.

Appropriate precautions will be taken to assure and maintain the accuracy and confidentiality of the test results including the maintenance of a documented chain of specimen custody to insure the proper identification and integrity of the sample throughout the collection and testing process.

NCAA Banned Drug Classes

The Committee on Competitive Safeguards and Medical Aspects of Sports has the authority to identify specific banned drugs and exceptions within each class. SFA student-athletes shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified. The current list of specific banned drugs and exceptions is located on the NCAA Web site (ncaa.org) or may be obtained from the NCAA national office.

The following is the list of banned-drug classes as of the date of this policy:

1. Stimulants
2. Anabolic agents
3. Diuretics and other masking agents
4. Street drugs
5. Peptide hormones and analogues
6. Anti-estrogens
7. Beta-2 agonists

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's risk. Student athletes are urged to check first with the Sports Medicine staff before taking any supplements to insure that there are no banned substances in the ingredients.



Medical Exception Policy

SFA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, SFA allows exceptions to be made for those student-athletes with a documented medical history demonstrating a need for regular use of such a substance. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta-blockers, diuretics and peptide hormones.

The student-athlete is required to inform the Sports Medicine unit of all medications he or she is taking. The sports medicine staff will maintain in the student-athlete's medical records a letter from the prescribing physician that documents the student-athlete's medical history demonstrating the need for regular use of such a drug. The letter should contain information as to the diagnosis (including appropriate verification), medical history and dosage information. In the event a student-athlete tests positive, the Assistant Athletic Director for Sports Medicine in consultation with the Team Physician will review the student-athlete's medical record to determine whether a medical exception should be granted.

Reasonable Suspicion Screening

A student-athlete may be subject to testing at any time when the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a banned substance. Such reasonable suspicion may be based on observed behavior or objective information as determined by the Director of Athletics or by an Associate/Assistant Athletic Director, Head Coach, Assistant Coach, Assistant Athletic Trainer, or Team Physician, and deemed reliable by the Director of Athletics or his/her designee.

Reasonable suspicion may be found, but not limited to 1) observed possession or use of substances appearing to be prohibited drugs, 2) arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) observed abnormal appearance, conduct or behavior.

There are three possible levels in which a student-athlete may be placed in the Department's drug testing program. Please refer to all drug testing documents sent to you by the Sports Medicine unit for more information regarding the levels of our drug testing program.

Apart from drug testing, the Head Coach of each sport will have training rules and requirements which include prohibitions concerning the use of drugs. Individual team rules and sanctions may be more comprehensive and/or restrictive than those listed in the departmental policy. Each Head Coach will have the necessary authority to enforce these rules. A student-athlete whose system contains drug residues may not be capable of performing sports activities and may detract from team performance and/or be a hazard to himself/herself and others. Accordingly, Head Coaches may properly take positive drug test results into consideration along with any other indications of drug use, as a factor in determining whether, and to what extent, a particular student-athlete should be permitted to practice, workout, or compete. The Head Coach will confer with the Director of Sports Medicine and Director of Athletics in such cases.



Individual Team Drug Screen

There may be times that an entire team is tested. This may include but is not limited to the following reasons:

1. Prior to post season competition.
2. Suspected widespread use of/or association with banned substances by team members.

Appeals

Student-athletes who test positive will be entitled to a hearing with the Director of Athletics or his/her designee prior to the imposition of any sanction. Requests for such a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Request must be in writing and received by the Director of Athletics.

The student-athlete may have an advocate or other representative present if the student so desires. However, the student-athlete must present his or her own case and the advocate or other representative may only advise the student-athlete. If the student-athlete chooses to bring an attorney as his/her advocate or representative, the Director of Athletics may request the university general counsel to be present. The meeting should take place no more than seventy-two (72) business hours after the written request is received. The student-athlete or the other parties involved may request an extension of time to the Director of Athletics, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The decision by the Director of Athletics or his/her designee regarding the sanction to be imposed shall be final, other appeal processes of the University notwithstanding.

Test Results Security

It has been agreed by the President of the University and the Director of the Office of Student Rights and Responsibilities that they will not be entitled to request information as to result of drug tests of any student-athlete, nor to use any information of evidence as to such test results, for any disciplinary purposes whatsoever. The Department of Athletics will make every effort to keep all such test results confidential, except to the limited extent otherwise provided above, and will oppose the disclosure thereof to any other person within or outside the University.

NCAA Drug Testing

All student-athletes may be tested by the NCAA at any time during the year and especially during championship competition.

A student-athlete who as a result of a drug test administered by the NCAA is found to have used a substance on the list of banned drug classes, shall be declared ineligible for further participation in post-season and regular-season competition during the time period ending one calendar year after the collection of the student-athlete's positive drug-test specimen. The student-athlete will also be charged with the loss of a minimum of the equivalent of one full



season of competition in all sports. (see 31.2.3 in the NCAA Manual) The student-athlete will remain ineligible until he/she tests negative and their eligibility is restored by the NCAA following the year long ban. “Street Drugs.”

A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance in the banned drug class “street drugs” (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of competition during a minimum of 50 percent of a season in all sports (at least the first 50 percent of regular season contests or dates of competition in the season following the positive test)

Alcohol Policy

The SFA Athletic Department does not condone the illegal or otherwise irresponsible use of alcohol. It is the responsibility of every member of the university community to know the risks associated with alcohol use and abuse. This responsibility obligates student-athletes to know relevant university policies and federal, state and local laws and to conduct themselves in accordance with these laws and policies. This policy extends to the recruitment of prospective SFA student-athletes. Prospective student-athletes visiting campus and socializing with current students are expected to participate in all activities without the influence of alcohol. It should be understood that possession or consumption of alcoholic beverages by individuals under the age of 21 is a violation of Texas state liquor laws. Likewise, it is illegal for anyone to supply alcoholic beverages to persons under the age of 21.

Violations of law or university policy involving alcohol or drugs, including possession, will be reviewed by the Director of Athletics and may be grounds for a positive test result or suspension.

NCAA DRUG TESTING

Any student-athlete may be tested by the NCAA at any time during the year.

If the NCAA test confirms that the student-athlete has used a banned drug (see 31.2.3.1 in the NCAA Manual for a complete list of banned substances and practices), the NCAA declares the student-athlete ineligible for further participation in postseason and regular-season competition for one (1) calendar year following the positive test and until the student-athlete re-tests negative. Further, NCAA legislation specifies that student-athletes who test positive will lose at least one (1) season of competition or the equivalent of one (1) season during their period of ineligibility. . “Street Drugs.” A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance in the banned drug class “street drugs” (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of competition during a minimum of 50 percent of a season in all sports.



Counseling Services

Counseling Services assists SFA students in overcoming obstacles to their personal and academic goals. This is accomplished through individual and group counseling for students and through outreach, presentations, training, and consultation for the campus community. Counseling Services respects and values diversity. Services provided by Counseling Services may include individual, couple, and family counseling (for enrolled students with family member(s)), groups, workshops, outreach presentations, programming, consultation and referrals, and crisis response. In addition, students can receive therapeutic services focused on the treatment and prevention of substance use disorders. Counseling Services offers presentations over the topic of substance use and abuse.

Health Services/Health Clinic

The Department of Health Services/Health Clinic screens for drug abuse and offers students treatment in seeking assistance for alcohol and drug dependence. Additionally, the department conducts required drug tests for intercollegiate athletics, spirit teams, and academic programs which require them.

Human Resources

Human Resources offers the following to SFA employees:

- Drug treatment options are detailed for employees in a document that describes the *UT Select* coverage both in-network and out-of-network benefits. A list of available treatment centers is also provided.
- Procedures for random testing, post-accident testing, and testing for reasonable suspicion are described in [HOP 05-505](#).

Campus Living

Campus Living offers many alcohol and drug education and prevention programs for residential students each year. Many of these programs include collaboration with Office of Diversity, Equity and Inclusion and the University Police Department.

Campus Living Staff Training

Campus Living employs full-time professional staff and part-time student staff to live in residential facilities in order to provide relevant programming and deal with emergencies. Both are specially trained to manage issues related to alcohol and other drugs. Detailed training is held prior to each fall and a shorter refresher training with special tracks for new staff is held prior to the spring semester.

Office of Student Life

A variety of programs related to alcohol and other drugs are produced each year by Student Engagement Programs. Jack Camp (SFA's first-year transition camp) coordinates activities that educate first-year students on the dangers of alcohol and substance abuse through an interactive small group discussions that are facilitated by student leaders to discuss negative impacts drug and alcohol can have on a student's first year.

Registered student organization leaders are required to attend annually. The training is facilitated by campus officials and includes a review of applicable policies and practices related to



organizational functions, risk management, and alcohol/drug use at programs. The training dates can be found each semester on the online involvement portal, The Handle:

<https://sfasu.presence.io/>.

Organization officers are encouraged to complete off-campus event registration forms may be found on the [student engagement programs home page](#). These forms encourage organizations to resolve potential risk management issues prior to their event

Driving Jacks is a student-run, non-profit organization on campus whose sole purpose is to provide safe, free, confidential, and non-judgmental rides home for both the SFA and Nacogdoches communities.

Fraternity and Sorority Life provides students with opportunities for personal growth and the development of interpersonal skills. The office of Fraternity and Sorority Life facilitated an Alcohol Skills Training Program (ASTP). SFA has 22 fraternities and 10 sororities, with the majority having the requirement by their national offices to produce alcohol and other drug programming annually.

Orientation Programs informs all new students of the educational opportunities and assists with the transition process of students and families into campus life. During the five new student orientation programs each year, several sessions are dedicated to alcohol and drug prevention.

These include:

- Skits featuring the dangers and consequences of alcohol misuse
- Sessions presented by the Dean of Students on the consequences of drug misuse
- Lumberjacks Chat sessions featuring peer discussions related to campus life and student code of conduct.
- An electronic copy of the Student Handbook is made available to every new student during orientation. References to the handbook, which reports the dangers of drug and alcohol abuse, are featured during the Lumberjack Life and Jacks Chat sessions.

Office of Student Conduct

The mission of the Office of Student Conduct at Stephen F. Austin State University is to facilitate a positive and safe environment for student learning, and to foster a university community based on the core values of integrity, civility, honesty, respect, and accountability. Student Conduct addresses behavioral misconduct in a manner that educates students and student organizations on the importance of ethical decision making and becoming more responsible citizens of the University community and global society.

University Police Department (UPD)

The university police are supportive of the university's [Drug and Alcohol Testing](#) and [Illicit Drug and Alcohol Abuse Policy](#), which are distributed annually to current and prospective employees and students by various university departments. The University Police Department is obligated to enforce all laws and university rules and regulations pertaining to the possession, sale, distribution, and consumption of alcoholic beverages on university-owned property. The illegal use, possession, sale, distribution, or manufacturing of drugs is not tolerated on university-owned property. The University Police Department looks for various ways to help educate our campus community. The department offers training on a variety of subjects,



including, but not limited to, “RAD” self-defense classes, presentations at SFA 101 classes, Citizens’ Police Academy, and presentations on “Alcohol and Drug Awareness.” Trainings dedicated to drug and alcohol awareness include:

- Sexual Assault Awareness – Informs attendees of the potential dangers of leaving drinks unattended at clubs or parties and going out alone. The training also encourages using the buddy system and knowing where and with whom you are going.
- Drug and Alcohol Awareness – Educates attendees regarding the effects of drug and alcohol use. UPD provides “drunk goggles” at presentations that show how drugs and alcohol can affect a person's judgement. The attendees are made aware of how drug use will affect their academic status, possible disciplinary sanctions imposed, and possible criminal charges that could be filed.

Health Risks

Research has found that alcohol and drug overuse or abuse can lead to various harmful side effects. Alcohol is a primary and continuous depressant of the central nervous system. Impairment of judgment and of recently learned, complex, and finely tuned skills begin to occur at blood alcohol concentrations as low as 0.025 percent. These impairments are followed by the loss of more primitive skills and functions, such as gross motor control and orientation at concentrations in excess of 0.05 percent.

- Alcohol in moderate doses impairs nearly every aspect of information processing, including the ability to abstract and conceptualize, the ability to use large numbers of situational cues presented simultaneously, and the cognitive ability to determine meaning from incoming information. Alcohol consumption can therefore promote action on impulse without full appreciation of, or concern about, the potential negative consequences of such action.
- Chronic long-term effects of heavy drinking over a period of years can result in brain damage; cancer of the mouth, esophagus or stomach; heart disease; liver damage resulting in cirrhosis, alcoholic hepatitis, and cancer of the liver; peptic ulcer disease; and possible damage of the adrenal and pituitary glands. Prolonged, excessive drinking can shorten life span by 10 to 12 years.

Illicit drugs include narcotics, such as heroin or morphine; depressants, such as barbiturates, quaaludes, or valium; stimulants, such as cocaine or "crack"; hallucinogens, such as PCP, LSD or mescaline; cannabis, such as marijuana or hashish; inhalants, such as nitrous oxide, amyl nitrite (poppers) or various hydrocarbon solvents; and designer drugs, such as α -methylfentanyl (China White), methamphetamine (Meth/Crank/Speed), 3,4-methylenedioxy-methamphetamine (MDMA/Ecstasy) or meperidine (Demerol).

- Narcotics initially produce a feeling of euphoria that is often followed by drowsiness, nausea, and vomiting. Tolerance may develop rapidly, and dependence is likely. The use of contaminated syringes may result in diseases such as human immunodeficiency virus (HIV), endocarditis (inflammation of the lining of the heart), and hepatitis.



The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but a somewhat larger dose can cause slurred speech, ataxia or unstable gait, and altered perception. Very large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence.

- Cocaine stimulates the central nervous system. Its immediate effects include dilated pupils; elevated blood pressure, heart, and respiratory rate; and increased body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose with long-term use eroding the nasal septum. The injection of cocaine with unsterile equipment can cause human immunodeficiency virus (HIV), hepatitis, and other diseases. Cocaine can produce psychological and physical dependency. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia, and seizures. Overdoses occur easily.

Hallucinogens include a diverse group of drugs that alter perception (awareness of surrounding objects and conditions), thoughts, and feelings. They cause hallucinations, or sensations and images that seem real though they are not. Hallucinogens can be found in some plants and mushrooms (or their extracts) or can be human-made. Common hallucinogens include the following: ayahuasca, DMT, D-lysergic acid diethylamide (LSD), peyote (mescaline), and 4-phosphoryloxy-N,Ndimethyltryptamine (psilocybin). Some hallucinogens also cause users to feel out of control or disconnected from their body and environment. Phencyclidine (PCP) users frequently report a sense of distance and estrangement. Time and body movement are slowed down. Muscular coordination worsens, and senses are dulled. Speech is blocked and incoherent. Chronic PCP users report persistent memory problems and speech difficulties. Mood disorders, such as depression, anxiety, and violent behavior, may also occur.

- The chemicals in most inhalants are rapidly absorbed in the lungs and exert their central nervous system effects within seconds, producing an altered mental state for about five to fifteen minutes. Immediate effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays can decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrite can cause rapid pulse, headaches, and involuntary passing of urine and feces. Inhalation of toluene as well as other hydrocarbons has been associated with kidney and liver damage, peripheral nerve problems, convulsions, encephalopathy (organic brain damage), and other central nervous system disorders. Sudden death associated with both glue sniffing and especially the inhalation of aerosols containing halogenated hydrocarbons (Freon) has been reported and is thought to be secondary to cardiac arrhythmias (abnormal electrical conduction patterns in the heart).

The short-term effects of marijuana include distortion of time perception, increased heart rate, dilation of blood vessels, and loss of short-term memory. Also decreased are visual perception and psychomotor skills, which have adverse effects on driving ability. The effects of long-term use include loss of motivation, chronic bronchitis, decreased vital lung capacity, and an increased risk of lung cancer. Tolerance and psychological dependence develop with marijuana.



Designer drugs are synthetic chemical modifications of older drugs of abuse that are designed and manufactured in covert laboratories and sold at great profit for recreational use. These drugs can be several hundred to several thousand times stronger than the drugs they are designed to imitate. Designer drugs similar to opiates include fentanyl, Demerol, and "China White." The narcotic analogs of designer drugs can cause symptoms such as those seen in Parkinson's disease - uncontrollable tremors, drooling, impaired speech, paralysis, and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating and faintness. Psychological effects include anxiety, depression, and paranoia.

- Withdrawal problems include sweating, diarrhea, fever, insomnia, irritability, nausea and vomiting, and muscle and joint pain. Flunitrazepam (Rohypnol) is a benzodiazepine chemically similar to prescription sedatives such as Valium and Xanax but much more powerful and has been used to commit sexual assaults due to its ability to sedate and incapacitate unsuspecting victims. Similarly, Gamma-hydroxybutyrate (GHB) is a depressant and is sometimes used as a date rape drug. Synthetic cannabinoids are part of a group of drugs called new psychoactive substances (NPS). NPS are unregulated mind-altering substances that have become newly available on the market and are intended to produce the same effects as illegal drugs. Synthetic cannabinoids are marketed under a wide variety of specific brand names, including K2, Spice, Joker, Black Mamba, Kush, and Kronic. Synthetic cannabinoids are not safe and may affect the brain much more powerfully than marijuana; their actual effects can be unpredictable and, in some cases, are more dangerous or even life-threatening. Synthetic cathinones, more commonly known as "bath salts," are human-made stimulants and are included in the group of NPS. Common effects of synthetic cathinones included elevated heart rate and blood pressure and chest pain. Other effects include delirium, dehydration, breakdown of skeletal muscle tissue, and kidney failure. Intoxication from synthetic cathinones can result in death.

Resources for Students and Employees

Counseling Services and SFA SWAT offer educational presentations for students pertaining to alcohol and other drugs and are available by appointment. In addition, the Counseling Clinic offers students, faculty/staff, and local community counseling sessions by appointment.

Local Resources:

- Alcohol and Drug Abuse Council of Deep East Texas - (800) 445-8562
- Michael E. DeBakey VA Medical Center - Charles Wilson VA Outpatient Clinic - (888) 771-6276
- Cenikor Foundation- Substance Abuse Facility - (903) 630-7461
- Alcoholics Anonymous - (936) 564-3388 and (936) 569-6441

Several Licensed Chemical Dependency Counselors are locally available. A complete list for SFA faculty/staff utilizing the insurance benefits package may be found on the [Blue Cross Blue Shield, UT Select webpage.](#)

Local Licensed Chemical Dependency Counselors:

- Jan L Hensarling - (936) 560-6855



- Ginger F Stephens - (936) 305-3070
- Amber N Scripsick - (936) 283-8729
- Erin E Cameron - (936) 201-7779

Other Educational Resources:

1. [Mothers Against Drunk Driving \(MADD\)](#) was created to help stop drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking.
2. [National Institute on Alcohol Abuse and Alcoholism](#) supports and conducts research on the impact of alcohol use on human health and well-being.
3. [The National Council on Alcoholism and Drug Dependence](#) provides a site that contains comprehensive information on issues of prevention, research, treatment, and more.
4. [Responsibility.org](#) is a site dedicated to fighting drunk driving and underage drinking.
- [Additionresource.com](#) is a site created to help addicts and their loved ones overcome addiction.

Standards of Conduct

It is the university's policy that all members of the university community and guests are obligated to adhere with federal, state, and local laws regarding the possession, consumption, and distribution of alcoholic beverages. All employees (full-time and part-time faculty, staff, and students) are prohibited from engaging in the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance or alcoholic beverage in the workplace or reporting to work under the influence of alcoholic beverages or illegal drugs.

- None of the funds appropriated to the university by the state legislature for travel expenses may be expended for alcoholic beverages. Alcoholic beverages will be permitted at authorized events on university-controlled property only as allowed under university policy. The unauthorized use of intoxicating beverages on university-controlled property or at university-sponsored activities, including, but not limited to, intercollegiate and intramural athletic events is prohibited. Alcoholic beverages are not permitted in university residence halls. Alcoholic beverages are permitted in the areas of university owned facilities that are designated as the private residence of full-time live-in employees of legal age.
- It is the policy of Stephen F. Austin State University that any unlawful manufacture, possession, or delivery of any controlled substance or illegal drug is strictly prohibited. Moreover, it is the policy of the state of Texas and of this university that this institution will be as free of illegal drugs as it can possibly be.



SFA outlines standards of conduct in the Code of Student Conduct and Academic Integrity, found in [HOP 04-106](#), which includes the following regulations:

Conduct- Rules and Regulations-

Any student who is found responsible for violating any of the following policies is subject to disciplinary sanctions:

1. Alcohol Possession and Use
 - a. Possession, use, and/or consumption of alcohol beverages by persons under the age of 21.
 - b. Operating a motor vehicle while under the influence of alcohol or while impaired by the consumption of alcohol.
 - c. Possession or consumption of alcohol beverages in unauthorized locations on campus, regardless of age.
 - d. The sale, distribution, or furnishing of alcohol beverages, or otherwise facilitating consumption of alcohol for/by persons under the age of 21.
 - e. Participation in drinking games or what could be perceived as drinking games, contests (e.g. beer pong, water pong, flip cup, etc.) by persons under the age of 21.
 - f. Possession or use of common source containers (e.g. kegs, pony kegs, beer bongs).
 - g. Any activity or conduct involving the use of alcohol that is in violation of law

2. Drugs
 - a. The possession, consumption, or use of any illegal substance (substance controlled by Federal or Texas law) or synthetic cannabinoid.
 - b. The manufacture, cultivation, distribution, purchase, or taking delivery of any illegal substance (substance controlled by Federal or Texas law) or synthetic cannabinoid.
 - c. Misuse or improper possession of prescription medication. iv. Possession and/or use of any drug paraphernalia (e.g. bowls, hookah pipes, bongs, “homemade” smoking devices, or any other smoking device or smoking paraphernalia).
 - d. Operating a motor vehicle under the influence or while impaired by the consumption of substances controlled by Federal or Texas law or synthetic cannabinoid.
 - e. Any activity or conduct involving drugs that is in violation of local, state, or federal law.

University Employees-All employees (full-time and part-time faculty, staff, and students) are prohibited from engaging in the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance or alcoholic beverage in the workplace, or reporting to work under the influence of alcoholic beverages or illegal drugs.

- None of the funds appropriated to the university by the state legislature for travel expenses may be expended for alcoholic beverages. Observance of the policy regarding alcoholic beverages and illegal drugs is a condition of employment for all university employees. An employee violating this policy shall be subject to employment discipline



up to and including termination, or shall be required to undergo satisfactory participation in a drug abuse assistance or rehabilitation program, such as the Employee Assistance Program of the university.

- Any employee directly engaged in the performance of work pursuant to the provision of a federal grant or contract who is convicted of violating a criminal drug statute shall notify his/her immediate supervisor of the conviction no later than five days after the conviction. The immediate supervisor shall promptly report the conviction to the appropriate vice president and the dean of research and graduate studies. On behalf of the university, the dean of research and graduate studies will notify the federal agency grantor or contractor of the conviction within ten days of the university's receipt of notice from the employee or of receipt of other actual notice. Stephen F. Austin State University shall make a good faith effort to maintain a drug-free workplace by implementing and enforcing [HOP 05-512](#). The university shall also comply with United States Department of Transportation regulations regarding drug testing of drivers with a commercial driver's license.

Enforcement

University Level

Any student who is determined, through the Student Code of Conduct Process, to have violated this policy on the use of illicit drugs or alcohol will be subject to disciplinary sanctions.

Federal Law

Offense	Minimum Punishment	Maximum Punishment
Manufacturing, distributing or dispensing drugs (includes marijuana) Charge and punishment are dependent on the type and quantity of drug and other criminal factors.	A term of imprisonment not more than 20 years and a minimum fine of \$1,000,000	A term of life imprisonment and a fine starting at \$10,000,000 (for an individual) or \$50,000,000 (if other than an individual) If previously convicted, these numbers increase.
Possession of drugs (including marijuana)	Civil penalty in amount not to exceed \$10,000	Imprisonment for not more than 20 years or not less than 5 years and a fine of not less than \$5,000 plus costs of investigation and prosecution
Operation of a common carrier under the influence of alcohol or drugs		Imprisonment for up to 15 years and a fine not to exceed \$250,000



Texas Law

Offense	Minimum Punishment	Maximum Punishment
<p>Manufacture or delivery of controlled substances (drugs)</p> <p>Charges and punishment are dependent on type and quantity of drug and other criminal factors.</p>	<p>Confinement in the Texas Department of Criminal Justice State Jail (TDCJ) facility for a term of not more than 2 years or less 180 days, or confinement in a community correctional facility for not more than 1 year and a fine not to exceed \$10,000</p>	<p>Confinement in TDCJ for life or for a term of not more than 99 years or less than 15 years and a fine not to exceed \$250,000</p>
Possession of controlled substances (drugs)	<p>Confinement in jail for a term of not more than 180 days and a fine not to exceed \$2,000</p>	<p>Confinement in TDCJ for life or for a term of not more than 99 years or less than 15 years and a fine not to exceed \$250,000</p>
Delivery of marijuana (dependent on weight)	<p>Confinement in jail for a term of not more than 180 days and a fine not to exceed \$2,000</p>	<p>Confinement in jail for a term of not more than 99 years and a fine not to exceed \$100,000</p>
Possession of marijuana (dependent on weight)	<p>Confinement in jail for a term of not more than 180 days and a fine not to exceed \$2,000</p>	<p>Confinement in jail for a term of not more than 99 years and a fine not to exceed \$50,000.</p>
<p>Driving while intoxicated (includes intoxication from alcohol, drugs, or both)</p> <p>Punishment is dependent on previous convictions and other criminal factors such as BAC level, and harm done to others.</p>	<p>Confinement in jail for a term of not more than 2 years or less than 72 hours, and a fine of not more than \$2,000, possible loss of driver's license and license surcharge up to \$2,000 per year for three years.</p>	<p>Confinement in TDCJ for a term of not more than 10 years or less than 2 years and a fine of not more than \$10,000 Loss of driver's license for up to two years.</p>
Public intoxication	A fine not to exceed \$500	<p>If previously convicted the charge is enhanced, therefore enhancing the punishment to confinement in jail for a term of not more than 180 days and a fine not to exceed \$2,000</p>
Minor Purchasing Alcohol, Minor in Possession or Minor in Consumption of Alcohol	Fine of not more than \$500	<p>For a subsequent offense a fine of not less than \$250 nor more than \$2000 . Confinement in jail for a term of not more than 180 days or both.</p>
Sale of alcohol or furnishing alcohol to a minor	Fine of up to \$4,000 and/or up to 1 year in jail	<p>If harm is done to minor due to the alcohol they consumed, person who furnished can</p>



		receive 180 days to 2 years in confinement and a fine up to \$10,000.
Purchase of alcohol or furnishing alcohol to a minor at a gathering involving abuse of alcohol, including binge drinking or coercion	In addition to any other penalty, community service for not less than 20 hours, attendance at an alcohol awareness program, and suspension of driver's license for 180 days.	In addition to any other penalty, community service for not more than 40 hours, attendance at an alcohol awareness or driving awareness program, and suspension of driver's license for 180 days.
Driving under the influence of alcohol by a minor	Fine of not more than \$500 and community service related to education about or prevention of misuse of alcohol.	A fine of not less than \$500 or more than \$2,000, confinement in jail not to exceed 180 days and/or both; community service related to education about or prevention of misuse of alcohol.

Biennial Review

The law further requires institutions to conduct a biennial review of its alcohol and other drug prevention efforts with the following objectives:

- Determining the effectiveness of the policy and implementing changes to the alcohol and other drug misuse and prevention program if needed
- Ensuring that sanctions are consistently and evenly applied

The intent of the biennial review is document is to meet the legal requirements of conducting the biennial review, as well as to document the AOD prevention efforts at Stephen F. Austin State University. The biennial review must also include information regarding the number of alcohol and other drug related violations and fatalities occurring on the campus, as well as the number and type of sanctions imposed on students and employees for violations of the applicable standards of conduct.

The following campus units provide information for this report:

- Athletics
- Counseling Services
- Diversity, Equity, and Inclusion
- Office of Student Engagement, including Fraternity and Sorority Life
- Health Clinic
- Human Resources
- Student Conduct and Outreach
- Residence Life
- Office of Student Life
- Office of Title IX
- University Police Department



The Biennial Report can be located online at <http://www.sfasu.edu/vpsa>. For questions related to the Biennial Report, contact the Dean of Students Office at 936-468-7249 or dos@sfasu.edu.

