

MEREDITH COLLEGE

Health, Safety & Responsibility Newsletter

Volume 9 No. 1
2009

What is your responsibility as a Student or Employee of Meredith College regarding alcohol and other drugs? Here are the facts, policies, laws and resources you need to know.

Meredith College's Philosophy on Alcohol and Other Drug Use.

Meredith College is committed to assisting students and other members of the College Community to develop responsible attitudes and behaviors about the use/non-use of alcohol and other drugs within the framework of existing College policy and state laws.

This newsletter has been written as a commitment and guide to all members of the Meredith College Community. In addition, this newsletter provides facts concerning alcohol and other drugs to help you make informed choices.

As a recipient of federal monies, Meredith College is subject to the Drug Free School and Campus Act Amendments of 1989 and the Drug-Free Work Place Act of 1988.

Meredith Policy on Alcohol and Other Drugs

Students

Meredith students are expected to represent the College with dignity at all times. The possession and/or consumption of alcoholic beverages on campus or in any College building is prohibited except by those of legal age in individual on-campus apartments. Any amount of alcohol possessed or consumed by persons under the age of twenty-one shall be considered "possession." (*Refer to the online student handbook*)

The College strongly discourages illegal and irresponsible use of alcoholic beverages by Meredith students. North Carolina State law prohibits the use or possession of alcoholic beverages for persons who are under twenty-one years of age. Students who choose to possess and consume alcohol are encouraged to do so responsibly and not in a manner that would disrupt the living community or endanger themselves or others.

Students shall not possess or consume intoxicants at any College-sponsored functions sponsored by Meredith students or any Meredith student organization. Students participating in any Meredith or Meredith-affiliated study abroad program are expected to follow the laws of the host country and host institution during any study abroad program.

A student may **not** attend class while under the influence of alcohol. In addition, students who drive are deemed to be impaired will not be allowed to operate vehicles on campus.

The threshold of impairment is very low (any alcohol or controlled substance previously consumed remaining in the body) for persons under the age of twenty-one.

A report will be sent to the Dean of Students in the case of any student deemed to be driving while impaired. In addition, if the student is a resident, an immediate notification

will be sent to their Resident Director or Resident Advisor.

Employees

The use of alcohol or controlled substances by employees on the job, or reporting to work under the influence of alcohol or a controlled substance, constitutes a direct threat to the safety of the whole Meredith Community.

Reflecting its concern over the threat that alcohol abuse and illegal drugs constitutes to communities of higher education and to comply with these laws, the College prohibits the following by all of its employees:

1. The use or possession of alcohol while on College property (excluding the Massey House);
2. The unlawful manufacture, sale, distribution, dispensation, possession or use of any controlled substance – including the abuse of any prescription medications, while on College property or as a part of any College activity;
3. Reporting to work or working while intoxicated or otherwise impaired;
4. The violation of any law governing alcohol or drug use on College property or as part of a College activity.

Further information is available in the Office of Human Resources, Park Center.

MEREDITH COLLEGE

Health, Safety & Responsibility Newsletter

Volume 9 No. 1
2009

North Carolina Laws on Underage Drinking and Fake Identifications.

If you are under 21:

Penalty: Class 1 misdemeanor. With no criminal record, a person convicted can receive up to 150 hours of community services and/or up to \$1,000.00 fine. Also, upon conviction, the court will file a report with the DMV, and the Division will revoke that person's license.

If you are over 21:

Adult Providers: North Carolina has mandatory minimum penalties for people convicted of providing or helping provide alcohol to underage persons.

Selling and Providing:

A person convicted for the first time of selling or providing alcohol to someone under 21 will receive a minimum sentence of a \$250.00 fine and 25 hours of community services.

Aiding and Abetting:

A person convicted of aiding and abetting the sale or provision of alcohol to someone under 21 for the first time will receive a minimum of \$500.00 fine and 25 hours of community service.

For both charges, the fines and community services requirements will increase with a subsequent offense within four years.

Law Bans Fake ID Use:

Beginning December 1, 2001, it is a crime for a person under 21 to either enter a place where alcohol is sold or consumed, or to obtain a wristband that enables one to buy alcohol by using a fake ID. The new law also creates a new criminal offense for even possessing or manufacturing fake ID's. It is a Class

1 misdemeanor to possess, manufacture or use a fake ID to get into a place where alcohol is consumed. This applies to any kind of identification document, including in-state and out-of-state licenses.

This law also calls for the Division of Motor Vehicles to establish an electronic system available for retailers to verify driver licenses and dates of birth.

It is **illegal** for **ANYONE** to obtain or attempt to obtain alcohol using any type of fraudulent driver license or altered identification document. *That includes driver licenses borrowed from siblings or friends that happen to look like you.*

Letting someone borrow your ID:

It is also illegal for anyone to allow his or her driver license (or other document of identification) to be used by another person to obtain or attempt to obtain alcohol.

*(For more information refer to NC Alcohol Beverage Control Commission:
<http://www.ncabc.com/Publications/>)*

Meredith College Regard to Drug Use and Possession

Meredith College students shall **not** illegally manufacture, possess, sell or deliver a controlled substance or counterfeit controlled substance.

The term "controlled substances" shall be defined in accordance with the definitions set out in the *North Carolina General Statutes*.

Any student suspected of this violation of this policy is subjected to a hearing by the Honor Council. If found responsible, the student will be suspended or expelled in

accordance with the drug policy as enunciated by the Board of Trustees. The violator is also subject to the North Carolina law.

(Refer to the online student handbook)

North Carolina Laws With Regard to Drug Use and Possession

Under North Carolina Law, penalties for drug possession vary depending on the type of drug, amount and whether or not the drug is intended for sale. Drugs are classified under different schedules of penalties.

North Carolina Laws With Regard to Drug Use and Possession

The Federal Penalties and Sanction for Illegal Possession of a Controlled Substance are up to one-year imprisonment and a fine of at least \$1,000.00 for a first offense and at up to one year imprisonment, and a fine of at least \$5,000.00 and minimum of 90 days in prison after two or more prior drug convictions.

Specific penalties for drug trafficking violations can be found in NC General Statute 90-95 (<http://www.ncleg.net>).



MEREDITH COLLEGE

Health, Safety & Responsibility Newsletter

Volume 9 No. 1
2009

Alcohol Facts:

(Sources: factsontap.org)

300,000 of today's college students will eventually die of alcohol related causes.

159,000 of today's first year college students will drop out for alcohol or other drug related issues.

One-third of college students admit to missing at least one class because of alcohol or drug use.

One-fourth of college students report bombing a test or project because of after effects of drinking or using drugs.

One night of heaving drinking can impair your ability to think abstractly for up to 30 days.

How Alcohol discriminates between women and men:

(Sources: factsontap.org)

Women:

Average total body water is 52%.

Women have smaller quantity of the dehydrogenase enzyme (the enzyme used to break down alcohol).

Premenstrual hormonal changes causes intoxication to set in faster during the days right before a woman gets her period.

Alcohol increases estrogen levels. Birth control pills or other medicines with estrogen increase intoxication level.

Men:

Average total body water is 61%.

Men have lager quantity of the

dehydrogenase enzyme (the enzyme used to break down alcohol).

Men's susceptibility to getting drunk does not fluctuate dramatically at certain times of the month

Alcohol also increases estrogen levels in men. Chronic alcoholism has been associated with physical body changes and impotence.



Campus Resources for students on Alcohol and Other Drugs

If you would like to know more about the use/abuse of alcohol or other drugs beyond what this newsletter offers, Meredith has services & resources that can help:

Meredith Counseling Center and Health Center are responsible for providing alcohol education and programming on campus.

Meredith Counseling Center

The Counseling Center offers programs, individual confidential counseling and referral for a variety of alcohol and other drug use/abuse concerns.

Meredith Health Center

The Health Center offers a number of written materials, available free of charge, in the waiting and health promotion rooms. Additionally, the Health Center Staff members are available to answer questions or provide information.

Meredith College has joined **CAMPUS** in connection with North Carolina State University.

CAMPUS is a statewide program designed to assist colleges and universities address high risk drinking behaviors through the formation of campus-community coalitions and strategic planning based on an environmental approach and local policy.

Contact the Counseling Center for more details or visit our website: www.meredith.edu/students/counsel

Additional alcohol and drug information can be found at these websites

Adult Children of Alcoholics World Service Organization
www.adultchildren.org

Alanon-Alateen www.alanon.alateen.org

Alcoholics Anonymous
www.alcoholics-anonymous.org

American Council for Drug Education www.acde.org

Cocaine Anonymous www.ca.org

Drug Help www.drughelp.org

Families Anonymous
www.familiesanonymous.org

Jewish Alcoholics, Chemically Dependent Persons and Significant Others (JACS)
www.jacsweb.org

Marijuana Anonymous
www.marijuana-anonymous.org

Narcotics Anonymous www.na.org

MEREDITH COLLEGE

Health, Safety & Responsibility Newsletter

Volume 9 No. 1
2009

National Institute on Alcohol Abuse and Alcoholism: College Drinking Prevention

www.collegedrinkingprevention.gov

National Institute on Drug Abuse

www.drugabuse.gov/drugpages

National Poison Control: 1/800-222-1222

Treatment Locator Database

Department of Education's Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention - www.edc.org/hec

Facts on Tap - www.factsontap.org

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

www.niaaa.nih.gov

National Social Norms Resource

Center - www.socialnorms.org

U.S. Department of Education -

www.ed.gov

American Council for Drug

Education - www.acde.org

Association for Medical Education and Research in Substance Abuse (AMERSA) - www.amersa.org

Center for Substance Abuse Prevention -

www.prevention.samhsa.gov

Center for Substance Abuse

Treatment - www.csat.samhsa.gov

Centers for Disease Control and

Prevention - www.cdc.gov

Drug Enforcement Administration -

www.dea.gov

National Clearinghouse for Alcohol and Drug Information -

www.health.org

National Council on Alcoholism and Drug Dependence - www.ncadd.org

National Highway Traffic Safety

Administration - www.nhtsa.gov

National Institute on Alcohol Abuse and Alcoholism - www.niaaa.nih.gov

National Institute on Drug Abuse -

www.nida.nih.gov

Office of National Drug Control Policy -

www.whitehousedrugpolicy.gov

Substance Abuse and Mental Health Services Administration -

www.samhsa.gov



Taking accountability for one's actions is a responsibility and personal choice. Are you making the right choice?