Annual Notification

Drug and Alcohol Abuse Prevention Program

Northwest Nazarene University is required by the Drug Free Schools and Community act to implement a Drug and Alcohol Prevention Program ("Program") and to provide annual notification of the Program to all students and employees. The following Program information describes the University's standards of conduct related to alcohol and illicit drugs and the legal sanctions and health risks associated with the abuse of alcohol or use of illicit drugs. It also includes a statement about the University's institutional support and available resources for alcohol and drug related problems.

DRUG AND ALCOHOL ABUSE PREVENTION PROGRAM

Please take time to read this very important material. Northwest Nazarene University is required by the Drug Free Schools and Communities Act of 1989 to create policies for the establishment and preservation of a drug-free campus. Further, we are responsible for notifying all students, faculty, and staff of such regulations, and implementation of monitoring and employing sanctions for violations. Please direct questions to the Office of Student Development at (208) 467-8643 or the University Counseling Center at (208) 467-8466, counselingcenter@nnu.edu, or if you are an employee, the Office of Human Resources at (208) 467-8036, hr@nnu.edu .

STANDARDS OF CONDUCT

The use, possession, distribution, or manufacturing of alcoholic beverages and illicit drugs by students and employees on or off campus or as any part of any activity is prohibited. Violations will result in disciplinary action by the appropriate agent(s). For further information about student lifestyle expectations, please see the Student Handbook.

For further information regarding lifestyle expectations for NNU personnel, please see the policy manuals for faculty and staff.

LAWS GOVERNING THE USE OF DRUGS AND ALCOHOL

ALCOHOL: OFFENSES AND PENALTIES

Underage Consumption: Idaho laws prohibits persons under 21 years of age to consume or possess any alcoholic beverage. The first violation is considered an infraction and carries a penalty of three hundred dollars ($300). The second violation is a misdemeanor which carries a penalty of a fine of not more than two thousand dollars ($2,000), or up to thirty (30) days in jail or both. A third or subsequent violation carries a fine of not more than three thousand dollars ($3,000), or up to sixty (60) days in jail or both. A person convicted of a misdemeanor for underage alcohol possession also faces suspension of driving privileges for a period up to one year. (Idaho Code § 23-604)

Providing a minor with alcohol: Idaho laws also charge anyone who sells or delivers alcoholic beverages to persons under 21 years of age with a misdemeanor punishable with a fine of not less than $500 nor more than $1,000 per violation or by imprisonment for a period not to exceed one year or both.
(Idaho Code § 23-603)

Driving under the influence of alcohol: In Idaho anyone over 21 years of age with a blood alcohol level of .08 or higher who is driving or in the driver's seat with the motor running or anyone under the age of 21 with a blood alcohol level of .02 or higher while driving, can be convicted of driving under the influence. A first DUI violation is a misdemeanor punishable with a with a jail sentence up to 6 months, a fine up to $1,000, and will have driving privileges suspended for up to one year, with 90 days of the sentence mandatory. Second violations of driving under the influence within ten years, carry penalties including mandatory jail time, a fine up to $2,000 and a license suspension of at least one year. (Idaho Code § 18 -8004)

DRUGS: OFFENSES AND PENALTIES

CONTROLLED SUBSTANCES: OFFENSES AND PENALTIES

Idaho Law

Marijuana: Any person who possesses marijuana in excess of 3 ounces is guilty of a felony and may be subject to penalties of imprisonment up to 5 years and a fine of up to $10,000. Possession of under three ounces is a misdemeanor with a penalty of imprisonment up to 1 year and a fine of up to $10,000. There are even harsher penalties for manufacturing and distribution. Idaho Code § 37-2732. Medical marijuana is not legal in Idaho.

Being under the influence of a Controlled Substance: According to Idaho law, any person convicted of being under the influence of a controlled substance is guilty of a misdemeanor punishable with a fine of up to $1,000 and imprisonment for up to 6 months or both. A second conviction within 5 years for controlled substances requires mandatory jail time of at least 120 days. The court may permit any person

convicted of a violation related to controlled substances to complete a licensed drug rehabilitation program in lieu of part or all of the imprisonment in the county jail. (Idaho Code § 37-2732C)

Trafficking of Controlled Substances: Idaho laws consider manufacturing, delivering or bringing into the state controlled substances as trafficking which is considered a felony. A felony for trafficking carries a mandatory minimum fixed term of imprisonment of 1 year and a fine of at least $5,000. Larger amounts of controlled substances can carry penalties of up to 15 years in prison and a $50,000 fine. (Idaho Code § 37-2732B)

Federal Law

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 five years for a first conviction. Federal drug convictions for possession may result in denial of federal benefits for up to one year for a first conviction and up to five years for subsequent convictions.

Forfeiture of Personal Property and Real Estate (21 U.S.C. 853) Any person convicted of a federal drug offense punishable by more than one 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.

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. 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 the possibility of a life sentence and fines ranging up to $10 million.

Persons convicted on federal charges of drug trafficking within 1,000 feet of a university (21 U.S.C. 860) 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 one year.

Federal Drug Possession Penalties (21 U.S.C. 844) Persons convicted on federal charges of possessing any controlled substance face penalties of up to one year in prison and a mandatory fine of no less than $1,000. Second convictions are punishable by not less than 15 days but not more than two years in prison and a minimum fine of $2,500. Subsequent convictions are punishable by not less than 90 days but not more than three years in prison and a minimum fine of $5,000.

Drug Convictions while receiving Federal Financial Aid: If you are convicted of a drug-related offense after you submit the FAFSA, you might lose eligibility for federal student aid, and you might be liable for returning any financial aid you received during a period of ineligibility.

Please note: As set out more fully in Section 5301 of the **Anti-Drug Abuse Act of 1988**, if you are convicted of drug distribution or possession; the court may suspend your eligibility for Title IV financial aid. If you are convicted three or more times for drug distribution, you may become permanently ineligible to receive Title IV financial aid.

The university is required by the Anti-Drug Abuse Act to report to the government-contracting agency within 10 days of learning of any conviction.

HEALTH RISKS OF DRUG AND ALCOHOL ABUSE

The NNU community commits to a set of principles that promote our ability to fulfill the university's mission of instilling habits of heart, soul, mind, and strength to enable each student to become God's creative and redemptive agent in the world. One of these commitments is related to the use of drugs and alcohol.

We commit to lifestyle choices that promote clarity of thought and purpose and that maintain a positive witness. We choose to avoid the procurement, distribution, and/or use of alcohol as a beverage, tobacco, and illegal/unauthorized prescription drugs so that we might protect ourselves and others from the harmful effects and impaired judgment that inevitably result from substance abuse. We choose to avoid other potentially addictive behaviors that may result in the damaging of personal character and witness. See the Student Handbook.

There are many major physical, mental health, and relational risks associated with the use of illicit drugs and alcohol. A brief summary of some of those risks is presented here.

Alcohol
Drug Class: Sedative Hypnotic

Unhealthy levels of alcohol consumption are a problem on college campuses across the country. Larger percentages of college students struggle with binge drinking and intoxication than noncollege students of the same age.
Alcohol abuse can lead to:

- Increased risk of injury and death.
- Alcohol is a factor in 60% of fatal burn injuries, drownings, and homicides; 50% of severe trauma injuries and sexual assault; and 40% of fatal motor vehicle crashes, suicides, and fatal falls.
- Greater risk of liver disease, heart disease, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections from unsafe sex, and several types of cancer.
- Alcohol addiction/dependency.

Even moderate drinking can lead to slow reaction times and impaired driving. College students who drink alcohol will often times experience increased academic distress. Alcohol is very dangerous for pregnant women. Drinking during pregnancy can lead to long-term developmental problems including what is known as fetal alcohol syndrome. Chronic excessive drinking can lead to physical problems such as liver damage.

Marijuana
Drug Class: Schedule 1 Narcotic

Although marijuana use has become more socially acceptable in recent years, there are significant risks involved in using marijuana. Although some states have legalized the recreational use of marijuana, it is still illegal in most states and possession or intoxication could lead to significant fines and arrest.

Marijuana use can lead to:

- Damage to nerve cells in the part of the brain where memory is formed, leading to impaired short-term memory.
- Impaired sense of time and coordination impacting reaction times and the ability to drive safely.
- Damage to your lungs due to the inhalation of tar which can lead to respiratory infections, cough, and lung cancer.
- Increased risk of depression, anxiety, and personality disturbances.
- Decreased motivation and loss of connection to important personal values.
- Risk of addiction/dependency.

Cocaine
Drug Class: Stimulant

Cocaine is a stimulant typically snorted, injected, or smoked. Cocaine use will produce a "high" that typically lasts approximately 5 to 20 minutes. This is a highly addictive drug that is associated with severe side effects. Accidental overdose of cocaine can lead to death.

Cocaine use can lead to:

- Dependence and addiction.
- Heart attack, stroke, seizures, and hemorrhaging in tissue around the brain.
- Psychosis, paranoia, depression, anxiety, and delusions.
- Mood swings and irritability that lead to aggressive behaviors, violence, and criminal activity.

Pregnant women who use cocaine risk spontaneous abortion, premature labor, low birth rate, and greater chances of visual impairment, mental retardation, and other developmental problems.

Methamphetamine
Drug Class: Stimulant

Methamphetamines produce a very similar reaction to cocaine, but they are synthetic and longer acting. Amphetamines are typically shot, snorted, eaten, or smoked. Like other stimulants, and accidental overdose of this drug can lead to death.

Methamphetamine use can lead to:

- Quick addiction/dependence, sometimes after just one use.
- Paranoia heart and blood vessel problems, twitching, increased body temperature, dehydration, malnutrition, and rotting teeth.
- Physical and emotional depression, extreme irritability, nervousness, anhedonia, and cravings.
- Paranoia, anxiety, mental confusion, poor judgment, impaired memory, aggression, excess violence, and hallucinations.

If used while pregnant, methamphetamine can cause miscarriages, premature delivery, irritable baby syndrome, learning disabilities, growth and developmental delays, and increased risk for ADHD, AIDS, and hepatitis B and C.

Hallucinogens
Drug Class: Hallucinogens

The most commonly used hallucinogen is LSD. Street names for LSD include acid, blotter, micro., trip, and California sunshine. People have varied experiences on hallucinogens based upon their setting in previous drug use experience. Users will typically feel detached from their surroundings, experience emotional swings and an altered sense of space and time. At high dosages, use of hallucinogens can lead to seizures, coma, psychotic states, or death.

Hallucinogen use can lead to:
- Jitteriness, racing heartbeat, nausea, chills, and numbness to the face and lips.
- “Bad trips” which produce frightening experiences leading to anxiety.
- Accidental injury or death as a result of unclear thinking about their environment or themselves.
- Flashbacks.

Ecstasy
Drug Class: Entactogens

MDMA, MDA, and MDE increased heart rate, blood pressure, and body temperature. These drugs produce a reaction similar to that of stimulants. These drugs are known as Molly, Adam, Eve, or love because they produce a state of warmth towards those around them. Overdose or use in conjunction with high levels of physical activity and warm environments have led to death.

Ecstasy use can lead to:
- The inability to regulate body temperature, extreme nausea, and a rise in heart rate.
- Disinhibition leading to sexually unsafe decisions.
- Confusion, depression, sleep problems, drug craving, and anxiety.
- Difficulty with attention and memory.

Opioids
Drug Class: Opiate Analgesics

Individual drugs within this class include opium, heroin, morphine, codeine, delighted, oxycodone, Demerol, and others. These drugs are snorted, injected, smoked, or swallowed in pill form. These drugs are found on the streets as well as through medical prescriptions. Opiate overdose can be lethal regardless of its form.

Opiate use can lead to:

- Overdose and death.
- Slowed breathing.
- Nausea and vomiting.
- Addiction, dependence, tolerance, and withdrawal.
- Increased risk of HIV or hepatitis as a result of injection with shared needles.
- Impaired sexual reproduction in men.

Additionally:

Individuals who choose to use any of these or other drugs need to be aware of the hazards associated with drug interactions. All of the drugs listed above as well as others may interact with an individual's prescribed or over-the-counter medication in ways that lead to undesired side effects or death.

NNU students needing help to recover from drug use or abuse can find support through the University Counseling Center 208-467-8466 OR counselingcenter@nnu.edu.

INSTITUTIONAL SUPPORT

An employee/student who voluntarily acknowledges and reports to his/her supervisor/counselor a controlled substance problem will be given an opportunity to undergo drug counseling and/or a rehabilitation program. (There are no penalties resulting for a student seeking help.)

Rehabilitation Resources

Resources are available for individuals needing help with addictions or problems related to alcohol and other drug-related problems, including:

University Counseling Center
518 E. Dewey Avenue,
Nampa, ID
(208) 467-8466

Families Etc.
516 Holly Street, Rm. 301, Nampa, ID
(208) 467-8837

Port of Hope
508 E. Florida Avenue,
Nampa, ID (800) 974-0118

New Start Center for Recovery
Intermountain Hospital
303 N. Allumbaugh Street
(208) 377-8400

Recovery 4 Life
8950 Emerald Street, Suite 178,

Boise, ID
(208) 376-7083

Lifeways Counseling Center
824 S. Diamond Street, Nampa, ID
(208) 546-3046

Life Counseling
112 12th Avenue Road, Nampa, ID
(208) 465-5433

Celebrate Recovery Nampa
First Church of the Nazarene,
Nampa, ID (208) 466-3549

Alcoholics Anonymous
Area 18 Answering Service
(208) 344-6611

Narcotics Anonymous
(818) 773-9999

Northwest Nazarene University will impose disciplinary sanctions on students and employees (consistent with local, State, and Federal law). A disciplinary sanction may include the completion of an appropriate rehabilitation program, as well as up to and including suspension, expulsion or termination. In addition to the institutional sanctions that may be imposed, those in violation may also expect to incur legal sanctions consistent with local, state, and federal law.