

MANHATTAN COLLEGE
POLICY STATEMENT PURSUANT TO THE FEDERAL DRUG FREE SCHOOLS
AND COMMUNITIES ACT AMENDMENTS OF 1989

To all Employees of Manhattan College:

Manhattan College is committed to helping any individual members of the College community overcome the psychological and physical problems that may be attributable to drug and alcohol abuse.

Drug and alcohol abuse are national health problems. This problem affects all people in the community.

The United States Department of Education has issued regulations for the implementation of the provisions of "Drug-Free Schools and Communities-Act Amendments of 1989" (Public Law 101-226). These regulations require the College to annually distribute information regarding the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on College property or as part of any of its on-campus or off-campus activities.

Manhattan College is in compliance with the Federal Law. Within the document, the College outlines the standards of conduct with respect to alcohol and drug abuse, the health risks associated with substance abuse and the criminal sanctions under Federal and State law for the illegal possession or distribution of drugs and alcohol.

This document also notes the College's sanctions that can be imposed for violating policies regarding substance abuse. We have also included information on various assistance programs available at the College and other places in the New York City area where individuals can seek help and treatment.

The following information is extremely important and should be read carefully by each employee.

I. Standard of Conduct

Manhattan College is committed to an environment free of illegal drugs and alcohol abuse. The best way to prevent problems is through education. The College accepts all students and employees as part of its community and therefore, accepts the responsibility to help any individual that may have a problem related to drugs or alcohol.

However, this should not be interpreted as acceptance of illegal activity. Manhattan College will not accept the unlawful possession, use or distribution of illegal drugs or alcohol on its property. Standards set forth for activities have been distributed by the Dean of Students office.

II. Health Risks Associated with the Abuse of Alcohol and the Use of Illicit Drugs.

The following briefly summarizes health risks and symptoms associated with alcohol abuse of illicit drugs. It is important to note that individuals experience alcohol and drugs in different ways based on physical tolerance, body size and gender, and a variety of other physical and psychological factors.

Alcohol

Effects: Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair judgment and coordination required to drive a car safely, increasing the likelihood that the driver will be involved in an accident. Low to moderate doses of alcohol also increases the incidence of a variety of aggressive acts, including spouse and child abuse. Moderate to high doses of alcohol cause marked impairment in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol will produce the effects described. Repeated use of alcohol can lead to addiction. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol, particularly when combined with poor nutrition can also lead to permanent damage to vital organs such as the brain and the liver. Drinking during pregnancy may cause birth defects such as fetal alcohol syndrome, mental retardation and irreversible physical abnormalities. Also research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Illicit Drugs:

Marijuana

Effects: Marijuana use leads to a substantial increase in the heart rate. It impairs or reduces short-term memory and comprehension. Motivation and cognition can be altered. With extended use, it can produce paranoia and psychosis. Smoking marijuana damages the lungs and pulmonary system. Marijuana contains more cancer causing agents than tobacco. It also lowers male sex hormones, suppresses ovulation, and causes changes in the menstrual cycle and possible birth defects. Someone who uses marijuana may laugh inappropriately and have bloodshot eyes, dry mouth and throat, tell-tale odor of the drug, and a poor sense of timing and increased appetite.

Cocaine and Crack

Effects: Health risks may include changes in body temperature and blood pressure as well as heart and breathing rates. Even small amounts may cause the body to exceed its own limits, sometimes resulting in death. Snorting cocaine may severely damage the lungs. Someone using cocaine may experience muscle twitching, panic reactions, anxiety, numbness in hands and feet, loss of weight, a period of hyperactivity followed by a crash, a runny or bleeding nose, and depression. Other symptoms of cocaine use may include nausea, vomiting, insomnia, tremors and convulsions. Chronic users may become paranoid and/or experience hallucinations.

Barbiturates

Effects: In small doses, barbiturates produce calmness, relaxed muscles and lowered anxiety. Larger doses cause slurred speech, staggering gait and altered perception. Very large doses, or doses taken in combination with other central nervous system depressants (e.g., alcohol), may cause respiratory depression, coma and even death. A person who uses barbiturates may have poor muscle control, appear drowsy or drunk, become confused, irritable, inattentive or have slowed reactions.

Amphetamines

Effects: Amphetamines, methamphetamines, or other stimulants can cause increased heart and respiratory rates, elevated blood pressure and dilated pupils. Larger doses cause rapid or irregular heartbeat, tremors and physical collapse. An amphetamine injection creates a sudden increase in blood pressure that can result in stroke, high fever, heart failure and death. An individual using amphetamines might begin to lose weight, have the sweats and appear restless, anxious, moody and unable to focus. Extended use may produce psychosis, including hallucinations, delusions and paranoia.

Hallucinogens (including PCP., LSD, Mescaline, Peyote, Psilocybin)

Effects: PCP, or angel dust, interrupts the part of the brain that controls the intellect and keeps instincts in check. PCP blocks pain receptors. Violent episodes, including self-inflicted injuries, are not uncommon. Chronic users report memory loss and speech difficulty. Very large doses produce convulsions, coma, heart and lung failure or ruptured blood vessels in the brain. LSD, mescaline, peyote, etc. cause dilated pupils, elevated body temperature, increase heart rate, blood pressure and tremors. Someone under the influence of PCP might appear moody, aggressive or violent. Such an individual may become paranoid and experience hallucinations as well as notice a slowing down of body movements. People using LSD may experience loss of appetite, sleeplessness, confusion, anxiety and panic and may report perceptual distortion. Flashback may also occur.

Narcotics (including Heroin, Codeine, Morphine, Opium, Percodan)

Effects: Because narcotics are generally injected, the use of contaminated needles may result in many different diseases, including AIDS and hepatitis. Symptoms of overdose include shallow breathing, clammy skin, convulsions, coma and may result in death. Some signs of narcotic use are euphoria, drowsiness, constricted pupils and nausea. Other symptoms include itchy skin, needle or “track” marks on the arms and legs, nodding, lack of sex drive and appetite, sweating, cramps and nausea when withdrawing from the drug.

III. Counseling Rehabilitation

Services available at Manhattan College

Counseling Center - Miguel Hall 862-7394, information and brochures are available as well as the services of psychologists, counselors and a consulting psychiatrist.

Campus Ministry - Miguel Hall 862-7477, in addition to talking with one of the staff members, you may get involved in the AA (Alcoholics Anonymous) or ACOA (Adult Children of Alcoholics) meeting ,which are sponsored by this office.

Campus Infirmary - Jasper Hall 862-7217, information and brochures are available as well as the services of registered nurse and consulting physicians.

All communication and records between a counselor and client is privileged and confidential.

Other Resources:

New York City Program:

- Alcoholics Anonymous -----683-3900
- Alcohol Council of Greater New York----- 979-1010
- Al-Anon-----245-7230
- Break Through Program at Gracie Square Hospital----- 988-4400
- Cocaine Hotline----- 800-COCAINE
- Drug Abuse Hotline-----800-662-HELP
- Freeport Medical Associates-----279-2727
- Lowell Institute-----661-7400
- Narcotics Anonymous-----601-5817
- Project Green Hope Services for Women----- 369-5100
- Second Wind-----481-1055
- Smithers Alcohol Treatment Center----- 554-6491
- Viritas----- 662-1411

Other Resources:

Bronx and Westchester

- Arms Acres-----914-225-3400
- Four Winds Hospital-----914-763-8151
- Montefiore Hospital-----212-920-6741
- Parkview-Westchester-----914-962-5000
- Riverdale Mental Health Center-----212-796-5300
- Treatment and Center of Westchester-----914-949-3601
- The Weekend Center-----914-666-6740

Alcohol treatment centers require a license from the State of New York. If there is a question about a firm, which offers treatment, contact the New York State Division of Alcoholism and Alcohol Abuse (212-587-4943).

IV. Criminal Sanction

The unlawful possession, use or distribution of illicit drugs and alcohol is punishable by sanctions imposed by the United States Government and by the State of New York.

Penalties are imposed based on the nature of the drug and the amounts in possession or distributed; i.e. possession of two to eight ounces of marijuana in New York State is a Class A misdemeanor carrying a penalty of six months incarceration and a \$1,000 fine. Class B misdemeanor is committed when an alcoholic beverage is given to a person under the age of 21. The crime is punishable by up to three months in imprisonment and a \$500 fine. Class D felony is the possession of \$500 milligrams or more of cocaine carrying a prison term of one to three years and a \$15,000 fine.

Driving While Intoxicated (DWI) is a misdemeanor punishable by up to a year imprisonment and a \$500 fine and loss of Drivers License.

V. Manhattan College's Disciplinary Sanctions

Manhattan College has established a drug-free work place policy in order to reaffirm its long-standing prohibition against the unlawful use of controlled substances.

Manhattan College prohibits the unlawful manufacture, distribution, dispensation, possession or use of illegal drugs on College property while conducting College business off premises.

Penalties

Employees who violate this policy will be subject to appropriate disciplinary action; i.e. termination. The use or sale of drugs or providing alcohol to minors will be reported to law enforcement agencies, which may result in prosecution.

Questions from employees regarding the implementation of the policy can be addressed to the Vice President for Human Resources, ext. 7922.

Any question or problem pertaining to students should be referred to the Dean of Students, ext. 7999.