

January 1, 2016 – December 30, 2016

Drug and Alcohol Information & Prevention

Maria College

<http://www.mariacollege.edu>

*Provided for the Higher Education Act of 1965 HEOA Sec 107 amended HEA
Sec. 120 (a)(2)(B)-(C). HEOA amendment effective August 14, 2008 34 CFR 86*

U.S. DEPARTMENT OF EDUCATION

www.ope.ed.gov/security

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**Prepared by:
Student Affairs**

Maria College Mission Statement

The mission at Maria College is to instill in our graduates a respect for the dignity of each person and the ability to transform learned skills into caring service. The intent of the College is to provide educational programs with high academic standards, convenient scheduling and formats for students of any age who may benefit from small classes and a warm, encouraging environment.

As a Catholic college, the primary focus is on developing each individual – providing them with the opportunities for growth that will enable them to make meaningful contributions to society. The following six values are integrated into our culture by our founders and sponsors- The Sisters of Mercy – values that have become part of the student experience at Maria College.



CHARTER

Maria College is chartered by the Board of Regents of the University of the State of New York and its programs are registered with the New York State Education Department, Room 981, Education Building Annex, Albany, New York 12234, (518) 486-3633.

ALCOHOL AND DRUG POLICY

The objective of the alcohol and drug policy is to maintain a healthy and productive environment; free from the effects of alcohol/drug abuse.

Maria College views chemical dependency as a disease that can endanger the well-being of students, faculty, staff, and the community they serve. Therefore, Maria College prohibits the use, possession, selling, or distribution of alcohol/drugs on campus property. The College holds each person responsible for his/her conduct at all times, including behaviors which occur under the influence of alcohol/drugs, and any person violating these policies may be subject to disciplinary action. Violations are considered a serious offense, and disciplinary action may include referral for treatment, disciplinary suspension, dismissal, and/or referral for prosecution. Such violations of the standards of conduct will be dealt with on a case-by-case basis, with imposition of discipline appropriate to the severity of the violation.

This policy outlines the procedures by which an individual may seek confidential assistance, either *mandatory or voluntary* from the counseling office.

Individuals from the campus community identified for *mandatory referrals* shall be those who demonstrate a pattern of poor academic performance (such as absenteeism and tardiness), impaired performance in the classroom and/or at the clinical field placement, or other acts that violate the College policy as deemed by the Vice President of Academic Affairs. Maria College has adopted the following *mandatory* procedures:

- An administrator or faculty member will 1) document observation of impaired student and 2) confront the student and coordinate his/her referral with the Counseling Office.
- A student who receives a *mandatory referral* must sign a written release form stating the terms of assessment, treatment and completion of a substance abuse program. A student who refuses to comply with the contract requirement may be subject to further disciplinary action up to and including dismissal from the college. Responsibility for any/all costs of evaluation, treatment or aftercare will be borne by the student.
- Due to the nature of the disease of chemical dependency and the course of treatment needed, counseling services involving substance abuse violations at Maria College are limited to assessment and referral for treatment.

Effect Of Drinking Too Much At One Time May Include:

Physical Effects:

- Increased heart rate and skin temperature, loss of muscle control leading to slurred speech, poor coordination, etc.
- Fatigue, nausea, headache, etc.

Mental Effects:

- impaired judgment (of space, time, etc.); impaired thinking and reasoning processes; poor concentration
- Loss of inhibitions: exaggerated feelings of anger, fear, anxiety, etc.

Frequent drinking to intoxication over an extended period can have serious consequences. For example:

- Alcoholism
- Damage to brain cells
- Malnutrition (if the drinker doesn't eat a balanced diet)
- Increased risk of cirrhosis, ulcers, heart disease, heart attack and cancers of liver, mouth, throat and stomach
- Degeneration of muscle and bone, blackouts, memory loss, hallucinations, poor concentration, personality disorders, and increased tension, anger, isolation
- "DTs" (delirium tremors) - shaking, hallucinations, etc.--due to withdrawal from alcohol

Alcohol Penalties:

1. Unlawfully Dealing with a Child: It is unlawful to give or sell alcohol (or cause it to be given or sold) to a person under the age of 21. This is a Class B misdemeanor. The penalty could be up to three months imprisonment and a \$500 fine.
2. DWI: Driving While Intoxicated (by drugs or alcohol) is a misdemeanor punishable by up to a year imprisonment and up to a \$500 fine.
3. DWAI: Driving While Ability Impaired by Alcohol is a violation punishable by up to 15 days imprisonment and up to a \$350 fine.
4. Liability of One Serving a Person under Age 21: Anyone who furnishes or assists a person under 21 years of age in procuring alcoholic beverages is liable for any damages caused by that underage person while under the influence.
5. DRAM Shop Liability: Any person who sells alcoholic beverages or unlawfully assists an intoxicated person to procure alcoholic beverages is liable for any damages caused by that person while under the influence.

Appendixes A and B provides information on the health risks associated with the use of illicit drugs, a listing of drugs, and the federal trafficking penalties.

STUDENT CODE OF CONDUCT

Maria College expects that its students will act as responsible, courteous, and law-abiding citizens and will treat others and the campus facilities with appropriate respect and civility. Further, as members of an intellectual community, students are expected to maintain standards of personal and academic honesty in all coursework and examinations and to refrain from behaviors that are disruptive to the teaching and learning of others in the classroom.

The following are considered specific violations of the Student Code of Conduct. Violations of the Student Code of Conduct include, but are not limited to:

1. Academic misconduct including, but not limited to, plagiarism, cheating, forgery or alteration of institutional records, and use of electronic devices during testing. If a student is suspected of serious academic misconduct, such as cheating, the instructor will confront the student at the time of suspected misconduct, confiscate suspected documents and report the misconduct to the Office of the Vice President of Academic Affairs.
2. Disruptive classroom behavior or the refusal to behave civilly so that teaching and learning within the classroom are obstructed. Disruptive classroom behavior may be physical or verbal abuse, threats, intimidation, harassment, coercion and/or other conduct that prevents other students from learning and the instructor from teaching. Students who refuse to be civil may be asked to leave the classroom and/or be removed from the course.
3. Prohibited behavior: Violations of College policies and regulations and violations of federal, state and local laws are prohibited. This regulation applies to both online and offline conduct. These include, but are not limited to:
 - a. Use of, or threatened use of abusive, threatening or dangerous behavior, including, but not limited to: arson, physical abuse, verbal abuse, threatening behaviors or statements, conduct which endangers or threatens health, safety or well-being of any person or aspect of the college community. This includes, but is not limited to:
 - i. Engaging in fighting or violent, tumultuous or threatening behavior
 - ii. Using abusive or obscene language, making an obscene or lewd gestures, or using abusive, obscene or lewd chanting in a public place
 - iii. Creating a hazardous or physically offensive condition; public urination
 - iv. Engaging in conduct that has the intent to harass, demean, annoy or alarm another person (including, but not limited to, initiating communication via telephone, telegraph, mail, electronic mail or other form of written or social communication, or by making a telephone call or calls, whether or not a conversation ensues, with no purpose of legitimate conversation)
 - v. Using electronic or photographic means to record another person, without that person's knowledge, when they have a reasonable expectation of privacy
 - vi. Actions or attempted actions which inflict bodily harm upon any person and/or result in unwanted physical contact.

- vii. Stalking in unwelcome communications of any type, including face-to-face, telephone calls, voice messages, email, text messages, social media, written letter or notes, unwanted gifts, etc., use of threatening words or conduct, or pursuing or following.
 - viii. Unauthorized Surveillance or taking photographic images of a person dressing or undressing or of a person's intimate body parts in a place where there is a reasonable expectation of privacy.
4. Possession or storage of any firearms, illegal fireworks, incendiary device, explosives, or any dangerous instrument and/or weapon.
 5. Possession, use, or alcohol; inappropriate and disruptive behavior resulting from the use of alcohol.
 6. Possession, use, or sale of illegal drugs; inappropriate and disruptive behavior resulting from the use of illegal drugs.
 7. Theft, destruction, damage or defacement of college property or the property of others.
 8. Sexual misconduct, as defined in Maria College's Title IX Policy, which includes but is not limited to sexual harassment, sexual violence, dating violence, domestic violence, and stalking.
 9. Computer abuse as defined in Maria College's Information Technology's Acceptable Use Policy.
 10. Falsely reporting an Emergency, including but not limited to: bomb, fire or other emergency in any building, structure or facility on College premises or at any College-related function by activating a fire alarm or by any other means.
 11. Participating in hazing or any other situation that endangers an individual's mental and/or physical health and/or involves the forced consumption of alcohol and/or drugs. A full description of the hazing policy is located later in this section.
 12. Bullying or harassment of another student, employee, or visitor; the use of threats to intimidate, control, humiliate, and/or mentally or physically injure another. This also includes, but is not limited to, derogatory comments or behaviors with respect to race, color, creed, religion, national origin, ancestry, genetic information, sex, age, disability, sexual orientation, marital/familial status, veteran status, political beliefs or any other protected class or status recognized by federal, state or local laws.
 13. Illegal gambling on-campus.
 14. Tobacco use on-campus.
 15. Unauthorized use of emergency or safety equipment: unauthorized use, tampering with or alteration of firefighting equipment, safety devices or other emergency or safety equipment.
 16. Failure to comply with a direction(s) of any College official acting in performance of his/her duty
 17. Violation of any other college policies, regulations or procedures or inciting another person(s) to do so.

Procedures for Notifying Students about the Code of Conduct Policies

- The Students will be informed of the Code of Conduct for Students during new student orientation.
- Copies of the Student Handbook can be found on the College's website, on the student portal, or in the Department of Student Affairs.

Disciplinary Procedures

Disciplinary Hearing - Due Process for Violation of Code of Conduct for Students:

Any member of the College Community may file an Incident Report of an alleged violation of the Student Code of Conduct, which includes time, place, and circumstances surrounding the situation.

Procedures:

1. Incident Report forms should be utilized to report violations of the Student Code of Conduct. Incident Report forms are available in the Department of Student Affairs, at the Security Desk, in the Business Office, and on the Maria College Faculty/Staff Portal, and at security stations.
2. The report is reviewed by the Dean of Students or designee, who will start the investigation and will either dismiss the case or notify the student(s) of the alleged violation within five (5) working days.
3. A time and place for meeting with the student(s) is determined by the Dean of Students or designee, to try to resolve the charges brought against the student(s).
4. If violations involve more than one student, the disciplinary process may be conducted separately.
5. All incident reports will be shared with those student(s) in violation of the Student Code of Conduct.
6. If the student(s) in violation fails to respond or attend the above mentioned meeting, a disciplinary decision will still be rendered.
7. Within five (5) working days following the investigation, follow-up written notification will be sent to inform the student of the decision and the proposed disciplinary action unless a verbal warning is issued.
8. The following possible sanctions may be imposed singularly or in any combination. The Dean of Student Life or designee is not limited to the following sanctions as they may impose other sanction(s) considered appropriate.

In instances where Academic Misconduct has been reported, the Dean of Students will defer authority to the Vice President of Academic Affairs.

Should a student's presence on campus create a threat to the safety or well-being of other members of Maria College community, the College reserves the right to immediately suspend that student from campus until the time of a hearing. Additionally, the College reserves the right to resolve a case and sanction a student, including suspension, without a hearing where such action is deemed necessary or appropriate by the President of the College.

Possible Sanctions:

- A. Dismissal of any action against the student and clearing of his/her name.
- B. Verbal Warning: A discussion about the incident with no written follow-up or notification issued.
- C. Written Warning: A written notice to the student notifying that his/her conduct is in violation of college regulations and the continuation of said conduct for a stated period of time may be cause for more serious disciplinary action.
- D. Restitution: Financial reimbursement for damages to property.
- E. Community Service: A stated number of hours of donated service commensurate to the alleged violation.
- F. Disciplinary Probation: A stated trial period of time, set in writing, during which the student is expected to demonstrate appropriate conduct as a member of the College Community.
- G. Disciplinary Suspension: A stated period of time, not to exceed one academic year, when the student is excluded from classes or activities. Procedures for readmission to the college or activities must be specifically outlined.
- H. Disciplinary Dismissal from the College: Permanent termination of status as a student of the College.

Judicial Appeals Panel

Appeals Process:

If the student wishes to appeal the disciplinary action proposed by the Dean of Students or designee, the student must submit a written request to Office of the President within five work days of the date of the written notification. Upon receipt, the President will submit the appeal to the Chairperson of the Appeals Panel for official review.

Appeals Panel Review:

The Appeals Panel is assembled if a student challenges the disciplinary sanctions imposed for a Student Code of Conduct violation by the Dean of Students or designee. A student who wishes to challenge the disciplinary sanctions may request a review by the Appeals Panel. The Appeals Panel's responsibility is to only review the sanctions imposed by the Dean of Students or designee. The decision of the Review Appeals Panel is final.

Procedures:

1. If the student wishes to appeal the disciplinary action proposed by the Dean of Students or designee, the student must submit a written request to the Office of the President within five school days of the date of the written notification.

- a. The appeal must include a written statement of the grounds for appeal, including an outline of the supporting evidence.
2. The Appeals Panel is appointed by the President of the College will consist of the following:
 - a. One Faculty member, recommended by the Academic Affairs Committee.
 - b. One Staff member, recommended by the Director of Human Resources
 - c. Chairperson, appointed by the President from the President's Cabinet, excluding the Dean of Student Services or designee.
 - d. A quorum of the Appeals Panel shall consist of three members and a majority vote will be necessary in deciding all cases.
 - e. If there is a conflict of interest, the President will appoint an additional panel member from the campus community.
3. The Appeals Panel will review the case and make a recommendation whose decision is final. A majority vote will be necessary in deciding all cases. The decision will be submitted to the President of the College and appropriate authority, Dean of Students, Vice President of Academic Affairs, and Title IX Coordinator.
4. If a hearing is requested by the appeals panel, the student must be notified of the date, time, and location of the review at least two work days in advance. An advisor of the student's choice may be present during the appeal process. The advisor may not participate directly in the hearing, but may only render advice to the student. The advisor must be a current employee of the college.
 - a. The student must submit the name of his/her advisor to the Chairperson of the Appeals Panel at least twenty-four hours in advance of the review.
 - b. If the student charged with misconduct does not appear for the Appeals hearing, then the original sanction will stand.
 - c. Following the presentations, the Appeals Panel shall go into executive session to decide if the student charges with the infraction violated the Student Code of Conduct. The Appeals Panel will find either in favor of the original decision or find in support of the student and reduce or eliminate the sanctions imposed.
 - d. The Appeals Panel cannot increase the severity of the sanctions leveled.
5. The decision shall be in writing from the Chairperson of the Appeals Panel and forwarded to both parties within two working days for the conclusion of the appeal process.
6. The decision of the Appeals Panel is final.
7. All penalties are suspended during an appeal, except in emergency circumstances as where a situation indicates that there is a possible danger involved in order to protect the campus community of a student's physical and/or emotional safety and well-being.

STUDENT GRIEVANCE PROCEDURES

A grievance may involve any area of student life on campus. It is the right of all students to file an incident report with the College if a violation of the code of conduct has occurred. In such incidents, the due process for a violation of code of conduct for students will commence. All grievances involving conduct in violation of sexual misconduct should follow the procedures listed in Title IX Policy.

In many situations, students having a grievance should first request a conference with the member of the Maria College community that the grievance is with. Should no solution be reached, a formal grievance procedure may be initiated.

The following grievance procedures apply to all Maria College students

STEP 1. Try to resolve the complaint through an informal discussion with the grievant and the respondent (the person or people against whom the complaint is made).

STEP 2. If no resolution is found after ten (10) working days in Step 1, the student should seek the help of the Dean of Students or Vice President of Academic Affairs when the grievance involves an academic dispute. The Dean of Students or designee will assist the grievant in putting the grievance into writing and will arrange a meeting with the involved parties, which includes the Dean of Students or designee. If a satisfactory solution is not forthcoming within fifteen (15) working days, then the grievant can move to Step 3.

STEP 3. The Dean of Students or designee will meet with grievant and the respondent and appoint an ad hoc review committee.

- A. The Dean of Students or designee will appoint a 3 person ad hoc review committee who has not been involved in the situation, to conduct a hearing. The Dean of Students or designee may instate temporary measures during the duration of the hearing process.
- B. At the hearing, the parties will have the right to rebut any accusations and dispute evidence or witnesses or otherwise defend his/her actions.
- C. An advisor of the students' choice may be present during hearing. The advisor may not participate directly in the hearing, but may only render advice to the student. The advisor must be a current employee of the college.
- D. The committee will recommend a decision, and if appropriate a sanction, to the Dean of Students. The Dean of Students or designee will render a final decision within five days of the conclusion of the investigation and hearing.
- E. The Dean of Students or designee will send written notification to inform the student of the decision and the proposed disciplinary action; unless a verbal warning is issued.

STEP 4. If the student wishes to appeal the decision by the Dean of Students, or designee, the student must submit a written request to Office of the President within five work days of the date of the written notification. Upon receipt, the President will submit the appeal to the Chairperson of the Appeals Panel for official review. The decision of the Appeals Panel is final.

Ad Hoc Review Committee

A three person committee comprised of students, faculty, and/or staff, including a chair appointed by the Dean of Students, or Vice President of Academic Affairs when the grievance involves an academic dispute. The chair is responsible for organizing the committee and writing any reports. The Ad Hoc Review Committee meets to review grievances by a student who has

not had a satisfactory resolution in Steps 1 and 2 of the Student Grievance Procedure. The Dean of Students will initiate the convening of the committee.

Legal Sanctions

The legal sanctions imposed by local, state and federal laws for the illegal possession and/or distribution of illicit drugs can be found on the NY State Law Web page online at <http://ypdcrime.com/penal.law/index.htm>. You may also refer to the charts below.

Federal Trafficking Penalties – Schedule I & II Substances

DRUG/SCHEDULE	QUANTITY	PENALTIES	QUANTITY	PENALTIES
Cocaine (Schedule II)	500 - 4999 gm mixture	First Offense: Not less than 5 yrs, and not more than 40 yrs. If death or serious injury, not less than 20 or more than life. Fine of not more than \$2 million if an individual, \$5 million if not an individual Second Offense: Not less than 10 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$4 million if an individual, \$10 million if not an individual	5 kg or more mixture	First Offense: Not less than 10 yrs, and not more than life. If death or serious injury, not less than 20 or more than life. Fine of not more than \$4 million if an individual, \$10 million if not an individual. Second Offense: Not less than 20 yrs, and not more than life. If death or serious injury, life imprisonment. Fine of not more than \$8 million if an individual, \$20 million if not an individual. 2 or More Prior Offenses: Life imprisonment.
Cocaine Base (Schedule II)	5-49 gm mixture		50 gm or more mixture	
Fentanyl (Schedule II)	40 - 399 gm mixture		400 gm or more mixture	
Fentanyl Analogue (Schedule I)	10 - 99 gm mixture		100 gm or more mixture	
Heroin (Schedule I)	100 - 999 gm mixture		1 kg or more mixture	
LSD (Schedule I)	1 - 9 gm mixture		10 gm or more mixture	
Methamphetamine (Schedule II)	5 - 49 gm pure or 50 - 499 gm mixture		50 gm or more pure or 500 gm or more mixture	
PCP (Schedule II)	10 - 99 gm pure or 100 - 999 gm mixture	100 gm or more pure or 1 kg or more mixture		
PENALTIES				
Flunitrazepam (Schedule IV)	1 gm or more			

DRUG/SCHEDULE	QUANTITY	PENALTIES
Other Schedule III drugs	Any amount	First Offense: Not more than 5 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 10 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.
Flunitrazepam (Schedule IV)	30 to 999 mg	
All other Schedule IV drugs	Any amount	First Offense: Not more than 3 years. Fine not more than \$250,000 if an individual, \$1 million if not an individual. Second Offense: Not more than 6 yrs. Fine not more than \$500,000 if an individual, \$2 million if not an individual.
Flunitrazepam (Schedule IV)	Less than 30 mg	
All Schedule V drugs	Any amount	First Offense: Not more than 1 yr. Fine not more than \$100,000 if an individual, \$250,000 if not an individual. Second Offense: Not more than 2 yrs. Fine not more than \$200,000 if an individual, \$500,000 if not an individual.

Federal Trafficking Penalties - Marijuana

DRUG	QUANTITY	1 st OFFENSE	2 nd OFFENSE
Marijuana	1,000 kg or more mixture; or 1,000 or more plants	<ul style="list-style-type: none"> Not less than 10 years, not more than life. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$4 million if an individual, \$10 million if other than an individual. 	<ul style="list-style-type: none"> Not less than 20 years, not more than life. If death or serious injury, mandatory life. Fine not more than \$8 million if an individual, \$20 million if other than an individual.
Marijuana	100 kg to 999 kg mixture; or 100 to 999 plants	<ul style="list-style-type: none"> Not less than 5 years, not more than 40 years. If death or serious injury, not less than 20 years, not more than life. Fine not more than \$2 million if an individual, \$5 million if other than an individual. 	<ul style="list-style-type: none"> Not less than 10 years, not more than life. If death or serious injury, mandatory life Fine not more than \$4 million if an individual, \$10 million if other than an individual.
Marijuana	more than 10 kg hashish; 50 to 99 kg mixture more than 1 kg of hashish oil; 50 to 99 plants	<ul style="list-style-type: none"> Not more than 20 years. If death or serious injury, not less than 20 years, not more than life. Fine \$1 million if an individual, \$5 million if other than an individual. 	<ul style="list-style-type: none"> Not more than 30 years. If death or serious injury, mandatory life. Fine \$2 million if an individual, \$10 million if other than individual.

DRUG	QUANTITY	1 st OFFENSE	2 nd OFFENSE
Marijuana	1 to 49 plants; less than 50 kg mixture	<ul style="list-style-type: none"> • Not more than 5 years. • Fine not more than \$250,000, \$1 million other than individual. 	<ul style="list-style-type: none"> • Not more than 10 years. • Fine \$500,000 if an individual, \$2 million if other than individual.
Hashish	10 kg or less		
Hashish Oil	1 kg or less		

Health Risks

The Health risks associated with long term use and abuse of both legal and illegal drugs are serious and potentially life threatening.

Anabolic Steroids

Anabolic steroids such as anadrol and Oxandrine can be injected, ingested or applied to the skin. While anabolic steroids do not have intoxicating effects, they have possess numerous potential health hazards, including, but not limited to:

- Blood clotting
- Liver cysts and cancer
- Kidney cancer
- Prostates cancer
- Hostility and aggression
- Reduced sperm count and shrunken testicles (in men)
- Menstrual irregularities and growth of facial hair (in women)

Cannabinoids

Cannabinoids like hashish and marijuana can be ingested or smoked. These substances cause a sense of euphoria, slowed thinking/reaction time, confusion, and impaired balance/coordination. Potential health consequences include:

- Frequent respiratory infections
- Impaired memory and learning
- Increased heart rate
- Anxiety
- Panic attacks
- Tolerance & Addiction

Depressants

Depressants include, but are not limited to, alcohol, barbiturates, benzodiazepines, GHB and other substances. Typically, they can be injected, ingested, or snorted. Use of depressants results in reduced anxiety, a feeling of wellbeing, lowered inhibitions; slowed pulse/breathing; lowered blood pressure, poor concentration, and sedation/drowsiness. Potential health risks include:

- Fatigue
- Confusion
- Impaired coordination, memory, and judgment
- Addiction
- Respiratory depression and arrest
- Visual and gastrointestinal disturbances
- Nausea/vomiting
- Slurred speech
- Death

Dissociative Anesthetics

Dissociative Anesthetics like ketamine and PCP can be injected, ingested, smoked or snorted. Use of these substances results in increased heart rate/blood pressure, impaired motor function, and, in high doses, delirium, and increased aggression. Potential health risks include:

- Memory loss
- Numbness
- Nausea and vomiting
- Violent behavior
- Loss of appetite
- Depression
- Respiratory depression and arrest
- Death

Hallucinogens

Hallucinogens like LSD, mescaline, and psilocybin can be ingested, smoked or absorbed through the skin. Use of these substances causes altered states of perception and feeling as well as increased body temperature/heart rate. Potential health risks include:

- Persisting perception disorder (flashbacks)
- Nausea
- Loss of appetite
- Sleeplessness
- Numbness, weakness and tremors
- Nervousness
- Paranoia

Inhalants

Inhalants include solvents (paint thinners, gasoline, glues) gases (butane and propane) and nitrates. These substances are inhaled and cause stimulation and a loss of inhibition in the user. Potential health risks include:

- Headache
- Nausea and vomiting
- Slurred speech
- Loss of motor coordination
- Weight loss
- Depression
- Memory impairment
- Damage to cardiovascular and nervous system
- Sudden death

Opioids

Opioids include, but are not limited to: codeine, heroin, morphine, opium, oxycodone and hydrocodone. They are highly addictive in any form and can be ingested, injected, smoked and/or snorted. Use of opioids results in pain relief, euphoria, drowsiness, and sedation. Potential health risks include:

- Nausea
- Constipation
- Confusion
- Respiratory depression and arrest
- Tolerance
- Addiction
- Coma
- Death

Stimulants

Stimulants include, but are not limited to: amphetamines, cocaine, methamphetamine, and nicotine. Highly addictive in nature, use of these substances can cause increased heart rate and metabolism, feelings of exhilaration and energy, and increased mental alertness. Potential health risks include:

- Rapid or irregular heart beat
- Reduced appetite and weight loss
- Heart failure
- Nervousness
- Insomnia
- Loss of coordination
- Increased aggression
- Seizures
- Stroke
- Cancer

COUNSELING SERVICES

Students may meet with the College's Director of Counseling Services for assistance with personal and/or academic concerns. Counseling offers the individual the opportunity to gain personal insight and develop new ways of coping with life's difficulties. Referrals to outside mental health agencies may be made when appropriate or at the student's request. All information is kept strictly confidential and does not become part of the student's college record.

Types of on-campus therapeutic interventions facilitated include: Cognitive Behavioral Therapy, Crisis Intervention, Conflict Mediation, Strength Based Therapy, Systems Approach, and Motivational Interviewing.

The Director of Counseling Services is the only confidential resource on campus that is not required to report any sexual misconduct or suspected misconduct to any other individual, without the express written permission of the person(s) making the report or as otherwise permitted by law.

Counseling Services Contact Information:

Debra Corrigan, LCSW

Director of Counseling Services

Marian Hall

(518) 861-2550

Community Resources

Local Services

1. St. Peter's Addiction Recovery Center
3 Mercycare Lane
Guilderland, NY 12084
(518)452-6700
<http://www.sphcs.org/AddictionRecoverySPARC>
2. Equinox
102 Hackett Blvd.
Albany, NY 12209
(518)434-6135
<http://www.equinoxinc.org/>
3. The Addictions Care Center
90 McCarty Ave.
Albany, NY 12202
(518)465-5470
<http://theacca.net/>
4. Hope House
573 Livingston Ave
Albany, NY 12206
(518)482-4673
<http://www.hopehouseinc.org/>
5. New Choices Recovery Center
302 State Street
Schenectady, NY 12305
(518)346-4436
<http://www.newchoicesrecovery.org/>
6. Conifer Park
79 Glenridge Rd.
Glenville, NY 12302
(518)691-9211
<http://www.coniferpark.com/>
7. Hudson Mohawk Recovery
1724 Fifth Avenue
Troy, NY 12180
(518)272-3918
<http://www.hmrecovery.net/>

State and National Organizations

1. Office of Alcoholism and Substance Abuse Services
<https://www.oasas.ny.gov/>
2. Narcotics Anonymous World Services
<https://www.na.org/>
3. Alcoholics Anonymous World Services
<http://www.aa.org/>

Policy Review

Victoria Battell, RSM

Vice President of Mission, Planning, and Student Affairs/Dean of Students

Andrew Ledoux

Associate Dean of Student Affairs

July 2017