

DRUGS AND ALCOHOL: Health, Safety & Responsibility

An Annual Newsletter for Students, Faculty, and Staff

2020

Philosophy

Meredith College is committed to assisting members of our college community develop well informed, responsible attitudes and behaviors about the use of alcohol and other drugs while on campus.

This newsletter has been written as a guide to help you make informed choices. It provides facts concerning alcohol and other drugs within the framework of existing College policy and state laws.

What is your responsibility as a Meredith student or employee regarding alcohol and other drugs?

Here are the facts, policies, and resources you need to know.



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STUDENTS

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. 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 and in individual rooms in designated residence halls. Any amount of alcohol possessed or consumed by persons under the age of twenty-one shall be considered "possession." Memento bottles are prohibited in any residential space where the resident is not at least 21 years old. Providing alcohol to any person who is under the age of twenty-one is illegal. A student may not attend class while under the influence of alcohol.

Inappropriate or illegal behavior related to alcohol use will result in disciplinary action. Meredith students are expected to represent the College with dignity at all times. 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.

STUDENTS

Meredith believes it essential to the well-being of students to make every effort to maintain a campus environment free of such influences as illegal drugs. In view of this belief, the Board of Trustees has articulated the following policy related to illegal drugs. The policy simply stated is as follows: Meredith College students shall not illegally manufacture, possess, sell or deliver a controlled substance or counterfeit controlled substance or possess drug paraphernalia. Paraphernalia, as defined by the [North Carolina General Statutes](#), shall be considered possession of a drug. The abuse or misuse of any prescription drug by any student also is prohibited. Abuse and misuse of prescription drugs includes taking medication in ways other than prescribed, and/or providing or selling prescription drugs. The terms “controlled substance” and “counterfeit controlled substance” shall be defined in accordance with the definitions set out in the [North Carolina General Statutes](#).

Any student suspected of a violation of this policy is subject to a hearing by the Meredith College Honor Council. If found responsible, the student will receive sanctions – both punitive and educational. Depending upon the nature and severity of the violation, punitive sanctions may range from probation to suspension, delay of graduation, or expulsion. In addition to a punitive sanction, appropriate educational and counseling sanctions will be levied. The violator may also be subject to North Carolina law.

Drivers deemed by campus police 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. Campus Police will send a report to the Dean of Students in the case of any student deemed to be driving while impaired. In the case of a resident student deemed to be driving while impaired, an immediate report will be made to the residence director on duty or the apartment manager.



Dickson Foundation Community Garden

Photo by Aaron Schettler

STUDENTS

USING FAKE IDs

It is a crime for a person under 21 to use, possess, or manufacture a fake ID to buy or consume alcohol, enter a place where alcohol is sold or consumed, or obtain a wristband that enables one to buy or consume alcohol. This applies to any kind of identification document, including in-state and out-of-state driver 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.

LETTING SOMEONE BORROW YOUR ID

It is also illegal for anyone to allow her or his 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 [North Carolina Criminal Law blog](#).



Martin Garden

Photo by Jackie Law



MEDICAL AMNESTY

Student health and safety are of primary importance to the Meredith College community. The essence of the Medical Amnesty policy is that each individual has an ethical responsibility to help those in need. The Medical Amnesty policy encourages students to seek or request immediate medical assistance **for themselves or others** when there is concern about extreme intoxication, alcohol poisoning and/or sexual misconduct that threatens a student's health and safety. When a student requests medical assistance (for herself or another student) because she or another student has consumed too much alcohol, or is at risk of being a victim of sexual misconduct, **neither student will be subject to Honor Council action for the consumption.** This policy does not preclude Honor Council actions regarding other violations of College policies and does not protect the intoxicated students from actions taken by local, state, or federal authorities.

When seeking immediate medical attention, contact 911 (or 9-911 from a campus phone), then call Campus Police at 919-760-8888 (or ext. 8888 from campus phone).

First responders will assess the need for next steps in medical attention, treatment, or hospitalization. More information regarding the Meredith College Medical Amnesty Policy can be found on page 34 of the Student Handbook: [Meredith College Medical Amnesty Policy.](#)

HOW ARE PRESCRIPTION DRUGS ABUSED?

- Taking medication that has been prescribed for someone else
- Giving your prescribed medication to someone else
- Taking it in higher quantity or in another manner than prescribed
- Taking it for another use than prescribed

READ MORE

[Prescription Drug Abuse](#)

[Using Adderall as a Study Drug When You Don't Have ADD](#)

EMPLOYEES

Meredith College recognizes that the abuse of alcohol and controlled substances is a very serious problem. The abuse of alcohol or controlled substances by employees while on the job, or reporting to work under the influence of alcohol or a controlled substance, constitutes a direct threat to the safety of all employees, students, and others in the community. Substance abuse problems contribute to increased safety risks, absenteeism, a decline in the quality of work, decreased morale, and workplace conflicts for colleagues, not just the substance abuser. It is the intent of Meredith College to maintain a healthy and drug-free workforce and campus.

As a recipient of federal monies, Meredith College is subject to the Drug-Free Schools and Communities Act Amendments of 1989 and the Drug-Free Workplace Act of 1988. Reflecting its concern over the threat that alcohol abuse and illegal drugs constitute to communities of higher education and to comply with these laws, the College prohibits the following by faculty and staff:

- The use or possession of alcohol while on campus property (excludes the Massey House, the Oaks apartments, and other specifically designated sites during special events, with the approval of the President);
- The unlawful manufacture, sale, distribution, dispensation, possession or use of any controlled substance, including the abuse of any prescription medications or alcohol, while on College property or as a part of any College activity;
- Reporting to work or working while intoxicated or otherwise impaired; and
- The violation of any law governing alcohol or drug use on College property or as part of a College activity.

To assure that such conduct does not occur, employees agree to abide by this policy and acknowledge that any violation of this policy by a Meredith employee will subject that individual to appropriate disciplinary action, up to and including termination of employment. Employees are required to notify the College within 2 calendar days of any criminal drug statute or driving under the influence conviction. The College is required to notify any granting governing agency of such conviction within 10 days of learning about any conviction, from the employee or other source, of a violation occurring in the workplace.





EMPLOYEES

It is the policy of the College to encourage the earliest possible recognition and treatment of substance abuse problems. Employees who notify their supervisor or HR that they have voluntarily asked for assistance with a substance abuse problem can be assured that such information will be kept private and disclosed only on a need-to-know basis. Those who violate policy will be subject to disciplinary action up to and including termination of employment. By seeking such help, employees are not avoiding disciplinary action for violations of this policy that may have occurred in the past or may occur in the future. More information is available in the Office of Human Resources.

The College will inform employees about the dangers of drug abuse, this policy, and the availability of drug counseling and rehabilitation programs. Federal law also requires that the College provide information on local and state laws regarding drug and alcohol use. In summary, applicable local, state, and federal laws:

- Prohibit the possession, use of, and dispensing of alcohol by a person under 21;
- Prohibit the sale of alcohol beverages without a permit;
- Prohibit public intoxication and possession of open containers of alcohol in public areas;
- Prohibit driving under the influence;
- Prohibit using fraudulent ID to obtain alcohol and aiding and abetting such attempts; and
- Prohibit the possession, use, manufacture, or sale of controlled substances.

Violations of these and other related laws subject the violator to criminal misdemeanor and felony penalties, including fines and imprisonment. Violation of these laws will also subject an employee to disciplinary action by the College up to and including termination of employment.

If you have questions, please contact the [Office of Human Resources](#), 1st Floor, Park Center.

STATE AND FEDERAL LAWS

The unlawful manufacture, distribution, possession, and/or use of a controlled substance or alcohol is regulated by a number of federal, state, and local laws. These laws impose legal sanctions for both misdemeanor and felony convictions. Criminal penalties for convictions can range from fines and probation to denial or revocation of federal benefits (such as financial aid) to imprisonment and forfeiture of personal and real property.

More information about [alcohol laws](#).

Specific penalties for [drug trafficking violations](#) can be found in [NC General Statute 90-95](#).

The information provided is illustrative, not exhaustive, of a definitive statement of all drug- and alcohol-related laws. It indicates the types of conduct that are against the law and the range of legal sanctions that can be imposed for such conduct.

PENALTIES

Penalties are determined by the specific violation, your age, and whether you have a prior criminal history. They typically consist of

FINES ranging from approximately \$200 to \$5,000

COMMUNITY SERVICE ranging from 25 to 150 hours, and/or

JAIL TIME up to 1 year.





ALCOHOL FACTS

(Sources: National Institute on Alcohol Abuse and Alcoholism, National Institute of Justice, and Centers for Disease Control and Prevention)

58% of college students surveyed drank alcohol in the past month and 37.9% engaged in binge drinking during that same time period—4 or more drinks in a row in a single occasion.

1,519 college students die each year from unintentional, alcohol-related injuries including car accidents.

About **97,000** college students report experiencing alcohol-related sexual assault or date rape each year.

About **696,000** students are assaulted each year by another student who has been drinking.

One-fourth of college students report missing a class, falling behind in class, failing a test or project, or receiving a poor class grade because of after effects of drinking or using drugs.

Thousands of college students experience **alcohol poisoning** each year, which can lead to permanent brain damage or death. Signs of this dangerous condition include

- Mental confusion, stupor, coma, or the person cannot be roused
- Vomiting
- Slow or irregular breathing
- Hypothermia or low body temperature, bluish or pale skin

A person showing any of these signs requires immediate medical attention. Call 911 if you suspect alcohol poisoning.

Women have a higher blood alcohol content and experience the effects more quickly and for a longer time than men drinking the same amount because women's body structure and chemistry cause them to absorb more alcohol and break it down more slowly.

At least half of the sexual assaults among college students occur after the perpetrator, survivor, or both, consume alcohol.

[Information on Title IX and Meredith College's response to reports of sexual violence among students and employees.](#)

CAMPUS RESOURCES ON ALCOHOL & DRUGS

STUDENTS

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

The Counseling Center, Health Center, and Office of First Year Experience are responsible for providing alcohol education and programming on campus.

Meredith Counseling Center

The [Counseling Center](#) offers confidential individual 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.

[Campus Well](#) e-magazine

[Campus Well Substance Use Information](#)

Meredith Office of First Year Experience

The [Office of First Year Experience](#) provides an annual alcohol awareness event each fall that is mandated for freshman and open to the entire Meredith community.

EMPLOYEES

Faculty and staff can find more information on the misuse of alcohol and other drugs at the [Office of Human Resources](#), First Floor, Park Center.

WEBSITES ON ALCOHOL & DRUG ABUSE AND TREATMENT

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

Alcoholics Anonymous www.aa.org

Cocaine Anonymous www.ca.org

Families Anonymous www.familiesanonymous.org

Marijuana Anonymous www.marijuana-anonymous.org

Narcotics Anonymous www.na.org

ADDITIONAL WEBSITES

National Institute on Alcohol Abuse and Alcoholism (NIAAA) www.niaaa.nih.gov

Rethinking Drinking www.rethinkingdrinking.niaaa.nih.gov/

National Institute on Drug Abuse www.drugabuse.gov/drugpages

National Poison Control: 1-800-222-1222, <http://www.poison.org/>

Treatment Locator Database <http://findtreatment.samhsa.gov/>

Substance Abuse and Mental Health Services Administration, Prevention <http://www.samhsa.gov/prevention>

Center for Substance Abuse Treatment <http://www.samhsa.gov/about-us/who-we-are/offices-centers/csat>

Alcohol Addiction Center alcoholaddictioncenter.org/alcoholism-resources/

National Council on Alcoholism and Drug Dependence <https://www.recoverymonth.gov/organizations-programs/national-council-alcoholism-drug-dependence-inc-ncadd>

Drink In Moderation <http://www.drinkinmoderation.org/>

Centers for Disease Control and Prevention www.cdc.gov

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

Drug Enforcement Administration www.dea.gov

Office of National Drug Control Policy www.whitehousedrugpolicy.gov

National Highway Traffic Safety Administration www.nhtsa.gov

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