

RESPONSIBLE DECISIONS

NORTHERN STATE UNIVERSITY ALCOHOL & OTHER DRUG POLICY ANNUAL SECURITY REPORT & ANNUAL FIRE SAFETY REPORT

2015-2016

DARE TO C.A.R.E.

Create a Responsible Environment

COMMUNITY

Help create a community of concern for yourself and others

AWARENESS

Heighten awareness of alcohol and other drug-related problems

REGULATIONS

Understand campus policies and the consequences for offenses

EMPOWERMENT

Get involved and use your power to improve the campus community

**NSU OFFICE OF STUDENT RIGHTS AND
RESPONSIBILITIES 605.626.3007 &
NSU COUNSELING CENTER, STUDENT CENTER 605.626.2371**

Developing Communities That Care

It is the philosophy of Northern State University that its graduates should be well-rounded individuals who can be productive members of society and able to make strong contributions to their communities. NSU strives toward the social, cultural, physical, spiritual and psychological, as well as the intellectual development of its students.

As an institution of higher learning, NSU promotes responsible decision-making among members of the campus community. NSU recognizes that alcohol and other drugs can be dangerously habit-forming, which could lead to an individual's loss of control regarding his/her use. NSU's primary goal is to provide students with a safe environment that supports the maximum growth of its members.

"RESPONSIBLE DECISIONS" touches on several critical issues -- personal safety, obeying the law (*legal drinking age is 21*), the non-use, the use and the abuse of alcohol or other drugs. Taking responsibility... that's what this handbook is all about. It's about taking the responsibility for helping yourself or getting help for someone you care about. "Responsible Decisions" includes facts, suggestions and resources for finding help at Northern State University and in the Aberdeen community.

A person needs to feel secure to perform at a maximum level. Therefore, campus security must be a concern of every member of the university community. Furthermore, alcohol abuse affects the entire community in an increased drop-out rate, academic failure, campus crime, disciplinary problems, and progression into addiction.

REDUCING RISK FOR ALCOHOL-RELATED PROBLEMS...

In Search of Moderation

What exactly do the phrases “drink in moderation,” “drink responsibly,” or “know when to say when” actually mean?

Dr. Ernest Noble, director of the UCLA Alcohol Research Center, states that “These are emotionally appealing but ambiguous phrases. They can mean anything one wants them to mean—from almost total abstinence to not falling over the cat when tiptoeing in from a late drinking bout.”

So, is there really such a thing as responsible drinking? This is a difficult question to answer. Given the fact that alcohol has known anesthetic, cell-damaging, and psychoactive properties (not to mention having an addictive capability), it is important to understand that drinking is far from a risk-free activity. However, public health experts suggest that those who do drink can reduce their risk for experiencing an alcohol-related problem.

In fact, students are reducing their risk: see BY THE NUMBERS!

NORTHERN STATE UNIVERSITY’S PHILOSOPHY AND POLICY CONCERNING ALCOHOL AND OTHER DRUGS

STATEMENT OF PHILOSOPHY

Northern State University, in keeping with its institutional commitment to provide a quality educational experience for its students, discourages high-risk behavior with regard to the use of alcohol and other drugs.

Northern State University prohibits the possession of alcohol on University property¹ or at student sponsored events². Furthermore, Northern State University cannot and will not tolerate the use, possession, manufacture, or distribution of illegal drugs on University property or as part of any University activities⁴.

Northern State University recognizes explicitly that students are adults, which means they are expected to obey the law (***under-age drinking is illegal***) and take personal responsibility for their conduct.

Individuals make the choice to use, or not use, alcohol and other drugs, but group dynamics and group influences play a particularly important role in the university setting. Throughout the United States, both long-standing traditions and current attitudes create the potential for the abuse of alcohol and other drugs. Northern State University is therefore committed to supporting and encouraging the development of positive activities for all students.

The Alcohol and Other Drug Policy of Northern State University is established to help ensure the health and safety of all members of the University community, and should be applied in such manner and spirit. It is not the intention of Northern State University to use this or any other policy to regulate the personal affairs of any individual or group of individuals.

Definition of Terms

Alcohol -- In the context of this policy, the terms “alcohol” and “alcoholic beverage” are defined to be any consumed or consumable beverage that has alcohol content. This would include but is not be limited to all forms of beer, wine, wine coolers and distilled beverages. Empty alcoholic beverage containers (*bottles, cans, etc.*) also constitute the presence of alcohol and will be treated as such.

Illegal Drug -- In the context of this policy, the term “illegal drug” is defined to be any substance whose distribution is somehow controlled or restricted by federal or state law which is not obtained through the legal prescription of a licensed medical professional. This includes, but is not limited to, all drugs classified by the Drug Enforcement Agency as a Schedule I-V drug. Marijuana remains illegal in South Dakota and on the campus of Northern State University, regardless of the state in which it was purchased. This clarification is due to the recent changes in the law in certain U.S. states that have voted to legalize marijuana and also in those states that have long recognized legal medical marijuana. It should be noted that alcohol is considered an illegal drug for those persons under the age of twenty-one.

Policies, Procedures, and Sanctions

Student Disciplinary Code

The Northern State University student disciplinary code prohibits the following:

1. The manufacture, sale, possession, and consumption of alcohol, marijuana or controlled substances by students on any property controlled by the Board of Regents and in connection with any institutionally sponsored activity; except that alcohol may be served at social activities held in other locations subject to the restrictions set out in this article.
2. Possession of alcoholic beverage containers on campus.
 - a Includes empty or re-purposed bottles, cans or jars of alcoholic products.
 - b Does not include: **CLEAN** mugs, drinking glasses, shot glasses or flasks.
3. Presence in any area on campus where alcoholic beverages are being consumed or alcoholic beverage containers are present.
4. Violation of federal, state or local law on institutional premises or at institutionally sponsored or supervised activities.

Student Organization Policy

Northern State University student organizations will not sponsor any activity at which alcoholic beverages are to be consumed or at which consumption is stated, encouraged, or implied. Faculty and/or staff who serve as sponsors or advisors to recognized campus organizations or clubs are required to prohibit development of alcohol-related activities by such recognized entities. The minimum institutional penalty for such an offense is the withdrawal of institutional recognition of any organization that violates this policy. ***Note: Student organizations may petition the president of the university for a one-time exception to this rule, granting provisional status to host an event or function at which students or other adults of legal drinking age (21 or over with a valid I.D.) to consume alcohol.*

Furthermore, Northern State University also prohibits the following:

1. Alcoholic beverages at any student sponsored activity or event whether on or off-campus.
2. The manufacture, possession, use or dispensing of marijuana or other illegal controlled substances at organizational functions.
3. The expenditure of organizational⁵ funds on alcoholic beverages, marijuana or illegal controlled substances.
4. The informal collection from the members or residents of monies to be spent on alcoholic beverages, marijuana or illegal controlled substances.

Off-Campus Activities Policy

Any individual or group of individuals whose participation in an off-campus activity is in some manner being subsidized⁷ by Northern State University is expected to, at a minimum, act in accordance with any and all local, state, and county laws and ordinances during the duration of the event, including travel time. Failure to do so may result in disciplinary action being taken, which may include, but not be limited to, the placement of a Letter of Censure into the student's file and participation in Northern State University's Insight class.

Faculty and Staff AOD Policy & Employee Assistance

The Alcohol and Drug Policy of Northern State University and the BOR Drug Free Workplace Policy (Number 4:27) are established to help ensure the health and safety of all members of the University community, and should be applied in such manner and spirit. It is not the intention of Northern State University to use this or any other policy to regulate the personal affairs of any individual or group of individuals. As members of the Northern State University community, faculty and staff should be conscious of their actions and the affect that they may have on the university community.

DRUG-FREE WORKPLACE: Northern State University is committed to providing a drug-free workplace. Employees who unlawfully possess, use, distribute, dispense or manufacture alcohol or other drugs while on duty will be disciplined. Any employee who is convicted of a criminal drug statute violation that occurred in the workplace must report that conviction within five days. Any person violating this proscription shall be subject to appropriate disciplinary action, which may include termination of employment.

Northern State University encourages any employee with alcohol and other drug problems or concerns with family members to seek professional help. Confidential assistance from certified chemical dependency counselors can be obtained from the following:

Employee Assistance Program – NSU Human Resources - 605.626.2520

Northeastern Mental Health Center – 605.225.1010

Worthmore Addiction Services – 605.622.5800

Lutheran Social Services – 605.229.1500

If there are any further questions regarding this policy, please contact the Human Resource Office at **605.626.2520**.

The following materials contain information germane to the faculty and staff policy:

1. South Dakota Board of Regents Drug Free Workplace Policy⁶
(www.sdbor.edu/policy/4Personnel/documents/4-27.pdf)
2. Applicable Northern State University Department Handbooks
3. Northern State University Career Service Employees Handbook
4. Northern State University Faculty and Staff Handbook
5. South Dakota Drug Free Workplace Policy (<http://bop.sd.gov/policies.aspx#drugfree>)
6. South Dakota Bureau of Personnel Administrative Rule
7. South Dakota Codified Laws (<http://legis.state.sd.us/statutes/index.aspx>)

Definition of a Drink



One 1.5 oz. shot of hard liquor



One 5 oz. glass of wine



One 12 oz. serving of beer

(Dark beers contain higher amounts of alcohol)

Not all drinks are created equal. The alcohol found in beer, wine, and distilled spirits is ethyl alcohol. A standard drink contains one-half ounce of ethyl alcohol —the amount you would find in a 12-ounce beer, a one-ounce shot of 100-proof liquor, or a four-ounce glass of table wine. Generally, this amount of ethyl alcohol is what an individual can metabolize in about an hour.

This is important information because some drinks may have more than one-half ounce of alcohol. This means that some drinks are equivalent to more than one drink. For example, some wine coolers have nearly twice the alcohol content as a “standard” drink. Also, it is important to remember that experts recommend sipping drinks as opposed to gulping them or “slamming” them.

Alcohol and Gender: Critical Information

Current research indicates that women are to do not process alcohol in the same way as men. There are a variety of factors which influence this difference.

The first factor is body size. Equivalent doses produce higher levels of concentration in smaller individuals. On the average, women are of smaller build than men.

The second factor is body composition. The average female carries more body fat than the average male, and body fat contains little water. Alcohol, when consumed, dilutes uniformly into body water. Thus, given the same body, the average female has less body water to dilute the alcohol. This produces a higher concentration for a female than for a male, even if both drink the same amount.

The third factor is a metabolizing enzyme called alcohol dehydrogenase. This enzyme helps the body to rid alcohol from the system. Women have less of this enzyme than men do. Thus, more of what they drink enters the bloodstream in the form of pure alcohol.

Finally, preliminary research suggests that the menstrual cycle and use of oral contraceptives (because of the change in hormones) may influence a woman's response to alcohol.

Because of these differences, women can expect substantially more impairment than men at equivalent doses. In addition, preliminary research findings suggest that alcohol problems among women may develop as a result of shorter drinking histories than men and may be more severe.

By the Numbers!

Reducing the Risk for Alcohol-Related Problems

It is the recommendation of the Alcohol and Other Drug Policy Review Committee of Northern State University that individuals of legal age who choose to use alcohol follow the "By the Numbers" guidelines to reduce the risk of alcohol-related problems. The guidelines, as derived from scientific research into healthy standards, are as follows:

Research reveals that, under certain circumstances, alcohol use can be dangerous.

ZERO alcohol is the best choice if you are:

- **O**n certain medications or have illnesses (check with your doctor).
- **B**ehind the wheel or engaged in tasks that require full mental or physical functioning.
- **S**tressed or tired.
- **E**ither the son, daughter, or sibling of someone with alcoholism.
- **R**ecovering from alcoholism or drug dependency.
- **V**iolating existing laws, policies, or personal values. (This includes consumption of alcohol for those individuals who are under twenty-one years of age.)
- **E**xpecting, nursing, or considering pregnancy.

By **OBSERVING** the times to abstain you can greatly reduce the risk of experiencing an alcohol-related problem.

If you aren't in the 0 category and choose to drink, current research suggests:

<i>For Men:</i>	<i>For Women:</i>
<i>No more than 1 drink per hour.</i>	
<i>No more than 2 drinks per day.</i>	<i>No more than 1 drink per day.</i>
<i>No more than 3 drinks in any day if not drinking daily.</i>	
<i>Drinking no more than 4 days per week.</i>	<i>Drinking no more than 3 days per week.</i>

Research indicates that if you exceed these recommendations, you increase the likelihood of experiencing an immediate impairment-related problem, a longer-term health-related problem, or both. And, of course the more you exceed the guidelines, the more you increase your risk.

To slow the absorption of alcohol into the system, experts recommend eating or having food in your stomach prior to consumption.

The “By the Numbers” concept was developed by the Alcoholism and Drug Abuse Council of Nebraska. It has been revised to include the recommendations from the Prevention Research Institute.

Sanctions

Individuals violating any University policy, including those mentioned above, may be subject to sanctions as described in the Northern State University Student Handbook www.northern.edu/student_handbook/

Violations of alcohol/other drug policies and regulations shall be responded to in accordance with the seriousness and frequency of the offense. A student’s alcohol and other drug violations accumulate during his/her entire career at Northern or other public higher education institutions in South Dakota.

1. The first alcohol offense will result in the student’s mandatory attendance and compliance with the recommendations of the Insight Class and letter of censure including a **\$250** class fee and a potential judicial fine.
2. The second alcohol or first drug offense will result in the student’s mandatory attendance and compliance with the recommendations of the Advanced Insight Program with costs to be paid by the student, disciplinary probation, and potential judicial fine.
3. The third offense will result in a potential judicial fine, the student’s suspension or, in compelling circumstances, one may be permitted to continue attendance subject to disciplinary probation while participating in an approved substance abuse discovery/recovery treatment program at the student’s expense (**\$250**).

Additionally, students violating the alcohol and other drug policies and regulations face the possibility of loss of financial aid, bearing the cost of off-campus assessment and treatment when deemed necessary, suspension from athletic participation, referral to law enforcement agencies when appropriate, and ultimately expulsion from this institution.

Departmental Policies

Individual departments within Northern State University may enact policies that are more stringent than those listed above which are to be followed in the activities of that particular department. These policies shall be intended to enhance the policies contained within this document, not supplant them. Copies of these policies will be kept on file in the NSU Counseling Center.

Any student or employee who violates the alcohol and other drug policy is subject to both the institution’s sanctions and to criminal sanctions provided by federal, state, and local law.

Citations:

1. In accordance with the policies of the South Dakota Board of Regents.
2. For the purposes of this policy, the term “student sponsored event” is defined as any event or activity planned, organized, and/or hosted by an officially recognized student organization.
3. Alcohol is an illegal drug for persons under the age of 21.
4. In accordance with the Federal Drug-Free Schools and Communities Act, 1990.
5. “Organization” is intended to include any recognized campus organization, club or residence hall council.
6. Number 4:27
7. For the purposes of this policy, subsidized individuals or groups are defined as those who receive funding from Northern State University or any of the bodies contained within the University system.
8. As published by the Alcoholism & Drug Abuse Council of Nebraska.

Should You Be Concerned?

Do You or Does Someone You Know...

- Drink or use drugs to forget problems
- Drink or use drugs to relax or feel comfortable around other people?
- Have family members with alcohol or other drug problems?
- Have conflicts with friends or acquaintances after drinking or using drugs?
- Ever feel guilty about alcohol or drug use?
- Ever have trouble remembering what was done or said the night before when using?
- Get drunk or high after making a conscious decision to stay sober?
- Drink until there is nothing left, or use drugs until the supply is exhausted?
- Ever miss class because of a hangover from drinking or using drugs?

An answer of yes to as few as two of these questions may indicate that you, or someone you know, could be at risk for an alcohol or other drug problem.

When You Are Concerned...

1. Allow the person to accept responsibility for his/her actions. Don't cover up or make excuses.
2. Encourage the person to participate in non-chemical alternative activities.
3. Learn the facts about harmful involvement with alcohol and other drugs.
4. Be patient. Breaking through denial is a difficult first step.

5. Understand that the process is difficult for you too. Anger, frustration, and depression are common feelings for concerned persons, and you may need support for yourself.
6. Communicate your concerns to the person in a caring, non-judgmental way, such as “I care about you as a person and I am worried about your drinking/other drug use.”

STOP ALCOHOL POISONING

IN AN EMERGENCY DIAL 911 IMMEDIATELY

Symptoms of alcohol poisoning

1. Person is unconscious or semi-conscious and cannot be woken.
2. Cold, clammy, pale or bluish skin.
3. Check to see if breathing is slow, less than eight times per minute, or irregular, with ten seconds or more between breaths.
4. Vomiting while “sleeping” or passed out and not waking up after vomiting. If a person has any of these symptoms, he or she is suffering from acute alcohol intoxication.

What should you do?

1. Get help. Call someone, a staff member, an ambulance, public safety, someone who can help.
2. Do not leave the person alone, turn him or her on their side to keep them from choking in case of vomiting.
3. Always be “better safe than sorry” if you are not sure what to do. How can your friend be angry about you caring for him/her?

ON CAMPUS RESOURCES:

NSU Counseling Center, Student Center 240
605.626.2371

Chemical Dependency Evaluations: Complete individualized assessment of the impact that chemical use is having on all aspects of student functioning.

Individual Counseling: Personal and chemical dependency counselors available. Confidential and free of charge for NSU students.

Insight Class: A ten-hour curriculum for students who wish to assess how chemical use is affecting their lives. The class centers on reducing the risks of alcohol consumption.

Insight Level II: Individual sessions to provide assistance to students continuing to have difficulties with alcohol, marijuana or other drugs of abuse.

Insight Level III: This program uses individual sessions to help students decide whether chemical dependency might be occurring for them with their use of alcohol, marijuana or other drugs of abuse.



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www.northern.edu