



**WORCESTER**  
STATE  
**UNIVERSITY**

Drug and Alcohol Abuse Prevention Program

(DAAPP)

Annual Report

Spring 2019

## Worcester State University

The Drug Free Schools Campuses Regulations (34CFR Part 86) of the Drug Free Schools and Communities Act (DFSCA) requires an institution of higher education (IHE) such as Worcester State University, to certify that it has implemented programs to prevent the abuse of alcohol and use and /or distribution of illicit drugs both by Worcester State University students and employees both on its premises and as a part of any of its activities. At a minimum, an IHE must annually distribute the following in writing to all students and employees:

- I. Standards of conduct; standards that clearly prohibit, at a minimum, the unlawful possession, use or distribution of illicit drugs and alcohol by students and employees on its property or as part of any of its activities.
- II. Legal sanctions and penalties; including sanctions under local, State, or Federal Law for the unlawful possession or distribution of illicit drugs and alcohol.
- III. Descriptions of the health risks associated with AOD abuse.
- IV. The IHE's AOD programs available to students, staff, and faculty; including drug or alcohol counseling, treatment or rehabilitation or re-entry programs that is available to employees or students.
- V. Disciplinary sanctions for violations of the standards of conduct for employees and students (consistent with State and Federal law), and a description of those sanctions, up to and including expulsion or termination of employment and referral for prosecution, for violations of the standards of conduct.

## I. Standards of Conduct

### A. Employees

Worcester State University has adopted the “Alcohol and Drug-Free Workplace policy” to ensure a safe environment for all employees. In addition Worcester State is a Tobacco Free campus. These policies are available in the Worcester State Employee Handbook:

[WSU Employee Handbook](#)

Employees should be reminded that Worcester State University complies with the Federal Law regarding the use and possession of marijuana, therefore, marijuana use on campus is prohibited even if the employee’s use is registered through [The MA Medical Use of Marijuana Program](#).

<https://www.mass.gov/medical-use-of-marijuana-program>

Employees are required to adhere to the requirements of these policies. Failure to adhere to these policies may result in disciplinary action as described in the employee handbook.

### B. Students

Current enrolled students are required to abide by Worcester State’s Code of Conduct.

In addition to local, state and federal laws, our Student Code of Conduct prohibits: The unauthorized use, possession, manufacturing, or distributing of illegal drugs, controlled substances, look-alike drugs, narcotics or alcoholic beverages or being under the influence of the same. Prohibited conduct includes the use of a prescription drug if the drug was not prescribed to the student. The Code of Conduct includes sanctions for

violating the standards. The full version of the Student Code of Conduct can be found here: <https://www.worcester.edu/CodeofConduct/>

## II. Legal Sanctions

Worcester State University enforces all federal and state laws.

### A. Federal

Federal law provides criminal and civil penalties for unlawful possession or distribution of all controlled substance. Under the Controlled Substance Act, as well as other related federal laws, the penalties for controlled substance violation includes, but is not limited to: incarceration, fines, potential for the forfeiture of property used in possession or to facilitate possession of a controlled substance (which may include homes, vehicles, boats, aircrafts and any other personal or real property), ineligibility to possess a firearm, and potential ineligibility to receive federal educational benefits (such as student loans and grants). See also a description of federal trafficking sanctions from the Drug Enforcement Administration (DEA) at:

[https://www.iecc.edu/files\\_user/CONS/Files/Federal\\_Trafficking\\_Penalties.pdf](https://www.iecc.edu/files_user/CONS/Files/Federal_Trafficking_Penalties.pdf)

### B. State

The State of Massachusetts has numerous laws regarding the possession and use of controlled substances and alcohol. As an example, under current MA laws “a person shall not knowingly or intentionally possess or distribute a controlled substance.” If an

individual is found guilty of a violation of the state law, they may be subject to large fines and imprisonment. A comprehensive list of MA laws can be found at these links:

Controlled Substance Act:

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXV/Chapter94C>

MA general Laws pertaining to liquor:

<https://malegislature.gov/Laws/Search?searchTerms=liquor>

MA laws regarding use and distribution of marijuana not medically prescribed:

<https://malegislature.gov/Laws/GeneralLaws/PartI/TitleXV/Chapter94G>

### III. Health Risks

Health Risks Associated with the Use of Illicit Drugs and the Abuse of Alcohol is a prime contributor to suicide, homicide, motor vehicle deaths, and other unintended deaths. Excessive alcohol consumption leads to more than 54,000 deaths annually in the United States.

<https://www.cdc.gov/nchs>. Alcohol abuse can lead to alcohol dependence, premature death through overdose, alcohol-related stroke, and complications involving the brain, heart, liver, and many other body organs. Alcohol abuse also causes liver disease, gastritis, and anemia, as well as cancers of the esophagus and larynx.

Alcohol used in any amount by a pregnant woman can cause birth defects and permanent brain damage to the child. Drug use by a pregnant woman may cause addiction or health complications in her unborn child.

Alcohol abuse interferes with psychological functions, causes interpersonal difficulties, and is involved in most cases of child abuse. Substance abuse disrupts work, reduces motivation, causes legal and financial problems, and social and family problems.

The abuse of illicit drugs can result in a wide range of health problems. In general, illicit drug use can result in drug addiction, death by overdose, death from withdrawals, seizure, heart problems, infections (e.g., HIV/AIDS, hepatitis), liver disease, and chronic brain dysfunction.

Commonly abused classes of prescription drugs include opioids (for pain), central nervous system (CNS) depressants (for anxiety and sleep disorders), and stimulants (for ADHD and narcolepsy).

The use of prescription medications by anyone other than the prescribed individual is illegal and dangerous. Known health risks for inappropriate or illegal use are listed below in the [National Institute of Drug Abuse, Health Consequences of Drug Misuse](#) link below.

Tobacco use is the leading preventable cause of disease, disability and death in the United States. According to the Center for Disease Control and Prevention (CDC), cigarette smoking results in more than 480,000 premature deaths in the United States each year – about 1 in every 5 U.S. deaths – and an additional 16 million people suffer with a serious illness caused by smoking. In fact, for every one person who dies from smoking, about 30 more suffer from at least one serious tobacco-related illness.

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/fast\\_facts/index.htm#toll](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm#toll) p

Other problems associated with alcohol and drug use include the following psychological dysfunctions: dependency, memory loss, hallucinations, paranoia, and psychosis.

For additional health risks associated with alcohol and drug abuse visit:

- National Institute of Alcohol Abuse, and Alcoholism, Alcohol's Effect on the Body  
<http://niaaa.nih.gov/alcohol-health/alcohols-effects-body>
- Center for Disease Control and Prevention, Fact Sheets- Alcohol Use and Your Health  
<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>
- National Institute of Drug Abuse, Health Consequences of Drug Misuse  
<https://www.drugabuse.gov/related-topics/health-consequences-drug-misuse>
- National Institute of Drug Abuse, Tobacco, Physical health consequences of tobacco use  
<https://www.drugabuse.gov/publications/tobacco-nicotine-e-cigarettes/what-are-physical-health-consequences-tobacco-use>

For more information about health risks associated with alcohol and drug abuse contact Jennifer Quinn, Director of Alcohol & Drug Prevention Education at [Jquinn@worchester.edu](mailto:Jquinn@worchester.edu) or 508-929-8243.

## IV. Drug and Alcohol Programs

### A. Employees

In the event an employee is having difficulty with Alcohol and/or other drug use employees are offered services through the Employee Assistance Program (EAP) through ESI Management. The EAP offers a description of available drug and alcohol counseling, treatment, rehabilitation programs and re-entry programs that are available to employees.

The EAP also offers on-line drug free workplace training available to all employees at a self-paced instruction. More information can be found in the employee handbook or by contacting Human Resources.

## **B. Students**

Every student, undergraduate and continuing education students, and even those taking one class for academic credit or on-line classes receive notification of policies, health risks, treatment available, and sanctions via the DAAPP twice per year; once in September and once in January to assure we reach new students starting in spring semester. In addition to this delivery method, some of the information is also available students via the student handbook, which is available on the WSU website, [www.worcester.edu/handbook](http://www.worcester.edu/handbook). For resident students, each resident is given a *Resident Hall Handbook* and has access to the document on the WSU website as well.

<https://www.worcester.edu/WorkArea/DownloadAsset.aspx?id=7975>

Students have access to campus efforts in regards to Alcohol and Drugs that are comprehensive in nature, focusing on a continuum of services related to education, prevention, training and skill development, evaluation, referral and treatment, and being mindful that we are addressing individuals, groups, and the environment. These efforts are primarily coordinated through the Office of Health Promotion but require cross campus collaboration to implement. Some examples of efforts are: mandatory incoming freshmen on-line alcohol and drug education programs, BASICS/Motivational Interviewing for sanctioned or self-referred students, NCAA Life Skills programming for



student athletes, Residence Life programming, University Police community outreach programs, and access to Civic Learning and Engagement opportunities.

A comprehensive list of all AOD programming efforts and effectiveness can be found in the WSU Biennial Review [attach Biennial Review Link](#)

### **C. WSU Resources**

#### Counseling Services

The Worcester State University Counseling Center mission is to assist all students of the University community in their development and functioning as psychologically healthy and effective adults by offering services that strengthen academic skills and performance, support the resolution of psychosocial issues and enhance personal growth. This is accomplished by offering individual counseling as well as group counseling and outreach services. All counselors are responsible and capable of seeing students who present with AOD issues. In addition, the Counseling center refers to off campus treatment when necessary.

#### Health Services

The Health Services Department provides alcohol/drug education and assessment during any of the Physical exams that are performed for the Athletics, Nursing, Education, and Occupational Therapy Departments as well as any student presenting with such signs, symptoms or questions.

## Office of Alcohol & Drug Prevention Education

The Office of Alcohol & Drug Prevention Education ultimately has the responsibility of all alcohol and drug prevention education on campus. It is this office's responsibility to plan, implement, and evaluate health promotion strategies, policies, programs and services offered to Worcester State University students. This is accomplished by collaboration across campus and divisions to develop a comprehensive multidisciplinary approach. In addition the Office of Health Promotion provides individual and group alcohol and drug education and outreach.

### **D. Local Resources**

1. AdCare Hospital, Addiction and Rehabilitation Services, 107 Lincoln St. Worcester, 508-799-9000. For more information: <http://adcare.com/programs/adcare-hospital/>

2. Spectrum Health Systems Inc., Drug Addiction Treatment Center, 10 Mechanic St. Worcester, 508-792-5400. For more information:

<http://www.spectrumhealthsystems.org/>

3. Clean Slate Addiction Treatment Center, 411 Chandler St. Worcester, 508-471-5600.

For more information: <https://cleanslatecenters.com/location/worcester-ma/>

## V. Disciplinary Sanctions

### A. Employees

Employees are required to adhere to the requirements of these policies. Failure to adhere to these policies may result in disciplinary action as described in the employee handbook. [Worcester-State-University-Employee-Handbook.pdf](#)

### B. Students

Students who violate Worcester State's policies and standards of conduct are subject to disciplinary sanctions. The complete text of the Worcester State University alcohol, drug and tobacco policies, compliance, enforcement, health risks and **disciplinary sanctions** can be found in the *Worcester State Code of Conduct*, <https://www.worcester.edu/CodeofConduct/>. In addition to the sanctions mentioned in the Code of Conduct more severe sanctions may be imposed based on the severity of the violation. Sanctions are determined on a case by case basis.

## VI. Oversight Responsibility

The Director of Alcohol & Drug Prevention Education shall have oversight responsibility of the DAAPP including, updates, coordination of information required for the DAAPP, coordination of the annual notification to employees and students and conducting a biennial review.

Director of Alcohol & Drug Education Prevention Education

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