

2021 - 2022

Annual Notification

ALCOHOL AND OTHER DRUG INFORMATION

for Students and Employees



Oregon State
University

If you would like this information in an accessible alternative format, please call Student Health Services at 541-737-9355 or email SHSIS@oregonstate.edu

Oregon State University complies with the United States Drug-Free Schools and Campuses Act, the United States Drug-Free Workplace Act, Oregon Revised Statutes 352.008, and OSSHE Administrative Rule 580-19-001. Annual distribution of drug-free campus and workplace information to employees and students is required by law.

This notification provides the university community the following information:

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If you have any questions about the purpose of this report or its content, please contact:

Student Health Services
(request to speak to someone in Alcohol & Other Drug Prevention)
541-737-9355

Office of the Dean of Students
541-737-8748
deanofstudents@oregonstate.edu

Oregon State University Human Resources
541-737-3103
AskHR@oregonstate.edu

DRUG AND ALCOHOL PROGRAMMING

At Oregon State University, we strive to provide an excellent teaching and learning environment that supports healthy choices for living. Included in the choices that confront everyone are decisions about the use of alcohol and other substances. If you or someone you know is being affected by alcohol or drug use, please consider using one of the resources below.

Resources for students

SUBSTANCE USE SERVICES

Substance Use Counselor

541-737-9355

Short-term substance use counseling is available on the Corvallis campus through Student Health Services (SHS) to students who have paid the health fee. SHS offers individual sessions with a Substance Use Counselor. These sessions are confidential and can help students create a personalized plan to meet their goals related to reducing or eliminating substance use.

To make an appointment, call 541-737-9355. Students may be referred through Student Health Services or Counseling and Psychological Services to other treatment programs for more intensive treatment.

Counseling and Psychological Services

541-737-2131

Counseling and Psychological Services (CAPS) is available on the Corvallis campus to students who have paid the health fee. CAPS is dedicated to addressing the challenges and difficulties students face. The services provided by CAPS are designed to help students understand themselves better, create and maintain satisfying relationships, improve their academic performance, and make healthy and satisfying career and life choices.

To schedule an appointment or learn about services please visit:

<http://counseling.oregonstate.edu/> or call 541-737-2131. Emails are also accepted at CAPS@oregonstate.edu.

[Student Wellness services](#) support the emotional, social and physical wellness of students at OSU-Cascades. Students can connect with the health advisor or make an appointment with a counselor.

PREVENTION, EDUCATION, AND SUPPORT

The Student Health Services Prevention and Wellness Department (see: <https://studenthealth.oregonstate.edu/prevention-wellness>) offers a variety of individual and group education programs. Individual and group educational programs and interventions are designed to prevent and reduce alcohol and other substance use by the Oregon State University student community.

These programs include:

Up2U Required Online Training – Voices of Change: Alcohol and Consent

All first-year degree-seeking students (whether based in Corvallis, Bend, Newport, or La Grande) are required to complete the online program, Voices of Change - Alcohol and Consent. This program helps foster an environment that prevents high-risk alcohol use and subsequent negative academic and personal outcomes. Voices of Change - Alcohol and Consent is one of many methods that attempts to correct college myths and norms, as well as provide students with relevant policies and resources prior to matriculation.

There is evidence that supports the efficacy of Voices of Change - Alcohol and Consent. In the program, students are taken through several interactive modules, including how to recognize and respond to an alcohol-related emergency; how to adopt low-risk drinking strategies; how to model safer decision-making; how alcohol and other drugs relate to mental health, impacts of its consumption, and strategies to be an active bystander. If a student does not complete Voices of Change - Alcohol and Consent, a grade hold is placed on their student account. The hold is lifted once the course has been completed. For more information about these Up2U courses visit:

<http://studenthealth.oregonstate.edu/alcholedu/>.

DAM SAFE (Substance Abuse Foundational Education)

The DAM SAFE program is an education-based prevention effort that focuses on the reduction of high-risk alcohol use and marijuana/Cannabis use. DAM SAFE is a voluntary program, and presentations are available upon request for students, student organizations, employees, coaches, and the Center for Fraternity and Sorority Life on the Corvallis campus. Students can also meet with DAM SAFE staff to ask questions or receive information. For more information on DAM SAFE, please contact Student Health Services at 541-737-9355 or visit <https://studenthealth.oregonstate.edu/prevention-and-advocacy-coalition/alcohol-drug-prevention>. To request a workshop, please see: <https://studenthealth.oregonstate.edu/paw-workshops/>.

Collegiate Recovery Community: Student Success Built on Sobriety

The Joan and Tom Skoro Collegiate Recovery Community: Supporting Students Seeking Recovery from Substance Use.

The Joan and Tom Skoro Collegiate Recovery Community (CRC) seeks to engage and support Corvallis campus students in or seeking recovery from substance use and those who are contemplating entering into recovery. The community is rooted in the belief that no student should feel alone and that every student should receive the support they need, in the way

they need it, from the people who they find most comfortable. The CRC's doors are open to anyone who is looking for support. Additionally, Dixon Lodge is a dedicated recovery living facility with scholarships available to Corvallis campus students. For more information about the CRC or special housing options, call 541-737-1184, send an email to Recovery@oregonstate.edu or visit: <http://studenthealth.oregonstate.edu/recovery/>.

Recovery Meetings

Recovery Meetings are offered in person at the Dixon Lodge on the Corvallis campus or online multiple times throughout every week. For more information or an updated schedule, please email recovery@oregonstate.edu or visit <https://studenthealth.oregonstate.edu/recovery/>. Enter through the doors on the east side of the building located at 265 SW 11th Street, Corvallis.

Resources for Employees

SUBSTANCE USE SERVICES

Beyond Benefits: Employee Assistance Program

Oregon State University's Human Resources department offers employees assistance through its Beyond Benefits Employee Assistance Program (EAP). This is a confidential and no-cost service for employees and their household members to use. Through this program, employees have access to legal, financial, work-life and mental health and wellness services and resources. The Beyond Benefits program provides consultations whenever and where ever employees need them. It allows up to three visits per calendar year at no cost for evaluation, limited counseling and referral. Employees who live and work elsewhere in the state are provided the same services in their local areas. All employee contact with the EAP is confidential.

For more information, phone 1-855-327-4722, or online at <https://www.guidanceresources.com>. Employees can register using organization web ID: OSUbeyond. The program is available 24 hours a day, 7 days a week.

Health Insurance Coverage for Treatment

PEBB Health Insurance plans (PEBB Statewide, Providence, Moda, and Kaiser) provide coverage for substance abuse treatment. Consult your medical plan for details.

For questions or assistance, contact the Benefits section of Human Resources at 541-737-2805.

Time off Work

Employees seeking treatment for substance abuse may be eligible for time off from work through the federal Family and Medical Leave Act (FMLA) and/or Oregon Family Leave Act (OFLA). Contact the Benefits section of Human Resources at 541-737-2805 for more information.

Recovery Meetings in Dixon Lodge: Recovery Meetings are offered online for all OSU campuses and/or in person on the Corvallis Campus multiple times throughout every week.

For more information or an updated schedule, please email recovery@oregonstate.edu or visit <https://studenthealth.oregonstate.edu/recovery/>.

HEALTH RISKS ASSOCIATED WITH ALCOHOL ABUSE AND OTHER DRUG USE AND ABUSE

Health Risks of Commonly Abused Substances

<i>Substance</i>	<i>Nickname/Slang Terms</i>	<i>Short-term Effects</i>	<i>Long-term Effects</i>
Alcohol	Booze	Slurred speech, drowsiness, headaches, impaired judgment, decreased perception and coordination, distorted vision and hearing, vomiting, breathing difficulties, unconsciousness, coma, blackouts	Toxic psychosis, physical dependence, neurological and liver damage, fetal alcohol syndrome, vitamin B1 deficiency, sexual problems, cancer, physical dependence
Amphetamines	Uppers, speed, meth, crack, crystal, ice, pep pills	Increased heart rate, increased blood pressure, dry mouth, loss of appetite, restlessness, irritability, anxiety	Delusions, hallucinations, heart problems, hypertension, irritability, insomnia, toxic psychosis, physical dependence
Cocaine	Coke, cracks, snow, powder, blow, rock	Loss of appetite, increased blood pressure and heart rate, contracted blood vessels, nausea, hyperstimulation, anxiety, paranoia, increased hostility, increased rate of breathing, muscle spasms and convulsions, dilated pupils, disturbed sleep	Depression, weight loss, high blood pressure, seizure, heart attack, stroke, hallucinations, psychosis, chronic cough, nasal passage injury, kidney/liver/lung damage

<i>Substance</i>	<i>Nickname/Slang Terms</i>	<i>Short-term Effects</i>	<i>Long-term Effects</i>
Heroin	H, junk, smack, horse, skag	Euphoria, flushing of the skin, dry mouth, “heavy” arms and legs, slowed breathing, muscular weakness	Constipation, loss of appetite, lethargy, weakening of the immune system, respiratory (breathing) illnesses, muscular weakness, partial paralysis, coma, physical dependence, psychological dependence
Kratom	Herbal Speedball, Biak-biak, Ketum, Kahuam, Thang, Thom	Nausea, dizziness, itching, sweating, dry mouth, constipation, increased urination, loss of appetite. Low doses: increased energy, sociability, alertness. High doses: sedation, euphoria, decreased pain	Anorexia, weight loss, insomnia, skin darkening, dry mouth, frequent urination, constipation. Hallucinations with long-term use at high doses in some users.
MDMA (methylenedioxymethamphetamine)	Ecstasy, XTC, adam, X rolls, pills	Impaired judgment, confusion, blurred vision, teeth clenching, depression, anxiety, paranoia, sleep problems, muscle tension	May intensify existing psychosis, panic reactions, can interfere with psychological adjustment and social functioning, sleeplessness, nausea, confusion, increased blood pressure, sweating, depression, anxiety, memory loss, kidney failure, cardiovascular problems, convulsions, death, physical dependence, psychological dependence
Marijuana/ Cannabis	Pot, grass, dope, weed, joint, bud, reefer, doobie, roach	Sensory distortion, poor coordination of movement, slowed reaction time, panic, anxiety	Bronchitis, conjunctivas, lethargy, shortened attention span, suppressed immune system, personality changes, cancer, psychological dependence, physical dependence possible for some

<i>Substance</i>	<i>Nickname/Slang Terms</i>	<i>Short-term Effects</i>	<i>Long-term Effects</i>
Opiates		Increase in temperature, dry mouth, “heavy” feeling in arms and legs	Changes in appetite, collapsed veins, heart infections, liver disease, depressed respiration, pneumonia and other pulmonary complications, physical dependence, psychological dependence
Psilocybin	Mushrooms, magic mushrooms, shrooms, caps, psilocybin & psilocyn	Nausea, distorted perceptions, nervousness, paranoia	Confusion, memory loss, shortened attention span, flashbacks may intensify existing psychosis

ALCOHOL AND OTHER DRUG POLICIES

Oregon State University responds to cases of alcohol abuse and illegal drug activity by employees or students on a case-by-case basis. Details of each situation are taken into consideration along with the outcome of any legal action against the individual, if any. Employees and students found to be in violation of the University's drug-free campus and workplace policy may be subject to conduct or disciplinary sanctions consistent with applicable provisions of federal, state, and local laws, as well as OSU standards and policies; collective bargaining agreements may also apply.

Sanctions imposed by the University can range from a warning or disciplinary action up to and including termination of employment or expulsion for students. Other potential sanctions for students may include conduct probation, restrictions, attendance in an educational program, or referral to counseling or treatment. OSU employees and students who violate drug laws may be subject to prosecution in the courts. Additionally, the law requires the University to report to the United States Department of Education any recipient of federal financial aid (e.g., Pell Grants, research grants) who is convicted of a drug-related crime on University property or at University events. The law also requires the University to report to federal agencies any employee convicted of violating a criminal drug statute if the employee is involved in work which is supported by that federal agency.

The University enforces federal, state, and local laws and related University policies. The University's prohibitions for students concerning alcohol, marijuana, and other drugs can be found at [The OSU Code of Student Conduct](#).

Drug-Free Workplace

The University maintains a drug-free workplace policy in alignment with the Drug-Free Workplace Act of 1988. This statute requires that all institutions receiving grants from any federal agency certify to that agency that they will maintain a drug-free workplace. The OSU Drug-Free Workplace Policy was developed to accomplish this purpose and is available at:

<https://fa.oregonstate.edu/gen-manual/drug-free-workplace-policy>.

The University strongly encourages students and employees to voluntarily obtain assistance for dependency or abuse of alcohol or drugs before such behavior results in an arrest and/or disciplinary referral which might result in their separation from the institution.

Help is available both on OSU's campuses and within their local communities for students and faculty/staff members who are dependent on, or who abuse the use of alcohol or other substances. Oregon State University's Student Health Services (541-737-9355) or Counseling and Psychological Services (541-737-2131), and [OSU-Cascades Wellness services](#). Employees can access assistance through Human Resources Employee Assistance Program and are confidential resources available to those seeking help for personal dependency.

STANDARDS OF CONDUCT AND DISCIPLINARY SANCTIONS FOR STUDENTS REGARDING ALCOHOL AND DRUG USE

For information on sanctions applicable to OSU students for violations of the [Code of Student Conduct](#), see Section 6, Sanctions

STANDARDS OF CONDUCT AND DISCIPLINARY SANCTIONS FOR EMPLOYEES REGARDING ALCOHOL AND DRUG USE

Oregon State University is committed to maintaining a workplace free from the unlawful manufacture, use, dispensing, possession, or distribution of controlled substances (as defined in section 102 of the Controlled Substances Act [21 U.S.C. 802]). Unlawful manufacture, use, dispensing, possession, or distribution of controlled substances by university employees in the workplace is prohibited under university policy. All university employees must abide by this policy.

Employees found to be in violation of this policy may be subject to disciplinary sanctions consistent with applicable provisions of state laws and regulations, collective bargaining agreements, University policies and standards, as well as penalties under local, state, and federal law.

Information about applicable federal, state and university sanctions regarding drugs and alcohol in the workplace can be found on [OSU's Drug-Free Workplace website](#).

University employees are encouraged to seek assistance for controlled substance dependency through the HR Beyond Benefits Employee Assistance Program. Evaluation, counseling, and referral services are available to employees through this program, and assistance is provided on a confidential basis. The health benefits packages available to all university employees provide at least partial reimbursement for the treatment and rehabilitation associated with substance use problems. Information about the Employee Assistance Program can be obtained at the Office of Human Resources, 236 Kerr Administration Building, 541-737-8300. For more information please visit: <http://hr.oregonstate.edu/policies-procedures/employees>

APPENDIX: FEDERAL AND STATE SANCTIONS AND LOCAL MUNICIPAL CODES

The possession, use, or distribution of illicit drugs is prohibited by federal law. Strict penalties are enforced for drug convictions, including mandatory prison terms for many offenses. The following information is an over- view of federal penalties for first convictions. All penalties are doubled for any subsequent drug conviction.

Relevant federal, state and local codes are available online at:

https://studenthealth.oregonstate.edu/sites/studenthealth.oregonstate.edu/files/121720_appendix_for_aod_notification.pdf

