



The President's Roundtable on Alcohol & Other Drugs is a campus and community coalition that was established in 1998. Efforts are aimed toward developing strategies that include environmental approaches (such as more vigorous enforcement of zero tolerance laws, other drinking and driving laws, and strategies to reduce the availability of alcohol) as well as initiatives that target individual drinkers (implementation of routine alcohol screening, counseling and treatment).

EVENTS & ACCOMPLISHMENTS

During the academic year, the President's Roundtable collaborates with campus and community constituents to sponsor or coordinate numerous events. The activities are designed to promote healthy lifestyle behavior through educational programs and alcohol-free events. Some annual events include: screenings during National Collegiate Alcohol Awareness Week and National Alcohol Screening Day; awareness events and health promotional activities for the Great American Smoke-Out and Kick-Butts Day; hosting a local high school football game; Open Alternative Nights (alcohol-free, late night events) and participation in the campus health fair.

EFFECTS ON HEALTH

Tobacco and alcohol use are very common in our society and are associated with significant morbidity and mortality. Alcohol consumption has immediate effects that can increase risk for motor vehicle accidents, poor academic or work performance, violence, unwanted pregnancies and sexually transmitted diseases. Acute alcohol intoxication can result in seizures, coma, and death. Chronic abuse of alcohol can result in attention disorders, memory lapse, and blackouts. Persons aged 12 to 20 years drink almost 20% of all alcohol consumed in the United States. Over 90% of this alcohol is consumed in the form of binge drinking.

Some consequences of underage drinking include: higher risk for suicide and homicide; unintentional injuries; abuse of other drugs; changes in brain development that may have life-long effects; and disruption of normal growth and sexual development.

Although smoking rates have declined over the last several years, more than 1 in 5 Americans smoke. Each year, an estimated 438,000 Americans die as a result of smoking or exposure to secondhand smoke. The estimated costs of smoking-related medical expenses and loss of productivity exceed \$167 billion annually (CDC Data Highlights 2006). Nicotine is a poison; tars are chemicals that stay in the lungs; and carbon monoxide is a poison found in tobacco smoke. Nicotine is more addictive than cocaine or heroin!

Another concern is the growing prescription drug use and abuse. Most people who take prescription medications take them responsibly; however, the non-medical use or abuse of prescription drugs remains a serious public health concern. Certain prescription drugs (central nervous system depressants and stimulants) when abused can alter the brain's activity and lead to dependence and possibly addiction.

Drug addiction is a brain disease which affects human behavior. Once addicted, an individual's ability to make voluntary decisions is altered and leads to compulsive drug craving, seeking and use. The impact of addiction can be far reaching. Cardiovascular disease, stroke, cancer, HIV/AIDS, hepatitis, and lung disease can all be affected by drug abuse. Prescription drug misuse involves a myriad of factors, including the power of addiction, misperceptions about drug abuse, and the difficulty in discussing the topic with healthcare providers.

LEGAL SANCTIONS

A person convicted of an offense, under the Pennsylvania Controlled Substance, Drug, Device and Cosmetic Act, can face up to a 15 year prison term and/or \$250,000 in fines.

In addition to monetary fines and/or prison time, a person may also have imposed upon him/herself forfeiture of assets and property, suspension or revocation of driving privileges, a "criminal record," and could face civil liabilities in addition to the criminal penalties.

Offenses pertaining to liquor and/or controlled substance violation under Title 18 and Title 75 of the Pennsylvania Consolidated Statutes may result in strict sanctions against convicted offenders.

Under certain provisions, a convicted offender could be sanctioned up to a \$15,000 fine and/or 7 years in prison. In addition, driving privileges could be suspended or revoked and civil action could be brought against the offender. Parents of minors (defined to be under the age of 21) would be notified by law enforcement agencies in accordance with provisions as mandated by law.

FEDERAL PENALTIES AND SANCTIONS FOR ILLEGAL POSSESSION OF A CONTROLLED SUBSTANCE

21 USC 844(a)

First conviction: Up to (1) year imprisonment and fined at least \$1000 but not more than \$100,000, or both.

After one (1) prior drug conviction: At least 15 days in prison, not to exceed two (2) years and fined at least \$2500 but not more than \$250,000 or both.

After two (2) or more prior drug convictions: At least 90 days in prison, not to exceed three (3) years and fined at least \$5000 but not more than \$250,000 or both.

Special sentencing provision for possession of crack cocaine: Mandatory at least five years in prison, not to exceed twenty years and fined up to \$250,000 or both, if:

- First conviction and the amount of crack possessed exceed five grams.
- Second crack conviction and the amount of crack possessed exceed three grams.
- Third or subsequent crack convictions and the amount of crack possessed exceeds one gram.

21 U.S.C. 853(a)(2) and 881(a)(7)

Forfeiture of personal and real property used to possess or to facilitate possession of a controlled substance if that offense is punishable by more than one (1) year imprisonment. (See special sentencing provision re: crack.)

21 U.S.C. 881(a)(4)

Forfeiture of vehicles, boats, aircraft or any other conveyance used to transport or conceal a controlled substance.

21 U.S.C. 844(a)

Civil fine up to \$10,000.

21 U.S.C. 862

Denial of Federal benefits, such as student loans, grants, contract, and professional and commercial licenses, up to one (1) year for the first offense, up to (5) years for second and subsequent offenses.

18 U.S.C. 922 (g)

Ineligible to receive or purchase a firearm.

Miscellaneous

Revocation of certain Federal licenses and benefits, e.g. pilot licenses, public housing tenancy, etc., are vested within the authorities or individual Federal agencies.

NOTE: These are only Federal penalties and sanctions. Additional State penalties and sanctions may apply.

A SNAPSHOT OF ANNUAL HIGH-RISK COLLEGE DRINKING CONSEQUENCES

High-risk college student drinking includes the following:

- Underage drinking
- Drinking and driving or other activities where the use of alcohol is dangerous
- Drinking when health conditions or medications make use dangerous

Binge drinking; that is, 5 drinks in a row per occasion for males and 4 for females*

**Moderate drinking by persons of legal age is defined as no more than 2 standard drinks per day for men and 1 per day for women.*

The consequences of excessive and underage drinking affect virtually all college campuses, college communities and college students, whether they choose to drink or not.

- **DEATH:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes (Hingson et al., 2005).
- **INJURY:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (Hingson et al., 2005).
- **SEXUAL ABUSE:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2005).
- **UNSAFE SEX:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).
- **ACADEMIC PROBLEMS:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).
- **HEALTH PROBLEMS/SUICIDE ATTEMPTS:** More than 150,000 students develop an alcohol-related health problem (Hingson et al., 2002) and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use (Presley et al., 1998).

- **DRUNK DRIVING:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year (Hingson et al., 2002).
- **VANDALISM:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).
- **POLICE INVOLVEMENT:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002) and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (Hingson et al., 2002).
- **ALCOHOL ABUSE AND DEPENDENCE:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (Knight et al., 2002).

For more information, please visit www.collegedrinkingprevention.gov/facts

***70% of KU students reported no form of public misconduct (such as trouble with police, fighting/argument, or vandalism) during the past year as a result of drinking or drug use.**

-Core Survey 2005

KUTZTOWN UNIVERSITY ALCOHOL POLICY

Purpose: To prohibit the use and/or sale of alcoholic beverages, except under listed circumstances, at Kutztown University.

The sale and use of alcohol beverages is prohibited on University campus, at any University sponsored event or in any University-owned, University-leased, Student Government Association SGA-owned or SGA-leased vehicle being used to transport students to officially approved activities or events, except as described in the special events as identified in the policy. Detailed procedures for special events are outlined on the University website: www.kutztown.edu/admin/AdminServ/policy/pdfs/STU-001.pdf

TIPS FOR BEING A RESPONSIBLE HOST

- **NEVER** serve someone under 21.
- Always serve foods like cheese, breads, and starchy foods and non-alcoholic beverages.
- Do not force drinks onto guests or rush to refill an empty glass.
- When serving alcoholic punch, use a non-carbonated base, such as fruit juice.
- Set a time for the party to end and stop serving drinks two hours before. Continue serving food and non-alcoholic drinks.
- Set an example by exercising responsibility.
- Get help when the situation is beyond your control or when someone needs medical attention.
- Discourage excessive drinking or serving alcohol to someone you suspect may already be intoxicated.
- **NEVER** encourage games or contests that encourage rapid and excessive consumption of alcohol (i.e. drinking games).
- **NEVER** let guests drink and drive.
- Participate in TIPS training on campus for the most up-to-date information on responsible beverage service and party management.
- **Reminder:** Drinking at any age on campus is against University policy.

HELP AT YOUR FINGERTIPS

Don't be afraid, shy or embarrassed to ask for help

On-Campus Assistance:

- Health & Wellness Services:
610-683-4082
- University Counseling Services:
610-683-4072
- Health Promotion Services:
610-683-4240
- Human Resources SEAP Officer:
610-683-1353
www.kutztown.edu/admin/personnel/benefits
- The President's Roundtable on Alcohol and Other Drugs
www.kutztown.edu/admin/aod
- All residence hall staff members
(your residence hall C.A.'s and D.R.'s)

Other Assistance Organizations:

- Adult Children of Alcoholics (ACOA)
www.adultchildren.org
- Alcoholics Anonymous (AA)
www.alcoholics-anonymous.org
- Caron Treatment Center
1-800-678-2332
www.caron.org
- Co-Dependents Anonymous (CODA)
www.codependents.org
- Council on Chemical Abuse
1-610-376-8669
www.councilonchemicalabuse.org
- Family and Friends of Alcoholics (Al-Anon/Alateen)
www.al-anon.alateen.org
- Narcotics Anonymous (NA)
www.na.org
- State Employees Assistance Program:
1-800-692-7459